



THE

Walatowan

RED ROCK REPORTER

JANUARY 2020

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PUEBLO OF JEMEZ WELCOMES NEW TRIBAL LEADERSHIP

Governor

David M. Toledo

First Lt. Governor

John Galvan

Second Lt. Governor

Elston Yepa

Sheriff

Edwin Sando

Governor's Aides

Emiliano Chavez
Darryl Madalena

Isaiah Chinana

Cedric Fragua
Merle Madalena

Head Fiscale

Michael Sandia

Assistant Fiscale

Cornell Magdalena

Fiscale Aides

Trevor Armijo
Brandon Pecos

Warren Armijo

Myron Mora
Orion Sando

Pumpkin War Captain

Severiano Toya

Turquoise War Captain

Phillip Madalena

Pumpkin War Captain Aides

Elden Gachupin
Dominic Loretto
Eric Lucero
Patrick Lucero
Arthur Sandia

Turquoise War Captain Aides

Corey Baca
Titus Fragua
Chris Gachupin
Zachary Toledo
William Toya



2020 Tribal Governors

Governor
Governor David M. Toledo

1st. Lt. Governor
John Galvan

2nd. Lt. Governor
Elston Yepa

Tribal Council

Joe Cajero
Paul S. Chinana
Raymond Gachupin
Frank Loretto
J. Leonard Loretto
Raymond Loretto, DVM
José E. Madalena
Joshua Madalena
J. Roger Madalena
David M. Toledo
José Toledo
Michael Toledo, Jr.
Paul Tosa
Joseph A. Toya
Vincent A. Toya, Sr.
David R. Yepa

The Walatowan January 2020 Edition

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“Healthy Lifestyle of our Ancestors: Role Models of a Healthy Future”

Historic Photo Display at the Tribal Administration Building

Submitted by Cornell Magdalena, Public Health Advocate

The community is invited to the Tribal Administration Building to view canvas prints of historic photos of life in the Pueblo of Jemez. The idea for the exhibit came from 2nd Lt. Governor Elston Yepa who wanted to pursue the idea of displaying old photos at the Tribal Administration building after seeing a similar display at the Walatowa Fitness Center. He thought a similar display would be great to have at the Tribal Administration building which houses offices of the Governors and Tribal Council chambers.

An initial meeting in August 2019 included 1st Lt. Governor John Galvan, 2nd Lt. Elston Yepa., Chris Toya, Jemez Historic Preservation Officer, and Cornell Magdalena, Public Health Advocate. The group chose the pictures they wanted to display.

“The Governors wanted to display these images of our ancestors to show our beautiful landscapes, agricultural practices, tribal leadership, our Jemez people, and our culture. These images depict stories of our ancestors which reflect how they maintained balance since time immemorial in preserving language, tradition and culture,” says Cornell. “This collection shares memories of the past and how we can continue to preserve our traditions for generations to come. The health of our ancestors is a model for a healthy future that we need to learn from and build upon.”

With the help of JHHS, canvas prints were purchased. Thanks to Melissa Stone and Basil Pena for their support for this project. Other canvas prints will be displayed at the CRC building as well, where many meetings are held.

“The display is awesome,” Cornell adds. “It was a heartwarming experience to work on the images to make them come to life. These pictures tell their own story of how life was in the past. We are very fortunate that we continue to maintain balance in our traditions and culture for the good of our people here in Jemez.”



(Left to right:) Cornell Magdalena, Basil Pena, 2nd Lt. Governor Elston Yepa, Governor David M. Toldedo, 1st. Lt. Governor John Galvan, JHHS Director Melissa Stone.

FROM THE GOVERNORS

Happy New Year to Everyone:!

As we begin a New Year and a new decade, it is with great honor and respect as your appointed 2020 Governors, Governor David M. Toledo, 1st Lt. Governor John Galvan and 2nd Lt./Pecos Governor Elston Yepa, that we send you a message of good tidings.

May we work together to bring about the change that is needed in our community by helping one another. We need each other to accomplish our goals and dreams. Always be grateful for what you have, and if there is something lacking in your lives, please don't hesitate to ask for help. Choose your words wisely as you speak, as words can be piercing and remain with us for life; therefore, be respectful and speak kindly to one another. To get the full benefit of life, we all need to take care of our Health, Mind, Body and Spirit. May Creator and the Ancestor Spirits hear and answer our prayers that we offer daily.

On Friday, Dec. 20, 2019, a Pueblo of Jemez Employees Holiday Gathering was held at the Walatowa Youth Center. After working hard together throughout the year, Tribal Leadership decided to bring all staff, Tribal Council and Religious Leaders together annually and celebrate. Instead of programs spending funds at venues away from the Pueblo to celebrate, Tribal Leadership decided to utilize the Youth Center and compensated tribal members who catered delicious meals.

The evening was enjoyed and filled with good company, food, holiday music, a holiday sweater contest and raffle. Audience applause determined the winners of the holiday sweater contest: First Place \$100 went to JP Romero, Second Place \$75 went to Randy Gachupin and Third Place \$50 went to Beverly Scott. The grand finale raffle winner was Shalana Gachupin who won a 55" flat screen TV.

A special thank you to the planning committee and volunteers who coordinated and set up this event and to all those who attended.



Additionally, a special thank you to Mr. and Mrs. Alex Tosa, who graciously opened their home with warm hospitality to honor Christ Jesus and the Holy Family throughout the twelve days of Christmas. May God bless Mr. & Mrs. Tosa, their family, relatives and our entire community with good health and happiness.

TRIBAL COUNCIL

Tribal Council Report

Pueblo of Jemez departments, programs and tribal administration submitted the following resolution for Tribal Council approval.

TC-45. Authorized the establishment of a Tribal Habitat Stamp of \$5.00 to be collected for each tribal member's hunting application. The fees will be used to sustainably manage the wildlife population on Pueblo of Jemez Trust Lands, and provide the best opportunity to Jemez Pueblo hunters.

TC-46. Approved the Repository Agreement Between the Pueblo of Jemez and The Maxwell Museum of Anthropology, University of New Mexico. The Pueblo of Jemez Natural Resources Department (NRD) and the Tribal Historic Preservation Office (THPO) have been responsible for the protection and preservation of Jemez cultural properties, which includes but does not limit archaeological resources, traditional cultural properties (TCPs), and objects of cultural patrimony held in public institutions as stated under NAGPRA. The Pueblo of Jemez Cultural Committee consists of the Traditional Religious Society members, who the Pueblo calls upon as expert witnesses on issues relating to NAGPRA and cultural issues.

There is a need for a climate controlled and high security storage facility to house the Pueblo of Jemez sacred objects, objects of cultural patrimony and other cultural artifacts that have been repatriated under NAGPRA from institutions across the United States. The Maxwell Museum of Anthropology located on the University of New Mexico main campus in Albuquerque has agreed to share its storage facility to house the Pueblo of Jemez sacred objects, objects of cultural patrimony and other cultural artifacts.

TC-47. Amended Tribal Council Resolution No. 2016-23 delegating to the Governor certain governmental authority of the Pueblo of Jemez over the Santa Fe Indian School Trust Lands.

The United States of America took into trust 115 acres of land, which includes the Santa Fe Indian School (SFIS) and the Indian Health Service Unit properties, for the benefit of the 19 Pueblos in New Mexico ("the SFIS Trust Lands") pursuant to the Santa Fe Indian School Act, 114 Stat. 2868, (2000.) The Santa Fe Indian School Trust Land is part of Indian Country and is not subject to state, county or city laws. In 2004, the 19 Pueblos, including Pueblo of Jemez, delegated their authority on all matters related to the governance, operation and administration of the SFIS Trust Lands to the Santa Fe Indian School, Inc. and its Board of Trustees, the entity also responsible for educational functions of the Santa Fe Indian School.

In 2012, in response to Governors' concerns that economic development and governance of the SFIS Trust Lands was taking precedence over education activities, the SFIS Inc. Board of Trustees adopted Resolution No. 20120511 committing to the separation of the educational functions of the school and the economic development projects on the SFIS Trust Lands and further committing to work for consensus with the 19 Pueblo Governors and their Tribal Councils before proceeding with the establishment of any type of governance activity.

At a special Governors meeting in July 2015, the Governors adopted Resolution No. 20150720 reaffirming their support for the separation of governance functions for the SFIS Trust Lands from the SFIS educational functions, and establishing a Governance Subcommittee consisting of Governors and other designated tribal representatives to analyze the options for a separate governance structure. The 19 Pueblos established the Albuquerque Indian School District (AISD) as the governmental entity responsible for the Albuquerque Indian School trust lands with the governing authority exercised by the AISD Governing Council, comprised of the 19 Pueblo Governors.

The Governors adopted the Governance Subcommittee's recommendation that the governance structure in place at the Albuquerque Indian School District be used for governance of the SFIS Trust Lands and directed a transition of governance responsibilities for the SFIS Trust Lands to AISD. AISD Governing Council Resolution No. GC 2015-12, implemented that recommendation. The AISD Governing Council amended the existing AISD Charter to include new provisions on governance of SFIS Trust Lands by AISD. The SFIS member/shareholders directed the SFIS BOT to develop a stand alone SFIS District charter based on a political subdivision of the 19 Pueblos and which established the land-use limitations in the SFIS Act.

The AISD recently changed its name to 19 Pueblos District and remains the same entity pursuant to the same charter. The Pueblo of Jemez Tribal Council adopted Resolution 2016-23 on April 15, 2016, and now amends it by removing reference to AISD and replacing those references with the proposed Santa Fe Indian School District.

1. Tribal Council repeals in its entirety Resolution No. 2004-17 that delegated governance authority over the SFIS Trust Lands to the SFIS, Inc. and its Board of Trustees; provided that the Board of Trustees is authorized to

TRIBAL COUNCIL

Tribal Council Report, *Continued*

exercise such governance authority over the SFIS Trust Lands in the interim period until the Santa Fe Indian School District ("SFISD") Governing Council properly assumes governance jurisdiction over the SFIS Trust Lands.

2. Tribal Council hereby approves and authorizes the SFISD Governing Council to be responsible for all governance matters on the SFIS Trust Lands.

3. Tribal Council authorizes the Governor, when sitting as a member of the SFISD Governing Council, to exercise governmental powers of the Pueblo on behalf of Tribal Council over all matters related to governance of the SFIS Trust Lands.

4. The Governor's exercise of any power delegated by this Resolution shall not apply on any land subject to the jurisdiction of the Pueblo of Jemez other than the SFIS Trust Land.

5. The decision whether to exercise any of the powers delegated by this Resolution is left to the sound discretion of the Governor.

6. The SFISD Governing Council shall make certain that all revenues derived from the Santa Fe Indian School Trust Lands shall be used for the benefit of the Santa Fe Indian School and Pueblo education.

7. The SFISD shall provide operational budgets, comprehensive quarterly reports and financial statements relating to the SFIS Trust Lands governance operations.

8. Tribal Council authorizes that the SFIS, Inc. Board of Trustees continue to be responsible for all educational

functions of the Santa Fe Indian School until such time as there is a change in the educational structure to establish a separate school board to handle the educational mission of the Santa Fe Indian School.

December 20, 2019

TC-48. Authorized the Health And Human Services Department (JHHS) to implement a Specialty Care Tribal Fund and adopted the Specialty Care Fund Policies and Procedures. Tribal Council Resolution No. 2019-30 dedicated a portion of general fund revenue to pay for specialty health care services for Jemez Tribal members living in New Mexico outside of Sandoval County and dedicated \$169,682 to pay for these services annually. JHHS has developed eligibility, policies and procedures for this program. The Specialty Care Tribal Fund is for Jemez Enrolled Tribal Members living outside Sandoval County in New Mexico, and includes adults and minors under the age of 18 years. The fund is limited to available annual funds appropriated by Tribal Council, and is the payer of last resort. The Specialty Care Tribal Fund pays for specialty care costs including public and private providers, copays, coinsurance, deductibles and Priority I and Priority II services.

TC-49. Appointed the following individuals to the Pueblo of Jemez Housing Authority Board of Commissioners: Monique Fragua, Chair, four years; Steven Mora, four years; Hilario Armijo, three years; Eleanor Tafoya, two years; Cornell Magdalena, one year.

TRIBAL ADMINISTRATION

Pueblo of Jemez Job Opportunities

Apply online at www.jemezpueblo.org.

For more information, contact the Human Resources Department at (575) 834-7359.

Pueblo of Jemez

General Ledger Accountant	Full Time
Probation Officer	Full Time
Assistant Controller	Full Time
Certified Police Officer	Full Time
EMT Paramedic	Part Time (3)
EMT Intermediate	Part Time (3)
Creative Team Member	Temporary Part Time

Health & Human Services

Help Desk I IT Program	Full Time
Help Desk II, IT Program	Full Time
Administrative Officer	Full Time
Clinical Care Coordinator	Full Time
Registered Nurse	Full Time
Physician	Full Time
Staff Dentist	Full Time
Nurse Manager	Full Time

BEHAVIORAL HEALTH

Taking Back Our Community Part II Continued: Treatment and Healing

The Power of Self-Healing featuring Blaine Constant and Mary Black

Submitted by Lena Gachupin, Program Manager, MSW, LISW, LCSW

*"It's time our people place hard issues on the table to understand "why" things are happening the way they are.
We all have the answers within and we need to work together to help each other."*

*"The conference was great, especially the presentations. I wish there were more community members who attended.
I hope there will be another conference and all the local schools attend."*

"The presentation was awesome; I learned a lot of information about meth and drugs."

After a very successful conference in July on the methamphetamine problem and how it affects our community, a second conference was held on Tuesday, Nov. 26. *Taking Back Our Community, Part II* was even more powerful than the first. The combined attendance at both conferences was 400. This article is an extension from the December 2019 *Walla-towan Red Rock Reporter*, and includes feedback received from the community.

Presenters Blaine Constant and Mary Black focused on several important issues: *How Meth is Used, Symptoms of Meth Use, Crystal is Purely Chemical, All It Took is One Hit to Forever Change Our Lives, Drug Induced Psychosis, and Harm Reduction*. At the end of the presentation, they posed a question for the community members to think about: "What are some ideas/suggestions you may have for dealing with the Meth crisis in your community?"

Blaine brought attention to the following statements:

"Accept the help. Let the tears fall."

"Be the person who makes the difference."

"Use your words in a good way."

"One person can make a huge difference. Even with just a smile. It could even save a life."

Blaine shared a story about how a young man had lost hope and was on his way home. His plan was to end his life once he arrived home. However, before he arrived home a young lady smiled at him and in return he smiled back. Something as simple as a smile changed how he was feeling at that moment. That evening, he decided not to take his life. "That woman saved his life with a smile."

Blaine and Mary spoke from within with a true passion to make a change and send the message to those addicted to drugs and/or alcohol that there is hope. They repeated that the person is addicted because there "is something broken inside." There is nothing we can do until the person is ready for change and to face what is "broken." It is very important to never shame the person or belittle them. "Shame does not work!" Mary emphasized.

The two expressed how important it is to understand the addicted person and meet them at their level. They may have been battling their addiction for years; the result takes a toll on their mental and physical state. Treat each person with dignity and meet them at their level. It's up to the addict, to stick with their treatment plan. They need to be responsible for their own actions.

Blaine and Mary stated that although they shared the horrific accounts of what they went through battling their addictions, they were able to survive their addictions through recovery. Mary shared her upbeat hip-hop songs while Blaine serenaded us with his fiddle-playing skills. It was a great closing to their day-long presentation.



Presenters Mary Black and
Blaine Constant

BEHAVIORAL HEALTH

From Meth to Miracles, *Continued*

Panel Discussion

The conference ended with a panel discussion that included Governor David M. Toledo, 1st Lt. Governor John Galvan, Mary Black, Blaine Constant, Lieutenant Clinton Whitherspoon, Sheriff Jeremy Toya, Police Chief Emil Radosovich and Officer Pellegrini. The community posed a number of questions including what they should do when they see suspicious activity. The panel advised reporting to law enforcement staff. In addition, you should write a report of what you witness, including time, place, behavior and a description of the individual or individuals involved. "Having no written report prevents law enforcement from investigating or moving forward with what needs to be done."

Officer Pellegrini also emphasized the importance of being careful. Officers know the significance of protecting the community and its members. They handle each drug and alcohol situation with caution. They do not want the drug cartels to come into our community and harm innocent family members if a deal goes wrong with local distributors. Many factors are involved when investigating such situations. Chief Radosovich said that consequences on the federal level may result in a 10 year prison sentence.

Another person asked where these drugs are coming from and what should they do when they see a drug deal happening. Panel members noted that the drugs can come from anywhere -- a distributor in Bernalillo, bikers, gangs, etc. Blain said that the only way some change can happen is for people to come forward to report people who are selling.

Another question asked about the difference in services that have been made since the original conference in July. Chief Radosovich and Pellegrini answered that law enforcement continues to protect the pueblo and its members. They believe it is a team effort to combat drugs. It is not just a fight for law enforcement, the courts or the Behavioral Health Program. It will take a community effort to win the fight against drugs. Behavioral Health staff member Narcisso Toledo shared how the program is collaborating more with residential inpatient treatment facilities to place individuals with addictions.

We closed with words from Governor David Toledo stating that this conference educated all about the dangers of Meth. He commended and thanked the Behavioral Health Program and the planning committee for a great conference.

With support from this year's Governors, Behavioral Health will host a Veterans Wellness Conference in the coming months.

Thank you again Governor David Toledo, 1st Lt. John Galvan and 2nd Lt. Elston Yepa for all your support.

More feedback and recommendations received from the audience/community members follow:

The conference was a success. I believe that community members walked away with a better understanding of what Meth is and what it can do. They were left with some key recommendations on how to get involved to make the pueblo a better place. Blain praised the community with his kind words, "I commend the Pueblo for coming together to heal. A conference like this brings the community together."

An awesome presentation. Mary was so good, I was literally in her shoes, so intense like a roller coaster ride: excitement, fear and the pain left.

This conference was very emotional and interesting. I wish my husband was here to hear your presentation.

Very touching, I came from a home where there was alcohol.

I am thankful for the officials and the Law Enforcement for all that they do for our people. May they always go home in one piece to their families.

The Law Enforcement and leadership panel was good; excellent information for the community.

This conference is a wake-up call for our community and for our high school students who were here to listen and realize that life should be great without drugs and alcohol. ... The ones who are using all this crap, they should be here.

Thank you for this great conference. It makes you realize how fortunate we are to have this program for our community.

The panel was a great idea as well.

Thank you to all that made this happen

Behavioral Health staff did a great job as at every educational conference I've attended.

Recommendations from participants:

- Educate families
- Protect our children
- Many attendees asked for a Youth Conference with a focus on substance use.
- An annual Mental Health Conference
- Many asked for ongoing prevention/education on substance use for children/youth and adults.

Support Groups

- Starting AA (Alcoholics Anonymous) and NA (Narcotics Anonymous) groups. Beaver Northcloud has offered to start an Alanon group to help those who are close to a person who is addicted.
- Starting a Neighborhood Watch.

SOCIAL SERVICES

A Survivor's Story

By Anonymous



I had a conversation with someone that had me thinking that I need to put this out there. I have spent years dealing with my personal demons, dealing with the abuse I have had in my life, trying to heal and failing many times. I have had so many people come in and out of my life. Often I realize that I am a strong advocate for my clients and yet in my personal life, I failed to be an advocate for myself.

Someone I spoke with yesterday posed a question I have asked myself many times. I told her something I had heard from a teacher/presenter that rang so very true for me. As a child victim of abuse, I grew up feeling broken, dirty, shamed. My view of myself skewed like a fun house mirror. I felt ugly and unlovable. I would ask myself what was wrong with me? Why I felt that there was something in me that showed people "I am broken, use me, humiliate me, break me." I remember feeling naive and stupid. I pushed myself in school.

I wanted to be smart and excel at things in school, to show that I was not flawed and broken. I was an early bloomer so I wore baggy clothes and tried to make myself as unattractive as possible. Yet there were times I still remember boys in school who would gang up on me and pin me to the wall and grope me. It took four or five of them to hold me, because they knew if I got free, I would send them away with marks. A few I even sent to the nurse or the hospital, but it never stopped them from trying. To them it was a game; to me it was hell. Still I tried to push myself at school.

When I became an adult, my relationships were broken. I got involved with men who were abusive, in one way or another. Every time I finally got out of the relationship, I would ask myself what was wrong with me? Was I not lovable? Did I deserve to be abused? Never once did I ask the question what was wrong with these people...the ones I allowed in my life.

Fast forward to the last few years. As I listened to a person talk about how we, as abused children, look to fix the broken by repeating the cycle. We search for people who are like the people who hurt us. We do this in the hopes of changing the

outcome. If we can fix those broken people, then maybe we can fix ourselves and the broken pieces of us. And when the outcome is the same, we blame ourselves, that we were not strong enough, not smart enough, just not ENOUGH to change the past.

Not immediately, because it took time for that seed to grow, but I realized that what needed to be fixed was me. I needed to change my outcome by changing ME. That was and is the hardest thing to do. Because it is a DAILY struggle, to change my thought process, to change my perception of what is acceptable. I still am not my strongest advocate, but I am working on it. I know I can no longer be okay with people who want to use me. I know I want what is best for my children and to not have them go through the things I did. I want someone to know my story and use it to help move on to a better place in their lives. We are worthy of love that does not come with a heavy price. We are LOVABLE.

Please know that a relationship does not have to hurt. Sometimes our view of what is normal is warped by what we knew as normal when we were children. It is foreign to some of us that a relationship doesn't have to involve pain most of the time. Healthy views of ourselves can give us healthy relationships. Healthy relationships have healthy boundaries. It is okay to say no to people who do not have our best interests at heart. It is okay to take time for yourself and care for you.

If you are in a violent relationship, there is help. An unhealthy relationship is not just an intimate partner, it can involve family and friends. You don't have to go to the police to seek services. Services are available to you and are confidential. There are resources both within the Pueblo and outside of here as well. All you have to do is call, and we can help.

If you need help, or if you care about someone who does, please call Jemez Social Services Program at (575) 834-7117. All calls are strictly confidential.

In an emergency, always call 911. Dispatchers can locate trained personnel to assist and protect you.

EMERGENCY MANAGEMENT

Snow and Ice Removal Processes

Submitted by Jerry Lazzari, Emergency Manager

Winter storms can be trying for all of us, motorists, residents and snowplow operators alike. The goal is to remove snow and ice from pueblo roadways, sidewalks and other critical areas as rapidly and efficiently as possible while keeping roads open and essential traffic moving.

The Snow and Ice Removal Plan explains the process and services for snow removal and ice control for the Pueblo of Jemez. The goal is to return road surfaces to safe winter driving conditions as soon as considering limited resources, weather conditions and other factors. With proper use of storm forecasts, personnel, equipment, and deicing materials, we can meet this goal. However, flexibility is needed to adapt to varying circumstances and conditions during storms. The Pueblo's snow and ice control objectives are to:

- * Help Police, Fire and Emergency Medical Services fulfill their duties.
- * Provide safe, passable roads and school bus routes.
- * Provide safe travel conditions for all tribal members, employees and motorists.
- * Provide cost effective snow and ice control services.
- * Reduce productive and economic losses to the POJ government and businesses that can result from workers being unable to get to their work sites.

Winter storms include snow, sleet or freezing rain, affecting people, travel and essential services. Everyone is potentially at risk during winter storms. The actual threat depends on specific situations. Recent observations show that:

- * Most deaths from winter storms are not directly related to the storm itself.
- * People die in traffic accidents on icy roads.
- * People die of heart attacks while shoveling snow.
- * People die of hypothermia from prolonged exposure to cold.
- * Of injuries related to ice and snow, about 70% occur in automobiles, about 25% are people caught in the storm.
- * Of injuries related to exposure to cold, 50% are people over 60 years old; over 75% are males; and about 20% occur in the home.

Priorities For Snow and Ice Removal

During snow and ice conditions, calls to the Police Department, Emergency Medical Services and the Fire Department about accidents, medical or other emergency situations have top priority. Because of the high priority assigned to snow and ice control, almost all other road operations become secondary to snow removal. Roads will be plowed and have anti-icing materials applied according to priorities based on public safety, access to emergency facilities, access to schools, and traffic volume.

Understanding Winter Storm Warning Terms

Winter Weather Advisory: A Winter Weather Advisory is

issued by the US National Weather Service when a low pressure system produces a combination of winter weather (snow, freezing rain, or sleet) that present a hazard, but does not meet warning criteria.

Frost Advisory/Freeze Warning: Frost Advisory occurs when the temperature is expected to fall to a range of 36 degrees F. down to about 32 degrees F. Freeze Warnings are issued when there is at least an 80% chance that the temperature will hit 32 degrees F. or lower.

Winter Storm Watch: The National Weather Service issues a Winter Storm Watch when there is a possibility of heavy snow or potential of significant ice accumulations. The watch is typically issued 12 to 48 hours before the storm's arrival in the given area.

Winter Storm Warnings are issued for significant winter weather events including snow, ice, sleet or blowing snow or a combination of these hazards. Travel will become difficult or impossible in some situations. ***Delay your travel plans until conditions improve.***

Blizzard Warning: Seek refuge immediately! Snow and strong winds, near-zero visibility, deep snowdrifts, and life-threatening wind chill. A Blizzard Warning means severe winter weather conditions are expected or occurring. Falling and blowing snow with strong winds and poor visibilities are likely, leading to whiteout conditions making travel extremely difficult. Do not travel. If you must travel, have a winter survival kit with you. If you get stranded, stay with your vehicle and wait for help to arrive.

Freezing Rain: Rain that freezes when it hits the ground, creating a coating of ice on roads, walkways, trees and power lines.

Sleet: Rain that turns to ice pellets before reaching the ground. Sleet also causes moisture on roads to freeze and become slippery.

Wind Chill: A measure of how cold people feel due to the combined effect of wind and cold temperatures; the Wind Chill Index is based on the rate of heat loss from exposed skin. Both cold temperatures and wind remove heat from the body; as the wind speed increases, bodies lose heat more quickly. Eventually, the internal body temperature also falls and hypothermia can develop. Animals also feel the effects of wind chill, but inanimate objects, such as vehicles and buildings, do not. They will only cool to the actual air temperature, although much faster during windy conditions.

More information is available through the PoJ Department of Emergency Management. If you have questions, call (575) 834-7628 or email to jerry.lazzari@jemezpuablo.us. Thank you for your support and to help bring our pueblo closer to being prepared.

HEALTH & HUMAN SERVICES

PREVENTING CERVICAL CANCER

Submitted by Dawn Dozhier, PA-C, Physician Assistant

January is Cervical Health Awareness Month

"According to the Centers for Disease Control and Prevention (CDC,) more than half of new cervical cancer cases occur among women who have never been screened or are not up-to-date with screening."

National Cervical Cancer Coalition

Pap smears can prevent cervical cancer and provide early detection, allowing more successful treatment of cancers. Women age 21 to 65 should be screened for cervical cancer with regular Pap smears (Pap test.) Testing is recommended every three to five years, depending on the frequency and types of previous testing.

Women who have had abnormal Pap results may need to be screened more often, initially six to 12 months after the abnormal Pap smear. Women who have not been tested regularly, never had a Pap smear, or who have a history of abnormal Pap smears have the highest risk for cervical cancer. Smoking increases this risk.

All providers at the Jemez Medical Clinic can perform Pap testing. A gynecologist is available at the Clinic once a month to provide specialty care and Pap testing.

Human papillomavirus (HPV) vaccinations can prevent cervical cancer in younger women up to age 26. Boys and girls and young men and women up to age 26 should get an HPV vaccination at the Clinic.

For more information go to cancer.org/cancer/cervical-cancer. Make an appointment for a Pap smear and/or HPV screening at the Jemez Medical Clinic at (575) 834-3022.

Cervical Cancer: Symptoms and Signs

Approved by the Cancer.Net Editorial Board, February 2019.

Most women do not have any signs or symptoms of a pre-cancer, but many women with early-stage cervical cancer have symptoms. In women with advanced and metastatic cancers, the symptoms may be more severe depending on the tissues and organs to which the disease has spread. The symptom's cause may be a different medical condition that is not cancer, which is why women must seek medical care if they have a new symptom that does not go away.

Any of the following could be signs or symptoms of cervical cancer:

- ❖ Blood spots or light bleeding between periods.
- ❖ Menstrual bleeding that is longer and heavier than usual.
- ❖ Bleeding after intercourse, douching or a pelvic examination.
- ❖ Increased discharge.

- ❖ Pain during intercourse.
- ❖ Bleeding after menopause.
- ❖ Unexplained, persistent pelvic and/or back pain.

Report any of these symptoms to your doctor, even if they appear to be symptoms of other, less serious conditions. The earlier precancerous cells or cancer is found and treated, the better the chance that the cancer can be prevented or cured.

If you are concerned about any changes you experience, please talk with your provider. He or she will ask about your symptoms and other questions to help figure out the cause of the problem.

If cervical cancer is diagnosed, relieving symptoms is an important part of care and treatment. This palliative care or supportive care is often started soon after diagnosis and continued throughout treatment. Be sure to talk with your health care team about your symptoms, including any new symptoms or a change in symptoms.

Risk Factors

Risk factors are anything that increase a person's chance of developing cancer. Although risk factors often influence the development of cancer, most do not directly cause cancer. Some people with several risk factors never develop cancer, while others with no known risk factors do. Knowing your risk factors and talking about them with your doctor may help you make more informed lifestyle and health care choices.

The following factors may raise a woman's risk of developing cervical cancer:

Human papillomavirus (HPV) infection. The most important risk factor for cervical cancer is infection with HPV. HPV is common. Most people are infected with HPV when they become sexually active, and most people clear the virus without problems. There are over 100 different types of HPV. Not all of them are linked to cancer. The HPV types, or strains, that are most frequently associated with cervical cancer are HPV16 and HPV18. Starting to have sex at an earlier age or having multiple sexual partners puts a person at higher risk of being infected with high-risk HPV types.

Immune system deficiency. Women with lowered immune systems have a higher risk of developing cervical cancer. A lowered immune system can be caused by immune suppression from corticosteroid medications, organ transplantation, treatments for other types of cancer, or from the human immunodeficiency virus (HIV), the virus that causes acquired immune deficiency syndrome (AIDS).

PUBLIC HEALTH

Hemish RISE Movement

Representing Initiatives for Student Empowerment

Submitted by Steven Mora, Interim Public Health Program Manager

The Hemish RISE Movement is a program for students from the Pueblo of Jemez in eighth through twelfth grade interested in healthcare careers. RISE will allow students to learn new skills, explore topics, create community projects, and provide leadership opportunities. The program will expose students to different health-related areas that will benefit their education and professional futures. In December 2019, approximately 15 students were in the program, with many continuing to demonstrate interest.

As the number of interested applicants grows, the program reminds the public of the opportunities available to students, including the guidance to achieve future healthcare career development. RISE currently meets once or twice a month, depending on the students' academic and extracurricular schedules. Every other month, students volunteer at a Public Health Program event to gain experience. During the months when Public Health events are not held, the students can attend workshops on team-building, college or professional development.

Up to 20 students can be a part of the RISE Movement

on a first-come, first-served basis until all 20 slots have been filled. Registration forms are available at the Public Health Program office.

Who can join the program?

The program is open to all Jemez students in 8th through 12th grades interested in healthcare careers. They will explore healthcare career fields such as nutrition, nursing, medicine, agriculture, public health, behavioral health, social work and healthcare administration.

What are some of the benefits of joining?

- Involvement in community events.
- Volunteer or professional experience .
- College-preparation opportunities.
- Leadership opportunities.
- Connecting with peers and leaders from the community.
- Participating in outings for fun and teambuilding.

If you have any questions or concerns about the RISE Movement, please contact the Public Health Program office at (575) 834-7207.

Preventing Cervical Cancer, *Continued*

Herpes. Women with genital herpes are at higher risk of cervical cancer.

Smoking. Women who smoke are about twice as likely to develop cervical cancer as women who do not smoke.

Age. People younger than age 20 rarely develop cervical cancer. The risk goes up between the late teens and mid 30s. Older women remain at risk and should have regular screenings.

Socioeconomic factors. Cervical cancer is more common among women who are less likely to have access to screening. Those populations are more likely to include black women, Hispanic women, American Indian women, and women from low-income households.

Oral contraceptives. Some research suggests that oral contraceptives (birth control pills) may be associated with an increase in cervical

cancer risk. However, more research is needed to understand how oral contraceptive use and cervical cancer are connected.

Exposure to diethylstilbestrol (DES). Women whose mothers were given DES during pregnancy to prevent miscarriage have an increased risk of developing a rare type of cancer. DES was given from about 1940 to 1970. Women exposed to DES should have annual pelvic examinations.

Research continues on the factors that cause this type of cancer, including ways to prevent it, and what women can do to lower their personal risks. There is no proven way to completely prevent this disease, but there may be steps to take to lower your cancer risk. Talk with your health care team if you have concerns about your personal risk of developing cervical cancer.

JEMEZ HEALTH CLINIC HOURS

Mon. Wed., Fri.:
7:30 a.m. to 6 p.m.

Tuesday:
7:30 a.m. to 8 p.m.

Thursday:
9:30 a.m. to 8 p.m.

Saturday:
8 a.m. to 2 p.m.

**TO SPEAK TO A PROVIDER OR
MAKE AN APPOINTMENT**

NORMAL OFFICE HOURS:
Call 575-834-7413

**AFTER-HOURS
MEDICAL ADVICE LINE:**
Call 575-834-3026

PLANNING & DEVELOPMENT/TRANSPORTATION

PLANNING & DEVELOPMENT/TRANSPORTATION UPDATES

Submitted by Sheri Bozic, Director

The Planning & Development and Transportation Department (PDTD) is working on numerous improvement projects for the Pueblo. Below are the project status updates. If you have questions, please contact Sheri Bozic, Director, or Amanda Rubio, Transportation Project Manager, at (575) 834-0096.

NMDOT-Funded Projects

NM 4 Multi-use Pedestrian Trail

The New Mexico Department of Transportation (NMDOT) awarded a \$4.7M grant to the Pueblo to design and construct a multi-use pedestrian trail along NM4. The project entails planning, design and construction of a 1.9-mile pedestrian trail between mileposts 4 and 6 along NM Highway 4 (Pueblo Place Housing Subdivision to Bear Head Canyon Road.) This project will facilitate safe pedestrian passage between many of the community services and residences located along NM 4. The Request for Proposal (RFP) for preliminary engineering tasks will be published in early 2020.

NM 4 Bypass

The NMDOT has allocated \$3 million to complete the planning and design for the NM 4 Bypass project. The Pueblo will work closely with the NMDOT to complete this very important project. After the design is completed, the Pueblo will apply for construction funding.

NM 4 Traffic-Calming Project

The NMDOT awarded a \$21 thousand grant to the Pueblo to mitigate traffic speeding along NM 4 by installing traffic-calming measures. These measures will include gateway treatments at each entrance of the Pueblo on NM 4 (milepost 2 and 8), and replacing two existing 30 mph signs with solar-powered speed display/radar feedback signs (mileposts 4 and 6.)

Tribal Transportation Program-Funded Projects

Tribal Administrative Complex Parking Lots/Sheep Springs Way (South Entrance off NM 4)

The project will design and construct improvements for the existing Tribal Administrative Complex parking lots and Sheep Springs Way. The preliminary engineering tasks will be completed by February 2020.

Walatowa Fitness Center Parking Lot/Bear Head Canyon Rd.

The project will design and construct a new parking lot at the Walatowa Fitness Center and will improve the entrance of Bear Head Canyon Road to the Fitness Center. The preliminary engineering tasks will be completed by the end of 2019.

Owl Springs Way Bridge Replacement

The project will complete the design plans for a new bridge over the Jemez River. The new bridge will have two driving lanes and include a pedestrian walkway. The preliminary engineering tasks will be completed by summer 2020. After the design is completed, the POJ will seek additional funding to construct the replacement bridge.

Pedestrian Trails and Bikeways Facility Plan

With extensive input from the community, a pedestrian trails and bikeways facility plan will be developed for the Pueblo. The Pueblo will utilize the plan to seek grant awards



Attendees at the Community Meeting to Discuss Pedestrian Trails & Bikeways Facility Plan

Transportation Updates, Continued

for the design and construction of new pedestrian pathways and to make improvements to existing trails. In December, the department hosted a community meeting at the Walatowa Youth Center to get ideas and feedback for developing the plan. Thank you to all who attended; department staff are grateful for the meaningful conversations that took place and the valuable input they received!

Road Maintenance

The road maintenance team works daily to improve roadway and parking lot conditions throughout the Pueblo. The crew completed the Pueblo-wide assessment of needed road repairs. Next, they will develop cost estimates and prioritize projects including repair or replacement of cattle guards, culverts, signs, safety markers, pavement, speed humps, washboard and potholed areas, and other structures. The top priority projects are those that will improve traffic safety and bus routes. For questions regarding road maintenance, please contact Vincent Toya, Heavy Equipment Supervisor, at (505) 505-5336.

Construction Tip – Call Before You Dig

Please call 811 or 1-800-321-2537 at least two working days before you start any digging project. Whether you are planning to do it yourself or hire a contractor, smart digging means calling 811 before each job. The 811 representative will record the location and other information about your project and notify the appropriate utility companies to mark all buried lines so you can dig safely around them! For more information visit <http://call811.com/map-page/new-mexico>.

VOCATIONAL REHABILITATION

Behind on Bills? Start with One Step!

Financial Education Classes

First Class: Tuesday, Feb. 11 Second Class: Tuesday, Feb. 25

Classes start at 5:30 p.m.

Both classes held at the CRC. Dinner will be provided.

Attendance at both classes required!

Learn more about:

8 tools if you are behind on bills

Where does my money come from and where does it go?

Financial Goal setting

Paying my bills

Making good choices

How to "Pay Me First!"

Dealing with creditors.

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

Welcome Mat

Titus Fragua, Batterer's Intervention Specialist, is a new member Jemez Social Services Program team. He recently transferred from the Jemez Tribal Court after working as a Probation Officer for a little over three years. He graduated from New Mexico Highlands University with a degree in Social Work. In his new position, he will implement a new curriculum in the Domestic Violence Program intended to create an impact on substance use and violence within the community.

"I will work hand in hand with my colleagues and other programs and departments to educate and understand this ongoing epidemic of substance use and violence that is harming our community," Titus says. "I know this has been a struggle and a challenge for our community and service providers, but we have to continue to stand strong and support each other however we can."

"Although I was sad to leave Jemez Tribal Court, I am excited and grateful for the opportunity to work in the Social Services field and am thrilled to be on board with the Social Services Program. My goals and objectives are to bring new ideas and to work collectively with our community and service providers in hopes to make a difference in someone's life," Titus adds. "I really enjoy working for my community. That was my reason why I decided to peruse Social Work for my degree, and help however I can."





San Diego Riverside Charter School Girls Race!

In Jemez Pueblo, running is a way of life. Jemez youth are encouraged to excel in running as well as other athletics. Not only is running good for health, but also good for students' hearts and minds.

Two students from San Diego Riverside Charter School had the privilege of honoring their families and the Jemez community by running in several races over the past few months.

By joining The Walatowa Running Club, fourth graders Laneya Gachupin and Victoria Gachupin competed with some of the nation's fastest runners at three levels of running events held by the USA Track and Field. The Regional Meet, held in Albuquerque at Mesa Del Sol, saw both girls advance to compete at the state level. Santa Ana Golf Course hosted the state meet, where they advanced to the Nationals.

Held in Madison, WI, both Laneya and Victoria traveled with their families to the National Meet. More than 260 runners competed in the 9-10 Year-Old Girls Division. Running in temperatures as low as 25° F, both students were tough, brave and ran their best. Victoria placed 167th and Laneya placed 240th in the country!

The Pueblo of Jemez and San Diego Riverside Charter cannot express how proud we are knowing Laneya's and Victoria's hard work paid off. Both girls accomplished the goal they set for themselves. We, at SDRC and the Pueblo of Jemez, are beyond proud of their accomplishments and wish these girls will continue with their athletics and keep a positive mindset on all their future endeavors! Congratulations!



EDUCATION

Walatowa High Charter School

Submitted by Arrow Wilkinson ((Arikara/Muskoke), PhD, Principal

SAT Assessment: “Here We Go Again”

The New Mexico Public Education Department announced on Oct. 22, 2019 that the Scholastic Aptitude Test (SAT), published by the College Board, was chosen as New Mexico’s 11th grade assessment starting in spring 2020.

One of the WHCS goals is that all juniors participate in the ACT and SAT assessments. On Dec. 7, 2019, the junior class participated in the SAT assessments at Rio Rancho High School.

“We disaggregate the data to build our lesson plans and develop strategies to address the students’ academic strengths and weaknesses,” explains Margarita Riley, WHCS ELA/Spanish Instructor. “We also want the students to be familiar with the test format so they are not surprised or nervous in the spring.”

It was once again a team effort to ensure the students are provided the educational, college and career opportunities they need. All members of the WHCS faculty, staff, students, families and POJ Education Department provide support and implementation. This time they went to Chick Fil-a instead of Dion’s to eat after the test.

“I felt better taking the SAT opposed to the ACT. I wasn’t so nervous this time because I knew this was a baseline score. At least I will know what areas I need to improve,” says student Danielle Toya.

“They wake up so early, travel and take a test. They are tough! I am always proud of them,” adds Dr. Wilkinson.



Sefora Tosa, J.C. Yepa and Kimberly Ortiz reviewing for the SAT.

Taking Back Our Community: Treatment And Healing

On Nov. 26, 2019, Jemez Helath and Human Services and tribal programs provided the opportunity for WHCS students to participate in the *Taking Back our Community – Treatment and Healing* conference. Presenters Blaine Constant and Mary Black used motivational songs and stories to deliver their culturally-relevant message on preventing drug and alcohol abuse by sharing their personal journeys of hope and healing.

“I really appreciate the presentation. Thanks to the school and JHHS for this opportunity. I was able to talk with Mary and really connect.” WHCS Student.

The JHHS and Tribal Programs provided meals, Acudetox treatments and resource information for WHCS students to take back to their families.



“This collaboration is valuable, because as long as one person learned something or received help for themselves or families, it is all worth it,” Frances Strain, WHCS Federal Programs Director.

WHCS students Desiree Jojolla, Mary Celo, Angelica Casiquito, Joshua Secatero, Kristina Waquie, Chelsea Hardy and Elisa Madalena listening to the presentation.

Continued on page 16

EDUCATION

Walatowa High Charter School, *Continued*

Ramping Up Computer Science and Robotics at Walatowa High Charter School

One-fifth of all US jobs are STEM (science, technology, engineering and math)-related, a number which is expected to grow by 16 percent by 2024. Essential in preparing students for today's innovation economy and interconnected technological world is access to Computer Science (CS) education. Rural school districts face greater challenges in providing robust CS education due to a lack of funding, insufficient technology, lack of nearby resources, cultural challenges and CS teacher shortages.

Walatowa High Charter School (WHCS) STEMs program is integrating a rigorous, sustainable, project-based learning approach that enables students to become familiar with the basics of robotics and computer programming. One hands-on activity includes students learning how to program the Sphero BOLT app-enabled robot to create and customize games and learn to code by using Scratch™ blocks, or writing JavaScript text.

WHCS has partnered with the Southwestern Indian Polytechnic Institute (SIPI) Advanced Technical Education, Pre-Engineering Department to offer WHCS students their nationally acclaimed "NASA Technology/Robotics Curriculum." The SIPI-WHCS collaboration offers students cutting edge applications to computer programming and the fundamentals of the Arduino, an open-source electronic prototyping platform enabling users to create interactive electronic objects. "Cross-cutting Concepts" link the application of space science to computer engineering, math and physics. Project-based learning will be implemented by introducing students to the Mars environment, space exploration and planetary Rover design.

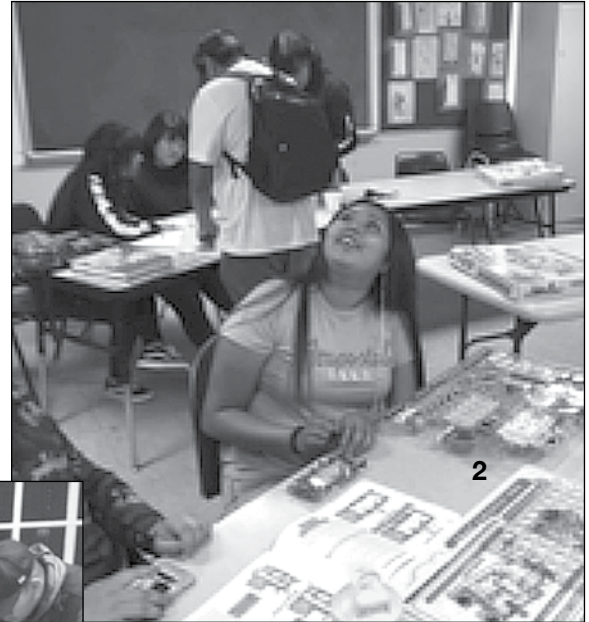


Photo 1: Ava Loretto, Annie Gachupin, Jill Loretto, Carla Gachupin, WHCS Rep. Keithan Shendo, Jaden loretto, WHCS SIPI Campus I-C-Mars Tour

Photo 2: Rhianne Toya , 2020 graduate)

Photo 3: Snapology™ for Interactive Problem Based Learning

Photo 4: Mary Celo & Elisa Madalena

Photo 5: Joseph Joholla, Joushua Secatero, Kristina Waquie

Photo 6: Robot and Oreo, dog, 2020 graduate

Photo 7: Kyanna Loretto and Ava Loretto



EDUCATION

Walatowa High Charter School, *Continued*

SIPI Campus I-C-Mars Tour

To expand the STEM curriculum WHCS has integrated the College Boards newest AP® course, *AP Computer Science Principles* course is designed with the goal of creating leaders in computer science fields and attracting and engaging those who are traditionally underrepresented with essential computing tools and multidisciplinary opportunities.

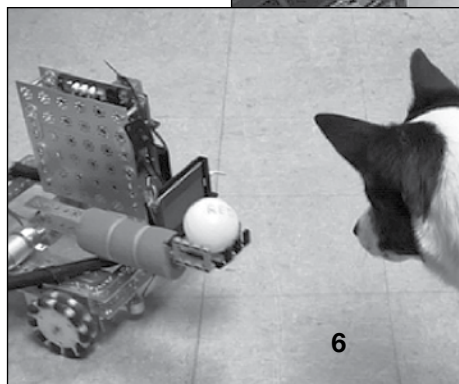
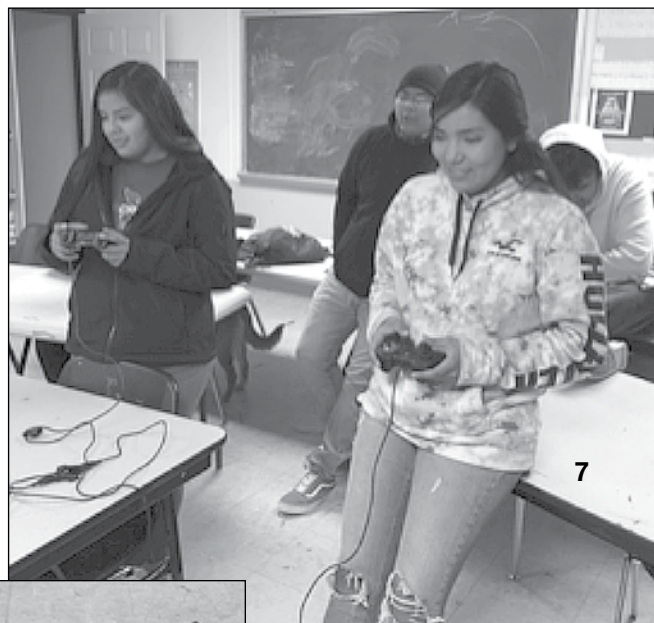


Photo 8: Dr. Arrow Wilkinson, Jonte Cajero and Ian Lucero (2022 graduates); John Forsythe, Americorp Representative, Oreo, Elias Vigil, Ava Loretto, Keithan Shendo, Jaden Loretto, Sebastian Lucero, Americorp Vista US First Robotics Representative and Kyanne Loretto.

EDUCATION

Walatowa High Charter School, *Continued*

Walatowa Kings & Queens Chess Club: *"Taking one kingdom at a time"*

"Chess allows students to connect intellectually and socially with each other. It is something that they can play the rest of their lives," says Ryszard Wasilewski, Chess Instructor and Governing Board Member.

Often known as a game for the intellectually gifted, chess is one of the best sports to exercise the brain. The game of chess might not help you build your biceps or tone your abs, but your lifelong mental health can certainly benefit from it. Some benefits of playing chess include:

- ❖ **Promotes brain growth:** Games like chess that challenge the brain actually stimulate the growth of dendrites, the bodies that send out signals from the brain's neuron cells.
- ❖ **Exercises both sides of the brain:** A German study indicated that when chess players were asked to identify chess positions and geometric shapes, both the left and right hemispheres of the brain became highly active.
- ❖ **Raises IQ:** At least one scientific study has shown that playing the game can actually raise a person's intelligence quotient (IQ). A study of 4,000 Venezuelan students produced significant rises in the IQ scores of both boys and girls after four months of chess instruction.
- ❖ **Helps prevent Alzheimer's:** A recent study featured in The New England Journal of Medicine found that people over 75 who engage in brain-games like chess are less likely to develop dementia than their non-board-game-playing peers.
- ❖ **Sparks creativity:** One four-year study had students from grades 7 to 9 play chess, use computers, or do other activities once a week for 32 weeks to see which activity fostered the most growth in creative thinking. "This will assist with creativity when doing art projects and creating their own traditional designs," notes Troy Meek, Art Instructor.
- ❖ **Increases problem-solving skills:** A 1992 study conducted on 450 fifth-grade students in New Brunswick indicated that those who learned to play chess scored significantly higher on standardized tests compared to those who did not play chess.
- ❖ **Teaches planning and foresight:** One of the last parts of the brain to develop during adolescence is the prefrontal cortex, the area responsible for judgment, planning and self-control. Because playing chess requires strategic and critical thinking, it helps promote prefrontal cortex development and helps teenagers make better decisions in all areas of life, perhaps keeping them from making an irresponsible, risky choice. (Health Fitness Revolution, 2019) "Judgment, planning and self-control are part of athletic preparation and competition. Understanding this will create a better athlete and better student," Forrest Becker, WHCS Instructor, observes.

The WHCS Chess Club meets every Friday with Ryszard Wasilewski (WHCS Chess Instructor and Governing Board Member) for practice and instruction.



Top: Jonte Cajero, Brennan Tosa receiving chess instruction from Ryszard Wasilewski.

At left: Brennan Tosa, Julian Lucero, Jonte Cajero, Ian Lucero

At right: Ian Lucero: Check Mate!

EDUCATION

Walatowa High Charter School, *Continued*

Harrell House Bug Museum

On Dec. 11, 2019, the 9th and 10th grade WHCS students visited the Harrell House Bug Museum in Santa Fe to learn about insect taxonomy. Insects are hexapod invertebrates and represent the largest group within the arthropod phylum. Taxonomy is a hierarchical classification system that organizes the diversity of life on our planet. The Field Trip provided students in Dr. Kommander's biology class with a science learning environment enrichment activity.



Ian Lucero and Elijah Varela



*Dr. Kristina Kommander-Salazar,
WHCS Science Instructor*



*Eliza Madalena and Marissa
Brusselas-Garcia*

Congratulations Private Russell Gachupin, United States Army National Guard

On Dec. 5, 2019, former WHCS Cougar standout Russell Gachupin graduated from US Army basic training in Fort Leonard Wood, MO. Private Gachupin will be assigned to 88 Mike transportation school and Advanced Individual Training school. He will serve in the U.S. Army-National Guard. .

"The faculty, staff, students, alumni and community are all proud of him," says Dr. Wilkinson.





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