



# Isleta Pueblo News

Volume 9 Issue 1

January 2014

## FROM THE OFFICE OF THE GOVERNOR:

### MA GU WAM;

As we come to the closing of the year and welcome the beginning of a new year, with great respect I humbly give Thanks to our Great Spirit for giving us life and the opportunity to enjoy each day; to our Mother Earth for her shelter and food and to our Father SUN who gives us warmth and lights up our path as we venture together into the NEW YEAR.

I recall the words I spoke at the beginning of my term, to be a Governor who would lead our tribe to prosper by building sound relationships which will continue into the future with the help of our Great Spirit and our People. My philosophy has not changed, my administration will continue to work closely with our Tribal Council in helping us fulfill our dreams.

As I did then, I continue to challenge each of you as proud Isleta tribal members, young and old alike, to fulfill your potential, whether you're in school, working or retired, to exceed your potential.

In reviewing the past year's accomplishments, I applaud our staff members who facilitated, and encouraged a team concept among community membership, state representatives and federal representative to unite in a common cause for the betterment of our community and resources.

In summary is a partial listing of some of our project accomplishments to date, pending projects and future projects the tribe will continue and pursue.

### 2014 Construction Projects

The Pueblo has a number of large projects that are moving forward to the construction phase in 2014 to include:

**Lombumtee Waterline Extension Project** is funded by the Indian Health Service (IHS) and Environmental Protection Agency (EPA) to enhance the water quality and supply for the East Side Residents as well as provide increased fire protection storage. Joe Padilla Construction was awarded the construction contract in October of 2013 and the project is scheduled to be complete in the Spring of 2014.

**Island Removal Project** is funded by a \$1 million grant from the State of New Mexico Water Trust Board and \$250,000 tribal match. The work to remove islands below the Isleta Diversion Dam was bid for November 2013 and the construction will start January 2014. The selected contractor, AJAX, will have until March 2014 to complete the work in order to meet with the Corp of Engineer's 404 Permit requirements.

**West Bank Stabilization** consists of enhancing and stabilizing access to the

river south of the Isleta Diversion Dam. The selected contractor, Kimo Constructors Inc., will start construction January 2014 and will be complete no later than March 2014. The enhancements will include rip rap stabilization along the river bank as well as new stairs for safer access to the river.

**Elderly Center and Assisted Living Facility** – The Pueblo of Isleta community is eagerly awaiting the completion of the Elderly Center and Assisted Living Facility. This project will consist of three beautiful structures totaling 30,000 square feet, surrounding landscaping consisting of New Mexico native plants, trees and shrubs, sidewalk lighting, and a beautiful interior design that will include art from various local Isleta artists. The selected contractor chosen to complete this project is Bradbury Stamm Construction and the project is scheduled for substantial completion November 2014.

**Native American Lands Environmental Mitigation Program (NALEMP)** - On December 4, the Pueblo of Isleta was awarded an additional \$315,000 to complete a 300 acre surface clearance at the Isleta Pueblo Ordnance Impact Area (IPOIA). This award is in addition to the ~600 acres already completed in 2013 and the ~300 acres planned for 2014. The projects completed in 2013 by the Public Services Department – Resources Division:

1. F4D-1 Skyray Remedial Action
2. IPOIA Remedial Action – ~600 acre Surface Clearance
3. Hubbell Crash Site Site Investigation
4. Los Lunas Air Force Range (LLAFR) Site Investigation

The Resources Division has discovered two additional plane crash sites and other environmental impacts which have been reported for funding. The Pueblo of Isleta's award success is in part to timely reporting and project completion. For the 2013-2014 cooperative agreement period, the Pueblo has received a total of \$1.7 million for environmental impacts.

### 2014 Design Projects

**NM 314 / NM45 / NM 317 Intersection:** The Pueblo has solicited for professional civil design services (in coordination with NMDOT) for the realignment of NM 317/45/314. The Pueblo awarded the design contract in November 2013 to Wilson Company and the first phase to finalize the alternative route selections has been completed and delivered to NMDOT. The design is anticipated to take 12 months. The construction schedule has not been determined. This project will consist of re-aligning and reconstructing the NM314/

NM45 Intersection and the NM317/NM45 Intersection; and will also include access and drainage improvements along NM314 and NM45 from the Railroad Overpass north to approximately TR76.

**CCD Multiuse Facility** - After a lengthy solicitation and evaluation of architectural proposals, the Pueblo selected Atkin Olshin Schade Architects to complete the design for the CCD expansion that will be adjacent to the St. Augustine Church. The project design is focusing on the addition of classrooms; however, will include a secondary phase for an additional 3000 – 4000 sq. feet of space that can be used for multiple purposes: Conference Room, Feast Day, Reception Events, Etc. The conceptual design phase required extensive coordination with the Cultural and Parish Committees to ensure the building footprint did not extend into recent archaeological excavations as well as take into consideration Historical Preservation of the existing facilities. The architect has recently been completed three design (3) alternatives that will be presented to Tribal Council for consideration on the final budget.

### Pending Projects waiting on funding agreements:

**Collaborative Forest Service Projects** – Isleta's Public Services Department-Resource Division's "Collaborative Forest Project in the Manzanos" was chosen by the Chief of the US Forest Service to be funded for \$1,000,000. This is the outcome of a lot of work by the Isleta Forestry Section and their reputation for success along with our great working relationship with the Forest Service and Chilili Land Grant. The monies will be used to treat 2600 acres within Isleta's Trust Boundary, 5700 acres in Mountainair, and 2000 acres in the Sandia Ranger District. The Project will greatly improve the Environment, Wildlife Habitat, and Reduce the Risk of Catastrophic Wildfire throughout our Mountains.

**NM 147 Signal Enhancements (NMDOT)** – The Pueblo just received confirmation of award for a Highway Safety Improvement Project (HSIP) grant in the amount of \$120,000 that will allow the Pueblo to install dilemma zone vehicle detectors and modify the signal system at NM 47 / NM 147 to increase the safety and warning time for NM 147 South Bound Traffic.

**Transit (NMDOT)** - The Pueblo contracted with Vangie Gabaldon, former Rio Metro Transportation Division Director for the Village of Los Lunas, to evaluate the potential for developing and implementing a Transit system for the Pueblo and was recently (September 2013) awarded \$75,000 to conduct a transit study for the Pueblo of Isleta.

*(continued next page)*

The intent of the study is to quantify the need for transportation services to and from the major destination points within the Pueblo and to ultimately develop a plan for implementing a program that serves the needs of the Community.

**Veteran's Complex (NM State)** – The Pueblo of Isleta (POI) Veterans' Organization, having realized the need to provide services to our Veterans within the Bernalillo, Valencia, Torrance, and Cibola County areas, who have honorably served our country in times of peace and war, was successfully awarded \$188,000 from the State of NM to design and construct a Veteran's Center to be located within the Isleta Trust Boundary three (3) miles north of Los Lunas adjacent to State Highway 314. The eight acre property where the proposed Veteran's Center will be located was donated by a tribal member Richard Baker, Marine Corps Vietnam Veteran.

**Village Lagoon Transfer / Westside**

**Preliminary Engineering Report (Indian Health Service)** – The Indian Health Service (IHS) provided Isleta with \$133,000 to solicit for professional engineering services and technical support to conduct a wastewater flow evaluation, sewer infrastructure evaluation, and complete a Preliminary Engineering Report (PER) for the existing community wastewater treatment system for the Westside that will help Isleta reach their short term goals of eliminating the use of the Village Lagoon, evaluating and upgrading the antiquated village sewer lines, as well as planning for long-term growth.

**Sunset Hills Water System Preliminary Engineering Report and Water Management Plan** – The Pueblo successfully applied for and was awarded \$150,000 in NM State Tribal Infrastructure Funds (TIF) to study the Sunset Hills Water Systems. The scope of this project is to solicit for professional engineering services to complete an overall inventory

and evaluation of the hydraulic capacity of the Sunset Hills Water System to address current and future development needs. A water system assessment will be performed, studying the existing water lines, tanks, wells, booster pumps, Pressure Reducing Valves (PRV), etc.

**MESSAGE FROM GOVERNOR:**

As your Governor, I fully realize I can't do it alone, we are blessed with our native culture and traditions which provides an environment where the standards are respect of self and others, personal growth, and self-actualization. Ours is a community of peers built on mutual trust, openness and positive regard, only by living our cultural beliefs can we instill deep respect and encourage the ideals of self-help and personal growth in our future generations.

*May the Great Spirit always guide you and protect you and your loved ones.*



## BLUE STAR MOTHERS OF VALENCIA COUNTY DONATION DRIVE TO BENEFIT OUR TROOPS



The Blue Star Mothers of Valencia County will be sending care packages to our troops, and we are asking the community to donate the following items to be sent to our service men & women.

### THANK YOU FOR SUPPORTING OUR TROOPS!!!

**FOOD ITEMS**

Beef Jerky (individual packs)  
Salsa (small pull-tab cans or packets)  
Green Chile (small pull-tab cans)  
Individual Powdered Drink Mixes (Lemonade, etc.)  
Candy (heat resistant) (no chocolate - it melts)  
Twizzlers  
Gum  
Cookies  
Instant Coffee Singles  
Tea Mixes or Wrapped & Sealed Tea Bags  
Small Cans of Fruit (pop-top)  
Granola or Protein Bars  
Tuna/Ham (pouches or pop-top)  
Canned Turkey/Chicken (pop-top)  
Small Cans of Corned Beef (pop-top)  
Small Cans of Beans & Franks (pop-top)  
Small Cans of Vienna Sausages (pop-top)  
Small Cans of Ravioli (pop-top)  
Pop Tarts  
Individual Packages of Trail Mix  
Individually packaged crackers & cheese, etc.  
Mac n' Cheese W/ Velveeta (individual size)  
Beef Slim Jims  
Fruit Roll Ups  
Bean Dip w/ pop-top  
Ramen Noodles

Cheese Dip w/ tab top  
Small Microwaveable Meals (chili, stew, etc.)  
Individual Packages of Nuts  
Chips (individual packages or cans such as Pringles)

**NON-FOOD ITEMS**

Deodorant (Men's/Women's)  
Foot Powder  
Hand Lotion  
Nail Clippers  
Shampoo  
Disposable Razors  
Soap  
Hairbrushes  
Combs  
Sunscreen  
Wet Wipes (singles)  
Toothpaste & Toothbrushes  
Throat Drops  
Small Antibiotic Ointment  
Eye Drops  
Hand Sanitizer  
Hair Conditioner  
Band-Aids  
Small Bottles of Mouthwash  
Individually Wrapped Feminine Hygiene Products (sanitary napkins & tampons)

Other Small Feminine Hygiene Products  
Lip Balm (e.g., Chapstick, etc.)  
Nail Files/Emory Boards  
O-Tips  
Individually Packaged Facial Tissue  
Anti-Itch Cream  
Small Individually Packaged Insect Repellent (no DM, Citronella)  
Bug Spray  
Fly Strips  
Socks (cushioned)  
Hair Gel to Keep Hair off Face  
Panty Liners Used to line Helmets

**ENTERTAINMENT ITEMS**

Sudoku Games / Crossword Puzzle Books  
Small Packaged Games (checkers/ tictactoe/chess/Monopoly)  
Word Search Books / Brain Teasers  
New or Used Paperback Books / Comic Books  
New or Used CDs/ DVDs / Small Video Games  
Playing Cards / Small Packaged Puzzles  
Batteries, A & AA  
Mechanical Pencils w/ Extra Lead  
Yo-Yos/ Hacky Sacks/ Frisbees/ Small Nerf Balls

No glass items or perishable items please.

Please provide smaller-sized packaged items due to the limited size of the postal box. Do not send canned goods requiring can openers. Do not send anything which must be cooked before being eaten.

bluestarmothersvalenciaco@gmail.com 505-807-1033

## PUBLIC NOTICE

**SECOND NOTICE.** A petition to Probate the **Estate of Benjamin Carpio, deceased August 13, 2013, Case No. CV — PR — 0885 — 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 **Tuesday, January 14, 2014 at 11:00 AM.**

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

**SECOND NOTICE.** A petition to Probate the **Estate of Eileen C. Trujillo, deceased October 16, 2010, Case No. CV — PR — 0184 — 2010**, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Isleta Tribal Court Clerk within thirty (30) days of this notice being posted. A hearing for this matter has been scheduled for **Wednesday, January 15, 2014 at 3:45 PM.**

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

**SECOND NOTICE.** A petition to **Probate the Estate of John Paul Abeita, deceased on April 17, 1995, Case No. CV — PR — 0509 — 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 for this matter has been scheduled for **Wednesday, January 15, at 11:00 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.

**SECOND NOTICE.** A petition to Probate the **Estate of Nick Jaramillo, deceased on July 11, 1999, Case no. CV — PR — 0818 — 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 posting. A hearing on this matter has been scheduled for **Wednesday, January 15, 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 Tribal Court Clerk at (505) 869 — 9699.

**SECOND NOTICE.** A petition to Probate the **Estate of Jose A. Lente, deceased on April 19, 2005, Case No. CV — PR — 0630 — 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 posting. A hearing in this matter has been scheduled for **Wednesday, January 15, 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 Tribal Court Clerk at (505) 869 — 9699.

**SECOND NOTICE.** A petition to Probate the **Estate of Juana Basista Marcum (Jiron), deceased on September 20, 1993, Case No. PT — 004 -09**, 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 on this matter has been scheduled for **Wednesday, January 15, 2014, at 10:00 AM.**

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

**SECOND NOTICE.** A petition to **Probate the Estate of Eileen C. Trujillo, deceased October 16, 2010, Case No. CV — PR — 0184 — 2010**, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Isleta Tribal Court Clerk within thirty (30) days of this notice being posted. A hearing for this matter has been scheduled for **Wednesday, January 15, 2014 at 3:45 PM.**

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

**SECOND NOTICE.** A petition to **Probate the Estate of Jose F. Montoya, deceased January 24, 1991**, has been filed with 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 **January 15, 2014 at 3:45 PM.**

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

**SECOND NOTICE.** A petition to Probate the **Estate of Francis P. Montoya, deceased May 8, 2011, Case No. CV - PR — 0862 — 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 on this matter has been scheduled for **Monday, February 3, 2014 at 2:30 PM.**

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

**SECOND NOTICE.** A petition to Probate the **Estate of Miguel (Mack) Lucero, deceased on July 9, 2003, Case No. PT — 107 — 2007**, has been filed in the Isleta Pueblo 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 on this matter has been scheduled for **Wednesday, February 5, 2014 at 9:00 AM.**

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

**SECOND NOTICE.** A petition to Probate the **Estate of Alvina David Lucero, deceased on June 21, 2001, Case no. PT — 107 — 2007**, 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 on this matter has been scheduled for **Wednesday, February 5, 2014, at 9:00 AM.**

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

**SECOND NOTICE.** A Petition to Probate the **Estate of Emily Jojola, deceased June 2, 2008, Case No. CV — PR — 0065 — 2009**, 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 on this matter has been scheduled for **Monday, February, 24, 2013 at 1:30 PM.**

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

### ORDER FOR NAME CHANGE

Take Notice that in accordance with the Pueblo of Isleta Tribal Court requirements, the Petitioner Marie A. Jiron has applied to the Isleta Tribal Courts, at the Tribal Services Complex, Bldg. A, 3950 Hwy. 47 SE, Albuquerque, NM 87105, for an **Order for Change of Name** of the minor child **Daniel Michael Joseph Jiron — Olguin to Thur — Shun Michael Anthony Jiron.** Any person claiming an Interest in this matter may notify the Tribal Court Clerk in writing and/or attend the hearing on this matter. The hearing on this matter is set for **Wednesday, January 8, 2014 at 3:00 PM.** Any interested parties may contact the Tribal Court Clerk with any questions at (505) 869 — 9699.

### Isleta Pueblo News



**Editor:**

Ulysses Abeita

**Asst. Editor:**

Beverly Piro

**Published By:**

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## Los Lunas High School Title VII Program

The first semester has come to an end, and therefore, a reminder to all students, especially seniors, continue to pass all your classes, and make sure to meet all of your deadlines. All seniors should have made appointments to take the ACT (American College Testing Program) and, or the SAT (Scholastic Aptitude Test). Check with the Isleta JOM Program (Phone # 869-9790) and check what testing fees may be covered. Also check on deadline dates for applying for scholarships.

Remind your parents to complete and submit federal income taxes as soon as possible. You will need this information when applying for the Free Application for Federal Aid (FAFSA), and most scholarship may require this information.

Report Card Grading Period the second semester:

Progress Reports	Report Cards Issued
11/26/2013	1/13/2014
1/27/2014	2/25/2014
3/18/2014	4/14/2014
4/29/2014	5/28/2014

Now that the holidays are over, let's all work seriously toward having a successful school year.

For any educational concerns, please call Ben Analla at 865-4646 or email to: [banalla@llschools.net](mailto:banalla@llschools.net).

## Pueblo of Isleta Department of Education

We are looking for Isleta Tribal Members to serve on the Pueblo of Isleta Board of Education. Please submit a letter of interest to Beverly Piro at the Department of Education. If you prefer, you may submit your letter of interest via e-mail to [poi08101@isletapueblo.com](mailto:poi08101@isletapueblo.com). For more information, please contact Beverly at 869-9790.

Tentative scheduled meeting for the DOE Board of Education will be as follows:

January 15, 2014

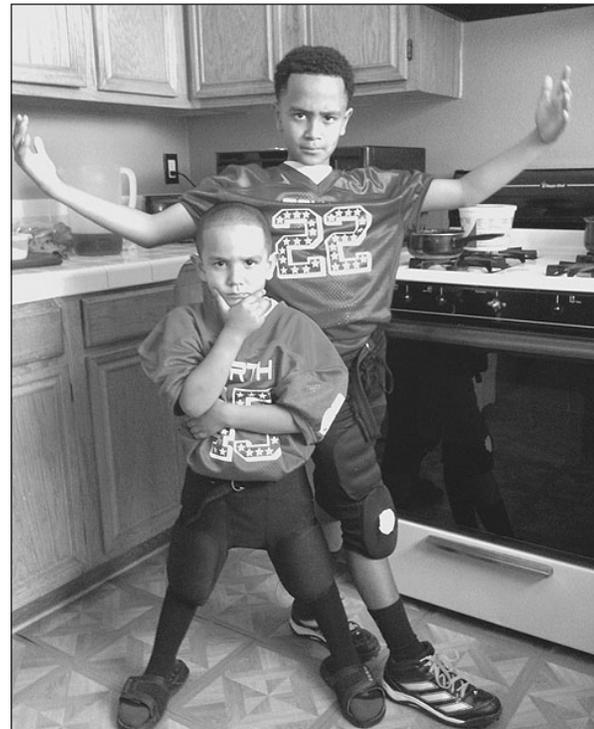
Meeting will start at 6:00pm at the Tribal Complex Conference Room.

### ISLETA HEALTH CENTER WINTER IS HERE!!

Please note that due to severe weather, there may be days this winter season that the Governor declares a delayed start or an early closing for POI Employees, which includes the Isleta Health Center. If you have an appointment at the clinic on days of severe weather, please check *KOAT Channel 7 News* for "Pueblo of Isleta Employees" only to determine if the Health Center has a weather delay/closure.

## Parents Proud of Isaiah Brooks and De'Amani Guerrero

We, Shenandoah Lente & Jamie Guerrero, wanted to let our boys know how very proud of them we are and love them for the season they played. They play football with the NM Raiders (ran by Infinity Youth Sports). Isaiah (I-Beast) Brooks & De'Amani (Brown Mamba) Guerrero went to every game, gave it their all, and made the All-Star team. Isaiah has come a long way in his football career from when he first started. He is out there doing major damage at his positions (Quarterback, Running back, Safety, etc.). De'Amani is in his second season playing. Even though he is still learning the fundamentals, he goes out there and plays his hardest and doesn't care who he has to guard. We as parents wanted to take this time to acknowledge the very special boys we have. It has been amazing watching them grow in academics and sports...it must run in the family (Grandpa - Ronnie Lente, sister - Antoinette Lente, and brothers - Samuel Lente & Joseph Brooks).



**Reading Incentive Program**

**Students of all ages! Earn your way to go to see  
The Lego Movie Feb 7th.**

**Earn Points by coming to the Library to do homework  
or 30 minutes of reading.**

**We will be taking the first 30 students that reach 30 points.**

**For more information please call the Library at 505-869-9808.**

## “LIGHT THE PATH MEMORIAL WALK”

In September of 2008, with the support of a Federal funding award to Isleta Behavioral Health Services for Methamphetamine and Suicide Awareness Initiative (MSPI), the Isleta Community Action (ICAT) team was formed. The ICAT was to assess and evaluate issues in the community and design community activities to bring the people of Isleta together. The first goal that was in mind was to have a “Light the Path Memorial Walk” to come together and honor and remember our loved ones that have passed. Through the efforts of Tribal programs such as Isleta Behavioral Health Services, Isleta Truancy, Isleta Police Department, the Recreation Center, St. Augustine Church, the Isleta Veterans, the Valencia High School ROTC Color Guard, Department of Education, and many dedicated community volunteers, the 1st Annual Memorial Walk occurred in December 2008, with a path of about 1000 luminaries lit from the recreation center to the church, followed by a warm meal of posole.

On December 13, 2013 we celebrated the 5th Annual Memorial Walk: “Honor Them, Heal Us, Hope For All”, which turned out to be a huge success. With approximately 3,000+ luminaries lighting several village tribal roads and Rio Grande River Bridge and nearly 190 community members coming together at the Recreation

Center on that clear, calm, slightly chilly evening. We all came together to walk in memory of those who have passed, enjoy a memorial service provided by Father George and songs sung by the church choir at the St. Augustine Church. On the return back to the Recreation, a warm home cooked meal; which was provided by Isleta Community Member, Yvonne Acoya. She provided the main attraction, steaming posole that was accompanied by fresh oven bread. Along with side dishes, desserts, and warm drinks, community members enjoyed a memorial service, a slideshow presentation and our spirits were held high with the M.C. for the event, Ms. Jennifer Padilla. The Valencia High School ROTC Program presented the colors prior to the procession leaving to the church.



Figure 1- Valencia High School ROTC

Governor Eddie Paul Torres, Sr. opened up the event with a blessing and prayer and encouraged all “To continue to care for one another in this special community we live in”. There was a slideshow in memoriam of loved ones, which evoked heartfelt

memories from family members, which were shared with others, warm and funny stories alike. An added message, from many Native American communities: we are only here on earth on borrowed time, so don’t regret losing anyone. Cherish moments with them, forgive one another, care for one another, and love one another. We don’t want to be stuck missing someone when they are gone, when in fact we had that chance when they were here on earth.



Figure 2- Raffle Winner of Tickets



Figure 3- Raffle Winner of Blowup Snowman

In the end, event participants were dazzled with the door prizes that were offered for the event. People were given the opportunity to donate for a name tag memorializing their loved ones and the tags were placed on the luminaries bags as well as placed on a banner.

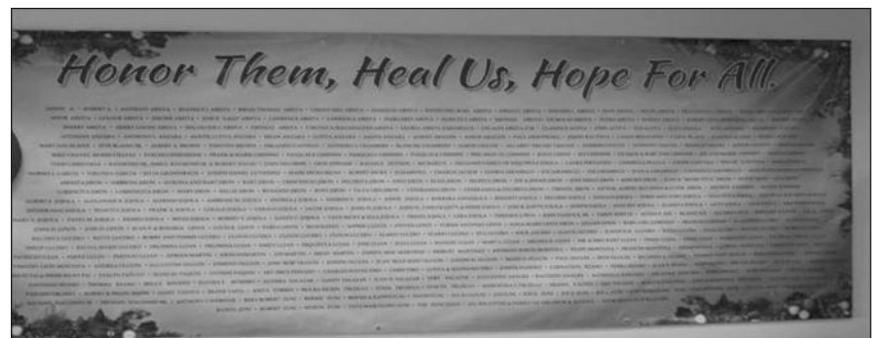


Figure 4- Memorial Banner

The Isleta Community Action Team decided that the proceeds from the donation of the name tags would go to the St. Augustine Church and to a Bereavement Fund, as a way of offering a gift to families who are suffering a loss. We will dispense these funds until they are exhausted and start again for the 2014 Memorial Walk. Thank you to all that make this such a special “annual” event and to all the participants. If you want to be a part of the Community Action Team to help in planning this event for 2014, please contact Isleta Behavioral Health at (505) 869-5475.

### SPECIAL THANK YOU’S TO THE FOLLOWING TO MAKING THIS EVENT A SUCCESS:

Ranging from planning, preparation, and/or donations for the event

- POI RECREATION CENTER
- POI POLICE DEPARTMENT
- POI BEHAVIORAL HEALTH
- POI LANGUAGE PROGRAM
- COMMUNITY VOLUNTEERS
- POI TRUANCY
- POI PUBLIC WORKS
- POI GOVERNORS OFFICE
- POI ELDERLY CENTER
- Lucinda Kie and Family
- POI DIABETES PREVENTION
- COMMUNITY PARTICIPANTS
- COUNCILMAN JUAN REY ABEITA
- Ed Calabaza & Tewa Lending Services Board Members
- YVONNE ACOYA - VOLUNTEER COOK
- ROXANNE OLGUIN - VOLUNTEER BAKER

## TRAFFIC DIVISION NEWS

### Isleta Police Department



The Traffic Division hopes everyone had a wonderful Christmas Holiday and are now looking forward to a spectacular 2014!!

We anticipate the New Year to be busy for the Traffic Division with hopes of implementing new programs, participation in community events, informational presentation/educational sessions and continued traffic enforcement.

Participation in three major mobilizations is not the only time the Traffic Division conducts traffic enforcement. Enforcement is all the time, 365 days a year, and the division will continue to be out in force looking for violators. Speeding, traffic light and sign violations, impaired drivers, seatbelt/childseat violations these are the many violations we will be looking for.

Crash response and investigations also keep the division busy, but with the traffic enforcement push, we hope that we will see a significant reduction in the number of crashes for 2014. DWI Enforcement will also be a high priority for the division so keep in mind "YOU DRINK, YOU DRIVE, YOU LOSE" or "DRIVE SOBER OR GET PULLED OVER". Drinking, however, is not the only way you could be arrested. Drugs (illegal and legal) can impair a driver and can lead to arrest. Those who are on prescription medications please take note — you can be arrested if you are found to be impaired dependent upon the medication(s) and the warnings that come with those medications. Alcohol is not the only drug that impairs, please do not assume because you have not been drinking you cannot go to jail as many are coming to find out. We also have a Drug Recognition Expert in the Department and those skills have been put to use extensively and Driving While Impaired arrests have resulted.

With the children returning to school from their holiday vacation, a continuing effort of enforcing childseat safety laws will be evident. Please make sure your children are buckled up properly which means proper child restraints and proper seating locations. The Pueblo is fortunate as there are six carseat safety technicians available. The opportunities to attend a carseat safety clinic are available each month in Albuquerque and surrounding areas. Just check the Safer New Mexico Now website or you can contact me and I will be happy to provide you with this information.

Seatbelt safety is important for all and everyone in the vehicle, adults and children alike, must BUCKLE UP! It's the law.

We appreciate any all information/input from those who travel our roadways, so please do not hesitate to contact the Police Department with questions, suggestions and/or concerns. Let us all work together to make 2014, which is a Leap Year, a wonderful and safe year!

\*\*\*\*\*REMEMBER\*\*\*\*\*

**DON'T DRINK & DRIVE DON'T TEXT & DRIVE  
BUCKLE UP & SLOW DOWN  
& OBEY THE SPEED LIMIT**

Sharon K. Mitamura  
Indian Highway Safety Officer  
Isleta Police Department  
(505) 869-9722 — Office (505) 382-1518 — Cell  
poi06056@isletapueblo.com

### Ashley Vaylene Aragon June 5, 1991- November 27, 2013

#### "Broken Chain"

*Little did we know that morning  
God was going to call your name.  
In life we loved you dearly,  
In death we do the same.*

*You left us peaceful memories,  
Your love is still our guide:  
And though we cannot see you,  
You are always at our side.*

*In our hearts to lose you,  
You did not go alone;  
For part of us went with you,  
The day God called you home.*

*Our family chain is broken,  
And nothing seems the same:  
But as God calls us one by one,  
The chain will link again.*

-Author: Ron Tranmer-

From Andrew Correa, Caylee Smith, IC Smith, the Jojola, Jiron and Aragon Family

Thank you all for being there for our loss when Our Beloved Ashley Aragon was called to our Creator. She will be missed dearly. Ashley was a loving mother, a wonderful daughter, a little sister and a friend to all. That beautiful smile she expressed when she walked through the doors, the sense of humor will never forget, the memories she made for us to cherish and the warmth she brought us all.



May you Rest in Paradise Thur-ve-seah until we meet again.

### From the Family of Ta Ta Clovis Lucero

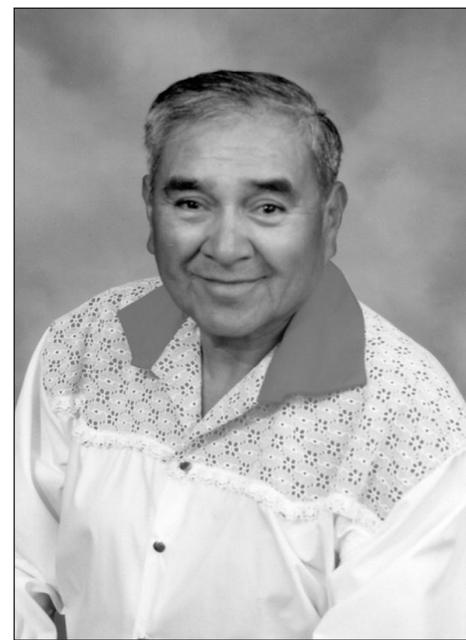
The family of Ta Ta Clovis Lucero would like to express our sincere gratitude for all your heartfelt condolences and help during our loss.

We would again like to thank Dr. Nelson, Dr. Bernally, Isleta Nursing & Clinic Staff, CHR & EMT's for all your valuable services provided to Clovis throughout the years.

Special thanks to Father George, Frances and Bernadette and the Choir for funeral services and prayers. We would also like to acknowledge and thank Ulysses Abeita (Pueblo of Isleta Veteran's Association) for coordinating services through the Veterans' Administration.

Last but not least, we would like to Thank our Tribal Leaders and Elders, both past and present for their prayers and guidance to help him become the "Man that he Was".

May our Creator Continue to Guide and Protect each and every one of You.





**ISLETA ELDER CENTER  
VETERAN SUPPORT SERVICE PROGRAM  
Now Accepting Applications for  
Care giving Member Positions  
Providing Care for Veterans and Military Families**

Service Description: The Legacy Corps is a national direct AmeriCorps project that operates in 9 states at 15 project sites. Members provide 8-10 hours of caregiver support services per week to veterans and/or military family members who are care taking for a family member, that resides here in Isleta Pueblo. Hours are flexible and training is provided. This is a one year term at quarter-time of 450 hours per year. Preference is given to veterans and military family members. Must commit to a one year contract. All POI Staff all eligible to apply. Must be willing to have a criminal Background Check.

**Contact: Karen Jiron, Veteran Service Coordinator @  
Isleta Elder Center @505-869-9770 Ext. 9030 or  
[www.isletapueblo.com/career-opportunities.html](http://www.isletapueblo.com/career-opportunities.html)**

**Pueblo of Isleta  
Veterans' Association**

Though this newsletter will not be out until after Christmas and New Year's, we hope that you had a joyous and happy holiday, also that you remembered all military personnel who are spending the holidays away from home and away from their families, especially in combat areas. Many of our veterans can relate to being away from home. (See related article on Blue Star Mothers).

If you are an honorably discharged veteran, you may join the POIVA for a mere annual fee of \$10.00 per year... and with your membership fees, you will receive a "nice" polo shirt and cap with your military logo on it. The next meeting is on 15 January 2014 at 6:00 PM. At this time, we are looking to meet at the Elderly Center, since we do not yet have a permanent home.

For any questions, call Ulysses at 307-1582.

## CALL FOR APPLICANTS

### Isleta Business Corporation (IBC)

The Isleta Tribal Council is soliciting letters of interest from individuals interested in serving on the Board of Directors as a board member. The IBC is a tribally-owned Business Corporation that was established to seek and promote business opportunities to benefit the Pueblo of Isleta.

Any person interested in serving on the Board of Directors of the IBC are requested to submit a letter of interest including a resume/vital to the Tribal Council. Applications will be accepted until the two (2) vacancies are filled.

Send letters of interest to:

Attention:

Isleta Tribal Council Admin. Office

P.O. Box 1270

Isleta, NM 87022



**Thank You and Happy  
Holidays from UNM  
Continuing Education**

UNM Continuing Education would like to thank all of its students, instructors, community members and friends for their support over the past year. **Our offices will be closed for Winter Break from Saturday, December 23 - January 1. We will resume regular hours January 2, 2014.**

You can still register for classes online at <http://dcereg.com>.

If you would like to browse our classes, or get information, please visit <http://ce.unm.edu>.

**See You in 2014!**

## Health Beat

Health Educator:

Stephanie Barela, 869-4479

### ***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.

## CHOLESTEROL EDUCATION

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.



## Pueblo of Isleta Public Library

Happy New Year, People of the Island. Hopefully, your Per Capita week, Holidays, and Christmas Dances were filled with good memories and laughter because your "Meme" (Uncle Sam) is around the corner waiting for his cut of your Per Capita Check.

### NEWS:

The Library will be CLOSED on Wednesday, January 1 due to the New Year Holiday.

Wednesday, January 8 the Library will OPEN at Noon due to our Monthly Library Staff Meeting. This month we shall cover both Library Legislation (Jan. 30) and American Indian Day Legislation Day (Feb. 7) topics, possible 3D Blu-Ray rentals, Fire Drill Exercise (Jan. 13), our own Library Comic Con (March 8), and 2014 Summer Reading Program Themes just to name some of our topics.

As stated in the previous paragraph, the Library/Education Complex will undergo a monitored (Isleta Fire & Police Department) Fire Drill Exercise on Monday, January 13. The Fire Drill Exercise will take place at approximately 4:30pm to give us a LIVE Stress Test with actual everyday patrons and students. The entire complex will be evacuated despite whatever is taking place. To be fair, my Library staff will remind all patrons of the Fire Drill Exercise thirty minutes prior to the Fire Alarm being set off to allow you to save or wrap up your work. Parents and Guardians who send the students to the Library/Education Complex around 4:30pm will be sent a notice the prior week so they may make prior arrangements should they choose not to expose their student(s) to the necessary chaos. This exercise is NOT to put fear into the student(s) but to prepare my staff for that unannounced emergency where we are required to protect and keep all our patrons safe in the Library.

Monday, January 20 the Library will be CLOSED due to Martin Luther King Jr. Day.

At this time, I would like to introduce the Library's three new part-time employees. They are Dianna Burbank, Keenan Gurule, & Cheyenne Castillo. All three individuals were hired to focus on the students of the Homework Help Program but have been trained in the arts of basic Library functions throughout the Winter Break. So, should you find them helping you behind the circulation desk, please be patient with them and give them time to learn and adjust.

The Library is looking to fill our Permanent Full-Time Position which has been vacant since the second week of November. Should you or perhaps know of someone who is searching for a Full-Time job with benefits where you will give back to the People of

the Island then this position is for you. You will be required to have a High School Diploma or GED prior to submitting your application, Basic Computer/Macintosh skills, ability to work in a Team Setting, have a tolerance for ALL PEOPLE of ALL AGES, and Program Initiatives. Should this sound like a job for you, you may submit your application to the Human Resources Department located at the Tribal Services Complex. Both Job Description and Application may be found at the Pueblo of Isleta's Career Opportunity website at <http://www.isletapueblo.com/career-opportunities.html>, Library's website <http://www.isletapueblo.com/library.html>, Library's Facebook page <https://www.facebook.com/IsletaPuebloLibrary>, or the Library.

### UPCOMING PROGRAMS:

Library Aides Keenan & Cheyenne will both be hosting game tournaments on Thursday, January 2 and Friday, January 3 from 1pm to 3pm (Lunch will NOT be provided by the Library so be sure to feed your child(ren) at home OR send them with a sack lunch). Keenan's game tournament will focus on the Call of Duty: Ghosts & Marvel vs. Capcom 3 on the Xbox 360. Cheyenne's game tournament will focus on the Just Dance 2014 & Super Mario 3D World on the Nintendo Wii U. Since both tournaments will have 1st, 2nd, & 3rd Place winners, each gamer must select which game tournament they want to participate in before the start of competition. These tournaments are open to people of all ages and gaming experience. Should you have questions, you may call the Library and speak with either Keenan or Cheyenne.

Schools will return to school on Tuesday, January 7 which is also the first day of our Lego Movie Incentive Program (Homework Help Program). This program is OPEN TO ALL STUDENTS & CHILDREN who read at the Library for 30 minutes or completes their homework at the Library. However, students in Head Start and Kindergarten may be read to for fifteen minutes. The first thirty students to acquire thirty points will be treated to dinner and the Lego Movie on Friday, February 7. The difficulty or amount of homework will determine whether or not a student gets one to three points per day. Depending of the student's grade level they may earn a point for every thirty or fifteen minutes. No more than five points will be given per day. Should you have questions regarding this program, you call the Library and

speaking with Tara or Diane.

On Tuesday, Feb. 4 and Wednesday, Feb. 5 at 5pm to 6pm, Tara of Isleta Library in collaboration with the "ABQ Coupon Mom" will be hosting a Couponing Workshop. Like the Popular TV Shoes, participants will learn about resources, website, basic coupon policies, how to organize coupons, coupon lingo, and much more. Space is limited to fifteen patrons per day so be sure to call ahead and reserve your spot today. Should you have additional questions regarding this program, you may call the Library and speak with Tara.

### RECAP:

Santa Claus would like to Wish the "People of the Island" a Merry New Year and would like to remind those families who took pictures with him at the Library on Wednesday, Dec. 11 to pick up their 5x7 prints at the Library. If you did not receive your pictures via emails, please call the Library and provide us with a valid email address so we may email them again.

Emmy Award winning Story Teller, Indiana Bones visited the Isleta Library for a second consecutive month. This time around he shared Christmas stories such as the "Mummy Monkey" and "Young Saint Nick" to name a few. At this time, the Library staff would like to Thank the parents/guardians and children for being on their best behavior during this story time event. For that we shall book more special events.

This Christmas "Season" the Library conducted three Christmas Crafts based on Chris Van Allsburg's, The Polar Express book which ended with a ride on the Rail Runner from Los Lunas to Downtown Albuquerque.

The first program was lead by Dianna who read the first half of the book and followed it up with an "Open Ended" art project where participant created objects related to the book using various common art supplies such as buttons, cotton balls, foam balls, stickers, popsicle sticks, and so on.

The following day, Keenan read the second half of the book and followed it up with a candy theme Locomotive. Many of the students ate their locomotives before their parents picked them up which left nothing to show but a sugar rush. However, there was a family who instead of building three individual locomotives, they built an actual Train which wowed everyone.

*(continued next page)*

During Cheyenne's second week at the Library she lead the third Polar Express themed program where students made Gingerbread Cookies for Santa. No one in the group had ever made Gingerbread dough before so they were all grossed out by the appearance because it looked like "Dog Poop" which led to them making a second dough only for it to look like the first batch. With the excess dough, everyone got to create a family of Gingerbread People. Everyone seemed to have fun and this was the first time I ever saw "Christmas Zombie" Gingerbread Cookies.

We ended the Polar Express program by taking seventeen students who attended two of the three programs mentioned above on a ride on the Rail Runner from Los Lunas to Downtown Albuquerque. After leaving the downtown station, we took them to iHop for brunch and then to Barnes & Noble at the Coronado Mall for Hot Chocolate and a Polar Express Gift Bag. This program would not have been the success it was without the aid of the Department of Education and Isleta

Recreational Center for their vans, Barnes & Noble for allowing us to drink Hot Chocolate in their store, and the parents, older siblings, and Library Staff for waking up before the sun on a Monday morning to make the 8 o'clock Rail Runner.

With that said, I hope you read and enjoyed our article instead of using this month's newsletter to start your morning fire or Horno Fire.

**Pueblo of Isleta Public Library  
Hours of Operation**

Monday – Thursday: 8am – 6:30pm  
 Friday: 8am – 4:30pm  
 Saturday: 9am – 1pm  
 Sunday: CLOSED

**Contact Info:**

Phone: 505.869.9808  
 Fax: 505.869.8119  
 Email: [poi02002@isletapueblo.com](mailto:poi02002@isletapueblo.com)  
 Website: [www.isletapueblo.com/library.html](http://www.isletapueblo.com/library.html)  
 Facebook: [www.facebook.com/IsletaPuebloLibrary](http://www.facebook.com/IsletaPuebloLibrary)

**Be Inspired to  
make a difference  
in Your Isleta  
Community!**

**Isleta Social Services is  
looking for foster  
families to  
provide love and  
support  
to Isleta children.**

**Please contact 869-2772  
for more information.**

**ISLETA PUEBLO PUBLIC LIBRARY PRESENTS**

# ★ Shop Smart, Save Money ★

Fan of the TV Show Extreme Couponing?  
Come to the Isleta Library and learn the in's and out's of coupons!

**February 4th or February 5th**

**5:00pm-6pm**

Learn about resources & websites, basic coupon policies, how to organize coupons, coupon lingo, and much more!

**Special guest:**  
**ABQ Coupon Mom**

Raffle  
both days  
For participants

**Space is Limited to 15 patrons a day, please  
call to reserve your spot.**

**For more information please call Tara at the Library  
505-869-9808.**





## Parks & Recreation

As we prepare for January, 2014 we say good-bye to another busy December 2013 for the Parks & Recreation staff. The staff was busy with a number of special events that included a Volleyball Tournament, a Swim Meet, Per-Capita Distribution, Light the Path Memorial Walk, and several after school special events that took our children to the River of Lights at the Botanical Gardens, and the Christmas Light Show at Cliff's Amusement Park and several visits to our Isleta Fun Connection for bowling and laser tag. Also, our Park Management Crew has been busy prepping the parks and baseball fields for the upcoming growing season doing preventive maintenance on the irrigation system, winter fertilizing and edging the parks and installing two new score-boards on the Little League fields #2 and #3.

### Volleyball Tournament

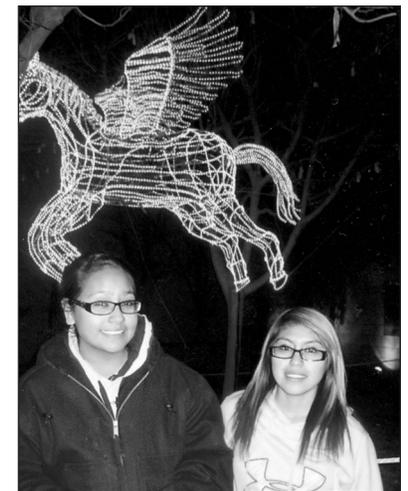
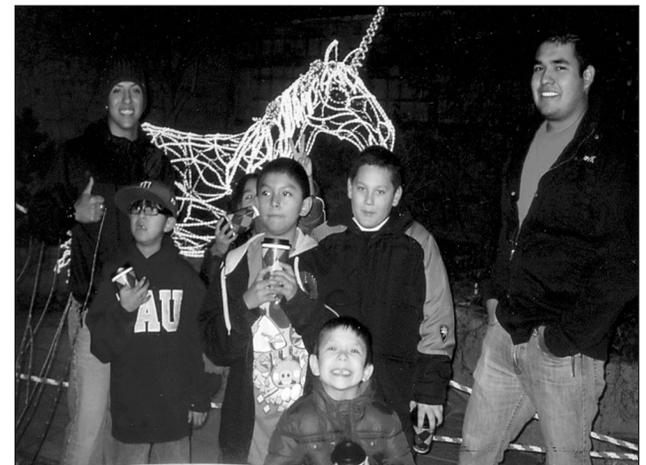
On two different occasions we were involved with Volleyball tournaments that were run by fellow tribal members and volunteers of the New Mexico Elite Volleyball Team coached by Melanie and Mike Kirk. On Saturday December 7th, they hosted a 15 team Volleyball Tournament here at the Pueblo of Isleta that ran all day. It was a fund raiser for the team the "New Mexico Elite Volleyball Team" that practices and plays out of our facility. On the following weekend that same team went out to Amarillo, Texas and competed with a number of teams from throughout the Southwest and won first place in that tournament. Congratulations to you Melanie and Mike Kirk, and your commitment to the team especially being volunteers who go out of your way to make the team what it is. You make us very proud to be coaching the team at such a high level of competition and representing the Pueblo of Isleta.

### Swim Meet

The Pueblo of Isleta continues to be a hot spot for swim practice and meet competition. On Saturday, December 7th was no exception, as we hosted a Swim Meet for High Schools in which four (4) of our tribal members are a part of the Los Lunas/Valencia High School Team. The team is coached by our own Aquatic Coordinator Lindred Onsaie who uses our facility as their home venue. Lindred reports that the teams from Socorro, Belen, St. Pius etc love to come and compete in our Aquatic gymnasium. They love the organization that is represented and the beautiful facilities that make up this part of our Isleta Parks & Recreation Department. He goes on to say "when we host a swim meet, you can rest assured that we will be filled to capacity with visitors and spectators watching their children compete which is not always the case at other venues.

### After-School Program

The after-school program continues to be a staple on keeping the kids busy with basketball, golf, arts/crafts, and many special events. Although the program is not any where as big as our busy summer program, those who do get involved either at the Old Rec. program with Kimberly Chiwewe and Jose Lucero or with Roberta Chavarillo, Matt Jojola, Antonio Garcia, Phillip Abeita and our 3 Nanas Gloria Abeita, Abenita Abeita and Marie Lucero at the New Rec. definitely have plenty of activity to keep the children busy. Pictured are events that are part of the after-school program which involved the River of Lights at the Botanical Gardens in Albuquerque, the children playing one of the many games in the games-room and the beautiful display the Nanas set up in honor of the Christmas Season.



### Park Management

As mentioned earlier, our Park Management staff has been busy doing the many things that most don't realize must be done to insure that we have a healthy upcoming growing season. They are busy trimming trees and shrubs, winter fertilizing and edging the parks, watering the parks once a week and picking up all the leaves which have fallen. In addition, we have recently added a new concession stand for the Little League program which was once a classroom at the Old Elementary School that will be handicap accessible and have installed two (2) new scoreboards on fields #2 and #3. Although all of this is for the good of our Pueblo members, we are deeply disturbed that someone is out vandalizing our Veteran's Park at Pickle Heights. Someone has gone out deliberately spreading motor oil on our grass and big rocks which are part of the landscaping. If anyone witnesses this senseless act of vandalism, please report them immediately to our Isleta Police Department or our Parks and Recreation staff. Once again, our Tribal Judges have said, if anyone is caught, they will be prosecuted to the full extent of the law. Pictured is one with Park Superintendent Robert Apodaca explaining to Nick Padilla who did all the welding for the newly installed scoreboard and assisted by Derryke Jiron as he explains what must be done now to get the electrical power to the scoreboard as we will need to trench the park once the ground has sufficiently thawed.



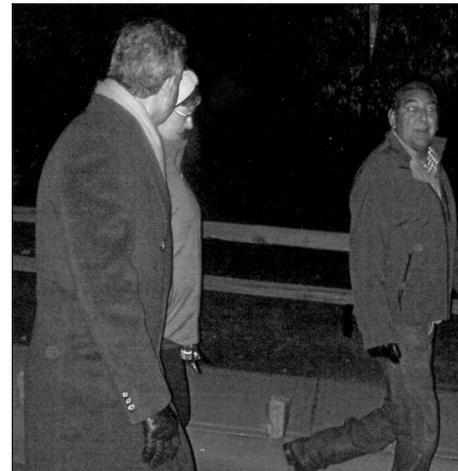
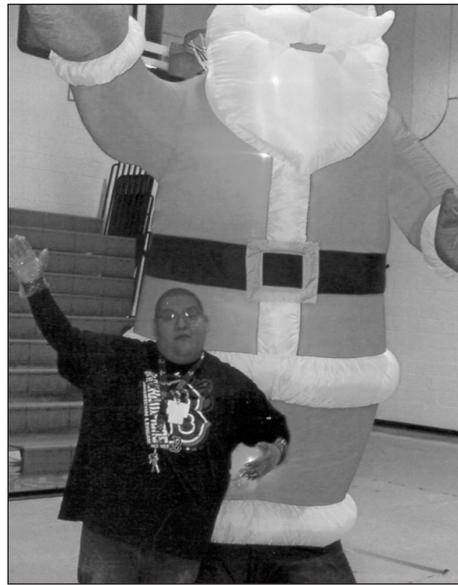
**Light the Path Memorial Walk**

Although this event was sponsored by the Behavior Health Department, we the Parks and Recreation Department were very involved in its presentation. The Luminaria tour was part of the remembrance of those people who have passed away before us, and to keep them and their families in our thoughts during this Christmas Season. The activity began with everyone registering for the walk and MC Jennifer Padilla calling upon Governor Eddie Paul Torres who addressed the group with opening prayer and welcoming address. Next the Valencia High School ROTC presented the colors and led the parade of walkers to and from our St. Augustine Church for some prayer. The event culminated with everyone coming back to the New Rec. Center and enjoying an outstanding meal and many door prizes that were donated by a lot of Tribal Departments and members of the community. Incidentally, we had a number of special guests from Canada (who participated) who were out visiting our Pueblo of Isleta as a good will gesture, that just loved our culture and presentation of this event. Pictured is event coordinator Kory Kie who did an outstanding job putting this event together in front of the Giant Santa Claus. Pictured next to him is a collage of pictures depicting the event with the first being of the Valencia High School ROTC leading the parade of walkers through a beautiful lit path of some 8000 luminarias and culminating with a few pictures of some estimated 200 people enjoying a beautifully prepared meal of posole, enchiladas, turkey, and desserts that were prepared by volunteer tribal members. Thanks to all of you volunteers that were many, who made this event so special. A special thanks to our Isleta Police Department who not only made the route safe for everyone to enjoy but helped as serving staff of food volunteers.

**New Year's Resolutions**

Well, we have come to that part of the year where many of us will be making New Year's Resolution about many things in our lives. Hopefully, one of the resolutions is for us is to be a lot more healthy. But before you begin, think about last year's resolutions (if you made any). Did I accomplish what I set out to do last year? Was I too hard on myself by setting a goal or goals that were unachievable? If one of your goals is to lose weight for instance, look at the whole picture and just not that idea that by beginning a workout routine will solve the problem. If you haven't worked out in several years, possibly consult with a physician and or come by and see one of our many personal trainers that are part of that staff at Old & New Rec. They can help you with a plan that can fit your busy lifestyle. Don't be afraid to ask for help. Many of us tend to start the New Year by coming in like a gang buster to workout and in a day or two you give it up because now you are too sore to continue. Or you're working out a lot, but you're not noticing any weight loss. One thing that you need to do when you set out to be healthier by working out, is to evaluate your eating habits as well. Can you possibly cut out some of the many carbohydrates (bread, pastas etc.) that many of us consume? Our high sugar consumption could also be a problem. Too many sodas, candy, cookies, etc., could be the culprit. Bottom line, do an over-all evaluation approach to what you are trying to accomplish, because if you combine the two and make some little changes to working out and healthier eating, a lot more can be accomplished with less aggravation.

**Good Luck, and Happy New Year.**



## Tiwa Lending Services is Recruiting New Board Members (TLS)

### Are you interested in becoming a board member of Tiwa Lending Services?

#### Who is Tiwa Lending Services?

Tiwa Lending Services ("TLS") is a non-profit Native Community Development Financial Institution (CDFI) whose mission is to promote community development and the economic growth of the Isleta Pueblo community by creating homeownership and small business opportunities for the Isleta Pueblo community and other Native Americans living within the surrounding communities.

**TLS's Board of Directors consists of 5 persons. Directors consist of two community members and three professional members preferably with financial, lending or business backgrounds. Board members must meet at least one of the following criteria: 1) be Native American, 2) live or work in the Isleta Pueblo community service area, or 3) own a business in the Isleta Pueblo community service area.**

#### Description of Board Duties

The Board of Directors serves as the governing body of TLS. Board members will serve 2 year terms. The Board meets monthly.

Board members have the following roles and responsibilities:

1. Uphold the bylaws of the TLS.
2. Define and oversee the mission of TLS and ensure that this mission is carried out.
3. Ensure that the events and programs of TLS are relevant to its mission and monitor their effectiveness.
4. Provide strategic guidance to TLS.
5. Ensure financial solvency and help raise resources.
6. Ensure continuous board improvement. Each member of the board shall commit to the following:
  - Fully attend all meetings of the board.
  - Serve on one or more committees.
  - Understand board member roles and responsibilities and become sufficiently knowledgeable about TLS and its operations to make informed decisions.
  - Read all materials sent to the board and come prepared to provide meaningful dialogue at all board and committee meetings.
  - Arrive at meetings on time and stay for the full agenda unless notification is provided in advance to the board or committee chair.
  - Ask for clarification on any matters or material not understood before making a decision.
  - Listen carefully and respectfully to other board members and staff with objectivity.
  - Actively support the policies and goals adopted by the board, speaking with one unified voice.

- Act as a liaison between the TLS and the community.

Specific Board members will serve as overseers of the following:

1. Overseer of Financial Management —The overseer of TLS's financial management system. This Board member shall work with the sub-committee to develop and manage an annual budget.
2. Leader of Public Relations —This Board member will oversee the development of all print, web, radio, and multi-media materials pertinent to the TLS and the events it sponsors. This board member is responsible for ensuring that all public relations material upholds the mission and standards of TLS.
3. Overseer of Fundraising — This board member will oversee fundraising efforts. They will help recruit and retain members for the fundraising committee and will help manage TLS's fundraising database, manage the creation and content of fundraising material and ensure that organization supporters are recognized for their contributions.
4. Overseer of Events — This board member will oversee community events

and work with committee event chairs to ensure that the overall message of the event is consistent with the mission of TLS. This board member will also actively work with the communities and other organizations to recruit partnerships for new events.

5. Board and Committee Recruitment — This board member will oversee the recruitment of new volunteers and board members.

Board members will be expected to attend training on Native Lending institutions and lending.

**If you are interested in serving as a board member, please send a letter of interest and resume to the Pueblo of Isleta Governor's Offices or by mail, in person, facsimile or electronic mail to:**

**Sheila D. Herrera, Executive Director  
Tiwa Lending Services  
P.O. Box 1270  
Isleta, N.M. 87022  
sheila@tiwalending.org  
(505) 916-0556  
Facsimile: (505) 869-7596**

# COLLEGE / CAREER FAIR



Pueblo of Isleta  
Department of Education

## Door Prizes and Door Prizes

### Los Lunas Title VII / Title VIII Programs

**January 18, 2014**

**7:30 am - 12:00 noon**

**at New Recreation Bldg.**

FOR MORE INFORMATION CONTACT:  
BEN ANALLA (505) 865-4646 OR  
DEPARTMENT OF EDUCATION  
(505) 869-9790

**Come and visit with colleges, universities and local businesses for career opportunities.. Bring copies of your resume with you...**

**OPEN TO ALL HIGH SCHOOL - STUDENTS/PARENTS**

Health Beat

Vehicle and Bicycle Safety

Isleta Health Center Health Educator:  
Stephanie Barela, 869-4479

Do you buckle up and buckle up your kids EVERY TIME you get into the car? How about put on your helmet every time you ride a bike? Well, as the 4th grade students learned, they are two very important things to do to PREVENT INJURY!!! The Isleta Health Center Health Educator worked with the Isleta Elementary School 4th graders on October 25, 2013 and November 8, 2013 on Injury Prevention. They first learned about the importance of wearing a seat belt and then they did an observational survey to see how many of the cars in Isleta were buckled up. The students were pleased with the number of people they saw wearing their seat belt. The last Seatbelt Survey in March 2013, showed that only 82% of drivers and only 64% of the passengers were buckled in and this year the numbers went up to 94% of drivers buckling up and 93% of the passengers also buckling up. Look at the chart below to see the Seat Belt Usage Rates in Isleta since 2006.

Keep up the good work and continue to Buckle Up EVERY TIME you are in the car!

Along with Vehicle Safety, the 4th graders also learned about Bicycle Safety. On November 8, 2013, the Isleta Health Educator teamed up with Albuquerque Parks and Rec to offer the 4th grade students a presentation on bike safety and then the opportunity to try out their newly learned skills through participating in a BIKE RODEO. A bike rodeo is a skills course, which provides a fun and safe environment for a class to learn various bike safety skills and practice them. This rodeo consisted of a bike riding course designed to simulate actual road conditions, a stop sign to help practice their starting and stopping, as well as, using their directional signals, a chance to practice their skills when they are approached by a dog and many other important bike safety skills. Bike riding is a lot of fun, but accidents happen. Every year, about 300,000 kids go to the emergency room because of bike injuries (www.kidshealth.org). Some of these injuries are so serious that children die, usually from head injuries. A head injury can mean brain injury and as the 4th graders learned; OUR BRAIN IS THE MOST IMPORTANT PART OF OUR BODY, so we need to PROTECT IT!! That's why it is so important to wear your bike helmet.

Some skills the 4th graders learned were:

- STOP and Look Left, Right, Left, before crossing the street
- Use your hand signals when turning



- If you are ever chased by a dog while you are riding your bike, you should stop pedaling and coast (continue to move forward without using your pedal), if the dog continues to chase you, get off your bicycle and put it between you and the dog and back up slowly.
- ALWAYS WEAR A HELMET!!

THANK YOU, ALBUQUERQUE PARKS and Rec, and Chuck Malagodi for teaching our students how to ride

Date	Drivers		Passengers		Child in Car Seat	
	Seatbelt	No Seatbelt	Seatbelt	No Seatbelt	Car seat	No car seat
Oct 2006	76%	24%	71%	29%	67%	33%
Dec 2006	95%	5%	80%	20%	100%	0%
Spring 2007	70%	30%	80%	20%	75%	25%
Fall 2007	77%	23%	89%	11%	100%	0%
Spring 2008	74%	26%	65%	35%	75%	25%
Fall 2008	76%	24%	58%	42%	0%	100%
Spring 2009	60%	40%	76%	24%	50%	50%
Fall 2009	87%	13%	65%	35%	33	67
Feb. 2010	84%	16%	63%	37%	0%	0%
Fall 2010	90%	10%	85%	15%	58%	42%
Spring 2011	74%	26%	22%	78%	8%	92%
Fall 2012 12/23/12	94%	6%	67%	33%	-	-
Spring 2013 3/22/13	82%	18%	64%	26%	-	-
Fall 2013 10/25/13	94%	6%	93%	7%	100%	0%

RAILROAD SAFETY

Stephanie Barela, Health Educator  
869-4479 • sbarela@islclinic.net

There are a number of railroad crossings in Isleta and that is why it is so important that we all know how to be safe in a railroad crossing. In America, someone is hit by a train every 115 minutes, often killing them. According to Operation Lifesaver, nearly 2,000 Americans are killed and injured at highway/rail grade crossings each year. Most collisions with vehicles and trains happen when trains are traveling less than 35 miles per hour. In ¼ of all collisions, the train is already in the crossing when the car hits it and since most, nearly 2/3, of all collisions happen during the day, driver not paying attention must be the mayor cause. It takes a train one mile to stop, so NEVER try to beat a train, because the train always wins! A motorist in a train/vehicle crash is 40 times more likely to die than in a collision between two vehicles.

Here are ways to help prevent yourself from being injured by a a train:

- Remember that any time is train time.
- Slow down when approaching a railroad crossing and look both ways—twice!

Left, Right, Left!

- Never race a train to cross the tracks.
- Never pass another vehicle within 100 feet of a railroad crossing.
- Watch out for vehicles that MUST stop at a railroad crossing, like school buses or trucks carrying hazardous materials.
- When approaching a crossing, roll down your windows, turn off your radio and air conditioner and listen for whistles or bells.
- Always yield to flashing lights, whistles, closing gates, or stop signs.
- Never shift gears on the railroad crossing, down shift before you reach it.

- If you must stop, keep a distance of 15 to 50 feet from the tracks. Since the tracks are four feet eight and a half inches wide, the train hangs 3 feet past the rails on each side, be sure to leave enough space between your vehicle and the tracks.
- Teach children that the railroad is NEVER a place to play, walk, run, bike ride or use as a short cut.
- Always cross the tracks at the designated railroad crossing or pedestrian crossing.

**REMEMBER TO LOOK,  
LISTEN AND LIVE!  
STOPPING MAY ADD  
30 SECONDS TO YOUR  
JOURNEY, WHILE NOT  
STOPPING COULD PUT AN  
END TO IT COMPLETELY.  
ANY TIME IS TRAIN TIME!**

Reference: <http://www.tdi.texas.gov/pubs/videoresource/fsrailroadcross.pdf>

**Health Effects of Cigarette Smoking Part 1**

Stephanie Barela, Isleta Health Educator, 869-4479

**Smoking Causes Death**

- Cigarette smoking causes more than **440,000 deaths**, or nearly **one of every five deaths**, each year in the United States.
- More deaths are caused each year by tobacco use than by human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.
- If nobody smoked, one of every three cancer deaths in the United States would not happen.
- Smoking causes an estimated **90% of all lung cancer deaths in men and 80% of all lung cancer deaths in women.**
- An estimated 90% of all deaths from chronic obstructive lung disease are caused by smoking.

**Smoking and Increased Health Risks**

**Compared with nonsmokers, smoking is estimated to increase the risk of—**

- Coronary heart disease by **2 to 4 times**,
- Stroke by **2 to 4 times**,
- Men developing lung cancer by **23 times**,
- Women developing lung cancer by **13 times**, and
- Dying from chronic obstructive lung diseases (such as chronic bronchitis and emphysema) by **12 to 13 times**.

**Smoking and Cardiovascular Disease**

- Smoking causes coronary heart disease, the leading cause of death in the United States.
- Cigarette smoking causes reduced circulation by narrowing the blood vessels (arteries) and puts smokers at risk of developing peripheral vascular disease (i.e., obstruction of the large arteries in the arms and legs that can cause a range of problems from pain to tissue loss or gangrene).
- Smoking causes abdominal aortic aneurysm (i.e., a swelling or weakening of the main artery of the body—the aorta—where it runs through the abdomen).

**Freedom From Smoking Classes start Monday, January 13, 2014.**  
**Please contact me at the Isleta Health Center**  
**Stephanie Barela, 869-4479**

**Drowsy Driving Tidbit**

Isleta Health Center  
 Health Educator,  
 Stephanie Barela, 869-4479

Have you ever driven while you were drowsy... chances are you probably have. Next time think twice before you get behind the wheel when you are having trouble staying awake. The Center of Disease Control (CDC) says that there are about 100,000 crashes each year due to drowsy driving. This attributes to 40,000 injuries and about 1,500 deaths a year.

**STAY SAFE and**  
**DON'T DRIVE**  
**DROWSY!!**

2014 Meeting Schedule Ideas

**ICES**  
**Isleta Cancer Education & Support**  
**2nd Tuesday of the Month**

Most meetings are 10:30-noon at the Isleta Health Center

Date	Topic	Speaker	Organization
1/14/2014	Topic to Be Determined		
2/11/2014	Different Cancer Treatments	Emily A. Haozous, PhD,	University of New Mexico
3/11/2014	Evening Session 6-7:30pm Topic to Be Determined		
4/8/2014	COME HOME Medical Home Idea	Dr. McAneny	New Mexico Cancer Center
5/13/2014	Topic to Be Determined		
6/10/2014	Evening Session 6-7:30pm 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	Evening Session 6-7:30pm "Cancer Treatment: How to make informed choices about standard care and clinical trials." DINNER SERVED	BLOOD CANCER AWARENESS MONTH	The Leukemia & Lymphoma Society
10/14/2014	Topic to Be Determined		
11/11/2014	Topic to Be Determined		
12/9/2014	Xmas Party/ Survivor Panel		

Topics are Subject to Change.  
 CONTACT Stephanie Barela to Sign Up and to Learn More 869-4479

**ANNUAL REMINDER**

If you use an Urgent Care Center or Emergency Room, you are required to notify the Isleta Contract Health Office (869-4488) within 72 hours. To determine if urgent or emergency care is needed, call the Isleta Health Center's toll-free Nurse Advice Line (1-877-725-2552), open 24 hours per day.

**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.

## Johnson-O'Malley Program

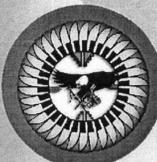
Happy New Year everyone! The JOM Program has a few updates to start the New Year off with. By the end of this month we should have the JOM Tutoring Building up and running. This building will be set up as a classroom where we will hold tutoring sessions, family activity nights, JOM meetings, and is located at the Department of Education Complex. Once we have completed the finishing touches on the classroom we will invite the community to come up for an open house, so keep your eyes open for that!

The second half of the school year has also started this month and with that comes studying and homework once again. Please remember that the JOM Program is here to help our Native American Students be successful in their academic careers and we offer services to meet that goal. One such service is our tutoring program, which started up again this month. If you or your student feels that they could benefit from getting extra help in Math, Reading, etc., please do not hesitate to give us a call and get more information on how our program works. We offer a range of services and encourage the community to contact us to find out more!

Lastly, the JOM Program would like to take a moment to introduce the newest member of its team to the community: My name is Bernadette Correa and I have just come on as the new Supervisory Academic Counselor and will be heading up the great JOM team here at the Department of Education. If my name seems familiar to some of you, it is because I have worked with the JOM Program before. I was the JOM Academic Coach for five and a half years and during my previous time here, have had the pleasure to work with many of our students, parents, and school districts.

For those who I have not yet had the pleasure of meeting, let me introduce myself a little more in depth. I am a graduate of the University of New Mexico and have my Bachelor's Degree in both Biology and Psychology. During my time spent at the University, my favorite academic subjects were Genetics, Math, and Human Behavior and I love seeing students become interested in all aspects of science. I have many years of experience working with students of all ages, as well as, working with teachers, counselors, and administration at the various schools our students attend. I am genuinely looking forward to working with my community again, seeing familiar faces, and meeting new people. Please feel free to stop by and say hello!

Parents, Guardians, and Community members...do not hesitate to contact the JOM Program if you have any questions, want to know more about our programs, or if you have suggestions that can benefit our students! We are always here and happy to hear from you. Have a wonderful New Year and keep an eye out for our articles in the Isleta Newsletter as well as our own JOM Newsletter (if you do not currently receive the JOM Newsletter or you have changed your address, please give us a call to update our records and be put on the mailing list). Phone 869-9810.



# Mea Vea Peah-Wee Um! "Take Care of Yourselves!"

**Confused about the Health Exchange?  
Let us help you navigate the Marketplace!**

**How the Marketplace Works**



**Create an account**  
First provide some basic information. Then choose a user name, password, and security questions for added protection.

**Apply**  
Starting October 1, 2013 you'll enter information about you and your family, including your income, household size, and more. Visit HealthCare.gov to get a checklist to help you gather the information you'll need.

**Pick a plan**  
Next you'll see all the plans and programs you're eligible for and compare them side-by-side. You'll also find out if you can get lower costs on monthly premiums and out-of-pocket costs.

**Enroll**  
Choose a plan that meets your needs and enroll! Coverage starts as soon as January 1, 2014.

**You may be eligible for Low or No cost health insurance options that can expand the services you already receive from your Isleta Health Center.**

**Come see what's available for you!**

**CONTACT US TO MAKE AN APPOINTMENT:**

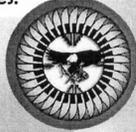
**Isleta Health Center**  
**Sharon Jiron, Benefits Coordinator**  
**@ 505-869-3200**

All plans offered through the Exchange help you get coverage for services not offered through your Indian health center, such as emergency care, after-hours care, certain doctor visits, diagnostic tests and more....

Healthcare coverage helps protect you against the risk of having to pay unforeseen medical expenses.

DO IT

for You,  
for Your Family,  
for Your Community!



## ISLETA EARLY HEAD START

Are you or someone you know having a baby?

It's important to take very good care of yourself so that both you and your baby are healthy. Regular prenatal care helps you and your health care provider monitor how your pregnancy is going. It also helps your provider spot any potential health problems before they become serious. Some pregnant women may experience complications like gestational diabetes or preeclampsia. But with regular prenatal care, you can better manage any health issues that may come up.

Going through a pregnancy is not easy. The Isleta Early Head Start Program can help provide support to expectant mothers and families by offering the services of a Home Visitor. Home Visitors provide prenatal and parenting education, support during doctor visits and ultra sounds, and postnatal support for the first three months.

If you are an expecting mother that would like extra support, the Isleta Early Head Start program would love to have you join us in the program! The program still has some slots available. Call today to schedule your appointment to complete an application.



*The Early Head Start Prenatal option is for pregnant mothers, who are an Isleta Native/Descendant, reside on the reservation, or who are expectant mothers of Isleta children.*

*For more information or to schedule an appointment to complete an application, call us immediately at 869-9796. We also have slots available in the Home-Based option for children ages birth to thirty months.*

<b>Isleta Health Center Calendar</b> Questions? Call 869-3200 <b>January 2014</b>						
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI	SAT
			<b>1 New Year's Day CLINIC</b>	<b>2 Str8 Rez: 4:30-6pm @ IBHS</b> <b>Women's Path to Recovery: 1-2:30am @ IBHS.</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> <b>Early Recovery Skills: 9-11am @ IBHS.</b> <b>Young Leaders Youth Krew: 5-6:30pm @ IBHS.</b>	<b>7</b> <b>Adult Wellness: 5-6pm @ IBHS.</b> <b>Behavioral Health Women's Group 10am-noon</b>	<b>8</b> <b>Parent Group: 9-11am @ IBHS.</b> <b>AcuD detox: 1-2pm @ IBHS.</b>	<b>9 Isleta Diabetes &amp; Obesity Prevention Advocacy Group: 11-noon pm @ Isleta Health Center/Large Conference Room</b> <b>Str8 Rez: 4:30-6pm @ IBHS.</b> <b>Women's Path to Recovery: 1-2:30am @ IBHS.</b>	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> <b>Early Recovery Skills: 9-11am @ IBHS.</b> <b>Young Leaders Youth Krew: 5-6:30pm @ IBHS.</b> <b>Freedom From Smoking (Session 1): 5:30pm @ Isleta Health Center.</b> Call 869-4479 for information	<b>14</b> <b>Isleta Cancer Education &amp; Support (ICES): 10:30-12pm @ Health Center</b> <b>Grief &amp; Loss Group: 2-4pm @ IBHS.</b> <b>Adult Wellness: 5-6pm @ IBHS.</b> <b>Elementary School Parent Night</b> Head lice and Germs Presentation <b>Behavioral Health Women's Group 10am-noon</b>	<b>15</b> <b>Parent Group: 9-11am @ IBHS.</b> <b>AcuD detox: 1-2pm @ IBHS.</b> <b>Anger Management Skills: 1-3pm @ IBHS.</b>	<b>16</b> <b>Str8 Rez: 4:30-6pm @ IBHS.</b> <b>Women's Path to Recovery: 1-2:30 @ IBHS.</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> <b>MLK Jr Day CLINIC CLOSED</b>	<b>21</b> <b>Adult Wellness: 5-6pm @ IBHS.</b> <b>Freedom From Smoking (Session 2): 5:30pm @ Isleta Health Center.</b> Call 869-4479 for information <b>Behavioral Health Women's Group 10am-noon</b>	<b>22</b> <b>Parent Group: 9-11am @ IBHS.</b> <b>AcuD detox: 1-2pm @ IBHS.</b>	<b>23</b> <b>Women's Path to Recovery: 1-2:30 @ IBHS.</b> <b>Str8 Rez: 4:30-6pm @ IBHS.</b>	<b>24</b>	<b>25</b>
<b>Tobacco Free Awareness Week, call Stephanie at 869-4479 to learn more about being tobacco free (Commercial Tobacco)</b>						
<b>26</b>	<b>27</b> <b>Early Recovery Skills: 9-11am @ IBHS.</b> <b>Young Leaders Youth Krew: 5-6:30pm @ IBHS.</b> <b>Freedom From Smoking (Session 3): 5:30pm @ Isleta Health Center. Call 869-4479 for information</b>	<b>28</b> <b>Grief &amp; Loss Group: 2-4pm</b> <b>Adult Wellness: 5-6pm @ IBHS.</b> <b>Diabetes Alliance 6-7pm at Diabetes Wellness Center</b> <b>Behavioral Health Women's Group 10am-noon</b>	<b>29</b> <b>Parent Group: 9-11am @ IBHS.</b> <b>AcuD detox: 1-2pm @ IBHS.</b> <b>Anger Management Skills: 1-3pm @ IBHS.</b>	<b>30</b> <b>Women's Path to Recovery: 1-2:30am @ IBHS.</b> <b>Str8 Rez: 4:30-6pm @ IBHS.</b>	<b>31</b>	



# Freedom From Smoking

**START YOUR NEW YEAR'S RESOLUTION NOW AND QUIT SMOKING! SIGN UP FOR**

## Freedom From Smoking

**CLASS STARTS JANUARY 13, 2014 5:30PM @ ISLETA HEALTH CENTER**



**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



## 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**