



SANTO DOMINGO TRIBAL PROGRAMS

P.O. BOX 99 | 134 TESUQUE ST. SANTO DOMINGO PUEBLO, NM 87052 | 505-465-2214



NEWSLETTER

VOL. 1 NO. 4 | ISSUED MONTHLY | APRIL 2023

Approved by: *Isabel Esquivela Jimenez* Date: *4/3/23*
Edgar Alfonso Crespi Date: *4/3/23*

The Santo Domingo Tribal Programs Newsletter is a free newsletter published for the Santo Domingo Pueblo community. The purpose of the newsletter is to connect, celebrate, and bring awareness to community members. The Santo Domingo Tribal Programs Newsletter invites stories, photos, and information that would be of interest to our readers.

Newsletter information is provided by Santo Domingo Tribal Programs then approved by the Governor.

Our goals for the newsletter are:

- Share stories, articles, and events from Tribal Programs
- Share opportunities for community members provided by Tribal Programs and outside organizations

Vision

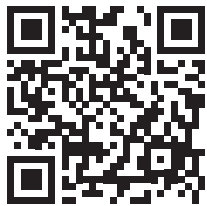
Provide a space for community members to receive monthly information from Tribal Programs.

Distribution locations:

- Santo Domingo Pueblo Library
- SD Community Center Lobby
- Daniel Store

All Programs: If you would like copies of the newsletter for your department please stop by the IT Office.

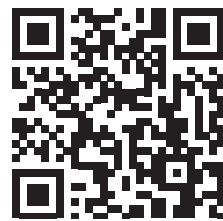
Sign up to get your newsletter delivered to your home!



- Call: (505) 709-7392
- Sign up In-person with IT
- Visit <https://forms.gle/LAzF244u18Snc9qcA>

We will need your Name, Phone Number, Email (if available), and Street Address.

Your feedback is appreciated.



To create a newsletter that everyone will enjoy, let us know how we can improve.

Ways you can give feedback:

- Visit <https://forms.gle/ZbES9X9UeBTo9fkm9>
- Scan the QR Code with your phone's camera.



Follow us on Facebook for updates
@SantoDomingoTribalPrograms



Human Resource Department

PO BOX 127 Santo Domingo Pueblo, NM 87052

Office: (505) 585-0111 **Fax:** (505) 715-4416 **Email:** HR@kewa-nsn.us

Check out open positions today!

Our work environment has:

- Friendly staff
- Supportive work environment
- Flexible work hours

We work hard together while honoring the traditions and work-life balance that allows each one of us to be the best versions of ourselves. We offer very generous benefits for full time staff:

- Personal Leave (up to 26 days per year)
- Paid holiday/cultural leave (up to 20+days/year)

- Excellent medical benefits with an employer contribution of up to 85%
- Up to 5% matching 401(k) in which you are immediately and fully vested

- Fully paid dental, Short Term Disability, Long Term Disability, and Life Insurance Policies
- Other amenities aimed at creating a solid work/life balance

Applicants are encouraged to download the Employment Application and return it to the Human Resources Department. Remember, the application may be just one part of a complete application packet! Read the job announcements carefully for full application details.

Visit

<https://santodomingopueblo.isolvedhire.com/internaljobs/>



Scan the QR Code to apply online

Exciting News from the Projects and Facilities Department!

On April 10, 2023, the Plumbing staff will transition from SDTUA to the Santo Domingo Projects and Facilities Department. We are excited to expand our services to our community and to tribal programs.

If you need plumbing services, please contact our office at 505-465-2581, if you prefer email please use this link to create an electronic work order help@sdp-facilities.on.spiceworks.com or stop in our office located next to the Governor’s Office, in the orange building, aka “Pumpkin Palace”.

Here are the rates for residential and commercial plumbing services:

COMMERCIAL PLUMBING WORK	PER HOUR
Per Crew Member	\$100.00
After Hour Crew	\$120.00
Heavy Equipment	\$160.00
After 1 Hour Heavy Equipment	\$80.00
Rental + 30% Fee	

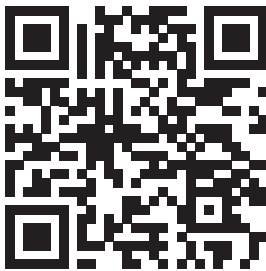
Please Note: Commercial emergency call outs will be based on a \$120.00 per hour fee with a minimum of 2 hours. Emergency hours are defined as weekends and the hours between 5pm to 8am Monday thru Friday.

TRIBAL MEMBER DISCOUNT @ 60% OFF SERVICES
(Calculated Below)

RESIDENTIAL PLUMBING WORK	PER HOUR
Per Crew Member	\$40.00
After Hour Crew	\$48.00
Heavy Equipment	\$64.00
After 1 Hour Heavy Equipment	\$32.00
Rental + 30% Fee	

Please Note: Residential emergency call outs will be based on a \$48.00 per hour fee with a minimum of 2 hours. Emergency hours are defined as weekends and the hours between 5pm to 8am Monday thru Friday.

To create a work order by email, scan the QR Code



TRADITIONAL
POTTERY
WORKSHOP SERIES



Join Miriam and Xavier Lucero as they share their knowledge in this hands-on learning experience for youth!

**THURSDAY, APRIL 13, 2023 AND
FRIDAY, APRIL 14, 2023**
10:00AM - 1:00PM

**MONDAY, APRIL 17, 2023 -
FRIDAY, APRIL 21, 2023**
3:30PM - 5:00PM

**OPEN TO YOUTH AGES 12-18
LIMITED SPOTS!**

Scan the QR to register or call the Santo Domingo Pueblo Library at (505) 465-2214 ext. 2226



Santo Domingo
WIC Program
Ph: 465-1321
Fax: 465-2688



Yes! **WE'RE
OPEN**



Santo Domingo Women, Infants and Children Program will be phasing back to in-person service effective April 3, 2023, which means that you will be welcomed back into our building for certification appointment, food package redemption, nutrition education class, breastfeeding and other services pertaining to WIC.

The open house is scheduled for April 17th from 1:00 – 3:30 pm. Come visit us at our newly renovated building.

(Since COVID is still amidst we ask that you wear a mask for the safety of others and yourselves.)

Attached is the schedule of activities for the month of April.



If you have any questions, please feel free to call the office (505) 465-1321.



Santo Domingo
WIC Program
Ph: 465-1321
Fax: 465-2688

**Voucher / Food Issuance and
Certification Schedule**

April 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Effective this month WIC Program is now OPEN for in person service. Since COVID is still amidst PLEASE wear a mask upon entering the building for the safety of others and yourselves!						1
2	3 Issuance 8:30 –12:00 1:00 – 4:00	4 Issuance 8:30 –12:00 1:00 – 4:00	5 OFFICE CLOSED	6 OFFICE CLOSED Holy Thursday	7 OFFICE CLOSED Good Friday	8
9 	10 OFFICE CLOSED	11 OFFICE CLOSED	12 OFFICE CLOSED	13 Certification Issuance 8:30 –12:00 1:00 – 4:00	14 Certification Issuance 8:30 –12:00 1:00 – 4:00	15
16	17  Issuance 8:30 –12:00 1:00 – 4:00	18 Certification Issuance 8:30 –12:00 1:00 – 4:00	19 Issuance 8:30 –12:00 1:00 – 4:00	20 Issuance 8:30 –12:00 1:00 – 4:00	21 Issuance 8:30 –12:00 1:00 – 4:00	22
23 30	24 Issuance 8:30 –12:00 1:00 – 4:00	25 Issuance 8:30 –12:00 1:00 – 4:00	26 Issuance 8:30 –12:00 1:00 – 4:00	27 Issuance 8:30 –12:00 1:00 – 4:00	28 Issuance 8:30 –12:00 1:00 – 4:00	29



Direct Distribution cell 505-709-8657
WIC Program's Information cell: 505-709-8643
BF Peer Counselor's cell: 505-350-6639
WIC Nutritionist cell: 505-401-6472



**The WIC program helps pregnant/breastfeeding
women, infant and children up to age 5**

Contact the WIC Program to schedule an appointment

NOTE: SCHEDULE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE



Greetings Santo Domingo Community



Family Service Program Staff

- Doris Mina**
Program Director
- Lurlyn Tenorio**
Case Manager
- Peregrina Nieto**
Child Welfare Worker
- Zanna Reano**
Family Service Worker
- Virginia Tenorio**
ICWA Worker
- Victoria Lovato**
Admin. Assistant/Eligibility Worker



Office Hours:
Monday - Friday
8am to 5pm



Program Updates

Family Services is open to provide services to all community members that need assistance with applying for Tribal General Assistance, as well as advocating and assisting individuals with applying for LIHEAP, SNAP, Medicaid, and other public assistance. We are still asking that masks be worn when coming to our office. Our program is taking this safety measure to continue our efforts to keep our employees and community members we serve safe.

Please feel free to come to our office or call us at (505) 465-0630 to speak with a worker or schedule an appointment if you need assistance or any information on resources and services.

SAVE THE DATES!!!

May
Mom's Night Bingo
May 12, 2023
5pm to 7:30pm
Community Center Cafeteria
(In-person Only)

June
Dad's Day
Horseshoe Tournament
June 20, 2023
5pm to 7:30pm
Galisteo/Bosque Outside Classroom

For more information on upcoming events contact our office at (505) 465-0630.

Family Services Program General Assistance (GA)



Laid off?
Unemployed?
Disabled?

Do you need financial assistance while you look for work or apply for disability?

You might qualify for General Assistance!

This time limited program is aimed to help Tribal Members with basic needs and obtain self-sufficiency.

Contact our office at (505) 465-0630 for more information.

New Mexico LIHEAP Application Assistance

What is LIHEAP?

The New Mexico LIHEAP, or The Low-Income Home Energy Assistance Program, assists families with their heating or electric costs.

Do you need help with your LIHEAP application?

The Family Service program provides assistances with completing LIHEAP applications.

We also provide language interpretation for community members needing assistance with the application process.

Please bring the following:

- Copy of current gas or electric bill
- Proof of income (last 30 days)

Contact Victoria Lovato at (505) 465-0630 for assistance or more info.



Foster Family Needed

Family Services is seeking a long-term foster home for three siblings.

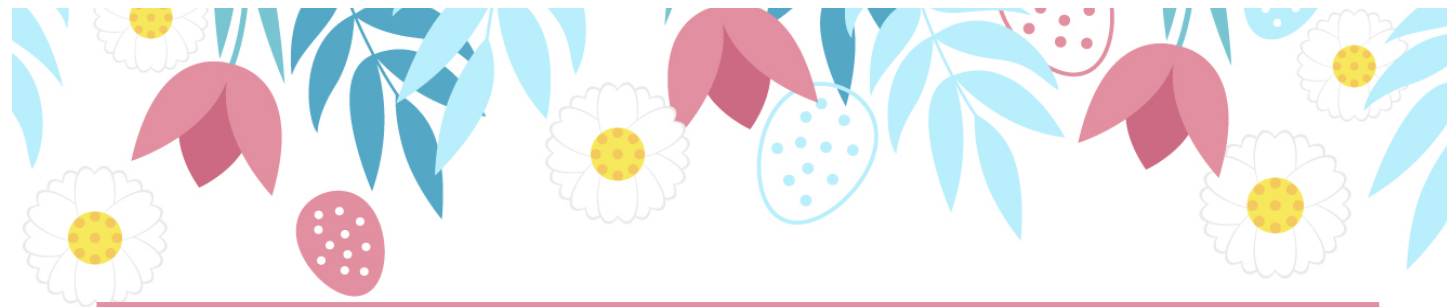
As Pueblo people we have cared for children through extended and non-extended families. It is common for relatives/non-relatives to care for one another's children in times of need.

When you open your home, you:

- ❖ Restore trust and hope to children in need.
- ❖ Help children maintain cultural & religious values.
- ❖ Help keep siblings together.

Contact us for more information on becoming a foster family.





HOP ON OVER AND JOIN US

Fun Run/Walk & Easter Egg Hunt

AN EVENT ORGANIZED BY FAMILY SERVICES & OFFICE ON VIOLENCE AGAINST WOMEN (OVW)

THURSDAY, APRIL 20TH AT 5PM
DOMINGO BASEBALL FIELD

Join us for the Fun Run/Walk and Easter Egg hunt after for children 0 to 12yrs old.

Find special eggs for Prizes!

****T-shirts for adults while they last.**

For more information contact Family Services or OVW at (505) 465-0630.



APRIL IS NATIONAL CHILD ABUSE PREVENTION & SEXUAL ASSAULT AWARENESS MONTH!

HISTORY OF CHILD ABUSE AWARENESS PREVENTION MONTH

We believe that every child has a right to a safe childhood free of violence. April is Child Abuse Awareness and Prevention Month is an important time to start the conversation in our communities about how we can keep our children safe.

The first federal piece of legislation to protect children from abuse and neglect, the Child Abuse Prevention and

Treatment Act (CAPTA) was passed in 1974. In 1982, Congress took further steps toward identifying and prevention child abuse and recognized the first Child Abuse Prevention Week. Shortly after, the first National Child Abuse Prevention Month was designated in April. Since those early days, the focus on recognition and

prevention has widened to include promoting healthy parenting and strong families through education and community support.

By rallying our neighbors, tribal programs, schools, friends, and families, we can make a difference in the lives of children. This problem is too big for anyone organization to solve. We all must present a unified front by promoting safety and awareness, together we can prevent abuse from happening in the first place and help keep our children safe.

About **1 in 7** children experienced child abuse and neglect in the last year.



4 WAYS TO HELP

We invite you to help us raise awareness in our community.

1. Participate in the Fun Run/Walk on April 20th.
2. Wear Blue or Teal throughout the month of April
3. Wear Denim on April 26th

WHAT IS CHILD ABUSE & NEGLECT?

As some of the most vulnerable in our society, children are worthy of growing up in a safe, healthy, and supportive environment. Unfortunately, a large amount of young people are abused, ignored, and mistreated by the adults responsible to create that positive environment.

Child Abuse are acts that result in serious harm or risk of harm, including physical violence, exploitation, sexual abuse, and death. Failure to take action to stop the harm is also considered child abuse.

Child neglect is the failure to provide the care, supervision, affection, and support needed for a child's health, safety, and well-being. Child neglect includes physical neglect and inadequate supervision, emotional neglect, medical neglect, and educational neglect.

The healing journey for those who have experienced child abuse and neglect can be extremely painful. It is also possible for survivors to go on and have healthy and productive childhoods and adult lives. We encourage you to learn more about the effects, the signs,

and how to report suspected child abuse. You can contact the Family Services Program for more information.

Family Services encourages anyone who suspects child abuse or neglect by a parent or other caregiver to make a report to BIA Law Enforcement.

"Children rely on others to be their voice."

EFFECTS OF CHILD ABUSE AND NEGLECT

Every child who has experienced abuse or neglect will have their own response to the trauma. While some children have long-lasting effects, others are able to recover quicker and with ease. There is not a right or wrong way for a child to manage effects of the abuse and neglect they have suffered.

- What are some factors that can influence children’s responses to trauma?
- Age
 - Developmental status
 - Type of abuse and/or neglect
 - How often and how long a child was abused
 - How severe the abuse was
 - The relationship between the child and the perpetrator

- What are some physical effects of child abuse and neglect?
- Bruises and welts
 - Scrapes and cuts
 - Burn marks
 - Head trauma
 - Weakened brain development
 - Sprains or broken bones
 - Difficulty walking or sitting
 - Torn, stained, or bloody clothing

HOW TO MAKE A REPORT

You can make a report of child abuse by calling or visiting the Social Service Office, Tribal Office, or contacting BIA Law Enforcement.

- It is helpful if you can share the following information:
- the name, address, and age of the child
 - the name and address or the child’s parent, guardian, or caretaker
 - the child’s condition, including the nature and extent of the injury
 - any information regarding the presence of weapons, alcohol/drug abuse, or other factors affecting the officers or social worker’s safety

- Pain or itching in the genital area
- Bruises or bleeding in and around the genital area
- Sexually transmitted diseases
- Inappropriate dress
- Poor hygiene
- Poor physical health

- What are some psychological and mental effects of child abuse and neglect?
- Anxiety
 - Depression
 - Low self-esteem
 - Withdrawn
 - Dissociation
 - Difficulty with making and maintaining relationships
 - Experiences flashbacks
 - Hypervigilant
 - Persistent fear

- What are some behavioral effects of child abuse and neglect?
- Self-harm
 - Eating disorders
 - Alcohol and drug use
 - Trouble sleeping
 - Uncomfortable with physical contact with others
 - Repeating school grades

Important to Remember

- You do not need to prove that abuse has taken place; you only need reasonable grounds for suspicion.
- You do not have to give your name, you can remain anonymous.
- You do not need permission from parents or caregivers to make a report and you do not need to tell them you are reporting.
- You do not need permission from your workplace to make a report..
- All disclosures are strictly confidential. Take great care to ensure that the disclosure and all details are shared

- Absent from school often
- Criminal activity

What are common effects on children who witness domestic violence?

Whether children witness or experience abuse, it can take a toll on their development.

Domestic violence victims are not isolated to intimate partners. Children are at an increased risk for emotional behavioral problems regardless if they were directly abused or not. The effects include:

- Anxiety
- Depression
- Academic problems
- Fearfulness

Remember...

Children’s exposure to violence is an issue that touches everyone—a tragedy that scars children and threatens the safety of communities. All children require love, nurturing, and support to thrive and break the cycle of violence that affects them.

- only with the appropriate person or agency.

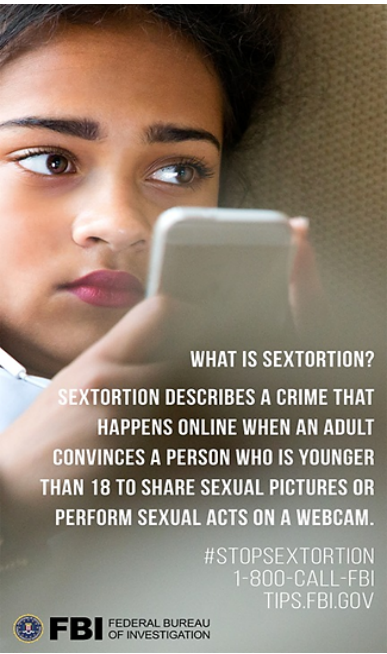
Remember we are all mandated reporters!

Call one of the following agencies to report:
Family Services: (505) 465-0630
Tribal Officers: (505) 465-2214
BIA Law Enforcement: (505) 346-2868



Child Internet Safety -Sextortion: A Rising Internet Threat

During a past webinar hosted by the Internet Crimes Against Children Task Force Program and the National Center for Missing & Exploited Children (NCMEC). They touched on Sextortion which has been impacting many teens and youth throughout the world. There has been a rise in reports of sextortion in the past year.



<https://www.fbi.gov/image-repository/sextortion-question-what-is-it-090319.jpg/view>

Sextortion as in the picture above, is described as a crime that happens online. This crime is when an adult convinces teens and children, 18 years and younger to send explicit pictures or do sexual acts on webcam.

Sextortion can happen on any device that has access to the internet. It happens on any site where people can meet and communicate such as snapchat, Facebook, Instagram, etc. This also includes online games on a phone, computer, or game console.

It starts when an adult contacts the teen or youth on their devices impersonating another teen or youth and building a relationship. They make them believe they are someone the same age who is interested in a relationship or offers something of value. The adult can use threats, gifts, money, flattery, lies, or other methods to get a young person to produce these images.

After the criminal has one or more videos or pictures, they use the threat of sharing or publishing that content to get the victim to produce more images.

The adult has committed a crime as soon as they ask a young person for a single graphic image.

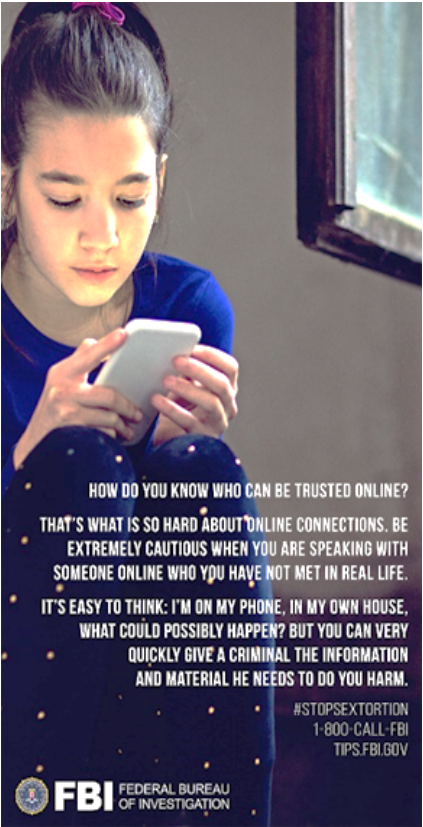
This can harm teens and youth even if they do not meet up with them in real life. The victim still experiences negative effects. The criminals can become vicious and non-stop with their demands, harassment, and threats. Victims report feeling scared, alone, embarrassed, anxious, and desperate. Many feel like there’s no way out of the situation.

What to do if this is happening?

You can report to the following agencies:

- cyberipline.org
- NCMEC at 1-800-THE-LOST
- Tips.fbi.org
- FBI at 1-800-CALL-FBI

When making a report include as much information as possible.



<https://www.fbi.gov/image-repository/sextortion-question-trust-090319.jpg>

You can also learn how to contact the internet service providers and platforms to help the spread of images by going to the NCMEC website and clicking GET HELP.

Feel free to visit the websites below for more resources including a video link to a teen victim’s personal story and an informational video on sextortion.

- NetSmartz on www.missingkids.org
- www.ICACTaskforce.org
- Amanda’s Story <https://youtu.be/vOHXGNx-E7E>
- www.sextortionfilm.com

SEXUAL ASSAULT AWARENESS MONTH

Sexual Assault Awareness Month (SAAM) is an annual campaign to raise awareness about the realities of sexual assault. It is a time to take the opportunity to educate community members on sexual violence and how they can help prevent it. Sexual violence is an issue on many fronts. It presents a major public health crisis and highlights the need for societal change in what is often referred to as “rape culture.”

What is Sexual Assault/ Violence?

Sexual assault/violence is a broad term that includes rape, incest, child sexual abuse, intimate partner violence, sexual exploitation, human trafficking, unwanted sexual contact, sexual harassment, exposure, and voyeurism. In short, sexual violence can be described as any unwanted intimate touching by anyone, even if that person is your partner. In fact, the three most common perpetrators of sexual violence are acquaintances, family members, and trusted adults. A person may be sexually assaulted by a stranger, but those incidents are much less common. Sexual violence also includes the non-consensual sharing of private or intimate photos, often referred to as “revenge porn.”

Sexual assault/violence occurs when a person forces, manipulates, or coerces another person into sexual activity; this happens any time a person does not or cannot freely give affirmative consent or revokes consent. The absence of a no does not mean yes. Reasons someone may not be able to consent include, but are not limited to, threat of harm, fear, illness, disability, or the influence of alcohol or drugs.



What is Consent?

Consent by definition is the permission for something to happen or an agreement to do something. In the context of sexual contact, consent is an agreement between participants to engage in sexual activity. There are many ways to give consent, and while it doesn’t have to be verbal, verbally agreeing to different sexual activities can help both you and your partner respect each other’s boundaries, thus having a better sexual experience. Now, many of you may be thinking, “That sounds great, but what does consent mean in reality?” In practice, consent is about communication, and it should happen every time. Giving consent for one activity at one time does not mean giving consent for increased or recurring sexual activity. You can also change your mind at any time. Sometimes it can be difficult to talk about consent. Talking about sex can be awkward in general. But communication is crucial in order to avoid any uncomfortable situations for either partner.

Did you know?

- 1 and 3 girls and 1 in 5 boys will become a victim of child sexual abuse before their 18th birthday
- 90% of the time a child is harmed, it’s at the hands of someone they – and their parents – know and trust
- 75% of child sexual abuse survivors don’t tell for at least a year, 45% keep abuse a secret for at least five years, and many never tell anyone

But – 95% of this abuse is preventable through education and awareness... and with guidance and support, victims can heal into thriving survivors.

Office of Violence against Women (OVW) Program is asking you to help spread and raise awareness throughout our community.



Still confused about consent? Take a look at this video <https://youtu.be/pZwvrxVavnQ> that describes consent like asking someone for a cup of tea. It is a cute way to talk about somewhat awkward topic.

Some Statistics*

- 1 in 5 women and 1 in 16 men are sexually assaulted while in college.
 - More than 90% of sexual assault victims on college campuses do not report the assault.
 - 1 in 5 women and 1 in 71 men will be raped at some point in their lives.
 - In 8 out of 10 cases of rape, the victim knows the person who sexually assaulted them.
 - Rape is the most under-reported crime; 63% of sexual assaults are not reported to police and only. 12% of child sexual abuse is reported to the authorities.
 - 1 in 4 girls and 1 in 6 boys will be sexually abused before they turn 18 years old.
 - 325,000 children are at risk of becoming victims of commercial sexual exploitation each year.
 - Nearly 1 in 10 women has been raped by an intimate partner in her lifetime.
 - Approximately 1 in 45 men has been made to penetrate an intimate partner during his lifetime.
 - Each rape costs approximately \$151,423.
- Annually, rape costs the US more than any other crime (\$127 billion).

Article Resource - National Sexual Violence Resource Center (NSVRC)

DENIM DAY - APRIL 26TH

HOW TO OBSERVE DENIM DAY

On Denim Day, which takes place on the last Wednesday in April – April 26 this year – we stand in solidarity with sexual assault survivors and victims. Celebrated every year on the last Wednesday of April, Denim Day started as a campaign against sexual assault apologists. In the summer of 1998 in Italy, an 18-year-old girl was raped by her 45-year-old driving instructor. One year later, the perpetrator was released after the court overturned his sentence. He appealed that the girl had had ‘consensual’ sex with him because she was wearing tight jeans that could have only been taken off with her help. The next day, Italian women showed up in jeans to their workplaces as a way to protest the absurdity of the overturned sentence.

WHY DENIM DAY IS IMPORTANT

- It’s a celebration of determination**
Sheer determination can help us achieve many things. It was through determination alone that many legislations and acts were passed in favor of sexual assault survivors. Had people given up, orthodox laws would still have been in place.
 - It’s a celebration of unity**
Both men and women, of all ages and backgrounds, can be victims of sexual assault. Therefore, we must show our support and solidarity with them. Coming together as a community will lead to a better future for generations to come.
 - It’s a celebration of women power**
Had it not been for women supporting women during 1999, Denim Day would not have existed today. Women can be each other’s biggest allies as they come from shared experiences due to patriarchy.
- 1. Wear denim**
One of the best ways to observe this day is by wearing denim. It doesn’t have to be jeans as you can wear denim jackets, shirts, hats, etc.
 - 2. Raise your voice**
Raise your voice in support of the survivors and victims. Do not stay silent for them and yourself. Show the perpetrators that you stand against them and will do anything to stop them.
 - 3. Spread awareness**
Spread awareness in your circles and on social media. Call out the apologists for their twisted viewpoints. It’s the 21st century and, while we may have progressed tremendously in the fields of science and technology, many of us still have orthodox views on sexual assault and other societal issues.

For more information on Sexual Assault Awareness & Denim Day contact Tamani Ortiz, Victim Advocate at (505) 490-0847 or (505) 465-0630 or visit the following links below:
[Why Denim? – Denim Day](#)

[DENIM DAY - April 26, 2023 - National Today](#)

PREVENTION
is possible

Sexual Assault
Awareness Month

THE IMPACT OF SEXUAL VIOLENCE

Nearly 1 in 5 women and 1 in 71 men are victims of rape (Black et al., 2011). But all of us are impacted by sexual violence. That's because sexual violence affects communities and society – in addition to survivors and their loved ones. Because of this, it's on all of us to help prevent it.

Sexual violence is a widespread problem

Sexual violence includes rape, incest, child sexual assault, ritual abuse, non-stranger rape, statutory rape, marital or partner rape, sexual exploitation, sexual contact, sexual harassment, exposure, and voyeurism. It is a crime typically motivated by the desire to control, humiliate, and/or harm – not by sexual desire.

Sexual violence violates a person's trust and feelings of safety. It happens to people of all ages, races, genders, sexual orientations, religions, professions, incomes, and ethnicities.

Impact on survivors

An assault may impact daily life whether it happened recently or many years ago. Each survivor reacts to sexual violence in their own unique way. There are long-term and short-term impacts of sexual violence on overall health and well-being. Common emotional reactions include guilt, shame, fear, numbness, shock, and feelings of isolation.

The psychological effects of sexual violence have been linked to long-term health risk behaviors. Reactions can range from PTSD and eating disorders to anxiety and depression. Physical impacts may include personal injuries, concerns about pregnancy, or risk of contracting an STI. Economic impacts of sexual violence include medical expenses and time off work.

Impact on loved ones

Sexual violence can affect parents, friends, partners, children, spouses, and/or coworkers of the survivor. As they try to make sense of what happened, loved ones may experience similar reactions and feelings to those of the survivor. Fear, guilt, self-blame, and anger are a few common reactions.

Impact on communities

Schools, workplaces, neighborhoods, campuses, and cultural or religious communities may feel fear, anger, or disbelief if a sexual assault happened in their community. Additionally, there are financial costs to communities. These costs include medical services, criminal justice expenses, crisis and mental health service fees, and the lost contributions of individuals affected by sexual violence.

Impact on society

The contributions and achievements that may never come as a result of sexual violence represent a cost to society that cannot be measured. Sexual violence endangers critical societal structures because it creates a climate of violence and fear.

According to the 1995 U.S. Merit Systems Protection Board, sexual harassment alone cost the federal government an estimated \$327 million in losses associated with job turnover,



Hours:
Monday through Friday
5AM-6PM

If the center is closed for any reason we will post outside the building.

Contact us:
(505) 585-0117 for any questions.

Move Your Time Challenge

APRIL 2ND- 29TH

REGISTER BY SCANNING QR CODE

WEEK 1: (APRIL 2ND-8TH) 3 DAYS OF 30 MIN OF RUN/WALK EACH DAY
WEEK 2: (APRIL 9-15TH) 4 DAYS OF 35 MIN OF RUN/WALK EACH DAY
WEEK 3: (APRIL 16-22ND) 3 DAYS OF 40 MIN OF RUN/WALK EACH DAY
WEEK 4: (APRIL 23-29TH) 4 DAYS OF 45 MIN OF RUN/WALK EACH DAY

FOR MORE INFORMATION (505) 585-0117

HOSTED BY KHOP

VOLLEYBALL RECREATIONAL SATURDAYS

MUST BE 18 OR OLDER
TEAMS WILL BE MADE UP ON SITE

SATURDAY EVENINGS
5 PM - 6 PM
APRIL 15TH - 29TH
@ THE GAZEBO

CONTACT US:
KHOP@KEWA-NSN.US | (505)585-0117



Then and Now:

It was a sweet surprise to have former Kewa TRUTH Youth Council President, Kye Aguilar, spend some time with us as we were setting up for our first food sale. Our current Male Co-President, Terrance Crespin, was only 11 years old when he and Kye met. These two were inseparable for much of that year, especially during the 2019 National UNITY Conference which was held in Orlando, FL. Today, Mr. Aguilar serves Active Duty with the U.S. Army.

2023 UNITY Mid-Year Conference



Pearl Yellowman addresses youth during one of the sessions.

The Kewa TRUTH Youth Council Co-Presidents, Terrance Crespin and Kaitlin Tenorio, were accompanied by two staff members to the UNITY Midyear Conference. The event was held on February 23-26, 2023, in Tempe, Arizona. United National Indian Tribal Youth, Inc., (UNITY) is a national network organization that promotes personal development, citizenship, and leadership among native youth.

The conference is a three-day youth-led annual event designed to empower native youth and adults. Approximately 500 youth and advisors from across the country were in attendance. UNITY trainers and peer leaders facilitated breakout sessions that gave youth the opportunity to work together in developing actions plans to address concerns within their community.



Kaitlin Tenorio, UNITY President Mary Kim Titla, and Terrance Crespin.

Terrance and Kaitlin were 2 of 12 youth that participated in the Communications Boot Camp held in collaboration with Arizona State University's Walter Cronkite School of Journalism and Mass Communication. The training was an intensive multi-media storytelling crash course for native youth who have an interest in video production and wish to have their videos featured as part of UNITY News.

Resources (LW)

- In person event (Community Center)
- Social media (advertisement)
- Transportation (Shuttle, walking, self transport)
- History (Ems, experienced user, therapist, ext.)
- Counseling (Teachers, mentors)

How?? (T.C)

- getting our word out (youth, socials)
- Tribal Council (evidence, finance, permission)
- Rehab meeting
- (posters, flyers, social media)
- getting participants to come out
- educate users and non-user on how to prevent.
- Finance (Fundraisers, Bake/food sales ext. Donations, sponsorships)



Terrance Crespin with Jhane Myers, Amber Midthunder, and Angelique Midthunder.

Attending the conference was a great opportunity to network with native professionals and other native youth councils. The experience gave our co-presidents a glimpse of similar challenges affecting other native tribes. The highlight of this conference is that youth are given strategies and resources that empower them to use their voice and action to make a positive impact in their community. Some of the workshops that were offered focused on Economic Development, Wellness, Youth Voice in the Arts, Cultural Connectedness, Preservation of Native Languages, Civic Engagement & Leadership, College & Career Exploration, etc.

Special guests were movie producer Jhane Myers, Actress Amber Midthunder, and Casting Director Angelique Midthunder, all of whom worked on the movie, PREY. Each of these women shared stories of

their journey into the film industry and provided words of encouragement. Other inspirational guests included: James Anderson (Author/Motivational Speaker), Governor Stephen R. Lewis of the Gila River Indian Community, Shawn Martinez (Sr. Director of Live Presentation – Phoenix Suns), Douglas Miles Sr. (Artist/Owner of Apache Skateboards), Marcus Guinn – Emcee One (DJ for the Oklahoma City Thunder/Nike N7/President of One Innertainment Inc.), and Crystalne Curley (Speaker of the Navajo Nation Council)

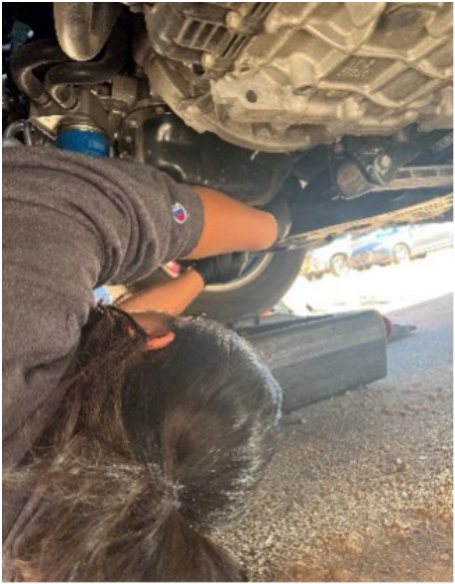
Each of these presenters were happy to share their knowledge and encouraged youth to set and attain goals which lead to positive change for the betterment of themselves, their families, and their communities.

Career Exploration/Lifeskills Workshop



On March 25th, the Education and Employment & Training Department hosted an Auto Mechanic workshop in collaboration with Raisi Yanez, owner and operator of ZION Automotive and his Mechanic David Yanez. There were 6 participants consisting of 5 males and 1 female

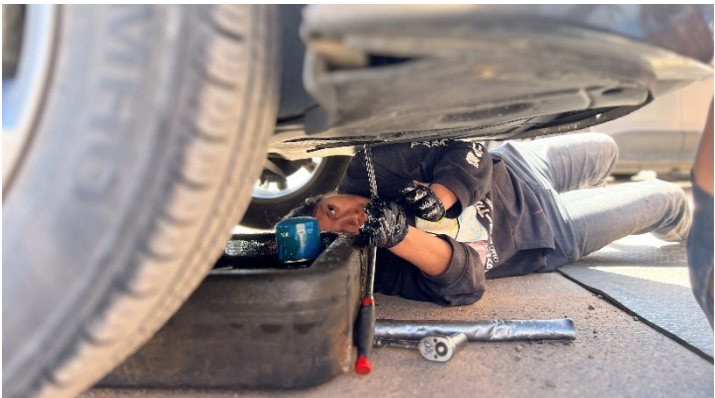
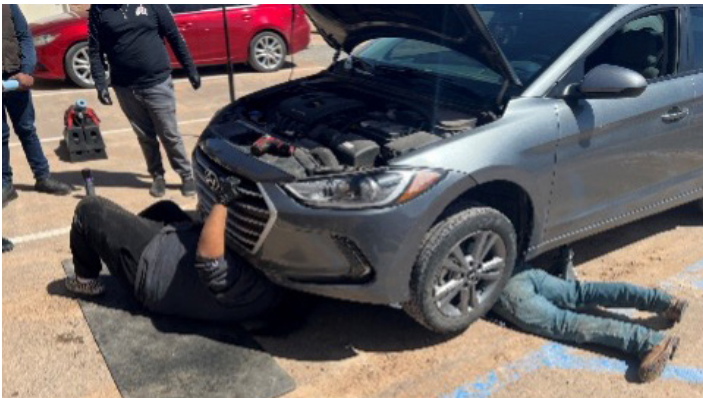
ranging from grades 8th-12th. The students were presented with a couple of power points, how to check your oil, how to change your oil. They were taught the importance and steps of each. After the presentations, the students had the opportunity to put into action what they had learned. There were 2 vehicles a 2019 Kia Sorento and a 2019 Hyundai Elantra made available to the students by Delilah and Deonte Tenorio. The students had a hands-on learning experience working on both vehicles. With the 1st vehicle they were shown the procedure of doing an oil change and everything that consists of proper auto maintenance. Checking the oil before draining, checking tire pressure, tire treads, brakes, etc. After a guided lesson, the students were then allowed to work as a team to complete the 2nd car on their own. They had to rely on what they were taught but encouraged to ask as many questions as they needed. They went through their process assigning each other different duties to get the



car done. For example, some students were assigned to do the oil change, other students were assigned to check brakes and tires. As their last lesson, the students were taught how to change a tire in case of an emergency.

The overall goal for these career exploration/life skills classes has been to show our children the many possibilities that are out there. The many different roles that play a part in a ever changing society. That there is more than one way to be successful. In learning these roles, they are also taught some life skills in the process. Skills that will help them become independent. In the end the students walked away with some knowledge, a socket set and tire gauge. But most importantly they walked away with an experience they can apply to their everyday lives.

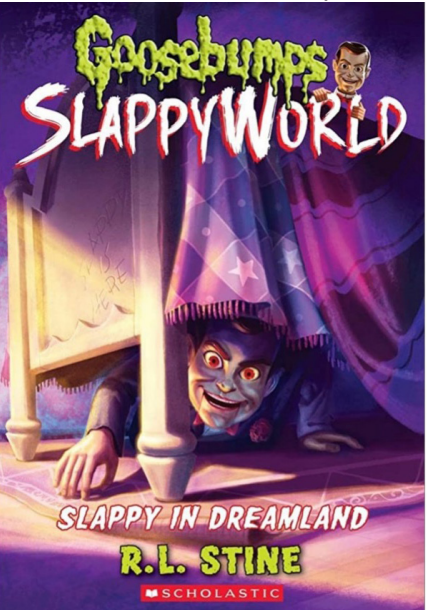
All oil and fluids were donated by Bill Aragon and Laurence Taylor of Santa Fe Fiesta Hyundai.



Join the Book Club!



The Santo Domingo Youth Book Club is continuing to grow. What started as a group of 5 students has grown to 11 as they finish up their 2nd book, "The Last Kids on Earth" by Max Brallier. The group has helped return the fun in reading by engaging the students in peer-to-peer conversations and helps them process what they are reading. The group really enjoyed this book and upon finishing it they watched the now book turned show on Netflix. An ongoing topic that has been discussed during the course of this book, "Is the book better than the movie?" was the perfect opportunity to delve into the argument. This group has been amazing and are still looking to grow. As of right now there are 11 youth members and 1 adult volunteer who follows along with the stories with his daughter to also contribute to the group. If you have children interested in joining, contact the Santo Domingo Education and Employment & Training Office at (505)585-0109 for more information. The group will be moving onto their 3rd book choice "Goosebumps: Slappy in Dreamland" by R.L. Stine. We hope to see some new faces soon. Until next time, happy reading!



Santo Domingo Education & Employment and Training Office

ATHLETIC TRAINERS WORKSHOP

Learn about becoming an athletic trainer. Hear from experts in their field as they share their journeys and experiences treating athletes. For ages 12-18. Space is limited.





SUNDAY
APRIL 23RD
at The Santo Domingo Pueblo Education Office
11:00AM - 02:00pm

Topic of Discussion:
ATHLETIC TRAINING

Guest Speakers:
CASSANDRA CORIZ
SFIS LAT,ATC

DIANA PADILLA
ARIZONA STATE UNIVERSITY HEAD ATHLETIC TRAINER

To RSVP call The Santo Domingo Education & Employment and Training Office at:
(505)585-0109



HAPPY EASTER

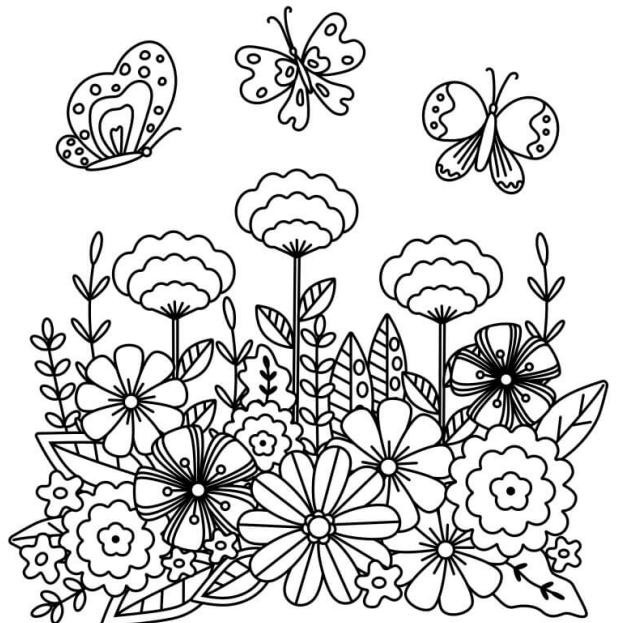
April Flower Sudoku



Fill each row, column, and block with unique numbers from 1 to 4



3			4
2	4	1	
1		4	2
4	2	3	1



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|-------------|----------|-------|----------|
| BUMBLEBEE | DUCKLING | GREEN | ROSES |
| BUNNY | EASTER | GROW | SEEDS |
| BUTTERFLY | EGGS | LAMB | SHOWERS |
| CATERPILLAR | FLOWERS | NEST | SUNSHINE |
| CHICK | GRASS | ROBIN | TULIP |
| | | | WORMS |