It's That Time of Year Again!!

College can be stressful for adult students throughout the semester, but particularly so during the busy holiday season. There are so many things going on right now. You're probably trying to stay healthy, and juggle all your household responsibilities, on top of getting ready for finals. Don't freak out. There are steps you can take to manage all the chaos in your life right now.

Keep Some Perspective

Easy to say, I know, but I've been there. There are only 24 hours in a day, and you're only one person. Keep your past successes in mind and focus on the fact that you'll get through this as well. Make a plan and stick to it. Make a list of what absolutely must be done and prioritize that list for each day. Don't forget to reward yourself as you check things off. Even if it's just something small, like a bubble bath or an ice cream cone, that's okay. Taking time for yourself will help to avoid burnout.

Don't Go It Alone

Remember to call on your support system during this time. It's the people closest to you who want to help you out when you're stressed. Be sure to reach out to them and allow them to do so. Call a friend to vent about your big history paper. It'll help to blow off steam, and maybe she'll have some good suggestions for how to find a little more time. Delegate responsibilities. Maybe your spouse could cook dinner for you while you work on your term paper or study for that exam. It doesn't hurt to ask; however, trying to go it alone could have negative consequences like strained relationships and health repercussions.

Change Your Thinking

Stress can often be at its highest due to the way we think about the stressful things in our lives. If we let it build up and convince ourselves that it's too much to handle, we're bound to become overwhelmed. Think about ways that you can reframe your thinking or approach a situation proactively. For example, say you're worrying about the three finals you have coming up in two weeks. In addition to the final exams, you have to prepare Christmas dinner for 25 guests, start your Christmas shopping, and attend the kids’ holiday concerts. Yikes, that's a lot! Rather than get upset about how much you have to do, take a moment to be grateful for all that you have in your life. It may seem cliche, but gratitude does wonders to change negative feelings. Once you've reframed your thoughts into something positive, take action to figure out the best way to get things done. Remember the above suggestions and write down all the ways that people can help you, then make an action plan for when you'll do each task. Taking matters into your own hands can be very empowering.

Adult students can be very hard on themselves. We have high expectations for doing well and being successful. That's great, but don't forget to give yourself some slack. The life of a non-traditional student can be very demanding, so be sure to take care of yourself and just do what you can. I hope these tips have helped. Let me know what works for you during stressful times and if you have anything to add to my list. Thanks!

10 Tips For Relieving Stress

1. Listen to music
2. Call a friend
3. Talk yourself through it
4. Eat right
5. Breathe easy
6. Laugh it off
7. Try tea
8. Be mindful
9. Exercise
10. Sleep better
While schools throughout Northern New Mexico are failing to meet the states Adequate Yearly Progress benchmarks, one small tribal school has met and surpassed the requirements two years running. Ohkay Owingeh Community School Principal Patricia Archuleta said third to sixth grade students made adequate yearly progress for the second straight year in the math, reading, and attendance categories mandated by the state. She added the school must meet the same requirements as well as other New Mexico schools as mandated by the federal No Child Left Behind Act.

Archuleta said she thinks her school is one of only three in Northern New Mexico that was able to meet the requirements, which last year required 67 percent of students to be proficient in reading and 57 percent proficient in math. For sixth graders, the proficiency percentage for math was 54 percent, while reading was 63 percent.

About 74 percent of the students met the state’s reading requirement and 71 percent met the requirements in math, Archuleta said. Matthew Martinez, aboard member for the school, mentioned an annual book fair held at the school and said he thinks doing this creates excitement about reading among students. He also said the school’s governing board has made meeting adequate progress in reading and math a priority. “The tribal council wanted to make sure the kids succeeded.” he said, adding the focus has always been on the best strategies for teaching.

Archuleta goes on to say, “I have a vision that all of my students will be proficient by the time they leave school.”

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Tsay Corporation Scholarship Recipients

- Donnalyn Trujillo
- Toni Atencio
- Nathana Bird
- William Trujillo

Congratulations to those students, keep up the good work!!

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Native Words to Share

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<td>Ha un an?</td>
<td>How are you?</td>
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<td>Hiwo</td>
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<td>Han Bi o!</td>
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ENOUGH! Putting the Brakes on Bullying

It is easy to see that we are a society that is out of control when it comes to the way we treat one another. The media have front-paged and super-sized stories on the terror of tween/teen violence and the horror of kids who have taken their lives to escape what they felt was inescapable. We hear in disbelief. The nightly news covers it. People Magazine details it. Dr. Phil interviews the families of victims and then it is forgotten by most until the next sensationalized atrocity or suicide is covered. We are losing our kids! Why isn’t there an outrage? Are we concerned enough to stand together and say, “We have had enough”? Bullying behavior is not new. Back in the day, kids picked fights and would duke it out on the playground, one-on-one. Girls were usually more subtle with their whisper-gossip cliques and teasing. Most of us grew unschooled by these experiences. Today, there are ways of hurting that defy squelching. The childhood chant of “sticks and stones may break my bones but words will never hurt me” has changed to . . . “but words cut like a knife.” Rumors run wild with nimble-thumb texting and Facebook comments unleash meanness that goes viral with comments that cannot be erased. How did it get so bad so fast? How did unacceptable behavior become the norm for communicating? What’s it going to take to make a radical course correction for this kind of behavior? We need to ask, “Who are the bullies”? We are focused on kids bullying each other. Who else are bullies? Here are responses I have received from teens and adults:

- Parents, Peers, Teachers, Bosses, Police, Politicians, Siblings, Coaches.

If this is their experience, is it fair to say that our kids are growing up in a culture of bullying? If yes, then where are our kids going to get the modeling for healthy, respectful and tolerant behavior? When teachers were asked this question during the workshop, Teaching 21st Century Kids™, they snapped to their responsibility for modeling acceptable behavior with their colleagues, administrators and students. Learning how to understand, connect and communicate with their students is essential for building a Community of Respect. To find out what else needed to happen, we went to the kids. In June 2011, almost 200 youth were invited to participate in the survey, Be A Buddy, Not A Bully. 80% of them were between the ages of 9 and 12. This activity was part of the Change Your Reality Conference sponsored by the Santa Fe County DWI Program.

Here is what they said:

98% said that most bullying takes place in school. 60% of boys and 60% of the girls have been bullied. 35% of the boys and 60% of the girls said the reason kids bully is because they want to be cool, they are angry or they were bullied. 94% said that one way they can stop bullying behavior is to tell adults (mostly teachers). The youth stated the ways they will teach their children not to use bully behavior are by The Golden Rule, by good example and by talking to them. A concern: If kids are telling teachers/adults, then why is bullying behavior persisting? When teachers/adults do address individual instances of negative behavior, they are not stopping the source or the force. We need more than a finger in the dyke solution.

School districts are mandated to have an Anti-Bullying program in place. Will one program solve the problem? Most likely, it won’t. However, it is a good place to start. In the meantime, we have an opportunity to be pro-active in our approach. There is something each of us can do immediately to improve or change the negative behaviors in ourselves. It is going to take all of us to make a positive change. What will your personal commitment be for putting the brakes on bullying behavior? October is National Anti-Bullying Month.

This is a four part article with Part 2, 3 and 4 to follow. If you wish to automatically receive these three parts please go to www.teaching21stcenturykids.com and click on Bullying. Fill out the confidential contact information and you will receive the three additional parts.

Part 2: The Perfect Storm: How Did It Get So Bad?
Part 3: Climate Changes for Healthy Relationships
Part 4: Promising Solutions: What we can do right now!

We want to gather as many solutions as possible. Please send me your ideas, activities and what is working for you in building communities of respect so we can share them with all who are connected with NM DOH Department of School and Adolescent Health. Thank you! DrPatty@eyfu.org Dr. Patty O’Sullivan is an award winning educator and documentarian. Her programs Teaching 21st Century Kids™ and her positive youth development program, Envision Your Future®, are being facilitated in our schools, youth, prevention and juvenile justice programs in New Mexico. Her latest program, America’s Got Teachers™, recognizes and celebrates teachers for their valuable role with youth. The site is a reservoir of inspiration for gaining new skills, insights, current information and sharing best practices.

www.Teaching21stCenturyKids.com
www.EnvisionYourFuture.org
www.AmericasGotTeachers.com
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Social Media for Marketing: CHOOSING THE RIGHT TOOLS

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- Monday, December 5th 9:00 am– 4:00pm
- Tuesday, December 6th 9:00 am– 4:00pm
- Monday, December 12th 9:00 am– 4:00pm
- Tuesday, December 13th 9:00 am– 4:00pm

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- Wednesday, February 8th & Thursday, February 9th, 5:00pm – 8:00pm
- Wednesday, February 1st & Thursday, February 2nd, 1:00pm – 4:00pm
- Wednesday, February 1st & Thursday, February 2nd, 5:00pm – 8:00pm
- Wednesday, February 15th & Thursday, February 16th, 1:00pm – 4:00pm
- Wednesday, February 15th & Thursday, February 16th, 5:00pm – 8:00pm
- Wednesday, January 25th & Thursday, January 26th, 1:00pm – 4:00pm
- Wednesday, January 25th & Thursday, January 26th, 5:00pm – 8:00pm

To register call (505) 747-6087 or go to www.FastForwardNM.org Española Public Library ● 313 North Paseo De Onate ● Española, NM 87532
NORTHERN NEW MEXICO COLLEGE
PUEBLO INDIAN STUDIES COURSES
SPRING 2012

PIS SPRING 2012:

PIS 200 Intro to Pueblo Indian Studies, Dr. Matthew Martinez, M 1:00 pm - 3:45pm
Course description: You will survey academic approaches, such as history, linguistics, and anthropology, to the study of Pueblo Indians and their neighbors.

PIS 258 Indian Gaming (cross listed with BUS 258), Dr. Matthew Martinez, W 1-3:45pm
Course description: Students will survey public policy history that lead to the passage of the federal Indian Gaming Regulatory Act (1988). Students will also explore and debate the importance of political and economic development among Pueblo communities.

PIS 381 Spirit of Place, Porter Swentzell, M 6pm - 845pm
Course description: You will examine the meaning of place in your life and its particular importance to understanding Native identity and culture. You will focus on how to relate place with examples of how Native writers, poets, artists, storytellers, and other performers convey a “sense” or “spirit” of place in their work.

PIS 458 Advanced Research Methods, Dr. Matthew Martinez, TBA
Course description: You will further develop research techniques applied throughout PIS courses through a focused, individual research project.

PIS 488 PIS Senior Seminar, Dr. Matthew Martinez, TBA
Course description: This is your capstone course which is designed to bring Intergraded Studies students together in your final seminar for an intensive review of materials covered in your full course of study.

For more information contact:

Dr. Matthew J. Martinez - Director of Northern Pueblos Institute, Assistant Professor of Pueblo Indian Studies
Phone: 505.747.5458
Email: martinez@nnmc.edu
A WORD FROM THE VICE PRESIDENT OF THE AMERICAN INDIAN STUDENT ORGANIZATION

My name is Toni Atencio, I am from Ohkay Owingeh, formally known as San Juan Pueblo. I am the Vice President for the (A.I.S.O) American Indian Student Organization and I have been involved with A.I.S.O since the fall of 2008, which was my first year attending Northern New Mexico College. I am going into the field of Business Administration here at Northern and plan to get my Associates in December.

Joining A.I.S.O was the best choice I’ve ever made besides attending college. I really enjoy the organization because we all work together as a team when it comes to fundraising, special events, and just coming together as an organization. I encourage every Native American student that attends Northern New Mexico College to come join us at our next meeting (December 7, 2011), potluck mtg. If you wish to join us, please bring a dish to share and just come and see what the American Indian Student Organization is all about.

HAPPY HOLIDAYS FROM AIC STAFF

Greetings everyone! On behalf of the staff at the offices of the American Indian Center, I would like to formally wish all students and staff a very Merry Christmas and a joyous New Year! We here at the AIC would like to express our appreciation and pride in our Native American Students attending and utilizing our resources and office space we provide for them.

We understand the hard work and dedication you students are putting into continuing your education. It may, at times be trying but in the long run you will reap the benefits of your hard work and dedication you have all put into your efforts to better your lives and careers.

So enjoy life, embrace every opportunity you can with confidence, positive thinking, and the thought that all things are possible with determination, dedication, and a little hard work. Nothing is ever given to us in this life, we all have to earn it.

And upon doing so, try to return to your respective communities and give back, be a mentor as well as a positive impact on those younger than you and make a positive impact on your community. Be proud of yourselves because we sure are proud of you! Native Pride!!

PEACE

HAPPY NEW YEAR
Seasons Greetings

Attention Students, Faculty and Staff

The AIS0 and Pueblo Indian Studies are sponsoring a Holiday Food Drive for the less fortunate families in our community. The Food Drive items wanted are non perishable food that will enable the families to enjoy a holiday meal.

American Indian Student Organization

Some Ideas for Donations:

- Canned Vegetables
- Mashed Potatoes
- Canned gravy
- Canned meat products Etc...

Donations may be dropped off at the American Indian Center - AD 255, beginning 12-1-11 through 12-16-11, thank you.
# December 2011

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**NATIVE PRIDE**