



# Red Rocks Reporter

FEBRUARY 2010

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## FROM THE GOVERNORS

### GOVERNORS ADDRESS TRIBAL STAFF

Governor Joshua Madalena, First Lt. Governor Aaron Cajero, Sr., Second Lt. Governor Larry Chinana, and Assistant Fiscal Alex Tosa spoke to a gathering of all Pueblo of Jemez tribal staff to outline their vision and goals for the year.

“We have the authority to take our people to a better place,” Gov. Madalena said. “We will concentrate on making sure our people’s needs are being met.”

With a brief overview of Jemez history, the Governor stated his commitment to “reclaim what was once ours... The Spanish, the Mexicans, the Americans – Jemez people are victims of many cultures,” he said. “President Obama has stated that he wants nation-to-nation collaboration. I challenge him to show he is sincere by coming to Pueblo of Jemez to visit.” The Governor reminded the audience that Jemez elders were chosen to bless Ground Zero for healing after the terrorist attacks of 9/11, because the Jemez people are known as one of the nation’s most culturally traditional tribes.

“We depend on the federal government for funding,” the Governor explained. “We can’t survive without grants. We need to move toward being self-sustaining so federal dollars come straight to the tribe without obstacles. That is the only way to protect our interests.” Reiterating his focus on customer service and quality, the Governor said “Make sure people are satisfied.” He urged employees to focus on respect. “Stop gossiping. Stop hearsay. It destroys people,” he said, adding that his administration will set consequences for unacceptable behavior.

Turning to economic development, the Governor believes the casino project is a necessary element for growth. Answering a question about financial arrangements, he explained that the tribe is not responsible for the investment unless it chooses to terminate the agreement with Santa Fe investor Gerald Peters. “Jobs are a priority,” Madalena said. “We’ve been in a recession for thousands of years.”

The governor reminded staff members that administrative leave is a privilege. “Tribal members should use it to participate in traditional activities,” he said. “If you’re not participating, you need to be at your job, not at the mall or the casino.” He added that nontribal members would be allowed ten days of administrative leave to fulfill their personal religious obligations at appropriate times.

First Lt. Governor Cajero reminded the group that it’s important to be on time to work and to meetings. “Being late is disrespectful” he said. “We need professionalism in the work place. Let’s think out of the box, look for more resources, go above and beyond.” He added that workplace issues have no place on social networking web sites like Facebook.

After remarks from Second Lt. Chinana and Assistant Fiscal Tosa, all employees completed surveys that asked about job satisfaction and suggestions for improvement.

## FROM THE GOVERNORS

# Collaboration and Cooperation



## 2010 TRIBAL GOVERNORS

Joshua Madalena  
Governor

Aaron B. Cajero, Sr.  
First Lt. Governor

Larry M. Chinana  
Second Lt. Governor

## TRIBAL COUNCIL

Candido Armijo

Joe Cajero

Paul S. Chinana

Raymond Gachupin

Frank Loretto

J. Leonard Loretto

Raymond Loretto, DVM

José E. Madalena

J. Roger Madalena

Arthur Sandia

José Pecos

David M. Toledo

José Toledo

Michael Toledo, Jr.

Paul Tosa

Vincent A. Toya, Sr.

Augustine Waquie

## TRIBAL ADMINISTRATOR

Vincent A. Toya, Sr.

## Red Rocks Reporter

### February 2010 Edition

All photos and images are used with permission. Editorial content in this publication is intended for informational purposes only. Every effort has been made to ensure that the information in this publication is as current as possible at press time.

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As the Governors of the Pueblo of Jemez, we are vested with the authority to exercise all sovereign governmental power of the tribe. Acting upon this authority, we declare that collaboration and compliance are priorities of our administration.

It is the mission of the Pueblo of Jemez to efficiently provide quality services for tribal programs and the community. This will be accomplished by maintaining positive interaction, ongoing communications, and by working together as a team to plan and support the future growth of this organization.

We are ethically committed to achieving our mission. As such, we expect:

**Customer Service:** All community members, clients, employees, contractors, visitors, volunteers, board/committee members, and business partners will be treated with dignity, respect and courtesy. Providing quality services is part of our mission. We will strive for excellence in all that we do, particularly customer service and will conduct all business affairs in the spirit of the Pueblo of Jemez mission statement, which includes promoting an environment in which employees have a voice and the opportunity for personal and professional growth.

**Quality:** Community members and their families are the priority of the Pueblo of Jemez organization. We expect that tribal employees will take initiative to identify and analyze problems, generate alternative solutions, take appropriate steps that lead to improved work practices and demonstrate professionalism and accountability.

**Respect and Conflict Resolution:** The respect for the needs of our community is foremost and must be integrated into all aspects of community member interaction. To accomplish this, we will maintain ethical behavior, integrity and confidentiality and demonstrate a commitment to resolve conflicts fairly and objectively, continuously working to maximize the benefit to the Pueblo of Jemez community.

**Teamwork:** In meeting the needs of our clients and community, we will strive to work and function as a team, to adjust and be flexible to meet changing needs and demands, and to work cooperatively with others to achieve common goals. Each of us must demonstrate honesty, the ability to work cooperatively, respect for others, pride in our work, a willingness to learn, dependability, responsibility for our actions, integrity and loyalty.

We can not operate in terms of territorialism or departmentalism. We have made great progress in the last decade and can not afford to limit ourselves, or in terms of "yours" and "mine." We want **our** organizational collaboration to reflect the culture of **our** community, where participation is valued and where people, groups and organizations work together.

The mission statement and our expectations will guide our working relationships. To ensure this, all programs will be monitored for compliance with state, federal and tribal regulations and laws, organizational policies and procedures, specific departmental policies and procedures, etc. The issue of compliance applies to every department, and there is a need to ensure that compliance with those regulations is monitored on an ongoing basis. Although these statements should already be a part of each employee's professional behavior, a new year and new leadership provide opportunities to refresh our minds and priorities.

Finally, as the Governors of the Pueblo of Jemez, there will be times that in order to achieve collaboration and compliance, we must make decisions in the best interest of the community. Tribal employees must understand this responsibility. In every instance, we will consider the whole issue and make the decision to maximize community benefit.

We look forward to working with you to have a successful year.

**Joshua Madalena**  
Governor

**Aaron B. Cajero, Sr.**  
First Lt. Governor

**Larry M. Chinana**  
Second Lt. Governor

## The Valles Caldera National Preserve: “It’s Our Land”

The Pueblo of Jemez hosted the January 27 public meeting of the Valles Caldera Trust Board of Trustees. The nine-member Board is responsible for managing the Valles Caldera National Preserve (VCNP.) The President of the United States appoints seven members and the Superintendent of Bandelier National Monument and the Forest Supervisor of the Santa Fe National Forest also serve.

Governor Joshua Madalena offered a traditional invocation to open the meeting, then introduced tribal leaders and tribal members. The Governor noted that the Jemez people consider the Valles Caldera as part of our history. “That land is sacred. Redondo is the heart of our people. We have been taking care of and protecting that land for thousands of years. Our ancestors did a wonderful job—that’s why it’s so pristine today,” he said. “How do we best protect and sustain those sacred sites for the benefit of the Jemez people? Look at the evidence, the archeology, the oral traditions—that land is Jemez. I want my land back.”

The Governor noted that the National Parks Service has a history of not respecting sacred sites in some other national parks. Adding that the VCNP and the Pueblo of Jemez enjoy a good relationship, he suggested that a program of co-management is needed. “We need to work together, with Jemez involved more prominently, more visibly, in a way that is more real from our hearts,” he said. The VCNP now operates independently with specific mandates that protect it, and the Governor voiced his support for the current arrangement. “Comparisons with other areas are not valid,” he said. “This is different; the same theory will not work.”

“Why take our sacred sites? Why take our prayers? Why take our identity?” he concluded. “We want it back.”

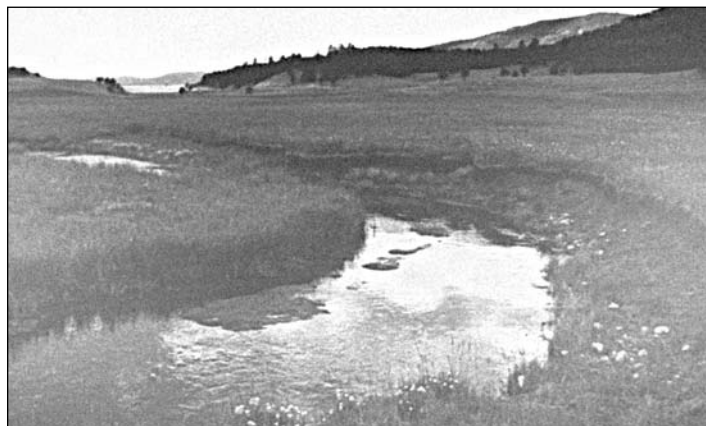
After the Governor’s remarks, the meeting proceeded with updates and reports.

**Stream Restoration:** Los Amigos de Valles Caldera reported on stream restoration projects funded by the Environmental Protection Agency through the New Mexico Environment Department and the state’s River Ecosystem Restoration Initiative.

**Science and Education:** Bob Permenter, PhD, Director of Science and Education, observed that the original Congressional act creating the VCNP does not include “restoration” and thanked Los Amigos and other volunteers for their efforts. Dr. Parmenter gave updates on forage utilization, fisheries, elk calf mortality, and the wild turkey population. Volunteers are removing fencing that is not wildlife-friendly. The new Science and Education Center in Jemez Springs has facilities for scientists and students from across the country. The Center includes dormitories, laboratories, meeting rooms, collections rooms and dining facilities, and was funded from trust revenue.

First Lt. Governor Aaron Cajero, Sr. asked about the mule deer population on the Valles. “It’s a very important animal to us,” he said, and asked if there were studies underway to determine why the herds seem to be in decline.

**Livestock and Hunting:** General Manager of Preserve Operations Dennis Trujillo gave an overview of the successful 2009 livestock program (see *Red Rocks Reporter*, July 2009.) The partnership between the Pueblo of Jemez, the New Mexico Beef Council and New Mexico State University took cattle to graze in



specified areas. The animals showed good weight gain, and forage areas were not compromised. “They did an excellent job keeping the stock out of sensitive areas,” Trujillo said.

Hunt Coordinator Mick Trujillo reported a successful elk hunt program, with a 100% safety record. “We have a strong emphasis on safety and hunt ethics,” he said.

The First Lt. remarked that he had never gotten a permit to hunt these traditional tribal lands and requested that some permits be reserved for tribal members without needing to buy an excessive number of lottery chances. “I know you need revenue, but local people need opportunities,” he said.

**Recreation:** Recreation Program Manager Rob Dixon reported on last year’s events, including the opening of a new Visitor Center. Cross-country skiing, snowshoeing, sleigh/wagon rides and stargazing nights are planned through the winter. Upcoming events include the traditional Jemez Pueblo Father’s Day Bow Hunt, to be held on the VCNP instead of at the Red Rocks.

Natural Resource Coordinator Marie Rodriguez described planning issues, including health and safety, American Disabilities Act requirements, and improving visitors’ experiences that must be balanced by environmental, financial and energy concerns.

### Proposal for the Future

Trustee Ed Tinsley presented a resolution outlining three alternatives for the VCNP’s future: moving the Preserve to the National Park Service, becoming part of the US Forest Service, or continuing the current management experiment. The Board supported the third alternative, noting the need to redefine the initial goal of “self-sufficiency” to be “reasonable cost recovery.” Dr. Raymond Loretto seconded the resolution, which passed unanimously.

After the meeting adjourned, guests enjoyed a traditional feast before the public comment session. Tribal members voiced concerns over the locations of any new hiking and biking trails. The Board responded that the trails follow existing roads and that they need to learn more about where sacred sites are located. The need to extend hunting privileges was also raised.

For the meeting minutes or to learn more about the VCNP, visit the web site at [www.vallescaldera.gov](http://www.vallescaldera.gov) or go to the Visitor Center just north of Jemez Springs on Highway 4.

## HEALTH & HUMAN SERVICES

*February is American Heart Month*

# TAKING HEALTH TO HEART

*Your heart beats about 100,000 times every day. If it stops, your life stops with it. Take care of your heart to live a long, healthy life. The American Heart Association recommends Simple Seven Steps to better heart health.*

*You deserve to give yourself the gift of living well with good health.*

## 7 SIMPLE SEVEN STEPS FOR HEART HEALTH

### 1 Get Active

People who exercise regularly say they have more energy and feel better when they stay active. So no more excuses! Take an active role in your health future.



#### Why is Exercise So Important?

The facts are clear: People who exercise for as little as 30 minutes each day can reduce their risk of heart disease. Without regular physical activity, the body loses its strength and ability to function well. Daily physical activity = a longer, healthier life.

The Walatowa Fitness Center is open seven days a week with trained staff who will teach you how to use the equipment properly. But you don't have to go to the gym. Anything that makes you move and burn calories counts, including working the fields, playing sports or playing tag with your grandkids. The simplest change you can make to effectively improve your heart health is to start walking. It's fun, free, easy, social and great exercise.

tears. The body tries to repair these tears with scar tissue. Scar tissue traps plaque and white blood cells which can form blockages, blood clots and hardened, weakened arteries. Blockages and blood clots mean less blood gets to vital organs; without blood, the tissue dies. That's why high blood pressure can lead to stroke, heart attack, kidney failure and heart failure. Keeping your blood pressure in the healthy range:

- Reduces the risk of your veins becoming overstretched and injured.
- Reduces the need for your heart to pump harder to compensate for blockages.
- Protects your entire body because tissue receives enough oxygen-rich blood to function properly.

### 4 Lower Cholesterol

Cholesterol is a soft, fat-like, waxy substance found in the blood and in all body cells. It's normal to have some cholesterol. Cholesterol is important because it's used to produce cell membranes and some hormones, and serves other functions. But too much cholesterol is a major risk for heart disease and stroke.

Cholesterol comes from two sources: your body and your food. Your liver as well as cells in the body make about 75% of blood cholesterol. The other 25% comes from the foods you eat.

It's important to know your cholesterol levels. A total blood cholesterol level of 200 mg/dL (milligrams per deciliter) or higher puts you in a high-risk category; take action to get your cholesterol under control. You can get a free cholesterol screening at the Jemez Health Clinic or at free screenings at community events.

#### You Can Lower Your Cholesterol

You can lower your cholesterol and reduce your risk of heart disease and stroke. Your healthcare provider may prescribe medication and probably advise diet and lifestyle changes. Be sure to follow your provider's advice carefully. To keep your cholesterol under control, schedule a screening, eat foods low in cholesterol and saturated fat and free of trans fat, maintain a healthy weight, and stay physically active.



### 2 Eat Healthy

A healthy diet is one of your best weapons against heart disease. To give your body the best fuel, eat a wide variety of nutritious foods daily from each of the basic food groups:

- Vegetables and fruits are high in vitamins, minerals and fiber, and low in calories.
- Unrefined whole-grain foods (like oats, brown rice and whole wheat) contain fiber that can help lower blood cholesterol and help you feel full, which may help you manage your weight.
- Eat fish at least twice a week. Eating oily fish (salmon, trout and herring that contain omega-3 fatty acids) may help lower your risk.
- Lean meats and poultry without skin, cooked without added fat – that means no frying!
- Use fat-free and low-fat dairy products.
- Cut down on salt.



### 3 Control Blood Pressure

Hypertension (high blood pressure) is the single most significant risk factor for heart disease. Uncontrolled high blood pressure can kill you. It's called "the silent killer" because it has no symptoms.

#### What is High Blood Pressure?

When blood flows with too much force, it puts pressure on the arteries, stretching them past their healthy limit and causing tiny

### 5 Control Your Weight

Among Americans age 20 and older, 145 million are overweight or obese. Obesity is now recognized as a major, independent risk factor for heart disease. If you have too much fat – especially around the waist – you're at higher risk for health problems. You can reduce your risk for heart disease by losing

**PUBLIC HEALTH**



weight and keeping it off.

Talk with your healthcare provider about a fitness and nutrition plan. It's not complicated: you must burn more calories than you consume, balancing healthy eating with healthy exercise.

**6 Lower Blood Sugar**

Diabetes is one of the major controllable risk factors for cardiovascular disease. Adults with diabetes are two to four times more likely to have heart disease or a stroke than adults without diabetes. Most people with diabetes die of some form of heart or blood vessel disease.



Diabetes is treatable. But even if glucose levels are under control, the disease increases the risk of heart disease and stroke.

We convert food into glucose or sugar for our bodies to use for energy. The pancreas, an organ near the stomach, makes a hormone called insulin to help glucose get into our bodies' cells.

Controlling glucose can slow the progression of diabetes complications. Many small changes can add up to big improvements in diabetes control, including need for less medication.

If you have diabetes, your doctor may prescribe changes in eating habits, weight control, exercise programs and medication. **It's critical for people with diabetes to have regular check-ups. Work closely with your healthcare provider to manage your diabetes and control other risk factors.**

**7 Stop Smoking**

**Smoking is the most important preventable cause of early death in the United States.**

Smokers have a higher risk of developing many chronic disorders, including atherosclerosis – the buildup of fatty substances in the arteries – which can lead to coronary heart disease, heart attack and stroke.



Smoking by itself increases the risk of coronary heart disease. When it acts with other risk factors, smoking is even more harmful. Smoking decreases your tolerance for physical activity and increases the tendency for blood to clot. It decreases HDL (good) cholesterol. Smoking also creates a higher risk for peripheral artery disease, aortic aneurysm and recurring coronary heart disease after bypass surgery.

Quitting is hard. It takes commitment and perseverance. It's important to keep trying. If you need more support, ask your healthcare provider about quit-smoking programs through hospitals. For some people, prescription medication can be helpful.

The National Cancer Institute and the US Centers for Disease Control (CDC) co-sponsor a web site with online tools to help people who want to quit; go to [www.smokefree.gov](http://www.smokefree.gov). Or you can contact the New Mexico Quit Smoking Hotline at **1-800-Quit-Now (1-800-784-8669)** to speak with a specialist who can coach you through the quitting process. Specialists are available at any time, and the program is free and confidential.

*Did You Know?*

*Many women think heart attacks affect only men. But cardiovascular disease, which includes heart disease, hypertension and stroke, is the number one killer of Native and non-Native women, killing 500,000 American women each year.*

*Women are 15% more likely than men to die of a heart attack and twice as likely to have a second heart attack in the six years following the first one.*

*New research suggests that people with heart disease are at greater risk for developing Alzheimer's disease and dementia.*

**H1N1 FLU SHOT CLINICS**

**FREE FLU SHOTS for community members. Visit the Jemez Health Center, or come to a flu shot clinic.**

**FLU SHOT CLINICS AT JEMEZ EMERGENCY MEDICAL SERVICES BUILDING TUESDAY, FEBRUARY 9 and WEDNESDAY, FEBRUARY 24, 4 - 8 p.m.**

**STAY HEALTHY!**

- ▶ Cover your cough and your sneeze with a tissue or your arm.
- ▶ Wash your hands often.
- ▶ Stay away from sick people as much as possible.
- ▶ Stay home from school or work if you are sick!

**If you have questions, call the JHHS Flu Hotline at (505) 362-1481.**



Ray Chinana gets his free H1N1 flu shot from Paramedic Tammy Trujillo at a recent flu shot clinic.

## SENIOR CENTER

### PROGRAM MANAGER HONORED

Congratulations to Program Manager Margaret Garcia who was named the Outstanding Title VI Director/Program Manager. Having worked with elders for more than 30 years, Margaret is very passionate about her involvement and finds her responsibilities rewarding.

Margaret's favorite part of her job is going on trips with the elders, many of whom had never left the state before. Senior Center excursions have included air and road trips to Las Vegas, Chicago, Tacoma, Washington, DC, and Montana. A visit to Heritage Home gave the Jemez elders a chance to "show and tell" and share with the elders of that community. "We have such a lively group in this community," Margaret says. "They absolutely love traveling. It's rewarding to see their expressions and how happy the elders are when traveling."

In addition to trips, the seniors also enjoy many activities and events at the Senior Center. Fundraising bingo games are especially popular. The elders create quilts, aprons, traditional clothing and other items and donate them as prizes. "Seniors are the best at making those items and the community gets involved supporting the bingo fundraising efforts," Margaret adds. "The prizes are amazing!"

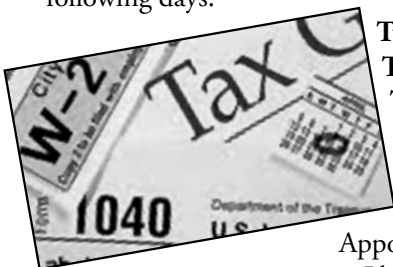
Taking pleasure in creating a warm and welcome environment of the seniors at the Pueblo of Jemez, Margaret concludes "Senior programs must continue to help out the elderly without allowing them to feel institutionalized or confined with their own homes or community environment."

"There are many young-at-heart, active elders in our community. We invite to all elders age 55 and over to our Senior Center to enjoy lunch and the many services being provided. We look forward to seeing you here!" Margaret says.



### Free Tax Help for Seniors

The American Association of Retired Persons (AARP) is offering free tax help for senior citizens. Consultants will be available at the Jemez Valley Community Center on the following days:



<b>Tuesday</b>	<b>February 2</b>
<b>Thursday</b>	<b>February 18</b>
<b>Tuesday</b>	<b>March 2</b>
<b>Thursday</b>	<b>March 11</b>
<b>Tuesday</b>	<b>March 23</b>
<b>Thursday</b>	<b>April 1</b>

Appointments are available from 8:30 a.m. to noon. Please call the Community Center at (575) 834-7630 to make an appointment.

### Seniors Celebrate!

A big "thank you!" to all who attended the Annual Jemez Senior Citizens Program Christmas Party! It was a banging success!," says administrative assistant Monica Toya. "We gained a few pounds eating all the delicious food the participants provided. We shared laughs and enjoyed listening to Emmett "Shkeme" Garcia of Native Roots tell American Indian short stories, we had lots of fun dancing away to the music provided by DJ Kap, and, best of all, we had a visit from Santa Claus and three of his lovely elves. It truly was a night to remember!"



**COMING UP...**  
**NEW MEXICO SENIOR OLYMPICS!**

**Are you in shape and ready to participate? If not, the Senior Center staff can help you get ready.**

**For more information, please contact Rose Shendo at (575) 834-9168.**

## Disabilities Awareness Conference Coming

**Wednesday, March 17      9 a.m. to 2 p.m.**  
**Fun Run/Walk starting at 7:30 a.m.**  
**Walatowa Youth Center**

The Jemez Vocational Rehabilitation Program (JVR) 12<sup>th</sup> Annual Disabilities Awareness Conference brings together people from the three communities – Jemez, Zia and Santa Ana – the JVR serves. To help participants learn that "disability does not have to mean in-ability," speakers will talk about their experiences with disabilities and share their inspirational stories about achieving their goals. Local service agencies will be available to share information and answer questions.

The JVR staff invites everyone to join us for this informative and enjoyable event! There is no cost, and a hot lunch will be provided to all registered participants. Sign language interpreters will be available so attendees with hearing impairments can fully participate in the conference.

Registration forms will soon be available at the JVR office behind the Tribal Administration building. You can also call the JVR office at (575) 834-0012 to register by phone.

## DENTAL CLINIC

## FEBRUARY IS CHILDREN'S DENTAL HEALTH MONTH

**Make an appointment at the Jemez Dental Clinic today!**

**Call (575) 834-7388.**

The Jemez Dental Clinic has several activities planned in honor of Children's National Dental Health Month.

- ✪ **Head Start classes** will visit the Dental Clinic for educational activities and fluoride varnish applications for the children.
- ✪ **Students at all the Jemez community schools** will participated in presentations by dental hygienist Anna DeFelice oral health topics.
- ✪ **New Oral Health Contest!** Children up to fourth grade who record seven consecutive days of brushing twice per day can bring their completed forms to the Dental Clinic for a prize.

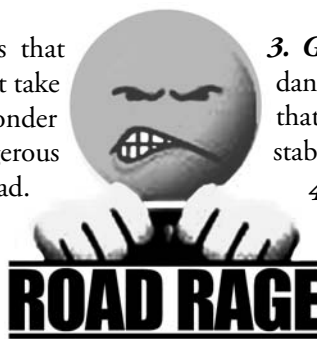
For more information or to make an appointment, contact the Jemez Dental Clinic at (575) 834-7388.



## INJURY PREVENTION

## ROAD RAGE: KNOW THE SIGNS

Consider this: the U.S. Census Bureau says that Americans spend 100 hours a year commuting but take only 80 hours of vacation annually. Is it any wonder we see so much road rage? But road rage is dangerous for drivers, passengers and even people near the road. Aggressive driving can include speeding, weaving in and out of traffic, tailgating and not paying full attention to the road. Learn the signs of road rage and keep yourself and your passengers safe.



### The Signs of Road Rage

1. **Speeding.** Excessive speed is the most obvious form of road rage. It's also incredibly dangerous. The Federal Motor Carrier Safety Administration (FMCSA) says that speed causes one third of all traffic deaths. In addition, the likelihood of having a crash that causes injury or death doubles for every 10 miles per hour over 50 mph that a car travels.
2. **Tailgating.** A study by the Automobile Association in England found that aggressive tailgating was the most commonly reported form of road rage, with 62 percent of respondents saying someone had followed them excessively closely. Interestingly, only 6 percent admitted to tailgating another driver.
3. **Gesturing.** Using or returning obscene gestures is dangerous. AAA's Foundation for Traffic Safety noted that obscene gestures have gotten at least one person stabbed, beaten or shot in *every* state.
4. **Weaving or changing lanes.** Changing lanes suddenly and without a signal is dangerous at any time, but especially in traffic. Remember, speeding reduces your ability to steer around other objects on the road, including other cars.
5. **Honking.** This annoyance does more than just provoke road rage; in many cities, including Atlanta, Chicago, Dallas, Denver, Los Angeles, Minneapolis, Salt Lake City, and New York City excessive honking is against the law.
6. **Sudden braking.** You may think you're teaching a tailgating driver a lesson, but the FMCSA warns that braking unexpectedly can be seen as confrontational and lead to more aggressive driving.
7. **Flashing lights.** Drivers who admitted to driving aggressively were most likely to say they had flashed their lights at a fellow motorist.
8. **Leering or staring.** Avoid eye contact with aggressive drivers. Drive to the nearest police station if you feel threatened.

## SOCIAL SERVICES

# Learning to Say What You Really Mean

Submitted by Carol Vigil, Family Advocate, Domestic Violence Prevention Program

Have you ever backed down from someone who mistreated you? Have you lashed out uncontrollably against someone who meant you no harm? Then you know: Talk isn't cheap. The price you pay for backing down or lashing out can be high indeed: guilt, anger, loss of self esteem. And that doesn't include the pain you cause to the target of your unruly tongue.



Often, women are afraid to speak up for their needs. But there are ways to know if something is gnawing away at them: they may complain of headaches or of feeling depressed, bored or anxious. Sometimes they ridicule others or make sarcastic remarks.

People who are too aggressive have the opposite problem. Their needs are expressed, but they come out in angry, accusatory, judgmental bursts. Demanding, screaming and being pushy puts people off and they stop listening.

The courage and ability to translate feelings, thoughts and needs into clear language is a powerful way of communicating so others can know you, and you can know yourself. Unfortunately, clear and honest communication is unusual for most of us. Learning how to say what you really mean is important for everyone.

### Learning to Communicate

Communication is key in a relationship. Fortunately, experts agree on how to go about improving your communication skills. Oddly enough, it begins with listening. The biggest mistake you can make in trying to communicate effectively is to put your highest

priority on expressing your own ideas and feelings.

What most people really want is to be listened to, respected and understood. When people feel they are being understood, they become more motivated to understand

your point of view. The goal is to make your point without being accusatory, threatening or judgmental, without hurting the other person's feelings or putting them down.

Don't overlook your partner's good points; they're there. Nobody wants to constantly hear what's wrong with them.

Compliments work wonders in the heat of battle. Expressing positive regard for someone during a conflict makes it much easier for that person to open up to your ideas. They automatically feel less threatened and less defensive.

You can soften the blow by delivering your thoughts in the form of "I" messages instead of "you" messages. He's an example: "You never take me out to dinner." It's better to say, "I'd really enjoy having dinner out tonight." By switching from the accusatory "you" to the nonthreatening "I," you raise the chances of being heard without your partner becoming defensive and combative.

"You" messages, regardless of how they're intended, come across as aggressive and accusatory. This communication style can damage a relationship by diminishing the other's self-esteem and fostering guilt. Once the other person has tuned out, he or she will fail to hear what you're saying - no matter how effectively you think you're coming across.

*Resource: Your Emotions & Your Health By Emrika Padus*

**Women's Support Group** continues through the year at the Social Services Building, every other Thursday from 6 to 8 p.m. Make time for yourself and join us for an evening!

**Our community needs Community Intervention Response Team (CIRT) volunteers.** Training is provided. If you have questions, contact Carol Vigil at (575) 834-7117.

## "STOP THE VIOLENCE, BREAK THE SILENCE!"

If you are in an abusive relationship or if you know someone who is being abused, GET HELP! No one deserves to be abused. **In an emergency, call 911. If you have questions, contact the Social Services Program at (575) 834-7117.**

## COMMUNITY WELLNESS

### WALATOWA YOUTH CENTER ACTIVITIES

Eight weeks starting Feb. 2.

All Fitness Levels Welcome!

TUESDAYS & THURSDAYS 12 NOON  
Strength & Stretch with Michelle Hernandez

SATURDAYS 9 a.m. Kickboxing  
10 a.m. Boot Camp/Circuit Training  
11 a.m. Personal Training at the Fitness Center with Kelle Martillotti

SUNDAYS 8 a.m. - 4 p.m.  
Open gym for all ages

WEDNESDAYS & FRIDAYS 12 NOON  
Kickboxing with Kelle Martillotti

\* Saturday classes in February will be held at the CRC Building behind the Child Care Center.

For more information, contact the Walatowa Youth Center at (575) 834-0067.

\*\*Schedule subject to change



## NEWSMAKERS

## HONORS FOR JEMEZ COACHES

The New Mexico Track and Cross Country Coaches Association (NMTCCCA) honored Jemez Valley High School Warriors coach Danny Chinana as Coach of the Year for 2009. At the honoring ceremony, Assistant Coach Steve Gachupin was inducted into the Hall of Fame for his years of service to youth.

"Danny was chosen not only because his team took the state championship, but because his teams always do well," says Spencer Sielschott, NMTCCCA Clinic Director and Past President. "They're great kids." He added that both coaches are very accommodating and sharing.

"King of the Mountain" Steve Gachupin holds the record for the longest winning streak at the famous Pike's Peak Marathon, as well as countless other awards and trophies garnered through a legendary running career.

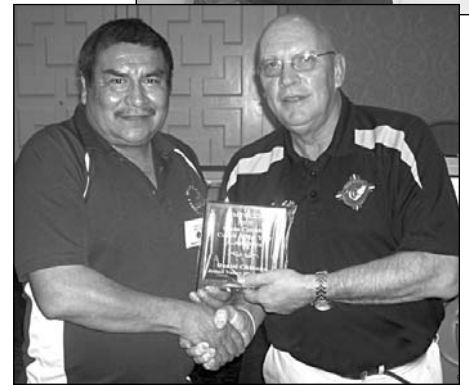
"Steve is a model for younger runners," Spencer says. "We wanted to honor people who have had an impact on our youth and the state of New Mexico.

"We had a great team this year," Steve says. "They're all Jemez boys on the team, and we're very proud of them."

Recalling that his grandparents taught him everything about running and discipline, Steve had words of advice for his team members that everyone can take to heart: "Stay out of trouble. Stay in school. Keep your grades up. If you don't, you're not going to make the team no matter how good a runner you may be."

(Above) Steve Gachupin with his Hall of Fame Award.

(Below) President of NMTCCCA David Helm of Alamogordo presents the Coach of the Year Award to Danny Chinana. Photo by Spencer Sielschott.



## AMERIND Wins Top Spot Among Insurance Companies

Pueblo of Santa Ana-based AMERIND Risk Management Corp. earned top ranking in the Best Places to Work in Insurance category among small insurers by *Business Insurance* magazine.

For AMERIND, "family-friendly" is a natural extension of the company's basic business mission. The company was established by more than 165 Native American housing authorities in 1986 and now protects more than 450 tribes from financial loss using self-insurance and other risk-sharing strategies. The company operates exclusively within Native American lands in 32 states.

"Tribes have a rich history of caring for and protecting their extended families, and we conduct our daily business life ... in the same context that represents extended family," says Kent Paul, AMERIND's Chief Executive Officer.

"Following Native American culture and traditions, we are proud that families come first here," adds Rod Crawley, AMERIND's chief operating officer.

Paul cited AMERIND's "85-15 rule" as an example. Employees spend 85% of their work time devoted to customer service and job performance. But they are expected to spend the other 15% of their time in non-business activities like socializing with co-workers.

"To operate like an extended family and develop family bonds, employees need time to interact. We encourage the art of personal communication other than texting and emailing," says Mr. Paul. "This philosophy has been very fruitful as productivity, customer relationships and camaraderie among employees prospers."

"Satisfied employees produce better results and care more about the company and its vision and mission," says Stefanie Suazo, Director of Human Resources.

Utilizing risk management principles, AMERIND protects life and property from fire, natural disasters and other events. With each tribe having its own traditions, cultural sensitivity is more of a challenge for AMERIND than for many companies, but one they take very seriously. "We don't need to keep up with four or five minorities; we have to keep up with the customs and traditions of more than 500 independent, sovereign communities," he said.

"As CEO, my role isn't any more important than anyone else's in the company," Paul said. "We all have very important business responsibilities and, if one of us fails, the whole organization fails, and failure is not an option."

After 23 years, AMERIND looks forward to helping keep neighborhoods and communities safe from fire and other disasters. For more information, visit their website at [www.amerindrisk.org](http://www.amerindrisk.org).





# Jemez Valley Public Schools

## Jemez Valley Elementary and Middle Schools

By Brad Parker, Principal

Both the middle and elementary schools have boys' and girls' basketball teams this season. Although the scores have not been kind, I'm proud of our players who keep working hard. It's been a while since our schools sported athletic teams other than cross country, so we are looking at this year as a program-building year. I want to thank all the parents and community members who came to our games and the coaches who put their time into them. The elementary school teams will have games into February. So come on out – it's always a good time.

February is the time when we start getting ramped up for the April high-stakes testing extravaganza called the New Mexico Standards Based Assessment (SBA.) I want to talk about the reason for the test.

The No Child Left Behind (NCLB) law is really a renewal of the Elementary and Secondary Education Act. The difference is that NCLB states that by 2014 *all* students will be performing at grade level. The state of New Mexico has focused on reading and mathematics. That's why our schools emphasize these subjects. In fact, our district, as well as the Middle School Educational Plan for Student Success, has three areas of focus: reading, mathematics and parental involvement.

In the past, we used standardized testing to compare one student against the others. When a student was in the 99<sup>th</sup> percentile, he or she achieved a score that was better than 99% of a "normal" population. That's why it is referred to as a "norm referenced test."

NCLB requires that we determine how much students know. We try to measure how much they *know* against what they are *supposed to know* (the criterion.) According to *Wikipedia*, "The criterion is the domain of subject matter that the test is designed to assess." For example, the criterion may be "Students should be able to correctly add two single-digit numbers." So, we use a "criterion-referenced test" to satisfy state and federal NCLB assessment requirements. If you want to find out what your student needs to know for each grade and subject, you can visit the web site at [www.ped.state.nm.us/standards](http://www.ped.state.nm.us/standards).

### Legislative Affairs

The New Mexico Legislature is in session until Feb. 19. By law, one of their priorities is to ensure that education is funded properly. Over the past year, our district has taken a hit of over

20% from the funding in 2007-2008. If the legislature stays on its present course of cutting funds for schools, it will mean teachers and others will lose their jobs, and we will have larger class sizes and fewer programs for Jemez Valley Public Schools students. *Please let your legislators know how you feel about this situation.*

### Thank You!

The last thing is a huge "Thank You!" to the wonderful folks who run our PTA: Linda Lovato, Anita Lucero, Misty Stacy, Tim Haarman and everyone else who bring the turkeys to the Turkey Trot and help run the Santa's Workshop and bring eggs... you guys rock! You bring our children programs like basketball and karate and you always do it with a smile. Thank you, thank you, a thousand thank yous!



## Day After Day Marvels From Jemez Valley High

By Larry DeWees, Principal

### Standards Based Assessments

Testing is a most important event in the lives of every principal, teacher and student. This is especially true of the Standards Based Assessment (SBA.) This test will be given from April 12 - 30, 2010.

The SBA or "state test," is a standardized test given to all eleventh grade students in New Mexico. The test scores are used to determine if the school and/or school district meets Annual Yearly Progress (AYP) goals. AYP is a measurement defined by the federal No Child Left Behind Act that allows the U.S. Department of Education to determine the academic performance of all of the nation's public schools and/or school districts according to results on standardized tests.

In the 2011-12 school year, the SBA also will take on another role. Not only will it be used for the school and district AYP, it will become very important to students: they will have to pass the assessment to graduate from high school. The SBA will replace the New Mexico High School Competency Exam that students must pass to receive their diplomas. This year's sophomores, the Class of 2012, will be the first to face the SBA for graduation when they become juniors.

If you have any questions about testing, please call (575) 834-3314 or come by Jemez Valley High School.

## EDUCATION

# Higher Education Center: Financial Aid for the 2010-2011 School Year

Scholarships for the Fall 2010 - Spring 2011 school year are available for American Indian high school and college students in all majors. Information is available at the following websites:

[www.indianeducation.spps.org/Scholarship\\_Information.html](http://www.indianeducation.spps.org/Scholarship_Information.html)

[www.indian-affairs.org/scholarships/aaia\\_scholarships.htm](http://www.indian-affairs.org/scholarships/aaia_scholarships.htm)

[www.collegescholarships.org](http://www.collegescholarships.org)

[www.collegefund.org/scholarships/main.html](http://www.collegefund.org/scholarships/main.html)

[www.nrcprograms.org/site/PageServer?pagename=aief\\_scholarshipapplication](http://www.nrcprograms.org/site/PageServer?pagename=aief_scholarshipapplication)

<http://aces.nmsu.edu/academics/ird/documents/fab-2009.pdf>

Many of these sites contain more than one scholarship application. Students and parents should take the time to visit the web sites and apply for as many scholarships as possible. The more scholarships students apply for, the better chance they have of getting the aid they need. **Hard copy applications are available at the Higher Education Center.**

## Merit-Based Scholarships and Need-Based Scholarships

**Merit-based scholarships** usually do not consider need but rely on grade point average (GPA), community involvement or service, and standardized test scores as measures of students' academic achievement and potential for excellence on the college level.

**Need-based scholarships** may take academics into account. Students must first meet the financial criteria, but may also be required to have a certain GPA or standardized test score to qualify. However, the primary criterion is demonstrating financial need.

## What is Financial Need?

Financial need can best be described as the difference between the student's financial aid budget and the family's resources available to meet that budget. Financial "need" is determined by the Cost of Attendance (COA) of the college of choice, subtracted

by the Expected Family Contribution (EFC) as determined by the Free Application for Federal Student Aid (FAFSA), which is based on parents' income. The remaining amount is considered your "need."

**Cost of Attendance (COA)**

○ Expected Family Contribution (EFC)

⊖ Financial Need

## About Student Loans

**Remember: All loans must be paid back. Students should take out loans only under extreme circumstances.**

Student loans are designed to help students pay for college tuition, books and living expenses. There are many types of student loans, and it's important to find one that's right for your situation.

**Federal Stafford Loans** are awarded based on financial need and are regulated by the federal government. They can be obtained from a bank, credit union or directly from the government.

One main difference between subsidized and unsubsidized loans involves the demonstration of need. With subsidized loans, students must show a certain level of need for financial aid. The term "subsidized" means the government will pay the interest on the loan while the student is in school or when the student requests a grace period or deferment.

The opposite is true of unsubsidized loans. Unsubsidized loans are typically available to students without regard to their financial circumstances. Almost all households qualify; "unsubsidized" means that the interest on the loan is the student's responsibility.

**Federal Plus Loans** are available to parents of full or half-time undergraduate students. They are awarded based on credit history and cost of attendance. The interest is low on this type of loan, but repayment usually begins within 60 to 90 days after full disbursement of the loan, or after the student graduates.

**Federal Perkins Loans** are awarded based on extreme financial need and usually have very low interest rates. The total funds available for these loans is limited, which means that the amount of the loan will likely be relatively low. The interest starts to accrue nine months after a student drops below half-time enrollment or graduates. One important thing to note: these loans are reported to credit bureaus, which means that if you are late on payments, or default on your loan, you could damage your credit.

**Private loans** may have fees attached to them in addition to the interest rate. Unlike federal student loans backed by the government, a private, or alternative loan, is unsecured. These loans may be offered by the schools directly or by private lenders such as banks or other financial institutions. Private loans are not subject to the same restrictions as Stafford (federal student) loans and there is no cap to how much a student can borrow. Students must show that they are credit worthy before loans will be issued. Students with little or poor credit history may use co-signers.

**If you have any questions or concerns, please contact the Higher Education Center at (575) 834-9102 or by e-mail to [odessa.waquiu@jemezpueblo.org](mailto:odessa.waquiu@jemezpueblo.org).**

## FAFSA NIGHTS

The Pueblo of Jemez Department of Education is sponsoring two sessions to help students complete their Free Application for Federal Student Aid (FAFSA) forms.

### FAFSA NIGHTS

Wednesday, February 10 & Wednesday February 17  
6 p.m. at the Creative Learning Center (old Senior Center)

#### Items to bring:

- ▶ 2009 federal income tax returns
- ▶ Driver's licenses (parents' and students')

Completing the FAFSA is the first step to receiving financial aid for college and is MANDATORY for everyone applying for student aid.

Priority deadline for all New Mexico colleges is March 1!



**PUEBLO OF JEMEZ**

Pueblo of Jemez  
4417 Highway 4  
Box 100  
Jemez Pueblo, NM 87024

Presort Standard  
US Postage Paid  
Albuquerque NM  
Permit No. 1741

## NEWS YOU CAN USE

### *Save the Date!*

**Friday, Feb. 12. Valentine's Day Fun Run/Walk** 3 p.m. at the Plaza.

**Teens Learn What They Live** Conference for Walatowa teens. Presented by Jemez Domestic Violence Program. 5:30 - 9 p.m. at the Youth Center.

**Sunday, Feb. 14. Valentine's Day.**

**Chocolate, Etc.!** Fundraiser for the Friends of the Jemez Springs Public Library, 2 - 4 p.m. Live music and Valentine's treats at the Library. \$5.

**Monday, Feb. 15. Presidents' Day.**

**Sunday, Feb. 28. Windmill Fun Run/Walk.** 3 p.m. Fitness Center.

**Saturday, March 13. Pueblo Arts Road Show:** Southwest Arts & Crafts Information Day. Pueblo Cultural Center. 5 - 10 p.m. For more information call (505) 268-7578.

**Wed., March 17. JVR Disabilities Awareness Conference,** 9 a.m. - 2 p.m. Fun Run/Walk starts at 7:30 a.m. Walatowa Youth Center. (See page 6.)

## Tribal Court Fees Increase

Effective March 1, 2010, Tribal Court civil filing fees will increase.

	<b>Old Fee</b>	<b>New Fee</b>
Out of Town/State Businesses <i>(Company/Agency pays the fee)</i>	\$50	\$75
Tribal Members <i>(Tribal Members pay the fee)</i>	\$10	\$20
Process Service from Out of Town <i>(Company/Agency pays the fee)</i>	\$10	\$20

If you have questions, please contact Cynthia Gachupin at Tribal Court at (575) 834-7369.

## VOTER REGISTRATION

**Tribal members: your vote counts! Do it for your children, elders, family and community!**

Register today to vote on Tuesday, June 1, 2010. You have until May 4 to register to vote in this very important 2010 gubernatorial primary election.

If you have any questions, please call the NAEIP office at (575) 934-8826, located at the Jemez Civic Center.