



# Isleta Pueblo News

Volume 5 Issue 2

February 2010

## Governor's Report

As we go into the second month of the new year, the Tribal Administration along with Tribal Council have been working diligently to save our NM State Capital Outlay Funding which has been earmarked for various tribal projects. New Mexico Legislators are looking at capital outlay projects throughout the state from where funds can be pulled to meet the NM budget shortfall. Taxation is another area being considered, and therefore, if the legislators raise some taxes, it may allow us to keep our capital outlay funds. As a result of supporting documentation which was prepared by our Tribal Attorney, Pablo Padilla and the Isleta Treasurers' Department, and the meeting we had with Alvin Warren, Secretary of New Mexico Indian Affairs Department, Isleta has been advised that our capital outlay funds are safe.

Another issue on taxation that would impact tribes is the gas and cigarette tax that tribes have been exempt from paying over the years. On January 7, 2010, Drew Setter and Natasha Ning, our tribal lobbyists, and I met with Governor Bill Richardson at the Capitol to request a meeting with NM Tribal Leaders on the tax issue. Governor Richardson honored our request, and we were advised that he and the Speaker Ben Lujan are working on a concept that will not only protect the price difference, but also allow tribes to capture ALL the revenue from tax increases that the state might adopt during the session. On Monday, January 11, Tribal Leaders, Lobbyist met in Santa Fe, with Lt. Governor Diane Denish, on

tribal issues and taxation, and later we met with Governor Richardson on taxation. Each of the Tribal Governors was allowed to speak on behalf of their respective tribes on taxation and other funding for tribes. As the legislative sessions continue, Tribal Leaders along with their lobbyist will be attending committee meetings to encourage and support our state legislatures not to vote on issues that will have negative impacts on our tribal governments.

On the good side, the Pueblo waterline replacement will begin in February. We are asking for your support and patience during the extent of this project. Due to the nature of the project, which will include removing old lines that were installed in the 1950's and will also include removal of asbestos. Renovation of Saint Augustine will also start, and preparations to hold Mass are being considered to be held at the Old Court House. During my meeting with Governor Richardson he promised additional funding of \$400,000 through the Tribal Infrastructure Fund to be included to the waterline project.

Although February has only twenty-eight days it is a long and tiring month. It is a very time consuming process for tribes to lobby for support on tribal issues and we dedicate a lot of hours in our lobbying efforts.

As we continue with our work, we will keep you informed on the results following the sessions. We are very hopeful and confident that our efforts will be fruitful and that the results we send will be positive.

## Congressman Teague's Tribal Constituent Services

Congressman Harry Teague represents New Mexico's 2nd Congressional District, which spans all the way from Grants to Hobbs and Santa Rosa to Lordsburg and includes the Isleta Pueblo. One of the most important ways Congressman Teague's office can help YOU is through constituent casework. Since the district is so large, he created the Staff Mobile Office Hours program to connect and stay in touch with constituents outside his five district office locations.

Staff Mobile Office Hours give area residents the opportunity to meet one-on-one with Congressman Teague's district staff to address specific concerns. Members of the pueblos and tribes can meet face to face with his staff on a regular basis to discuss any concerns and help his office stay informed about local issues of concern. They can also assist constituents with federal agency problems by intervening on their behalf to help answer questions, find solutions, or cut through the red tape. So, whether you need help getting through to someone at BIA, help receiving your Social Security or Veterans benefits, small business assistance, or some other form of assistance, please drop by these Mobile Office Hours so Congressman Teague's office can go to work fighting for you.

Congressman Teague's office can also assist individuals with IRS issues, immigration, military service academy recommendations, Medicare, federal student loans, and other issues that involve federal agencies. Congressional internship opportunities are also available in both his Washington, DC and district offices.

For questions on how Congressman Teague's office can help assist Isleta Tribal Members or to schedule a Staff Mobile Office Hours appointment, please visit his website at [www.teague.house.gov](http://www.teague.house.gov) or call his Los Lunas Field Office at 505-865-7802.

### IMPORTANT NOTICE!!

The Tribal Administration and the Tribal Council have signed and approved the Village Waterline Replacement contract. Joe Padilla Utility Company is the chosen contractor.

Beginning February all water lines in the village will be replaced. The water lines are old and are in need of replacement. The project will take about 6 months to complete. EVERY house in the village will have their water line upgraded. There will be road closures throughout the project during the daytime hours. The PD, EMT, Schools, and Elderly program will be kept informed to keep services operating and to minimize delays. During construction you may experience water shut offs, noise, and discolored water. Your water IS SAFE TO DRINK! As the new lines are being installed, vibrations cause particles that are in the pipes to fall loose and flow to your house. All water is tested and disinfected daily. This upgrade is necessary so the Tribe can continue to provide clean, safe, and quality drinking water to each resident. It will also provide shut off valves at better locations providing better management tools for the water operators. If you have any questions, please call the Public Works Department at 766-6658.

### TAXES! TAXES! TAXES!

#### Treatment of Federal Income Tax Treatment of 2009 Per Capita Distribution

"Tribal Members: When you file your taxes for 2009, you do not have to report your 2009 Per Capita Payment as "income" for purposes of federal income tax. Your 2009 Per Capita Payment was derived from funds paid to the Pueblo from an existing gas right of way that crosses Isleta lands and is thus exempted from federal income tax. Apparently some tax preparers have been telling tribal members that they have to report the payment. In case you have been told this, there is a letter from our attorney in the Governor's Office that you can pick up and give to your tax preparer to clear up the issue. If you have any questions about this, please contact the Governor's Office at 869-3111. "Thank You."

## "Ma gu wam" From Your Public Works Department

It's hard to believe that the first month of 2010 has come and gone. We at the Public Works Department are looking forward to having a busy year as there are many projects underway.

Your Public Works Department works with other programs on construction projects, since all these projects use water and sewer services. Some of the on-going projects which the Public Works Department is involved in are the Housing Department work on the Sunset Hills sub-division, the installation of new utilities at the Lizard Flats sub-division on TR 76. Also, we are involved on the Village Waterline Replacement Project, the judicial complex, the St. Augustine Church Renovation Project and the TR 2 Road Project. And always, the Water/Waste Department plumbers are constantly busy repairing waterlines and unclogging sewer lines.

Please keep in mind that you need to call only once to have your septic tank pumped. If you call several times, it creates multiple

work orders for the same house. Remember that your tank should only be pumped once a year, or only if the tank is overflowing. The tank must be full to work properly. Once again, be patient as we work to get your septic tank pumped. Keep in mind that last year there were over 3640 work orders for septic tank pumping! If you need a pump for your septic system, we can replace it for less than \$200.00.

The Solid Waste Department has been busy moving the pile of mulch at the transfer station. They are looking at different ways to deal with all the wood products that come to the transfer station. Look for changes in the future.

For any information, call us at 766-6658.

**From the Public Works Department,  
Happy Valentine's Day!**

## Albuquerque Museum Exhibit of Isleta's: TIME EXPOSURES receives excellent review -

*(PLEASE SEE EXHIBIT REVIEW LETTER)*

Mr. Taylor is a retired museum curator and historian who moved to Fort Davis in 2002 after 18 years as historian and curator at the Smithsonian Institution's National Museum of American History in Washington, DC. He is originally from Fort Worth and before going to Washington, he served as director of the University of Texas at Austin's Winedale Historical Center in Round Top. Since moving to Fort Davis, Mr. Taylor served as a consultant on exhibit planning to the Texas Parks and Wildlife Department, the Alamo, and the cities of Grapevine and San Antonio.

Contributed by Stephanie Zuni, Cultural Affairs Office

*(EXHIBIT REVIEW LETTER)*

From: Lonn Taylor <taylorw@fortdavis.net>  
Date: January 21, 2010 2:19:32 PM MST  
To: FORTK@si.edu  
Subject: Time Exposures

Dear Ms. Fort:

I understand that you are considering the exhibit "Time Exposures: Picturing the History of Isleta Pueblo in the Twentieth Century" for display at the National Museum of the American Indian.

I am writing because I saw this exhibit at the Museum of Albuquerque last week and think it is the best exhibit about Indian people that I have ever seen. For at least twenty years museum curators and exhibit designers have been talking about creating exhibits that allow the subjects of the exhibits to speak for themselves. As a historian and exhibit curator at the Smithsonian's National Museum of American History for eighteen years, and as a member of several planning groups for the National Museum of the American Indian, I participated in many of those discussions myself. "Time Exposure" is the only exhibit that I have ever seen that successfully achieves this goal, its labels and images bring Indian voices directly to the exhibit floor.

The labels are short, succinct, and to the point, and they express the point of view of the Isleta people while avoiding polemic. Their words are sharp and sometimes abrasive, but they are honest, they speak with a single voice, and they will definitely get the visitor's attention. They will undoubtedly cause many visitors to rethink their assumptions about Indian people.

The exhibit is beautifully designed and meets the high standards set by NMAI and the other Smithsonian museums. I am sure that you are familiar with its content so I will not go into that.

I hope that NMAI will be able to give this exhibit their favorable consideration. In my opinion, it falls squarely within NMAI's mission, and it should be seen by every American.

Sincerely,

Lonn Taylor  
Fort Davis, Texas

## Los Lunas/Valencia High School Title VII Indian Education

### Important dates..

- 2/2 Student job shadow day for Juniors and Seniors..students who applied for job shadow day will be excused from school on that day.
- 2/15 No school
- 2/8-9-22 FAFSA help for seniors/parents..call counselor office for appointments
- 2/21 Student advisory day
- 3/2 Tiger band festival concert
- 3/4 & 5 LLHS Drama Production
- 3/10 LLHS career fair..8:00 am —12:30..gym
- 3/15-19 Spring break..No school
- 3/19 Music in our schools month concert..gym
- 4/10 District band festival @ LLHS
- 4/27-28....Art show
- 5/1 LLHS Prom at Isleta Resort

Parent/student/teacher conferences were held during the week of January 27-29. We thank all parents that made it to their scheduled conference. Students who may need extra help in their school work, tutoring is held after school at LLHS. Bus transportation is available. Parents need to fill out a form for tutoring and bus transportation. The Isleta JOM offers tutoring after school at the Old Isleta Elementary school, across from the Isleta recreation center. Phone # to call is 924-3189.

The Isleta Higher Education, JOM and Los Lunas Title VII Indian Education, college committee want to THANK the parents/students that attended the college/career day which was held at the Isleta Recreational gym on January 30. This is a opportune time for students/parents to talk to the colleges and have their names on their mailing list for educational information. Thank you Gov. Benavides for your opening welcome to all present.

### STUDENT REPORT CARDS DUE DATES

JANUARY 11TH

FEBRUARY 11TH

MARCH 23RD

APRIL 26TH

MAY 28TH.

PARENTS PLEASE MAKE NOTE OF THE DATES.

Credit recovery classes , Isleta E2020 will be held during the summer for those who need to make up loss credits. Please see Ms. Wilson at LLHS as soon as possible.

AS MOST OF YOU KNOW, ISLETA PUEBLO /LOS LUNAS HIGH SCHOOL/VALENCIA HIGH SCHOOL LOST A VERY DEAR STUDENT ..."ROBERT ABEITA, SENIOR AT LLHS ...OUR STUDENTS AND STAFF SEND ALL OUR DEEPEST SYMPATHY TO THE FAMILY AND ALL HIS RELATIVES.

Please call 865-4646 ext 272,  
Ben Analla, Title VII Indian Education office

## Listen, Learn, & Pass it On!

Tiwa Language classes offered to any and all Isleta people who want to learn the Isleta Tiwa Language. Classes are at the Old Elementary School and everyone is encouraged and welcome to attend.

### Tiwa 201 Intermediate and Tiwa 301 Advanced

Monday: 6pm to 8pm

Tuesday: 5:30pm to 8pm (total immersion class)

Thursday: 6pm to 8pm

Saturday: 9am to 11am

### Tiwa 101 Beginning Tiwa

Monday: 6pm to 8pm

Tuesday: 6pm to 8pm

Thursday: 6pm to 8pm

Saturday: 9am to 11am

\*\*Also available by appointment.

Language Program

Paul Lujan

P.O. Box 1270

Isleta Pueblo, NM 87022

Phone: 505-924-3187

Fax: 505-869-7690

E-mail: poi08200@isletapueblo.com

*For more information, please contact Paul Lujan.*



### HELP WANTED

Joe Padilla Utility Construction needs an individual with some knowledge of surveying, drafting and as-builts. We have a large project in Isleta scheduled to start March 1, 2010. Must have own transportation and be able to pass a drug test. Fax resume with contact information to 869-4112.

**Wanted...**

**Junk Cars,**

**as they are!**

**Will pay Cash!!**

**Call Pat Jojola at 450-7980.**

### Isleta Pueblo News

**Editor:** Ulysses Abeita

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Beverly Piro

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## SNOW EMERGENCY PUBLIC SERVICE ANNOUNCEMENT

January 27, 2010

Department of Homeland Security and Emergency Management  
Guidelines for Surviving Winter Snow Emergencies

Bill Richardson, Governor

John W. Wheeler  
Cabinet Secretary

FOR IMMEDIATE RELEASE

CONTACT: Beverly Allen  
505-231-7197  
beverly.allen@state.nm.us

SANTA FE, NM- Department of Homeland Security and Emergency Management officials have issued guidelines for surviving severe winter storms with an emphasis on procedures in rural and isolated areas of the state:

1. Right now while there is a break between storms, stock up on food, water, fuel or wood, any medications you may need for medical conditions and food and water for livestock and domestic animals.
2. If you are snowed in and need help, make an SOS in the snow that can be seen from the air.
3. Have a portable radio and extra batteries for Weather Reports. There are windup radios available that don't need batteries.
4. Clear roof gutters and drains, then remove accumulated snow from rooftops. When clearing snow and ice from your roof, start at the edges and move inward.
5. Clear walkways and driveways.
6. Reach out to neighbors and check on their well being, especially the elderly and those with special needs.
7. When the snow melts, be cautious driving through low lying areas and arroyos. Six inches of running water can sweep a car or truck away. Avoid muddy areas if possible, and don't travel alone.
8. Make a list of emergency contacts and keep in a prominent place.
9. List your medications and keep in a prominent place.

The Department of Homeland Security and Emergency Management was signed into law in 2007 by Governor Bill Richardson to enhance New Mexico's ability to coordinate the state's efforts for the prevention, preparedness and response and recovery for all hazards. The DHSEM also serves as the bridge between State and Federal Government and the cities and counties of New Mexico for homeland security and emergency management activities.

P.O. Box 27111 Santa Fe, NM 87502

## American Legion Post 209...



### Veterans News

#### New Mexico State Native American Veteran Tax Settlement Program

The New Mexico Department of Veterans' Services is now taking applications from any Native American who served in the US Armed Services for reimbursement of NM State Income Taxes that may have been withheld from their military pay while on active duty. A veteran must have had a New Mexico address and was living on tribal land in New Mexico prior to enlisting in the US military. Widows or dependents are also eligible to apply for the tax refund. Proof of marriage, a death certificate, or a birth certificate will be required as proof of relationship.

Form RPD-41344, Native American Veterans Income Tax Settlement Fund Claim, may be downloaded from the Taxation and Revenue Department website at [www.tax.state.nm.us](http://www.tax.state.nm.us), under Resources click on Individuals; or from Department of Veterans Services website at [www.dvs.state.nm.us](http://www.dvs.state.nm.us).

...for information and, or copies of Form RPD-41344, call Ulysses Abeita at 869-2680, or 307-1582, or Theresa Zuni at 841-5346.

### American Legion Meeting

**The next American Legion Meeting will be on Saturday, 20 February 2010 at 6:00 PM (or 1800 hours) at the American Legion Post 209 at the Old Headstart. All honorably discharged veterans are welcomed to attend!!!**

#### Park Dedication

Whenever Rick Giron, Parks and Recreation Director, gives us the okay, the American Legion will be dedicating the park at Mousetown to all Purple Heart Recipients. If you are a Purple Heart Recipient, send your name, branch of service, which war you received your purple heart, date of injury if known and any other information relating to your Purple Heart to American Legion Post 209, P.O. Box 338, Isleta, NM 87022. For information, call Ulysses at 307-1582.

For any information on the American Legion or any veterans' concerns, call Ulysses or Theresa.

**ISLETA COMMUNITY ACTION TEAM**

Isleta Behavioral Health Services

P.O. Box 580 • Isleta, NM 87022 • (505) 869-5475

To the Community of Isleta Pueblo,  
Thank you for your hard work toward support of and participation in the Isleta Community Action Team's **First Annual Light the Path Memorial Walk**. The numbers of participants, money raised and individuals honored was astounding. There were approximately 224 participants, \$620 raised and over 500 names memorialized. All together there were 1000 luminarias filled and placed by several community members and youth. In addition, many Pueblo Departments and employees dedicated their personal time to the activity's success. A special thank you to Lt. Governor Max Zuni, American Legion Post 209 and Thunder Knife who attributed a special addition to the memorial walk.

Many individuals shared personal stories of their struggle with grief and loss and echoed the importance of community support and family unity. The timing of the memorial walk was deliberate as the holiday season is especially difficult for those who lost family members and friends to expected death (caused by a medical condition or illness) or unexpected death (caused by an accident, homicide, suicide or illness). Both areas of loss carry with them difficult feelings of emotion and thoughts that may be overwhelming to the individual experiencing them. It is helpful to think of grieving in stages: denial (numbness or disbelief), anger (maybe directed unintentionally), bargaining (thoughts such as, "If you bring my loved one back I'll change) and acceptance (understanding and appropriately incorporating the loss into the griever's life). Keep in mind these stages do not cleanly lead from one to another instead an individual can move into any level at any given time explaining the difficulty of grief. Because experiencing loss, on its own, is already complicated, the use of substances such as alcohol and other drugs can often complicate matters further. Typically, using substances to deal with feelings of grief can hinder a person's ability to cope and in some instances can create addiction and dependence. Native Americans, in general, already experience a high rate of substance abuse, addiction and dependence, therefore we need to pay particular attention to our perceptions of grief and loss and substance use/abuse.

Grief and loss, suicide prevention and substance abuse are of the many subjects the Isleta Community Action Team is willing to talk about, however, our existence and effectiveness depends on the involvement of valuable individuals such as you. The members of this Team work tirelessly to create an environment where everyone is welcomed and viewed as equally important. Please come share your concerns, suggestions and community event ideas with us. Community driven change is our motto!!! **Our meetings take place every MONDAY at the Isleta Behavioral Health Services NEW**

**building (on the southwest side of the Isleta Health Clinic) from 5:00-6:00pm. Everyone and anyone is welcomed. Dinner is provided.**

Please contact (505) 869-5475 and ask to speak to Jennifer Padilla if you are interested, have any questions or need further information.

**THANK YOU AGAIN TO THE COMMUNITY OF ISLETA AND THOSE INDIVIDUALS WHO MADE THE MEMORIAL WALK A TREMENDOUS SUCCESS!!!**

**Save the Date**

**NM COMMISSION ON THE STATUS OF WOMEN'S  
NM GIRLS INSTITUTE**

presents the  
1st Annual  
*O.M.G. Conference*  
*(Only Middle School Girls)*

**Friday, March 19, 2010**  
**8:00-4:40 p.m.**

**University of New Mexico, Valencia Campus**  
**Los Lunas, NM**

**For more information, contact:**  
**Kathi Brown, Girls Program Coordinator**  
**505-222-6600**  
**800-432-9168**

**FREE REGISTRATION BUT LIMITED to the first 100 girls who register.**  
**Registration begins January 20, 2010**

**Welcome Middle School Girls (6th, 7th and 8th Grades)**  
**for a day for promoting self-esteem, developing goals**  
**and making new friends!**

[www.nmgirlsinstitute.org](http://www.nmgirlsinstitute.org)

**Isleta Travel Center**

**Charlie Biggs' Coupon**

**\$1.00 Off on \$10.00**  
**Purchase from Deli**  
**One Coupon per visit**

**CHARLEY BIGGS CHICKEN N SAUCE**  
**COME IN AND TRY OUR**  
**NEW ITEMS!**  
FISH BASKET WITH FRIES · FISH BASKET, FRIES & COLE SLAW  
FRIED MUSHROOM · ALONG WITH OUR DELICIOUS GOLDEN FRIED  
CHICKEN TENDERS & FRIED CHICKEN.

## Parks & Recreation

With the start of February 2010, how many of us who made New Year's Resolutions have continued? For those of you who didn't make resolutions for the year, it is never too late to begin. Remember, it is important for all us, young and old to get busy with some type of activity that brings our heart rate up and we start to burn some calories. Walking every day can do a tremendous amount of good for our health and well-being. All over Indian Country, we are part of national statistics that categorize all Native Americans as a people who have the highest obesity and diabetes rates. Diabetes going unchecked can eventually lead to very serious health problems (weight gain, loss of eyesight, loss of limbs, tiredness, weak bladder etc.) that affect much of what we take for granted. As mentioned before in last month's issue, we have some wonderful facilities in our Pueblo of Isleta. Let's take advantage of what you all own here as Tribal members. Several days ago, Mary Abeita from our WIA program was giving a tour to a number of Native Americans from other Tribes from throughout the nation. The major comment was about how beautiful our facilities are, and how lucky we are to have what we have, because 99 % percent of Indian Country doesn't come close to having anything like our facilities. Bottom line, our past and present Governors, Council members, and Elders thought enough to build the facilities we have and make this community a much better place to live in and provide more opportunities for all tribal members, especially our youth.



*Edward Calabasa getting his daily workout.*



*Tribal youth members working out during the evening program.*



*Coordinator Lil Bern demonstrating to tribal employee Christine Murphy, the proper technique on using the equipment.*

## Pool News



*Pictured is Swimming Pool Coordinator, Lindred Onsaе along with Tribal Member Evelina Lucero who is being featured as one of our most dedicated and avid swimmers taking advantage of and utilizing the swimming pool at least 5 days a week.*

### Do you know Evelina Lucero?

- She is a tribal member living in Isleta with her husband Ed Lucero. She and Ed have four children, Fayla, Derek, Dwayne and Tessa Lucero.
- She is the Chair of the Creative writing Department at The Institute of American Indian Arts in Santa Fe.
- She drives to Santa Fe three days a week.
- She teaches two to three classes per semester.
- She authored a book, "Night Sky, Morning Star".
- She is a co-editor of a book about Simon J. Ortiz.

### Do you Know Evelina Swims?

- Over two years ago she began attending water aerobics classes at the Recreation Center.

- She began swimming laps, asking questions about swim techniques and eventually took adult swim lessons.
- Now she swims a mile a day, five days per week.
- She is starting her third year of swimming at the Recreation Center.

### Do you know why Evelina Swims?

- Swimming is a stress reliever for her.
- She has fun swimming and end enjoys the experience.
- She appreciates the pool staff, because they are friendly and encouraging. They have helped her become a better swimmer.

**Evelina encourages her fellow tribal members to find an exercise program they like and stay with it. Have fun and keep exercising! Your lives will be enriched!**

## Volleyball

Just a reminder, the Co-Ed Volleyball league has already begun and is played every Thursday here at the New Rec. Center. Game times are at 5:45 pm and 6:45 pm. Carl Anderson, League Director reports eleven teams are competing and already competition is becoming fierce. Two teams that are beginning to show some strength and will have to be reckoned with are the Bullets coached by Connie Orozco who also plays, and the Aces who are led by player/coach Melanie Kirk. So tribal members, if you would like to play and or just want to watch some good competition please come by and visit. Right now, it is to late to begin a new team but you can be picked up by one of the existing teams. If you are interested, please contact Carl Anderson or express your interest to the existing teams and their coaches.

## Isleta Little League

Once again we have come to that part of the year where the Isleta Little League teams are beginning to form with registration beginning on January 26, 2010 and continuing on February 2nd, & 13th, and ending with the last day of registration on February 20,

2010. Tryouts will be on February 27, 2010 for 9 year olds and up, March 6th and 7th will be the Annual Co-ed Softball Tournament, March 14th the Score Keepers Clinic, March 20th will be the CPR clinic for coaches only, March 21st will be the parent orientation and uniform distribution, March 27th will be the Isleta Little League Opening and Parade of Teams and March 29, 2010 Games begin at 5:30 pm. Although it's hard to imagine playing softball or baseball when it is still extremely cold and snow is on the ground it's only a matter of fact that our weather will be turning warm pretty quickly. So please children and parents, if your child even has an inclination of playing this summer, let's get them registered. Once again our EMT Director Vernon Abeita will be at the helm as our League President and Director of Little League operations. As most of you know who have been involved in the past with Little League, it is a tremendous amount of time and commitment and with many volunteers and coaches who will be needed to make this program a reality. Nesxt month, we will feature the Board Members and Volunteers who comprise the staff who must work closely with Vernon to make it all happen.

**Basketball**

On Wednesday January 27, 2010 we were the host for the Albuquerque Thunderbirds professional Basketball team practice. Also on hand for the team practice was Mr. Sedillo's 6th grade class from our Isleta Elementary School, Lt. Governor Max Zuni, our own Head Coach Bernie Jojola and several tribal employees. Coach Bernie Jojola said he was interested in picking up some coaching techniques that he may be able to incorporate into his youth program. As they witnessed the practice they had an opportunity to get team player autographs and also mingle with team Coach John Coffmo and enjoy some fresh popcorn. Pictured below are many of our students talking to Head Coach John Coffino and next to them are the players running some practice drills.



**Arts/Crafts**

Don't forget, Valentine's Day is on Sunday February 14th. To make many of your lives less stress free, on February 12th & 13th the Arts/ Crafts program headed by Nanas Marie, Abenita and Gloria will be selling Valentine Balloon Bouquets for \$5 and \$7 dollars. All proceeds will benefit the children's Arts/Crafts program. If you are interested or would like to place an order, please call 869-8557. **Pick up orders only, No Delivery.** Also as a reminder, they also make Traditional Clothing, which is on sale daily at the Rec Center. Ladies dresses are available in small, medium and large and Mens shirts are also available in small, medium and large. Please come by and take a look.

**In closing**, we would like to remind everyone on the importance in working out as many times as possible. The facilities are here and we have many certified instructors that you can take advantage of, if you only ask. Please don't forget, our Full time Massage Therapist is also available to all tribal members. Please call for an appointment. Please no walk ins, unless it's an emergency. Let's Make 2010 a healthy and enjoyable year for all of us. Just quite possibly, if we as parents and adults get busy and take the lead, quite possibly we could be the inspiration to motivate our children to do the same. Let's all of us as a community, beat diabetes and obesity as a thing of the past. As most of you will hear and see in upcoming newsletters, the Diabetes Program, the Library Program, Social Services and

both New Rec and Old Rec along with many of the other Departments, will be featuring a number of events that may be of interest to those willing to get involved. It's not one program against another, but all programs coming together to make this Pueblo of Isleta what it is today and better tomorrow, if we are willing to get involved. Pictured is our Licensed Massage Therapist, Ramona Teller, giving a tribal member a massage. The next two pictures are of Fitness Coordinator and Spin instructor Derrick Jiron preparing his music for a spin class and Ray Mora preparing to teach his spin class.



**Isleta Little League Registration**

Baseball, Softball and T-Ball Ages 4-18 Must be 4 years old by April 30, 2010

Registration Dates

<b>Saturday</b>	<b>Tuesday</b>	<b>Saturdays</b>
<b>January 30, 2010</b>	<b>February 2, 2010</b>	<b>February 13, and 20, 2010</b>
<b>9:00 a.m. to 1:00 p.m.</b>	<b>5:30 p.m. to 8:00 p.m.</b>	<b>9:00 a.m. to 1:00 p.m.</b>



Register at the Isleta Little League Trailer on the West side of the Recreation Center.

Please bring Birth Certificate to registration!

**\$25.00 per child**

## TRAFFIC DIVISION NEWS

### TRAFFIC ENFORCEMENT PLANNED FOR FEBRUARY

Greetings again from the Traffic Division of the Isleta Police Department!

Inclement weather has been upon us and with that brings driving conditions that warrant extra attention on the part of drivers. During those times when the weather conditions are less than perfect, drivers must keep in mind these conditions can quickly change the road surfaces traveled.

Keep in mind the control of your vehicle rests on the contact of four tires with the road surface. With rainwater build-up between the tires and the road, this traction is broken and this is commonly known as hydroplaning. This occurs when tread channels on your tires cannot conduct all the water from between the tire and roadway or from under each patch of tire that is supposed to rest on the roadway providing traction. When hydroplaning occurs, the tire patches are riding on a layer of water instead.

During times of snow or sleet, keep in mind the roadway is once again under change. Though you may not see any type of snow or sleet on the roadway, this does not mean the road is not slippery. "Black ice" is common and can be encountered in daytime hours dependent upon temperatures and maintenance of the road surfaces. Slowing down and maintaining more than normal distance between you and other drivers is recommended. If road surfaces are truly poor, refraining from travel is always the best option.

Just a reminder to those traveling the roadways of the Pueblo, the Traffic Division as well as patrol will be conducting specialized projects to include sobriety checkpoints, saturation patrols for impaired drivers, as well as Selective Traffic Enforcement in problem areas for speed violators as well as failure to obey traffic signs and signals.

The Isleta Police Department is asking your assistance in keeping our roadways safe — observe and obey speed limits and traffic signs and signals. And remember

**YOU DRINK, YOU DRIVE, YOU LOSE!!!**

### SLOW DOWN IN INCLEMENT WEATHER

- ▶ The risk of hydroplaning increases with speed, and it does not usually occur at lower speeds (below 35 mph).
- ▶ Most often, hydroplaning occurs when a fast-moving vehicle hits a deep puddle. The steering wheel jerks suddenly and the vehicle veers toward the puddle. It's a good idea to slow down before hitting a puddle. Other times, when rain is pouring down in sheets, there can be enough water on the roadway to cause a vehicle to hydroplane.
- ▶ If you find yourself hydroplaning, do not touch the brakes. Slow down by smoothly lifting your foot from the accelerator, engage the clutch if driving a standard-shift vehicle and allow it to coast down to the point where the hydroplaning stops. Don't make sudden moves. You will not be able to steer while the vehicle is hydroplaning.
- ▶ To prevent hydroplaning; keep good tires on your vehicle. Keep your speed down in the rain (slow by at least 1/3). If you are following another vehicle, try to drive in their tire tracks, however, this does not mean driving too closely behind. This allows their tires to displace some of the water for you.

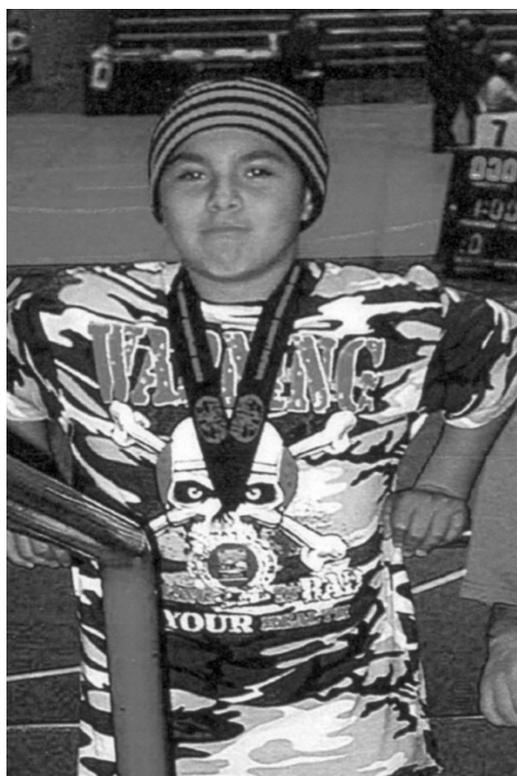
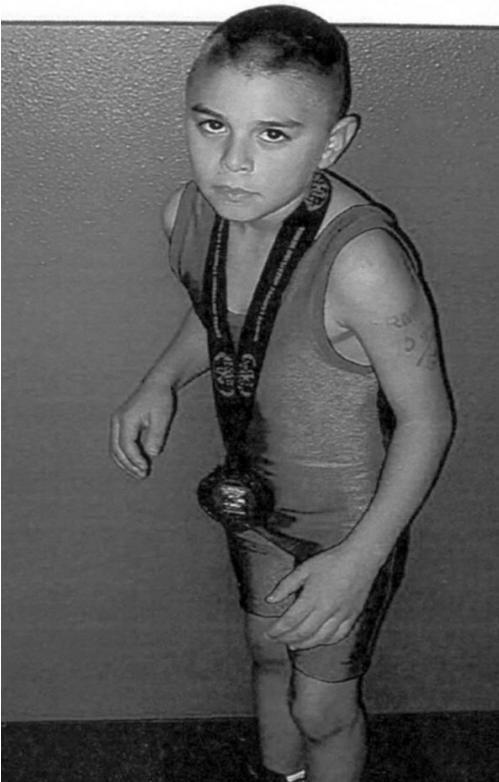
APPROVED: Chief Vernon Alvarez

Contact Information:

Isleta Police Department Traffic Division  
Traffic Safety Officer Sharon K. Mitamura  
poi06053@isletapueblo.com  
(505) 724-9280 Ext. 253

## New Mexico National Showdown

On January 23, 2010 the New Mexico National Showdown was held in Las Cruces, New Mexico and among the 500 wrestlers who competed were three of Isleta's youths, Isaiah Daniels, son of Lachelle Zuni, Toshio Herrera, son of Theresa Herrera, and Iziah Waseta, son of Rachel Jojola and Paul Waseta. Isaiah Daniels wrestled in the 10 and under 65 lbs division and brought home a 6th place medal. Iziah Waseta wrestled in the 12 and under 114 lb. division and brought home a 5th place medal. Toshio Herrera wrestled in the 12 and under 82 lb. division and brought home a 3rd place trophy. The competition was tough and the boys wrestled hard and tried their best. They made their families and friends very proud. We the parents would like to thank the Isleta Recreation Center and Rick Giron for the funding which helped pay for their registration and part of the lodging expenses. This was only one of many tournaments in which the boys will compete throughout the wrestling season. We would like to thank all the family members, friends and community members for their support.



**Congratulations to April Padilla and Floripa Olguin, our two exceptional essay writers.**

In October, the Department of Education College Prep Advisors prepared a race among students at Los Lunas and Albuquerque District schools, which consisted of preparing an essay explaining the goals of the student's educational career. Students were to design the essay using proper grammar and punctuation and turn it in to the College Prep Advisors, before all other students. The two students who won this race were April Padilla, a senior at



*Floripa Olguin-Native American Community Academy*

Los Lunas High School and Floripa Olguin, a sophomore at the Native American Community Academy. These students received a certificate along with a duffle bag full of tools that will help them to reach their goals. Keep up the good work, students!

This spring the College Prep Advisors will be putting together workshops for high school students to help prepare them for higher education, as well as tutoring sessions students can utilize. We are also planning on taking select students on several trips to colleges near and in Albuquerque. This will be open for students 8-12 grades. Take advantage of this opportunity, students!

Any questions or concerns about the college preparatory workshops, contact Tish or Kelly at 505-869-2680. Have a great school year!!!



*April Padilla - LLHS, 12*

WORKFORCE INVESTMENT ACT (WIA) PROGRAM  
PUEBLO OF ISLETA

**The National Ironworkers Training Program for American**

**Provides Pre-Apprenticeship Training**  
**APPRENTICES RECEIVE:**

- Direct entry into a Union Ironworker Apprenticeship Program
- Above Average Wages
- Job Security
- Insurance and Pension
- A Great Career
- A way to provide for you and your family's future
- Skills necessary to carry out the trade

Apprentice starting wages range from \$14 to \$18 per hour with raises approximately every six months.

It takes 3 to 4 years to reach Journeyman status with wages ranging between \$24 to \$39 per hour.

Next class will begin June 1, 2010 and end August 12, 2010.

Class is held in Chicago, Illinois.

Class is FREE for Native Americans

**For more information on the National Ironworkers Training Program, please contact Mary Abeita at the WIA Program, 766-6652.**

**1ST ANNUAL NUTRITION MONTH ISLETA COOK-OFF!**

*"So You Think You Can Cook?"*

**WEDNESDAY, MARCH 17TH  
TIME: 6 PM  
ISLETA RECREATION CENTER**

**Only two rules apply:**

1. Recipe must have one Healthy Ingredient Substitution.
2. Must be EXTRA TASTY!!!!!!!

**A panel of judges will be on hand so make your entries extra tasty to win a FANTASTIC PRIZE !!!(Each Category will have a 1st, 2nd and 3rd place winner)**

- 1st place: \$100 grocery shopping spree
- 2nd place: \$50 grocery shopping spree
- 3rd place: \$25 grocery shopping spree

**Bring a written copy of the recipe & samples for judges to assess:**

- Enter one or all three categories
- Main Entrée
- Side Dish
- Dessert

**To sign up or for more info, call 869-4595.**

**Sponsored By: Pueblo of Isleta Diabetes Prevention Programs "TOTAL BODY HEALTH"**



## NEWS

The Library will be CLOSED on Monday, February 15 in observance of President's Day which happens to be a Federal Holiday. Please forward complaints to "Uncle Sam". Speaking of complaints, the library has purchased a comment box for you, the patron(s). Lately, I have been receiving a lot of praise about our Department; however, the feedback about my library staff's attitudes has not been so pleasant. I believe the library staff needs you, the general public, as much as you need us; therefore, I encourage you all to take advantage of this opportunity. Keep in mind, the comment box is to help us improve your library experience. Whether the comment is negative or positive it will be considered with a serious manner. The comment box will be checked every Friday morning by the Library Director.

Finally, some technology news from your small Tribal Library. First of all, the possibility of the library getting Wi-Fi is not a farfetched imagination. Terry Honeycutt of the MIS department and his two new employees are working on making it a reality. Stay tuned for more news.

I am not sure if I have mentioned this in the previous newsletters, but the library's web site has gone LIVE a few months ago. However, the web site is not quite up to the library's expectations and hopefully that problem will be addressed in the near future because it is doing you, the patrons, a disservice. Nevertheless, some of the content is useful. The library's web site can be found at the following address <http://www.isletapueblo.com/library2.html>. If you should have a free moment, please visit the web site and inform us on how we can improve the web site.

Those of you who were on the Library's Tribal Newsletter Email Distribution, have we got some good news for you. The reason why that particular service stopped for a moment was because last year the Pueblo underwent a Huge virus infection resulting in the email list serve being completely wiped out. All email addresses were lost and we are slowly recovering and building up our contact list again. Hopefully, this digitized version of this newsletter will be the reemergence of the long lost service. If you would like to receive a digitized version of the P.O.I. Monthly Tribal Newsletter, please email your email address to [poi02002@isletapueblo.com](mailto:poi02002@isletapueblo.com) and I will make sure you are added to the list serve.

The library and the Isleta Elementary have opened a line of communication for the days when the Pueblo closes down or when the library closes early do to traditional activities. The library has offered to

Hello Pueblo of Isleta (a.k.a. Owners of Hard Rock Albuquerque),

January was somewhat a slow month for us from a program point of view. However, the free time not only allowed us to work on some business aspects of the library, but it also gave us the opportunity to do some rearranging to create somewhat of a reading lobby.

Now that January has ended, Valentine's Day is here which means Hallmark and the P.O.I. Public Library are both very happy at this time of the year. Hopefully, you can give that special someone in your life that same kind of happiness with one the library's FUNDRAISING Candy Grams!!!

forward Administrative Memorandums of such closures, as well giving the school a phone call. Hopefully, this will prevent the children from being dropped off at the education complex while the gates are closed. The library will continue to post notices throughout the library prior to such closures for parents and guardians to read. As mentioned in the very beginning of this article, the library is doing a fundraiser in the form of three Candy Grams packages ranging in prices of \$3, \$6, and \$8. Like last year, the library staff is willing to deliver within the reservation for a small fee of \$2. Depending on what package you should choose, the contents vary from a card, rose(s), box of chocolates, and a stuffed animal (monkey or puppy). There is a limit of three roses per package due to limited amount of roses which we have already purchased. If you should be interested or would like more information, please call the library at 505.869.8119 and I am sure

one of the staff members can help you. Package(s) pick up will start as early as 10 A.M. on Friday, February 12. Deliveries will start at 12 P.M. and will end around the 2 o'clock hour. See flyer for images of such packages. Proceeds of fundraiser will go toward future Library programs for both Adults and Youth.

## UPCOMING PROGRAMS

The February After School Homework Program Incentive will offer the opportunity for fifteen lucky youths to attend the 3 P.M. showing of **Jungle Jack Hannah's Animal Adventure** at the Popejoy Hall on UNM Main Campus on Sunday, February 21. Like all previous After School Homework Program Incentives, students will have to earn a certain amount of points by doing homework and reading at the P.O.I. Library. This program is open to all youth of all ages, which means toddlers who are unable to read must have a family member

### Package A



### Package B



### Package C



### Package D



OR



Show your loved one  
you care to send the  
very best!

Call us for more information  
or to place an order  
at **869-8119.**

## Pueblo Of Isleta Library

♥ Valentine's Candy Grams ♥

Fundraiser (will go to Library Programs)

### Fantastic Packages for Sale

**Package A: Candy and Card \_\_\_\_\_ \$3.00**

**B: Rose and Card \_\_\_\_\_ \$3.00**

**Package C:**

**Rose, Card and Candy \_\_\_\_\_ \$6.00**

**Package D:**

**Rose, Candy, Card, and Stuffed Animal \_\_\_\_\_ \$8.00**

**\*Additional Roses available for \$2.00 ea.**

**\*\*Limit 3 Roses**

## ORDER NOW WHILE SUPPLIES LAST!

Delivery available for small fee of \$2.00 within the Isleta Reservation.—OR—

Packages may be picked up at the library on

**Friday, February 12, after 10:00am.**

We will delivery pre-paid packages on Friday from  
12:00noon to 2pm.

read to them in order to earn points. Since there are a limited number of tickets, tickets are only for the youth and chaperons. Parents, guardians, and family members must purchase their own tickets if they would like to attend. The first day to earn points of the event is Monday, February 1st. If you should have further questions please call the library and we will be happy to explain in further detail. Jungle Jack Hannah can be seen regularly on The Late Show with David Letterman. You can also find a lot of his clips on youtube as well.

On February 8th, **Carolyn Newell of Exotics of the Rainforest LLC** will be conducting an hour and a half presentation at the P.O.I. Library starting at 4:30 P.M. This presentation will be open to public and people of all ages. Carolyn Newell has presented here in the Pueblo at the Elementary and at the Elders Center before. I am positive she will build a massive amount of interest for The **Jungle Jack Hannah Animal Adventure** Incentive Program. So mark your calendars and be sure to tell your children about these two wonderful events.

**Valentine's Activities** have been planned for the week of Feb 9th-11th for the community to partake in. Such activities include the making of Valentine's cards and projects. Like previous holiday activities, activities will start between the 4:30-5 P.M. timeslot due to how fast the After School Homework Program finishing their homework. Supplies are limited so be sure to arrive early.

Back by Popular Demand is the 2nd **Precious Babies Night** which will take place on February 24. Mary Jane Edaakie will be heading this program again. More information will be revealed later when other departments and programs confirm their participation. Flyers will surface within the Pueblo as soon as things are set in stone, plus you can also call or visit the library for the latest news on the program. Parents that plan on attending the program and would like to give input to enhance the program can also give their suggestions to Mary Jane Edaakie or Nathaniel Lujan.

The **2nd Annual Spring Cleaning Flea Market** at the Library is set to take place in the month of March. Last year, vendors had a great turn out and made that money ("paper") that wanted us to bring it back. As of now a date has not been selected but stay tuned and things should be finalized come the March Newsletter.

The **Easter Bunny** will be making an appearance to take pictures at the library on **Wednesday, March 21 from 2 PM to 6 PM**. He heard the Santa had a BIG turn out for his photo shoot and he does not want to be outdone so come and show him some Pueblo Love.

Natasha Abeita is currently trying to work out an After School Homework Program Incentive which would include the **Ty Murray Invitational** at the Pit on Friday, March 26. If these peaks your interest, be

sure to let her know so she can know how many people would be interested. She would like to invite some people to come to the library who would be willing to teach the patrons how to rope and to give some insight to the cowboy lifestyle. If you are interested or know of someone who might be interested, be sure to give her a call at the library. Cross your fingers, people, in hopes that she pulls it off.

**PAST PROGRAMS**

The After School Homework Program Incentive Field Trip scheduled to Explora on January 29th did not take place because the establishment would not make a group reservation on the weekend due to staff being scheduled for birthday parties. However, the youth were not heartbroken

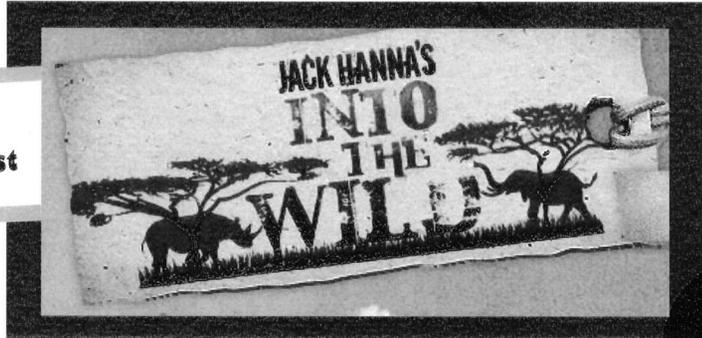
by the cancellation because they chose iTZ Family Food & Entertainment as a consolation on February 5th.

Thank you for taking the time to read about our library department and be sure to visit us soon.

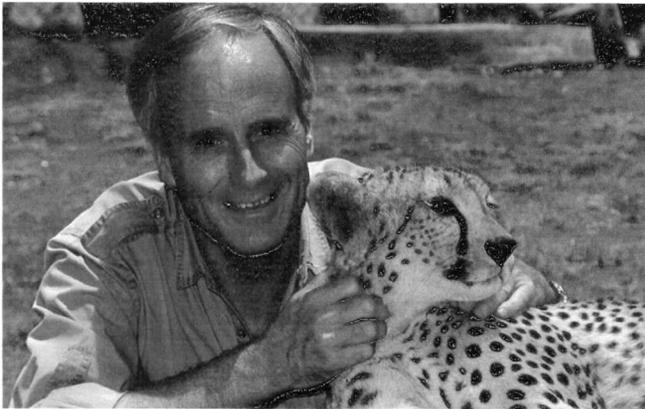
**Pueblo of Isleta Public Library Business Information:**

Monday - Thursday: 8 AM – 8 PM  
 Friday: 8 AM – 4:30 PM  
 Saturday & Sunday: CLOSED  
 Phone: 505.869.8119  
 Fax: 505.869.7690  
 Email: poi02002@isletapueblo.com  
 Web Address: <http://www.isletapueblo.com/library2.html>

**Sunday,  
Febraury 21st**



**Plus  
Dinner**



**Please come and join your library in attending Jack Hanna's Into the Wild presented by Popejoy Hall. We will take the first 20 students to see this magnificent show plus dinner afterwards. These students must earn 20 points either by reading or doing homework plus attend at least 3 activities that the library will have. We only have enough tickets for the first 20 so be sure to earn your points right away.**

- Earn 20 points by Feb. 19th
- Points are earned by reading 20 mins or homework
- Attend at least 3 evenings of activities

Watch him on David Letterman February 8th at 10:30pm on channel 13





## WIC NOTES-

**Your Baby's Dental Health****Teething:**

Tender, swollen gums can make life miserable for your baby. Here are a few suggestions to help ease her pain.

**1. Washcloth**

Cold washcloths work well because they were easy for baby to chew on.

- You can also put a crushed ice cube inside a washcloth, tie it up, and let her chew until all of the ice chips have melted.
- A clean washcloth soaked in brewed chamomile tea, kept cold and ready in the fridge will also help to lessen his discomfort.

**2. Nature Made**

A breastfeeding mom I know recommended pumping and freezing breastmilk in an ice cube tray then putting the frozen milk cube into a mesh feeder bag. It worked well and her daughter loved it.

**3. Store Bought Teething Products**

- If you use a cold teething ring, try one with a handle of solid plastic that won't get as cold when your baby holds it.
- A new type of teething devices you can purchase are vibrating teething rings. When your baby bites down, it vibrates, and feels good on her sore gums.
- Teething Blankets are also becoming popular It is material specifically designed for teething. You may want to buy two so one can be washed while the other is in use.

**4. Pacifiers on ice**

If your baby is an early teether, then her mouth is too small for traditional teething rings. A possible solution may be a pacifier. Submerge it in water and squeeze the nipple to suck up as much water as possible. Then put it in the freezer until it's solid. It's cold, it fits in her mouth, and she can suck and soothe herself. Other than for teething, WIC does not recommend pacifiers for babies.

**Should I start cleaning my baby's gums even before his teeth come in?**

Yes. Even before your baby sports his first tooth, it's a good idea to get into the habit of wiping his gums with gauze or a soft wet washcloth during bath time. You don't need to use any toothpaste yet. Simply wrap the cloth or gauze around your index finger and rub it gently over the gums.

**What's the best way to brush my baby's teeth after they start coming in?**

As your child's teeth start to appear (generally around 6 months), look for a baby toothbrush with a small bristle head and larger grip suitable for your hand. (If your child is healthy and still hasn't sprouted his first tooth by the end of his first year, don't worry — some children don't start getting them until 15 to 18 months.)

As long as you're cleaning your child's teeth regularly, you don't need to use any toothpaste yet. Just brush the teeth gently on both the outside and inside surfaces twice a day. Brush his tongue as well to dislodge the bacteria that can cause bad breath. One quick swipe is enough. Replace the toothbrush as soon as the bristles start to look worn or splayed out.

**When should I start taking my child to the dentist?**

The American Academy of Pediatric Dentistry and the American Dental Association recommend that you bring your baby to see a dentist between 6 and 12 months of age. They note that about 40 percent of children have tooth decay by age 5. An early dental exam might address a problem that your baby's doctor might miss. And establishing a relationship with a dentist early on, provides families with a source for important dental information as well as routine and emergency dental care.

Adapted from the American Academy of Pediatric Dentistry Website.

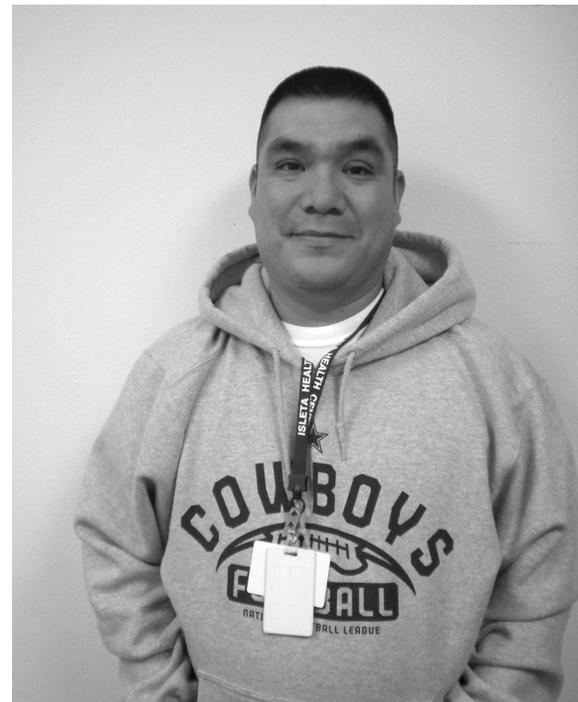
Heidi Lanes,  
WIC Nutrition Coordinator

**NEW FACES AT THE CLINIC**

Health Educator: Stephanie Barela, 869-4479



Dorothy Becenti is the new Medical Assistant at the clinic. Dorothy used to work for ZLB Plasma Center as a phlebotomist. She is an Isleta Tribal member and lives in the community. Dorothy went to school to be a phlebotomist at the International Institute of the Americas. Dorothy looks forward to seeing everyone at the clinic.



Fred Stevens is the new custodial staff for Isleta Behavioral Health Services. Fred is from Acoma and previously worked at Sky City Cultural Center. He has four children and looks forward to working here.

### Prevention is the Key to Staying Healthy

**1. Wash Hands Often with Soap and Warm Water.**

**2. Cough into your hand, elbow, or tissue, not toward another person.**

**3. If you have flu-like symptoms, stay home until at least 24 hours after your fever is gone (without fever-reducing medicines).**

**4. Avoid touching your eyes, nose and mouth.**

**5. Avoid contact with sick people**

Isleta Language Program

Mah-wan!

# After School Program

**Location:** The Isleta Language Program is offering a After School Language Program Monday thru Thursday for grades K - 12 for those who are interested in Learning to speak the Isleta Language.

- 3 pm - 6 pm Monday, Tuesday, and Thursday
- 2 pm - 6 pm Wednesday
- Must be of Isleta Blood to attend.



**Isleta Language Program**

For more information contact Paul Lujan at the Department of Education

Phone: 505-924-3187  
Fax: 505-869-7690

## GIVE KIDS A SMILE DAY, FEBRUARY 5TH

SPONSORED BY THE AMERICAN DENTAL ASSOCIATION

Good nutrition & care are essential to dental health starting very early in life. As soon as a baby's first teeth appear, usually by age 6 months, the child is susceptible to tooth decay! Maintenance of teeth & gums is essential throughout life, so follow these suggestions:

**SEE YOUR DENTIST REGULARLY**

This is important for both prevention & wellness. It's like going to the doctor for regular checkups.

**BRUSH THOROUGHLY**

Use a fluoride toothpaste twice a day that has the American Dental Association's Seal of Acceptance. Brushing after each meal or snack is best. After eating, acids in the mouth attack sugars for at least 20 minutes which can harm teeth & gums. Good brushing removes plaque & harmful acids.

**PARENTS:** Wipe baby's teeth with a damp soft cloth until enough teeth are developed to use toothbrush. Studies show that kids don't have the dexterity to brush properly until 1st grade or older. So let them brush, yet best for you to brush more thoroughly right afterwards.

**FLOSS TEETH ONCE A DAY**

This will prevent trapped bacteria from turning into dental caries (cavities).

**LIMIT CARBOHYDRATE-RICH AND STICKY FOODS**

Limit foods that are high in simple carbohydrates (sweets & refined white products) that are very sticky, gooey or chewy, or dissolve slowly. Lollipops, juice, sugared gums, sticky candy, white bread, crackers, etc. can get caught in the teeth & cause cavities. Meats and high fiber foods (whole grains, raw vegetables & fruits) help to remove sugar-based foods & promote saliva flow, which is important for dental care.

**DRINK WATER**

Water is essential for good health. It can promote clean teeth by rinsing off residual sugars that are not attached to the teeth.

**WATCH THE SODA**

Almost all sodas contain phosphoric acid & citric acid. These acids are extremely damaging to the teeth & can cause erosion of tooth enamel, which weakens teeth. Non-nutritive sweeteners, such as those found in diet sodas, are highly acidic & are also responsible for enamel erosion. Sugar-based sodas are damaging by contributing both sugar & acids that bacteria need to thrive!

**BABY BOTTLE TIPS**

Avoid allowing bottles in beds, cribs or strollers. Never allow a child to fall asleep with a bottle to prevent "nursing bottle syndrome". Sugars from juice or milk may pool in the child's mouth & increase sugar contact time with teeth, resulting in decay.

([givekidsasmile.ada.org](http://givekidsasmile.ada.org); [ada.org/public/topics/diet.asp](http://ada.org/public/topics/diet.asp))

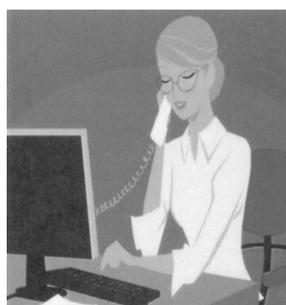
Terri P. Elisberg, RD, LD, CDE  
Nutritionist, Isleta Diabetes Prevention Programs  
For questions: call 869-4093  
or email: [telisberg@islclinic.net](mailto:telisberg@islclinic.net)

Workforce Investment Act  
Pueblo of Isleta

**JOB READINESS SKILLS**



RESUMES!



JOB SEARCH!

**If you need assistance with your Resumes or Job Search, please stop by the WIA Program.**

Please bring a copy of your resume or your work history.

For more information please contact Mary Abeita, WIA Program, at 766-6652.



Daniels Family Funeral Services  
is proud to host the

## Four Chaplains Memorial Service

Presented by the  
William Mason American Legion Post 95

Saturday, February 6, 2010 2:00 P.M.

Palm Chapel  
Daniels Family Funeral Services  
1100 Coal Ave SE

### A Memorial Service to honor

Rabbi Alexander Goode                      Rev. George L. Fox  
Rev. Clark V. Poling                      Father John P. Washington  
who gave their lives to save other soldiers during the  
sinking of the USAT Dorchester during WWII.

**"They made their 'father' very proud."**

### Not Feeling Well

1. Call Nurse Advice Line 1-877-725-2552
2. Follow Recommendations of Nurse
  - a. If he/she recommends you see a physician within a time span and the clinic is not open during that time and you do not have other insurance coverage which requires you to go somewhere else, go to NM Quick Care and present your Tribal ID.
  - b. If he/she recommends you see a physician within a time span that the clinic is open, then go to the clinic.
3. **Contact the Contract Health (CHS) office (869-4488) within 72 Hours**

If you do not follow these 3 requirements, you may be held Financially Responsible for any charges incurred at Quick Care.

### Quick Care

**Located:** 1400 Main Street, Suite D in Los Lunas at the intersection of Main Street and Los Cerritos in the shopping center behind Quizno's.

**Open:** Monday through Friday until 9pm and Saturday & Sundays 10am -6pm

**Need:** Pueblo Census ID Card, which shows "I" Number (Financial Assistance can only be provided to enrolled tribal members and their Native American [minor] children and spouses.)

*QUICK CARE is an URGENT CARE Service and should not be used for routine medical needs; it is not an emergency room. If the Nurse Advice Line recommends you go to an emergency room, then do so and report it to Contract Health within 72 hours. Individuals with insurance coverage should follow the rules of their coverage and may not be eligible for this Quick Care service.*

Thank you to all who attended  
the January 29, 2010

### *Isleta Diabetes & Obesity Prevention Advocacy Group*

*"A Healthy Mind" "A Healthy Body"  
"A Healthy Spirit"*

#### Discussion Topics Covered:

- Increase Prevention efforts & Awareness
- Creating a monthly newsletter
- Increase awareness of different types of Diabetes
- Help to make impact on policy changes
- Need for transportation to the meetings
- Discussed spheres of influence on health
- Individual stories need to be heard ( The Voice of the Isleta People)
- Create a fact sheet about Diabetes
- Get Policy makers on our side

#### Action Plan:

- Create a newsletter to be reviewed at next meeting

See you all at the next meeting on February 26, 2010 10:00 am - 12:00 pm at Isleta Health Center (Large Conference Room). Please bring others who are interested, they are all invited to attend.

**Don't  
FORGET!**

\*\*Healthy Snacks will be provided.

**Johnson-O'Malley Program**

The Johnson-O'Malley program serves all Native American students enrolled in the Los Lunas Public School District and any Isleta student enrolled in the Albuquerque Public School District. We are here to provide academic support and educational opportunities for these students. Parent meeting will be held February 20, 2010 at 9:00am at the Tutoring Center at the Old Isleta Elementary School.

**Tutoring Program**

We began our tutoring program on January 25. Our program will follow the same structure as the first semester. It is a short-term intense program (6-weeks) that focuses on the specific area of need. **This is not a homework help program.** Our goal is to build confident and independent learners. We strengthen and increase knowledge in specific areas to support overall academic performance. If your child has a specific area of need, such as vocabulary, comprehension, multiplication, word recognition, fluency, etc., please contact Bernadette at the tutoring center to schedule appointments. Parents are required to meet with the tutor and paperwork must be complete before a student begins participation.

**Calculators**

Once again, we have a limited number of TI-84, TI-34 and scientific calculators available for students. Verification forms must be submitted to the JOM office prior to receiving these items. These calculators are available on a first come, first serve basis.

**Students Fundraising for the Washington, D.C. Trip**

As we mentioned in last month's newsletter, there were several student-related activities, but just not enough room to showcase them all. We are continuously working to raise money to send students to Washington, D.C. Some fundraising events we have held are bake sales, food sales and grocery bingo.



Grocery Bingo was held at the Tutoring Center. We had participants from other Pueblos as well as visitors from communities surrounding Isleta.

**Literacy Night with Santa and Clifford**

During Christmas we purchased \$1,500 worth of books for all JOM eligible students. We invited Santa Claus and Clifford to attend the party. Students selected books from a huge variety of genres. Food was also provided for those that participated. We had close to 40 students attend this event. If you have a JOM eligible student interested in selecting books from our remaining selection, please contact the JOM office.



**Senior Banquet**

Graduation will be here before you know it. Seniors, you have worked diligently with endless effort and such determination. It is time to honor your accomplishments. We are seeking graduating Seniors interested in planning the most awesome end of the year event, the Senior Banquet. You deserve the best, and it's time you get what you deserve. This committee of students will select food, location, invite special guests and plan any other events. Johnson-O'Malley will provide the funds that will assist in making this event possible. The Senior Banquet committee's first meeting will be held at 9:00am on February 6, 2010 at the tutoring center. A follow-up meeting will be held on February 27, 2010 at 9:00am at tutoring center. It's never too late to attend. Any questions, please contact the JOM Office @ 505-924-3189.

*Geraldine, Beverly & Bernadette*

# March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Daylight Savings Time Begins	15	16	17	18	19	20 Spring Begins
21	22	23	24	25	26	27
28	29	30	31			

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 ISLETA, NM 87022  
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**ISLETA PUEBLO NEWSLETTER**  
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