



Red Rocks Reporter

SEPTEMBER 2015

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FROM THE GOVERNORS

BIA Budget Negotiations

Since the Pueblo of Jemez is a Title IV Self-Governance tribe, we now negotiate our budget directly with the Office of Self-Governance, the BIA Southwest Region, and Southern Pueblos Agency.

On August 27 and 28, 2015, Governor Raymond Loretto, DVM, First Lt. Governor Aaron Cajero, Sr. and all BIA-funded program staff participated in budget negotiation meetings with Ken Reinfeld, Senior Policy Analyst, Office of Self Governance; William Walker, Director, BIA SW Region; John Antonio, Superintendent, Southern Pueblos Agency (SPA); and Louis Poitra, Office of Justice Services and their key staff to negotiate Jemez' FY2016 BIA budget. The meetings were held at the BIA offices in Albuquerque. In addition to negotiating Jemez' budget, the meetings provided everyone an opportunity to clarify roles and responsibilities and improve communication issues. Both the SW Region and SPA are also new to

Continued on page 2

Honoring the Ancestors: Remembering the Pueblo Revolt

Jemez runners and guests commemorated the Pueblo Revolt with a run from the Plaza to Giusewa on August 9. After completing the run, participants entered the kiva, then gathered to enjoy speakers, dances, crafts and food on the Jemez Historic Site grounds.

"The runners today showed the heart and commitment of our people to celebrate our past and what the Jemez Historic site has done to preserve it," Governor Raymond Loretto, DVM, said in welcome. "This is a tribute to people coming together to make the process work."

"History is written by the victors," noted Master of Ceremonies Fred Vigil. "We have the chance to right the errors of what was first written."





2015 TRIBAL GOVERNORS

Dr. Raymond Loretto
Governor

Aaron Cajero
First Lt. Governor

Dominic Gachupin
Second Lt. Governor

TRIBAL COUNCIL

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FROM THE GOVERNORS

self-governance tribes so, as Jemez learns to navigate their authority as a compact tribe, so do SW Region and SPA need to learn how to support Jemez given their new authority.

While the negotiation did not result in increased funding for the Pueblo, these discussions do provide direct access to end-of-year carryover funds that might be available from the SW Region and SPA and to one-time funding for various Jemez programs. In addition, Jemez will be finalizing its Title IV Compact agreement with the Department of Interior.

The Governor and Tribal Administration have included all BIA-funded program staff in these discussions to encourage them to learn the self-governance process and assist the Pueblo in exercising its authority.

Southern Pueblos Council

The Pueblo of Jemez hosted the Southern Pueblos Council meeting on Thursday, August 13 at the Community Resource Center. The agenda included presentations from the Southwest Native American Veteran's Association, the BIA and Indian education liaisons from the New Mexico Indian Education Advisory Council, Southwester Indian Polytechnic Institute Board of Regents and Santa Fe Indian School.

Juanita Toledo and Alex Toledo gave a presentation about Native American Youth Empowerment (NAYE) group, which has been active in Jemez Pueblo for several years. They spoke about how the organization has encouraged, challenged and supported them. NAYE's mission is "to encourage and prepare strong, well rounded individuals who are educated and informed to assume



responsible roles within our community. Jemez NAYE leaders have offered to help tribal leaders establish NAYE groups in their communities.

In addition to a traditional Jemez lunch, participants were treated to a Head Start dance performance.

Photo by Jaime Loretto

Celebrating Pecos Heritage



TRIBAL ADMINISTRATION

HOUSING

The Prescription Drug Misuse Epidemic

Submitted by Virginia Manion, HR Director

For people with chronic and recurring pain, prescription opioids – like Hydrocodone and Oxycodone – not only relieve suffering, but can help support a normal lifestyle, alleviate stress and improve sleep. However, prescription opioids can be just as addictive and dangerous as illegal drugs.

While data from the Quest Diagnostics Drug Testing Index™ revealed recent rate declines for prescription opiates, increased misuse continues to be a growing concern. Prescription drug abuse is the nation's fastest-growing drug problem and has been classified as an epidemic by the Centers for Disease Control and Prevention.

In the article "*The Prescription Drug Misuse Epidemic*," Dr. Leland McClure, Director of Pain Management, Quest Diagnostics, wrote: "More worrisome than increases in the use of prescription medication is its misuse. Data [from the National Institute on Drug Abuse] indicates that despite [positivity rate] declines, 6.1 million people used prescription medication non-medically in the past month... It's clear that the war on drugs has shifted away from the back alleys and instead on to Main Street."

Read the full article in *DATIA focus* magazine from the Drug and Alcohol Testing Industry Association (DATIA.)

Original article by Landon Todd on the official blog for Quest Diagnostics drug testing.

Ashley Chinana is a Human Resources Coordinator. Her area of specialization is information management to employees, department heads, finance and the public. She provides technical assistance to internal and external customers and ensures compliance with rules, regulations, laws, policies and practices. Ashley provides technical support and expert advice in Employee Benefits. Call Ashley if you have any questions on our Employee Assistance Program.

HOUSING DEPARTMENT UPDATES

Submitted by Denny James, Director

The Pueblo of Jemez Housing Department is the process of rehabilitating 21 homes in the community; the project is 70 percent complete and will resume in mid-September. Roof repairs under FEMA to over 40 homes severely affected by the rains of September 2013 will start in early September.

The department is also well underway with its mold remediation grant project that includes 16 homes. Another mold remediation grant proposal has been submitted for this funding year to HUD. Eligible tribal members who have homes that are experiencing mold-related issues are encouraged to contact the Housing Department to complete an application for assistance. Participants must remain within low to moderate income levels to meet eligibility requirements.

Housing is involved with the Pueblo Place Infrastructure project for 85 future homes. A request for proposals will be submitted in September; groundbreaking is anticipated by December with completion by December 2016.

The department is also collaborating with the Jemez Community Development Corporation (JCDC) on the proposed

Self Help Housing Program using locally-produced high performance adobe (HPA) bricks and locally sourced timber. (See article on page 4.) The project addresses HUD's capacity-building and knowledge-sharing policy priorities by integrating and advancing the JCDC, as well as the work being conducted by the Housing Department under their current workforce development activities.

"The insight and accomplishments will add quality and efficiency to the work to be performed," says Director Denny James. "Education and training are the primary goals on this project, and Housing will work closely with JCDC to ensure that the knowledge and capacity gained will be institutionalized for future use. Success will be measured by the development of a sustainable home ownership program at Jemez Pueblo."

Job Well Done

Field monitoring performed by HUD South West Office of Native American Programs auditors for all projects since 2013 has been completed, and the Housing Department received favorable remarks at the exit conference.

NATURAL RESOURCES

Fuel Wood Season Coming

Submitted by John Galvan

It's never too early to start thinking about preparing for winter! Before you know it, the cold season will be upon us, which means it's time to gather fuel wood. All the recent moisture may mean we are going to have snow this winter. All lumberjacks should start exploring for fuel wood for heating, cooking and other needs. If you plan on buying cords of wood, there are several options:

- ✓ Walatowa Timber Industries
- ✓ The Pueblo of Jemez
- ✓ US Forest Service (USFS)
- ✓ Bureau of Land Management (BLM)

Start making trips out and stockpiling for the coming winter. Stay safe! Stay legal! Stay warm! The Natural Resources Department appreciates your conservation efforts in fuel wood areas by spreading the slash, picking up trash, and being in compliance. If you have any questions, contact NRD at (575) 834-7696.

JEMEZ COMMUNITY DEVELOPMENT CORPORATION

Building Homes, Building Community, Building the Future

JCDC Self-Help Housing Program

“In the old days, building a home was a community project,” says Benny Shendo, Jr., President of the Jemez Community Development Corporation (JCDC). “Men harvested timber in the mountains for vigas; families, neighbors and friends shared their time and skills to make the adobes and build the homes. Today, we can still use that same model with some technology innovation to help meet our community’s critical need for sustainable, affordable and culturally appropriate housing.”

The Pueblo of Jemez, Jemez Community Development Corporation, the Jemez Housing Department, Functional Earth Consulting, Pyatt Studio Architecture, and Nativesun have partnered to develop the Sustainable Self Help Housing Pilot Program. The program will enable tribal members to build their own homes using locally sourced materials, adobe bricks from the High Performance Adobe (HPA) manufacturing facility, and lumber and vigas from Walatowa Timber Industries.

“This idea was born out of a conversation I had with my dad over 25 years ago when I came home from college,” Benny recalls. “In the 70s, my dad was hired to manage the construction of the first set of HUD homes in Jemez and other pueblos. Sometimes on the weekends he would take me to the sites at the different pueblos. He had these giant rings with hundreds of keys. It was exciting to see all the homes being built. He did share in that excitement, but deep down inside he knew that they would not last long. His desire was to build adobe homes, but it was not his decision; his job was to build them. Toward the end of this long conversation, he looked at me with those Grandpa George Shendo eyes, and said ‘Son, if you ever have a chance to build homes in Jemez, build them the right way, the way our fathers built them. You know how we use our homes, use what nature has provided us in resources, they’ll have a spirit and a soul and they will last a long time.’”

“For over 25 years, I’ve pondered my father’s wisdom and concerns about community housing needs,” Benny concludes. “Now I feel that we are finally able to bring all of our talents from the community together and

develop our own solution. That is what’s exciting. The funny thing is, it’s not something new. It’s just going back to what we knew was right all along.”

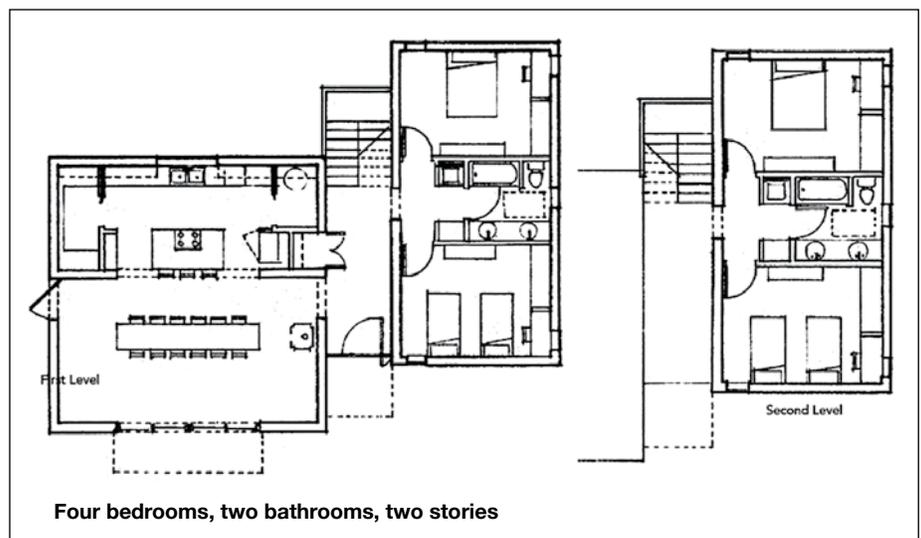
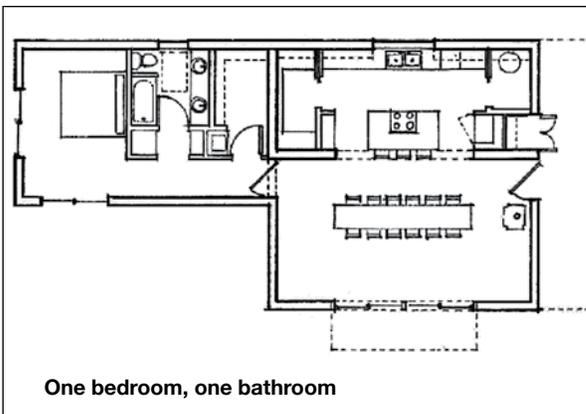
Responding to Community Needs

The design process started with a discovery phase that included community engagement and focus groups. Community members shared their individual and collective ideas, goals, desires and visions for housing at Jemez Pueblo. Core project requirements, constraints, key features and goals were developed from feedback gleaned from these meetings.

A meeting with community elders meeting included hearing the history of housing on the Jemez Pueblo as told by tribal elders. They shared their vision of the future, taking into account the current state of housing and identifying what they consider to be the main challenges. This discussion included identifying specific housing goals and priorities, making sure to highlight the needs of the elder community. Along with the elder’s verbal input, the group contributed sketches that illustrated ideas that informed the schematic design phase. Some key points offered in the elders’ meeting:

- Every house had a soul.
- Homes were traditionally made from natural, local materials.
- Historically, everyone helped build.
- New homes should utilize solar, rainwater catchment, and passive heating/cooling techniques.
- Homes should be affordable, start small and grow over time.

An open community-wide meeting discussed the history of homes on the pueblo. Participants shared their ideas for future housing as related to individuals, families and the whole



JEMEZ COMMUNITY DEVELOPMENT CORPORATION

Self-Help Housing Program, Continued

community. The discussion included many topics relating to housing and the peripheral benefits of a new model for design and development. Along with gathering this information, the team asked meeting participants to sketch ideas that will contribute to the schematic design phase. Some key points from the meeting include:

- Move away from the HUD model. Homes should reflect cultural values and aesthetics.
- Housing should be linked to workforce development, training and construction support.
- Future plans for housing should include a mixture of sizes and types: single and multi-family home ownership as well as rental housing.
- Assess and engage local skills within the community.
- Create economic development opportunities to support native-owned companies.
- Opportunities to establish equity are important.
- Designs should incorporate sustainable systems including passive and active solar, geothermal, wind turbines, and rainwater catchment systems.

A students' meeting was held at the Walatowa High Charter School. Youth shared their past and current experiences with housing on their pueblo. They spoke about current challenges for themselves and their families as well as what they envision for future homes that best meet their needs and desires. They worked as groups to develop sketches and had lively discussions. The content gleaned from this meeting also informed the schematic design phase. Some key points from the meeting:

- Homes need to be bigger and have room for study spaces.
- More bedrooms.
- Solar is good: it's what our ancestors used.

Utilizing the information and suggestions gleaned from the community as well as best-practices expertise, the design team has proposed an "Adaptable Housing System" as one option for the pilot program. Homes would be pre-designed to allow adaptation to the unique characteristics of various home sites, as well as to accommodate the specific -- and often changing -- needs of each family over time. A basic one-bedroom plan can be reconfigured up to four bedrooms and two bathrooms as families' needs grow. Individual homes would be sited to take advantage of passive solar gain.

"JCDC will offer training on building adobe homes by placing the adobes and plaster so that they create a sturdy wall," Alexandra Fragua explains. We will encourage those who have training to assist in any way possible."

High Performance Adobe

The new HPA manufacturing site is a critical component of the Sustainable Self Help Housing Pilot Program. The core



George Shendo and David Chinana at the HPA manufacturing site.

team includes George Shendo, production manager; David Chinana, assistant production manager; Alexandra Fragua, project coordinator; Tom Bowen, project manager; and Benny Shendo, JCDC president.

Several PoJ departments collaborated on preparing the site. The Pueblo of Jemez Transportation Department leveled the area and constructed the roads and fencing; Public Works installed the water lines.

At press time, more than 1,000 HPA prototypes have been manufactured. The team is experimenting with various proportions of clay, sand, lime and other materials to produce the strongest, most durable bricks possible. The prototypes go to a University of New Mexico laboratory for rigorous testing before full production begins.

"It's really exciting," David Chinana says. "Sand and dirt go in one end, and bricks come out the other."

"In the old days, one man could make a few adobe blocks in a day. Crafting the materials was very labor-intensive and time-consuming. Our new facility will be able to produce 2,000 blocks in a day. We'll have the materials we need," Benny adds.

Next Steps

As the project evolves, post-occupancy analysis, performance monitoring, and testing the system will assess the buildings to ensure that they meet performance expectations. Self-help training for families and students will continue as the program grows and changes to meet new challenges and opportunities.

"For 20 years, I've pondered my father's wisdom and concerns about community housing needs," Benny concludes. "Now I feel that we are finally able to offer substantive solutions."

For more information, contact JCDC at (575) 834-7235.

JEMEZ HISTORIC SITE

THE JEMEZ REVOLT OF 1623

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

In 1623, the Jemez revolted against the Spanish. As part of this revolt, they burned the Mission of San José de los Jemez and abandoned the surrounding pueblo of Giusewa, roughly translated as “Pueblo at the Sulphur Place” or “Pueblo at the Hot Place.” Today, this location is preserved as Jemez Historic Site.

At the time of the Jemez Revolt, Giusewa was among the largest, if not the largest, pueblo village in the Jemez Mountains. It sprawled over 18 acres at the confluence of the Jemez River and Church Canyon (Oak Canyon) Creek. It is presumed to have been a trading mecca for the Jemez people and may have served as a production center for Jemez Black on White pottery. Exactly how many people lived at the site is unknown. Franciscans boast that, prior to the revolt of 1623, roughly 6,566 Jemez were baptized. It is possible that hundreds, if not thousands, of those “converts” were settled at Giusewa.

Looming on the hillside above the village was the Mission of San José de los Jemez. Founded by Fray Geronimo de Zarate Salmeron in 1621, this structure stood as high as four stories in many places. It included a church, sacristy, kitchen, store-rooms, animal pens and a possible smithy. Completely walled off from the surrounding village, it was one of the biggest and most elaborate Franciscan missions built in New Mexico. Yet, it burned only two years after construction.

Exactly what caused the Jemez to revolt in 1623 is unknown. Local lore of the Jemez people tells of Salmeron requiring the Jemez of the surrounding villages to attend Sunday mass at Giusewa. This included the large farming center, known as Amoxiumqua or “Old Anthill Place,” atop Virgin Mesa. The people of Amoxiumqua did as instructed, utilizing hiking sticks to make the steep descent into the valley. Upon reaching the church, they discarded the sticks and entered. The priest saw this as a sign of submission before God and allowed the pile to build as a means of demonstrating the sway he had over his flock. Weeks passed and the pile grew. When the moment was right, the Jemez set the pile of walking sticks on fire and the mission burned.

Others have attributed the burning of the church to the Navajo. Under this telling, Navajo warriors incited more troublesome elements within Jemez society to attack the mission. Together, the two groups fled to the Dinetah – an area in and around present day Navajo Reservoir – to hole up in their pueblitos, or fortified strongholds. Archaeologically, this interpretation does have some merit. Large quantities of Jemez Black on White pottery are often found on these early Navajo pueblitos, suggesting at the very least contact, if not cohabitation, of the two peoples within these defensive structures.

Regardless, San José Mission was abandoned and the Jemez went into revolt against both the priests and the Spanish. Spanish officials characterized this as a civil war among the Jemez people. However there is no evidence at Giusewa to suggest non-Christian Jemez attacked the Christian tribal members. Only the church was burned, indicating the target of Jemez aggression was the Franciscan priests, not the village of Giusewa. It is possible the “converts” at Giusewa participated in the uprising or, at the very least, did not defend the priests against their non-Christian brethren. Spanish authority over



Far left: San Jose Mission Church burned in the Jemez Revolt of 1623.

Left: Seshukwa Pueblo abandoned at or near the time of the 1623 Jemez Revolt.

JEMEZ HISTORIC SITE

The Jemez Revolt of 1623, *Continued*

the Jemez Mountains collapsed.

Reconquest of the Jemez fell upon Spanish residents in Santa Fe and the surrounding area. Many of these men were located in the Galisteo Basin and what was then called the Sandia Jurisdiction (which included the Bernalillo area.) Among them was *Encomendero* Don Pedro Duran y Chaves, who owned a large hacienda through his wife Dona Isabel de Bohorquez (Baca), at Arroyo del Tunque near San Felipe Pueblo.

Duran y Chaves was a military man first appearing in the New Mexico archives exacting the Governor's tribute at Taos Pueblo in 1613. By 1623, he had risen to the rank of *Sargento Mayor*, or major. By the end of the uprising in 1626, he was *Maestre de Campo*, second to only the Governor in the military affairs of New Mexico, and his land grant extended from San Felipe Pueblo to Atrisco in the south valley of present day Albuquerque. Among the many Native peoples who paid him tribute were those of the Jemez Mountains.

Exactly what occurred during the reconquest is unclear. It appears that Tano, Tewa and Keres Indian auxiliaries participated in most of the fighting with Spanish horsemen and gunners providing support. Several Jemez villages were likely abandoned during the conflict. Based on the absence, or near absence, of Glaze F pottery, Amoxiumqua (Old Anthill Place or Virgin Mesa Ruin), Kwastiyukwa (The Giant's Footprint or Holiday Mesa Ruin), and Seshukwa (Eagle's Nest or San Juan Mesa Ruin) were presumably among those deserted.

In the wake of the conflict, the Jemez people were rounded up, forced to resettle Giusewa, and build the new pueblo of Walatowa (present day Jemez Pueblo.) At Giusewa, the Franciscan Martín de Arvide reactivated San José de los Jemez Mission. At Walatowa, he founded San Diego de la Congregacion. If Spanish estimates are to be believed, more than 3,000 Jemez lost their lives in the uprising which occurred over the course of three years.

As with many early Native American uprisings in New Mexico, little is known of the Jemez Revolt of 1623. However, events such as these have great importance in our understanding of seventeenth century Native American and European interactions in New Mexico. In terms of the Jemez, the 1623 Revolt cost the lives of many more people than the more famous Pueblo Revolt of 1680.

This later revolt on August 10, 1680 unified the Pueblo peoples and resulted in the removal of the Spanish from the northern parts of New Mexico Province for more than a decade. However, it did not occur in a vacuum. Rather it represents one in a line of many actions by Pueblo peoples to resist Spanish rule and Catholicism. Despite the many unknown details, the Jemez Revolt of 1623 should not be forgotten.

Visiting Giusewa Pueblo

By Marlon Magdalena, Instructional Coordinator

The dramatic story of hundreds of years of Puebloan life that was changed forever by the sudden arrival of the first Europeans can make a visit to the Jemez Historic Site a truly enjoyable educational experience. The sites goals for visitors are to:

- 1) protect the unique historical and archaeological resources of Jemez Historic Site;
- 2) provide a safe and educational setting for visitors to learn about these resources; and
- 3) fulfill our mission to preserve and share New Mexico's proud and diverse cultural heritage.

Guided Tours

To make reservations for a ranger-led tour, please contact Jemez Historic Site staff at least two weeks before to the date of your visit. A ranger will conduct a short orientation on the etiquette of visiting museums and historic sites. The tour will include a 30 to 90 minute narrated walk through the ruins. The museum, interpretive trail and rest room facilities are all handicapped-accessible. Picnic tables are available in front of the Church if you choose to eat lunch on site.

Teachers, group leaders and event organizers can tell staff about which subjects they want rangers to emphasize (or avoid.) We respect cultural sensitivities and can include either archaeological and/or indigenous perspectives.

Outreach

Site staff also offer presentations, demonstrations and lectures about Jemez Historic Site, as well as other topics. Talks can be arranged in addition to, or instead of, a trip to the Site. At least two weeks' notice is requested. Contact the site for a complete list of topics; some examples include:

- ▶ the history of the Jemez people and Giusewa Pueblo;
- ▶ indigenous instruments of the Southwest;
- ▶ traditional Native American flute performance;
- ▶ warfare and conflict in Pueblo country.

General Information

Jemez Historic Site is currently open Wednesday through Sunday, 8:30 a.m. to 5 p.m., and closed Mondays and Tuesdays. We are closed on Thanksgiving Day, Christmas Day, New Year's Day and Easter Sunday. All educational group visits are FREE (including adult chaperones.) Senior groups have a reduced price of \$1 per senior for a group of 10 or more.

We are located on Highway 4, on the north end of the Village of Jemez Springs. For more information, call (575) 829-3530 or e-mail Marlon Magdalena, Instructional Coordinator, at marlon.magdalena@state.nm.us or Matthew Barbour, Manager, at matthew.barbour@state.nm.us.

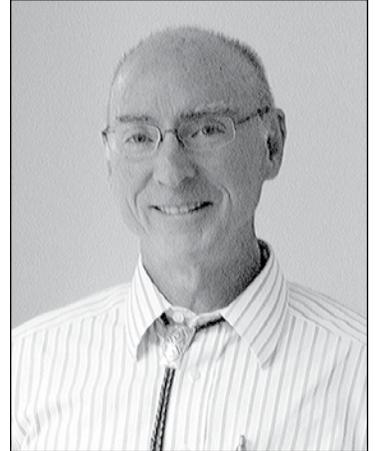
Welcome Mat



Paul Clarke

New Natural Resources Department Director Paul Clarke is familiar with New Mexico, having worked in the state with The Nature Conservancy and as an environmental consultant for energy companies. His diverse background includes director of science education, environmental scientist and conservation ecologist. Recently, Paul worked with former President Jimmy Carter's Foundation in Africa to eradicate Guinea worm disease, managing teams of health workers in remote villages and overseeing a clinic. He graduated from the University of Montana with degrees in environmental biology and botany, and later received his master's degree in environmental policy from Johns Hopkins University.

"I'm very excited to be back in New Mexico and I'm especially happy to be here working with the Jemez to protect and enhance the Pueblo's resources for generations to come," Paul says. "I like my chili green and my rocks red, so I think I'm in the right place," he joked.



Michael Hennelly, MD

Michael Hennelly, MD, is now seeing patients at the Jemez Health Clinic, bringing more than 40 years of family practice experience. He served on the faculties of the University of Nevada and University of Southern California Schools of Medicine, and had a private practice in Albuquerque. Physician Assistant Dawn Dozier persuaded him to relinquish his retirement.

"I'm really pleased and impressed by the energy and effort the community is devoting to maintaining and teaching their native Towa language," Dr. Hennelly observes.

Mark Osorio, OD, is the new optometrist at the clinic. He plans to "transform" the Optometry Program to provide primary care for more complex eye conditions by adding a retinal scanning device, retinal camera corneal topography technologies and updating the visual field analyzer.

"We won't need to refer patients out to manage conditions such as macular degeneration and glaucoma," Dr. Osorio explains. "We will be able to provide most ophthalmological services except surgery." Dr. Osorio most recently served in Mescalero. His daughter is enrolled at the Walatowa High Charter School.

Kristyn Yepa has returned to the Public Health Program as Program Manager after a hiatus for graduate school. "I came back because I missed being in my own community. I see the potential this program has in developing and sustaining relevant programs that respect the culture, language and traditions of Jemez Pueblo," Kristyn says. She continues her studies to receive her Masters in Public Health degree.

Basil Pina, Alternate Resource Specialist, will help tribal members find and access benefits programs, such as Medicare, Medicaid and other supports. His work schedule includes evenings and Saturdays to supplement the services provided by the Medical Social Work team.

He holds bachelor's degrees in business administration finance, economics and digital film-making. The Los Cruces native worked with a major insurance company in California before taking a break to pursue acting and film-making.

Anita Loretto is enjoying her job as a cook aide at the Senior Center. She has cooked for Head Start and elementary school programs for 20 years. "I feel at home here," she says. "I love being with the seniors, laughing with them, sharing with them. They're fun!"



Basil Pina



Kristyn Yepa



Anita Loretto

BEHAVIORAL HEALTH

September is Recovery Month

Submitted by Jesse Michaud, Interim Program Manager

Every September, the Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors “Recovery Month” to increase awareness and understanding of mental and substance use issues and to celebrate the people who recover. While there are many different pathways to recovery, and each individual must determine his or her own way, the most widely accepted definition of “Recovery” is: *“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential”*.

According to SAMHSA and the Recovery Support Strategic Initiative, there are four major dimensions that support a life in Recovery. They are:

Health: Overcoming or managing one’s disease or symptoms (such as abstaining from alcohol,) and, for everyone already in recovery, making informed, healthy choices that support physical, emotional and spiritual wellbeing.

Home: a stable and safe place to live.

Purpose: having meaningful daily activities, such as a job, school, volunteering, family caretaking, and/or creative endeavors, and the independence, income and resources to participate in society; and finally

Community: relationships with social networks that provide support, friendship, love and hope.

Guiding Principles

Ten Guiding Principles are essential when working on Recovery from substance abuse or mental disorders.

- 1. Recovery emerges from hope:** The belief that recovery is real provides the essential motivating message of a better future. People **can** and do overcome the internal and external challenges, barriers and obstacles that confront them in the recovery process. Hope comes from inside a person, but can also be fostered by friends, family, providers and many others. Hope is the catalyst of the recovery process.
- 2. Recovery is person-driven:** Self-determination and self-direction are the foundations for recovery. People must define their own life goals and create their own paths. It’s important to create independence by having a voice in choosing the services and support people get in their recovery process. This empowers them to make informed decisions and initiate recovery on their own by building on their strengths, and gaining, or regaining, control over their lives.
- 3. Recovery occurs via many pathways:** Every person is unique. Everyone has his or her own distinctive needs, strengths, preferences, goals, etc. Even a traumatic experience can affect or even determine a person’s pathway to recovery. Recovery must be built on the uniqueness of every individual. The path to recovery is not a straight line. There may be, and usually are, setbacks. It is important to remember that setbacks are normal in recovery. This does not mean that setbacks are inevitable. Setbacks are actually essential to create resilience for individuals as well as their families. Complete abstinence is the end goal.
- 4. Recovery is holistic:** Recovery includes a person’s whole life. This includes the mind, body, spirit, and community. In the recovery process, it is vital to address self-care practices, family, housing, employment, education, clinical treatment for mental disorders/substance abuse, primary care, faith and/or spirituality, creativity and more. These services need to be integrated and coordinated for optimal support.
- 5. Recovery is supported by peers and allies:** Mutual support and mutual aid groups, like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA), that include sharing experiences and learning moments, play critical roles in recovery. Peers and allies encourage each other and provide a vital sense of belonging, support and community. Professionals play an important role in the recovery process by providing clinical treatment and coordinating other services depending on a individual’s chosen recovery path.
- 6. Recovery is supported through relationships and social networks:** An important part of the recovery process is the presence and involvement of people who believe in the person’s ability to recover. These people offer hope, support and encouragement for those in recovery. Family members, peers, providers, community members and spiritual leaders can offer alternative strategies and resources for change that a person in recovery may need. It is through these supportive relationships that those in recovery can leave unhealthy relationships and find new life roles that lead to a greater sense of belonging, empowerment and community participation.
- 7. Recovery is culturally-based and influenced:** Culture includes values, traditions and beliefs and is critical in determining a person’s pathway to recovery. Services that are culturally based as well as personalized are most effective.
- 8. Recovery is supported by addressing trauma:** Trauma can include physical, emotional, verbal, sexual abuse; domestic violence; war; disaster and many more. Any experience of trauma is often a catalyst for alcohol and/or drug use, and mental health problems such as anxiety, tension and depression. Recovery supports and services must foster safety (both physical and emotional), and trust. Services also need to promote choice, empowerment and collaboration.

Continued on page 10

MEDICAL SOCIAL WORK

Recovery Month, *Continued*

9. Recovery involves individual, family and community strengths and responsibilities: All individuals, families and communities have their own strengths and resources that serve as a foundation for recovery. People have a responsibility for their own self-care and pathway to recovery. Individuals should be encouraged to be assertive and speak up for themselves. A person's family also has the responsibility to provide support to their loved one in the recovery process. The community has a responsibility to provide opportunities and resources to address and foster social inclusion for individuals in recovery. The individual in recovery also has a social responsibility and should join with friends and family to speak about their personal strengths, needs, desires and aspirations for themselves and the community.

10. Recovery is based on respect: The community, legal system, and knowledge of being accepted and appreciated are crucial in the recovery process. It is essential to protect their rights and do everything possible to eliminate discrimination. It is vital to acknowledge the great amount of courage it takes to step on the path towards recovery. Developing a positive and meaningful sense of identity, believing in one's self, and accepting one's self are essential to recovery.

Help is Available

If you are thinking of recovery, just beginning on your path, or are already in recovery and would like more assistance, please do not hesitate to contact the Jemez Behavioral Health Program. Call 834-7258 to set up an appointment and continue your journey to recovery.

All contacts are strictly confidential.

YES! You Can Enroll In Health Insurance At Any Time!

All New Mexicans are eligible to improve or expand their coverage through beWellnm.com. **Enrollment for Native Americans is open any time.** Coverage includes doctor visits, hospitalizations, maternity care, emergency room care and prescriptions. And medical facilities are conveniently located.

Get more information and get enrolled today!

Visit Lisa Maves, Thelma Shendo or Basil Pina at the Health Center.

OR

Call 1(855) 241-8137, and talk with a Native American Enrollment Counselor for one-on-one assistance.

OR

Go online to find simple, easy-to-use forms to get enrolled anytime, day or night. Learn more at beWellnm.com.

OR

Go to a beWellnm Enrollment Assistance Center at 2301 San Pedro NE, Suite A-1 in Albuquerque. A Native American Enrollment Counselor can take you through the process step-by-step. Services are completely free.

Be healthier, be happier and be insured through beWellnm.

New Mexico's Health Insurance Exchange beWellnm.com (855) 241-8137

The project described was supported by Funding Opportunity Number IE-HBE-12-001 from the US Department of Health and Human Services, Centers for Medicare & Medicaid Services.



HEALTH & HUMAN SERVICES

CLINIC EARNS NATIONAL AWARD

Jemez Health and Human Services will receive a \$15,000 award for quality improvement from the Health Resources and Services Administration (HRSA). This award is both an incentive and benefit of their status as a New Access Point, a Federally Qualified Health Center (FQHC) and the use of electronic medical records. The award recognizes the Health Center's achievements in providing high quality, comprehensive care. "We will use these funds to expand current quality improvement systems and infrastructure, and improve primary care service delivery in our community," says Medical Director David Tempest, MD.

Congratulations to the Health Center staff for this honor!

PUBLIC HEALTH

Active at Any Size!

Submitted by Anita Toya

**Would you like to make physical activity a part of your life, but are not sure how to do it?
Good news: you can be active at any size—and have fun and feel good at the same time!**

Physical activity may seem difficult when you are overweight or obese. You may get short of breath quickly. Your feet or joints may hurt. It may be hard or costly to find the right clothes and equipment. And you may feel self-conscious working out in front of others.

Facing these challenges may be hard—but it can be done! Read on for some tips and resources for being more active and healthier at any size.

Why should I be active?

Physical activity may help you live longer and protect you from developing serious health problems, like type 2 diabetes, heart disease and stroke. Regular physical activity is linked to many health benefits. It helps you feel better because it may:

- ❖ lower blood pressure and blood sugar.
- ❖ help build healthy bones, muscles and joints.
- ❖ help your heart and lungs work better.
- ❖ boost energy during the day, aid in sleeping at night, and improve mood.

When combined with a healthy eating pattern, regular physical activity may also help you control your weight.

Being active with others can be a lot of fun! It may give you a chance to meet new people or spend more time with family and friends.

Be active safely

Talk to your health care provider if you:

- ❖ have a chronic disease like diabetes, high blood pressure, and/or heart disease, have a bone or joint problem (for example, back, knee, or hip) that could be made worse by a change in your physical activity.
- ❖ are unsure of your health status.
- ❖ have any concerns that exercise might be unsafe for you.

If any of these concerns apply to you, ask your doctor about ways to safely make physical activity part of your life. If you have been inactive for a while, start slowly and check how you are feeling. Avoid high-impact activities; jumping and landing on a hard surface could lead to injury. Make your workouts harder and longer as you feel more comfortable. Slow down and stop if you see any of the warning signs:

- ❖ have pain, tightness, or pressure in your chest or neck, shoulder or arm.
- ❖ feel dizzy or sick.
- ❖ are extremely short of breath.
- ❖ feel pain in your joints, feet, ankles, or legs. You could hurt yourself if you ignore the pain.

Ask your health care provider what to do if you have any of these symptoms.

Stay Hydrated. When you are physically active, your body cools itself by sweating. You lose water when you work out. To keep your body hydrated, remember to drink fluids. Water is the best choice. Sports beverages are also an option, but they have a lot of sugar and add extra calories.

Protect yourself. When outdoors, protect yourself from the sun with sunscreen, a hat or visor, and protective clothing.

What kinds of activities can I do?

You don't need special skills or equipment to make physical activity part of your life. Many activities may help improve your health, from things you do every day, like walking your dog, to planned exercises. Try different activities that you enjoy. Anything that gets you moving around—even for a few minutes at a time—is a healthy start to getting fit.

Walking is the most popular physical activity among adults. It's low cost, convenient, and generally doesn't require any special clothes or equipment.

- ❖ Wear comfortable walking shoes that offer a lot of support.
- ❖ Wear lightweight, loose-fitting tops that allow you to move easily. Women should wear a good support bra.
- ❖ Wear stretchy bottoms that are comfortable and prevent inner-thigh chafing, such as tights or spandex shorts.

Walking will help you:

- ❖ improve your fitness.
- ❖ burn calories.
- ❖ feel more energetic.

Try walking in places you enjoy, like our community trails, or join the monthly Public Health Program Fun Walk/Runs. Bring along a friend or family member to chat with; social support may help you meet your activity goals. If you don't have time for a long walk, add short walks instead: instead of a 30-minute walk, add three 10-minute walks to your day. This makes it easier to fit your activity into a busy schedule.

Dancing can be a lot of fun. Dance during our Feast or at home. To dance at home, just move your body to some lively music or to a dance workout on your TV. Zumba classes are offered regularly in the community as well as at the Jemez Community Center in Canon. Dancing may:

- ❖ help tone your muscles.
- ❖ make your heart stronger.
- ❖ make your lungs work better.

If it's hard for you to stand for a long time, dancing while sitting down may be an option. Sometimes called chair

PUBLIC HEALTH

Active at Any Size! Continued

dancing, you move your arms and legs to music while taking the weight off your feet.

Bicycling does not stress any one part of the body—your weight is spread among your arms, back and hips. You can bicycle indoors on a stationary bike, or outdoors on a road bike. You may want to use a recumbent bike; you sit lower to the ground with your legs reaching forward to the pedals. This may feel better than sitting upright. The seat on a recumbent bike is also wider than the seat on an upright bike.

For biking outdoors, you could try a mountain bike. These sturdy bikes have wider tires. You can also buy a larger seat to put on your bike.

If you decide to buy a bike, check its weight rating (the pounds it can support) to make sure it is safe for you.

Water workouts and swimming put less stress on your joints than walking, jogging or biking because you don't lift or push your own weight. If your feet, back or joints hurt when you stand, water activities may be best for you. If you feel self-conscious or cannot find a good bathing suit, wear shorts and a T-shirt while you swim. Some Defined Fitness locations have swimming pools; Pueblo of Jemez tribal members and staff can get discounted memberships and pay at the Finance Department at the Tribal Administration Building.

Exercising in water:

- ❖ helps flexibility. You can move your body in water in ways you cannot on land.
- ❖ reduces risk of injury. Water makes your body float. This keeps your joints from being pounded or jarred and helps prevent sore muscles and injury.
- ❖ keeps you refreshed. You can keep cool in water—even when you're working hard.

You don't need to know how to swim to work out in water; you can do shallow-water or deep-water exercises without swimming. For shallow-water workouts, the water level should be between your waist and your chest. Try walking in place, moving your arms from side to side, and throwing punches in front of you. During deep-water workouts, most of your body is under water. For safety and comfort, wear a foam belt or life jacket.

Strength training uses free weights, weight lifting machines, resistance bands, or your own body weight to strengthen your muscles. Certified Fitness Trainers are on staff at the Community Wellness Fitness Center. They can teach you how to use the equipment properly and help design a workout program specifically for your needs and goals. Strength training tips:

- ❖ Aim for two to three days per week of strength training activities.
- ❖ For each exercise, aim for 8 to 12 repetitions. If that's too hard, the weight you are lifting is too heavy. If it's too easy, the weight is too light.
- ❖ Give your muscles time to recover. Don't work the same muscles two days in a row.

Strength training may help you:

- ❖ build and maintain strong muscles as you get older.
- ❖ maintain function in daily activities.
- ❖ keep your bones strong.

If you are just starting out, using a weight lifting machine may be safer than dumbbells. As you increase your muscle fitness, you may want to add free weight exercises. You don't need special equipment to do strength training at home. You can use a pair of hand weights or even two soup cans or milk jugs filled with water or rice. You can also use your own body weight, for example, by getting up and down from a chair or doing push-ups. Proper form is very important when lifting weights. You may want to schedule a session with a personal trainer at the Fitness Center to learn which exercises to do and how to do them safely.

Mind and body exercise. Our Fitness Center sometimes offers classes like yoga, tai chi or Pilates. These types of activities may help you:

- ❖ become more flexible and increase strength.
- ❖ feel more relaxed.
- ❖ improve balance and posture.

These types of classes can add variety to your workout routine and be a lot of fun. If some movements are hard for you to do or if you have any injuries you are concerned about, talk to the instructor about ways to adapt the exercises and poses to meet your needs, or start with a class for beginners.

Daily life activities. Lifestyle activities, like gardening or washing the car, are great ways to get moving. Small changes can add more physical activity to your day and improve your health. Try these:

- ❖ Take two to three-minute walking breaks at work several times a day.
- ❖ Stand or walk in place during TV commercials.
- ❖ Take the stairs instead of the elevator or escalator whenever possible.

Even a shopping trip can be exercise, because it's a chance to walk and carry your bags. Doing chores like lawn mowing, raking leaves, gardening and housework also count.

Where can I be active?

There are many fun places to be active: Visit the Fitness Center or join community events. Enjoy the outdoors by going for a walk. Or work out in the comfort of your living room by checking out a workout DVD at your local public library.

How can I stick with my healthy habits?

Keeping an activity journal is a useful tool to help you stay motivated, stay on track, and reach your goals.

PUBLIC HEALTH

Active at Any Size! *Continued*

Set short-term and long-term goals. Getting started with a doable goal is a great way to form a new habit. A short-term goal may be to walk 5 to 10 minutes, five days a week. A long-term goal may be to do at least 30 minutes of physical activity at a moderate intensity level (activity that makes you breathe harder but does not overwork or overheat you) on most days of the week. Set rewards. Whether your goal was to be active for 15 minutes a day, to walk farther than you did last week, or simply to stay positive, recognizing your efforts is an important part of staying on track. Some ideas for rewards include new music to charge you up or 30 minutes of quiet time to yourself. Write down how you will reward yourself.

Get support. Get a relative or friend to be physically active with you. It may be more fun and your buddy can cheer you on and help you stick with it. Write down who will support you.

Track progress. You may not feel like you are making progress but when you look back at where you started, you may be pleasantly surprised!

Think Positive! Making regular activity part of your life is a big step! Start slowly and applaud yourself for every goal you set and achieve.

Be patient. If you cannot achieve your goal the first time or you only stick to the goals for part of the week, remind yourself that this is part of establishing new habits. Review your goals—were they doable? Did you hit a barrier to meeting your goal? Brainstorm some options to overcome it in the future. Reach out to a friend or family member to help support your goals.

Reward yourself. A hot bath, a massage, a manicure or a special night out are good reward treats that won't undermine your healthy new habits. **Remember to pat yourself on the back for trying, and focus on what you will do differently moving forward.**

Most important, do not give up. Any movement—even for a short time—is a good thing! Remember, each activity you add to your life is another step toward a healthier you.

FIGHT YOUR FITNESS ROADBLOCKS

Think about your barriers to being active. Then try to come up with creative ways to address them. Here are a few suggestions to help you get started.

BARRIER	SOLUTION
<i>I don't have enough time!</i>	Instead of doing one long session of exercise, build in several short bursts (3 to 5 minutes) that will not disrupt your day. Try to walk more while doing your errands and walk in place during commercials or while on the phone. Simply standing up instead of sitting at your desk also has benefits.
<i>I just don't like exercise.</i>	Good news—you don't have to run or do push-ups to get the benefits of physical activity. Try dancing to the radio or being active with friends to make exercise more enjoyable. Many people find that they like exercise better the more they do it.
<i>I'm worried about health or injury.</i>	If you have a hard time being active because of your health, talk to a health care provider first. A certified fitness professional can also guide you on how to be active safely.
<i>I feel self-conscious working out in front of others.</i>	Start with exercise at home until you feel confident. Be active with friends who will support and encourage you. Having someone "in your corner" may make you feel less self-conscious.

Source: Active at Any Size/National Institute of Diabetes and Digestive and Kidney Disease (NIDDK)

Grandparents Day Fun Run/Walk 3 & 1-Mile FITT Run/Walk

MONDAY, SEPTEMBER 14 PUEBLO CHURCH
SIGN-UP: 5 P.M.
RUN/WALK: 5:30 P.M.

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

Grandparents have always played a valuable role by giving us guidance, care, and LOVE.

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.

PUBLIC HEALTH

YOUNG AT HEART: TIPS FOR OLDER ADULTS

Submitted by Felipita Loretto

Healthy Weight

As you age, you may notice changes in your body's condition. You may lose muscle mass, which may increase frailty. You may also burn fewer calories, especially if you are not very physically active. To prevent weight gain, you may need to eat fewer calories than you did when you were young. This means you have fewer calories to help you get the nutrients your body needs for energy. So you need to eat foods that are high in nutrients or are nutrient dense.

Keeping a healthy weight is crucial, but what is healthy varies from person to person. Ask your health care provider about the healthy weight for you.

Among older people, being underweight can be a concern. Being underweight may be related to not having enough to eat, not eating enough foods that are nutrient dense, or having an illness or disease.

Being overweight or obese is also of concern. Extra weight may increase your risk for heart disease, high blood pressure, type 2 diabetes, and bone issues.

Eating wisely and being physically active to preserve muscle and bone may help you maintain strength and a healthy weight as you age.

Eating Healthy

When you get older, your body begins to need fewer calories but you need just a many nutrients. Nutrient-dense foods pack a lot of vitamins, minerals, and other nutrients your body needs into a small amount of calories.

Eat more nutrient dense foods.

Older adults, along with other Americans, are advised to "eat from the rainbow of colors" of foods rich in nutrients, like these:

- ▶ Fruits and vegetables of vibrant colors.
- ▶ Whole grains, like oatmeal, whole wheat bread, and brown rice.
- ▶ Fat-free or low-fat milk and cheese, soy or rice milk that's fortified with vitamin D and calcium.
- ▶ Seafood, lean meats, poultry and eggs.
- ▶ Beans, nuts and seeds.

Eat less of these foods that have many calories but offer few nutrients:

- ▶ Sugar-sweetened drinks and desserts that have added sugars.
- ▶ Foods with butter, shortening or other fats that are solid at room temperature.
- ▶ White bread, rice and pasta made from refined grains.

YOUR CHECKLIST FOR BETTER HEALTH

Adding healthy habits to your daily routine can help keep you active and strong as you age. To stay young at heart, use the checklist below to create new practices that may help you look and feel good in the years to come. It's never too late to improve your health!

- ▶ Jump-start your day with breakfast. Try a high-fiber cereal topped with berries.
- ▶ Select nutrient-dense foods.
- ▶ Get at least 150 minutes of aerobic exercise a week. Walk briskly, bike, swim, hike, play tennis, chase your grandkids, do water aerobics, dance.
- ▶ Split bulk items or fresh produce with friends if you are on a fixed income.
- ▶ Drink fluids throughout the day even though you may feel less thirsty as you age.
- ▶ Share an entrée to control portion sizes. Or save half of your meal for tomorrow.
- ▶ Strengthen your muscles twice a week to ward of frailty and muscle loss. Climb stairs, mow the grass, rake leaves, dig in the garden, lift weights, use an exercise band.
- ▶ Check in with a health care provider or dentist if you have trouble chewing, lose your appetite, or find that your favorite foods don't taste good anymore.
- ▶ Avoid sitting for long periods in front of a TV or computer. Stand up and move around.
- ▶ Improve balance and flexibility three times a week. Try yoga or stretching exercises to help you reduce stress, stiffness and the risk of a fall or injury.
- ▶ Limit drinks and foods with fats and added sugars. Drink water or fat-free milk instead of sodas.
- ▶ Avoid foods with butter, shortening and other solid fats.
- ▶ Put down the salt shaker. Cut salt to 2/3 teaspoon a day.
- ▶ Be good to yourself. Get enough sleep. Lift your spirits by enjoying friends and family.

Source: National Institute of Diabetes and Digestive and Kidney Diseases

SOCIAL SERVICES

FETAL ALCOHOL SYNDROME: WHAT YOU NEED TO KNOW

Submitted by Joline Cruz-Madalena, Prevention Coordinator

A pregnant woman never drinks alone.

A pregnant woman never drinks alone. Alcohol in the pregnant woman's bloodstream means alcohol in the unborn baby's bloodstream. For every alcoholic beverage the pregnant woman drinks, the unborn baby drinks three; that means that if a pregnant woman drinks one beer, it has the affect on the unborn baby of drinking three beers; if the pregnant mother drinks two glasses of wine, its as if the unborn baby drinks six glasses of wine; if the pregnant woman drinks three shots of liquor, it equals nine shots for the unborn baby. And alcohol is a poison.

A pregnant woman never drinks alone.

Fetal Alcohol Syndrome (FAS) is a term used to identify conditions and/or birth defects in a person whose mother consumed alcohol during pregnancy. These effects can include physical problems such as low birth weight, difficulty with motor skills development, physical deformities, facial abnormalities and other permanent physical problems. FAS can also create problems with behavior and learning such as decision-making issues, difficulties with reading and speech, attention deficit/hyperactivity disorder (ADHD) or comparable behaviors, difficulty maintaining employment and more.

A child does not outgrow FAS. A child with FAS become

an adult with FAS. There is no cure. A person with FAS will live with FAS-related conditions and challenges for the rest of his or her life. Often, children with FAS have a mixture of problems and challenges. A child with FAS requires a quality home environment and educational support to help him or her learn, achieve and utilize coping skills that will need to be carried into adulthood.

Husbands, boyfriends, partners, friends and family members can help to prevent FAS by supporting and encouraging a pregnant woman to stop drinking alcohol during her pregnancy, or by deciding to stop drinking alcohol themselves during the pregnancy.

Fetal Alcohol Syndrome is 100% preventable.

If you are pregnant and need help with alcohol or substance abuse addiction, contact the FAS Prevention Program at (505) 925-2302, visit the Jemez Health Clinic or contact the Behavioral Health Program at (575) 834-7258. All contacts are strictly confidential.

Remember a pregnant woman comes first when seeking treatment.

Adapted from fasdcenter.samhsa.gov and presentation provided by Jerome Romero, UNM Fetal Alcohol Syndrome Prevention Program Director and National Association of FASD State Coordinator.

Did you know?

FAS is caused by a woman drinking alcohol during pregnancy.

The *only* way to prevent FAS is to not drink alcohol during pregnancy.

A person affected with FAS could be sitting right next to you and you might not even know it.

The placenta does not protect the unborn baby from any alcohol the pregnant woman drinks.

FAS cannot be passed on genetically (through genes in the sperm and eggs.) FAS is caused by behavior, not by genetics.

Alcoholism can run in the family.

There is NO known amount of alcohol that is safe to drink during pregnancy.



SOCIAL SERVICES



Promoting Healthy Relationships

Submitted by Cheryl Chinana, Outreach Specialist

Healthy relationships are based on equality and respect.

Unhealthy relationships are based on attempts to control the other person.

Abusive relationships are based on power and control.

Dating violence is not a problem just for adults. Teens experience dating violence in their relationships, too. Teen dating violence is a serious matter. In fact, dating violence is very common in teen relationships. Recognizing abuse in a relationship is difficult, but especially so for teens.

Did You Know?

One in three teens experience some kind of abuse in their relationship, which includes verbal and emotional abuse.

40 percent of teenagers ages 14-17 know someone their age who has been hit or beaten by a partner.

80 percent of teens who have been physically abused in their relationships continue to date their abuser.

Young adults age 16 to 24 experience the highest incidence of relationship violence.

47 percent of youth age 11 to 14 know friends who have been verbally abused (called stupid, worthless, ugly, etc.) by a dating partner.

One quarter of teens report having partners who prevent them from seeing family or friends.

Eight percent of teens have been physically forced to have sexual intercourse.

30 percent of teens have partners who constantly text message them (10, 20 or 30 times a day) to find out where they are.

25 percent of teens in relationships have been harassed or insulted through cell phones or text messages

No single group is better able to deal with dating violence.

All victims experience great distress and damage when abused by their dating partners.

“IT STARTS WITH YOU. STOP THE VIOLENCE. KNOW YOUR TEEN.”

If you need help, or if you know someone who does, contact the Jemez Social Services Program at (575) 834-7117.

All calls are strictly confidential.

Teen-Talk gives teens access to articles covering 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.

Save the Date!

October: Domestic Violence Prevention Month

October 8 Violence Prevention Walk/Run*

October 14 Violence Prevention Conference*

**Dates are subject to change.*

For more information, contact Cheryl Chinana, Outreach Specialist, at (575) 834-7117.

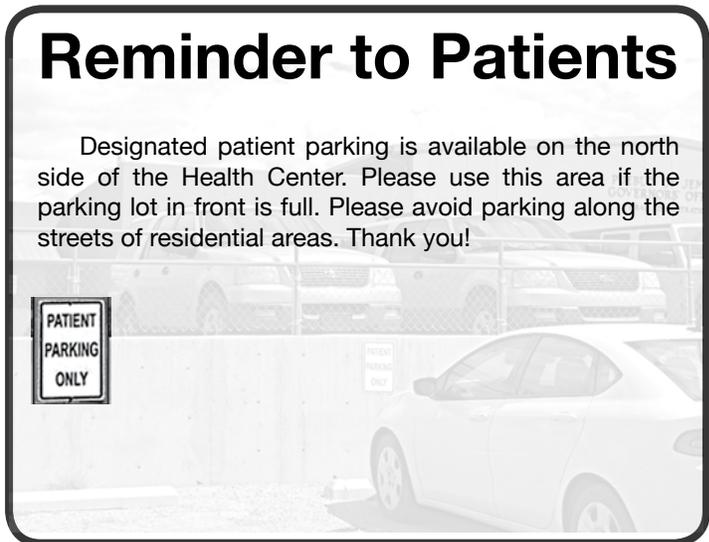
December: Walatowa Caring Tree

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.

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!





Jemez Valley Public Schools

“It is my privilege and an honor to return to Jemez Valley Public Schools as Superintendent,” says Dr. Susan Wilkinson Davis. “I deeply appreciate the support and encouragement from your representatives on our Board of Education, parents, staff, students and community members. Our mission is to ensure that our students achieve at their highest ability, so we have adopted a motto for this year:

Keep the Main Thing the Main Thing: Student Learning, Student Success

We have six non-negotiables, all of which are equally important to our mission:

- ✓ **Safety.**
- ✓ **Supervision.**
- ✓ **High standards for student achievement (including attendance.)**
- ✓ **Accountability.**
- ✓ **Professionalism.**
- ✓ **Meaningful parent and community involvement.**

When you visit our campuses, you will see some new faces, including (in alphabetical order) Tim Armijo, GearUp coordinator; Klayton Bearup, high school agriculture teacher; Suzanne Beeman, middle school English teacher; Samantha Fisher, middle school science teacher; Suzette Gordon, school psychologist; Angela Hartman-Didier, fourth grade teacher; Tiffany Jaramillo, GearUp data coordinator; Karin Luzzi, school nurse; Scott Meihack, high school principal/athletic director; Lisa Richards, elementary school special education teacher; Rey Sanchez, elementary school custodian; and Liz Thompson, physical therapist.

And some of our staff have new positions: Kristy Alton, elementary school principal; Marcella Gachupin, high school special education teacher; Harlyn Francisco, high school social studies teacher; and Charlene Marmolejo, transportation coordinator.

Volunteers Needed

If you are interested in volunteering in our classrooms, please request an application from the principal of the school where you would like to volunteer. You need to pass a criminal background check, including fingerprints. If you are interested in becoming a substitute teacher, please contact Barbara Perry at the central office for an application. You must have a Substitute Teacher License from the New Mexico Public Education Department.

The principals of each school have full schedules of activities, including athletics, clubs, events and celebrations. We hope you will attend as many as you can. Please visit the district website at www.jvps.org for schedules. In addition, principals seek participants for their Parent Advisories, and the district needs members for several advisory committees including budget, audit, Indian education, special education, and Title I. Let us know if you are interested.

Please join the Jemez Valley Board of Education and the Jemez Valley staff in keeping the focus on all of our students so they will experience positive academic and extracurricular outcomes today and in the future.

Jemez After-School Program

Starts Wednesday, Sept. 9

The Jemez After School Program (JASP) is offering a 13-week fall session for children in third to fifth grades. The program stimulates children’s interest in art, music, nature and service. Sessions will include time for homework, snacks, games and movement, and story telling/reading. There are also community service mentoring opportunities for middle and high school students.

Sessions will be held Wednesdays from 3:30 to 6 p.m., at the Jemez Springs Community Presbyterian Church* on Hwy. 4 in Jemez Springs. The fee is \$60 per child for the 13-week session. Sliding scale fees and scholarships are available.

To register and for more information, please contact Director Cynthia East at (575) 829-4615 or (404) 593-6509 or by e-mail to swocee@gmail.com. Visit us on Facebook at www.facebook.com/JemezASP.

**The Jemez After School Program is a non-religious community initiative of the Jemez Springs Community Presbyterian Church.*

Opportunities!

Healers of Tomorrow. Native Health Initiative program accepting applications until Sept. 15. Year-long program offers one-on-one mentoring, college preparation and leadership development for youth interested in health careers.

Health Justice Internships allow students to lead chosen projects. This internship pays in encouragement, hugs, smiles and positive energy. They also help interns look for Americorps funding, class credit or other needs. Interns can expect a 5-10 hour a week commitment. **Applications are due Sept. 15, 2015.**

For more information and applications, go to www.loving-service.us.

COMMUNITY NEWS

STUDENT-TO-STUDENT SERVICE

Courtenae Magdalena participated in the Pueblo Revolt celebration with a mission to serve Jemez students. As part of the Summer Policy Academy program of the Leadership Institute at Santa Fe Indian School, Courtenae collected and distributed school supplies donated by Walmart and Lakeshore Learning Store. “I wanted to take this opportunity to give back to my community,” Courtenae says. “I want to encourage our youth to be more active in school.”

This dedicated young woman graduated from SFIS this year while also earning her Certificate as a Certified Nursing Assistant from Santa Fe Community College. She is continuing her education and pursuing her goal to enter the Santa Fe Community College’s Nursing Program. Her overall goal is to help Native communities in the future as a nurse.

The SFIS Leadership Institute (LI) was launched as a forum to discuss the most critical policy issues that impact the Native tribes of New Mexico. The LI offers a unique culturally and community-based approach and is modeled after some of the nation’s top think tanks.

“My family would like to thank the Leadership Institute of Santa Fe Indian School for giving me an opportunity to become a leader and role model, and be able to provide a service to our community of Jemez, especially for the youth,” Courtenae adds.



Can We Solve It? Taking Action to Protect the Planet

Submitted by Margaia Forcier-Call, Jemez Sustainable Solutions

Most of us are aware that we currently face serious environmental problems. Many are caused by “climate change.” Can we solve it?

Most serious scientists say that climate change exists and is partially caused by human activity. Surveys and polls show that most Americans now believe that the freakish weather and heat waves experienced world-wide this past decade are caused by climate change. Even small temperature changes cause crops to die and create widespread droughts. Higher temperatures make polar ice caps melt at a much faster rate than predicted a few years ago. This creates flooding in certain areas, and can eventually lead to shrinking coastlines and disappearing islands. All this leads to an imbalance for wildlife as well.

Eric Holthaus, a meteorologist and science writer, writes in *Rolling Stone* that in just the past few months, record-setting heat waves in Pakistan and India each killed more than 1,000 people. In Washington state’s Olympic National Park, the rainforest caught fire for the first time in memory. California is suffering from its worst drought in a millennium; a 50-acre brush fire swelled 70-fold in just hours, jumping across freeway I-15 during rush-hour. A few days later, the region was pounded by intense, virtually unheard-of summer rains. Of course, New Mexico has seen its forest fires and heat spells too.

James Hansen, former NASA climatologist, and a team of climate scientists concluded that polar glaciers will melt 10 times faster than previously estimated, resulting in sea level rise of at least 10 feet in as little as 50 years. The scientists included this chilling warning: “If emissions aren’t cut, multi-foot sea-level rise will become practically unavoidable.” Think of the consequences this could have to social disruption, economics, forced migrations, and the fabric of civilization itself. Think of Hurricane Katrina: more than a climate-fueled super-storm, a

most devastating example of what climate chaos can be if we don’t act quickly to stop global warming.

Co-author Eric Rignot, climate scientist at NASA and the University of California-Irvine, said that new research shows a two-degree Celsius rise in global temperature — the previously agreed upon “safe” level of climate change — “would be a catastrophe for sea-level rise.”

The threat is real. We can’t reverse the damage done, but we can prevent climate change from becoming much more dangerous.

What We Can Do: The Plastics Campaign

Jemez Sustainable Solutions (JSS) is launching a campaign to take a closer look at solutions to help the problems the world faces. In this beautiful Jemez Valley, we can all take some small steps in our own lives, our homes, our villages or pueblo, our businesses and organizations, that can begin to affect the wider world. **Every person, every effort, every act counts.**

In the next several months, JSS will focus on pollution caused by plastics. Articles, posters, a film series with the Jemez Springs Public Library and the cooperation of businesses, we will explore what a vast community effort can accomplish.

To start, during September, as individuals, businesses and organizations, let’s just think about and be conscious of how much plastic we use, how much food and articles we buy packaged in plastic, how much plastic we throw away. In our next article, we will explore why plastic has become the world-wide problem it is. Welcome to the Plastic Campaign!

Reminder: The Jemez Pueblo Transfer Station and the Jemez Valley Transfer Station accept clean plastics bagged for recycling. *Do your part to keep our community, valley and planet clean!*

NEWS YOU CAN USE



FREE FINANCIAL COUNSELING

Jemez Valley Credit Union offers free financial counseling. Saturday appointments can be arranged. **Information discussed is strictly confidential.** For more information or to make an appointment, contact Tina at (575) 829-3366 or tina@jvcu.org

JEMEZ SPRINGS FARMERS MARKET

The Jemez Springs Farmers' Market is seeking farmers and gardeners with any vegetables, fruits or nuts you want to sell. They will sell them for you for a small percentage, or you can sell them yourself for even less. The market is in the Jemez Springs Village Plaza Park on Saturdays from 9 to 11:30 a.m.

Call Jennifer for more information at (575) 834-0044 or just go to the park on Saturdays between 8:30 and 9 to set up.

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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Albuquerque NM
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TRIBAL COUNCIL

TRIBAL COUNCIL REPORT

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

August 17, 2015

Authorized Jemez Health and Human Services Senior Citizens' Program to administer the Community Service Block Grant program for FY 2016.

Rescinded land and property rights for properties vacated under the Housing Improvement Program with reassignment for future housing purposes.



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.

Artist applications are now being accepted.
Applications are available at www.jemezpueblo.com.

The Walatowa Visitor Center is looking for dance groups for the Open Air Market. Please contact the Walatowa Visitor Center at (575) 834-7235 or jcdc@jemezpueblo.com

