



Red Rocks Reporter

JANUARY 2016

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PUEBLO OF JEMEZ WELCOMES NEW TRIBAL LEADERSHIP

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David R. Yepa

First Lt. Governor

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Second Lt. Governor

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Sheriff

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Fiscale Aides

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Pumpkin War Captain

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Virgil Fragua
Eugene Gachupin
Kenneth Sando
Manuel Yepa
Shawn Yepa

Pumpkin War Captain Aides

Cedric Fragua
Jordan Loretto
Brennan Toya
Delbert Toya
Jeremy Leon Toya

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2016 TRIBAL GOVERNORS

David R. Yepa
Governor

Hilario R. Armijo
First Lt. Governor

Ward L. Yepa
Second Lt. Governor

TRIBAL COUNCIL

Joe Cajero

Paul S. Chinana

Raymond Gachupin

Frank Loretto

J. Leonard Loretto

Raymond Loretto, DVM

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José Toledo

Michael Toledo, Jr.

Paul Tosa

Vincent A. Toya, Sr.

Red Rocks Reporter January 2016 Edition

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NM 87024.

FROM THE GOVERNORS

As I complete my Governorship for 2015, I would like to take this opportunity to thank each and every one of you for making this a great year for my Lieutenant Governors and me. I have always said that our tribal government operation works and is successful because of ALL the dedicated staff we have working for the betterment of our Pueblo.

In this past year, I have met so many other tribal leaders, especially here in New Mexico, who have commented on how Jemez "is a model" for other tribal communities. As small as we are and the fact that we are not a gaming tribe, we should be proud of how successfully we have operated all of our tribal programs. This success comes from each and every one of you -- all of our dedicated staff.

We started this year encouraging all of you to work together and create partnerships with other programs doing similar work as you. As my Lieutenant Governors and I leave 2015, we want to encourage you to continue to create partnerships so that our dollars are stretched further and we reach more people.

Thank you for the wonderful experience this year. My Lieutenant Governors and I pray that you have a healthy, happy and productive New Year. We look forward to the new opportunities that 2016 will bring.

Respectfully,

Raymond Loretto, DVM, Governor

2016 TRIBAL OFFICIALS



Photo by Kristyn Yepa.

TRIBAL COURT

About Jemez Tribal Court

The Pueblo of Jemez Tribal Court has been in operation for over 33 years. Throughout those years, the court has slowly evolved as the Pueblo adopted the following codes: Criminal, Children, Domestic Violence, Elderly & Vulnerable Protection, Sex Offender Registry, Traffic, Civil Trespassing and Real Estate. The Civil Code is pending Tribal Council approval. The Pueblo of Jemez also has ordinances for Jemez membership; grazing, dog and cat ownership; mobile homes; POJ economic development, utilities and taxes. Tribal Court's goal for the coming year is to review and revise some of the criminal and children's codes, as well as updating policies and procedures for these codes.

Tribal Court hears cases and complaints filed by Law Enforcement, Tribal Sheriffs, Governors, Fiscales, community members, and private businesses. In upcoming articles in the *Red Rocks Reporter*, Tribal Court will share the codes, ordinances and court processes so the community will have a better understanding of how Tribal Court accepts cases and how it functions once a case is received.

At this time, Kiana Gachupin, Court Clerk, and Judge Mendoza are the only Tribal Court staff. Three positions need to be filled: Court Administrator, Court Clerk and a full time judge. Please keep in mind that staff is doing the best they can and appreciate your patience.

Pueblo of Jemez Probation Department

In July 2015, the Pueblo of Jemez officially opened the Probation Department. Although housed in the same building, Probation is now separate from Tribal Court.

Sandra A. Sando was hired as the Supervisory Probation Officer and is in charge of the Probation Department and supervision of the two probation officers. Sandra retired from the New Mexico Children's, Youth & Families Department as a juvenile probation and parole officer. In her 25 years of service, Sandra worked with youth in San Juan, Cibola and Sandoval Counties.

Cedric Fragua is the probation officer working with adults; he has been with the Pueblo of Jemez Tribal Court for five years. The Probation Department welcomes the return of Dominic Gachupin, Juvenile Probation Officer, who took a leave of absence to serve as Second Lieutenant Governor in 2015. The probation officers, including supervisory probation officer, will share the case load of adult and juvenile probationers.

The probation department is working on improving services, supervision and client accountability.

Tribal Court and probation staff can be reached at (575) 834-7369 or 834-1881.

Be safe and vigilant and have a Happy New Year.

NATURAL RESOURCES

Water Quality Program: Year in Review

Submitted by Tammy Belone

The Water Quality Program within the Natural Resources Department was busy in 2015. Water samples were collected on a quarterly basis at nine locations throughout tribal lands. These samples were then sent to the state laboratory in Albuquerque for analysis. Chemical parameters analyzed are: nutrients (TKN, nitrate+nitrite, ammonia, total phosphorus,) arsenic, total dissolved solids, and total suspended solids.

The collection of water samples for nutrient analysis is very important in understanding the "healthiness" of the water bodies. The Jemez River, which is a major water body, is very important to the cultural and traditional aspects of the Village of Walatowa.

The Water Quality Program staff is here to answer any questions about the overall quality of the surface waters within the Pueblo. We look forward to another year of water sample collection and analysis. Contact them at the Natural Resources Department at (575) 834-7696.

TRIBAL ADMINISTRATION

Finance Department

The Finance Department office hours are 8 a.m. to 5 p.m., including during the lunch hour, Monday through Friday. They can assist you with:

- \$ Utility (water) bill payments
- \$ House payments
- \$ Traffic citation payments
- \$ Tribal Court payments
- \$ Ditch fee payments
- \$ Defined Fitness payments
- \$ Red Rocks food booth payments
- \$ Wood permits

For additional convenience they also accept payments over the phone using your debit or credit card. Finance staff is also available to assist employees and community members in a variety of ways, so do not hesitate to contact them at any time at (575) 834-7359.

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.

December 14, 2015

Endorsed the Fire And Humans in Resilient Ecosystems (FHIRE) Project and authorized partnership expansion to enhance opportunities, capacities and partnerships in education, career development, land and water resource management, fund-raising, research, and the interpretation and application of research results relating to the Ancestral Jemez Footprint. (See Red Rocks Reporter, *November 2015 for a detailed article and a related article on page 7 in this issue.*)

Catastrophic fires and the prospect of continuing ecosystem responses to climate change have affected and are likely to continue to affect the capacities of the Pueblo of Jemez and its lands to provide the Hemish People with the water, food, shelter, and security that are foundations for healthy individuals, families, communities, nations and homelands.

Since 2011, the Pueblo of Jemez has collaborated with a team of scientists and scholars on the Jemez Fire and Humans in Resilient Ecosystem (FHIRE) Project, funded by the National Science Foundation, to study the relationship between human activity and the forest ecosystems of the Ancestral Jemez Footprint with respect to climate change. Tribal Council requests and requires all parties involved in FHIRE and related collaborations to maintain and strengthen commitments to (1) apply Hemish traditional knowledge in planning and implementing research and management activities affecting the Ancestral Jemez Footprint; (2) create educational and career opportunities for Hemish people in land and resource management; (3) expand capacities within the Pueblo of Jemez and enable greater control by Hemish People over the Ancestral Jemez Footprint; and (4) work toward the creation within the Valles Caldera National Preserve of a center for the public interpretation and culturally appropriate management of the Ancestral Jemez Footprint.

Tribal Council authorizes and endorses in principle the drafting of a memorandum of understanding or strategic alliance agreement to define and facilitate the collaborations describe above for consideration by the Tribal Council. The Governor, Department of Natural Resources Director, and Tribal Historic Preservation Officer are hereby authorized and directed to facilitate the partnership described above and the Governor is authorized to execute any and all documents necessary to effectuate the intent of this Resolution.

✦ Authorized the Housing Department to use the General Fund to conduct housing operations and activities.

- ✦ Authorized the following 2016 Tribal Transportation Improvement Projects with allocated funds for submittal to Federal Highway Administration: Road Maintenance: \$317,000; Transportation Planning: \$47,000; SP 808 Pueblo Place Road: \$100,000; NM Highway 4 Bypass: \$20,000; SP 380 Sec. 50 North end drainage Head Start Road: \$75,000. Tribal Council also authorized the Pueblo of Jemez Transportation division to encode the provided inventory data into the Road Inventory Field Data System (RIFDS) management system.
- ✦ Authorized the annual transfer of \$25,000 from JHHS third party revenues and \$25,000 from employee payroll loan fees to the Jemez Department of Education Scholarship program to support Jemez students pursuing post-secondary education in health-related fields as defined in the scholarship application guidelines. The Jemez Scholarship Program and the Jemez Department of Education will be supported in seeking additional funds and resources to increase the amount of scholarship funds and resources available by working to grow the annual investments and contributions made to the Jemez Education Fund, a permanent Endowment managed by the New Mexico Community Foundation.
- ✦ Approved use of the allowed grace period to update the Pueblo of Jemez Procurement Policies and Procedures to comply with the new Office of Management and Budget (OMB) Uniform Grant Guidance requirements.

VOCATIONAL REHABILITATION

Save the Date!

The 2016 Disabilities Awareness Conference *Balancing Life for Self-Empowerment*

WEDNESDAY, MARCH 16 9 A.M. – 2 P.M.
Walatowa Youth Center

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

TRIBAL ADMINISTRATION

EMPLOYMENT OPPORTUNITIES

The Pueblo of Jemez has a number of employment opportunities available in a range of professional and non-professional fields. Per Human Resources Policies and Procedures, hiring preference is given to tribal members. More detailed information about these positions is at the web site at www.jemezpueblo.org; choose 'Jobs.' Applications are available at the Human Resources Department in the Tribal Administration Building and on-line. For full consideration, please consider the following:

1. *Incomplete applications will not be considered.*
2. Submit separate applications for each position for which you are applying.
3. Provide copies of your degrees, certificates and/or licensures.
4. Account for all time periods in the last ten years.
5. Resumes may accompany the application, but cannot be substituted for an application.
6. List all former employers: company name, address, phone number, supervisor's name and reason for leaving.
7. Check the application for accuracy, then sign and date it and make a copy for your records.
8. HR staff will contact you if an interview is needed. You must include a *phone number where you can be reached.*

More detailed guidelines are on the web site. If you have any questions, contact the HR Office at (505) 834-7359, ext. 121 or 106, or email to HR@jemezpueblo.org.

Administration

Tribal Administrator Regular, Full-time

Information Technology Department

Information Technology Specialist Regular Full-time

Education Department

Education Services Manager Regular, Full-time

Emergency Management Department

EMT-Paramedic As needed

Housing Department

Construction Supervisor Temporary; as needed

Construction Laborer Temporary; as needed

Construction Carpenter Temporary; as needed

Law Enforcement

Police Officer Regular, Full-time

Planning & Development Department

Director Regular, Full-time

Laborers On call; as needed

Public Works Department

Director Regular, Full-time

Facilities Supervisor Regular, Full-time

Office Manager Regular, Full-time

Tribal Court

Court Clerk Regular, Full-time

Court Administrator Regular, Full-time

Tribal Judge Regular, Full-time

Health & Human Services Department

Administration

Director Regular Full-time

Administrative Officer Regular Full-time

Technical Writer Regular Full-time

Health Clinic

Medical Director Regular Full-time

Ambulatory Clinic Nurse Regular Full-Time

Ambulatory Care Nurse Manager Regular Full-time

Behavioral Health Therapist Regular Full-time

Peer Support Worker-Certified Regular Full-time

Behavioral Health Program

Behavioral Health Program Manager Regular Full-time

Public Health Program

Health Advocate Regular, Full-time

Health Advocate Regular, Full-time

Medical Assistant Regular, Full-time

Fitness Trainer Regular Full-time

Senior Center Program

Senior Center Program Manager Regular, Full-time

Van Driver Regular, Full-time

Social Services Program

Prevention Coordinator Regular, Full-time

Optometry

Optometry Technician Regular, Full-time

Jemez Community Development Corporation

Contact information: (575) 834-7235, jcdc@jemezpueblo.com

Childcare Provider On-call position

Walatowa Childcare Site Supervisor

JEMEZ DENTAL CLINIC

Attention Parents

Reminder to parents: Parents or guardians **must** accompany their children under the age of 18 to their dental visits. This policy allows staff to personally update parents on the treatments needed and rendered. Dental Policy DEN 04 E requires that: "A patient under the age of 18 who seeks dental care of any kind must be accompanied by a parent or legal guardian on his/her visit. Only life-threatening conditions will be treated without the consent of parent or guardian."

We understand that schedules and appointments can conflict. A document is available at the Dental Clinic allows other individuals to bring a child to dental appointments for up to six months. We also allow children to be brought by another adult with written consent from the parent/guardian for *that single visit only*. Verbal consent is NOT accepted. All examinations for children under age of 18, whether a new patient or recall, MUST have a parent, guardian or individual authorized in writing present.

If you have any questions, please call the Jemez Dental Clinic at (575) 834-7388.

HOUSING

Housing News

Submitted by Denny James, Director

The Pueblo of Jemez Housing Department continues rehabilitating 21 homes in the community. The expected completion date is April 2016. Also, the roof repairs to over 40 homes severely affected by the rains of September 2013 under FEMA have been completed. The force account will address interior items approved by FEMA.

The department has also completed the 2014 ICDBG Mold Remediation grant project which included 17 homes, seven more than what had been originally proposed. Another ICDBG grant proposal has been submitted to HUD for this funding year for \$825,000 to support infrastructure at the Pueblo Place subdivision for low to moderate income families for approximately 20 homes. These funds will support eligible tribal members' homes to be developed at the new subdivision which requires that participants remain within low to moderate income levels under IHBG requirements.

The department is heavily involved with the Pueblo Place Infrastructure Project for the future subdivision for housing units of 84 lots. Tribal Council and the leadership conducted a ground-breaking ceremony on Dec. 22, 2015. AUI, Inc., the selected contractor, has estimated the base bid as follows:

Base Bid Estimates AUI, Inc.

Subdivision Grading/Paving	\$763,582.53
Subdivision Utilities	\$202,856.00
Water Main Loop	\$119,544.60
Broken Arrow Sewer	\$229,393.60
South Tank Water Main	\$577,387.80
Subtotal	\$1,892,764.53
Tax	\$75,710.58
Total Base Bid	\$1,968,475.11

The project will be initiated in five phases. This progressive development will begin with Phase 1A immediately east of Highway 4 and end further east into the valley with Phase 2. Bid alternates were included, which are amounts in a bid that can be added or deducted by the owner (Pueblo of Jemez) if changes are made to the plan or specifications of the base bid. Five funding sources will be expended to complete the project: the Pueblo of Jemez Housing Department, US Department of Agriculture (USDA,) US Department of Transportation (USDOT,) New Mexico Tribal Infrastructure funds (NM TIF,) and the Pueblo of Jemez. The final contractor documents are under legal review, with final project completion expected mid-2017.

This infrastructure project was one of the accomplishments that we planned earlier this year. The overall success of the project will be measured by the development of sustainable homes at Jemez Pueblo.

Housing Department Year in Review

The Housing Department estimates that they touched at least 85 homes during a very busy and successful year that included the following projects:

- 🏠 Completed strategic planning session.
- 🏠 Completed two HUD Form 4710 Labor Standards reports; prepared for January 2016 audit.
- 🏠 Interviewed additional force account crew.
- 🏠 Department salary adjustments completed; increases given to staff in April 2015.
- 🏠 Selected contractor for ICDBG, FEMA roofs.
- 🏠 Titled conveyed for 23 OMH accounts.
- 🏠 Four MFA home renovations completed.
- 🏠 Completed window replacements, repairs for tribal homes.
- 🏠 Completed roof replacements and repairs for 50 tribal homes under all programs.
- 🏠 Submitted 2014 HUD Annual Performance Reports.
- 🏠 Submitted 2015 HUD Annual Performance Reports.
- Prepared RFP for FEMA Church project for POJPD. (?)**
- 🏠 Prepared, participated in FEMA audit in June 2016 with *no findings*.
- 🏠 Submitted 2015 Indian Housing Plan.
- 🏠 Submitted 2016 Indian Housing Plan.
- 🏠 Coordinated Section 184 training with Coldwell Banker Realty staff.
- 🏠 Coordinated RFP submission, bidding, contractor selection for Pueblo Place infrastructure.
- 🏠 Attended six delinquency case court hearings; successful outcomes in all cases yielded \$40,000.
- 🏠 Generated communication regarding delinquent utility bills for Public Works Department.
- 🏠 Awarded funding for two major home rehabilitation projects for \$194,620.
- 🏠 Sold home on Highway 4 for \$120,000; gross proceeds to return to Housing (Sec. 184); closing expected in mid January 2016.
- 🏠 Prepared for SWONAP review August 2015 with *no findings*.
- 🏠 Prepared for FY2013, FY2014 annual independent audits with *no findings*.
- 🏠 Continued coordination with Jemez Community Development Corporation (JCDC) for self-help housing program.
- 🏠 Completed cost allocation estimates for building purchase at \$191,200; entered into lease agreement at new building for \$375 per month up to six months.

NATURAL RESOURCES

FHIRE (FIRE & HUMANS IN
RESILIENT ECOSYSTEMS) PROJECT

Fire Adds Richness to the Land

Submitted By Sharlot Hart, T. J. Ferguson, John Welch and Paul Tosa

As part of the Fire and Humans in Resilient Ecosystems (FHIRE) project, we conducted extensive ethnographic research. Funded by the National Science Foundation, this research focused on how the Hemish lived for centuries in the forested Jemez Mountains, seemingly without serious ecological problems, in an area that is today prone to devastating forest fires. To increase our understanding of how Native peoples interact with fire, we worked in partnership with the Pueblo of Jemez, as well as culture and history program representatives from the Hopi, Zuni and White Mountain Apache tribes.

The traditional knowledge our tribal research partners shared with us is valuable in understanding different ways of thinking about and using forests, different tree and plant species, and fire. One goal of the project is to model sustainable methods of forest management, so having tribal input was especially important.

In our first year of research, we focused on interviews at Jemez Pueblo. Most of these were conducted in Towa by Chris Toya and John Galvan. In the second and third years, we worked closely with Tribal Councilman Paul Tosa, who assisted us in interviewing additional Jemez tribal members.

We also conducted interviews with the representatives from White Mountain Apache, Hopi and Zuni. In our last year of research, we brought research teams from Hopi and Zuni to the Jemez Mountains to work with Paul Tosa to inspect the project area. In total, we worked with fifty tribal research participants, including 18 Pueblo of Jemez tribal members.

Documenting traditional knowledge focused on the cultural and behavioral factors involved with the ignition and suppression of forest fires. We collected interview data about the use of fire in agriculture, grazing and cultural practices. We worked with our research participants to understand the use of trails, wood harvesting for fuel, and how construction affects fire behavior. Finally, we asked tribal members to identify healthy forest structure, and to comment on their personal experiences with forest fires.

We did not collect esoteric or secret cultural information about religious practices that should not be divulged to non-Indians. We respected each research participant's right to make decisions about what should and should not be shared. As a result, the information about the cultural activities, forest uses and fires being used in the scientific models and studies has been approved by the people we worked with.

For example, our Zuni colleagues thought it important for the public to know that *Shuwalitsi*, the Little Fire Keeper at Zuni, carries a firebrand in his right hand that is used to

start fires along the trail used during a pilgrimage made every four years to a sacred lake in Arizona. The smoke rises like clouds and helps bring rain. In one story, the Little Fire Keeper inadvertently set a range fire in Galestina Canyon on the Zuni Reservation. After this event, a sheep herder went up to *Shuwalitsi* and thanked him for setting the fire because it had been a traditional range management practice that the Bureau of Indian Affairs now prevented him from doing. We were told that burning grassland promotes new growth, clears off dead and invasive plant materials, and helps the range.

After interviews were completed, Barry Ellen Price Steinbrecher and other graduate research assistants entered the data into NVivo, a computer program that provides a qualitative research tool for analyzing unstructured information. NVivo lets us map how often and in what discussions any individual word occurs in the interviews. For instance, we can search NVivo for "lightening" or "oak" and get a diagram that shows how, when and where participants used those terms.

Our discussions with tribal research participants covered many topics. Important conversations taught us about how burning farm fields and grazing areas rejuvenates the land, restores fertility, and leads to new growth. We also learned some of the many ways that fire is associated with farming, including clearing fields and ditches and in the subterranean corn roasting pits that are commonly associated with cornfields.

We spent a lot of time in remote areas around Walatowa and in the upland forests, discussing how the people who lived in Jemez Mountains harvested thousands of roof beams to construct their villages. This, along with collecting fuel wood, maintained a cleared area that acted as a firebreak around their villages. Field houses, farm fields and the network of trails in the Jemez Mountains also acted as firebreaks that would have suppressed the ignition and spread of forest fires in the past.

Many tribal members think that recent fire suppression has led to unhealthy forest structures. Dog-hair thickets, where trees grow crowded and small, are now found in the Jemez Mountains. These provide fuel for large, destructive forest fires. In the past, the Hemish people encouraged low-intensity fires that protected trees and promoted fertility.

As we continue our research, we think that the traditional knowledge shared by our tribal research participants will help scientists better understand the complex interaction between human behavior and forest fires.

Forest fires are powerful and dangerous but, as Paul Tosa told us, they add richness to the land.

JEMEZ HISTORIC SITE

Understanding History: The Archaic Period

By Matthew J. Barbour, PhD, Manager, Jemez Historic Site

Most in the American Southwest recognize the Paleoindian and Pueblo Periods. *Paleoindian* suggests mammoth hunters; the term *Pueblo* suggests Native Americans living in villages surrounded by fields of corn. Neither of these perceptions is necessarily wrong, or necessarily correct. Yet, the transition from one to the other is largely overlooked.

This period is known to archaeologists as the Archaic. It is the time in which Paleoindian big game hunters began to settle down, adopt agriculture, and ultimately develop pottery. This is not something that occurred overnight, but rather took thousands of years.

In the Four Corners Region, this transition is discussed in terms of the Oshara Tradition. This most likely scenario was defined in 1973 by Cynthia Irwin-Williams; it's divided into six phases of incremental change from about 5500 BC to AD 600. The culture represents *in situ* (or in place) development of Paleoindian populations who became the Pueblo peoples of today.

Alternate theories suggest that Paleoindians were of European descent developing out of the Solutrean Culture then later replaced by the more Asiatic Native American Peoples. Others believed that Pueblo peoples represented migrants from Mesoamerica. A handful of archaeologists working in other regions still maintain these assertions, but few in New Mexico believe there is any credibility to these claims, instead holding to the Oshara Tradition as the most likely truth.

The Oshara Tradition begins with the **Jay Phase** (ca. 5500 to 4800 BC). Like the people of the earlier Paleoindian Period, hunters and gatherers of this first phase relied almost exclusively on a flaked stone technology that revolved around the atlatl, or spear thrower. However, it is believed that increased human population and drier climate forced them to adapt. Their foraging range began to shrink and they started to focus

on a broader range of plants and animals. While large game was never abandoned, there was greater emphasis on lagomorphs (rabbits and hares) and other protein sources, such as insects.

The trend towards a more arid climate continues into the **Bajada Phase** (ca. 4800 to 3000 BC). To make better use of edible plant species, complex roasting pits were developed to facilitate the consumption of many different parts of the plants. The result was an increase in caloric production that allows the landscape to sustain a larger human population.

Milling tools, in the form of *manos* and *metates*, were developed in the **San Jose Phase** (ca. 3000 to 1800 BC). Wild grasses became a dietary staple. However, these products required a huge investment in labor and milling stones were not easy to transport. This led to the congregations of larger numbers of people on the landscape into base camps or even ephemeral villages, at least seasonally.

By the **Armijo Phase** (ca. 1800 to 800 BC), maize (or corn) appeared on the landscape. This was brought into the American Southwest through contact with Central Mexico. However, there is no evidence to suggest the people living in the region were replaced with Mesoamerican colonists as there is no dramatic shift in material culture. The local subsistence strategy continued. Maize is just integrated into the existing dependency on other wild grasses and focus on procuring small, easy to acquire game.

The Archaic Period's **En Medio Phase** (ca. 800 BC to AD 400) overlaps with the Basketmaker II Phase of the Pueblo Period. It represents the transition from a largely hunter/gatherer focus to agriculture. During this phase, a major drought (AD 250 to 500) hit the American Southwest. Correlating with this climatic shift was a transition toward increased reliance on maize agriculture. Good years produced surplus that could be stored for bad ones. This is witnessed



Archaic Period bell-shaped pit excavated by the author.

through the proliferation of storage features on the landscape, particularly bell-shaped pits.

The reliance on agriculture and year-round storage to offset years of inadequate rainfall are two of the hallmarks of Pueblo Culture. During the **Trujillo Phase** (ca. AD 400 to 600), the transition from one to the other was completed with the adoption of pottery and the bow. Clear evidence of year-round occupation in recognizable Pueblo villages began.

All of the Oshara Tradition's phases can be identified in the archaeological record by distinctive projectile points. However, the dates associated with any particular phase are open to discussion. The boundaries between each represent a bit of a gray area. Earlier agricultural sites are constantly being discovered causing the timeline to be adjusted. Because the phases represent a continuity, there is substantial overlap depending on when a particular band of people or local region adapted a specific cultural adaptation.

Spanning over 5,000 years, the Archaic Period represents a fascinating transition. It witnessed the adoption of agriculture, bows, pottery and villages. The Oshara Tradition does not simply describe what happened, but gives evidence of why and when gradual change occurred as Paleoindian hunter/gatherers transformed into the agricultural Pueblo peoples of today.

JEMEZ HISTORIC SITE

State of the Site 2015

On Dec. 12, Jemez Historic Site hosted *Light among the Ruins* for more than 912 visitors. The event capped an extraordinarily productive year for tourism at the site. Through a combination of visits and public outreach, staff talked with over 20,000 men, women and children. This marks the best year for the site since 1999 and is roughly a 60 percent increase above the last five-year average.

The increase in attendance is the result of many factors. The most obvious has been general improvements to the grounds. Massive ruins stabilization and landscaping projects were undertaken in 2015 through a continued partnership with the Pueblo of Jemez Natural Resources Department. The kiva roof was also replaced with the help of Cherry/See/Reames Architects of Albuquerque and Crocker Ltd. of Santa Fe.

Another major boost has been a reconfiguration of staff. The addition of an instructional coordinator has allowed the focus to shift to greater participation at schools and senior centers. These activities inform the public about the importance of our historic sites and encourage visits. Moreover, they allow staff to give back and participate in the communities they serve.

Special events and programs remain important. Our Earth Day Hike, Sunrise Easter Service, Pueblo Independence Day, and *Light among the Ruins* events draw visitors. Stories from the Land, which links the site with children at the Jemez Pueblo Community Library, returned for its third year and Elders in Residence reemerged with Salvador Yepa and Clara Gachupin hosting visitors during Balloon Fiesta. With the aid of the New Mexico Music Commission, the site hosted a summer concert in the ruins.



Jemez Historic Site master plan for exhibit remodel completed in 2015.

Rebranding the site as a Historic Site and designation as a National Historic Landmark are still having repercussions. Public and academic interest has never been higher. A special publication by the Archaeological Society of New Mexico on the 1965 excavations at the site is forthcoming and in 2016, the site will be featured in the introductory video of the Making Archaeology Public Program, which celebrates the 50 year anniversary of the National Historic Preservation Act.

The site is also looking to the future. With Andrew Merriell & Associates of Santa Fe, we completed a master plan for future operations. This document reimagines all aspects of the visitor experience. It includes roofing and staging of several pueblo rooms, construction of permanent seating outside the church, and a major overhaul of the Visitor Center. While no timeline has been set, the plan is a goal we will work toward.

The only task not completed in 2015 was the desire to open the site to visitors seven days a week with the hiring of an additional ranger. However, this hire is currently on hold as the Department of Cultural Affairs (DCA) – the entity which oversees Historic Sites – searches to replace Director Richard Sims.

Director Sims, who retired in the fall of 2015, implemented the Memorandum of Understanding between Jemez Pueblo and the Department of Cultural Affairs and created several new programs. He went out of his way to meet with government officials and the public. Currently, the DCA expects to hire a new Historic Site Director in the summer of 2016.

The primary focus in 2016 will be maintaining attendance gains made in 2015. The goal is to make 20,000 visitors the new five year average. Rather than creating additional events and activities, Jemez Historic Site is committed to improving on our current obligations.

Do you have suggestions on how Jemez Historic Site can improve? Contact us. Want to help make Jemez Historic Site a better place? Contact us. Reach Manager Matthew Barbour at matthew.barbour@state.nm.us or (575) 829-3530. Jemez Historic Site welcomes your feedback and can only improve with your help.



Clara Gachupin at Jemez Historic Site's Elders in Residence 2015

BEHAVIORAL HEALTH

CONFERENCE ON ENABLING

Submitted by Jesse Michaud, Interim Program Manager

The Behavioral Health Program Conference on Enabling was held Wednesday, Dec. 9 in the Community Resource Center. The venue may have been small and intimate, but there was an amazing response from the community. (See related article in the November 2015 edition of The Red Rocks Reporter.)

Governor Raymond Loretto, DVM, started the conference with an invocation and spoke about enabling behaviors he had seen while in office. Dr. Loretto also emphasized the importance of helping each other as a community and getting our friends and loved ones the help they need. He also discussed the work he has been spearheading on improving aftercare services by turning part of the newly acquired Handmaid's property in Jemez Springs into a post-inpatient treatment aftercare halfway house, a place where people coming home from treatment can continue to work on their sobriety while being close enough to the community to "smell the fry bread at home."

The conference's first speaker was Norm Weiss. Norm discussed his personal struggles with enabling a family member in his life and how he found support and much needed help in Al-Anon, a support group for family members of alcoholics. Norm went on to talk about how Al-Anon has its own steps for members and how instrumental those steps can be for family members regaining control over their lives.

Next we heard from Dolores Tafoya who told her story of growing up with an alcoholic parent and then later marrying someone who also suffered from alcoholism. Dolores has organized Al-Ateen meetings, which is a support group specifically for teenage children of alcoholics. Dolores described how the impact of an alcoholic parent can be especially harmful for children and how those children need increased support. Dolores also talked about how to create an Al-Ateen meeting in this community. Al-Ateen can teach children and teenagers the "three C's" coping with living with someone who suffers from alcoholism: cause, control and cure. Dolores described the importance of saying "thank you" to teens and young children; this can do wonders to build self-esteem. Many children of alcoholics experience low self-esteem as well as other emotional disorders.

Meera Olson, Flo Yepa and Sal Yepa lead a panel discussion. Meera opened the discussion relating problems she has noticed working with children in our community who



Meera Olson, Flo Yepa and Sal Yepa lead the panel discussion.

have a family member suffering from alcoholism. "It's not about ethnicity or skin color, we're all human," Meera said, adding that her goal was for all of us to share our woundedness so we can help each other recover and heal. She also emphasized the importance of strict adherence to confidentiality, especially when children are involved.

Following Meera, Flo began a discussion about what Al-Anon is and who it is for. Flo has been running an Al-Anon meeting in Jemez for the past three years.

"Every family in the Pueblo knows or has somebody that has a problem with alcohol," Flo said. "We may be different, but we're not so different." She spoke passionately about how this community needs to learn to speak up about these problems so we can all face them. "We have a family illness" Flo said, "We need to work together, so we can help each other."

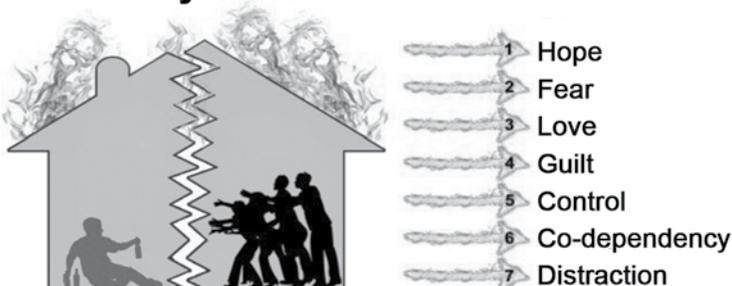
Flo's husband Sal Yepa discussed his history with addiction and his path to sobriety. Sal spoke in Towa to really articulate his story to the audience. Sal talked about how he felt his drinking had impacted his whole family.

After a short break for some good food, Carol Vigil from Jemez Social Services spoke to the audience about her work with victims of violence, sexual abuse and stalking, and how enabling can mean more than just for alcohol and substance dependence.

"Enabling is anything you will do to help this person with their addiction to alcohol, drugs, abusive behaviors, etc.," Carol explained. She described the ways people enable, such as giving excuses to employers to cover for a family member who is hung over or in jail, paying bills for someone who has spent all their money on alcohol, or just giving a person money to continue their destructive behaviors. Carol added that the best thing we can do is allow people to reach their "rock bottom" so the consequences they face will help motivate them to make needed changes in their lives. Carol suggested that the best piece of advice to someone struggling with addiction is to tell them: "I love you, I care about you, but I can't watch this disruptive pattern."

Continued on page 11.

Why Families Enable Addicts



SOCIAL SERVICES

Conference on Enabling, *Continued*

Before the conference concluded, members of the audience spoke about their own personal experiences with enabling and the struggle with family members who have problems with alcohol. The amount of support that was offered was truly heart-warming. Flo Yepa reminded everyone that AI-Anon meetings would be resuming early next year after a brief hiatus.

Contact Flo Yepa about AI-Anon meetings.

Contact Carol Vigil about the Women's Support Meetings at the Social Services building; call (575) 834-7117.

If you need help, or you care about someone who does, contact Jemez Behavioral Health at (575) 834-7258. All contacts are strictly confidential.

Prepare for Winter Emergencies

Did you see the news story about the couple who were trapped in their car in the snow for more than 20 hours last month? **Protect yourself and your family when you're on the road by keeping these items with you:**

- ✦ A shovel, tire chains, tow rope and sand or cat litter; all can help get your car unstuck. Jumper cables are always good, too.
- ✦ A windshield scraper: Preferably one with a brush attached.
- ✦ Blankets, sleeping bags, gloves, hats and extra clothing. Staying warm is crucial while you wait for help.
- ✦ Bottled water and snack food, such as energy bars, peanut butter and raisins. You must stay hydrated and nourished.
- ✦ A first-aid kit. Keep one in your car all year.
- ✦ A battery-powered or hand-cranked radio. Hear weather updates, information on emergency response efforts, etc. while conserving your car's battery.
- ✦ Emergency flares, reflectors and a battery-powered or hand-crank flashlight; all will help attract attention and help other drivers avoid you.

Add items that suit your needs, including any medication you must take on a schedule. Most important, keep the kit in your car at all times.

MORE SAFETY TIPS

- ✦ Keep your vehicle well maintained and gassed up.
- ✦ Share your travel plan with friends or family.
- ✦ **Stay in your car if you get stuck.** People get lost walking to find help.
- ✦ To reduce battery drain, only use your emergency flashers if you hear vehicles approaching. You can keep your dome light on to remain visible.
- ✦ Add roadside assistance to your car insurance policy for help in an emergency.



Stalking: Know It, Name It, Stop It!

Submitted by Cheryl Chinana, Outreach Specialist

Did you Know?

There are about 7.5 million stalking victims every year.

What is Stalking?

Stalking is a series of actions that make an individual feel afraid or in danger. Stalking is serious, often violent, and can escalate over time.

A stalker can be someone the victim knows well or not at all. Most stalkers have dated or been involved with the people they stalk. Most stalking cases involve men stalking women, but men do stalk men, women do stalk women, and women do stalk men.

Some things stalkers do:

- Repeatedly call, including hang-ups.
- Follow you and show up wherever you are.
- Send unwanted gifts, letters, texts or e-mails.
- Damage your home, car or other property.
- Monitor phone calls or computer use.
- Use technology, like hidden cameras or GPS, to track where you go.
- Drive by or hang out at your home, school or workplace.
- Threaten to hurt you, your family, friends or pets.
- Post information or spread rumors about you on the Internet, public places, or by word of mouth

You are not to blame for a stalker's behavior.

Get help! If you or someone you know is being stalked, report it!

If you are in immediate danger, call 911.

To learn more about stalking, visit the Stalking Resource Center Web site at www.victimsofcrime.org/src or contact the Jemez Social Services Program at (575) 834-7117.

PUBLIC HEALTH

Dan's 50 Shades of Health: Got Resolutions?

Submitted by Daniel Madalena, Fitness Trainer

New Year's resolutions are a bit like babies: they're fun to make but extremely difficult to maintain. With the New Year comes new resolutions. But many tend to lose steam as the months pass. Here are a few things to keep in mind as we set goals and do our very best to attain these goals:

Don't expect overnight success. Like the old saying "Rome was not built in a day," it takes time for your body to adapt to exercise stimulus. But with a regular exercise program and healthy eating habits, you're bound for success.

Plan for bumps on the road. Illness and injury are main reasons why we become inconsistent, which may lead to overall failure. Make sure you drink plenty of water, eat plenty of vegetables/fruit and get enough sleep. Stretching and a dynamic warm up will greatly reduce the likelihood of injury.

Use a journal or app to track progress. Writing your experiences, emotions and accomplishments will help you be honest with yourself and understand any barriers you may encounter with your eating and exercise habits.

Most important, have a support system in place. Exercising with a buddy will help you keep each other accountable and help make progress fun.

Find a pattern. Decide which days are your most successful and consider those your workout days. For example, most find Monday as a "have to" work out day.

Mix it up! If your current program consists of resistance training only, why not train for a 5K, triathlon or a Tough Mudder obstacle course or vice versa.

Setting goals for the year and maintaining those goals can be very difficult, but with persistence and determination much can be accomplished. If you need assistance with setting goals or would like some advice with your training program, please contact Daniel Madalena, Fitness Trainer, at (575) 834-7207 or e-mail to daniel.madalena@jemezpueblo.us.

"Stay hungry, stay healthy, believe strongly in yourself and go beyond limitations."

A. Schwarzenegger



"Leah loves to come to Jemez and has been amazing in getting participants engaged in her cooking classes," says Cornell Magdalena, Health Advocate. "She shares great information on recipes. She also explains how different spices are good for the body and their health benefits. Many community members keep coming back to learn more cooking skills from Leah."

For more information, call the Public Health Programs at (575) 834-7207.

Cooking Class Thursday, Jan. 28

Leah Pokrasso, chef/owner of Leafy Greens, will offer another cooking class for community members in the Public Health Programs kitchens on Thursday, Jan. 28. Join us to learn about different of recipes and using food from the MoGro food club. Mogro provides most of the vegetables she uses.

Welcome Mat

The Public Health Programs welcome two new staff members to the team.

Diabetes educator Eva Fain, RN, BSN, MPH, has been interested in diabetes management since 1988. Her earlier education focused on becoming a research scientist in medical anthropology before turning to active patient care. While living in Denver, she worked with city and county health departments. "I'm really excited about the innovative approach Kristyn is taking with the public health programs in the community," Eva says. "I'm very happy to be here."

Daniel Madalena, fitness trainer, worked with the Community Wellness Program before going to Blue Cross/Blue Shield New Mexico as a patient advocate. "I just couldn't sit for eight hours a day and I wanted to come back to the community," he says. He has earned certifications from the National Strength and Conditioning Association as well as the National Academy of Sports Medicine. "My goal is to help community members get and stay fit and healthy. He is available to coach you to reach your fitness goals."



PUBLIC HEALTH

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 for more information, go to the Public Health office at the clinic or call (575) 834-7207 for more information.



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SENIOR CENTER

**DO YOU NEED HELP WITH
*Propane? Electricity? Wood?***

LIHEAP IS BACK!

The Senior Center is now accepting LIHEAP (Low Income Home Energy Assistance Program) applications. Apply in person at the Senior Center Monday through Thursday, 9 a.m. to 1 p.m. or complete an application and drop it off with all supporting documentation for processing on Friday of the same week. To qualify for home energy assistance you must have:

- Proof of income for the past 30 days for employed adult household members who are no longer in high school.
- For those unemployed, a letter of unemployment signed by the unemployed individual and/or unemployment benefits award letter.
- Award letters from Social Security, Veterans Administration, retirement, pension, etc., and any other proof of income.
- Self-Employed: Signed statements or letters supporting self-employment and income earned for each month for the last 90 days.
- College students: A school schedule for the current semester.
- Social Security cards for **all** household members.

Applications must be complete to be considered.

The total household income may not exceed the amount indicated in the chart below.

For more information or if you have any questions or concerns, please contact Monica Toya, Administrative Assistant, at (575) 834-9168, Monday through Friday from 8 a.m. to 5 p.m.

VETERANS ASSOCIATION

**Veterans' Creative Arts
Festival Applications**

New Mexico veterans are invited to show their talents in the 14th annual Veterans Creative Arts Festival Feb. 23 to 25 at the Murphy Veterans Affairs Medical Center in Albuquerque. Divisions are Music, Art, Creative Writing, Drama and Dance. Local winners will compete at the national level via digital images and videotape. Visual Arts entries will be on display from 10 a.m. to 8 p.m. Feb. 23 & 24 and from 10 a.m. to 1 p.m. on Feb. 25 in the Recreation Hall. The Performance Arts competition will be 1 to 3 p.m. on Feb. 24 in the Education Auditorium. Local first-place winners may be invited to the National Veterans Creative Arts Festival in Jackson, MS on Oct. 10-17.

The competition involves more than 3,000 participants nationwide. The festival is open to all veterans receiving care at VA medical facilities.

Veterans can get applications in the Recreation Hall or by calling Barb Tremmel at (505) 265-1711, ext. 4208. Veterans needing information about the Performance Arts can call Liz Apperson at (505) 265-1711, ext. 2487. Veterans calling from outside of Albuquerque may call TOLL FREE at 1-800-465-8262, ext. 4208. Applications and entries will be accepted from 10 a.m. to 3 p.m. Feb. 18-19 in the Recreation Hall. Visit the Creative Arts Festival web site at www.creativeartsfestival.va.gov for more information.

**Income Eligibility:
150% of Federal Poverty Guidelines**

HOUSEHOLD SIZE	MONTHLY	ANNUALLY
1	\$ 1,471	\$ 17,655
2	\$ 1,991	\$ 23,895
3	\$ 2,511	\$ 30,135
4	\$ 3,031	\$ 36,375
5	\$ 3,551	\$ 42,615
6	\$ 4,071	\$ 48,855
7	\$ 4,591	\$ 55,095
8	\$ 5,111	\$ 61,335
Each Additional Household Member	\$ 520	\$ 6,240



Language Immersion Children Surprise Community With Their Talents

Submitted by Danielle A. Sando, Family Service Coordinator

December was a busy month for the language immersion students and staff, as they practiced and prepared for their performances at their annual Christmas Program. Three dances were performed were Butterfly Dance, Matachina Dance and the Buffalo Dance. Santa also heard Jemez children singing his song in Towa all the way from the North Pole, so he came to our event!

We want to thank the Head Start families for preparing children for their performances. It takes time to prepare and make their clothing. May our Towa language continue to be strengthened through our children.

Happy New Year from the Walatowa Head Start Language Immersion Program!



EDUCATION

THE VALUE OF BECOMING MULTILINGUAL

Submitted by Kevin Shendo, Director, Department of Education

This article is a wake-up call for all those who dream of becoming multilingual: just do it! Italian Luca Lampariello talks about where he finds the motivation for learning languages, and how he's learned 11 so far.

How Learning 11 Languages Taught Me 11 Crucial Lessons

By Luca Lampariello

When people meet someone who speaks many languages fluently, the first reaction is often one of bewilderment. Multilingualism is generally considered *cool yet difficult to achieve*, especially if second, third and fourth languages are acquired later in life. As an advocate of language learning, I of course agree that it's cool, but I challenge the assumption that it's difficult.

I would like to deviate from the well-trodden route to **how** I learned 11 languages and concentrate on **why** I learned these languages. Seasoned language learners will tell you that motivation is fundamental. So where can one find this motivation and how can it be bolstered? Language learning is about much more than heaps of books and hours of study. It's about travelling to marvellous places, meeting inspiring people, enjoying delicious food and embarking on innumerable journeys of self-discovery. I derive my motivation to learn more languages from these experiences; the experiences that these languages make possible.

"I agree that language learning is cool, but I challenge the assumption that it's difficult."

English

Lesson learned: *Languages cannot be taught, they can only be learned. Having someone or something to aid with the process is of great benefit. Find a guide, not an instructor.*

English was already a world language by the time I turned 10 in 1991. Its study was mandatory. I struggled at first. I didn't like the teacher, grammar explanations confused me, and the material was monotonous. I thought I'd never learn it. Then my parents hired a private English tutor. I was 13 and she was wonderful. She didn't simply instruct me in the language, but helped me discover it. She set me on the right path to learning and, most importantly, learning to love language.

I started reading a lot of books in English. My aunt bought me *The Hardy Boys* and after that there was no looking back. The combination of reading books, watching movies and talking to my tutor once a week for two years worked wonders. By the age of 15 I was fluent in English and in possession of a thick American accent.

"Learning is a treasure that will follow its owner everywhere."

Chinese Proverb

French

Lesson learned: *A language is a door to an entire world which is wholly worth exploring. So let your guard down and fall in love with the language, with the country, with a person, or even with the food. There's no greater motivation!*

I started learning French around the same time as I started learning English and encountered many of the same problems. That changed when I discovered I could watch French TV. By age 15, I was fluent in French. A few hours of television a day did more than three years in middle school. In 2010 I moved to Paris. Living there enabled me to gain valuable insights into French culture: history, traditions, jokes, cultural references, and a respect for French pride in their cuisine and language.

"Language is the road map of a culture. It tells you where its people come from and where they are going" – Rita Mae Brown

German

Lesson learned: *If you find a method you like and works for you, you can start learning any language by yourself. There is no one best method to learn a language. Find something that is effective for you. And above all, experiment!*

German was the first language I started learning completely on my own. I had no idea how to learn German. I spent a couple of months using a dusty grammar book. Gothic letters cascaded down the page implored me to repeat vacuous grammar drills. I quickly became disheartened.

Then I saw a commercial on TV about a language series in four languages and decided to give it a go. While using it, I came up with my method: a special technique to absorb the basic patterns of any language in a light, natural and fun way. This method came to me organically, and I quickly realized that it was extremely effective for me. My German created a privileged connection with some German tourists and fueled my passion to perfect my German. I started reading insatiably. The language had become an integral part of my life.

"If you talk to a man in a language he understands, that goes to his head. If you talk to him in his own language, that goes to his heart." – Nelson Mandela

Spanish

Lesson learned: *Language learning offers you profound insights into your own, native language. If you learn a language similar to yours, speak it from the beginning. It's easier than you perhaps imagine.*

Spanish and Italian are like sisters; different and yet similar at the same time. The overall structure of the two languages is similar, but there are disparities in terms of pronunciation, intonation and idiomatic usage. In 2007 I did an exchange in Barcelona. The language simply rubbed off. By the time I came back to Rome, Spanish had become a part of me.

"Those who know nothing of foreign languages know nothing of their own." – Johann Wolfgang von Goethe

Continued on page 16

EDUCATION

Becoming Multilingual, *Continued*

Dutch

Lesson learned: *There is no such thing as a useless language. They will all come in handy sooner or later, so don't let others determine what you learn. Allow yourself to be guided by your own interests and convictions.*

I met a Dutch girl while camping. She didn't speak much English and we became frustrated at our inability to communicate, so I decided to learn Dutch. We lost touch, but the language stayed with me. People insisted that Dutch was a completely useless language – “they all speak English” – but I stuck to it. I read books and magazines that friends brought from the Netherlands. I knew I would use the language sooner or later. Now I speak Dutch every day with my Dutch housemate. Speaking and expanding Dutch has become easy, effortless and interesting. The old adage that one must move to a country to learn the language is simply not true.

“Learn everything you can, anytime you can, from anyone you can; there will always come a time when you will be grateful you did.” – Sarah Caldwell

Swedish

Lesson learned: *Start working on pronunciation from the very beginning to avoid developing bad habits. Be flexible. If a language has an idiosyncratic feature, work on it more from the start.*

My girlfriend bought me a Swedish course for my birthday. Swedish sounds incredibly musical due to its peculiar intonation, but I found it quite difficult to grasp at the beginning. In 2004 I went to Stockholm and was immediately enamored by Swedish culture. I kept speaking Swedish, and watched movies and read books, mainly thrillers, as the Scandinavians are excellent at that. And the best thing of all? If you know Swedish, most Scandinavians will understand you, and you suddenly have access to a fascinating culture and way of thinking.

“To have another language is to possess a second soul.”
Charlemagne

Russian

Lesson learned: *If you are about to give up on a language, actively search for something that reignites your desire to learn. Go to the country, meet someone, watch a movie, make a YouTube video. Anything goes.*

Russian seemed exotic to me: incredibly rich, elegant and intriguingly complex. Thinking in Russian was like solving a mathematical conundrum for every sentence. My mind boggled as to how native Russians deal with it every day. I had nobody to help me and after eight months I began to think that it had been a mistake to learn Russian. I had barely made any progress. I didn't do much for three years. Then I posted a video on YouTube speaking Russian. The response astonished me. Russians think their language is difficult and inaccessible, so when they hear somebody uttering a couple of sentences they

are joyful. I started speaking Russian on regularly and slowly began to navigate my way through Russian's grammar maze.

“Learning is a treasure that will follow its owner everywhere.”
Chinese Proverb

Portuguese

Lesson learned: *You can learn two languages at the same time provided that you organize your time and energy well.*

I started learning European Portuguese at the same time as Mandarin. I had never learned two languages at the same time, so I gave myself very precise guidelines. Portuguese, like Spanish, came naturally to me. I focused on pronunciation, which can be tricky. Unstressed vowels are barely pronounced and sentences often seem like an uninterrupted sequence of consonants. Portuguese can even sound like Russian to untrained ears as a consequence.

“Language is the blood of the soul into which thoughts run and out of which they grow.” – Oliver Wendell Holmes

Polish

Lesson learned: *Travel is a truly great motivator. Travel as much as you can, whenever you can. It will open doors and push you to learn languages.*

I visited Poland and fell in love with the country and its people. I used my bilingual translation technique and also started speaking it from the very beginning by setting up a weekly language exchange with a Polish man. I highly recommend this approach if you are learning a Slavic language and you already speak another one. Although Russian and Polish are quite different in many ways, the overall structure is the same, and knowing one helps enormously with learning the other.

“One language sets you in a corridor for life. Two languages open every door along the way.” – Frank Smith

Mandarin Chinese

Lesson learned: *Don't be intimidated by a language's reputation.*

I had heard that Chinese is notoriously difficult, and had never contemplated learning it. I wanted a new challenge. I started learning Mandarin Chinese in my own way, but I faced completely new challenges.

If somebody tells you that Chinese is *impossible to learn by yourself*, I assure you that is absolutely not true. It has its own complex aspects, but also some refreshingly easy ones as well. If you know how to tackle tones and Chinese characters the right way, Chinese is, in the long run, not harder than any other language, and the reward of speaking it is immense. You come into contact with an incredible culture, and the Chinese are often pleasantly surprised if you speak their language well.

“The limits of my language are the limits of my world.”
Ludwig Wittgenstein

EDUCATION

Jemez Valley Public Schools

Submitted by Dr. Susan Wilkinson Davis,
Superintendent

We want to update you about a pending lawsuit filed by numerous school district and family plaintiffs against the state of New Mexico, challenging the state's failure to provide sufficient educational opportunities to all students. The plaintiffs are represented by the New Mexico Center on Law and Poverty (NMCLP) and the Mexican American Legal Defense Educational Fund (MALDEF). The lawsuit will be heard in the summer of 2017 by First Judicial District Court Judge Sarah Singleton in Santa Fe.

In preparation for trial, NMCLP has contracted with Dr. Rebecca Blum-Martinez to analyze the English Language Learner (ELL) and Bilingual Education programs in six public school districts, including Jemez Valley Public Schools, where high numbers of Native American students attend. Dr. Blum-Martinez will collect and analyze school and district level data spanning the years 2008-2015, regarding the number of indigenous students who are classified as English Learners as well information about bilingual and TESOL-endorsed teachers. Dr. Blum-Martinez **will not collect individual student data or information**, so the research will not violate confidentiality protections for individual students.

Jemez Valley Public Schools staff wants to learn more about best practices for teaching our Native American students. The district's information will be combined with the other five districts.

If you have any questions, please contact Dr. Wilkinson at (575) 584-7391.

Jemez Truancy Program

Submitted by Leander Loretto, Student Outreach & Truancy Coordinator

The Pueblo of Jemez Department of Education, in collaboration with tribal departments and programs and with support from tribal leadership, has entered into a Memorandum of Understanding (MOU) with local community schools to develop the Pueblo of Jemez Truancy Program. The purpose of this MOU is to ensure accurate and timely communication between all collaborating partners.

Truancy is being absent from or tardy to school. Truancy is the act of *choosing* not to attend school on a daily basis without good reason. Students can become truant when they decide to neglect their own education by choosing not to attend school daily. Parents and guardians can also be referred to county or tribal court when they choose to neglect their children's education.

The New Mexico Compulsory School Attendance Law requires that a parent/guardian must ensure that their minor child between the ages of six and 17 is in school the full time school is in session. The Tribal Truancy Program mirrors the state law, but includes tribal interventions.

The collaboration's goal is to serve as additional support to schools and students for academic achievement and success through their primary and secondary academic years. Partner schools will ensure that school policies on truancy are aligned with the POJ Truancy Program. Partnering POJ tribal programs will ensure that students referred to their programs will receive timely, sufficient and adequate services. Parent and community involvement is essential to the success of this program.

Students attending any local community school are strongly encouraged to have a Parent Authorization Form for Release of Student Information on file through the Truancy Program. Parents/guardians have the option whether or not to permit the schools to release student information to the POJ Department of Education. The release is intended to tailor supports and interventions to assist students in meeting or exceeding the academic standards and expectations of their respective schools.

If you have any questions about the Truancy Program or need additional information, please contact the Department of Education at (575) 834-9102 or send e-mail inquiries to leander.loretto@jemezpueblo.org.

Language Learning, Continued

Japanese

Lesson learned: *Some languages have completely new features; be flexible and adapt your learning method. If your approach is not working, change it! Don't give up. Don't give in.*

When I started learning Japanese, I wanted a new challenge, but I didn't imagine it would be so hard. I couldn't even build simple sentences because the structure was so completely different from any language I had ever learned. I initially thought this problem was just temporary and could be solved by speaking more regularly, but this simply wasn't the case. Japanese feels like my biggest challenge yet, but I'm confident I will get there. I just need to recalibrate my approach and live the language.

"A different language is a different vision of life." Federico Fellini

Conclusion

Discovering a method to learn foreign languages is one of the best things that has ever happened to me. Learning languages is an exhilarating experience. I didn't do it by simply spending time at home staring blankly at verb tables. I did it by getting out there and living.

Speaking many languages is not and should not be an intellectual performance. It's an act of love toward yourself and others that helps you discover the amazing diversity of human nature as well as the multiple facets of your personality. To those who ask why I learned so many languages, I always reply: *"I don't live to learn languages, I learn languages to live a better life"*.

Luca offers coaching on language learning at his blog at www.thepolyglotdream.com/my-american-accent.

NEWS YOU CAN USE

VOTERS' INFORMATION

Important Dates (not all deadlines included):

Jan, 25, 2016: New Mexico Governor Susana Martinez Issues Primary Election Proclamation

Feb, 2, 2016: Filing Day for Pre-primary Convention Designation Candidates

March 1, 2016: Secretary of State publishes petition forms and required signature numbers for minor party candidates.

March 8, 2016: Filing Day for all other offices (non-pre-primary designation candidates)

April 11, 2016: First Primary Financial Report Due (reporting period is Oct. 6, 2015 to April 4, 2016.)

The Primary Election is June 7, 2016

The General Election is Nov. 8, 2016

Candidate Information

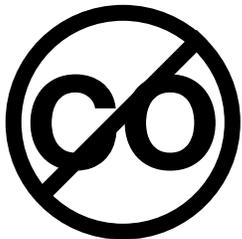
If you are interested in running for office in the 2016 election cycle, there are a few preliminary issues you must first address. Information is available at the New Mexico Secretary of State web site at www.sos.state.nm.us. Visit the FAQ page for a list of all 2016 elected offices and the general requirements to hold

those offices.

- ✓ You must know the correct district for the office you want. The legislature maintains 2011 redistricting maps on the web site.
- ✓ Candidates must live in and be registered to vote in the district where they plan to run on the date the Governor issues the Election Proclamation, Jan. 25, 2016.
- ✓ Candidates must file under the same name as shown on their voter registration. You can review your registration information at the web site.
- ✓ Candidates must complete changes to their voter registration prior to the issuance of the Election Proclamation.

2016 Primary Election Candidate Guide

The 2016 Primary Election Candidate Guide on the web site will provide a basic understanding of qualifying and filing for candidacy for offices that will appear on the 2016 Primary Election ballot. The Guide also provides a brief description of the campaign finance law that all candidates must adhere to, whether or not they raise or spend money.



Carbon Monoxide Kills

New Mexico has seen record cold and snow. As temperatures drop, families often turn to alternate heat sources to keep warm. But as the University of New Mexico Health Sciences Center and the New Mexico Poison and Drug Information

Center note, carbon monoxide is a very real – and deadly – danger. Carbon monoxide (CO) is odorless, colorless, tasteless and invisible. The gas is undetectable by human senses, which makes it especially dangerous. Too many families have died in their sleep without ever knowing what was poisoning them.

All fuel-burning equipment and appliances, including stoves, ovens, fireplaces, water heaters and generators can produce carbon monoxide. Carbon monoxide poisoning can cause permanent damage to the brain and nervous system tissue, and can cause death. Symptoms may include headache, dizziness, aches and confusion. Although CO poisoning does not produce fever or diarrhea, symptoms may be confused with the flu.

Since CO is undetectable and the symptoms of CO poisoning are like other seasonal illnesses, prevention and early detection of exposure to carbon monoxide gas is crucial.

Protect Your Family:**Avoid Carbon Monoxide Poisoning**

- ✓ Properly install carbon monoxide detectors on each floor and outside every sleeping area of your home. If the alarm sounds, turn off all fuel-burning devices, open doors and windows and leave immediately until the source can be identified and repaired by a qualified technician. Find inexpensive detectors at any hardware store.
- ✓ Have your furnace, fireplace, chimney, wood stoves, flues and other fuel-burning appliances inspected, adjusted and repaired if needed before every heating season.
- ✓ Never use charcoal grills indoors, including inside a tent, car or garage, for cooking or heating, even if doors are open.
- ✓ Do not use your oven to heat your home or put foil underneath a gas oven as this interferes with combustion. Do not use your clothes dryer to heat your home.
- ✓ Do not warm up your car by letting the engine run in an enclosed or attached garage, even if the doors are open.
- ✓ Do not run a generator in your home, garage or crawlspace; ventilating the area by opening windows and doors or using fans will not prevent the accumulation of CO gas.

If you think that you or someone you know has been exposed to carbon monoxide gas, call The NM Poison and Drug Information Center immediately at 1-800-222-1222. Specially trained pharmacists can respond with information and treatment advice. In an emergency, always dial 9-1-1.

NEWS YOU CAN USE

Plastic Straws Endanger Wild Life

Submitted by Margaia Forcier-Call, Jemez Sustainable Solutions

This month, JSS Campaign looks at the problem with plastic straws, plastic, latex and mylar balloons. In past articles we have discussed the grave problem plastic is causing worldwide on marine life since so much plastic ends up in the ocean.

Why are plastic straws a real problem? The magnitude of this problem perhaps doesn't hit home until we see the effects our actions have on sea creatures.

In August, a team of researchers working with Christine Figgenger, a marine biology PhD candidate at Texas A&M University, and Dr. Nathan J. Robinson, a post-doctoral fellow who specializes in sea turtles at Indiana-Purdue University, came across an olive Ridley sea turtle who had a plastic drinking straw lodged in its nose. At first, they thought the turtle had a parasitic worm in its nose. But after cutting a piece of it and examining it, they realized it was a plastic straw.

The turtle was sneezing and gasping for air. Since they were on a small boat, a few hours from the coast, and several hours from any veterinarian, if not days from specialists and x-ray machines, they decided to do all they could to try to help rescue this turtle. With tweezers, after much struggle, they were able to remove the deformed straw from that turtle's nose. They monitored the turtle for a while, until it seemed ready to swim away. What a harrowing experience one little disposable plastic item can create for an innocent animal.

Early in December, another devastating situation happened, reminding us our plastic waste has impact on wildlife. Yet another sea turtle was spotted needing help; an object sticking out of her face. Nathan Robinson, Field Director of the Leatherback Trust, knew they were far from the nearest veterinary clinic and decided to act again. This time, the object turned out to be a plastic fork lodged in her nostril. The good news is that

after removing it, the turtle was observed and appeared healthy and active, and reentered the water and swam away.

In these two incidents, the scientists believe the sea turtles may have eaten these items, gagged, tried to throw them up, but the straw and the fork got lodged in their nasal cavities instead.

These two turtles were lucky; they were rescued. Yet, how many other sea turtles and marine animals are out there mistakenly eating our "single use" plastic waste? How many are choking on plastic bags or plastic rings from beer and soda cans? A disturbing thought...

So what can we do to help remedy this problem? Of course, we could eliminate straws completely from our use, even saying "No straw, please" when ordering a cold drink at a restaurant. We could also communicate – through a letter or in person – to the managers or owners of restaurants.

Other options include "plastic" straws made of corn instead of oil (with all the additives that go in making products with oil.) These compostable straws are sold by the box at La Montanita Food Coop and might be a good option for restaurants as well.

Or you can carry a "personal straw" made of steel or glass; both have a "bend" in them for easy drinking. They come with a narrow brush for cleaning. Steel may be the easiest to "carry around" in your car when eating out. You can search online for more information; many of these straws are available at Amazon.com.

If you would like to see the process used to save the first turtle mentioned above, search YouTube for "Sea Turtle With Straw Up Its Nostril."

**Information based on an article by Alicia Graef, a lifelong animal lover with a BS in Animal and Veterinary Science.*



Veterinarian removes a plastic straw from the nostril of a rescued sea turtle.



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Pueblo Place Breaks Ground

Tribal Council, tribal leadership, staff and the community gathered on Dec. 22, 2015 for the official ground-breaking for the new Pueblo Place Subdivision. The development will eventually include 84 housing units for tribal members.

“This has been a long time coming and is the result of the hard work and collaboration between Tribal Council, Tribal Administration and various departments and programs,” said Governor Raymond Loretto, DVM. “The project will evolve over several phases to provide critically-needed homes for our community.”

