



THE

Walatowan

SEPTEMBER 2020

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From the Community

2020 Adopt-a-Road Community Clean Up Day



Tribal leaders and administration teams pick up debris along Walatowa Blvd.

On Friday, August 14, 2020, the community of Walatowa gathered to clean the village lands from littered trash. Governor David M. Toledo, 1st Lt. John L. Galvan, and 2nd Lt. Elston Yepa, met with teams along the roads to help, and thank them for coming out to support the vision to preserve the environment. Participants wore masks, gloves, and traffic vests to practice safety precautions.

The community expressed gratitude for the land and coming together to do their part. Throughout the morning employees from the Pueblo of Jemez tribal departments joined in, to take part in the cleanup.

**Security
Checkpoint
team help the
community
during the
Adopt-a-Road
Clean-Up day
by Walatowa
Head Start.**



Randy Gachupin, shared his thoughts about cleaning with the Walatowa Fitness Center team, "Being able to get out of the office, to clean part of the village, and talk together was a good thing during these pandemic times."



**Walatowa
Community
Wellness team
works together
to clean along
Southern Street.**

Continued on page 2



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 September 2020 Edition

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From the Community, Continued Adopt a Road Community Clean Up Day continued...

Vocational Rehab Team work together to clean along Southern Street



Tribal volunteer, Dylan Waquie, expressed, "I'm here to help my community in any way I can, and remember that we need to keep our Pueblo clean."

Tribal leaders thank community volunteers cleaning near the Mission Road to San Diego Riverside School.



The Education Department teamed up with the Native American Youth Empowerment group for the Adopt-a-Road community clean-up. Teran Villa, Student Outreach Coordinator, stated, "we are so glad the governors put this into action, and plan to continue this collaboration."

Helen Tafoya, and Immogene Shendo take a water break from teaming with the Education Department. They both expressed great pleasure to do their part to clean the community.



Tenika Toya captures a photo of a hawk while picking up trash near the arroyo.



Education Department Creative team member, Tenika Toya spoke about her cleanup day experience, "today instills in me a sense of pride for my people, especially my workplace. It ensures that I picked the right place for employment, and I'm glad that I came back to my tribe to work."

Continued on page 3

From the Community, Continued

2020 Adopt a Road Community Clean Up Day continued...



Rose DeVore and Mary Toledo gather corn pollen in their fields during the community clean-up day.



Tribal leaders meet with educational creative team members, near agricultural fields. Pictured from left to right: Governor David Toledo, Tenika Toya, Arlan J. Sando, 1st Lt. John Galvan, 2nd Lt. Elston Yepa, and Towana Yepa.

From Head Cacique

I truly appreciate your participation in the Adopt a Road, Community Clean up. It was a blessing with a beautiful day. May your hard work, keep our village safe and clean.

It is important our sacred roads and trails always be clean so that daily, our ancestors and spirits will always bring blessings to our village without obstacles.

Thank You and Blessings to you all and your families.

Arlan J. Sando
Head Cacique

TRIBAL COUNCIL

Tribal Council Report

Tribal Council Resolutions passed during the Tribal Council meeting held on August 21, 2020 include:

2020-26 - Authorizing the Pueblo of Jemez Walatowa Headstart Language Immersion Program (WHSIP) to apply for 2020-2022 Bureau of Indian Education I.D.E.A funding.

2020-27 - Resolution to appoint new board of directors to the Pueblo of Jemez Community Development corporation.

From the Governors

Pueblo of Jemez Census 2020

The 2020 Census is in its last stage of operations with the Non-Response Follow Up (NRFU) campaign. Self-response by phone, online, or mail will end on September 30th.

If you live on Tribal lands,(Tribe, Nation, Pueblo), city, or in a town you should have received a form or a letter with a 12-digit unique ID. That ID helps the Census Bureau know the location of your household. If you have a letter or a form inviting you to participate in the 2020 Census please take the opportunity and complete it today.

You can respond online now without an ID. Go to my2020census.gov. Click the "Start Questionnaire." Select the link that says, "If you do not have a Census ID, click here." It is located below the Census ID login field.

Make sure you answer Question 9. What is Person 1's race? Please check the American Indian/ Alaska Native box and in the space provided write in (example: Pueblo of Jemez) and have all household members do the same on the pages provided for each household member. If another Tribal affiliation is possible to write in the form where space is available. The online form allows multiple entries.

Your response to the 2020 Census is vital to our funding and our ability to support programs our families and community need. Population data from the census is used by non-profit, state, and federal sources to allocate funding many times every year and over the next ten years.

If you have any questions call Tribal Enrollment at 575/834-0056. We hope and pray that you and yours stay well, follow public health guidelines, and find peace and strength in this trying time.

Updates on Census 2020

Submitted by: Matilda Shendo

The U.S Constitution mandates a census count be done every ten years, your response to the current US Census questionnaire will help determine funding allocation to various tribal programs for the next ten years.

Questionnaires should have been placed at your residence by an Official US Census Worker. This questionnaire especially identifies your residence and therefore must be answered even though an online questionnaire was completed.

Please complete this questionnaire with all members living at this household and return via US Mail, an envelope is included.

Please record Pueblo of Jemez in the Native American Section for each listed on this form. Native Americans are always miscounted and our goal is to improve the count.

Contact Tribal Enrollment if you need assistance in completing this form or have questions. The telephone number is (575) 834-3151.

A US Census worker will be contacting you via telephone to see if you have completed and returned your questionnaire.

You will be contacted by a Census Worker in late August and September if you did not submit the Questionnaire.

All US Census Workers are Jemez Tribal Members so no one else should be coming around.

TRIBAL ADMINISTRATION

2020 Pueblo of Jemez Years of Service Awards

The Pueblo of Jemez wishes to recognize the following list of employees for their milestone years-of-service achievements reached in 2020.

5 YEARS

- Kiana Gachupin, Tribal Court Clerk
- Erica Toledo, Personnel Care Attendant
- Brittney Baca, Dental Receptionist
- Ryan Gachupin, Facilities Technician
- Basil Pina, Financial Analyst, JHHS
- Anita Loretto, Senior Center Cook
- Paul Clarke, Director Natural Resources
- Kristyn Yepa, Clinical Operations Officer
- Albertilla Yepa-Toya, Teacher Head Start
- Cathrine Taylor, Staff Physician
- Lynell Toya, Patient Registrar
- Clinton Weatherspoon, Interim Chief of Police
- John Henson, EMT-P
- Byron Picchione, EMT-P

10 YEARS

- David Gachupin, Van Driver, Senior Center
- Coretta Madalena, Accounting Clerk, JHHS
- Maria Toledo, Personnel Care Attendant
- Cornell Magdalena, Health Advocate
- Kerwin Tsosie, Van Driver, JHHS Transportation

15 YEARS

- Vonda Baca, Registered Nurse
- Rolanda Casiquito, Payroll Technician
- Joe Steve Fragua, Maintenance Worker
- Matthew Gachupin, Jr., Systems Tech Supervisor
- Denise Lucero, Administrative Assistant, EMS
- Audrey Madalena, Administrative Assistant, Public Health
- Severiano Bunny Toya, Custodian, Wellness Center

20 YEARS

- Frank Armijo, Transfer Station Operator
- Harriet Armijo, Medical Coding Tech Specialist
- Darlene Armijo-Smith, Registered Nurse
- Carol D. Vigil, Family Advocate
- Annette Gachupin, Children's Advocate
- Bertha Gachupin, Teacher Head Start
- Virgil Gachupin, EMT-Paramedic
- Carol Lucero, PRC Supervisor
- Merlinda Madalena, Administrative Assistant Behavioral Health
- Juanito Toya, EMT-Paramedic
- Rose Shendo, Recreational Intergenerational Coordinator
- Narcisso Toledo, Peer Support Worker, Behavioral Health
- Elena J. Tosa, Credentialing Coordinator, JHHS

25 YEARS

- Carla Baca, Administrative Assistant Social Services
- Frances Chinana, Human Resources Coordinator
- Matilda Shendo, Enrollment Manager
- Joyce Tsosie, Vocational Rehab Coordinator/Interim Manager

30 YEARS

- Marie S. Armijo, Education & Disabilities Coordinator

Words of Appreciation



Matilda R. (Sando) Shendo is the daughter of Freddie and Eva (Gachupin) Sando. She is married to George J. Shendo, Jr., and they have six children and fifteen grandchildren. "I have had the honor of working with my people for 25 years. It is a long time, but it sure has flown. I want to thank all those tribal members I have had the pleasure of working with. I'd also like to thank those who had patience with me while trying to fulfill your requests—my plan is to continue working a couple more years."

Words of Appreciation continued.....



Carla Reyes Baca daughter of Josephine Baca and the late Mike Baca shares words of appreciation as she celebrates 25 years of employment with the Pueblo of Jemez:

"I have 1 daughter, 4 boys, and a 2 yr. old grandson. I've been working for Jemez Social Services as an Administrative Assistant for 25 years. My first day at Jemez Social Services was May 1, 1995. I love what I do. I am fortunate that I have great staff support. I love working with the Social Services Program. It has been a pleasure working for the Pueblo of Jemez and the Jemez Health and Human Services. I plan to work many more years to come. Thank you Jemez Pueblo for allowing me to work for my community".

– Carla Reyes Baca

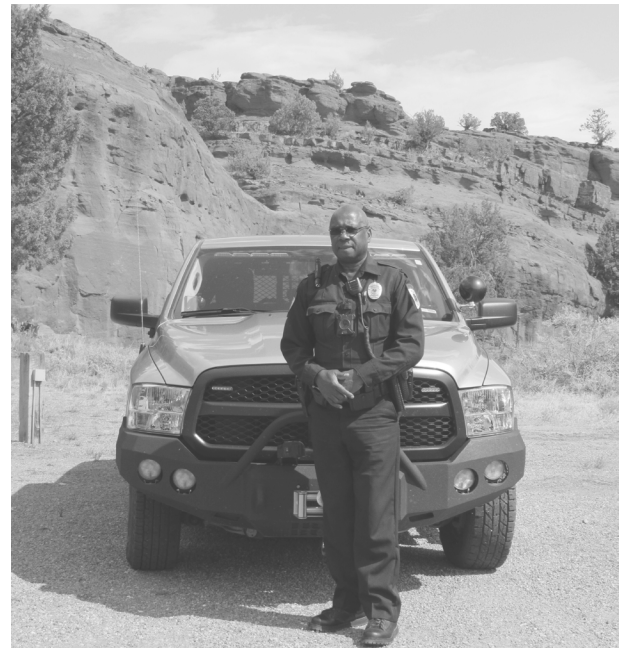
LAW ENFORCEMENT

Welcome Officer Ronny Hunt!

The community of Walatowa would like to welcome Officer Ronny Hunt to the Pueblo of Jemez Police Department Team!

Ronny Hunt graduated in 1998 from Pine Tree High School in Longview, Texas. He then attended Ranger Jr. College on scholarship, graduated and transferred to the University of New Mexico, where he received his degree.

Upon graduating from U.N.M he coached at Sandia high school for five years thereafter started to work for the Bernalillo Police department. He graduated from the Bernalillo County Sheriff's Academy in 1996. He then transferred to the Sandoval County Sheriff's office in 1997, and was promoted to Sergeant in 2013, retired from the Sheriff's Office as a Sergeant in 2019.



Congratulations Ronny Hunt on your new position. We wish you many blessings!

TRANSFER STATION

The Transfer Station will continue to be open 7 days a week.
Operating Hours 6:30 a.m to 5 p.m

PUEBLO SOLID WASTE CODES

Pueblo's Solid Waste Code

Submitted by: Tammy Belone

Illegal dumping of solid waste has been an ongoing issue in Jemez Pueblo.

- Dumping household waste, construction debris, and yard debris is prohibited.
- Possible contamination to surface water and ground water sources. Especially household hazardous waste (paints, cleaners, oils, batteries, and pesticides). Such household hazardous waste (HHW) might require special care when you dispose of them. Improper disposal of these waste can be a threat to human health. Improper disposal of HHW would be pouring them on the ground, which could make its way to sewer systems or surface waters.
- The Transfer Station is open seven days a week including weekends. The community should not need to dump illegally when the Transfer Station is open.
- The fee to use the Transfer Station is included with each household utility bill.

Here are the relevant sections of the Pueblo's Solid Waste Code:

SECTION 5. ILLEGAL DUMPING

It shall be unlawful for any person to commit illegal dumping of solid waste and hazardous waste within the exterior boundaries of the Pueblo of Jemez reservation.

SECTION 7. ENFORCEMENT

- a. Citations: The Pueblo of Jemez Police Department, Tribal Sherriff, and Sherriff Aids shall issue citations to any person(s) who violates this Ordinance. The offender shall be allowed to pay the penalty assessment in the amount as provided for in the citation or challenge the citation in Tribal Court.
- b. Prosecution: Any person(s) who violates this ordinance that elects to pay the penalty under paragraph (a) of this section but fails to pay the assessed penalty agreed to in the citation shall be subject to prosecution before the Pueblo of Jemez Tribal Judge.
- c. The parents or guardians of minors shall be held accountable for the penalties imposed under this ordinance for any illegal dumping and/or open burning committed by the minors for whom they are legally responsible.

SECTION 8. PENALTIES

- a. The following penalties are authorized under this ordinance:
 1. First violation: \$100.00 (one hundred dollars) in fines and 20 hours of community service. Or as otherwise decided by the Judge.
 2. Second violation: Up to \$500.00 (five hundred dollars) in fines and 40 hours of community service, to be determined by the Tribal Judge.
 3. Third violation: Up to \$1,000.00 (one thousand dollars) in fines, to be determined by the Tribal Judge.
 4. In addition to the fines described in this section, should the Public Works Department, other Tribal Department or Tribal Officials perform cleanup of the illegal dumping site, the Tribal Court Judge may order restitution for the costs of cleanup, including hourly wages of tribal staff or a tribal contractor against the offender?
 5. In addition to, or in place of, the fines described in this section, the Tribal Judge may require that the offender clean up the illegal dumping site under the supervision of tribal officials.

PUBLIC WORKS

WATER IMPROVEMENT PROJECT UPDATE

Submitted by: Todd Lorreto

Jemez Pueblo's water system improvements project is currently under construction and a significant amount of progress has been completed. A majority of the new six-inch diameter main lines, made out of plastic PVC pipe, have been installed and the remaining main lines should be completed within the next few weeks. The construction company will then start replacing the individual house connections, including new water meters, and transferring over from the old asbestos water main lines to the new plastic lines. Public Works appreciates the cooperation and understanding of residents during the construction of this project.

There are a significant amount of existing utilities that have to be accommodated during the construction of the new lines and everyone involved in the construction process has done their best to minimize any disruptions to house services and temporary accesses limitations. This project focused on the replacement of the original water system completed in the 1960's in the heart of the Pueblo and additional work further way on other portions of the water system is planned to start after this higher priority project is completed. The majority of all water system improvements are planned to be completed approximately by the end of this year.

Also, the new water storage tank has been completed with all EPA region 6 testing requirements conducted and is now is full service providing additional storage. However, please practice water conservation as this year the pueblo, state, and region are experiencing severe drought conditions.

REMINDER: PLEASE SUBMIT MONTHLY UTILITY BILLS AS YOUR MONEY WORKS TOWARDS WATER SERVICES (ELECTRICAL, CHLORINATION, AND DELIVERY), WASTEWATER (CHEMICALS TO REDUCE ALGAE ODORS), SOLID WASTE (ROADRUNNER DISPOSAL SERVICES – LAST MONTH'S TOTAL DUE INVOICES TOPPED OVER 6K).



TRIBAL ADMINISTRATION

Pueblo of Jemez Resources

We care about our employees and their families!

The Pueblo of Jemez, as an employer, extends its employee assistance program to members of the family. If you are residing with an employee of the Pueblo of Jemez, you are eligible for six counseling sessions per issue through the Solutions Group.

The Solutions Group can help with issues such as:

➤ Alcohol and Drug Addiction	➤ Marital and other relationship issues
➤ Conflict Resolution	➤ Parenting and family challenges
➤ Dependent Care/Elder Care	➤ Stress and/or Anxiety
➤ Depression and Anxiety	➤ Workplace Stress
➤ Gambling Addiction	➤ And other concerns
➤ Grief and Loss	

All services are provided through a third party, and are confidential. Visit www.solutionsbiz.com for more information.



Save this number for a rainy day – 505.254.3555 or 1.866.254.3555 to schedule an appointment.



Pueblo of Jemez Job Opportunities

Applicants are encouraged to visit our website at www.jemezpueblo.org to apply. For further information please feel free to contact 575-834-7359 or email winter.johnson@jemezpueblo.org.

Tribal Administration

Office Manager	Full Time
Director, Information Technology	Full Time

Jemez Health & Human Services

Staff Physician	Full Time
Behavioral Health Program Manager	Full Time
Nurse Manager	Full Time
Clinical Care Coordinator	Full Time
Media Specialist	Full Time
Foster Care Case Worker	Full Time
Security Guard	Full Time
Community Health Representative	Full Time
General Laborer	Full Time
Infection Control Officer	Full Time
Medical Assistant	Full Time
Medical Director	Full Time
Personal Care Attendent	Full Time
Registered Nurse	Full Time
RPMS & Network Associate	Full Time
Supervisory Public Health Nurse	Full Time
Vocational Rehabilitation Program Manager	Full Time
EHR Support Technician	Full Time

SOCIAL SERVICES

5 Steps to Nurture Your Child's Emotional Resilience

Submitted By: Sabrina Gonzales

When your child is struggling, here are some suggestions:

1. Check-in with yourself

Try to understand more about yourself before you can skillfully support your child.

2. Be there for yourself

It's challenging to accept that people, including your child, will experience difficulties in life. Support yourself in understanding this reality. You might try saying to yourself something along the lines of, "I know that my child, like all children, will have struggles, and will experience all the difficulties of being human in an uncertain world. As a parent, seeing them struggle will be hard for me, too. I am here for myself through this process."

3. Help them to name it

Identify your child's feelings to help them do the same! Are they feeling sad? Confused? Angry? Scared? Naming feelings is a powerful way to take a step back from their intensity, which supports the capacity to work with big emotions.

4. Use the word "And"

For example: "I know this is hard, and I am here for you." Or, "I know you are upset (or bored, or disappointed...), and you are going to be okay." Along with naming, it offers kindness and acceptance for the fact that they are hurting, while encouraging them that these feelings are nothing they can't handle.

Resist the urge to fix, advise, or to do an end-run around the problem. This supports their capacity to be with kindness and curiosity and widens their window of tolerance to manage difficult situations and emotions.

5. Help them find calm

Give your child strategies to calm their nervous system. Below are a few kid-friendly breathing techniques you can demonstrate and do with them.

Mindful Breath Practices for Children

Belly breathing – When breathing in, the belly expands slightly; and when breathing out, it contracts.

Mindful breathing – Simply noticing the breath and feeling it move in the body. Some people like to add visuals and words when with young people. For example, on the in-breath, I am a lake and on the out-breath, I am calm. This technique can be adapted to use any visual and taps into the power of imagination.

Teddy bear breath – This is a variation of the belly-breathing practice for little ones. Have them lie down with a teddy or stuffed animal on their belly, and let them watch as it moves up and down while they breathe as if they are rocking it to sleep.

Four square breathing – This is a great tool for older children. Breathe in for a count of four. Hold for a count of four. Breathe out for a count of four. Hold for a count of four. Do several rounds and return to normal breathing.

After moving through these exercises together, if the emotions are still high, it is often helpful to then redirect your child's attention to an activity that helps them to shift their mindset. They might listen to music, do some gentle yoga poses, make a craft project, or take a bubble bath.

Teach children that feeling the full range of our emotions as they arise is not something to be avoided. Giving them tools to be with their emotions—not swept up by them, or denying them—is a gift for a lifetime. www.mindful.org



PLANNING & DEVELOPMENT



Planning, Development and Transportation Department Project Updates

The Planning, Development, and Transportation Department (PDTD) is working on numerous infrastructure improvement projects for the Pueblo. Below are the project status updates. If you have questions, please contact Sheri Bozic, Director, at (505)382-3299 or Amanda Rubio, Transportation Project Manager at (505) 321-3489.

NM 4 Multi-use Pedestrian Trail

The NMDOT awarded a \$4.7 Million 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 Pueblo Place Housing Subdivision and Bear Head Canyon Road. This project will facilitate safe pedestrian passage between many of the community services and residences located along the NM 4. The Pueblo selected an engineering team to provide preliminary engineering services for the project, and design is currently underway. PDTD will host a public meeting (potentially virtual) to share information about the project and gain community feedback. Please keep an eye out for the meeting announcement in the newsletter.

NM 4 Bypass

The NMDOT has programmed \$3 Million to complete the planning and design for the NM 4 Bypass and has recently selected an engineering team for the project. In June, staff from PDTD, Realty, and Natural Resources Department performed a site visit with the NMDOT Project Manager to discuss the proposed alignment and design elements. After the design is completed, the Pueblo will apply for construction funding.

NM 4 Traffic-Calming Project

The NMDOT awarded a \$21,000 grant and the FHWA awarded a \$45,000 grant to the Pueblo to mitigate speeding along NM 4 by installing traffic-calming measures. The traffic-calming measures will include gateway treatment signs at each entrance of the Pueblo, and the replacement of two existing 30 mph signs with solar-powered speed display/radar feedback signs. The radar feedback signs will be installed in early fall.

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.

Improvements include:

- Grading and paving the parking lot and Sheep Springs Way.
- Widening Sheep Springs Way to 2 lanes, and installation of a retaining wall on the west side of the clinic, detention ponds east of NM-4 and south of the clinic landscaping, and
- lighting. The project will add additional parking spaces, ensure ADA compliance, improve traffic flow, and increase the safety of pedestrians and drivers. The Pueblo has
- obtained funding for this project and construction will begin in the fall!
- 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 were completed in 2019. Our Department is actively searching for grant funding for project construction.

PLANNING & DEVELOPMENT

Planning, Development and Transportation Department Project Updates Continued...

Owl Springs Way Bridge Replacement Design

The project will complete the design plans for a new bridge over the Jemez River. The new bridge will have two driving lanes and will include a pedestrian walkway.

The preliminary engineering tasks will be completed by fall 2020. After the design is completed, the POJ will seek additional funding to construct the replacement bridge.

Pedestrian Trails and Bike ways Facility Plan

With extensive input from the community, pedestrian trails and bike ways facility plan was developed for the Pueblo. The Pueblo will utilize the plan to seek grant funding for the design and construction of new pedestrian pathways and to make improvements to existing trails at the Pueblo. Two virtual community meetings were held in August to review the final plan.

Cell Tower

The project will construct a new 100-foot cell tower at the north end of the track area. The purpose of the cell tower is to support wireless deployment to the community.

Road Maintenance

The road maintenance team works diligently to improve roadway and parking lot conditions throughout the Pueblo. The team has completed or is currently working on the following projects:

Installing gates at the intersection of Good Spirits Road and NM-4, the intersection of Route 802 (at the entrance of the road to transfer station & WTI) and NM-4, and Route 81 (at the San Ysidro/Jemez boundary);

Replacing all street signs throughout the Pueblo; and

Patching potholes at various locations with asphalt.

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)500-5336.

Construction Tip – Call Before You Dig

Please call 811 or 1-800-321-2537 at least 2 working days in advance 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 representatives 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>.

FREE Vehicle Removal!

Do you have an unauthorized, abandon, or unwanted vehicle on your property that is causing a nuisance that you want permanently removed? ATLAS Towing & Recovery will take all vehicles that are damaged, wrecked, totaled, salvaged, scrapped, running or not, FREE of charge. Call Amanda Rubio or ATLAS for more information and/or schedule a pickup at 505-445-9104. ATLAS will be cautious; they will be wearing PPE and practice social distancing when they come into the village.

New cattle guards and asphalt-paved driveways at Green Acres Road and Sawmill Road entrances.



HEALTH

Managing Diabetes, High Cholesterol, and Statin Therapy

Submitted by Dawn Dozhier, PA-C, Physician Assistant

“Cardiovascular disease (CVD) is a major cause of morbidity and mortality for individuals with diabetes. Appropriate use of statin therapy results in significant CVD risk reduction for adults with diabetes.” (Source: Indian Health Service, www.ihs.gov)

People with cardiovascular disease may benefit from statin therapy. Statins are medications prescribed by doctors to help lower cholesterol levels in the blood. In certain people, statins reduce the risk of heart disease and stroke. First, your doctor must determine if you are a good candidate for statin therapy. If you are a good candidate, your doctor must match the intensity of your therapy with your baseline (minimum) risk of cardiovascular disease.

Managing Diabetes While Staying Heart Healthy

- Choose a healthy lifestyle: By managing your weight through proper nutrition and regular physical activity, quitting smoking, and finding healthy ways to deal with stress, you can prevent or delay the onset of diabetes or minimize its impact on your body. A healthy lifestyle will also reduce your risk of developing a host of other medical conditions.
- Know your health numbers: Through home monitoring and regular visits with your health care provider, you can keep track of your blood sugar, blood pressure, blood cholesterol, and weight. These critical health numbers provide insight into how well your treatment plan is working to manage your diabetes and safeguard your overall health, including that of your heart.
- Work with your health care team: Since diabetes can have multiple health implications (effects on your vision, your feet and legs, and your heart) and since treating it can require special medications and a special diet, your health care team may include a number of medical professionals with various specialties. Your team can guide you to implement a comprehensive plan to treat diabetes and minimize its effects.

(Source: American Heart Association, www.heart.org)

To have your cholesterol checked and learn more about managing diabetes and statin therapy, schedule an appointment at the Jemez Health Clinic: 575-834-3022

CHILDHOOD VACCINES

Submitted by Catherine Taylor MD, FAAP

Vaccines are very important for staying healthy. They are given to both children and adults to help prevent diseases that in the past had killed or made people very ill. The Centers for Disease Control and Prevention (CDC) publishes vaccine schedules that recommend the age and timing of various vaccines. Some are given over a series with completion at age four. The influenza vaccine is recommended every year.

During a pandemic, it is important to stay as healthy as we possibly can. This includes getting all the recommended vaccines. Since COVID-19 was first detected in New Mexico, we have seen a dramatic decrease in the number of well-child visits to the clinic. This has been the case nationwide, not just here. Without well-child visits, we have not been giving vaccines. In children, the normal ages that vaccines are given are birth, two months, four months, six months, one year, 15 months, 18 months, and four years. Two additional vaccine series start at 11 years.

If your child is in Walatowa Head Start, we are in the process of giving physicals and vaccines. These physicals will be given every Tuesday and Thursday at the Senior Center. If you have a four-year-old, they will be able to get their four-year-old vaccines at that time.

Please contact Amanda Tsosie at Head Start to schedule an appointment.

Email: Amanda.Tsosie@jemezpuueblo.org

HEALTH

Children nine years and older are seen annually for their Sports Physicals. Although the fates of the sports seasons are still uncertain we can do the physicals at any time, and they are good for an entire calendar year. We have generated a list of adolescents and many of them need one or more vaccines. Once the list is verified we will send out reminder letters.

Is it safe to bring your child to the clinic? We make every effort to keep it so. Clinical workers wear full personal protective equipment (PPE) to see all patients. That means we are all wearing an N95 mask, face shield, gown, and gloves. Rooms are cleaned with a disinfectant after every patient. We will work with families to get their children caught up on vaccines. We can do vaccine visits only, well-child checks, and special scheduling in the mornings before anyone else is seen in the clinic. Call our Nurse Line at 575-834-3050 to make an appointment for well-child check, sports physical, or vaccine catch-up.

COMMUNITY TIPS

Healthy Cleaning

Submitted by: Tammy Belone

Natural Resources, Program Manager, Tammy Belone recently attended an Indoor Air Quality cohort and gained many lessons to share.

In this time of COVID, it is crucial to understand the concept of Healthy Cleaning.

First, the typical ways to spread germs are Foodborne, waterborne, person-to-person, airborne, droplet transmission, and contaminated surfaces.

The actions that will reduce the spread of germs: Social-distancing (no spit zones); hand-washing; avoid touching your eyes, nose, or mouth; get vaccinations; good ventilation; stay home when feeling sick; support Public Health.

It is essential to wash our hands and wash them correctly, and hand washing should be with plain soap and water, and often. Soaps to be used should be fragrance-free, dye-free; scrub hands for 20 seconds; do not use antibacterial soaps.

It is essential to understand the differences when it comes to cleaning, sanitizing, and disinfecting.

Cleaning – should always be the first and most crucial step. Cleaning does not kill germs but decreases the number of germs present. Use soaps and detergents to remove dirt and germs. The proper process also includes disinfecting after cleaning any high-risk areas.

Sanitizing – reduces germs from hands and surfaces – 99.9%. It is a recommendation not to use as a replacement for hand washing or cleaning.

Disinfectants – destroy or inactivate germs and prevent them from growing. Using disinfectants after cleaning surfaces helps to kill any germs that remain.

EPA-registered sanitizers and disinfectants are best to use for sanitizing and disinfecting. It is a recommendation not to use these products as a replacement for the cleaning step.

Cleaning products can trigger asthma attacks; irritates skin, eyes, nose, throat, and can cause headaches.

Cleaning chemicals safer for people with asthma include hydrogen peroxide, lactic acid, citric acid, alcohol-ethyl alcohol, and isopropyl alcohol.

HOUSING AUTHORITY

Pueblo of Jemez Housing Authority: 5 Things You Should Know

Submitted by: Greta Armijo, Director

What is the Pueblo of Jemez Housing Authority?

The Pueblo of Jemez Housing Authority (POJHA) is a tribally designated housing entity (TDHE) for the Pueblo of Jemez established by Tribal Council (resolution no. 2019-41) on November 8th, 2019 to drive the housing efforts of the Pueblo of Jemez by expanding homeownership and affordable housing opportunities; empowering residents through the creation of jobs and economic development opportunities; enforcing fair housing opportunities, and helping to end overcrowding and homelessness.

Why did the Housing Department change to a Housing Authority?

In collaboration with the Tribal Administration and Tribal Council, the Pueblo of Jemez Housing Authority was re-established to strengthen our community by implementing measures for economic and social development that improves self-sufficiency and well-being for our tribal members. The Pueblo of Jemez Housing Ordinance allows for POJHA to seek direct funding from other federal and state entities or agencies to expand homeownership and affordable housing opportunities and help to reduce overcrowding and homelessness in our community.

Who does the Housing Authority Help?

The Housing Authority intends to create opportunities to meet the housing needs of Pueblo of Jemez tribal members in one way or another. We have several programs available; however, with housing authority funded primarily through Housing & Urban Development (HUD), this funding is limited to who it can serve and the projects that can be completed.

This is why we require applications and income verification--- to ensure we can align your housing needs with our funding restrictions and program requirements.

Common factors for eligibility are:

- Location of Home: On or Off Tribal Lands
- Federal Income Guidelines: Number of people at home and annual income

Here's an example: A couple is wanting to build a home within the Pueblo of Jemez and on the federal income guidelines earn an annual income above the federal poverty level. We can help them through the Section 184 home loan process.

Current programs are:

- Low Rent Program – POJHA currently manages nine Low Rent housing units. The Low Rental housing units are intended for families who want to work towards homeownership opportunities but are not quite ready. Currently, all applicants are placed on a waiting list until rental units become available.
- BIA Home Improvement Program – The Housing Improvement Program is administered by the Bureau of Indian Affairs for home repair, replacement, and new housing. This program is designed to assist low-income families who have no immediate resources for standard housing.
- Rehabilitation Program – Utilizes HUD Indian Housing Block Grant funding to rehabilitate homes to ensure livable, safe, and compliance with ADA guidelines. POJHA will conduct an assessment and prepare a scope of work for each home needing rehabilitation services.
- Down Payment Assistance Program – Intended to help applicants purchase a home. This assistance is issued as a grant to the homebuyer to help towards closing costs or down payment.
- Homebuyer Classes – Designed to help educate prospective homebuyers on becoming a successful homeowner. Purchasing a home is one of the biggest financial decisions one will make POJHA can assist with planning, developing a budget, understanding your credit report, required leasing documents, and foreclosure.

HOUSING AUTHORITY

For more information on any of these programs and eligibility, call (575) 834-0305 or email Applications@jemezhousing.org.

What is the Housing Authority Working On?

2020 has been a busy year and we are excited to share the following projects that we have been working on to address the housing needs of our community.

- C.A.R.E.S. Act Funding- POJHA was awarded just over \$153,000 to assist and support families impacted financially by COVID-19. Our team has been supporting families living within the Pueblo of Jemez through utility payment assistance and home repairs/rehabilitation.
- Pueblo Place Subdivision- Working with Pueblo of Jemez Tribal Administration and Tribal Council, POJHA has been granted authority to guide and oversee the development and management of Pueblo Place Housing Project. POJHA will be working in the coming months on a design that proposes a mixed housing development consisting of both rental and homeownership units.
- Housing Authority- Working with an appointed board of commissioners, we've been establishing the foundations of our authority to ensure we're able to successfully meet the needs of the community while being transparent in our efforts while providing customer-focused services from our entity.
- Grant Submission- We are seeking and writing grants while also establishing partnerships with organizations to help us widen our services, improve our communication, and get things going! We are hopeful that our efforts will benefit the community and improve our housing needs.
- COVID Safe Practices: Also, our team has worked to establish a COVID-safe workplace and has been supporting community efforts as we have adjusted to the current health crisis. Our practices are intended to keep our community safe and we appreciate all those who have worked with us to ensure we can continue to offer support to our community.

Who Works at the Housing Authority?

The Housing Authority consists of six staff members and they are available to assist tribal members with housing resources.

Greta Armijo, Executive Director
Donovan Vicenti, Finance Manager
Charmaine Chinana, Administrative Assistant
Estevan Sando, Housing Counselor
Karleen Gachupin, Housing Counselor
Jarrick Shendo, Maintenance Technician

The POJHA office is located at 4773 Highway 4 and we can be reached at (575) 834-0305 or via email at Applications@jemezhousing.org.

EDUCATION

Open Enrollment for Walatowa Headstart Language Immersion Program (WHSLIP) for School Year 2020-2021

Recruiting Children Ages: 3 to 5 years old

Applications will be available via email and office visits by appointment.

Please provide the following documents:

Birth Certificate, Certificate of Indian Blood (CIB), Income Statements (Pay Stub, W-2, 2019 Tax Return, Child Support Letter, Declaration of Income- if you are self-employed or claiming no income, please request for a form at the WHSLIP), Public Assistance (TANF or SSI Benefits Letter) and Updated Immunization Records.

Please contact Danielle Sando at (575) 834-7366 for any questions about the enrollment requirements or application.



2020 ELECTION



NATIVE AMERICAN VOTING RIGHTS PROGRAM SANDOVAL COUNTY

Tribal Members/Registered Voters

2020 PRESIDENTIAL GENERAL ELECTION

NOVEMBER 3, 2020

7AM TO 7PM

COMMUNITY RESOURCE CENTER

JEMEZ PUEBLO

ABSENTEE/EARLY IN-PERSON VOTING

Early Voting Site

Community Resource Center-October 28 & 29, 2020

10AM to 7PM (Thursday & Friday)

VOTER REGISTRATION CLOSES OCTOBER 6, 2020

"Please Register to VOTE, if you will be 18 years old by Election Day, or if you need to make changes on your current voter registration form".

EXERCISE YOUR RIGHT TO VOTE!

**ABSENTEE BALLOT APPLICATIONS WILL BE MAIL-OUT TO ALL
REGISTERED VOTERS IN THE COUNTY BEGINNING SEPT. 14, 2020**

If you have any questions please call Peter Madalena at (505) 934-8826 or
County Clerk's Office at (505) 867-7577. Thank you.



FOREST SERVICE NEWS

FOREST SERVICE HIRING CUSTOMER REP

About the Position

The Santa Fe National Forest – Coyote Ranger District is looking to fill a Customer Service Representative position located in Coyote, NM. We are looking for a dynamic, self-starting individual with great interpersonal relationship skills and innovative ideas. This notification is being circulated to inform prospective applicants of this opportunity and to determine interest in the position.

To express interest in the position please submit the form below and your resume by August 20th, 2020 to Thelma Chavez at thelma.chavez@usda.gov. Please direct any questions to Thelma O. Chavez at 575-638-552

Major Duties

We are looking for a highly motivated individual who works well with people, is a self-starter, and enjoys challenging work. Applicants should commit to excellent customer service and possess excellent communication and interpersonal skills. The position requires:

- Primary responsibility is greeting visitors, employees and customers.
- Ability to respond to inquiries and suggest other productive sources of specific information applicable to the subject of the inquiry.
- Ability to answer telephones, direct questions to appropriate staff
- Ability to respond to routine inquiries, research more complex issues.
- Ability to communicate interpretive materials and educate the public about rules and regulations.

SFNF Issues Closure Order for Redondo Campground

The Santa Fe National Forest (SFNF) has issued a closure order for the Redondo Campground on the Jemez Ranger District to protect public health and safety during ongoing fire operations and an unrelated possible exposure to COVID-19.

The closure order went into effect August 12, 2020, and will expire at noon April 30, 2021, unless it is rescinded earlier.

The wildfire detected Aug. 10 was caused by an abandoned campfire built in an illegal fire ring. Firefighters contained the fire at less than 2 acres but mop-up continues due to the number of dry fuels in the area.

At the same time, the Jemez Ranger District was notified of possible COVID-19 exposure in the campground, which necessitates the need to close the campground for a thorough cleaning and disinfection.

The closure order prohibits members of the public from entering the restricted area, which encompasses the entire Redondo Campground. The campground gate will be locked, and signs will be posted to notify the public of the closure.

Federal, state, and local officers, members of an organized rescue team or firefighting force, and any others authorized by Forest Service permits are exempt from the closure order.

Violation of the closure order is a Class B misdemeanor punishable by a fine of not more than \$5,000 for individuals and \$10,000 for organizations, imprisonment of not more than six months, or both.

The closure order and maps are available at SFNF headquarters, the Jemez Ranger District Office, and on the SFNF website. All current closure orders are posted on the Alerts and Notices page of the website.

Medio Fire Update

FOREST SERVICE NEWS

Acres: 2,432 acres

Start Date: August 17, 2020

Cause: Unknown

Containment: 5%

Location: Rio en Medio Trail, Española Ranger District, Santa Fe National Forest

Fuels: Dry mixed conifer, ponderosa pine

Firefighters are planning to begin burnout operations along the southern, western, and northern edges of the fire. These planned operations will likely result in increased air traffic, smoke, and fire activity in these areas. This strategy is intended to moderate fire intensity as the main fire approaches containment lines. These complex burnouts may require several days to complete. The Structure Protection Group will continue to work with homeowners along the western portion of Forest Road 102 to implement protection measures and mitigate risks to these residences.

Community Meeting: The IMT hosted a virtual community meeting on August 18, 2020, with over 500 participants viewing the live video. American Sign Language interpretation and live-captioning services are now being provided. A recording of the meeting is now available at <https://facebook.com/santafeNF/>. No account is required to view the video.

Closures: The Santa Fe National Forest has issued a closure order prohibiting members of the public from entering the restricted area, including all Forest Service lands, roads and trails, within an area that is roughly defined by the Rio Nambe Trail #160 on the north, the Borrego Trail #150 and Forest Road 412 on the east, Forest Road 102 on the south and back up the forest boundary line on the west to meet the Rio Nambe Trail #160. Fire managers are asking the public to exercise caution and avoid all areas that could be impacted by the Medio Fire.

Smoke: An Air Resource Advisor has joined the incident to help address smoke-related issues, including public health concerns. Smoke from the Medio Fire is likely to be visible from Santa Fe and surrounding communities as well as along the I-25 and US-285 corridors. In addition, multiple fires in Colorado are also blowing smoke into the area. You can view an interactive smoke map at <https://fire.airnow.gov/> and zoom into the Santa Fe area to see the latest smoke information. Smoke-sensitive individuals and people with respiratory problems or heart disease are encouraged to take precautionary measures. Information on air quality and protecting your health can be found at <https://www.env.nm.gov/air-quality/>.

Inciweb: <https://inciweb.nwcg.gov/incident/7031/>

Santa Fe National Forest: <https://www.fs.usda.gov/main/santafe/home>

Facebook: <https://www.facebook.com/santafeNF/>

New Mexico Fire Information: <https://nmfireinfo.com/author/sfnfpao/>

Interactive Map: <https://nifc.maps.arcgis.com/apps/MapSeries/index.html?appid=4925ec13d6bd41538157172dcb9462ed>



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

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HELPFUL RESOURCES

Resources for Pet & Livestock Owners



Pets and livestock are a huge part of the Walatowan community. Jemez people are taught and reminded to always have respect for all living beings. Often pets or livestock are seen roaming freely in the village or near the highway. Animals on the road become dangerous for traffic. Please keep a close eye on your animals, and make sure they are not on any roads.

It is understood that sometimes people cannot bring some of their pets indoors, however as a reminder, all animals should have proper shelter, owners should ensure that their animals are properly secured, fed, and hydrated. As the next generation of Earth's caretakers, it is important to remember that these animals are dependent on owners to love, care, and protect them.

Pets and livestock owners are encouraged to make decisions that embody these values for the animals they bring into the community. Below is a list of helpful resources for pet and livestock owners:

jemezanimalamigos.org

<https://apnm.org/wp-content/uploads/2016/10/AnimalControl.pdf>