



Red Rocks Reporter

MAY 2010

FROM THE GOVERNORS

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Governors Advance Jemez Concerns

Pueblo of Jemez Tribal Governors are participating in national, regional and local initiatives intended to protect and advance the best interests of the Jemez community.

During the National Congress of American Indians in Washington, DC in March, Governor Joshua Madalena also met with New Mexico Congressional delegates to present issues of importance to the Jemez people. His agenda included water rights, infrastructure issues, voting, proposed changes to the management of the Valles Caldera National Preserve, alternative energy efforts and the proposed Anthony casino project.

The Governor continues to hold ongoing individual meetings with the Governors of other Pueblos to discuss issues that affect local tribes. Gov. Madalena emphasizes the need for tribes to work together to solve problems and create opportunities that will benefit all Native Americans in the state.

The Governor also participated in the recent conference that officially launched the Center for Disease Control (CDC) Communities Putting Prevention to Work grant awarded to Jemez Health & Human Services Public Health Program. (See article on page 6.)

Upcoming projects include kick-off meetings for Phase III of the Public Works Department sewer project and for the Head Start Road project.

“I want tribal members to know that my door is always open to them,” Gov. Madalena adds. “Anyone is welcome to come in and discuss any issues or problems where I can offer help.”

Tribal Council Report

The Tribal Council Report is published at the direction of the Governors to keep the community well informed.

April 6, 2010. Governor Joshua Madalena, 1st Lt. Governor Aaron Cajero, Sr. and 2nd Lt. Governor Larry Chinana proposed the following resolutions which were approved by the Tribal Council:

Tribal Council authorizes the Jemez Department of Education to apply for a three-year Native Language Implementation Grant to support the continued development and goals of the Jemez Language Program. The Pueblo of Jemez has directed the Department of Education to implement and accomplish the Pueblo’s educational goals. Because language maintenance activities are a priority, the Tribal Council recognizes the need to establish a program to develop strategies to maintain the language at current levels, increase the fluency levels of marginal speakers, and develop curriculum resources to protect Jemez culture, traditions and language. This grant will support the Jemez Language Team to work towards integrating our language and culture into community-based education systems and providing support and professional development to educators.

Tribal Council endorses Lt. Governor Diane Denish for Governor of the State of New Mexico for 2010. Lt. Gov. Denish will stand up for the Pueblo of Jemez and its people, protect the Pueblo’s way of life and respect the Pueblo’s sovereignty.



2010 TRIBAL GOVERNORS

Joshua Madalena
Governor
Aaron B. Cajero, Sr.
First Lt. Governor
Larry M. Chinana
Second Lt. Governor

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Vincent A. Toya, Sr.

Red Rocks Reporter
May 2010 Edition

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FROM THE GOVERNORS

Jemez Pueblo Joins County Chamber Of Commerce

Governor Joshua Madalena announced that the Pueblo of Jemez is now a member of the Greater Sandoval County Chamber of Commerce. Roger Madalena, 2006 Governor and current Tribal Council member, serves on the Chamber's Board of Directors.

"Executive Director Nick Vuillemot has been a friend to the Pueblo and is very excited about our membership," Governor Madalena says. "We look forward to this new business venture and partnership."

As members, discounts at some businesses throughout the county are available to tribal members. The tribal office has more information about the names and locations of participating businesses and details about the discounts available. You can also go to the web site at www.SandovalChamber.com to learn more about the membership.

INTERGENERATIONAL EVENTS PARTNER SENIOR CENTER, HEAD START AND GUESTS



Walatowa Head Start students and elders from the Senior Citizens Program joined forces for several intergenerational events in April. The first session included the children learning to bake bread, then Felipita Loretto led an exercise session. On April 20, charter high school students from Hawaii performed after Head Start demonstrated traditional dances, followed by a social dance for young and old. On April 28, the elders coached the youngsters in traditional games.



VALLES CALDERA NATIONAL PRESERVE

Caldera 3D Shootout

The Walatowa Bow Hunters Club and the Valles Caldera National Preserve invite you to come test your archery skills. This 2 day 3D archery shootout features a course of life size three dimensional targets using various animal figures. Our course will utilize varying distances and natural terrain features of the Preserve to simulate actual hunting situations and challenges.

The first day will consist of groups of 5-6 persons shooting 1 round (20 targets) in the morning and another round in the afternoon. The final round will be shot on the morning of the 2nd day in groups organized by shooting category. Awards and raffle drawings will be held at the end of the shoot.

The Caldera 3D Archery Shoot is open to anyone. You do not have to belong to any organization or club to register and shoot.

Dates and Times: June 19 & 20, 2010 from 9:00 AM - 4:00 PM

Online Registration (By June 1st): \$40/adults, \$40/seniors (55+), \$35/youth (13-17), \$20/Cubs (8-12) and Free/Peewee (under 8)

Day of Registration: \$50/adults, \$50/seniors (55+) \$45/youth (13-17), \$30/Cubs (8-12) and Free/Peewee (under 8)

Shooting Categories:

- Seniors – Shoot what you bring
- Men – Free Style, Unlimited, Limited, Barebow & Traditional
- Women – Free Style, Unlimited, Limited, Barebow & Traditional
- Youth – Free Style, Unlimited, Limited, Barebow & Traditional
- Cubs – Shoot what you bring
- Peewee – Shoot what you bring

Concessions will be limited to snacks and drinks. Please come prepared. Primitive camping will be available on site for \$20 per vehicle. Forest Service campgrounds are available within 10 minutes of the gate. Lodging can be found in La Cueva, Jemez Springs, or Los Alamos. There will be no cell phone coverage at the shoot location.

**NO RANGEFINDERS, BROADHEADS, ALCOHOL, DRUGS
FIREARMS OR PETS ALLOWED. BINOCULARS ARE ALLOWED.**

Additional forms are available at the tribal administration office.



Dates & Times

June 19 & 20, 2010

9:00 AM - 4:00 PM

The Redondo Gate entrance opens at 7:30 AM (near mile marker 27 on NM Highway 4)

Registration

866.382.5537

www.vallescaldera.gov

Due to concerns for wildlife, no pets, other than assistance dogs, will be permitted on the preserve.



NATIONAL
PRESERVE

VALLES CALDERA NATIONAL PRESERVE

Caldera 3D Shootout

Mail In Registration Form

Name: _____

Address: _____

City, State, Zip Code: _____

Date of Birth: ____/____/____

New Mexico Resident: Yes / No (circle one)

Optional Information

Daytime Phone: _____

Evening Phone: _____

E-mail Address: _____

Circle One:

Seniors (55+), \$40 – Shoot what you bring

Men (18-54), \$40 – Free Style, Unlimited, Limited,
Barebow or Traditional

Women (18-54), \$40– Free Style, Unlimited, Limited,
Barebow or Traditional

Youth (13-17), \$35– Free Style, Unlimited, Limited,
Barebow or Traditional

Cubs (8-12), \$20– Shoot what you bring

Pewee (Under 8), Free – Shoot what you bring

Mail To:

Valles Caldera Trust
6501 Fourth Street NW, Suite 1
Albuquerque, NM 87107

Mail in registration must be post marked by June 1, 2010.

Additional forms are available at the tribal administration office.



Dates & Times

June 19 & 20, 2010

9:00 AM - 4:00 PM

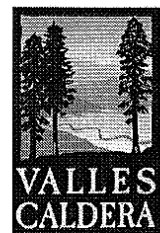
The Redondo Gate
entrance opens at 7:30
AM (near mile marker
27 on NM Highway 4)

Registration

866.382.5537

www.vallescaldera.gov

Due to concerns for wildlife, no
pets, other than assistance dogs,
will be permitted on the preserve.



NATIONAL
PRESERVE

HOUSING

Pueblo of Jemez Housing Department

Submitted by J.D. Bennett, Housing Director

As the community's new Housing Director, presenting information about the department is a good place to begin my service to you.

The Housing Department works differently from other Pueblo of Jemez departments. Housing is almost 100% funded by the US Department of Housing and Urban Development (HUD.) Housing is supervised by tribal administration, but is required to administer funding programs in strict compliance with HUD regulations. If the pueblo wants HUD money to provide or improve housing, we must follow their rules.

HUD requires that housing funds serve **only** people who meet federal income guidelines. The US Department of Agriculture (USDA) and BIA housing programs follow almost the same guidelines to provide affordable housing for the community. People who want Housing services **must** complete and submit applications **and** keep address and contact information current so their applications are not removed from the list.

When funds are available, Housing uses a strictly regulated process to choose people for programs. HUD requires applicants to be selected in a specific order: 1) date and time of application; 2) income

criteria; 3) elderly and disabled factors; and last, need. For example, an elderly person who meets income criteria and has the worst roof and oldest application date would be at the top of a roofing project list. This is why some people move ahead of others for assistance.

Based on federal rules, HUD constantly monitors the department for compliance, checks selection of projects, vendors and bid awards, and monitors how program funds are used and collected.

Collecting Loans and Rents

The Housing Department is having problems collecting loans and rents funded by HUD. Many families who got housing through HUD programs have not kept their promises to pay. **HUD is demanding that these debts be collected and the money returned.** Sadly, if the debts had been honorably and promptly paid, the money would have stayed in Jemez and used to

repair or build more homes.

Because some community members have not repaid their housing debts, more than \$500,000 in housing dollars have been lost to this community. In addition, the Pueblo of Jemez will be sanctioned if these funds are not collected from those who promised to pay. Therefore, the department is starting debt collection and foreclosures to protect future housing funds. **Those owing money should contact the Housing Department immediately to honor their promises to the Pueblo of Jemez.**

Rehabilitation Projects

The Pueblo will look at rehabilitation projects in the community that may include stucco and roof repair, and repair or replacement of leaky faucets for income-eligible tribal members, plus special projects for eligible senior tribal members (62 years and older). Call the Housing Department at (575) 834-0305 for information.

HELP WANTED

The Housing Department will hire full-time seasonal labor with experience and skills in:
Roofing: flat roof vulcanized type Stucco: adobe wall application Adobe wall: building and repair
Complete an employment application at the Tribal Administration Human Resources Department.

RESOURCE PROTECTION



Earth Day/Arbor Day April 22, 2010

The Department of Resource Protection (DRP) hosted Ms. Cajete's fourth and fifth grade class from San Diego Riverside School and Ms. Keevama's Jemez Day School fifth graders to celebrate Earth Day and Arbor Day on April 22.

After the Governor's welcome address and invocation, DRP Acting Director Greg Kaufman spoke about renewable energy, explaining the geothermal well exploration at Indian Springs and the proposed

solar panel energy generating plant on Jemez tribal lands (*photo top right.*) Tammy Belone (*above*) showed water sampling equipment used at Jemez River sites from the Valles Caldera through the Pueblo area. At the DRP orchard, students teamed up to plant fruit trees.



PUBLIC HEALTH



Communities Putting Prevention to Work

JEMEZ PUTTING PREVENTION TO WORK!

The Pueblo of Jemez was one of 44 communities across the country that received a Centers for Disease Control Communities Putting Prevention to Work (CPPW) award. The \$859,000, two-year award will go to community education and outreach programs that will increase levels of physical activity and encourage people of all ages to make healthier nutrition choices.

Atlanta Meeting Kicks Off National Health Initiatives

Submitted by Kristyn Yepa, RN, BSN, Assistant Program Manager Public Health Program

It was exciting to be among the other Centers for Disease Control Communities Putting Prevention to Work (CPPW) awardees in one room with the same initiative: to improve the health of our nation. Only 44 communities received awards. The Pueblo of Jemez was one of only three tribes to be awarded as well as the only community in New Mexico to participate. Over 400 letters of intent applied for this funding, with 263 eligible applicants; the majority focused on obesity. This honor is really significant.

Meeting with other community representatives to form networks and learn more about CPPW, we discussed opportunities and resources for policy, system and environmental changes, and learned tools and strategies to help with program implementation and sustainability. Presenters stressed that the role of communities in preventing chronic diseases is more important today than ever. Our nation spends more than *\$147 billion* a year trying to treat obesity-related diseases. The group heard from experts and the nation's leading organizations that shape obesity-control policies and practices. It was very motivating,

and at the same time overwhelming.

Jemez now has the historic opportunity to demonstrate how community-wide changes at the local level can be used to improve the health of our people. Jemez has the most potential to make and see changes over the next two years. We must start thinking about our health and the health of our children. We can no longer sit back and watch our health deteriorate. We are a strong people and we need to continue to give our children an environment that will foster their wellbeing for years to come.

Unique Recognition

We can all work together to improve the health of our community. Now is the time to launch a movement to think about ourselves and make healthier choices. It saddens me to see many of our Jemez children and adults (more women than men) struggling with obesity, and to know that if we continue on this path, many will end up with diabetes or heart disease.

We are shortening our lives with diseases that are preventable. ***This doesn't have to be our reality.*** We can start making changes now that will help our community live longer, healthier lives so we can keep our traditions, culture and language strong.

Community Action Plan

Our community action plan is focused on getting our neighbors to be more active and to eat more fruits and vegetables. We want to encourage families to start farming again and providing our schools and the Senior Program with healthier foods.

We have several physical activity and nutrition objectives to meet in the next two years. Our goal is provide an environment for all community members to become more physically active and to eat more nutrient-rich foods. Our plans include:

- ***Revitalize the Jemez Farmer's Market.*** Make extra money for your family: plant an extra row of vegetables to sell at the farmers market. Buy fresh, organic vegetation from our own local farmers.



Left to right) Assistant Program Manager Kristyn Yepa, Program Manager Marianna Kennedy and Governor Joshua Madalena at the Centers for Disease Control headquarters in Atlanta.

Continued on page 7.

SOCIAL SERVICES

Child Abuse Prevention Conference



More than 200 people participated in this year's Child Abuse Prevention Conference at the Youth Center. Dr. Raymond Loretto, JHHS CEO, opened the program by congratulating the Social Services Program for their hard work on behalf of victims of violence, abuse and neglect.

"They take care of the things you and I don't always want to face," Dr. Loretto said. "These are very emotional and difficult problems, but they are happening here in our own community."

Reasserting the program's commitment to confidentiality and protecting victims, Dr. Loretto said that we don't need to know the names of the victims to support the program. "They are on call 24 hours a day, seven days a week when people need them," he added. "We are a close community. We know our neighbors and family members. If you suspect anything, report it, even if you're uncomfortable. Let the professionals decide whether to intervene. We are all responsible for protecting our children."

Michelle Aldana, Director of Forensic Services at All Faiths Receiving Home, spoke about the history of the children's safe house concept. Launched in 1985, Safe Houses offer a range of services and interventions where professionals work as a team in

a safe, comfortable environment. "Social services, medical, legal, law enforcement and mental health professionals collaborate from the start," Ms. Aldana explained. "Children go to a single neutral, child-friendly setting that helps them feel safe."

Describing the interview process, Michelle stressed that only well-trained forensic interviewers should handle the "legally defensible conversation." Successful outcomes are often hard to achieve, she said, adding that there are various legal, medical and psychological definitions of interventions that "work." She reminded the audience that children have very different description skills at different ages. For instance, very young children cannot yet describe time frames accurately. Developmental changes often account for inconsistencies in a child's story over time.

Ms. Aldana also noted that interviews are not the same as testimony and that law enforcement needs evidence to successfully prosecute a case. "Too many cases take several years to be resolved," she added. "For small children, a few years equal much of their lifetimes."

The Social Services Programs' first concern is to protect the child's safety, determining if the child is protected and by whom. They also assess factors that may compromise a child's welfare, such as substance or alcohol abuse in the home, whether the child seems to have adequate food and clothing, and if there have been any reported incidents of domestic violence.

The evening ended with audience questions and discussions.

Putting Prevention to Work

Continued from page 6.

- **Provide more fruits and vegetables** to the community and schools.
- **Limit the amount of sugar-sweetened beverages available.** Let's drink more water!
- **Provide more access to healthy meals** at the schools and Senior Program.
- **Provide more opportunities for physical activities:** fun run/walks, fitness challenges and physical education in schools.

Our Health in Context

I always wonder what made our people so strong that they survived so long during a time when there were no Wal-Marts, grocery stores, gas stations, TV, or any of the conveniences we have today. When you go back to those days a long time ago, they all farmed, hunted and gathered their food. Now we drive, shop and order our food.

Changing lifestyles is easier said than done, but if we build our environment to provide more access to fresh fruits and veg-

etables, we have more opportunities to eat healthier.

It takes everyone in Jemez to realize that we need to start making some small steps to improve our health. There is no good reason to suffer from chronic diseases that we can prevent.

*Join us in this effort to become a healthier people,
a healthier Jemez and a healthier nation!*

EMPLOYMENT OPPORTUNITIES

Four health advocates will be hired to help provide health education and physical activities in local schools and in the community. These health advocates will be instrumental in achieving the CPWW objectives.

In addition to the health advocates, an agricultural coordinator will be hired to manage the Jemez Farmer's Market and maintain and monitor the community gardens.

These positions will be limited for the two-year project period. If you are interested, contact the Pueblo of Jemez Human Resources Department at (575) 834-7359.

HEALTH & HUMAN SERVICES

JHHS All-Staff Meeting:

Where Did We Come From? Where Are We Going?

Jemez Health & Human Services (JHHS) took a day for education, reflection and discussion on April 29.

First Lt. Governor Aaron Cajero Sr. opened with an invocation. He thanked JHHS for providing services to the community. Noting that teamwork is important, he said "employees are the experts. You are very important to all of us." He added that many other pueblos look to JHHS as a model for their programs and services.

"They want what we have," he said. "Once we're satisfied, we're done," the former coach advised. "We can't be satisfied. We have to keep reaching. Do, don't try. Just do it!"

JHHS CEO Dr. Raymond Loretto introduced Paul Fragua, who has chaired the JHHS Health Board for the past two years. Recalling when tribal members "went to Albuquerque to wait a long time for substandard health care," he commended the original Health Board members on their efforts to create a quality health care system in Jemez Pueblo. "Now the Board's job is to make sure it grows in a good way," Paul said. "We are constantly building on that foundation, putting systems in place to make sure JHHS continues beyond changing management or individual styles."

"Society has changed a lot in the past 10 years, even here," Paul added. "Health care must be responsive to changing needs in our community. We need to ensure that programs have the support, resources and systems they need to make sure that happens."

Paul added that JHHS has evolved from a metal portable building to a top-notch facility where patients are greeted with a smile. "We have lots of work ahead," he concluded. Let's get excited about that work. Challenge is a joy. Our work is to provide better care for ourselves, our parents, aunts and uncles, and our children and grandchildren."

Dr. Loretto reviewed the history of JHHS starting in the mid 1970s with the passage of Public Law 638 that gave Native Americans the right to become self-determining within their own tribes. In 1996, then-Governor Randolph Padilla launched an initiative that eventually created the Health Board to determine how to create a tribally-run health center.

"We had no road map," Dr. Loretto recalled. "We had to figure out how to make it work, how to make difficult changes in a small community, how to change from the IHS system, which was the only one we knew."

Since those early days, JHHS has grown to provide excellent health and community care from a skilled, experienced clinical staff. With Medical Director Gregory Darrow, MD, and Dr. David Tempest joining the two physician assistants and contract pediatrician, the Health Clinic has the stability and medical expertise to provide exceptional care. The Dental Clinic, and the Behavioral Health, Public Health, Social Services, Injury Prevention, Transportation, Community Wellness and Senior Center Programs have evolved to meet the needs of the community.

With this progress, the Health Board, Governors, tribal administration and JHHS leadership initiated a community assessment to help define the future needs of Jemez tribal members.



Ada Pecos Melton updates JHHS staff about the recent community assessment project.

Community Assessment

JHHS and the Pueblo of Jemez contracted with tribal member Ada Pecos Melton, President of the American Indian Development Associates, Inc., to design and administer a community assessment. After several months of work, preliminary findings were presented to Tribal Council and the Health Board late last year. Understanding that health issues often were linked to other community issues, the assessment involved input from various tribal departments. Housing, Law Enforcement, Emergency Medical Services, Tribal Court, Education, Resource Protection and Public Works all contributed to the initial questionnaire with the intent that relevant information would be shared among departments

to give a comprehensive report on community issues.

"It was important to me as a daughter of the tribe to make sure the assessment was culturally relevant and culturally driven," Ada said. The assessment depended on the work of the interviewers who were all tribal members. "I am very grateful to Kathy Chinana, who assembled and helped train the interviewers. Thank you to all who brought so much passion and commitment to the survey process: Tom Pecos, Estevan Sando, Maria Gachupin, Annette Chinana, Stuart Gachupin, LoRheda Vigil Antonio, Alberta Sando, Anita Cajero and Lisa Magdalena. They did a great job!"

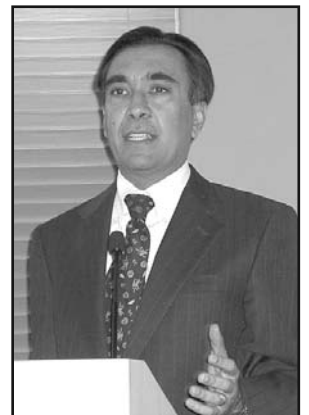
The assessment was intended to understand the community's needs, and if and how they were being met. "Leadership requires 'followship.' We had to know what we need *here*," Ada explained. "We needed to collect our own evidence, not data about 'native Americans' or people in the southwest."

The survey's goals were to identify problems, issues, strengths and needed services. The data will be used to develop programs, identify systemic issues, design implementation strategies, cultivate interagency coordination, obtain funding, maintain accountability and sustainability, secure training and technical assistance, and assess the impact of any actions taken.

"We have a significant amount of data," Ada concluded. "Now we have to dig into it, get to the details, analysis and interpretation. The information will be used across several tribal departments to improve conditions for the whole community."

Introducing ECHO

Dr. Sanjeev Arora introduced Project ECHO (Extension for Community Health care Outcomes) to JHHS staff. Dr. Arora is the Director of Project ECHO and Professor of Medicine, Director of the Office of Clinical Affairs, and Executive Vice Chair for the Department of Internal Medicine at the University of New Mexico



Dr. Sanjeev Arora introduces Project ECHO.

Continued on page 9.

HEALTH & HUMAN SERVICES

JHHS All-Staff Meeting Elder Assessment Clinics

Continued from page 8

Health Sciences Center (UNMHSC).

Project ECHO uses video-conferencing to link primary care providers in rural areas and prisons with medical experts at UNMHSC. ECHO's specialists train and mentor rural providers to deliver best-practice care for complex health conditions in their communities. JHHS will soon partner with ECHO to improve care for patients and reduce the need for community members to travel into Albuquerque for some types of specialty care.

ECHO's "Knowledge Network" includes experts in hepatitis C, cardiology, asthma, suicide prevention, psychology, rheumatic diseases, chronic pain management, substance abuse, psychology, occupational health, childhood obesity and ethics.

A significant aspect of the program is specialized training for community health representatives (CHRs.) "Managing chronic diseases is a team sport," Dr. Arora said. "Patients with chronic conditions do much better when CHRs are involved in treatment." CHRs can obtain specialized training in short workshops supplemented by ongoing web conferences.

The Climb to Accreditation

Executive Director for Clinical Programs Penny Ott's presentation focused on American Association Ambulatory Health Care providers (AAAHC) accreditation. She explained that accreditation is an important milestone that recognizes quality health care facilities nationwide.

To prepare for accreditation, JHHS programs and services are developing policies and procedures in compliance with AAAHC standards. "We have some areas of strengths, and some areas where we need work. Putting policies and procedures in place is a good way to assess where we are and where we need to go," Penny said. JHHS is planning for an accreditation survey in the spring of 2011.

Employee Feedback

After the presentations, employees had a chance to answer "What's great about JHHS?" followed by "How can we make it even better?" Vigorous discussion yielded dozens of observations and suggestions that JHHS leadership will evaluate for possible implementation.

JHHS is offering comprehensive assessments for community elders. The Elder Care Initiative's mission is to "create a continuum of care for elder community members with the goal of maintaining them at home and in the community for their lifetimes." The initiative's goals are to identify elders most at risk, obtain comprehensive clinical assessments to determine their needs and plan actions to address those needs.

Since the first clinic on Feb. 4, several participants have been through the program. Physician assistant Paul Gooris, and medical social worker Lisa Maves coordinate a team that includes geriatrician Dr. Carla Herman and physical therapist Deborah Cornish from the University of New Mexico Health Sciences Center (UNMHSC).

Working with UNMHSC, JHHS assembled an assessment team that includes a geriatrician physician, physical therapist, nutritionist/dietician, optometrist, pharmacist, mental health counselor, injury prevention specialist, audiologist, public health staff member, dentist and medical social worker. The day-long clinics have multiple stations at the Health Center as well as home assessments by medical social work, physical therapy and injury prevention staff. The professional assessment team meets after each clinic day to share clinical findings and make recommendations. Participants get written recommendations and information to further improve their health.

Future plans include local elder care training for community caregivers given by Central New Mexico Workforce Training Center and additional training for health care providers at the New Mexico Geriatric Education Center. If you are interested in this training, contact Lisa Maves at (575) 834-3049.

Participants and families are very positive about the thoroughness of the screenings and care. Finding the information "very helpful," participants recommend the clinics to other community elders.

Elder Assessment Clinics are scheduled monthly by appointment only. Call Paul Gooris, PA, at (575) 834-3029 or Lisa Maves at (575) 834-3059 for more information.

The Elder Assessment Team discuss a case.



APPLAUSE













Vonda Baca, RN, and Medical Assistant Ann Marie Loretto accepted an award from The New Mexico Immunization Coalition on behalf of Jemez Health Clinic providers for immunizing more than 90% of children in our community. NM Department of Health Cabinet Secretary Dr. Alfredo Vigil (left) and First Lady Barbara Richardson (second from right) were among the presenters.

"This is a very important accomplishment and we congratulate your entire practice," wrote Executive Director Ann Pentler in a letter to JHHS providers.












HEALTH & HUMAN SERVICES

*Smart Women Get Tested!***WOMEN'S SCREENING
TEST CHECKLIST**

-  **WEIGHT** Every year.
-   **CHOLESTEROL** Every year starting at age 45. If you are under age 45 and you have diabetes, high blood pressure or a family history of heart disease, or if you smoke, ask your doctor.
-  **BLOOD PRESSURE** At least every two years if it's normal. If your blood pressure is high, ask your doctor.
-  **DIABETES** Check blood sugar levels every year if you have high blood pressure or high cholesterol. If you have diabetes, ask your doctor.
-  **BREAST CANCER** Get a mammogram every 1 to 2 years starting at age 40.
-  **PAP SMEAR (CERVICAL CANCER)** Get a Pap smear every 1 to 3 years if you are between the ages of 21 and 65 and have ever been sexually active.
-  **BONE DENSITY (OSTEOPOROSIS)** Get a bone density test starting at age 65. If you are between 60 and 64 and weigh 154 lbs. or less, ask your doctor.
-  **SEXUALLY TRANSMITTED INFECTIONS AND HIV** Get tested for chlamydia if you are 25 or younger and sexually active. Tell your doctor if you have any risk factors and ask about being tested for other sexually transmitted infections.
-  **COLORECTAL CANCER** At least every 10 years starting at age 50.
-  **DEPRESSION** If you've felt down, sad or hopeless over the last two weeks or feel little interest or pleasure in doing things, ask your doctor.
-  **IMMUNIZATIONS** Ask your doctor if you need updates on your flu, tetanus, pneumonia, shingles or other vaccinations.

*Real Men Get Tested!***MEN'S SCREENING
TEST CHECKLIST**

-  **WEIGHT** Every year.
-  **CHOLESTEROL** Every year starting at age 35. If you are under age 35 and you have diabetes, high blood pressure or a family history of heart disease, or if you smoke, ask your doctor.
-  **BLOOD PRESSURE** At least every two years if it's normal. If your blood pressure is high, ask your doctor.
-  **COLORECTAL CANCER** Starting at age 50, at least every 10 years.
-  **DIABETES** Check blood sugar levels every year if you have high blood pressure or high cholesterol. If you have diabetes, ask your doctor.
-  **SEXUALLY TRANSMITTED INFECTIONS AND HIV** Tell your doctor if you have any risk factors and ask about being tested.
-  **DEPRESSION** If you've felt down, sad or hopeless over the last two weeks or feel little interest or pleasure in doing things, ask your doctor.
-  **IMMUNIZATIONS** Ask your doctor if you need updates on your flu, tetanus, pneumonia, shingles or other vaccinations.
-  **PROSTATE** Men over age 50 should get prostate health screenings every year. *(See page 9.)*

If you have any questions, call the Jemez Clinic at (575) 834-7413.

HEALTH & HUMAN SERVICES

PARENTS!**LET US HELP WITH YOUR SUMMER PLANS!****SATURDAY HOURS FOR SCHOOL PHYSICALS!****8 A.M. TO 2 P.M. SATURDAY, JUNE 12****8 A.M. TO 2 P.M. SATURDAY, JULY 10****8 A.M. TO 2 P.M. SATURDAY, AUGUST 14****OR COME BY IN MAY BEFORE SCHOOL ENDS.****Parents MUST come to the Clinic with their children.****Forms are available at the Jemez Health Clinic. Please complete the exam forms BEFORE your child's exam. and bring your child's immunizations records.***From the Doctor's Desk*

By Gregory L. Darrow, MD, Medical Director

UNDERSTANDING PROSTATE CANCER SCREENING

The prostate is a small (walnut sized) gland located between a man's bladder and rectum. Prostate cancer may not create symptoms for many years, so men may not know they have the disease. Doctors use screening tests to check for prostate cancer in men who don't have symptoms.

How Common Is Prostate Cancer?

Prostate cancer is the most commonly diagnosed cancer in men, affecting about one in every five men. It develops slowly for a long time. Some men may notice blood in the urine, have difficulty urinating, or feel fullness in the lower abdomen. Many men never have any symptoms.

Early detection through screening is very important. Survival rates are much higher if the cancer does not spread outside of the prostate.

Who Is More Likely to Get Prostate Cancer?

Although we can't predict who will develop prostate cancer, there are several risk factors, including:

- a family history of prostate cancer.
- a high-fat diet.
- getting older.

What Is BPH?

Benign prostate hypertrophy (BPH) is another disease that is more common as men get older. The prostate gland grows larger and can push against the bladder and urethra (the tube

that carries urine from the bladder), causing problems with urination. This abnormal growth of prostate cells is not cancerous.

Urinary problems in men are more likely to be caused by BPH than by cancer. Symptoms may include difficulty starting or stopping the urinary stream, dribbling when trying to stop, and getting up several times at night to urinate.

What Types of Screening Tests Are Used?

Two types of tests may be used together:

Digital rectal exam. For this test, the doctor wears gloves to check the man's rectum. Because the prostate is located near the rectum, the doctor can feel the gland and check for any hard or lumpy areas.

Prostate-specific antigen (PSA) is a blood test that checks the protein made by prostate cells. Higher PSA levels can mean prostate cancer, but could also indicate BPH or an infection. Prostate cancer can't be diagnosed on a PSA test alone. The PSA test is used to decide if further testing might be necessary.

When Should I Be Screened?

Men should be screened for prostate problems starting at age 50. Then they should have yearly checks for the rest of their lives. It only takes a few minutes to have the necessary screening, but the results could be life-saving.

Men age 50 or over should start their prostate screening plans now. Come to the Jemez Health Clinic and see a provider for screening tests.

MAY IS MENTAL HEALTH MONTH

What is Good Mental Health?

Everyone has challenges, stresses, demands and disappointments in life. "Good mental health" is about having the internal tools, resources and capacity to face life problems and handle them, sometimes alone, sometimes with help.

It's easy to recognize good physical health: healthy people are active, have enough energy for their daily tasks, maintain a proper weight, sleep well, have little or no chronic pain, don't get sick easily or often, and successfully manage any chronic conditions they may have.

Mental health is about how people think, feel and act. In general, people in good mental health:

- ◆ Have a positive attitude about life.
- ◆ Feel good about themselves and others.
- ◆ Act responsibly in their work, relationships and families.

Mental health is like physical health in many ways. Most people feel "down" sometimes, just like most people get colds sometimes. You can't prevent every emotional upset, just like you can't prevent every illness. Good mental health and physical health are equally important for a happy life.

About Stress

Stress is a fact of modern life. Some stress is normal; it's your body's way to

prepare for a challenge or threat. The physical reactions are the same, whether you're facing a job review or a charging bull:

- ◆ Faster heartbeat and breathing.
- ◆ Higher blood pressure.
- ◆ Increased perspiration.
- ◆ Tense muscles and clenched teeth.
- ◆ "Butterflies" in the stomach.

But too much stress, stress that continues over a long period of time, or stress that's triggered too often and too easily, can be harmful. Physical harm can include heart problems, ulcers, headaches and other health problems, including type 2 diabetes. Psychological harm can include depression and anxiety.

Learn to Cope with Stress

Limit stressful situations. Identify what—or who—adds to stress and make changes.

Get organized. When you're already late and can't find your keys, you create unnecessary stress. Make a schedule, keep essential items in a specific spot, and take care of issues as they come up to avoid a pile-up of unfinished tasks that create more stress.

Talk with others. Don't keep your frustrations to yourself. You'll feel better if you talk with a friend. Friends may have some good ideas to help you solve your problems, and they'll

BEHAVIORAL HEALTH

certainly have a different perspective that can make a big difference.

Learn relaxation techniques. Deep breathing, meditation, prayer and muscle relaxation are some ways to relieve stress.

Get moving. Research shows that exercise is a great stress-reducer. Add in the other health benefits, and regular physical activity is one of the easiest and most effective ways to safeguard both mental and physical health.

Get Help When You Need It

If you feel like your stress levels are severe, or are lasting a long time, or are affecting your job, schoolwork, relationships or your physical health, get help. Needing help is not a sign of weakness. Just like you would see a health care provider to treat a broken bone, seeing a mental health professional when you need to is the smart thing to do.

The Jemez Behavioral Health Program offers counseling and therapy for all types of mental health issues. Most mental health problems can be easily treated by trained professionals. A psychiatrist is on staff who can prescribe medication if needed.

Don't wait to get the help you need. Call (575) 834-7258 to make an appointment.

All calls are strictly confidential.

Welcome Mat



Keahi Kimo Souza, MSW/MS, has joined the JHHS Behavioral Health Program as the new Program Manager. He is a familiar face in Jemez after speaking at conferences and other events.

Originally from Hawaii, where he was a diver and ship captain, Keahi worked with the Behavioral Health and Social Services Programs at the Pueblos of Santo Domingo and Zuni. He has a special interest in gangs and human trafficking

and the prevention/intervention of these types of violence. He brings a range of experience that will benefit our community.

"I am very happy and excited to be here," Keahi says. "Because water is so important to this community as it is to mine, I feel a real kinship."

DENTAL CLINIC

Tooth Truth: Did You Know?

- ❖ Children who loose teeth because of cavities may fail to thrive, have poor speech and low self-esteem.
- ❖ Children who have painful teeth and gums are distracted and can't concentrate on school work.
- ❖ Children with cavities often weigh much less than other kids their age because they can't eat properly.
- ❖ Poor dental health is linked to lower school performance, poor social relationships, and less success in life.
- ❖ People who are missing teeth must limit their food choices because of chewing problems and may have poor nutrition.



Civics/Government Students Head to Washington, D.C.

Submitted by Frances Strain
 Walatowa High Charter School Civics/Government Teacher

Thirteen high school civics and government students will head to the nation's capitol with two chaperones and a group leader on May 29 for a five-day visit. Eight students are from Jemez Pueblo and five are coming from Zia Pueblo. Stephanie Toledo and Thomas Fragua will chaperone and Frances Strain will lead the group.

The cost includes hotel accommodations, all meals, round-trip air fare, a tour bus and tour guide, hotel security and emergency medical services. Parents and students raised most of the funds with bingo games, food sales, a raffle and other sources. The fund-raising was truly an example of parental involvement and support at its best. World Strides, the tour company, awarded scholarships to eligible applicants. Walatowa High Charter School (WHCS) contributed money from the Exemplary Grant. Two students received funds from Futures for Children. The Zia tribe helped their students and one Zia student got a contribution from the Ute tribe in Colorado.

In addition to the sites all tourists enjoy in Washington, Jemez tribal member Anabelle Toledo is arranging visits to the U.S. Department of Education and the Indian Health Service. A trip to the Department of Energy was set up directly with that department. U.S. Representative Ben Ray Lujan arranged a tour of the US capitol building and Statuary Hall, where students will see the statue



Students heading to the nation's capitol include (left to right, back row) William Bacca, Mark Toledo, Alonzo Peralta, David Pino, Jensen Fragua, Kyle Littleman, Russell Gachupin, and (left to right, front row) Gregorio Gachupin and Jenna Calabaza. Travis Lucero, Jose Toya, Joylyn Toya and Juan Washington (not pictured) will also join the trip.

of Po'Pay, leader of the first American Revolution. Senator Jeff Bingaman's office is scheduling a tour of the White House. Students will also see the Holocaust Museum, other memorials including the Vietnam War Wall, some of the Smithsonian Museums, and the Native American Museum. They will also enjoy a view of the city from atop the Washington Monument and visit Ford's Theater and the Petersen House, Arlington Cemetery and the National Zoo.

WHCS's study-abroad program includes plans for Ms. Strain's civics/government classes to visit Washington every year.

HEAD START DISABILITY PROGRAM

Is your child receiving early intervention services and ready to transition into Head Start?

Do you think your child needs special help?

The Head Start Disabilities Program provides disabilities services to children ages 3 to 5. Through the Jemez Valley School District, Head Start can provide a wide range of services from identification to placement and therapy. Parents can also receive training on parenting skills and special education.

If your child is a Native American Pueblo Parent Resource (NAPPR) client and is eligible, he or she can continue to receive therapy at Head Start. Head Start will work with the Parents and Early Interventionist for a smooth transition from an early intervention program into Head Start.

If your child turns 3 years old before Sept. 1, your child may be eligible for Head Start.

Children with disabilities are given enrollment priority.

For more information about Head Start enrollment and eligibility criteria, call Dorell Toya at (575) 834-7366.

Native Vision Sports & Life Skills Camp

JUNE 10 – 12

SANTA FE INDIAN SCHOOL

FOR BOYS AND GIRLS 10 YEARS AND OLDER

**Breakfast and lunch provided
 Transportation will be provided**

Pick up and drop off registration forms at Sheila Toya's office in the Public Health Program at the Jemez Health Clinic.

Registration deadline is Wednesday, June 8.

If you have questions or need more information, call (575) 834-7207, ext. 277.

EDUCATION

COLLEGE MENTORSHIP PROGRAM

Submitted by Leander Loretto, Vista Volunteer

On Friday, March 26, the Mentorship Program gathered at the Isleta Pueblo Fun Connection Center for its second meeting. Launched in mid-November, the Mentorship Program pairs college students or graduates with high school seniors to prepare them for college.

Twenty-two seniors from Jemez Valley High School, Santa Fe Indian School and Walatowa High Charter School are being mentored by 17 college and graduate students from the University of New Mexico, New Mexico State University, Central New Mexico Community College, Institute of American Indian Arts, Emmanuel College, University of Colorado at Boulder, and Haskell Indian Nations University. Mentees and mentors stay in touch through the semester via email, text, phone or one-on-one meetings.

At Isleta, the group chatted over pizza. The discussion included college choices, scholarships, financial aid and other college information. Students shared their successes in applying to college as well as problems they encountered when preparing for school. Most of the seniors had already applied to colleges and been accepted. Many had completed their financial aid



applications and in the process of applying for scholarships.

After the discussions, the group was recognized for their hard work and dedication to the program. Bowling and laser tag capped the evening break from school and work. Each student sincerely appreciated the mentorship program and the Department of Education.

If you are interested in being a mentee or a mentor, contact the Higher Education Center at (575) 834-9102.

Walatowa High Charter School Early College Program

Submitted by Arrow Wilkinson, Walatowa High Charter School Assistant Principal and Early College Coordinator

Who says you have to finish high school before you go to college? Walatowa High Charter School (WHCS) is an early college/public charter high school right here on the Pueblo of Jemez where high school students can earn college credit.

With about 61 students and 14 staff members, WHCS takes a different approach to academics and achievement. Students are exposed to a challenging curriculum, which includes college course work, starting in the freshman year of high school. Because of its alliances with the Institute of American Indian Arts (IAIA), University of New Mexico (UNM), Central New Mexico Community College (CNM) and UNM-Los Alamos, students have access to many opportunities not afforded to students at traditional high schools. Students take college courses and have the opportunity to earn up to 30 hours of tuition-free college credit prior to high school graduation.

“Because of these partnerships, we could provide supplemental humanities, English and math courses through the American Indian Arts Institute-Expanding the Circle Project,” Arrow Wilkinson explains. “These courses were designed to better prepare our students for their college and/or workforce readiness.”

WHCS works hard to prepare students to compete with traditional students at one of our partnering institutions. “Walatowa High Charter- Early College Academy challenges students to develop higher level thinking skills,” says WHCS Principal Tony Archuleta. “Besides offering a smaller classroom setting, our teachers employ holistic learning strategies that include writing to learn, scaffolding, literacy improvement, questioning, experiential learning and collaborative group work. We hold all students to a high standard of excellence, and support their rigorous curriculum through the Early College Program at each grade level.”

The benefits of participating in such a program are extraordinary. For students like Delfino Castillo, the experience is invaluable. “With the dedication and support of all the teachers and principal Tony Archuleta, we all developed an appreciation for the program. We learned about life and the importance of an education.”

The academic achievements and readiness of WHCS students have sparked rave reviews from partnering schools. As a WHCS senior and CNM student, Delfino was recently high-

Continued on page 15

EDUCATION

Early College Program

Continued from page 14

lighted in the March CNM academic newsletter for his educational commitment.

“This experience is a blessing,” Delfino adds. “The WHCS Early College Program has provided me the opportunity to get a head start on my college career.”

Castillo loved the small class size at CNM. “The classroom was not full of students, which gave the instructors a chance to really get to know all of us. It helped to develop a strong teacher-student relationship, making it easier to learn.”

All students are participating in ENG. 98/99, Math 98/99 and Creative Processing (Humanities-11th grade) as supplemental instruction provided by the American Indian Arts Institute Expanding the Circle Project. Adjunct Professors Nora Yazzie, Jaymes Dudding and Ron Krueger facilitate the program.

If you know a student who would be interested in the early college Program next year, contact WHCS at (575) 834-0443.

STUDENT SCHOLARS

The following students enrolled at one of the WHCS off-campus partner institutions 2009-2010 school year:

Chris Gachupin	UNM-Los Alamos/ IAIA
Arlan Romero	UNM-Los Alamos
Delfino Castillo	CNM
Ursula Toribio	UNM-Los Alamos
Marianna Loretto	UNM-Los Alamos/CNM
Mary Beth Toya	UNM-Los Alamos/UNM
Scott Toledo	UNM-Los Alamos/UNM/CNM
Dillon Toya	CNM
Wesley Toya	UNM-Los Alamos
Krystan Fragua	IAIA
Kevin Toya	UNM
Lynette Fragua	UNM

Congratulations!

Jemez Valley Public Schools

Jemez Valley Elementary and Middle Schools

By Brad Parker, Principal

At the end of a school year, our staff and students should be gearing up for next year. If you want to see what’s ahead for your student, such as next year’s performance standards, go to www.ped.state.nm.us/standards where you will see exactly what your student needs to learn. There are always down times through the summer when students have absolutely “nothing” to do. Please remember two things that will always help your student. First is to READ at least 20 minutes each day; second, start teaching the performance standards for the upcoming year.

Students spell love: T-I-M-E. Take some time now to ensure your students have something substantial to do over the summer. If you can take time off from work, do something special with your student. Create new memories. Our students are only young once. I know first hand that these years go by FAST! When they’re older, you won’t say, “Wow, I wish I had spent more time at the office.”

Day to Day Marvels at Jemez Valley High School

By Larry DeWees, Principal

Did you know that learning to read is a challenge for almost 40 percent of kids across America? The good news is that with early help, most reading problems can be prevented.

Everyone who comes in contact with our students must encourage reading. Children must be read to, read with, or encouraged to read independently every day. Reading is like any

other skill: it must be practiced often to keep up the skill level. I see students struggle because they don’t have the vocabulary skills or the physical stamina to read for extended periods of time.

We need to go back to basics in reading and writing, including grammar. We must make sure our young people have access to a wide variety of print resources that will foster their independence, confidence and lifelong desire to read. Students need many opportunities to choose reading materials that are interesting and engaging. By providing an abundance of reading materials and exhibiting a positive attitude about reading and writing, parents and school systems can partner to create a successful environment for students’ lifelong reading success.

Students need to find and understand the important, useful and difficult vocabulary words in the materials they read before they read the text for comprehension. They can learn the skill of skimming the material before reading it for comprehension. This will help them remember words and improve comprehension. Have students use new vocabulary words both verbally and in writing so they are better able to remember the words and their meanings.

North South All Star

Dellynn Chinana has been selected as a North South All-Star for the 1A/2A Girls Basketball All-Star Game at the inside position. We are extremely proud of this Lady Warrior. Dellynn is a senior and will be missed greatly not only as an athlete, but as a student and all-around great young lady with high morals and standards.



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CONSTRUCTION ADVISORIES

Head Start Road construction has started. The survey team marked utilities' locations. The markers do not show where construction will occur; the road will not be built in residents' yards.

Every effort will be made to keep traffic lanes open, but there will be delays. Please be extra careful to avoid heavy equipment and road workers.

Day School Road project to replace damaged culverts will start around May 10. There will be a DETOUR around the construction site. **The site will be very dangerous, so please do not enter the construction zone.**

Please be extra careful around these construction areas. If you have questions, call David Deutsawe at (575) 834-0319.

TRANSPORTATION STUDY

The winners for the transportation survey prizes are Odessa Waqui and Gabriel Toya. Thank you all for helping get the surveys completed and sharing your valuable opinions and suggestions.



20TH ANNUAL TOWA RED ROCKS ARTS & CRAFTS SHOW 10TH ANNUAL STARFEATHER POW-WOW Memorial Day Weekend May 29-31 9 a.m. - 5 p.m.

Featuring artists' demonstrations by:
Benjamin & Geraldine Toya: *pottery*
Robert Chinana: *silver jewelry* Clara Gachupin: *pottery*
James Vigil: *sculpture* Duane Dishta: *paintings*

Live remote broadcasts with KUNM's Singing Wire, native dances, drum groups and more. Free admission and parking. For more information, call Ralph Sarracino at (505) 249-3417.



VOTER REGISTRATION

**EXERCISE YOUR RIGHT TO VOTE
Tuesday June 1 is Primary Election Day**

Early In-Person Voting May 15 to May 29

**Pueblo of Jemez Early In-Person Voting
Wednesday, May 19 and Thursday, May 20
12 noon to 8 p.m. at Jemez Civic Center**

ONLY those who are registered with either the Democrat or Republican parties are eligible to vote in this election. For more information, contact the NAEIP Office at (505) 934-8826.