



# Isleta Pueblo News

Volume 9 Issue 3

March 2014

## FROM THE OFFICE OF THE GOVERNOR

I want to take the opportunity to thank all our community members and program service workers who willingly participated in the Community Clean Up on Friday, February 14, 2014 in preparation for days of traditional observance.

### Appointments 2014 Mayordomos

Saturday, February 1, 2014, a meeting of Pueblo irrigation water users was held at the Isleta Elderly Center for the purpose of appointing new Mayordomos for 2014.

The following individuals have been appointed Mayordomos for 2014:

1. Acequia Madre Lateral

Head Mayordomo: Bernard Lujan  
Ph. No.: 238-2876  
Assistant: Gary Trujillo

2. Cacique Lateral

Head Mayordomo: Brian Jiron  
Ph. No.: 259-2688  
Assistant: Kevin Schroeder  
Ph. No.: 410-4345

3. Chical Lateral

Head Mayordomo: Leonard Abeita  
Ph. No.: 869-4298  
Assistant: Leon Chewiwi  
Ph. No.: 261-0007

### American Indian Day at the State Legislature

February 7, 2014, the annual "American Indian Day" at the State Legislature was attended by Governor Eddie Paul Torres, 1st Lt. Antonio Chewiwi, and members of the Isleta Tribal Council along with Isleta Elders and Youth. Governor Eddie Paul Torres addressed representatives of the State Legislature to present a tribal perspective on issues and concerns to legislators and the public at the session. In the evening a social event was sponsored by the Institute of American Indian Arts (IAIA) at the Museum of Contemporary Native Arts. In attendance were the Honorable Senator John Pinto, Honorable Representative Rodger Madalena, Honorable Representative Sharon Clahchiscilliage and the Honorable Arthur Allison, NMIAD Cabinet Secretary. The event provided an opportunity to interact on issues of mutual concern.

### Indian Pueblo Cultural Center — Albuquerque, NM.

Wednesday, February 19, 2014, the All Pueblo Council of Governors (APCG) held elections for 2014 APCG Officers; for Chairman, Vice Chairman and Secretary. We are proud to announce the election of Pueblo of Isleta, Governor Eddie Paul Torres as Chairman, Pueblo of Zuni, Governor Arlen P. Quetawki, Sr., Vice Chairman and Pueblo of San Ildefonso, Governor Terry Aguilar, Secretary.

### Travel to Washington, DC

During the week of February 24, 2014, Governor Torres will be in Washington, DC, to present some resolutions to the New Mexico congressional delegation which will have a positive impact for the Pueblos.

The first resolution requests Congressman Steven Pearce to introduce legislation to reauthorize the Native American Housing Assistance and Self-Determination Act of 1996 ("NAHASDA"). NAHASDA is the primary legal authority for the United States to fulfill its trust obligations to low-income American Indians to provide safe, decent, and sanitary housing. NAHASDA establishes and authorizes funding under the Indian Housing Block Grant ("IHBG") for housing and housing-related infrastructure and community development in American Indian communities. IHBG funding is the primary source of funding for housing development for Indian tribes in New Mexico. The Pueblos rely on IHBG funding to build affordable housing for tribal members and their families.

The second resolution asks that Congress hold more hearings on the Tribal Law and Order Act of 2010 and to take testimony from Pueblo governments. The resolution

also asks Congress to appropriate funds to Indian tribes for drug eradication, juvenile rehabilitation, jail facilities, and crime reduction.

The third resolution asks Congress to appropriate funds to the Rio Grande Irrigation Infrastructure Act, which was approved in 2009 to study the irrigation system on Pueblo lands along the Rio Grande basin. The study was never completed and Congress failed to appropriate the funds to repair and maintain the irrigation systems, including those systems here at Isleta.

Governor Torres expects the Congressional delegation from New Mexico to support these resolutions in a manner that will ultimately benefit our community.

### Message from Governor Eddie Paul Torres

As we celebrate our special traditional days let us all be mindful of protecting our Mother Earth and give thanks to our Great Spirits for their blessings they shower upon us and hold in your hearts fond memories of our recently dearly departed love ones and their families. May the Great Spirit always guide you and look over you.



Have you received your  
College Degree or a Certificate  
for Fall 2013 or Spring 2014?  
The Pueblo of Isleta Department of Education  
will be hosting a Graduation Banquet in your honor...

Date: Friday, May 9, 2014  
RSVP by: April 11, 2014

Please contact:  
Evangeline Chavez, Scholarship Coordinator  
[poio8001@isletapueblo.com](mailto:poio8001@isletapueblo.com)  
Kathleen Jojola, Scholarship Assistant  
[poio8004@isletapueblo.com](mailto:poio8004@isletapueblo.com)  
(505) 869-9790

**PUBLIC NOTICE**

A Petition to Probate the **Estate of Eva Lucero, deceased on July 21, 2013, Case No. CV-PR-0893**, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days from the date of this notice being posted. A hearing for this matter has been scheduled for **Thursday, March 6, 2014 at 9:00 AM.**

Claims must be filed in writing with the Isleta Tribal Court Clerk. If you have any questions, please contact the Tribal Court Clerk at (505) 869 — 9699.

A Petition to Probate the **Estate of Ernesto Carlos Jaramillo, deceased March 3, 1984, Case No. CV-PR-0906-2013**, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days from the date of this notice being posted. A hearing in this matter has been scheduled for **April 7, 2014, at 1:30 PM.**

Claims must be filed in writing with the Isleta Tribal Court Clerk. If you have any questions, please contact the Tribal Court Clerk at (505) 869 — 9699.

A Petition to Probate the **Estate of Mary C. Lujan, deceased August 18, 2013, Case No. CV-PR-0912-2013**, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby

requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days from the date of this notice being posted. A hearing in this matter has been scheduled for **April 7, 2014 at 2:15 PM.**

Claims must be filed in writing with the Isleta Tribal Court Clerk. If you have any questions, please contact the Tribal Court Clerk at (505) 869 — 9699.

A Petition to Probate the **Estate of Bartolo Lujan, deceased October 24, 2009, Case No. CV-PR-0568-2012**, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days from the date of this notice being posted. A hearing in this matter has been scheduled for **April 4, 2014 at 3:45 PM.**

Claims must be filed in writing with the Isleta Tribal Court Clerk. If you have any questions, please contact the Tribal Court Clerk at (505) 869-9699.

A Petition to Probate the **Estate of Rey Louis R. Chiwewe, deceased January 13, 2013, Case No. CV-PR-0918-2013**, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days of this notice being posted. A hearing in this matter has been scheduled for **April 7, 2014 at 3:00 PM.**

Claims must be filed in writing with the Isleta Tribal Court Clerk. If you have any questions, please contact the Isleta Tribal Court Clerk at (505) 869 -9699.

A Petition to Probate the **Estate of Julianita Roberta Zuni, deceased October 18, 2013, Case No. CV-PR-0924-2013**, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days of this notice being posted. A hearing in this matter has been scheduled for **March 31, 2014 at 3:30 PM.**

Claims must be filed in writing with the Isleta Tribal Court Clerk. If you have any questions, please contact the Isleta Tribal Court Clerk at (505) 869 — 9699.

**NOTICE OF CHANGE OF NAME**

**TAKE NOTICE** that in accordance with Pueblo of Isleta Court requirements, the Petitioner, **Elizabeth Jojola** has applied to the Pueblo of Isleta Tribal Courts for an **ORDER FOR CHANGE OF NAME** of the minor child **Jayden Kyle Anzara** to **Jayden Kyle Jojola**. Any person claiming an interest in this matter may notify the Isleta Tribal Court Clerk within thirty (30) days from the date of this notice being posted.

Claims must be submitted in writing with the Isleta Tribal Court Clerk. If you have any questions, please contact the Tribal Court Clerk at (505) 869 — 9699.



*my* **VOTER**  
Information

**Recruiting POLL WORKERS,  
STUDENT WORKERS**

**March 14, 2014  
March 21, 2014**

**ATTENTION: Bernalillo County will be at Isleta Library from 1:30pm to 3pm on March 14 and 1:30 to 3pm on March 21.**

For more information, call 505-468-1228



**Isleta Library  
Comic Con  
2014  
Saturday March 8  
11am-4pm**

**FREE EVENT! ALL AGES**

**Comics! Costume Contest! Door Prizes!**

- \* Come dressed up in a costume and receive an EXTRA door prize ticket!
- \* Autographs and Photos with superheroes! (Justice League of NM)
- \* Comic Books for sale
- \* Super Nintendo games, Gameboy games, and more games for sale
- \* Arts & Crafts
- \* Concession

All programs are FREE and are first come first serve.

**Schedule of Events:**

- 11:30am-2:30pm-Caricature Artist on site
- 12:00-2:00pm-How to make your own Comic brought to you by 7000BC-Independent Writers of NM
- 11:30am-1:00pm-Perler Bead Character Bling
- 1:00pm-2:00pm-Star Wars Craft
- 2:00pm-3:00pm-Announcement of Winners of Comic Contest and Raffles

Like us on Facebook **Isleta Pueblo Public Library**  
950 Moon Light Dr. Albuquerque, NM 87105  
More Information: 505-869-9808  
Email: poi2005@isletapueblo.com

## FOREST... SWAMP FIRE REPORT

The Pueblo of Isleta's Public Service Department (PSD), Bureau of Indian Affairs-Southern Pueblo's Agency (BIA-SPA) Fire and Isleta Pueblo Governor's office would like to send out its deepest thanks for the heartwarming gifts of food, water and encouragement they received from the community while battling the "Rec Fire" and later the "West Rec Fire" during the week of February 16-February 24. Numerous individuals and families bought by generous donations during the fire, which were distributed to fire fighters, police officers and staff engaged in the suppression. The fact that people would take the time to stop by the Command Center to say thank you was a testament to our Pueblo —Thank you all!

The "Rec Fire" started at approximately 2:30 PM on Sunday, February 16 in the marsh area south of the Isleta Recreation Center, hence the name "Rec Fire". Firefighters and Police Officers from Isleta and Bosque Farms responded quickly and fought the fire until BIA-SPA fire personnel arrived and took charge of the Fire. Firefighters fought the fire until 3 AM Monday morning, resuming the fight at 7 AM that same morning and continuing nearly non-stop until Friday, February 21, 2014. The Fire was so large that the BIA-SPA requested a Type 3 team to come in and assume control of the fire, the Albuquerque Zone —Type 3 team came in and ran the fire until handing it back to BIA-SPA on Wednesday evening. The "Rec Fire" burned approximately 449 acres, but thanks to the heroic efforts of Firefighters it did not damage any infrastructure, was contained and most importantly no one was hurt while battling the blaze. BIA has requested a BAER (Burned Area Emergency Recovery) Team in to assess the post-fire effects and to make recommendations.

Unfortunately, the day the exhausted fire fighters were released someone intentionally set the swamp area along NM 314 on fire sometime after midnight on February 22, 2014 (See BIA Reward Poster) - starting the "West Rec Fire". This malicious and treacherous arson event burned an additional 75 acres and put a lot of fire fighters at risk and if not controlled would have threatened houses in Los Charcos, as well as Los Lunas and Bosque Farms. The same firefighters involved in the "Rec Fire" responded and fought all night to control the fire, then spent Saturday and Sunday mopping it up so that it would not flare up.

### **The Pueblo would like to recognize and thank the following courageous men and women who fought these fires:**

Albuquerque Zone Type 3 Team (Interagency team) (led by Ryan Romero-IC and Troy Cachini-IC-T and their superb team)  
 Isleta Emergency Manager (Vernon Abeita)  
 BIA: SPA-Fire Engines & Laguna engine (Vernon Calabaza-IC and Edwin Zuni IC-T, and their crews),  
 Fire investigator - Jose Tenorio  
 US Fish and Wildlife: Sevilleta engine, dozer  
 US Forest Service: Mountainair Engine & Acoma Hand Crew (USFS Sponsored Crew), Sandia Helitack  
 Bureau of Land Management: Grants District engine, Albuquerque District, Socorro and Single  
 Resource Division Group Supervisor  
 New Mexico State Forestry: State Engines  
 National Interagency Fire Center (NIFC): Fire investigator trainee (Kenny Jaramillo)  
 Albuquerque Dispatch Center: Dispatchers  
 Albuquerque Fire Department: 1 engine, 1 overhead  
 Bernalillo County Fire  
 Isleta PSD-Resources (Firefighters — Zulu and India Units)  
 Isleta PSD Resources (Wildland Law Enforcement)  
 PSD-Transportation (Heavy Equipment)  
 PSD-Environment (Support)  
 Public Service Department's Director and Admin Staff  
 Isleta Police Department (Chief Mariano, Capt Maestas and Lt. Chavez and their officers)  
 Isleta Volunteer Fire Department  
 Isleta Procurement  
 Isleta MIS  
 Bosque Farms Volunteer Fire Department  
 Los Lunas Fire Department  
 Tome Volunteer Fire Department  
 Meadow Lake Volunteer Fire Department

New Mexico State Police

BAER Team — Fred von Bonin, BAER Team Leader/GIS Specialist

Wayne Waquiu, BAER Forester/Documentation Specialist

Lawrence Abeita, BAER Wildlife Biologist

Michele De la Cruz, BAER Environmental Specialist

Darryl Martinez, Tri-Regional BAER Coordinator

Isleta Parks and Recreation (Rick Giron and his staff) who

housed the firefighters for a week, supported them and were great hosts!!

And anyone else who helped out — **Thank you!!**

The Pueblo's Fire and Emergency Personnel (PSD, IPD and VFD) and BIA-Fire have also been on numerous fires this past month non-stop and ask your assistance in ensuring we all chip in and use good sense and judgment when burning. We had a fire on February 10, which got out of control and burned two utility poles that knocked out phone and internet service - including the 911 system for two hours - affecting thousands of people in Isleta and Bosque Farms. There were also three fires that occurred this past week, which also strained our limited resources.

**Please get a burn permit, call before you burn and clear around your fire to ensure your fire does not get out of control, you could be held accountable for damages associated with suppression and damage to property.**  
*Thank you and be safe out there!!*

### **Southern Pueblos Agency Branch of Forestry**

The Southern Pueblos Agency, Branch of Forestry, Fire Management would like to extend our appreciation to the community members of the Pueblo of Isleta for providing support during the fire that started on February 16, 2014, behind the Isleta Recreation Center and Bosque area.

We were grateful for the donations of food and drinks that were provided to the incident command post at the Isleta Recreation Center. Your generosity and thoughtfulness was truly appreciated as we worked with other agencies to extinguish the fire.

This event should serve as a reminder that drier than usual conditions are present in the community. With the upcoming agricultural cleaning of fields and ditches, we ask that safety precautions are followed prior to burning. We encourage you to utilize the burn checklist:

#### **Pre-Burn Checklist**

- Have you considered other alternatives to burning such as heavy equipment?
- Have you obtained your burn permit?
- Have you checked the weather forecast for possible winds?
- Have you checked with local authorities to see if it is a "Burn or No Burn Day?"
- Have you notified proper authorities of your burn, i.e. location and size?

#### **Before You Light**

- Have you scouted the area you are going to burn?
- Have you cleared weeds and grass around telephone poles, utility boxes, gas meters, propane tanks, cottonwood trees, corrals or sheds?
- Have you created fire breaks to keep the fire from spreading beyond the intended burn area?
- Do you have adequate equipment, tools, water and personnel on site to keep your fire from escaping?

#### **While You're Burning**

- Keep your fires small.
- Avoid burning large areas at one time.
- Always burn against the wind and be aware of wind shifts.
- If winds increase, consider extinguishing your fire.
- Monitor your fire at all times.

#### **After the Burn**

- Stay on site until your fire is out.
- Check for any smoldering piles or debris that could reignite if winds increase.

**Remember Only You Can Prevent Wildfires!**

## Community Meeting



Greetings, The Isleta Police Department will be hosting a community meeting on March 20, 2014 from 6:00 pm to 7:00 pm at the Elderly Center. The Police Department is seeking input from the community members as to problems the community is facing and how to address such problems. I will reiterate we must address these problems as a "team" and make this a safer area to call home. We have hosted two community meetings and have had 20 to 30 members in attendance, but this community is comprised of many more than 20-30 individuals. I hope to see more community members in attendance and have ideas to share on problems that you see within the community.

The community meeting on March 20, 2014 will have the Tribal Courts presenting. There are many new faces employed by the Tribal Courts, and the new judges have great ideas. The judges will present their ideas which is a proactive and positive approach. Also, I have invited the new Public Defender to introduce himself and provide a presentation.

Again, do not forget to utilize the community "Anonymous Hotline" to report any gang, drug, vandalism, or illegal activity. The telephone number is 505-264-7258, this number should not be used if police are needed immediately. When a person calls to report the activity, leave as much information so we can investigate the activity. Any information reported by anyone thru the number listed will not be dissiminated.

### Police Department and Community updates:

The Police Department along with tribal departments organized two community events during the holiday seasons. During the Thanksgiving Season, Detective Kathleen Lucero put together a food drive. The drive was put together in two weeks and the target number of families to feed were 10. Detective Lucero was able to feed approximately 25 families. She was able to reach this amount by asking students from the Isleta Elementary School to assist in bringing non-perishable food items to give to other community members in need. Detective Lucero asked Social Services to provide names of families who could use these food baskets.

The month of December, The Police Department and other tribal departments organized "Reaching for the Stars." This community event was targeting children who are not as fortunate as others to celebrate the season. We like to thank the Council for assisting in this endeavor along with other community members who provided food and drinks for over 100 individuals in attendance. The target number of gifts were 25, although due to the generosity of tribal employees, we were able to provide in an excess of 50 gifts. I like to thank the 3 police cadets for giving to the community by acting like Santa Claus and his Elves.

The Police Department participated with "Light the Path Memorial Walk" and enjoyed the company of well over 200 community members who participated. Many of the police officers helped with preparing and setting up the luminarias. Several officers and communication operators donated their time by serving food to the participants.

In closing, we as a department wish to see you in attendance and hopefully offer some of your ideas of problems we can address. We need the community members' input to make the community a safer place to call home, but we must do it as a "team." If there are any suggestions, feel free to contact me at 505-869-9707.

Respectfully,

Gerald S. Maestas / Captain  
Isleta Police Department

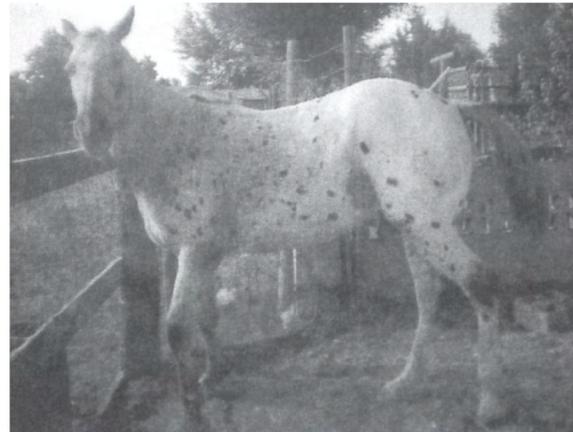
**\$1000 REWARD !!!!**

**For information leading to the recovery of the stolen horses !!!**

**STOLEN -TWO HORSES**

**Two Mares stolen from Tribal Rd. 28 in Isleta between January 23-25th.**

**Family is Heart Broken ... The horses belonged To the late Yuri Trujillo, who was killed in an automobile accident in May 2013.**



**Please contact Dominic Trujillo at 720-2172 or Dolores Trujillo at 944-5299**



**Freedom  
From Smoking**

**DO YOU WANT TO STOP SMOKING?**

**IF YOU ANSWERED "YES!"**

**SIGN UP FOR**

**THE ISLETA HEALTH CENTER'S**

**Freedom From Smoking**

**PROGRAM NOW!**

**GROUPS ARE SCHEDULED USUALLY TWICE A YEAR.**



**Weekly Prizes!**

→ Nicotine Replacement Therapy for those clinic patients who attend weekly sessions!

→ Get support from others that are going through the same thing.

**CONTACT:**

**Stephanie Barela @  
505-869-4479**

**for more information or to  
reserve your spot in this class!**



Sponsored by the  
Isleta Health Center

## Parks & Recreation

With the beginning of March 2014 we are now getting closer to our Spring Season that begins on March 20th. Spring means for the most part warmer weather and more winds, however, with hardly a trace of snow or rain most would believe that spring was already upon us. February was a very complicated month for us at the New Rec. Center. We had several home basketball games for the youth however we also had to postpone a couple of games because of traditional activities taking place either at our opposing teams or here at the Pueblo of Isleta. Also, we had to close our facility for the better part of a week due to the fire on our Pueblo of Isleta Bosque property near the river and on another day due to the water shut off. We did once again open on Tuesday, February 25th. Sorry, to all tribal members for the inconvenience but it was beyond our control. For the most part all Parks & Recreation Activities are staying busy and with lots of work being done at the parks and Recreation activities i.e.; taking place for the afterschool programs at both New & Old Rec. facilities.

### Rec. Fire Pueblo of Isleta

On Sunday, February 16, 2014, the largest fire ever recorded on the Isleta reservation engulfed over 449 acres of the marshland in the Bosque near the New Rec. Center. The fire required the voluntary evacuation of pueblo residents as crews battled the fire. The fire was the first major fire of this year's fire season with heavy smoke and flames overwhelming the entire Pueblo of Isleta as well as neighboring communities. A number of agencies from surrounding communities helped battle the blaze. that eventually set up the Command Center at the New Rec. Center. Because of its close proximity to the New Rec. Center the fire was dubbed the "Rec. Fire" on local news reports. As a Command Post the Rec. Center was now a place for feeding, sleeping and over-all command center for several days. Because of all this activity, it required us to close our facilities as a Recreation Center for our patrons. At the height of the fire approximately 150 fire-fighters were on hand battling the blaze with a number of Fire engines, bulldozers, trucks and 1 helicopter that made frequent water bucket drops on many of the hot spots. We the Pueblo of Isleta Parks & Recreation Department are happy that we could be of assistance to this emergency situation. Although it did cause an inconvenience for our patrons everyone was safe and no one was hurt inclusive of the fire-fighters. Pictured below are scenes from the many personnel who were on hand who fought hard and long hours to insure our Pueblo of Isleta's safety. Pictured are many of the fire crew members during one of daily briefings prior to going back on the field to battle and eventually mop up the blaze.



Ryan Romero - Incident Commander



### After-School Rec. Programs

Both Rec. programs at New Rec. and Old Rec. continue to operate although sometimes at a snails pace. I only refer to the snail's pace because of our closure due to the fire, and the water shut off as the water lines to the new Elderly Center were being connected to the system. It required us to close for a week due to the fire and one additional day for the water shut off. We received several calls asking why did you close for the water hook-up; we can drink bottled water and not use the showers that day. Our answer is: because of the health and safety issues involving bathrooms facilities, showers etc. not only for our patrons but staff as well. We definitely didn't want another Hurricane Katrina situation which happened at the Super-Dome in New Orleans when people continued using the facilities and were unable to flush the toilets or

wash their hands etc. The situation almost caused the Super Dome to be demolished. As far as the After-school at Old Rec. program is concerned, Kimberly Chiweve reports that the program and children are being kept busy. Unlike New Rec, which closed down during the fire, they continued operating offering their program to our youth and had several field trips as well during that time. In addition, Kimberly will be offering a program during Spring Break to those parents and youth who may need something to do during their time away from school. For more information about the program or spring break activities, Kimberly can be contacted 382-0208. Spring Break is different for those children attending A.P.S., Los Lunas and the Pueblo of Isleta. Needless to say we will try to accommodate everyone with some type of spring break activities.

## Youth Basketball

During the month of February a couple of youth basketball games were held at the Rec. Center. Because of our closure due to the fire a couple of games had to be postponed or cancelled. Also because of traditional activities taking place the basketball tournament slated for February 28th and March 1st at Jemez was cancelled for our youth because too many of our youth were unable to participate. Our Coaches are however, trying to set up another tournament that we can possibly host sometime in March. We will keep everyone posted. Pictured are several of our players as they played one of the home games against Acoma/Sky-City. The children and many of the fans really enjoyed watching as they witness the children developing and honing their skills.



## Park Management

The park management crew continues to prepare our parks for the upcoming growing season as they are now getting the fertilizer schedule into full gear. Once the first part of a 4 part fertilizer schedule is administered and the watering schedule is pumped up you will almost immediately notice a significant change in our parks. Several days after that process begins they will begin to turn the lush green our parks are noted for. In last month's newsletter I reported that the canopy over the play structure at the Veteran's Park at Pickle Heights had been vandalized to a point that it required replacing. We have since replaced that fabric structure with a metal structure which should be a little more vandal proof however, we ask the residents to stay vigilant in reporting anyone attempting to vandalize our parks. This replacement structure cost several thousand dollars and many man hours to replace. This is time and money that could have been utilized in other worthy projects within our park system which in a sense the money comes out of your pockets.

## Little League

The Little League registration process is in full swing. After a couple of years of taking a break, Vernon Abeita is back at the helm in charge of the Little League program. For those children and parents who are interested, registration is ongoing and he can be reached at 269-8886. Anyone who is interested in volunteering for the program as a coach, umpire, mentor etc. can also call Vernon for all the details. Also new for this year our Park crew has been busy trying to ready the new scoreboard system that will adorn the 2 Little League Field across the street from New Rec. In addition the Little League has a new Concession stand and office space which will be totally handicap accessible. The Isleta Housing program has been busy making those necessary adjustments and ramps to make that possible. **Good Luck to all children, parents and volunteers who do get involved.**

## Health Beat

Health Educator:

Stephanie Barela, 869-4479

## CHOLESTEROL EDUCATION

*Know Your Cholesterol Numbers - Know Your Risk - Give Yourself Some TLC*

Let's all make a point to learn our numbers and know our risk. The next time you are at the clinic ask for a lipid profile, which is a measurement of your cholesterol and triglyceride levels. All adults over the age of 20 should have a lipid profile.

Here is what your cholesterol numbers mean:

### Total cholesterol(mg/dL):

Less than 200 is desirable

200-239 is borderline high: Depending on your other risk factors, you may be at a higher risk for heart disease. Talk to your doctor about your overall risk for heart disease.

240 or higher is high: you are at risk for clogged arteries and a heart attack. See your doctor to determine your risk for heart disease.

LDL Cholesterol is BAD cholesterol. KEEP IT LOW!!

- Less than 100 is optimal or ideal.
- 100-129 is near optimal/above ideal
- 130-159 is borderline high
- 160-189 is high
- 190 and above is very high

HDL Cholesterol is GOOD cholesterol. THE HIGHER THE BETTER!

- Keep it above 40

Triglycerides are another type of fat in the blood. They come from fat that you eat and are made in the body. Triglycerides are made when you take in too many calories or eat a diet too high in carbohydrates. When you have high triglycerides, you have a higher risk for heart disease.

Here is what your triglyceride numbers mean:

Less than 150 is NORMAL.

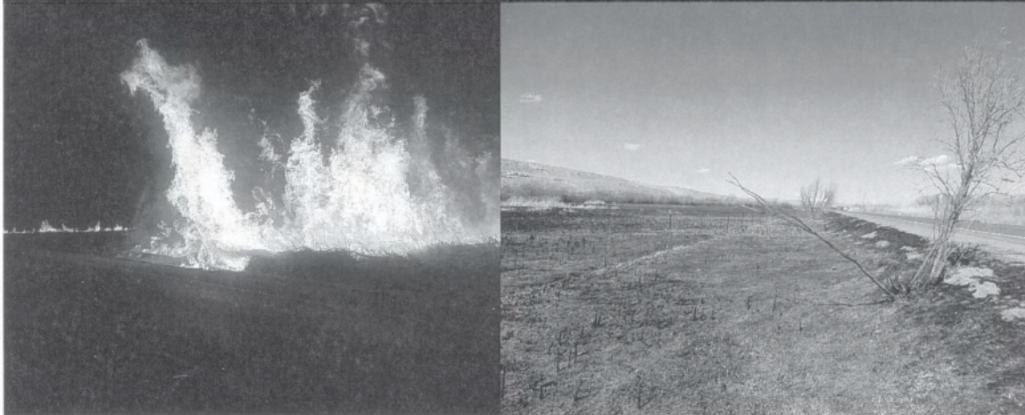
150-199 is borderline-high. You may be at an increased risk for heart disease. To lower your level, aim for a healthy weight and be more physically active.

200-499 is high. Weight control and physical activity are very important to lower your level. Watch out for other heart disease risk factors such as overweight and obesity, diabetes, low HDL and high blood pressure.

Over 500 is VERY HIGH!! ALERT! See your doctor immediately. This level requires attention to prevent severe problems with your pancreas.

# ARSON ALERT

**WeTip! Receive a Reward of up to a \$10,000 for information leading to a conviction!**



On Saturday February 22, 2014 in the early morning hours at approximately 12:00 a.m., the West Lagoon Fire on the Pueblo of Isleta was reported off of Highway 314 between mile markers 12 & 13 in the swamps area. The West Lagoon Fire burned approximately 77 acres and was determined by fire investigators to have been the result of ARSON!

Arson fires are a threat to public health and safety, placing YOU, the public, and emergency resources at risk, as well as damaging your natural and cultural resources. In addition, these fires cost Tribal and Federal responding resources thousands of dollars to suppress.

Arson is a federal crime and is punishable by law. Fire Investigators are seeking your help in providing information to identify suspect(s) responsible for this fire.

The Bureau of Indian Affairs has partnered with the WeTip Hotline (Wildfire Crime Program Hotline) to identify suspects. WeTip is a totally anonymous hotline to report information. If your information leads to an arrest and conviction, **you could get up to a \$10,000 cash reward!**

If you have information regarding this fire and person(s) involved in these crimes, you are encouraged to call WeTip immediately. Call the WeTip toll free arson hotline at 1-800-47-ARSON (1-800-472-7766) to report your information. Operators are standing by, 24 hours a day, 365 days a year. Visit [www.wetip.com](http://www.wetip.com) for more information.

**WeTip!**  
**1-800-47-ARSON**



## Public Services Department

**Pueblo of Isleta Public Services Department Moves Customer Service Operations to Tribal Service Complex — Planning Office**

The Public Services has moved, and all business is now being conducted from the new location.

Please call the main office number at 505-869-9782 for all work orders including but not limited to, septic pumping, trash pick up, delivery of trash cans, grading of roads, water leaks outside your home, delivery of sand and gravel, etc.

If you, or a family member, needs to pick up a home site application, burn permit or wood permit, you will need to visit our office at the Tribal Services Complex — Planning Office in room C122.

For any questions, please call the above number.

## ISLETA HEALTH CENTER

Community Health Representatives (CHR)

### TRANSPORTATION AND MEDICATION REMINDERS

- **24 hours advance notice** is required for all transportation needs.
- Transportation is provided only to dialysis, physical therapy and medical appointments.
- We do not run errands for patients or take them to places other than their medical appointments.
- You are required to complete a **Transportation Form** that will be kept on file for your Transportation needs. It will be kept on file for only (1) one year; a new form is required yearly.
- If you are a wheelchair patient, please ensure that you have an aide to assist you.
- Patients are picked up only at their place of residence and dropped off at their residence. No changes will be made. Due to the volume of patients, we cannot make daily or weekly changes.
- Same day transport requests will not be accepted. We currently have a full schedule of dialysis and medical transports.
- Transportation will not be provided to anyone under the influence of alcohol or drugs.
- If you scheduled for transportation, you are required to call and cancel your transport request if you will not make your appointment. If you are a no call /no show three consecutive times, your transportation needs will be suspended for three (3) months.
- All patients should be ready to go when the CHR van arrives. This ensures that all patients will be delivered in time for their scheduled appointments. CHR drivers are allowed to wait only 8 minutes for pick up.
- Medication is delivered with 24 hour advance notice. A **Medication Delivery Form** is required to be filled out and will be kept on file for one year.
- Medications are delivered only from the IHC Pharmacy to people that are elderly, homebound or cannot drive themselves.
- CHR will not deliver any medications (narcotics) that require an ID for pick up at the IHC Pharmacy.
- Medications are delivered only to the patient and a signature is required upon receipt. CHR staff will not leave medications if patient is not home.

**CHR Office Hours:** 8:00 am to 4:30 pm  
Monday - Friday

**Transportation Hours:** 8:15 am to 2:30 pm  
**No transports are made to Albuquerque after 2:30 pm.**

You can reach the CHR Office at **869-4485**. If there is no answer, please leave a message. You can also contact the Health Center receptionist at 869-3200 and leave a message.

Thank you for your cooperation,  
CHR Program Staff



# Pueblo of Isleta Library

Greetings from the Isleta Library! Happy March! Spring is in the air, the flowers are beginning to bloom. Don't forget to set your clocks ahead an hour (spring forward) Sunday March 9th! Everyone running on "Indian time," make sure you're only an hour late and not two hours late.

## News

Are you a Star Wars fan? Do you own the original Gameboy or Super Nintendo? Attend the comic book store more than twice a month? You are invited to our first ever Library Comic Con Saturday, March 8th from 11:00am-3:00pm. This is a FREE event. FREEraffle. FREEFUN! We will have the Justice League of New Mexico as our special guests. 7000bc independent writers of New Mexico will be hosting a Comic Book workshop. Perler Bead Character art and a Star Wars craft will be conducted throughout the day. Singing Wire 89.9 FM will also be making an appearance. Booths will be set up by Comic cook Warehouse and Gamers Anonymous selling comic books and retro games. We will also be picking winners for our Comic Book Cover Poster Contest. For more information please call Tara at the Library 505-869-9808. "Try not. Do, or do not. There is no try." – Yoda, The Empire Strikes Back

We will be having our monthly staff meeting March 5th and we will be closed from 8:00am-12:00pm to discuss upcoming programs and any problems or concerns to better serve the community and public. We have staff meetings the first Wednesday of every month, so please if you have any questions or concerns or program ideas for adults, teens, or children let a staff member know.

The Library will also be closed on March 17th and 18th from 9:00am to 1:00pm. The Library staff members will be receiving First Aid training and CPR training. In case of an emergency your library staff will be knowledgeable on how to handle the situation.

Congratulations to Natalia who drew out her own comic strip and attended the one day of the Comic strip workshop held at the Library by Cheyenne on February 18th. Her comic can be seen in this month's newsletter.

## Upcoming

Our second Library Reading/Homework incentive field trip will be set for April. The Library encourages children to succeed in academics and reading. The first 20 students of any age can come to the Library and earn points to go on this field trip to see Rio 2 as an incentive for completing Homework and reading for 30 minutes. Children can start earning points March 10th. The students will need to earn a total of 30 points to attend the field trip. If you have any question please feel free to talk to a library staff member.

The Library will be setting up an information booth at this year's Child Abuse Prevention and awareness parade and fair. We will be handing out information on our Summer Reading Program along with our Calendar of events for the summer. This year the Library staff had decided on a Photography and yearbook summer reading Program Theme. If your child loves to take pictures or be in pictures, this is the program for them. We have two age groups, juniors ages 3 years old-6 years old. 3 year olds have to be potty trained. Our youth group will consist of ages 7 years old-18 years old. We do not provide transportation. If you feel this is a program your child will be interested in, registration will be in May. Stay tuned for the exact Date and Time. Also check out other Summer Programs in the

Community such as the Isleta Recreation Center, Language program, JOM, Diabetes program and many others.

## Recap

The library hosted its first couponing class February 4th and 5th. We had many inquiries about this program and hope to do another program like this in the future. Participants learned about coupons, coupon policies, databases and much more thanks to our instructors, Monica Culpepper (ABQ coupon mom) and Ronica Becenti. All coupon participants received a gift bag which included their own coupon binder. The first 10 people that arrived received their own copy of TLC's Extreme Couponing book. We currently have a follow up class set for March 17th and March 18th for people who attended the class to compare receipts and see how much everyone has saved!

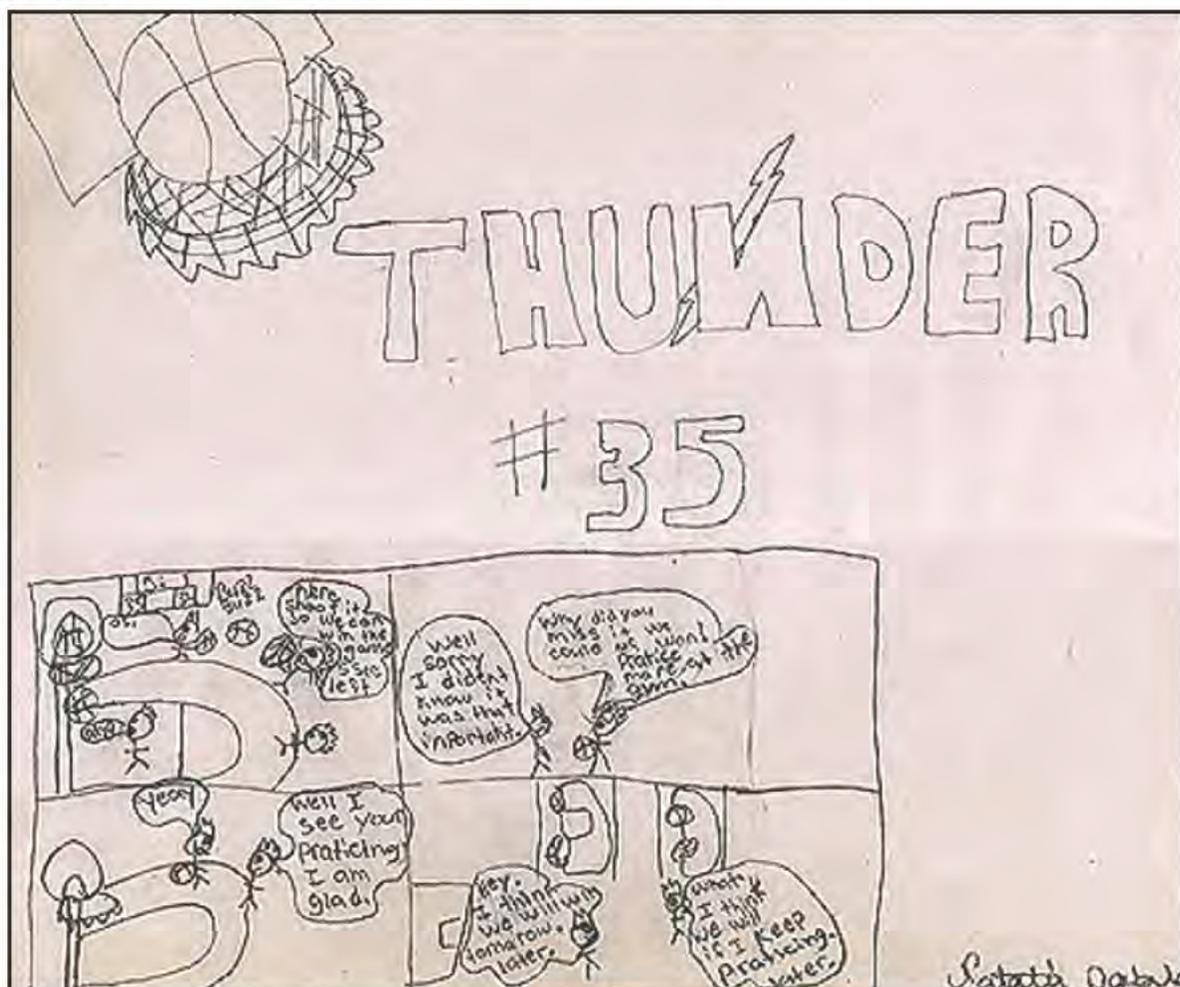
Introduction to Computers-Computer Basics Class took place every Tuesday and Thursday from 12:30-1:30pm instructed by Diane. We hope to continue computer classes every month in hopes to get everyone on board and up to date with the technology craze. Keep a look out for future computer classes.

Our first Reading Incentive Program was a hit at the Library. Students earned 25 points doing homework and/or reading to go on our field trip to see the Lego Movie which was released in theaters February 7th. Students went to eat at Golden Corral first and then enjoyed the Lego Movie. Students who earned 30 points and went above and beyond the homework and reading points received a free popcorn and drink as an incentive for their hard work. A shout out to the students that attended the field trip and earned their way by doing homework and reading, great job! Thank you to the Recreation for the use of the recreation vans.

Valentine's Day crafts were cute and cuddly and delicious. Our first day of crafts instructed by Dianna, patrons made a pom pom Valentine's monster. They got to customize it by choosing colors, googly eyes and antenna's for their monster valentine. The second craft was a Valentine Parfait cup made up of cupcakes, pudding and sprinkles. Diane taught the class in which they decorated their cup and assembled the parfait for a sweet Valentine's Day gift or treat. Most of the parfaits did not make it home to their Valentine because they were so good they got eaten before leaving the Library.

This year for the science project hype and last minute science experiments we decided to give a helping hand by dedicating a few days during the last days of February for a "How to do a Science Project" program led by Dianna. This program was to

(Continued on next page)



( Library, Continued )

demonstrate to students the process of science experiments by going through the step by step scientific method, and discuss the conclusion. Science is and can be fun and the Library wanted to share our knowledge of science and the resources we have.

Can't make it in to renew library material? Just a reminder that you can always call the Library at 505-869-9808 to renew OR you can set up a password on your Library account to renew Library material online and through your smart phone. Come into the library and ask a staff member for more details.

**Library Hours**

**Mon-Thurs** 8:00 a.m. - 6:30 p.m. **Friday** 9:00 a.m. - 4:30 p.m.  
**Saturday** 9:00 a.m. - 1:00 p.m.

Closed on Sundays, all federally recognized holidays and also Isleta traditional holidays. Please contact library for more information on closures.

Connect with us:

Website: <http://www.isletapueblo.com/library.html>

E-mail: [poi02002@isletapueblo.com](mailto:poi02002@isletapueblo.com)

Facebook: <http://www.facebook.com/IsletaPuebloLibrary>

YouTube: [www.youtube.com/user/poiLibrary](http://www.youtube.com/user/poiLibrary)

**Transition of Adults to Community Living (TACL) - Putting the Pieces Together**

"To provide young adults between the ages of 18 and 21 the opportunity to learn life skills through educational experiences in their community and to improve their ability to function inter-dependently in society to their maximum potential".

**DD Waiver Information** (Home and Community-Based Services (HCBS) Waiver Program) This Program is designed to provide services and supports that will allow eligible individuals with developmental disabilities to participate as active members of their communities. Developmental Disabilities Waiver is only one of several waivers available and the program serves as an alternative to institutional care.

**What the Program Provides:** The developmental Disabilities Waiver program provides an array of residential habitation, employment, therapeutic and family support services.

Below is a letter received from Bernardine Baca Spears which further describes TACL.

Bernard R. Salz  
Superintendent



Brian Baca  
Assistant Superintendent of Special Services

Juliette Romero Benavidez  
Director of Compliance & Accountability

Susan D. Chavez  
Director of Special Education

Valerie S. Otero  
Director of Federal Programs

Los Lunas Schools  
Special Services TACL Program  
PO Drawer 1300  
Los Lunas, NM 87031  
866-2440

February 19, 2014

Dear Mr Abeita,

My name is Bernardine Baca Spiers and I am the teacher at the Los Lunas Schools TACL (Transition of Adults to Community Living) program. I am honored and excited to be a member of the TACL team. TACL provides young adults between the ages of 18 and 21 the opportunity to learn life skills through educational experiences in their community and to improve their ability to function interdependently in society to their maximum potential.

I hope to continue and expand upon TACL's purpose of learning life skills that help our special education students function as independent members of our community to their individual potential. Students work on goals for the future, post secondary education, job training, and job development at the TACL program and in the community, collaboration with community agencies, money management, exploring student interests in recreation/leisure activities and health education.

I have 29 years experience in Special Education and Community programs. I was a teacher/case manager/ horticulture instructor at the Los Lunas Hospital and Training School for 9 years, and a teacher/program manager at La Vida Felicidad for 7 years. The last 12 years have been at Katherine Gallegos Elementary (7 years teaching and 5 1/2 years as IEP Facilitator). I am from the Belen/Los Lunas area and as you can see from my past experience, I am committed to working with Individuals with Special Needs in Valencia County.

Thank you for your interest in the TACL Program. I have also attached our Newsletter.

If you have any questions please feel free to call me at the TACL Program or send me an email.

Sincerely,

Bernardine Baca Spiers  
TACL Teacher  
866-8319  
[bbspiers@lsschools.net](mailto:bbspiers@lsschools.net)



Special Services  
PO Drawer 1300  
Los Lunas, New Mexico 87031  
Phone: (505) 866-2440 Fax: (505) 866-2176



**Isleta Elementary School School Board**



**School Board Members:**

Joseph Lucero, Board Chairman  
Rebecca Meehan, Board Secretary  
Tricia Jojola, Member  
Patrick Jaramillo, Member  
Michelle Jojola, Member

**Tribal Council Liaisons:**

Larry Jaramillo  
Juan Rey Abeita

1000 Moonlight Drive,  
Albuquerque, NM 87105

Greetings Parents & Community Members!

The Isleta Elementary School Board would like to thank you for your continued interest, concern, and involvement with the Isleta Elementary School, the School Board, and the education of your students. As you can see, the Board now has three new members, and all of us are looking forward to working with you, the IES staff, and the Bureau of Indian Education to make Isleta Elementary the best school it can be for all of our children.

Keep a look out for informational articles or short notes in the monthly Pueblo of Isleta newsletter coming soon. While it may not be every month, we do want to start using this medium to share information with the community at large, in addition to sending notes and flyers home with students.

Remember, everyone is always welcome to attend the monthly School Board meetings, which are held every 2nd Tuesday of the month at 6:00pm. Our next meeting is March 11th in the IES Library.

Finally, to make it a little easier to communicate with the School Board, we have set up an e-mail address that you are encouraged to use for any questions and concerns, or if you would like to have an item added to the School Board agenda. Please e-mail us at anytime: [IES\\_SchoolBoard@outlook.com](mailto:IES_SchoolBoard@outlook.com).

Thank you, Isleta Elementary School Board

**Isleta Head Start & Child Care**

The Head Start Program receives 80% of its funding from federal funds awarded by the Office of Head Start in Washington D.C. In order to ensure that these federal funds are used correctly, the Office of Head Start conducts a Federal Review (audit) every three years. A bad review can result in the loss of funding.

In 2010, the Isleta Head Start Program received a federal review and was found out of compliance because there was an issue with ensuring that every staff member had a completed background check. This issue placed the program into the Designation Renewal System (DRS) and placed the program in jeopardy of losing funding.

The Program received a Re-Evaluation Visit in November 2013 to see if the program had corrected the previous findings and to ensure that it was compliant in all other areas in order to maintain funding. The findings from this visit showed that the Isleta Head Start Program is in compliance with federal regulations and is now eligible for a 5-year, non-competitive grant award.

This wonderful achievement would not have been possible without the hard work of all the program staff, the expertise of the Executive Director, and all the wonderful support from Governor Torres, Lt. Governor Chewiwi, Lt. Governor Abeita and all of the Tribal Council!!! The program would also like to thank FHI 360 (the Training & Technical Assistance Network through the Office of Head Start), NCQTL (another Training & Technical Assistance Agency), and WJ Strickland, the program specialist for our program in Washington, D.C.

The program would also like to thank all of the Head Start and Early Head Start parents for helping the program by turning in all needed paperwork, bringing your children to the program daily, and for those who volunteer their time on the Policy Council!!!

**Pueblo of Isleta  
Elder Center Activities Calendar — March 2014**

- March 4: Shopping Assistance: Wal-Mart & Lunch - 10 am
- March 5: Ash Wednesday Catholic Mass - Elder Center/Kiva Room - 11 am
- March 6: POI Local Games Competition
  - Basketball (3pt. and Free-throw)-Recreation Center - 9 am
  - Frisbee Accuracy - Recreation Center - 10 am
  - Table Tennis - Recreation Center - 11 am
  - 8-Ball Pool - Recreation Center - 1 pm
- March 7: Field Trip: Harvey House (Belen) & Lunch- 10 am
- March 10: Commodities
- March 11: Shuffleboard (Practice) at Manzano Mesa & Lunch - 10:30 am- 4:30 pm
- March 12: Staff Meeting (Elder Center) - 1 pm
- March 15: POI Local Games Competition
  - Golf - Isleta Eagle Golf Course - 12 noon
- March 17: POI Local Games Competition
  - Bowling (Doubles) - Fun Connection - 10 am
- March 17: St. Patrick's Day Party & Bingo - Elder Center - 1pm - 3pm
- March 18: POI Local Games Competition
  - Huachas (Washers) - Recreation Center - 9 am
- March 19: Tax Preparation (AARP Tax Aide Program) - Elder Center - 9 am - 3 pm
- March 20: Field Trip: National Weather Center - 10 am - 2 pm
- March 24: POI Local Games Competition
  - Shuffleboard (Singles) - Recreation Center - 9 am
- March 24: Commodities
- March 25: POI Local Games Competition - Track Events
  - 400M Est. Walk/Run - 9 am
  - 800M Est. Walk/Run - 9:30 am
  - Other (as requested)- 10 am
- March 26: Field Trip: Bingo at Isleta Resort & Casino - 11 am
- March 31: POI Local Games Competition
  - Shuffleboard (Doubles) - Recreation Center - 9 am

The Elder Center would like to introduce our Valentine's Day King and Queen,

**Jose Martinez  
&  
Lillian Jaramillo**

Thank you to all those who participated in our Sweetheart Luncheon!



**Pueblo of Isleta Elder Center  
Nurturing Independent Lifestyles**

MARCH 2014

**Special points of interest:**

- Addendum to Senior Olympics Competition Schedule
- AARP Tax Aide
- St. Patrick's Day
- Ash Wednesday

**New Practices in 2014**

- When Administration designates a half-day, breakfast will be served/delivered from 10AM - 10:30AM
- HOME DELIVERED MEALS must be canceled before 10:00AM on regular business days and before 9:00AM on half-days or a meal will be delivered.
- Transportation hours are from 8:00AM TO 4:30PM, however, we will accommodate transportation needs outside of normal business hours - Transportation requests must be made 24-HOURS IN ADVANCE.
- Home Service Attendants will be unavailable on holidays, half-days and during scheduled staff meetings but will attempt to reschedule service times for the same week.

Addendum to Senior Olympics  
Local Games Competition Schedule

**CHANGES:**

Saturday, March 15, 2014: Golf — Isleta Eagle Golf Course — **TO BE DETERMINED**

**Monday, April 7, 2014:** Bowling (Singles) — Fun Connection — 10am

\*Changes appear in **BOLD** and are **UNDERLINED**

**ADD-INS:**

Friday, March 21, 2014: Air Gun — POI Baseball Fields — 10am

**AARP Tax Aide**

*In lieu of this month's General Meeting, AARP Tax Aide will be here at the Center to assist seniors with free tax preparation.*

**Wednesday, March 19, 2014 9:00PM to 3:00PM**

**Please bring the following information:**

- Picture Identification
- Copy of your last year's tax returns
- Social Security Cards for all individuals listed on return
- W-2 forms for wages
- Forms reporting income such as jury duty, election work, alimony, etc.
- Medical expenses
- Forms including 1099-INT (interest); 1099DIV (dividends); All 1099-R (retirement); SSA1099 (Social Security Benefit Statement); All 1099-B (stock sales) you must have the basis (what you paid) for all sales including mutual funds - Call your broker; 1099-G (gambling winnings); RRB 1099 (railroad retirement); and any other 1099 forms (e.g. Per Capita Distribution)
- Property tax bill and/or rent receipts (For those 65 years of age or older)

**Ash Wednesday Mass**

Join us in the Kiva Room  
**Wednesday, March 5, 2014  
11:00AM**

Receive your Ashes to start off the Lenten Season right!

**Saint Patrick's Day**

Join us as we celebrate  
Saint Patrick's Day  
with a party and B-I-N-G-O!  
March 17, 2014

11:00AM - 3:00PM  
Refreshments will be served!

# JOHNSON-O'MALLEY PROGRAM

Maybe it was because we were busy, or maybe it was because time flies when you're having fun, but either way February just seemed to speed past us here at the JOM Program!

First of all, a great big thank you to all of our students and parents who joined us for our Valentine's Day Activity Night! We are always glad to see our families having fun. I'd also like to take a moment to say how much I appreciate the parent involvement in the IEC Meetings. We are slowly increasing our parent numbers and I really am glad to see you all getting involved. One new thing you can expect to see at the next Activity Night is a survey. This will be a quick four question survey where you can rate and give suggestions on our Activity Nights. We really want to make sure that what we are doing works for our students and parents and we love your input! Please tell us what sorts of things you would like to see at future Activity Nights. Do you have an idea of a theme we can do? Do you have suggestions on how we can inform the community about our activities? Let us know!

This month we took a group of 12 students to the Santa Fe Children's Museum. Students got to ride the Rail Runner there and back! Students learned a few facts about who Thomas Edison was and what inventions he created that we still use today. Thank you to all the students who joined us for this trip, we like seeing you learn a thing or two and have fun at the same time! For the month of March we will not be having a field trip. However, we will be having an activity coming up that I'm sure you will want to know about...so just keep reading!



The National Johnson-O'Malley Association Conference will be held March 25th to the 27th in Denver, CO. All JOM Staff, three IEC Members, and one parent will be attending this conference. As a result the JOM Program will be unavailable. However, you can still call and leave us messages or send us emails and we will get back you as soon as we get back! Give us a call at 869-9810 with any questions/comments.

### March Activity! Literacy Night

Yes folks, it is that time of year again! The JOM Program is having a Literacy Night on March 13th from 5pm to 7pm! Once again, the theme for this literacy night will be Dr. Seuss in celebration of his birthday and his contributions to children's literature and reading. The goal of JOM Literacy Nights is to encourage reading at home. We do this by providing reading/grade level appropriate books for all of our JOM eligible students. Reading is an integral part of education, and like all subjects in school, must be practiced. We offer our students books to add to or create a home library. A home library is a great way to encourage not only students reading, but also, encourages parents to read to their beginning readers and stress the importance of reading early on. Please join us to celebrate Dr. Seuss and Reading!

### JOM Needs You! IEC Member Needed!

A position on the JOM IEC has opened up and needs to be filled ASAP! The IEC is the JOM governing board comprised of 5 parents who represent all of the parent/student JOM community. The IEC approves and oversees all aspects of the JOM Program. We are looking for a parent to fill the vacant member spot. This parent must be willing to be an active participant in JOM, attend monthly meetings, provide suggestions, opinions, and decisions that will benefit all Native American Students served by JOM, as well as be an advocate for Native Students. This is an excellent opportunity to have your voice heard and learn the behind the scenes of JOM! Please call if interested.

### TUTORING ANNOUNCEMENT!

Parents and Guardians, if you are interested in signing up your student(s) for tutoring, now is the time. We have spots open for a variety of days/ times. Remember  
(Continued on next page)

(JOM, Continued)

that the JOM Tutoring Program is NOT a homework help session. Each student will be given an assessment and based on the results, an individual tutoring plan will be developed to strengthen students in areas of need, and no two students have the same plan. Sessions run for 6 weeks, twice a week, for an hour each time and attendance is mandatory. For more information speak to Alena or Bernadette.

Seniors, Seniors, Seniors!

Don't be Shy!

The Pueblo of Isleta's Department of Education is having their annual Senior Banquet this year on May 9th. If you have a High School Senior, or know of one, who will be graduating this spring please let us know so we can put them on our invitation list. The banquet consists of a gourmet dinner for the graduate and their guests, student speakers, congratulatory certificates, and a gift for the Grad!

Please remember that the Senior Banquet is open to all Native American High School Seniors, GED graduates, and college grads. If you would like to add your student to the guest list or have questions regarding the Senior Banquet please feel free to call. We are looking forward to celebrating with, and congratulating, our students ...you guys did it!

Edwin "Hup-C" Abeita

May 11, 1985 - February 2, 2014

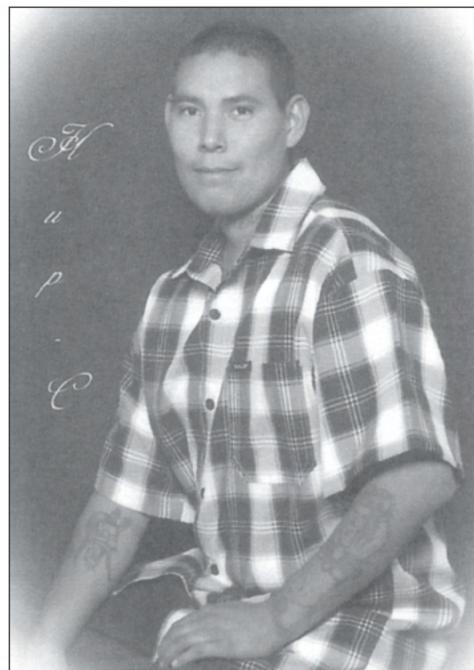
From: Son Jeremiah, Monique, Abeita Family & friends

Thank you all for being there for our loss. Edwin will be missed dearly. Edwin was a loving son, a wonderful dad, brother, nephew, cousin and uncle. His smile and laugh will always be missed and all the good times we had.

If Tears Could Build A Stairway

If tears could build a stairway  
And memories were a lane  
We would walk right up to heaven  
And bring you back again  
No farewell words were spoken  
No time to say goodbye  
You were gone before we knew it  
And only God knows why  
Our hearts still ache in sadness  
And secret tears still flow  
What it meant to lose you  
No one can ever know  
But now we know you want us  
To mourn for you no more  
To remember all the happy times  
Life still has much in store  
Since you'll never be forgotten  
We pledge to you today  
A hallowed place within our hearts  
Is where you'll always stay

Author - Unknown



Los Lunas High and Valencia High Schools Presents the 13th Annual Honoring the Seniors Powwow



Friday, April 11, 2014

At the Isleta Recreation Center

Isleta Pueblo, New Mexico

Master of Ceremonies: Matthew Shoulders  
Lakota

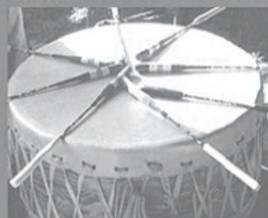
Arena Director: Leonard Atcitty  
Dine

Host Northern Drum: Black Eagle  
Head Singer-Malcom Yepa

Host Southern Drum: Southern Red  
Head Singer: Myron Garcia

Head Man Dancer: Jakey Skye  
Dineh/Lakota

Head Woman Dancer: Tara Abeita  
Dine/Isleta



Honoring all Graduating 2014 Seniors: 6:30pm

Opening: 5:00pm

Grand Entry: 5:30pm

Closing: 10:00pm

Concession available by LLHS/VHS Native American Club only

All Royalty, Dancers, Drums, and Public are invited!!

Specials:

Hand Drum Contest

Men's Traditional Contest

Fancy Shawl Crow Hop Contest



For more powwow information please call Mike Abeita at 553-8421

Arts and Crafts Vendors please call Ben Analla at 505-865-4646 EXT. 6145

The Pueblo of Isleta, Los Lunas high School, Valencia High School are not Responsible for any Theft or Accidents before, during or after the powwow.

This is a family Event absolutely NO DRUGS/ALCOHOL ALLOWED.

**Invitation Announcement  
Pueblo of Isleta Head Start  
& Child Care Center**

The Isleta Head Start & Early Head Start programs invite you to join our family by completing an application for the upcoming 2014-2015 program year.

*Mission: To develop the whole child in all comprehensive areas reflecting the traditional Isleta culture and language. A safe, positive, healthy, and family-centered environment is supported with: a highly competent staff; parental enrichment and enhancement of their child's education; a structured developmentally appropriate learning environment; strengthened community collaboration; & sustained stakeholder communications.*

**Options for you and your child:**

**Head Start - 3 to 5 years old**

A 6-hour, 5 day-a-week program. Classrooms are equipped with hands-on, age appropriate materials and qualified teachers.

**Early Head Start- Prenatal to 3 years (3 options to choose from)**

1. Home Based for Pregnant Mothers:

Home visits from a Home Visitor who brings information and materials about pregnancy & child development.

2. Home Based for Parent & Child Birth to 3 years:

Weekly 90-minute home visits from a Home Visitor who provides information and materials about parenting and child development. Bi-weekly Socialization activities in a group setting (i.e. fun walks, field trips, child development, & more).

3. Classrooms ages 3 months to 3 years:

A 6-hour, 5 day-a-week program. Classrooms are equipped with hands on, age appropriate materials and qualified teachers.

**We invite you to come in and fill out an application:**

**Call to schedule an appointment to apply. You need to bring ALL of the following:**

- √ **Tribal Identification w/CIB #** (required if residence is outside of the Isleta Reservation)
- √ **Proof of Residency** to ensure your residence is within the Program's service area (New Mexico Driver's License, Utility Bill, Government/Tribal ID)
- √ **Proof of income for previous 12 months** (Such as: Public Assistance Award Letter, 2013 tax forms, W-2, paystubs, etc.)
- √ **Proof of Child's Birth** (State issued birth certificate, CIB Letter, Baptismal Certificate)
- √ **A copy of your child's IFSP/IEP** (if applicable)
- √ **For Prenatal option, Pregnant Mothers need to provide proof of pregnancy**

If you have any questions, please don't hesitate to call us at 869-9796. We look forward to working together with you and your family to make your child's learning fun and successful!



**Isleta Health Center  
Optometry Clinic  
Phone: 869-4080  
Dr. Scott Bartlett, Optometrist**

**UPDATE:**

The Optometry Clinic now fits patients with contact lenses on a **case by case** basis. There is a criterion that you **must meet** in order to be fitted for contacts. Please keep in mind that **not all** patients will be **eligible for contact lens services**. To find out if you meet the criteria, you can schedule a routine eye exam appointment with the Optometry Clinic by calling (505) 869-4080. If you are eligible to receive contact lens services, it is the patients' responsibility to pay of out pocket for their contact lenses.

**Caring for Your Glasses**

- To avoid scratching, never lay your lenses face down on any type of hard or abrasive surface.
- Be sure to use two hands when putting on or removing your glasses. This will keep the glasses in better adjustment.
- To avoid scratching lenses, never wipe them when they are completely dry. Always use a little warm water with a soft tissue. If your lenses are treated with anti-reflection coating, use an approved cleaner or cloth.
- Ultra-fine, machine-washable microfiber lens cleaning cloths trap dirt and dust. So try to avoid rubbing prescription lenses with rags, facial tissues or paper towels or your tie or scarf as all of these can scratch your lenses. Also, avoid using household cleaners, acetone or soaps with cream—as chemicals may damage your frames, your lenses.
- When in the bathroom, remember: A sink or vanity top subjects your glasses to all manner of spatters, sprays and cosmetic products which can quickly soil or even damage your lenses.
- Never leave your glasses or sunglasses lying out in the hot sun or on the dash or console of your car.
- Take off your glasses before applying hairspray, perfume, or cologne. Not only can it damage the lenses, but it can also dirty the lenses and nose pads.
- Don't sleep with them!

**Only 15 Spots Left,  
SIGN UP NOW!!**

**HIV/AIDS Awareness  
Training**

Presented by: Tony Quintana,  
UNM Truman Center Education & Prevention

**March 20, 2014**  
*Native American HIV/AIDS Awareness Day*

**9-9:45am**  
Isleta Health Center  
Large Conference Room

**HIV 101**  
Basic Overview  
Transmission  
Prevention

**HIV Among Native Populations**  
Statistics  
Impact on Native Communities

**HIV Testing**  
Types of Tests  
Testing Process  
Truman Health Services  
Other community resources  
National Native  
HIV/AIDS Awareness Day

**Questions**

**Please Contact  
Stephanie Barela at  
869-4479 to Sign Up!  
sbarela@islclinic.net**

**OFFERING CME's  
and Counseling  
Therapy Practice  
Board CEUs.**

## Patient Protection and Affordable Care Act - PPACA

Patient Protection and Affordable Care Act "PPACA" was signed into law in 2010, also referred to as the "ACA" or "Obama Care". It included the permanent reauthorization of Indian Health Care Improvement Act (IHCIA). The ACA was designed to provide access to affordable health care coverage to uninsured US citizens. The ACA gave States the option to expand their Medicaid programs, reform the health insurance industry, and create Federal and State Health Insurance Market Places. The ACA also mandated that all US citizens be required to obtain some form of health care coverage beginning January 1, 2014. Native Americans are exempt from this mandate.

For Disabled and Elderly on Medicare, ACA will not affect their benefits or their ability to access their established health care providers. Those Elders on Medicare can still enroll in Medicaid if they meet the income eligibility requirements. Medicaid will help Medicare recipients pay for co-payments and deductibles. Individuals on Medicare are not eligible to participate in the NM Health Insurance Exchange.

The State of NM did accept the ACA provision to expand the Medicaid Program, which means; the basic income eligibility level will be increase from 100% of the Federal Poverty Level (FPL) to 138% FPL, coverage has been extended to single childless adults ages 19-64. (single adult making less than \$15,856 a year, and family of four making \$32,499 a year).

Current Medicaid recipients will receive an orange envelope in the mail introducing them to Centennial Care and direct them to choose one of the 4 Managed care organizations. (Molina, Presbyterian, Blue Cross/Blue Shield, United Healthcare)

The NM Health Insurance Exchange (NMHIX) as part of the ACA will help individuals access affordable healthcare coverage in 2014. The federal government will provide assistance to consumers, meeting income eligibility requirements, on a sliding scale, in the form of a tax subsidy.

The NM HIX is an online Market place where individuals can compare cost and benefits of Qualified Health plans (QHP) side by side.

The NM HIX has employed Healthcare Guides and Certified Application Councilors (CAC) to help guide consumers through the process of selecting a QHP online. Healthcare Guides, and CACs are meant to help individuals through an online application and educate them on QHPs.

QHPs will include the following benefits: Ambulatory patient services, emergency services, inpatient hospitalizations, Maternity and newborn care, mental health and substance use disorder services, including behavioral health treatment, prescription drugs, rehabilitative and habilitative services and devices, (e.g., therapy sessions, wheelchairs, and oxygen), laboratory services, preventive and wellness services and chronic disease management, pediatric services, including oral and vision care. The QHP will have different "metal" levels of cost/care; Bronze (low premium/high deductible) Silver, Gold and Platinum (High Premium/low deductible)

Tax Credits and Tax Subsidies will be offered to those low-income individuals not eligible for Medicaid on the NM HIX. You can use your tax credit to buy any plan in the Exchange, but tax credit stays the same — does not increase with premium amount. Tax subsidies place a cap on the total co-payments and deductibles you can be required to pay. This cap is based on income and limits the total out of pocket cost of the plan.

For Non-Native Americans subsidies are only available for Silver Plans purchased through the Exchange Remember: American Indians with incomes below 300% of the federal poverty level DO NOT HAVE TO PAY any cost-sharing for Exchange plans, but they must pay premiums.

If you are already insured through Employer, Medicaid, Medicare, Veterans Affairs, YOU ARE COVERED you do not need to do anything further. If you do not have Health Coverage you may be subject to a tax penalty of 1% of total income or \$95 per adult \$47 per child whichever, is more, in 2014.

Native Americans are exempt from this penalty as long as they file for an exemption with either a Certified Healthcare Guide or when the file their taxes. Proof of Tribal enrollment will be required.

### *Bethany Lujan*

We would like to express our sincere gratitude for all the support that was given to our family during our difficult time and loss of mother, daughter, sister, and Aunt Bethany Lujan. We especially want to thank family, friends, Pueblo of Isleta Governor & Lt. Governors, Natural Resources Department, EMS, The Community, Father George, Veronica Montoya & Shirley Zuni, St. Augustine Church Choir, Presbyterian Hospital Staff Carol & Adam and Ana Kasemen.

For those of you who knew Bethany well, you know she was one of a kind. Bethany had so many interesting and delightful stories. She had so many ways of making one smile and laugh even through rough times. Beth was a fighter to the end and even though she was in pain she still was making us laugh.

Bethany leaves behind three beautiful children Darren, Terrance and Tessa. She was always very proud of her children and their accomplishments. Her kids meant the world to her. Not only did she think of her kids but she treated her nephew and nieces with just as much love. Beth had a big and soft heart when it came to all of them and would do anything to make them happy.

We will cherish all our memories of Beth and are grateful for the many wonderful years we had together. She will be remembered for all eternity...



*WHEN I COME TO THE END OF MY JOURNEY  
AND I TRAVEL MY LAST WEARY MILE  
JUST FORGET IF YOU CAN, THAT I EVER FROWNED  
AND REMEMBER ONLY THE SMILE*

*FORGET UNKIND WORDS I HAVE SPOKEN  
REMEMBER SOME GOOD I HAVE DONE  
FORGET THAT I EVER HAD HEARTACHE  
AND REMEMBER I'VE HAD LOADS OF FUN*

*FORGET THAT I'VE STUMBLLED AND BLUNDERED AND  
SOMETIMES FELL BY THE WAY*

*REMEMBER I HAVE FOUGHT SOME HARD BATTLES  
AND WON, ERE THE CLOSE OF THE DAY*

*THEN FORGET TO GRIEVE FOR MY GOING  
I WOULD NOT HAVE YOU SAD FOR A DAY  
BUT IN SUMMER JUST GATHER SOME FLOWERS  
AND REMEMBER THE PLACE WHERE I LAY*

*AND COME IN THE SHADE OF EVENING  
WHEN THE SUN PAINTS THE SKY IN THE WEST  
STAND FOR A FEW MOMENTS BESIDE ME  
AND REMEMBER ONLY MY BEST*

## WIC NOTES

I would like to introduce myself. I am the Breastfeeding Educator for the Pueblo of Isleta WIC program. My name is Tanya Massey Vigil and I am incredibly grateful to have the opportunity to work with families through this office, which has such a reputation for being so client centered. I have been working in the lactation field for about 14 years, both with WIC and in other various community positions. My goal is to support families through education and practical, evidence-based advice that empowers women and helps them overcome common barriers to breastfeeding in our modern culture. I live with my husband and our three boys, ages 11, 8, and 5 in Los Lunas. I am excited to continue to get to know the people in the Isleta community, as well as the surrounding areas.

Sincerely, Tanya Massey Vigil  
WIC Breastfeeding Educator

### Helping Kids Maintain a Healthy Body Weight:

March is National Nutrition Month. To help your children maintain a healthy body weight, consider the following quick and easy-to-do tips:

**Include fruits and vegetables in meals and snacks.** Kids like the sweet taste of fruit, so make fruit "fun" by serving frozen grapes, melon kebabs, blueberry pancakes and strawberry topped frozen yogurt. Meanwhile, most kids dislike bitter or strong flavored veggies so keep it simple by serving steamed broccoli or cauliflower. Finally, expand the raw veggies and dip choices by steaming green beans and zucchini and serving them cold along with baby carrots, celery and cucumbers.

**Eat breakfast.** Go beyond cereal, and milk and try a breakfast burrito made with a scrambled egg, cheese and salsa wrapped in a whole wheat tortilla. Also, teach older kids to use the blender to make their own breakfast smoothie or serve a yogurt bar with plain or vanilla-flavored yogurt. Add toppings like granola, dried fruit and nuts.

**Eat three servings of low-fat dairy foods.** Choosing low-fat dairy foods can help children maintain a healthy body weight while providing bone-building calcium. Make low-fat milk the beverage of choice with meals and save soft drinks for special occasions. Low-fat flavored milks have a bit more sugar than plain milk, but still contain the healthy nutrients of unflavored milk. As an alternative to high-fat sour cream, try using low-fat plain yogurt on baked potatoes or spicy nachos.

**Be physically active.** It's important for children to stay physically fit. Get your kids dancing by playing their favorite music and dance along. Check out the activities at the Rec center. Plan family activities that get everyone moving like biking, after dinner walks, basketball or soccer at the park. Finally, expand their video game choices by including active games that promote

balance and fitness instead of sitting and only using their thumbs.

**Control portions.** It's easy for portion sizes to spiral out of control, so keep portions in check by using common items to estimate. For example, a tennis ball is about one cup of cooked pasta or rice and a DVD is about the size of one waffle or pancake. Use smaller plates and keep portions smaller for kid-sized appetites. Finally, be aware that a 1 cup (8-ounce) beverage is a healthy portion size, but many beverages come in 2 cups (16 ounces) or more servings per bottle or can.

**Make mealtime family time.** Eat meals together as often as possible, including setting a goal of eating at least one meal together each day. Avoid distractions during mealtimes by turning off the television and use this time to teach your children table manners, such as using a napkin, how to cut meat and having a conversation about their day.

**Involve your children in food choices.** Making children a part of the meal planning process will help them think responsibly about their eating habits. Planning menus as a family and getting your child's input is a good start. Include kitchen duties as a part of your child's household chores by getting them involved in food preparation as well as clean up. Finally, teach your children to cook; if your cooking skills are lacking, take a cooking class with your son or daughter.

**Don't forbid foods or use food as a reward.** Forbidding foods only increases a child's desire for that food. Instead of saying no to your child's favorite food, limit the portion size. Remember, parents do need to exert some control over what and when a child eats - overly permissive eating, such as snacking all day, can lead to obesity.

**Limit screen time.** Watching television, sitting in front of the computer and playing inactive video games are passive activities and can lead to an unhealthy body weight. Evaluate how much time your child spends playing video games and is in front of the screen, and cut back by 30 minutes each day until you reach an agreed upon time for gaming, television and computer use.

**Provide healthy snack foods.** Kids like to snack but keep the portions small. Whole grains, fruit and low-fat dairy foods make great snacks.

**Reduce high-fat food consumption.** Diets high in fat can lead to weight gain. Look for leaner meats, such as ground turkey breast or ground round or sirloin instead of ground chuck. Lower the hidden fat in dairy foods by switching from whole milk to low-fat milk.

**Be aware of sugar-sweetened beverages.** Soft drinks, fruit punch and fruit drinks contain added sugars and a lot of extra calories. Move away from soft drinks and try homemade lemonade or iced tea with half the sugar as prepared drinks. Slice fresh oranges and drop them in a pitcher of cold water for a refreshing drink. Use flavored waters (raspberry, lemon-lime and cherry) with zero calories.

**Eat out responsibly.** When dining at a restaurant, choose simple food items for your children — plain hamburgers, cheeseburgers or cheese pizza — in order to keep the calories in check. Look for new options on the children's menu such as grilled chicken wrap, carrots with dip or fruit. If you order take out or home delivery, remember that you can add to the meal by serving a glass of low-fat milk or adding a side salad.

Heidi Lanes, WIC Nutrition Coordinator.

2014 Meeting Schedule			
<b>ICES</b>			
<b>Isleta Cancer Education &amp; Support</b>			
<b>2nd Tuesday of the Month</b>			
Most meetings are 10:30-noon at the Isleta Health Center			
Date	Topic	Speaker	Organization
3/11/2014	<b>Evening Session 6-7:30pm</b> Understanding Cancer Terminology	Dr. Nagaiah	New Mexico Cancer Center
4/8/2014	<b>COME HOME</b> Medical Home Idea	Dr. McAneny	New Mexico Cancer Center
5/13/2014	Newly Diagnosed and People Living Through Cancer	Julie Hughes	People Living Through Cancer
6/10/2014	<b>Evening Session 6-7:30pm</b> 3 Time Breast Cancer survivor	Wynona Holton	
7/8/2014	Finding the Best Cancer Treatment	Dr. Naraev	New Mexico Cancer Center
8/12/2014	Prostate Seed Implantation	Dr. Guo	New Mexico Cancer Center
9/9/2014	<b>Evening Session 6-7:30pm</b> "Cancer Treatment: How to make informed choices about standard care and clinical trials." DINNER SERVED, meet in Diabetes Kitchen	<b>BLOOD CANCER AWARENESS MONTH</b>	The Leukemia & Lymphoma Society
10/14/2014	Prevention	Joseph Toledo	Jemez Pueblo
11/11/2014	Canceled due to Veteran's Day		
12/9/2014	Xmas Party/ Survivor Panel		
Topics are Subject to Change.			
CONTACT Stephanie Barela to Sign Up and to Learn More 869-4479			

Isleta Health Center Calendar		Questions? Call 869-3200				March 2014	
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	
						1	
2	3 Early Recovery Skills: 9-11am @ BHS. Freedom From Smoking (Session 8): 5:30pm @ Health Center. Call for info: 869-4479.	4 Behavioral Health Women's Grp: 10-11 am @ BHS. Adult Wellness: 5-6pm @ BHS.	5 Parent Group: 9-11am @ BHS. Acu-Detox: 1-2pm @ BHS. Young Leaders Youth Krew: 1:30pm @ Elderly Center.	6 Women's Path to Recovery: 1-2:30pm @ BHS. Str8 Rez: 4:30-6pm @ BHS.	7	8	
9	10 Early Recovery Skills: 9-11am @ BHS. Young Leaders Youth Krew: 10-1:30pm @ BHS.	11 Behavioral Health Women's Grp: 10-11 am @ BHS. Grief & Loss Group: 2-4pm @ BHS. Adult Wellness: 5-6pm @ BHS. Isleta Cancer Education & Support (ICES): 6-7:30pm @ Health Center "Understanding Cancer Vocabulary"	12 Parent Group: 9-11am @ BHS. Acu-Detox: 1-2pm @ BHS. Anger Management Skills: 1-3pm @ BHS. Young Leaders Youth Krew: 9:30-2:30pm @ Sandia Mtns/hiking.	13 Women's Path to Recovery: 1-2:30 pm @ BHS. Str8 Rez: 4:30-6pm @ BHS.	14	15	
16	17 Early Recovery Skills: 9-11am @ BHS. Young Leaders Youth Krew: 4:30-6:30pm @ BHS.	18 Behavioral Health Women's Grp: 10-11 am @ BHS. Adult Wellness: 5-6pm @ BHS.	19 Parent Group: 9-11am @ BHS. Acu-Detox: 1-2pm @ BHS. Anger Management Skills: 1-3pm @ BHS.	20 NATIONAL NATIVE HIV/AIDS DAY HIV/AIDS Awareness Training 9am—9:45am @ Clinic. Call 869-4479 to sign up! Women's Path to Recovery: 1-2:30pm. Isleta Diabetes & Obesity Prevention Advocacy Group: 1-3pm @ Health Center/Large Conference Room. Str8 Rez: 4:30-6pm @ BHS.	21	22	
23	24 Early Recovery Skills: 9-11am @ BHS. Young Leaders Youth Krew: 4:30-6:30 pm @ BHS.	25 Behavioral Health Women's Grp: 10-11 am @ BHS. Isleta Diabetes Alliance: 6-7pm, @ DPP Wellness Center (w/Young Leaders Youth Krew). Adult Wellness: 5-6pm @ BHS.	26 Parent Group: 9-11am @ BHS. Acu-Detox: 1-2pm @ BHS. Anger Management Skills: 1-3pm @ BHS.	27 Women's Path to Recovery: 1-2:30pm @ BHS. Str8 Rez: 4:30-6pm @ BHS.	28	29	
30	31 Early Recovery Skills: 9-11am @ BHS. Young Leaders Youth Krew: 4:30-6:30pm @ BHS.						



**Isleta Cancer Education & Support Group**

**2<sup>nd</sup> Tuesday of Each Month**

**"Understanding Cancer Terminology"**

**March 11, 2014**

**6pm-7:30pm**

**@ ISLETA HEALTH CENTER**

**Small Conference Room**

**(Enter at 2nd door on North side of building)**

**Speaker: Dr. Nagaiah**  
of New Mexico Cancer Center

**Please join us!**  **Everyone welcome!**

Please contact Stephanie Barela @ 869-4479 if you have questions.



**Thinking About Quitting**

90 minute support session to increase your motivation to quit smoking whether you are ready to quit or not ready to quit.

**You will receive (free):**

- The Guide to Help You Quit Smoking – your own personal workbook
- Help in identifying your barriers to quitting commercial tobacco
- Help in identifying your personal motivations for quitting
- Pack Tracks to identify the kind of commercial tobacco smoker you are

**Topics Covered include:**

1. Am I ready to quit .....on a scale of 1-to-5?
2. How addicted am I to nicotine?
3. Using over-the-counter (OTC) Nicotine Replacement Therapy (NRT)
4. Free NRT & assistance @ Quit Line 1-800-QuitNow or enroll at QuitNowNM.com
5. Pros and Cons of Quitting Smoking... Identifying Barriers and Motivators
6. Closing Backdoors
7. Introduction to *The Guide to Help you Quit Smoking*
8. Pre-view of Pack Tracks - using them to cut back before Quit Day
9. Preparing a Quit Kit - tool for surviving the first two weeks after quitting
10. Using a Calendar to reward yourself (optional)
11. Dealing with Losing your Best Friend the Cigarette
12. How to support your friend or family member who is Thinking About Quitting
13. Other tools to help you quit: Freedom From Smoking® Online at [www.ffsonline.org](http://www.ffsonline.org)

**Call Stephanie, Health Educator**  
**@ 869-4479 to Sign Up**  
**Isleta Health Center**