



Red Rocks Reporter

OCTOBER 2015

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FROM THE GOVERNORS

Self Governance

As the Pueblo of Jemez completes its second year of self-governance in October, the Governor and Lieutenant Governors continue to meet with federal officials in direct government-to-government negotiations. Only three other tribes in New Mexico – Taos, Isleta del Sur and Santa Clara – have achieved self-governance status with both the Bureau of Indian Affairs (BIA) and the Indian Health Service (IHS).

“We are realizing the significance of sitting at the table with other self-governance tribes to address infrastructure, schools, housing and other community needs,” says Governor Raymond Loretto, DVM. “We are able to discuss issues directly with Kevin Washburn, Assistant Secretary for Indian Affairs, Department of the Interior, and IHS Director Robert McSwain. Tribal staff and federal staff have direct contact to work out budget details directly.”

Governor Loretto noted that travel expenses to Washington, DC for necessary meetings are covered by IHS and BIA Self-Governance contract funds and other federal agencies involved in the discussions. Governor Loretto has been appointed to a position to represent the Albuquerque Service Unit at these meetings in negotiations involving IHS.

Justice Awards

The Pueblo of Jemez received several awards from the US Department of Justice to improve the safety and well-being of the community. Several tribal programs, including Tribal Court, Law Enforcement, Social Services and the Behavioral Health Program, received a total of more than \$2.67 million for Public Safety and Community Policing (COPS), Justice Systems and Alcohol and Substance Abuse, Violence Against Women Tribal Governments Program, Children’s Justice Act Partnerships for Indian Communities, and Juvenile Healing to Wellness Courts.

Tribal Council authorized Ada Pecos Melton of AIDA, Inc. to provide technical assistance and expertise in procuring these grants. The Governors and Tribal Administration are most grateful to Ms. Pecos Melton’s expert assistance.

Los Conchas Fire Reparations

Sandoval County Court proceedings continued in the lawsuit against the Jemez Mountains Electric Cooperative for damages caused by the Los Conchas Fire in July of 2011. The Pueblo of Jemez is a plaintiff in the case. The fire burned more than 112,000 acres and damaged natural resources and watershed areas, as well as sacred sites and areas reserved for traditional hunting and gathering.

“We expect reparations for damages,” Governor Loretto noted. “The fire created a significant loss for our people, culturally and economically.”

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.

Red Rocks Reporter October 2015 Edition

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The Red Rocks Reporter is distributed to box holders in the 87024 Zip Code. If you want to receive this newsletter and do not have an 87024 P.O. Box, please contact the editorial office at erica.kane@jemezpueblo.us.

Published by Pueblo of Jemez,
NM 87024.

FROM THE GOVERNORS

From the Governors, Continued

Valles Caldera National Park

As of October 1, 2015, the US Park Service has formally taken over the management of the Valles Caldera National Preserve. Governor Loretto and traditional leaders have been invited to give an invocation and remarks at the transition ceremony. Children from Head Start will dance as well.

“The President of the United States appointed Pueblo of Jemez representatives to the Valles Caldera National Preserve Board from the beginning, starting with attorney David Yepa, who served from 2002 to 2005,” Governor Loretto explains. Subsequently, Governor Loretto was appointed to two terms on the Board, serving from 2005 to 2011.

Former Executive Director Jorge Silva-Benuelos is the Park’s new Superintendent. It is expected that he will continue to carry the vision and mission that support the pueblo’s needs to access and protect traditional areas within the park.

“We look forward to a good working relationship with the new administration,” Governor Loretto says.

A Path to Economic Sovereignty

Governor Raymond Loretto, DVM, joined the Pueblo’s Natural Resources Director Paul Clarke and Natural Resources Program Manager Clarice Madalena in Washington DC for the Department of Energy’s National Tribal Energy Summit, *A Path to Economic Sovereignty*. The conference brought together tribal leaders from across the US as well as top federal officials such as Department of Energy Secretary Ernest Moniz and Department of the Interior Secretary Sally Jewel.

Governor Loretto was invited, along with leaders from the Navajo Nation, to join Lt. General Frank Klotz for a working breakfast. Lt. General Klotz is the Department of Energy Under Secretary of Energy for Nuclear Security and the Administrator for the National Nuclear Security Administration. Governor Loretto updated the Lt. General on the Pueblo’s current work in developing geothermal energy and discussed current topics such as the proposed Manhattan Project Museum, continued collaboration with Las Alamos National Laboratories regarding environmental protection, and ways to create greater opportunities for Jemez students in the fields of science, technology, engineering and math.

Governor Loretto also participated in numerous working group sessions including the State and Tribal Government Working Group and the Department of Energy’s Environmental Management Tribal Leadership Dialogue. Because of the Pueblo’s ongoing work with renewable energy development and participation with the State and Tribal Government Working Group, Lt. General Klotz and the new Assistant Secretary for Environmental Management Dr. Monica Regalbutto have scheduled a trip to the Pueblo next month. Both Lt. General and the Assistant Secretary expressed their excitement about their first trip to the Pueblo of Jemez and look forward to seeing the Pueblo’s energy and environmental projects.

Senator Martin Heinrich’s 2015 Energy Summit

On August 12, Governor Loretto attended a roundtable discussion led by Senator Martin Heinrich (D-NM) on renewable energy at the Santa Fe Community College. Leaders from other pueblos also attended the meeting.

Senator Heinrich’s message to tribal leaders focused on the availability of tax credits and technical assistance for renewable energy projects.

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.

September 14, 2015

Cancelled a residential lease for a tribal member and approved a new residential lease to replace the cancelled lease.

Accepted the conditions for the Pueblo of Jemez to participate in the US Department of Housing and Urban Development Section 184 Home Loan Guarantee Program for a tribal member.

Authorized the Pueblo of Jemez to become a member Indian/Native Government In Good Standing of the National Congress of American Indians and authorized the Governor as Delegate, and the First and Second Lt. Governors and the Tribal Administrator as Alternate Delegates.

Approved FY 2016-2018 special counsel contract with Johnson Barnhouse and Keegan, LLP, and subcontract with the law offices of Thomas E. Luebben, PC, for supplemental legal services as needed.

Approved settlement of Pueblo of Jemez' FY 2007 and 2008 contract support cost claim regarding the Indian Health Service Indian Self Determination Act contract.

October 1, 2015

Authorized the submission of the 2015 Indian Community Block Development Grant (ICBDG) proposal of \$825,000 for completion of the Pueblo Place Subdivision Infrastructure project, which will assist low to moderate income families with decent and affordable homeownership opportunities. (See related article on page 4.)

NEWS YOU CAN USE

**Forest News**

**Santa Fe National Forest Plan Revision
Symposium on the Draft Assessment
Friday, Oct. 23, 8:30 a.m. to 3 p.m.
Santa Fe Community College (Boardroom)**

The Symposium will follow the release of the Draft Assessment on Oct. 20. The Draft Assessment includes public input and evaluates current ecological, economic and social conditions and their relationship to the 1987 Forest Plan for the Santa Fe National Forest. The Symposium is a chance for the public to hear from the specialists who wrote the Draft Assessment. Various specialists will present the assessments' findings; there will be opportunities for questions. This will be the most in-depth presentation on the Assessment.

Need-for-Change Meetings

Ten Need-for-Change meetings will be held between Monday, Oct. 26 and Tuesday, Nov. 17, in various locations throughout the Santa Fe National Forest. Need-for-change statements recommend changing the 1987 Forest Plan as a new Forest Plan develops. Public input is needed to propose need-for-change statements as well as edit the proposed statements. The meeting in Jemez Springs will be held Monday, Nov. 16, from 6 to 8 p.m. at the Science and Education Center on Highway 4. A full schedule is available at the web site.

For more information, e-mail santafeforestplan@fs.fed.us, call a member of the Forest Plan Revision Core Team at (505) 438-5442, or visit www.fs.usda.gov/goto/santafeforestplan.

Reward!

The US Forest Service is offering a reward of up to \$5,000 for information leading to the arrest and conviction of those responsible for the unlawful cutting and damaging of trees in and around the Pecos Wilderness. Hikers reported the issue to the Santa Fe National Forest, which turned the matter over to U.S. Forest Service Law Enforcement and Investigations. The area is within and along the boundary of the Pecos Wilderness north of the Santa Fe Ski Area and south and east of the Winsor Trail in the Pecos/Las Vegas Ranger District.

If you have information, contact U.S. Forest Service Law Enforcement and Investigations at 505-842-3363.

PHARMACY***Farewell Lt. Colonel Nettles!***

Lt. Colonel Columbus Nettles, Pharm. D. has left the Jemez for new opportunities. With his direction and assistance, the Health Clinic and Pharmacy Department implemented Electronic Health Records and introduced new processes and innovations to improve patient care. Best of luck in your new endeavors!

HOUSING

HOUSING UPDATES

Submitted by Denny James, Director

The Pueblo of Jemez Housing Department continues rehabilitating 21 homes in the community. The expected completion date is May 2016.

Roof repairs to more than 40 homes severely affected by the rains of September 2013 have begun under FEMA. Completion is anticipated by December of this year.

Housing is also well underway with its mold remediation grant project for 16 homes. Now at 85 percent, the expected completion date is October 2015. Another mold remediation grant proposal has been submitted for this immediate funding year for \$800,000 to HUD. If your home is experiencing mold-related issues, please visit the Housing Department offices to complete a housing application. Eligibility requirements include participants remaining within low to moderate income levels.

Pueblo Place

Housing is also heavily involved with the Pueblo Place Infrastructure Project for the future subdivision of over 85 homes. As one of Governor Loretto's priority issues, key Pueblo of Jemez staff have focused their efforts in this project.

Launched in 2011, the Pueblo

Place Infrastructure Project has had delays, which are common for a project of this magnitude. The project blends several funding sources with varying expectations and requirements. The five funding sources are the Housing Department, US Department of Agriculture (USDA,) US Department of Transportation (USDOT,) New Mexico Tribal Infrastructure Fund, (NM TIF,) and the Pueblo of Jemez.

Part of the delay was the need to create new bidding/contract documents to satisfy the USDA's funding requirements that were changed in 2013. In addition, three contract amendments had to be approved with the engineer. The USDA must approve the contract documents prior to issuing the RFP for bids. Currently, the total cost of the project includes:

Roadway	\$2,011,394
Water/Sewer Utilities	\$1,075,691
Broken Arrow Drive Sewer	\$160,749
South Tank Water Main	\$505,357
Toledo Water Loop Main	\$120,109
Electrical	\$714,232
Total	\$4,587,532

The project will be implemented in five phases, 1A, 1B, 1C, 1D and 2. Phase 1A begins immediately east of Highway 4

and ends further east into the valley with Phase 2.

The project cost estimates were generated by POJ staff and engineers prior to submitting requests for proposals (RFPs) the project. Contractors can bid on the entire project cost. The bids will be analyzed to determine compliance with the funding sources. The bid packages describe the contractors' responsibilities based on the plans and specifications provided by the engineer.

An RFP has been prepared for submission. Ground-breaking is expected by late November 2015, with completion date expected to be December 2016. At that time housing, development will begin.

Obstacles and challenges are part of any project. Practically every job may experience time delays, cost overruns, or quality failures during the course of construction. As hard as we try to make a perfect plan, it is virtually impossible to predict and anticipate every possible occurrence that could interrupt the scheme. Patience, perseverance and understanding are necessary. Success of the project will be measured by the development of sustainable homes at Jemez Pueblo.

COMMUNITY WELLNESS

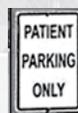
NEW FITNESS CENTER HOURS

Extended weekend hours now in effect!

Monday – Friday	5:30 a.m. to 9 p.m.
Saturday	6 a.m. to 6 p.m.
Sunday	6 a.m. to 6 p.m.

Reminder to Patients

Designated patient parking is available on the north side of the Health Center. Please use this area if the parking lot in front is full. Please avoid parking along the streets of residential areas. Thank you!



TRIBAL ADMINISTRATION

PUBLIC WORKS

Paying Our Bills on Time

Submitted by Marlene Gachupin

The Public Works Department (PWD,) with support from tribal administration, has begun the collection of delinquent utility fees. In addition, the PWD staff is cleaning up accounts as far back as 10 years ago.

During September, PWD updated a majority of customer accounts. Part of the update was to make sure that all utilities balances were accurate and current. Also, customers with outdated Customer Payment Agreements received new agreements to reflect the new utility rate.

“These updates are critical to achieve proper billing and collections,” says Administrative Assistant Reanna Baca. “Once all accounts are updated, we can accurately resume utility collections for all tribal members.”

The Utility crew has completed the installation of 60 water meter/shut offs on the high-delinquency user accounts. Collection of delinquent accounts is a priority. Utility payments cover the cost of maintaining daily operations of the water/

waste water systems and transfer station as well as the time and materials required to meet any utility emergencies.

A new plan has been implemented to collect on all customer debts higher than \$100. All customers will be held accountable with regard to their Utility Bill. All payments are due the end of every month. Bills not paid will receive a delinquency notice within one week. If payments are not paid per the delinquency notice, customers’ service will be shut off immediately. Services will only be restored if the past due balance and a reconnection fee of \$25 is paid. Customers who do not abide by these guidelines will then be brought before Tribal Court to address their non-responses to their debt.

It is important that customers are responsible and make their payments monthly. The community must understand that the utility crew constantly and consistently works to keep our water in compliance with EPA standards. The money collected for utilities bills is critical to maintain this process.

PLANNING & DEVELOPMENT

MANAGING STORM DAMAGE

Submitted by Monica Madalena

The community has experienced numerous storms this summer. Road surfaces are damaged and erosion occurred at several areas within the village. To address the damage, Planning & Development and the Transportation Program have prioritized the emergency repairs along the most highly utilized roadways.

They are processing work orders and collaborating with various federal, state and local programs to ensure meet the community’s needs, working on roads and other road maintenance.

The next major project will consist of several roads projects with the ERFO and FEMA Programs. The times and dates of those projects will be posted as they are scheduled. Keeping our roads in good condition is a priority to serve the community during the wood hauling, hunting and ranching

seasons as well.

As the winter approaches, its time to enjoy the harvest and the abundant pinon crop. If you encounter any problems on our roadways as you travel, please report your concerns to the Planning & Development Department. There may be areas they have not been able to get to this year. Contact the office at (575 834-0094).

Storm in July 2015.



MEDICAL SOCIAL WORK

Navigating Power of Attorney: How to Help Loved Ones Manage Their Money

Managing your finances can be hard. Managing the finances of a relative or a friend can be even harder. You want to honor your loved one's wishes and respect his or her boundaries, but at the same time you need to act in his or her best interest. It can be hard to know where to begin or who to trust. Not only are there legal obligations that come with this responsibility, but the added emotional stress of caring for a family member or friend can feel overwhelming.

So let's start with the basics: What is a power of attorney? What does it mean for you, and what should you look out for? Being informed, prepared and alert will help make a difficult situation as comfortable as possible for all involved.

Be Informed: What Is a Power of Attorney?

A power of attorney is a written document in which one person gives legal authority to another to make decisions about his or her money or property. If you've been named to manage money or property for someone else under a power of attorney, you are the **fiduciary**. It doesn't matter if you're managing a small amount of money or a lot, or if you're a family member or not – you're now legally responsible for managing that money or property for the benefit of that person, known as the **principal**.

If you were chosen as fiduciary, the principal sees you as a trustworthy, honest, and responsible person. Preparing yourself with the necessary information will help you manage your responsibilities and will bring you, and everyone involved, peace of mind.

Be Prepared: Understanding Your Legal Duties

While a power of attorney can seem like a complex document, there are really just four major duties you need to execute as fiduciary. Your legal responsibilities are to:

- ❖ Act only in the principal's best interest.
- ❖ Manage money and property carefully.
- ❖ Keep your own money and property separate from the principal's.
- ❖ Keep good records.

Because you're managing someone else's money, your responsibility is to make decisions that are best for that person.

This means managing the money carefully, using good judgment and common sense, and never mixing your assets with the other person's. Keeping accurate and complete records is important; incorrect or incomplete records can get you in trouble — not just with the principal, but also with the police and with government agencies, such as a city's or state's Adult Protective Services office.

Be Alert: Protecting Your Loved Ones From Fraud

Financial exploitation has been called “the crime of the 21st century.” As a fiduciary, you should know the signs of financial exploitation. Recognizing what to look for will help you protect both yourself and your loved one. Be wary if:

- ❖ You or your loved one thinks that money or property is missing.
- ❖ Your loved one shows sudden changes in spending and saving behavior.
- ❖ Your loved one puts names on bank accounts and property that can't be explained.
- ❖ Your loved one fears a relative, caregiver, or friend.
- ❖ A relative shows controlling behavior towards you or a loved one.

Even if your loved one controls only some (or none) of his or her funds, he or she can still be exploited. If he or she was exploited in the past, before you become involved, there still may be something you can do about it—you can, for example, alert banks and credit card companies or talk to an attorney about preventing future exploitation and recovering the property that was taken.

The truth is, we're all at risk. Anyone with any money could be targeted by a fraudster at some point. But you can help protect your family and friends by recognizing how fraudsters operate and by reporting suspicious scams and suspicious sales pitches.

Check out the full Financial Self-Defense Kit from www.FinancialProtection.USA.gov to get more information and build the confidence you need to make smart decisions about your finances and those of the people you care about. The kit includes resources that will help you avoid scams, be an informed fiduciary, and plan for your financial future.

MEDICAL SOCIAL WORK

Replacing Your Medicare Card

Submitted by Lisa Maves

Keeping your important personal documents safe can be challenging. And occasionally, these important pieces of information can get lost.

Your Medicare card is one of the most important pieces of identification you own as a Medicare beneficiary. This card proves that you have health insurance, so medical professionals can provide you with needed care, and insurance companies can pay for all or part of this care accurately.

Community members need to be aware that the Social Security Administration is changing the way recipients can replace their cards. In the past, when someone lost a Medicare card, it was easy to go to the website and request a replacement, provided you had the necessary Medicare identification information. The Medical Social Work team (Lisa Maves, Thelma Shendo and Basil Pina) were able to help. However, now people must either call and navigate the by phone at 1-800-772-1213 (TTY 1-800-325-0778) or have access to a computer and create an account.

To create an account, you must verify some information about yourself and:

- Have a valid E-mail address,
- Have a Social Security number,
- Have a U.S. mailing address, and
- Be at least 18 years of age.

You can only create an account using your own personal information and for your own exclusive use.

You cannot create an account on behalf of another person or using another person's information or identity, even if you have that person's written permission. For example, you cannot create an account for another person:

- With whom you have a business relationship
- For whom you are a representative payee, or
- For whom you are an appointed representative.
- Unauthorized use is subject to criminal and/or civil penalties.

If you damage or lose your card, and you're currently entitled to Medicare, you can order a replacement card easily using your personal "My Social Security" account. All you need is a computer or tablet with Internet access. Your card will arrive in the mail in about 30 days. Social Security offices no longer provide printed verifications of Social Security numbers due to extensive fraud. To make an online request, you'll need:

- Your last *exact* payment amount, or the month and year you last received a payment, if you've received benefits in the last 12 months.
- Your name as it appears on your most recent Social Security card.

- Your Social Security number.
- Your date of birth.
- Your phone number in case they need to contact you about your request.
- Your e-mail address (optional.)

You may also need:

- Your place of birth.
- Your mother's maiden name (to help identify you.)

If you can't use the online request to get a replacement Medicare card, or if you prefer, you can call Social Security's toll-free number, 1-800-772-1213 (TTY 1-800-325-0778.) Social Security representatives will be glad to help you. You can also visit a local Social Security office and they will help you file the online request. The office closest to Jemez Pueblo is in Rio Rancho. For other offices, go to our online field office locator.

Benefit Verification Letters

If you need proof that you receive Social Security benefits, Supplemental Security (SSI) Income or Medicare, you can get Benefit Verification letters at the Social Security offices. Or you can request a benefit verification letter online by using your "my Social Security" account. This **letter** is sometimes called a "budget letter," a "benefits letter," a "proof of income letter," or a "proof of award letter."

You can also request proof that you have never received Social Security benefits or Supplemental Security Income or proof that you have applied for benefits.

To set up or use your account to get a benefit verification **letter**, go to *Sign In Or Create An Account*.

If you can't or don't want to use your online account, you can call 1-800-772-1213 (TTY 1-800-325-0778), Monday through Friday from 7 a.m. to 7 p.m.

Go to Definition: *my* Social Security-Benefit Verification Letter for more information.

If you need assistance, contact the Medical Social Work team at the Jemez Health Center.

Original information from Doug Walker, Deputy Commissioner, Communications, Social Security Administration

Special Note: LIHEAP ((Low Income Heating and Energy Assistance Program) season is coming soon. The Senior Program requires **current year** benefit letters from those who receive Social Security or SSI benefits. The local Rio Rancho Social Security Office may not issue award letters to walk-in customers. You must keep track of the new award letters you receive in December, or plan ahead and allow some time to get replacements.

PUBLIC HEALTH

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

Submitted by Robert Morgan, RN, Public Health Nurse

**Breast cancer is the second most common kind of cancer in women.
Breast cancer in men is rare, but accounts for over 400 deaths a year.**

About one in eight women born today in the US will get breast cancer at some point in their lives. The good news is many women can survive if the cancer is found and treated early. Mammograms can help find breast cancer early.

- ☞ If you are a women age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- ☞ If you are a women age 50 to 74, be sure to get a mammo-gram every two years.
- ☞ Talk with your doctor about your risk, especially if a close family member had breast or ovarian cancer.

Are You At Risk?

The National Cancer institute uses a risk assessment tool (the Gail Model) that considers seven key risk factors.

- ☞ Age
- ☞ Age at first period.

- ☞ Age at time of birth of first child, or have not given birth.
- ☞ Family history of breast cancer (mother, sister or daughter.)
- ☞ Number of past breast biopsies.
- ☞ Number of past biopsies.
- ☞ Number of breast biopsies showing hyperplasia.
- ☞ Race/ethnicity.

These factors can be used to calculate a woman's risk factors for the next five years to 90 years of age.

Many changes occur in the breast over a lifetime. Through-out puberty, pregnancy and menopause, the look, structure and function of the breast change. Check with your provider about any changes in the breast that can be observed and detected on self exam.

More information about breast cancer is at www.breast-cancer.org; detailed instructions for properly performing self exams is on the site.

Sources: www.SusanGKomen.org, www.breastcancer.org, and the CDC.



MoGro Cooking Class

Submitted by Cornell Magdalena, Health Advocate

A capacity crowd of community members joined another exciting evening of "awesome" cooking with Leah Pokrasso of Leafy Greens in the Public Health Program kitchen. Participants were eager to learn more tips on healthy ways to cook. Students really enjoy the positive atmosphere, how classes are conducted with hands-on learning, opportunities to ask questions, and just having a good time.

"I kept getting more chairs as people arrived in the kitchen," Cornell says. "I'm glad there are so many in our Jemez community who are looking at making good healthy lifestyle choices by starting to learn some non-traditional recipes."

"I had a ball and it was fun, a pleasure," Leah says. "It was a very warm and receptive audience. People were engaged, asking questions, being curious, tasting things, talking about flavor. We kept the energy up by having students taste test along the way."

"Leah will keep coming back as long as her students want her to," Cornell adds. "We will continue to schedule her each month."

Participants suggested that Leah bring more recipes geared towards heart health and diabetes prevention.

"A lot of people are really interested in learning more about inflammation and diabetes," Leah says. "Maybe in the future I can give a talk on these topics specifically, more of a nutrition talk and less cooking, so that the information can be the focus."

Many thanks to Felipita Loretto for her help.



PUBLIC HEALTH

Leafy Greens Recipes

Coconut Date Candy

1 cup Medjool dates
20 almonds
shredded coconut

Directions:

Slice each date in half and pull out the seeds. Chop into small pieces. Damp your hand in a little water, to prevent the dates from sticking to your hands and roll in to bite size pieces. Place one almond in middle and cover with date to make a ball. Then roll the ball in shredded coconut, to create an outside layer. Refrigerate. Makes a great, healthy snack or dessert!

Curried Cauliflower and Chickpea Soup

From the Moosewood Restaurant "Simple Suppers"
Serves 4-6

1½ C. chopped onions
1 T. olive oil
1½ T. grated ginger root
1½ T. curry powder
½ t. salt
1 15 oz. can of chickpeas, drained
3 C. water or vegetable broth
1 small head of cauliflower
1 28 oz. can diced tomatoes

Directions:

In a medium size stock pot, cook the onions in the oil on medium to high heat, till they soften - about 3 minutes. Add ginger, curry powder and salt, sauté for one minute. Then add chickpeas and broth, cover and bring to a boil. Cut cauliflower into bite-size pieces, then stir in cauliflower and tomatoes. Simmer with top off until cauliflower is tender. Puree 2 to 3 cups of the soup in a blender, then stir the pureed soup back into stock pot and serve.

* Optional: serve with lime and cilantro or a dollop of yogurt

Raw "Cheese" Dip

Adapted from yummlly.com

1/2 red bell pepper
1/4 cup water
1 cup cashews (raw)
1 T. tahini (sesame seed butter)
2 T. nutritional yeast
1½ t. sea salt
1 garlic clove
2 T. lemon juice

Directions:

Combine all ingredients in food processor and blend until creamy. Add more water if dip is too thick. This recipe is very adaptable. You can add any herbs and spices you like.

SOCIAL SERVICES

October is Domestic Violence Prevention Month

VIOLENCE PREVENTION WALK/RUN

Thursday, October 8
Pueblo Church
Sign-In: 5:30 p.m.
Warm-Up: 5:45 p.m.
Walk/Run: 6:00 p.m.

VIOLENCE PREVENTION CONFERENCE: WHAT ROLE DOES ALCOHOL PLAY IN DOMESTIC VIOLENCE?

Wednesday, October 14
Youth Center

Presenter: Roderick Kaskalla, Domestic Violence Coordinator,
Nambe Pueblo

Dinner begins at 5 p.m., Conference from 6 to 8:30 p.m.
Childcare available at Social Services office.

If you have questions, please contact Cheryl Chinana,
Outreach Specialist, at (575) 834-7117.

Save the Date!

December: Walatowa Caring Tree

This project reaches out to the children of Jemez Pueblo. With the generosity of community members and tribal employees we can continue Christmas special for deserving children.

For more information, contact Annette Chinana, Child Advocate, at (575) 834-7117.

Program Manager Honored

Jemez Public Health Programs Manager Kristyn Yepa, RN, recently was recognized at the University of New Mexico College of Nursing 60th Anniversary banquet. She was among 60 (one for each year of the college's existence) alumni who were chosen for recognition, based on their successful nursing careers and contributions to their patients and communities.

Kristyn was the most recent and youngest graduate to be recognized. Congratulations Kristyn!



SOCIAL SERVICES

COMMUNICATION

Submitted by Cheryl Chinana, Outreach Specialist

Communication is how we share ideas and get our needs met. When we communicate, we use many different ways to *send* and *receive* messages. Communication includes talking face to face, texting, e-mails, instant messaging, phone and regular mail.

Did You Know?

93% of what you communicate comes from your facial expressions, tone of voice and body language. Words you say make up only 7% of the message you send. HOW you say your message is really important.

Communicating through e-mails, texts and instant messaging can lead to misunderstandings that can cause problems if the reader cannot understand the feelings behind the message. Using emoticons like smiley faces, “jk” or “lol”, or adding your feelings in brackets (seriously) can help others understand what you are really trying to say.

Types of Communication

Assertive Communication is a good way to...

- ❖ Get your own needs met while respecting the other person’s needs.
- ❖ Act confident without being pushy or bullying.
- ❖ Talk as well as listen to other people.
- ❖ Negotiate with respect.

Four Easy Steps to Communicate Assertively

- ❖ Explain *your* feelings and the problem using “I” statements. (“I feel... when... because...”)
- ❖ Make your request. (“I would like...” or “I wish you would”)
- ❖ Ask how other person feels about your request. (“Is that okay with you?”)
- ❖ Accept with thanks. (“Great, I appreciate that.”)

Assertive communication is not easy, but it is worth the effort. It’s a great way to make sure that both people in a conversation are getting a chance to voice their needs and opinions and that everyone feels respected. However, we know that assertive communication is not always the best. For example, in some other cultures, showing respect can be putting other people’s voices before yours or NOT looking people in the eye.

Aggressive Communication is when you...

- ❖ Put yourself first before others by overpowering, threatening or bullying people.
- ❖ Do not listen to other people’s opinions.
- ❖ Take what you want, but often not getting respect from others.

Passive Communication is when you...

- ❖ Put others first before yourself all the time.
- ❖ Always give in to what others want.
- ❖ Stay silent when something bothers you.

Apologize a lot for no reason.

Are not able to stick up for yourself or others.

Gender Roles and Communication

“Gender” means how a person identifies as being male or female, neither or both. A “role” is the part the person “acts out,” like in a play. Some people are raised to act a certain way (play a role) based on their genitals revealed at birth.

When it comes to communication the roles taught by society may not be helpful and are sometimes harmful. For example, society teaches girls to be passive and not speak out about their needs, and teaches boys to be aggressive and do what they want without thinking about others.

If this role is played out in an intimate situation between a boy and a girl, it could mean that the boy is aggressive and does not ask for permission (consent) or consider/ask what the girl wants, and the girl may not feel comfortable saying no or voicing what she wants or needs. This could lead to sexual assault or a lot of other problems in the relationship.

Roles taught by society are often limiting and people can feel pressure to act the role and not be who they really are, just to fit in or avoid being mocked.

Communication in Relationships...What can you do?

Ask yourself these three questions to help you figure out how to talk about an issue or a problem in relationships.

What can be hard to talk about?

- ❖ Feelings.
- ❖ Our bodies/changes.
- ❖ Values/Beliefs.
- ❖ Religion/Spirituality.
- ❖ Sexual orientation (who you’re attracted to)
- ❖ Family.

Why is it hard to talk about these things?

- ❖ Scared to bring it up
- ❖ Embarrassment.
- ❖ No information.
- ❖ No privacy.
- ❖ Gender roles.
- ❖ Don’t know exactly what you want to say/Don’t know how to say it.

How can you make it easier?

Bring up the topic by making a joke or telling a story about something you heard or saw the other day

Get information before you talk

Set aside a time and a quiet place just to talk

Know that you have the right to be heard (and they do too!)

Practice what you want to say (by writing it down, with a friend, in the mirror, or with a pet.)

Listening to a Friend

When supporting friends, it’s important to remember how it feels to *not* be listened to, how hard it is to talk about some

SOCIAL SERVICES

Attention Deficit Hyperactivity Disorder (ADHD)

Submitted by Joline Cruz-Madadena

ADHD is a condition characterized by developmentally inappropriate levels of inattention, hyperactivity and impulsive behavior that begins in childhood. To be diagnosed, the condition must cause significant impairment in daily functioning in at least two settings (for instance, home, school, work) for at least six months. An individual with an attention disorder may demonstrate:

Impulsivity: difficulty waiting his/her turn, trouble waiting until a questions is finished before answering, often interrupts.

Inattention: easily distracted, has trouble following directions and finishing tasks, displays organizational problems, experiences difficulty listening while others are speaking, forgets about daily activities, often loses things, has the tendency to daydream.

Hyperactivity: squirms or fidgets, does not stay seated, has trouble playing quietly, is restless, always on the move, talks excessively.

ADHD can be classified as one of three different subtypes based on the individual's strongest symptoms: *inattentive type*, *hyperactive/impulsive types*, and *combined type* (symptoms of the above two types are equally present.)

An individual with an attention disorder may face many challenges and exhibit weaknesses, such as difficulty dealing with change due to fear, problems with punctuality, appearing depressed, appearing to lack motivation, difficulty connecting with others, and/or learning difficulties. However, he or she

Communication, Continued

things, and how hard it can be to reach out for help. Here are some tips on how to be an active listener.

- ❖ Face the person (your shoulders squared to theirs.)
- ❖ Maintain good eye contact.
- ❖ Lean towards the other person.
- ❖ Have an open posture (crossed arms and legs are a non-verbal sign of disinterest.)
- ❖ Respect physical boundaries (sitting too close or too far away can make the other person feel vulnerable or disconnected from you.)

Everyone has their own style that works best for them. Culturally, not all of this advice is helpful (for instance, maintaining eye contact.) However, if you want to show the person that you are interested in what they have to say, it helps to keep these tips in mind.

Communication is important; sometimes it might just take a bit of practice!

Adapted from <http://teentalk.ca/hot-topics/communication-2>

Teen-Talk offers articles on a variety of topics written specifically for teens. The information will provide awareness and prevention education on issues and pressures teens may encounter. Teen-Talk is facilitated by Social Services Outreach and Prevention.

may also have many strengths, such as creativity, intelligence, problem solving, determination, energetic, eagerness to try new things, hardworking, and perseverance.

Children With ADD/ADHD

Should your child exhibit behavioral concerns in the areas of impulsivity, inattention, and/or hyperactivity, it is important that you communicate with your child's pediatrician and teacher. Diagnosis of an attention disorder requires an examination by a trained clinician/physician and completion of questionnaires by the parent/guardian and other key individuals such as teacher, childcare provider, etc.

Children diagnosed with an attention disorder require a supportive home and school environment, and advocacy by the parent/guardian. It is important that both the home and school environment encourage the child to utilize his/her strengths, understands the behavioral challenges the child may face, and promotes a positive learning atmosphere that meets the child's needs. Voicing a child's needs is a key role of the parent/guardian of a child with an attention disorder. Advocacy requires the parent/guardian to keep the child's best interest in mind, to know the child's strengths and challenges, participation in meetings (parent-teacher conferences, IEP meetings, etc.), to understand the child's diagnosis/condition, participation in the child's medical appointments especially if he/she is prescribed medication for the attention disorder, and open communication with the child's educational provider.

ADHD – Did you know?

Not all children with ADHD are hyperactive. Some children are, but some children are inattentive without hyperactivity.

ADHD is more prevalent amongst males.

There is a genetic predisposition; people who have a parent with ADHD are at higher risk for developing ADHD.

If left untreated, the consequences of ADHD can include problems at home, work, school, and in life.

ADHD can continue into adulthood and be a lifelong issue.

Children with ADHD do not misbehave on purpose.

They often do their best to be "good" and do not act out intentionally.

The behavioral concerns of a child with ADD/ADHD should not define the child. It is imperative that the adults in the child's life recognize the child's strengths, encourage the child to utilize his/her strengths, and praise the child for his/her achievements and the challenges he or she overcomes.

Adapted from ADD/ADHD presentation by Dr. Yolandra Toya and BrainBalanceCenters.com



SENIOR CENTER

Jemez National Senior Olympians

Submitted by David Gachupin

The 2015 National Senior Games, presented by Humana, were held in Bloomington, Minneapolis and St. Paul, MN, from July 3 through July 16 with more than 10,000 senior citizens from across the United States competing in various Senior Olympic events. The Senior Citizens Program is very pleased to announce that they sponsored 16 athletes to represent the Pueblo of Jemez. To be sponsored by the Senior Citizens Program, athletes must be frequent program participants and complete a rigorous fitness program implemented by John Tabor, Community Wellness Personal Trainer. It is outstanding to think that senior members of Walatowa represented us at such a major sporting event, competing with elite senior athletes from across the United States!

The Jemez Seniors Athletes competed in seven events including the 5K Road Race, 10K Road Race, Race Walk, Track and Field events, swimming, bowling, and shuffleboard. The 5K and 10K competitors along with Tony Romero competed in track events, with Tony also competing in the javelin throw.

The competitions began with the 5K and 10K road races at the Minnesota State Fair Grounds. Jemez long-distance runners included Filipita Loretto, Virginia Toya, Roberta Toledo, David Yepa, Sr. and Joseph Loretto. The runners raced against 250+ seniors through the streets of the Fair Grounds in the rain. With hard work and commitment to training, these seniors all pushed their limits and were proud to cross the finish line!

Robert Shendo is the only Pueblo Native who competes in the swimming events. He swam in three events and brought home a Silver Medal for the 500 meter freestyle.

Marie Toya, Christina Loretto, Alvin Toya and Michael Vigil competed in the bowling events while Mabel Fragua, Clara Gachupin, Marina Fragua, Leonora Lucero and Cena Fragua tried their best in the shuffleboard events. Marina Fragua placed fourth in the shuffleboard singles and Marina Fragua and Leonora Lucero placed fifth in the shuffleboard doubles.

In the final and events, Miguelita Pecos competed in a race walk that requires a certain technique and stride

where just one wrong step could disqualify you from the race. It is one of the toughest races held at Senior Olympic Games, yet she completed the race and crossed the finish line with pride.

Social events during games including a Celebration of Athletes at the St. Paul Saints baseball field, and a Medal Ceremony at the Mall of America. At the Celebration of Athletes, our athletes joined fellow New Mexicans to represent our state. The event included entertainment and concluded with a fireworks show.

Staff members Monica Toya, Rose Shendo, Sheila Toya and David Gachupin served as drivers, even becoming informal tour guides, and assisted our Jemez senior citizens while in Minneapolis. A special "thank you!" to John Tabor, Community Wellness Personal Fitness Trainer, who also joined the trip to assist our seniors. Our senior citizens were very proud to have had a personal trainer on site to assist. Another special thank you to Jason Ghost, a family member of David Yepa, Sr.; he lives in St. Paul and was a very knowledgeable tour guide as well as assisting with valuable commuting information, including directions and best routes.

Quite a few senior athletes from Jemez Pueblo have competed in the National Senior Olympic Games, first competing at the local Senior Olympic Games and qualifying at the state level for the Nationals! They have met competitors from all walks of life who are dedicated to their sports. Many are lifelong athletes who continue to train daily.

"Man, our competitors are so strong and tough! You can see they train yearlong! They are very impressive!" Joseph Loretto commented. "We need to train harder and get stronger both mentally and physically. That's my goal!"

Congratulations to the Senior Athletes from Walatowa! You have competed with the best of the best and you are all winners! We are all proud of you!

Jemez Senior Olympians

- | | | |
|-------------------|------------------------|-----------------|
| Cena Fragua | Joseph L. Loretto, Sr. | Virginia Toya |
| Mabel Fragua | Leonora Lucero | Marie Toya |
| Marina Fragua | Miguelita Pecos | Alvin Toya |
| Clara Gachupin | Tony Romero | Michael Vigil |
| Christina Loretto | Robert Shendo | David Yepa, Sr. |
| Felipita Loretto | Priscilla Toledo | |



JEMEZ HISTORIC SITE

Elders in Residence Share Stories

By Marlon Magdalena, Instructional Coordinator

There are many different ways to tell stories about our past. Historians sift through antiquated texts memorizing obscure dates, while archaeologists analyze pot sherds and flaked stone to address questions as old as time itself. Often lost in both of these approaches is the human element, those personal stories that connect us to those who came before and continue to live among us.

This fall, Jemez Historic Site seeks to engage visitors in these other stories with a new Elder in Residence Program. Between September 30 and October 18, Jemez tribal elders will be on site to offer a Native American voice in the interpretation and preservation of Jemez Historic Site. These elders will provide tours and share stories and personal feelings about the site and their culture with visitors. Tours will be held throughout the day. Salvador Yepa, musician and performer, was on site Sept. 30 to Oct. 4. Potter Clara Gachupin was in residence Oct. 7 to 9, and Oct. 17 to 18.

Light Among the Ruins

On the evening of Saturday, Dec. 12, join Jemez Historic Site for the Annual "Light Among the Ruins." Enjoy traditional Jemez songs and dances performed between two bonfires, and walk through

the ruins lit with over a thousand farolitos. Pueblo food and art will be available during this event.

All year round, Jemez Historic Site offers visitors a chance to experience New Mexico culture and history firsthand. Established to preserve the 14th century ruins of Guisewa Pueblo and the 17th century ruins of San Jose de los Jemez Mission, the site offers a museum and interpretive trail. Walk among the standing architecture and explore vivid displays. Learn how the Jemez people once lived and how their lives changed as a result of European contact. Examine how the Franciscan Missionaries operated and the challenges they faced in the New World. Understand the importance of Jemez Historic Site in shaping the New Mexico of today.

Jemez Historic Site is at 18160 Highway 4 in Jemez Springs. It is open Wednesday through Sunday, 8:30 a.m. to 5 p.m. Admission is \$3 for adults. There is never a charge for children. Jemez Historic Site is free to New Mexico seniors on Wednesday and all New Mexico residents on Sunday. For more information call (575) 829-3530 or marlon.magdalena@state.nm.us; www.nmhistoricsites.org.

The Legacy of Director Sims

By Matthew J. Barbour, Manager

New Mexico Historic Sites Director Richard Sims retires on Oct. 9, returning to his wife and home in Montana. His three year tenure as director, while short-lived, was extremely successful and navigated some profound changes within the organization. The most notable was the transition from New Mexico State Monuments to New Mexico Historic Sites. However, that hardly scratches the surface of what Director Sims was able to accomplish.

At Jemez Historic Site, Director Sims oversaw the hiring of Manager Matthew Barbour and Ranger Julian Vigil, as well as the promotion of Marlon Magdalena to Instructional Coordinator. He instigated the creation of the Elders in Residence and Stories from the Land programs. As evidenced by the magnificent condition of the ruins of Guisewa and San Jose Mission, Director Sims was a staunch advocate for historic preservation. His work to solicit funds to overhaul the Visitor Center was not short of amazing.

Under Director Sims, Jemez Historic Site was designated as a National Historic Landmark and he oversaw the implementation of the Memorandum of Understanding between the Department of Cultural Affairs and the Pueblo of Jemez regarding operations. He cared very much for our community, attending feast days and village events. He went out of his way to meet not only with government officials, but the general public. Always personable, he relished the opportunity to speak with visitors and always had a joke up his sleeve.

His legacy at Jemez Historic Site will continue. The staff is committed to building on his vision. Programs he initiated will endure as well as the groundwork he did to improve the public's visitor experience. Farewell and good luck, Director Sims!

New Mexico Historic Sites Director Richard Sims with students and Jemez Community Library staff at Stories from the Land in 2013.



BEHAVIORAL HEALTH

October is National Bullying Prevention Month

Submitted by Jesse Michaud, Acting Program Manager

October is National Bullying Prevention Month, a time when communities nationwide unite to educate and raise awareness of bullying prevention.

Bullying is any unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. It is repeated, or has the potential to be repeated, over time. The imbalance of power could be physical strength, access to embarrassing information, or using popularity to control or harm others.

Bullying was historically viewed as “a childhood rite of passage” and believed that it made kids tougher. However, it has been found that both kids who are bullied and kids who bully others may have serious, long-lasting and devastating problems. Signs a child is being bullied include:

- Unexplained injuries.
- Lost or destroyed property.
- Frequent headaches or stomach aches; feeling or faking sickness.
- Changes in eating habits.
- Difficulty sleeping or nightmares.
- Declining grades, loss of interest in school, not wanting to go to school.
- Loss of friends.
- Feeling helpless or hopeless.
- Increased anxiety and/or depression.
- Self-destructive behaviors.
- Talk of suicide (suicidal ideation.)

Kids who bully others often engage in violent or other risky behaviors that continue into adulthood. These behaviors include, but are not limited to:

- Abusing alcohol and/or drugs.
- Getting into fights.
- Dropping out of school.
- Engaging in sexual activity at an early age.
- Criminal convictions.
- Committing domestic violence.

When you, your child, or someone close to you is being bullied, or you discover they are bullying others, there are many steps to take to help resolve the situation. First and most important is to help kids understand bullying. Talk about bullying and how to stand up to it safely. Be sure to reinforce that bullying is unacceptable. Make sure your kids know to get help.

It is essential to open these lines of communication. Check in with your children often. Listen to them, ask about their day at school, their friends, and try to understand any concerns they might have. Also, encourage your children to do what they love, like joining after-school programs or sports. And most important, model the behavior of how to treat others with kindness and respect.

If someone you know is acting unusual, get help today. If you see signs of a child being frequently sad or anxious, struggling to complete common tasks, or not being able to care for him or herself, contact Jemez Behavioral Health immediately at (575) 834-7258 or stop by. ***All contacts are strictly confidential.***

VETERANS ASSOCIATION

TRIBAL COURT

Veteran's Jail Diversion Program

Submitted by Sandra Sando, Probation Office Supervisor

The Veteran's Jail Diversion Program is again working to serve military veterans and their families. The program is designed to address veterans who have been arrested and charged with nonviolent or less serious crimes. The participants should be amenable to rehabilitation and least likely to commit future offenses. Services are also available to those who may have long arrest records, but have either a short history or no history of being recipients of rehabilitative services. Services are also available for the veterans' families.

Alternatives for the justice-involved veterans and or their families will include needs and risk assessments to determine

the type of services to be provided. The Diversion program emphasizes internal motivation and lifestyle changes to address possible Post Traumatic Stress Disorder (PTSD) and other behavioral health issues contributing to the offenders' law violating behavior. Participants will be held accountable for their participation through daily reporting, probation visits and biweekly court reviews. Services will be strengthened by community and tribal or culture based interventions, including services through the Jemez Behavioral Health Program.

For more information contact: Sandra Sando, Probation Officer Supervisor at (575) 834-1881.



Welcome to Walatowa Head Start

Submitted by Danielle Sando, Family Service Coordinator

The school year has started, and we want you to know how excited we are to have your child in our program. This is the year for our youngest learners to shine brightly! The first day of school on Sept. 8 was exciting for everyone -- new and returning students, parents, family members and staff. Going off to school is a big milestone for both parents and children. Even those who are returning to a familiar program have their excitements, pleasures and anxieties. At three to five year-old stages of development, "change" can bring a multitude of feelings and thoughts. Some children accept and enjoy change more than others. It's not unusual for even the most "experienced" child to need some extra attention during the first days and weeks of school, so please pay close

attention and ask questions about your child's day in school.

Parent Orientation

Parent Orientation for new and returning families was on Thursday, Sept. 3. The orientation covered bus and pedestrian safety, language immersion, elections of **Parent Center Committee (PCC)** and **Policy Council (PC)** members, and classroom visits for students and families. The parent orientation was a great success. A big "thank you" to the families for taking time off to attend the orientation.

Parent Center Committee and Policy Council

The Parent Center Committee consists of five members: president, vice president, secretary and an activities coordinator. The PCC, Head Start staff and parents meet on the second Wednesday of every month at 6:30 p.m. The 2015-2016 PCC members are Curtis Benalli, Johanna Baca and Amanda Magdalena. The PCC secretary position is open and a new election will be held for that position.

The Policy Council consist of four parents, three community representative members and a tribal liaison. The PC and Head Start staff meet on the first Thursday of each month at 6 p.m. The 2015-2016 PC members are Jaime Tosa, Dominic Baca, Venetta C. Sando, Kayla DeVore, Marie R. Tosa and Erlene Lucero.

The third PC community representative position is vacant. Tribal Council appointed former Governor Joshua Madalena as liaison to the Policy Council to serve Head Start children and families.

PCC and PC orientation was held on Monday, Sept. 21. New members were introduced to their duties, responsibilities, roles and other information to help them better become acquainted with their new roles.

As always, we welcome tribal members to come visit the children and staff as Towa speaker visitors, as needed as part of our language immersion program. If you have any questions, please don't hesitate to visit the program.

Donations needed: boys' ribbon shirts.

WHS CLASSROOMS

Towa Room: Gloria Tsosie,
Bertha Gachupin
Corn Maiden Room: Shirley Chinana,
Pauline Armijo
Kiva Room: Andrea Chinana,
Joslin Sandia
Adobe Room: Jacqueline Magdalena,
Albertilla Toya

WHS ADMINISTRATION

Education/Disabilities: Marie Armijo
Health Services: Helen Tafoya
Transportation: Arlan Lucero
Family Services: Danielle Sando
VISTA Volunteer: Leandra Baca
Administrative Assistant: Bertilla Toya
WHS Program Manager: Lana Toya
Nutrition Services: Janet Waquie,
Art Sandia
Cook: Rita Toledo



Warm welcomes to new hires Albertilla Toya, teacher, and Rita Toledo, cook.

EDUCATION

Tribal Youth Program: School Reconnection Program

Submitted by Sandra Sando, Probation Office Supervisor

Throughout Indian country, youth are faced with multiple issues, truancy, social problems, personal and family problems that contribute to poor school performance or not completing school. Bad school experiences or poor academic performance often make it harder for youth to pursue higher education. They also contribute to lifelong struggles, such as getting good paying jobs and building successful careers.

The Pueblo of Jemez is no different; therefore the community needed a program that promotes school success. The Tribal Youth Program (TYP)/School Reconnection Program (SRP) was created to encourage and support our youth in their educational endeavors. The target is to help students in sixth through eleventh grades who are at risk of academic school failure.

The School Reconnection Program components include:

- Early identification of at-risk youth.
- Use of culture and gender-specific curriculum aimed at increasing self-esteem and confidence.
- Parental involvement.
- Community involvement through structured cultural activities delivered in collaboration with tribal officials and other cultural and community leaders.
- Referral and linkage to needed services.
- Data management and analysis.
- Partnership with program and community resources.

Types of interventions to be offered include:

- School support.
- Culture immersion.
- Life Skills Curriculum.
- Service learning.

The SRP program and interventions are aimed at accomplishing the following:

- Increase the use of discipline and corrective actions found in the Jemez culture, beliefs, values, methods and approaches.
- Increase cultural literacy and competence by employing strategies to redirect wrongful behavior through culture-based restoration, reclamation and beautification projects.
- Increase the number of youth completing a school year and be promoted to the next grade or graduate.

Criteria for enrollment:

- Poor academic performance, such as low grades.
- Multiple unexcused absences (5 or more).
- 10 or more unexcused tardiness.

Students who are not eligible for the SRP may be referred to other local programs to obtain needed services.

Intake and Assessment

The intake process assesses the youth's school performance needs and the needs levels, and identifies other problems. The intake occurs when a youth is enrolled in the program and includes collecting information on school performance and other school, home and social factors. The questionnaire and assessment determine a baseline measure that is used to track the student's progress. They are re-administered at the completion of an intervention to determine whether a student is making progress.

Seven areas are assessed: grades, attendance, behavioral referrals, attitude, attributes, social endowments and skills. Each student has a School Success Plan with established goals and objectives to address his or her issues, needs and intentions.

For more information, contact Sandra Sando at (575) 834-1881.

INJURY PREVENTION

Attention Parents! Car Seat Clinic

The Injury Prevention Program hosts a car seat clinic at the Emergency Medical Services Building on Saturday, Oct. 24, from 10 a.m. – 12 noon. **Protect your children: Make sure their car seats are the correct type and size for their age and size, and that they are properly installed in your vehicle!**

For more information, contact the Injury Prevention Program.



EDUCATION

SDRCS News

Submitted by Mike Toledo

Congratulations to our new 2015-2016 SDRCS Student Council

President – Kyann Loretto
 Treasurer – Raeanne Gachupin
 Sixth Grade Representative – Jerika Chavez
 Fifth Grade Representative – Delonte Chinana
 Fourth Grade Representative – Kateri Madalena
 Third Grade Representative – Kaylynn Martinez

Vice President – Iesha Tafoya
 Seventh Grade Representative – Caili Mora



Celebrity Visit

Mrs. Krueger's fifth and sixth grade class enjoyed a visit from KOB Channel 4 meteorologist Jorge Torres. He told us about himself and why he became a meteorologist. He involved the class with an interactive Powerpoint about different types of weather and answered students' questions after his presentation. As a thank you for his visit, Mr. Torres was given a loaf of oven bread.

Grandparents Day at SDRCS by Kyann Loretto

Grandparents Day is a day for celebrating the connections between the generations. Marian McQuade was the founder of this day. On Sept. 14, our grandparents visited with us in our classrooms. There, they got to see what the students were working on in their classes. Afterwards, we all walked to the cafeteria for a delicious lunch. We hope to celebrate our grandparents in this way every year at SDRCS.

NEWS YOU CAN USE



Jemez Pueblo Animal Rescue

Submitted by Samuel Adams

Jemez Pueblo Animal Rescue

Jemez Pueblo Animal Rescue (JPAR) has been very successful, with generous support from Jemez Valley Animal Amigos and the Jemez Pueblo Police Department. Since July of 2015, we have a total of 15 rescues from the pueblo. All have been adopted by community members or people outside of Jemez. We wish to only continue that success! JPAR is always looking for volunteers and foster parents. If you are interested, please contact Samuel at (505) 328-2312 or e-mail to jpanimalrescue@gmail.com. To stay updated on the available pets, visit the Facebook page 'Jemez Pueblo Animal Rescue.'

Community Asset Mapping Workshop

Interactive workshop to build skills for developing strength-based programs to empower and heal our communities.

Wednesday November 4 1-4 p.m.

Native Health Initiative Office (924 Park Ave SW, Albuquerque)
 FREE

This action-oriented training was developed to begin building capacity for asset mapping and strength-based approaches to health. As part of the workshop, you should have a community or program where you will teach **Community Asset Mapping (CAM)** in the next two or three months and implement CAM in a community or program. To attend, you must *RSVP to Anthony at afleg@salud.unm.edu*.

VOTERS' INFORMATION

Campaigning has already begun for nominations for the 2016 Presidential election. The 2016 election cycle began Oct. 1, 2015. **Please register to vote if you are 18 years and older) or update your voter registration information if you have changed your name or address.** Come by the Native American Voting Rights Office at the Jemez Civic Center or call (505) 934-8826. Home visits continue for voter registrations and updates. **Exercise your right to vote!**

NEWS YOU CAN USE

Jemez Sustainable Solutions: *Going Shopping?*

Submitted by Margaia Forcier-Call, Jemez Sustainable Solutions

This is the second article of the Jemez Sustainable Solutions Campaign about plastics and the world-wide problem they are causing. Have you noticed the posters -- in 23 places -- throughout the Valley? That "island" of plastics, ropes, and aquatic animals is part of a huge free-floating "Garbage Patch" twice the size of Texas in the Pacific Ocean. The Center For Biological Diversity reports that this garbage patch "is only one of five such convergence zones, which in total cover 40 percent of the ocean."

The United States, being large and consumer-oriented, is one of the countries that produces the largest amount of trash. We think nothing of throwing something "away" to buy something else.

We use so many items --especially plastic ones -- just **one time**, then throw them "away" instead of re-using or recycling them. But plastic never "goes away:" there is NO "away!" It all stays somewhere on this planet Earth. It may be in the oceans, where years ago, the US along with many countries began dumping trash -- and some still do. Or it may be dumped off ships or washed off beaches all over the world, often washed back onto other beaches. Or it gets buried in landfills; how many landfills must we create, when we are billions of people on this small planet? Everything will land in the ocean or on the earth, whether blown away by the wind or thrown out of a car window or dumped in a landfill.

The Scourge of Plastic Bags

Did you know that one of the ingredients to make plastic is petroleum? Plastic pollution in our oceans endangers marine life and ecosystems; eventually humans are affected as we consume fish that have ingested plastic. The Center for Biological Diversity (CBD) notes that these bags "start as fossil fuels and end up as deadly waste in landfills and in the ocean." In their extensive research, the Center found that thousands of animals, from small finches to great white sharks, sea turtles and seals, and other marine mammals die grisly deaths from



ingesting or getting entangled in plastic. Fish in the North Pacific, for instance, "ingest 12,000 to 24,000 tons of plastic each year, which can cause intestinal injury and death and transfers plastic up the food chain to bigger fish and marine mammals...Hundreds of thousands of seabirds ingest plastic every year. Plastic ingestion reduces the storage volume of the stomach, causing birds to consume less food and ultimately starve."

The CBD began to tackle this problem by petitioning the Environmental Protection Agency to regulate plastics as a pollutant under the Clean Water Act. This could be a first step in reducing the amount of plastic littering the oceans, since the Clean Water Act is the nation's strongest law protecting water quality. Recognition of plastic pollution under the Clean Water Act will enable states to develop water-quality standards to finally begin curbing the amount of plastic trash dumped on our beaches and in our oceans.

What We Can Do

Every one of us can take action to begin to minimize the use of plastic. Let's start with what may look "insignificant." According to the Natural Resources Defense Council, the average American family may take home as many as 1,500 plastic shopping bags a year. In total, the US disposes of 100 billion plastic shopping bags every 12 months!

So, when grocery shopping, or any kind of shopping, we can use canvas or cloth bags over and over and over again. I've been using some of my canvas bags for more than 25 years. They are sturdy and much easier to handle when carrying your purchases from store to car to the house. Canvas or cloth bags are inexpensive, and on sale at most grocery and retail stores. If you don't have one, re-use the plastic or, better still, the paper bags you already have until they tear. Every little action we take is important if we all act together!

Practical Plastic Project

For those who enjoy knitting or crocheting here's a project you might enjoy:

Transform your plastic bag accumulation into "plarn," plastic yarn to use to crochet a plastic tote bag for your next shopping day. You can even make purses, doormats, and whatever your imagination can create. For **information on how to make "plarn"** and **directions on how to make a crochet plastic tote bag**, e-mail Margaia Forcier-Call at mfc@windstream.net or call her (575) 829-3617 and she will mail them to you.

A plastic bag floats underwater at Pulau Bunaken, Indonesia. Marine life ingest such debris with catastrophic consequences.

Photograph by Paul Kennedy, Courtesy of *National Geographic*.

NEWS YOU CAN USE



Jemez Valley Credit Union News

“Strength In Members”

JVCU’s Fall College/Career Fair

Tuesday Oct. 20, 2015 at Jemez Valley High School Auditorium from 9 to 11 a.m.

Open to all Jemez Valley, Walatowa High, and home-schooled students ages 14 to 19.

For more information contact Tina, Cody or Henrietta at (575) 829-3366.

Dig Pink Volleyball Game

JVCU invites you to join us as we cheer on the Jemez Valley Warriors as they play against the To’hajilee Warriors on Tuesday Oct. 13, 2015 at 5 p.m.

Wear your PINK and support breast cancer awareness.

Free Financial Counseling

Jemez Valley Credit Union offers FREE financial counseling. Information discussed is strictly confidential.

Saturday appointments can be arranged.

For more information or to set up an appointment contact Tina at (575) 829-3366 or tina@jvcu.org

International Credit Union Day

Thursday Oct. 15. Food served from 11 a.m. to 1 p.m.

Vote for your favorite photos for the 2016 calendar!

How Are We Doing?

**COMMENTS? COMPLAINTS? SUGGESTIONS?
WE WANT TO HEAR FROM YOU!**

Please clip this form and return it to a comment box located at the Tribal Administration Building, Civic Center or Jemez Health Center.

If you wish to be contacted to follow up on your comments, please provide your name and phone number below.

Name (Optional)

Phone/E-mail

Thank you! Your comments are important to us. We appreciate your feedback!
Pueblo of Jemez Tribal Administration
Pueblo of Jemez Governors



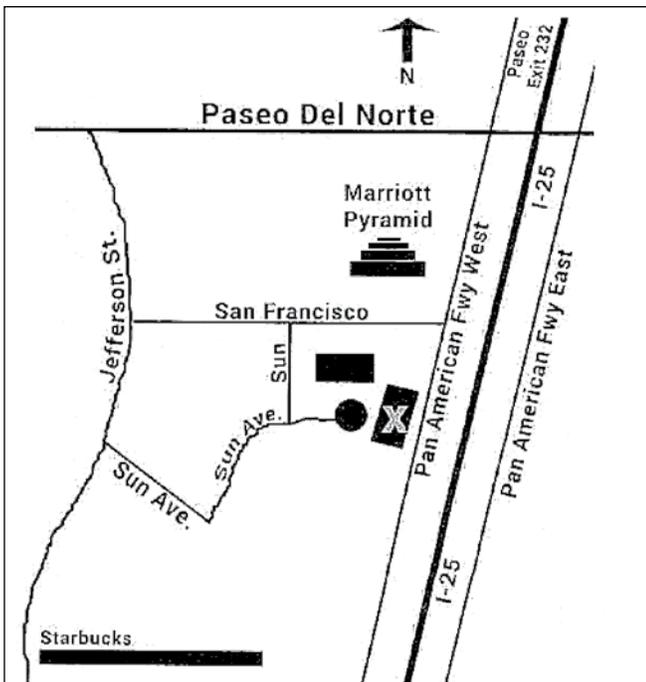
PUEBLO of JEMEZ

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NEW BLM OFFICE



The Bureau of Land Management has new offices at 100 Sun Avenue, Suite 300, in Albuquerque. To reduce costs and environmental footprint, they now share space with the Forest Service. Go there for wood haul permits. Sun Ave. is off the I-25 Frontage Road south of Paseo del Norte. Call (505) 761-8700 for more information.

13th Annual JEMEZ PUEBLO OPEN AIR MARKET

October 10 and 11 9 a.m. to 5 p.m.

**Multicultural Arts & Crafts Vendors,
Traditional Jemez Dances,
Bread Baking Demonstration,
Food Vendors and Farmers' Market.**