



Isleta Pueblo News

FROM THE OFFICE OF THE GOVERNOR:

MA GU WAM;

It's that time of year again when friends and family reminisce about the Christmases of the past and reflect on the good old days of this wonderful holiday, we must keep in mind that Christmas is not just any holiday but an important one of the year for our culture and traditional observance. It is a time for remembering, a time to share the goodness of your heart with others, and for expressing with words and gifts what someone means to you. It is a chance to make wishes come true and to give something from your heart. It is a chance to give a message that will express love and caring to the ones we care about the most. With these thoughts in mind, I would like to give you my wishes for this holiday. 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 pray that the Great Spirit bless us with good health and a long life.

Comanche Ranch Fee to Trust

I am happy to report on the current status of the Fee to Trust Acquisition by the United States of America of the Pueblo of Isleta Comanche Ranch and Corridor Property. This long time process is in the final stages for approval and transfer.

At the request of the BIA/SPA Realty Officer, information was provided to complete a supplemental package required for issuance of the Solicitor's Final Title Opinion.

- Efforts were undertaken to account for and confirm payment of all property taxes for Tax Year 2015 (approximately \$2,100) for the parcels in Valencia and Socorro County. The Realty Officer and Solicitor's Office have indicated that the information provided was sufficient to satisfy that request.
- The form of Warranty Deed and an updated title commitment has been provided to both the BIA/SPA and Regional Solicitor's Office. Minor technical revisions to the legal description have been requested by the BIA Surveyor, and a revised title commitment is being prepared, along with a revised legal description to attach to the Warranty Deed.
- The site inspection with the SWRO Environmental Specialist revealed several remediation tasks to be undertaken by the Pueblo, including containment of fuel tanks and minor cleanup of noted violations. It is our understanding that the Pueblo must proceed with these tasks, but that the actual fee-to-trust acquisition will not be delayed if they are not completed by the time the formal fee-to-trust paperwork has been processed. A subsequent site visit will likely be required, however, to assure compliance with federal regulations.

- The requisite 30-day public notice of the United States' decision to take the property into trust is being published today in the Valencia County Bulletin and the El Defensor-Chieftain in Socorro County. This was undertaken at the instruction of the Solicitor's office, and the affidavits of publication will be forwarded to both BIA/SPA and Solicitor's Office as soon as we receive them.
 - Once we receive formal instruction from BIA that the transfer has been approved, we will ask the Title Company to record the Warranty Deed (in both counties) and then return it to us to deliver to the BIA for filing in its Lands Records.
 - We anticipate that the property will be formally transferred into trust by the end of January.
- In summary is a listing of some of our project accomplishments to date, pending projects and future projects the tribe will continue and pursue.
- MESSAGE FROM GOVERNOR:**
- As your Governor, I fully realize I can't do it alone, I look to you our community, our native culture and traditions for your support and guidance. Only through our mutual trust and respect of self and others, we can realize personal growth and continued wellness of our community and our future generations. *May the Great Spirit always guide you and protect you and your loved ones in the coming Year 2016.*


PUBLIC SERVICES DEPARTMENT PROJECTS	
Project Name	Summary
DESIGN & CONSTRUCTION PROJECTS	
CCD Building	Final construction documents were provided 11/5/2015 from the Architect and are currently under review. Once they are approved by POI the bid schedule will be established. We anticipate this project to be bid for construction December 2015. ** Construction Inspector position is being proposed in 2016 budget for this and other projects. If position is not approved, PSD will bid for the CI services on this project.
Cemetery Expansion	Existing cemetery improvements need to be bid out. Work is being proposed the 2nd and 3rd quarter of 2016.
Elder Center & Assisted Living Facility	Work being completed for the installation of door access controls and sound systems for Memory Care Unit in the ALF.
Former Isleta School / Cultural Preservation Office & Museum	Preproposal meeting for architectural services was held on 10/28/2015 - Proposals are due December 15, 2015. Project design is anticipated to take 12 - 14 months.
Hydroponic Greenhouse	We are in the initial planning phases for the development of hydroponic greenhouses for organic foods. Research being conducted includes greenhouses designs, estimated production, proposed location, O&M, customer base (Elderly Center, Elementary School, Casino, etc.) and grants available for the construction.
Old Head Start Renovation	Space programming needs and scope are complete. Waiting on Procurement and Attorney's office to finalize the Design-Build RFP. We will not be able to establish a final bid schedule until the bid documents are ready. The building expansion will be utilizing lava blocks.
PSD/IPHA Building and Yard	Conference call is scheduled with both BIA and FHWA for November 13, 2015 to discuss the Environmental Assessment Scope and establish Lead Agency for Coordination of the NEPA Process. IPHA has agreed to pay for the EA. Procurement and Attorney are working on the Design/Build RFP. Space programming needs are finalized; however, we will not be able to establish a final bid schedule until the bid documents are ready. Priorities for November/December/January are to get the EA process under way and finalize the boundary survey for the Admin/ Yard as well as the extended ROW that will be needed for the improved access road (TR 97).
Traditional House at Elementary School (Living Class Room)	Proposed classroom to be built like an old adobe home at Elementary School. No schedule yet and scope needs to be finalized.
Veterans' Center Site Development	Building has been purchased and anticipated delivery is November 17th. IHS is assisting POI with the Septic System Design. The addition grant funds will be used to cover the septic system, site work, landscaping, and outdoor lighting.

Project Name	Summary
TRANSPORTATION DIVISION PLANNING PROJECTS	
Long Range Transportation Plan	Scope of work is being written for the Pueblo's Long Range Transportation Plan. Project will be awarded under our IDIQ Engineering Contracts in Summer of 2016.
Transit Feasibility Study	Final presentation is scheduled with Council for December 2015 to summarize the final report and proposed transit routes.
TRANSPORTATION DIVISION DESIGN PROJECTS	
Moonlight Drive	Project on hold until some NMDOT projects can be closed out - proposed to continue in 2016.
NM 45 / NM 314 / NM 317 Intersection	Proposed Alternative Alignment has been approved by Council. We are currently working on the Environmental Assessment which is scheduled for completion in June 2016. The design will start in February 2016 and is estimated to take 14 - 16 months depending on agency coordination, reviews, and approvals. We are actively seeking grants for the construction.
Quiet Zone Phase 2 (NM 147 / 314 Intersection Widening)	100% plans scheduled for completion in June 2017. ROW and NMDOT certifications have delayed construction from FY 2015 to 2017.
Tribal Road 2 (Phase 2)	Project on hold until some NMDOT projects can be closed out - proposed to continue in 2016. Project ROW appraisals and compensations will be a priority.
Tribal Road 90	Project on hold until some NMDOT projects can be closed out - proposed to continue in 2016.
Tribal Road 97 / NM 47 Intersection for PSD Facility	The new FHWA Tribal Transportation Priority list will be presented to Council and will include a request to approve this project as part of the PSD Facility / Yard Project.
TRANSPORTATION DIVISION CONSTRUCTION PROJECTS	
NM 47 Landscaping Project	Project complete - final inspection scheduled in November 2016.
NM 47 Safety Project (Lighting Improvements at NM 147)	Project design complete and construction will be bid in Winter of 2016.
Tribal Road 78	Project is advertised - Bids are due in December 2015.
TRANSPORTATION DIVISION MAINTENANCE PROJECTS	
Crack Seal / Crack Fill	Spring 2016 Various Roads throughout the community will get a crack seal/fill
Fog Seal	Spring 2016 Various Roads throughout the community will get a fog seal.
PMB Patches	Spring 2016 Various Roads throughout the community will get PMB Patches
Magnesium Chloride	Winter/Spring depending on moisture/weather patterns
UTILITIES DIVISION CONSTRUCTION PROJECTS	
Los Charcos Pump House	New Pump House and Well being completed in the Los Charcos area. Project scheduled for completion January of 2016.

PROBATE NEWS

First Notice – A petition to Probate the Estate of Juan P. Lucero, deceased April 09, 2012. Case No. CV-15-PRO-00150, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Thursday, February 25, 2016 at 9:00 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

First Notice – A petition to Probate the Estate of Juan B Montoya, deceased February 10, 1990. Case No. CV-15-PRO-00149, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Wednesday, March 30, 2016 at 1:30 p.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.



PURCHASED/REFERRED CARE

Please present your PRC referral when you check in for your appointment. Failure to do so may result in billing errors. If you receive a bill, bring it to PRC immediately.

For more information, Call PRC at 869-4488.



Governor Torres, 2nd Lt. Governor, Isleta Elementary Facility, and the Isleta Elementary Students at the Tribal Service Building (TSC) after singing Christmas Carols for the TSC employees.

LETTER FROM THE EDITOR

Deadline for February Newsletter articles is set for Thursday, January 21, 2016 at 4:30pm. Articles may be dropped off at the Library or emailed to poi02002@isletapueblo.com. Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it's time to panic, so call Nate at 505.869.9808.

People whom wish to submit an article or flyer are responsible for generating their own article or flyer. Should you need help, please call the Library at 505.869.9808 and set up a date and time to sit down with a Library staff member whom will help you throughout the process. The Library will NOT accept notes dropped off at the Library or information over the phone to generate your article.

Newsletters may be found at the sixteen distribution locations listed below. Remember, Digital copies of the Newsletter may be obtained from the Newsletter archive at <http://www.isletapueblo.com/newsletters.html>

The sixteen Newsletter distribution locations are:

- 1) The Administration Building (Governor's Office):
Receptionist Desk

- 2) Census Office: Receptionist Desk
- 3) Health Center: Receptionist Desk
- 4) Housing Department: Receptionist Desk
- 5) Department of Education: Receptionist Desk
- 6) New Recreation Center: Newsletter Stand
- 7) Old Recreation Center: Front Desk
- 8) Tribal Service Complex: Receptionist Desk
- 9) Tribal Service Complex: I.P.D. Dispatch Window
- 10) Tribal Service Complex: Tribal Courts Window
- 11) Elders Center: Receptionist Desk & Lunch Delivery
- 12) Head Start: Receptionist Desk
- 13) Library: Newsletter Stand
- 14) Ranchitos Park: Blue Box (see picture for example)
- 15) Old Head Start Complex: Blue Box (see picture for example)
- 16) Intersection of Tribal Road 82 & Tribal Road 84: Blue Box (see picture for example)



APS/CNMCC SCHOOL ELECTION

Albuquerque Public Schools/ Central New Mexico Community College

REGISTRATION CLOSES:

January 05, 2016 5pm

On any changes to voter card, need to be made before registration closes

ABSENTEE MAIL STARTS:

January 05, 2016 8:00am

ABSENTEE MAIL ENDS:

January 29, 2016 5:00pm

WALK IN ABSENTEE IN PERSON ONLY STARTS:

January 08, 2016 thru January 30, 2016

Monday through Friday (8:00am to 5:00pm)

1.) Bernalillo County Voting Machine Warehouse Bldg H

2400 Broadway, SE

EARLY VOTING CONVENIENCE CENTERS:

January 13, 2016 thru January 30, 2016

Tuesday through Friday (7:00am to 5:00pm)

Saturdays (8am-2pm)

1.) APS City Centre

6400 Uptown Boulevard NE

2.) CNM Main Campus

1401 Basehart Rd. SE

3.) CNM Montoya Campus

4700 Morris St., NE

4.) APS Lincoln Complex

915 Locust St. SE

5.) RFK Charter

4300 Blake Rd. SW 87121

ELECTION DAY:

February 02, 2016 (Tuesday)

7:00am to 7:00pm

(30 Voting Convenience Centers will be open)

BALLOT INFORMATION:

BOND questions ONLY

APS BOND QUESTION:

1- General Obligation Bond

1- Mill Levy Question

CNM BOND QUESTION:

1- General Obligation Bond

Any questions please call Bernalillo County, Bureau of Election office 505-468-1291, One Civic Plaza, 6th Floor, (4th Street and Marquette Ave). Website www.bernco.gov

Now HIRING for poll workers for Election Day please call 505-468-1291 (select option 4)

Any questions for eligible voters in Sandoval County call Bernalillo County.

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Please Post

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Now is a time where our family's faith is being tested by the Lord. It has not been easy to accept that our brother/uncle has been gone. He may not be physically here on earth but his soul remains watching among our family.

On behalf of the Lucero family, we would like to thank our family, the Tribal community, and the Tribal administration for our time of need during the loss of our brother/uncle. The loving sympathy you all have shown during this tremendously difficult time is and was greatly appreciated.

Notify Purchased/Referred Care (PRC) within 72 hours of receiving Hospital Emergency or Urgent Care services!

Parks & Recreation

Hello and Happy New Year to everyone in the Isleta Pueblo! I want to officially introduce myself, my name is Arnold Sena and I am the new Director of the Isleta Pueblo Parks & Recreation Department. I am a native New Mexican that was born and raised in Albuquerque, New Mexico and I have been married to my wonderful wife Julie for 26 years, I also have two sons and a wonderful daughter in law, son Kendel 18 years old, son Kendrick 25 years old and daughter in law Mary Rose 25 years old. I attended school in Albuquerque from kindergarten to 12th grade and graduated from Albuquerque High School in 1981. Upon graduating from high school I attended New Mexico Highlands University from 1981 through 1985 on Presidential and Athletic Scholarships. While in college I pursued a Degree in Business Administration/Management and played college basketball for the University for 4 years. I obtained my Bachelor of Business Administration/Management from New Mexico Highlands University in 2000. I currently have 30 plus years of experience in recreation, management and administration. All of my 30 plus years of professional work experience has been in City Government while I was working for the City of Albuquerque. I retired in May of 2015 from the City of Albuquerque after 33 years from my position as the Division Manager of the Community Recreation & Educational Initiatives Division. I thoroughly enjoyed my 33 years with the City and the opportunity it gave me to work directly with the general public. I would like to take this opportunity to let all of you know that it's a pleasure to be part of the Pueblo of Isleta, I consider myself fortunate to be part of such an amazing proud community and I am really looking forward to meeting and working with the residents of Isleta Pueblo. If any of you are ever at the New Recreation Center please take a minute to stop by and say Hi, I would love to meet you, so please feel free to stop in whenever you're in the area.

My official first day on the job was November 23rd, 2015 and in my short time here, I've had the opportunity to see the great amenities and programs that this department has to offer the residents of Isleta Pueblo. Some of those amenities and programs include a beautiful swimming pool, steam room, saunas, outstanding fitness/workout facilities and equipment at both the old rec and new rec centers, game rooms, meeting room, a wonderful gymnasium, community parks with playgrounds, baseball/softball/T-ball fields, after school programs for the youth, swimming activities for adults and youth, karate classes, arts & crafts for the youth and many other amenities and programs, but I believe that the biggest asset by far that this department has to offer the residents of Isleta Pueblo is the employees and their knowledge and professionalism. The individuals that work for this department are all extremely knowledgeable and willing to help out anyone who sets foot in our facilities and parks. Please come in and take advantage of the programs, parks and amenities that the department has to offer and feel free to offer any suggestions on programs that you would like to see offered in the future, any and all suggestions are welcomed.

AQUATICS

The Aquatics Division is busy taking care of the programs they currently operate on a daily basis even though they are short staffed, but here's an **EMPLOYMENT OPPORTUNITY** for anyone qualified and interested as long as you meet the requirements. We are actively looking for qualified **LIFE GUARDS** to hire to help with our staffing issues in the Aquatics Division. If any of you are interested in working as a **LIFE GUARD** please look on the website and apply. We are looking for a few good qualified individuals. Keep up the great work guys, hopefully help is on the way.

PARKS DIVISION

The Parks crew is busy as usual taking care of the parks and different facilities around the Pueblo. These guys do an outstanding job everyday are always there to help out when needed. These guys brave the cold on a daily basis and never complain. Great job guys, thank you for all your hard work, it is greatly appreciated.

NEW REC and OLD REC

The New Year brings New Year's Resolutions and our staff, facilities and amenities are here for your use to help you with all of your resolutions, so please stop in and utilize our staff and facilities to help with those New Year's Resolution. We have a great staff and fitness programs available at both facilities to give you that extra push you may need to get you going into the New Year. We want you to come in and use all the resources we have available to help you with your health needs. We also want to make sure that the youth that attend our programs have a great time while they are here. I know that the staff that works with the youth are doing their best to provide a safe, fun and educational environment for the youth participants. Thank you for the awesome job you do with our youth, these children look up to all of you and you guys do a great job. Thank you!

SPECIAL THANKS

I want to give a special thanks to the Nanas for being so helpful every day they are here, and for all the wonderful projects that they worked on for the REACHING FOR A STAR event on this past December 2015. They do an awesome job with their projects. Please take a look at the pictures to see some of the wonderful things they made and donated to the event. Great job, we really appreciate you and everything that you do for the community and the youth.



I'm looking forward to the New Year, my new beginning and all the wonderful things this New Year has yet to reveal to all of us. I hope to see many of you here using our staff and facilities.

Once again, **HAPPY NEW YEAR!**

Isleta Pueblo News
Editor:
Nathaniel Lujan
Asst. Editor:
Tara Abeita
Published By:
Valencia Express

PRC

Patients are responsible for notifying PRC of any follow up appointments, continued or referred care, or any additional procedures the specialist may recommend.

- Please provide as much notice as possible to allow us to enter the information, request the orders, and mail out to you prior to your appointment.

Questions? Please call 869-4488

Did you call for an Ambulance?
Please report the information to PRC within 72 hours.
869-4488

ANIMAL CONTROL

Pet owners, now that the weather is colder, please keep your pets warm and safe from the freezing weather. Animals that are kept outside should be provided with a shelter to get out of the elements. Old bales of hay are great for making a shelter for your pet in the winter. Straw or similar hay can be used as bedding in dog houses. Blankets are also good but once they become wet, they do not insulate very well. Animals also need more calories to keep warm. A small increase in food intake will help your outside pet stay warm. Animals kept indoors should not need extra food. Dehydration is also a concern during winter months. Water easily freezes in water bowls limiting water consumption. So always remove ice from water bowls and replace with fresh water.

The January 2016 Spay and Neuter clinic has been filled, if you still would like to have your pet Spayed and Neutered there will be more clinics scheduled for 2016. We are looking for volunteers to help with the Spay and Neuter clinics, if you would like to volunteer for a couple hours or for the day contact Isleta Animal Control at (505) 869-7564.

Isleta Animal Control would like to remind pet owners of the Pueblo of Isleta Animal Ordinance. Here are a few sections of the Pueblo of Isleta Animal Control Ordinance and some of the violations that are being seen and reported. Please remember these ordinances are in place to protect visitors, family, friends and pets. They read as follows:

Sec.3E: Proper Care and Maintenance- It is the responsibility of the owner to provide adequate shelter, fresh food, and water to their animals at all times and a clean living environment. Clean water must be available and accessible at all times. Owners are also responsible to provide adequate veterinary care for an injured or sick animal. Depending on the severity or condition of an animal, could lead to criminal charges being filed for Animal Neglect and or Cruelty under this ordinance.

Sec.3F: Running at Large- No animal is allowed to run at large, roam or create a nuisance on another person's property or public areas of the Pueblo. All animals must be within the control of their owner, confined or physically restrained in a manner that it cannot escape. First offense for an animal running at large will result in a \$25.00 fine. Second offense will result in a \$50.00 fine. Third offense will result in a \$100.00 fine. Four or more violations will result in being cited for "Nuisance Animals" as well as a petition will be filed in court to have the animal removed from its owner.

Sec.3G: Animals Must be on a Leash: All animals accompanying/following their owners off their property must remain on a leash at all times. The leash must be affixed to the animal by a properly fitted collar or body harness. It must in control of their owner at all times. The first violation will result in a warning. A fine of \$50.00 will be assessed for a second violation. A \$100.00 fine will be assessed for third violation. Subsequent violations will result in criminal charges under Section 8B of this Ordinance.

The Pueblo of Isleta Animal Control Ordinance can be viewed at www.isletapueblo.com/animal-control.html or if you would like a copy of the Pueblo of Isleta Animal Control Ordinance feel free to come by the Isleta Animal Control office at 06 Sagebrush St. or contact the office at (505) 869-7564.

Join the Pueblo of Isleta Workforce!



The Pueblo of Isleta offers a wide range of career opportunities with competitive salaries and excellent benefits. Search the current career opportunities and apply today!

(505) 869-7584 Office
(505) 869-7579 Fax
poiemployment@isletapueblo.com

Pueblo of Isleta
Human Resources
P.O. Box 1270
Isleta, NM 87022

Career Opportunities

Location	Position Posting	Closing Date
Comanche Ranch	Ranch Hand (Seasonal)	Continuously Accepting Applications
Elder Center	Home Chores/Retro Fit Worker (Part-Time)	Open Until Filled
Elder Center	Personal Care Service Aide	Continuously Accepting Applications
Elder Center	Veteran Support Service Program Member	Open Until Filled
Headstart	Child Care Provider	Open Until Filled
Headstart	Data Clerk	Open Until Filled
Headstart	Disabilities Coordinator	Open Until Filled
Headstart	Early Head Start Teacher I	Open Until Filled
Headstart	Health Coordinator	Open Until Filled
Headstart	Nutritionist Coordinator	Open Until Filled
Health Center	Dental Assistant	Open Until Filled
Health Center	EMT Paramedic (3-Positions)	Open Until Filled
Health Center	EMT Intermediate (4 Positions)	Open Until Filled
Health Center	Physical Therapist	Open Until Filled
Health Center	Physician	Open Until Filled
Health Center	Registered Nurse	Open Until Filled
Housing Authority	Carpenter (Two Positions)	Open Until Filled
Housing Authority	HVAC Technician	Open Until Filled
Housing Authority	Laborer (2 Positions)	Open Until Filled
Housing Authority	Plumber	Open Until Filled
Isleta Business Corporation	IBC Board Member	Open Until Filled
Isleta Business Corporation	Line Cook	Open Until Filled
Isleta Business Corporation	Sales Associate	Open Until Filled
Police Department	Police Captain	12/22/2015
Police Department	Police Officer	Continuously Accepting Applications
POI Elementary School	Elementary Teacher	Continuously Accepting Applications
POI Elementary School	School Nurse (Part-Time)	Open Until Filled
POI Elementary School	Teacher — Computer	Open Until Filled
Public Services	Animal Control Officer	Open Until Filled
Public Services	Pipe Layer/Laborer (2 YR Appointment)	Open Until Filled
Public Services	Septic Truck Driver	Open Until Filled
Public Services	Wildland Law Enforcement Officer	Open Until Filled
Recreation Center	Lifeguard (Regular Part-Time)	Continuously Accepting Applications
Recreation Center	Massage Therapist - RE-ADVERTISED	Open Until Filled
Treasury	Grants Coordinator	Open Until Filled
Tribal Court	Associate Judge	Open Until Filled

Pueblo of Isleta Application Process



Interested persons who meet the minimum qualifications must submit a completed signed Pueblo of Isleta Employment Application. A resume may be submitted with the application but not in lieu of.

Contact A POI Recruiter Today!

Pattie Jojola (505) 869-7587 poi70106@isletapueblo.com
Myra Garro (505) 869-9792 poi07001@isletapueblo.com

Up to the minute Position Postings and Employment Applications may be obtained from the Career Opportunity Webpage at: <http://www.isletapueblo.com/careers.html>

HEALTH BEAT

Stephanie Barela
Health Educator
Isleta Health Center
505-869-4479



Do you have a Chronic Disease?
Would you like to learn how to
manage it?

Chronic diseases
A chronic disease is a dis-
human health condition th-
or long-lasting in nature.
chronic is usually applied
course of the disease la-
three months. Comm-
de asthma, co

Call Stephanie at 869-4479 to sign up for the
New MyCD (Manage My Chronic Disease)
6 Session Program.

Pueblo of Isleta Public Library

Adult Coloring Contest

Starts Monday January 4th, 2016!

Join our coloring contest and find out for yourself why

Adults 18 and older can pick up a coloring sheet from our collection of adult coloring books at the front desk.

Coloring

FOR

Meditation, Relaxation, Focus

PRIZES

1st place

\$15.00 Gift Certificate to Starbucks

2nd place

\$10.00 Gift Certificate to Starbucks

3rd place

\$5.00 Gift Certificate to Starbucks

Use crayons, colored pencils, pens, markers or a combination of the mediums and your imagination to color and bring to life your coloring page.

Contest Submission Deadline
Thursday, February 4th, 2016

Entries will be displayed at the Pueblo of Isleta Library! Judges will choose the top three entries.

For more information please contact Diane Abeita at 505-869-9809 or poi02006@isletapueblo.com



Manga Book Club


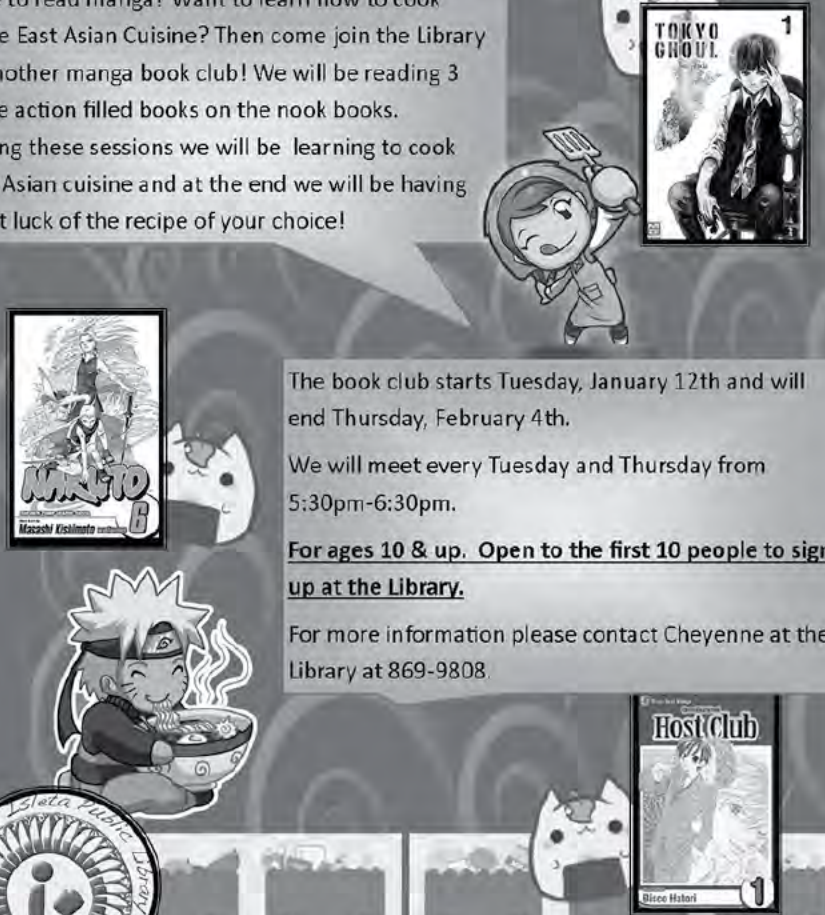
Love to read manga? Want to learn how to cook some East Asian Cuisine? Then come join the Library in another manga book club! We will be reading 3 more action filled books on the nook books. During these sessions we will be learning to cook East Asian cuisine and at the end we will be having a pot luck of the recipe of your choice!

The book club starts Tuesday, January 12th and will end Thursday, February 4th.

We will meet every Tuesday and Thursday from 5:30pm-6:30pm.

For ages 10 & up. Open to the first 10 people to sign up at the Library.

For more information please contact Cheyenne at the Library at 869-9808.



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- Award-winning Norton® AntiVirus included at no extra cost
- Get answers when you need them with 24/7 tech support



*Service and offer are not available everywhere. Rate is available to new CenturyLink® High-Speed Internet ("HSI") customers who sign up by 1/31/2016. A one-time activation for HSI and professional installation fee for HSI (if selected) applies; self-installation is available at no charge. After 36 months, standard monthly rate will apply. Rate excludes taxes, fees and surcharges which are based on standard, not promotional, rate. CenturyLink-provided modem may be required for High-Speed Internet; lease (\$8.99/mo. fee) or a one-time purchase (\$99.99) option available (S&H applies). If customer cancels one of the required bundled services during promotion, all promotional rates are void. Customer must remain in good standing and offer terminates if customer changes their account in any manner. Credit approval and deposit may be required. Additional restrictions may apply. CenturyLink may change, cancel, or substitute offers and services, or vary them by service area, at its sole discretion without notice. All products and services listed are governed by tariffs, terms of service, or terms and conditions posted at centurylink.com. See centurylink.com/help for taxes, fees and surcharges. HSI — Customers must accept HSI Subscriber Agreement prior to using service. Listed Internet speeds vary due to conditions outside of network control, including customer location and equipment, and are not guaranteed. Direct connection and speed claims are based on CenturyLink providing HSI customers with a dedicated, virtual circuit connection between their homes and the CenturyLink central office. Norton® AntiVirus Online — With these services, customer receives the right to use the products on the specified number of PCs during customer's subscription term with CenturyLink, which begins upon initial installation and activation of the product. These services include protection updates and/or new product features as available throughout the subscription term, subject to acceptance of either the Norton License Agreement or Terms of Service, whichever is applicable, included with these products and available for review at www.symantec.com. Features may be added, modified, or removed during the service period. Customers subscribing to CenturyLink® Internet basic service (without features) or other ISPs are not eligible for Norton® AntiVirus Online. © 2014 Symantec Corporation. All Rights Reserved. Symantec, the Symantec Logo, the Checkmark Logo, Norton, and Norton 360 are trademarks or registered trademarks of Symantec Corporation or its affiliates in the U.S. and other countries. © 2015 CenturyLink. All Rights Reserved. The name CenturyLink and the pathways logo are trademarks of CenturyLink. All other marks are the property of their respective owners. T315QWFLY5598

START TODAY

NEW ISLETA RECREATION CENTER

STRONGER with A COACH

Find your Fitness Journey

Get personal one on one coaching or attend a group training session

Need help getting a head start on your goals? Come to a Training Session in the gym at the new recreation center Monday thru Friday at 5am or 12pm. Session are an hour long. For more one on one help contact Derrick Jiron to schedule an appointment or any further questions 505.869.9777

1

KETTLE BELL

Improve cardiovascular health, increase strength and muscle mass

2

MOBILITY

Restoring lost ranges of motion and returning your muscles to their natural length

3

STRETCHING

Preventive maintenance, improve flexibility, calm your mind, and relieve stress



Kettle Bell



Cardio



Stretching

if you are receiving bills for medocal services, bring them to PRC.

RED FLAG.....if you are receiving the bill, then PRC is not being billed!

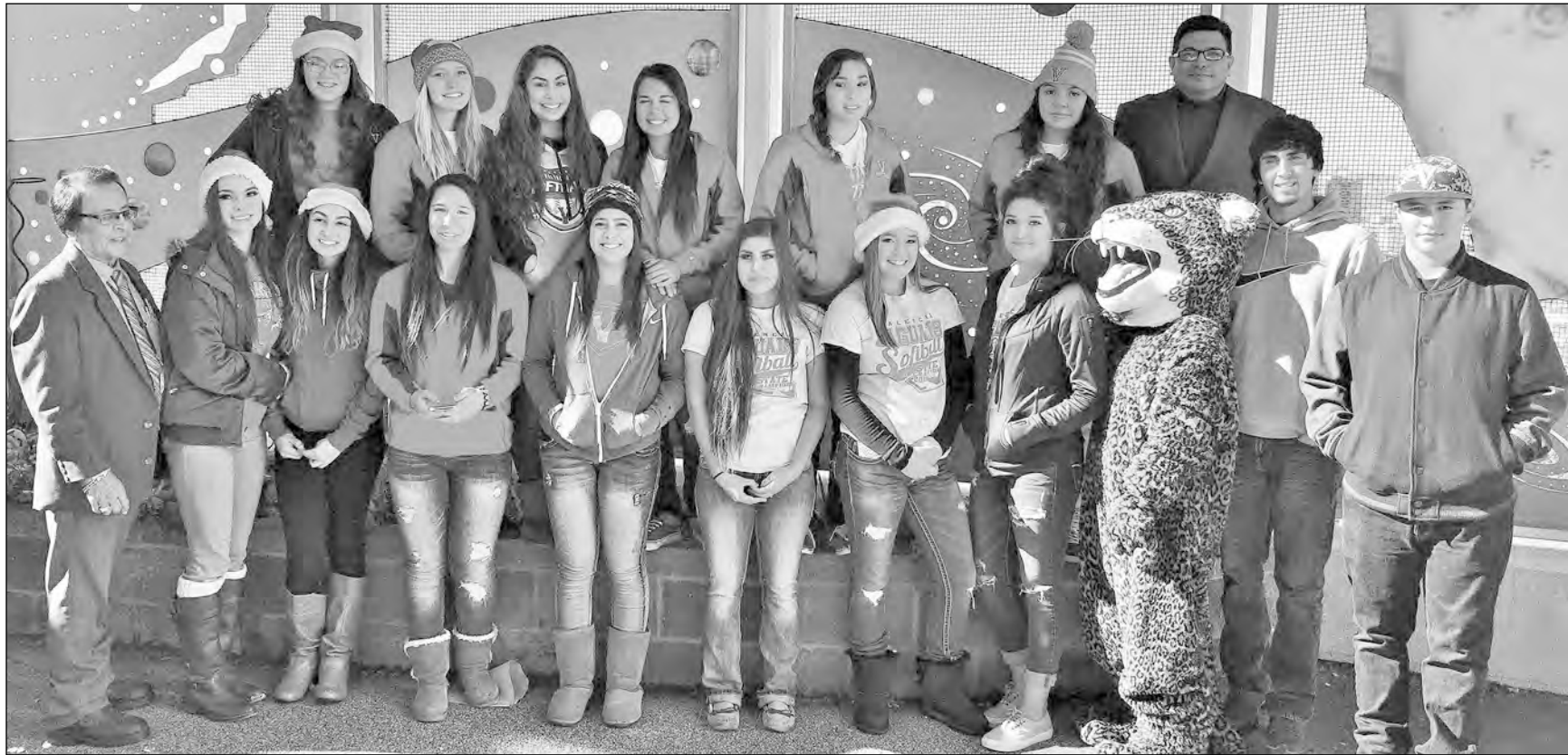
Call 869-4488 for more information.

St. Augustine



The St. Augustine Religious Education Program held its Annual Christmas Program, "Nativity of the Lord," on the afternoon of December 20, 2015, with all children in the religious program participating.

Valencia High School



Valencia High School's students show their compassionate nature by participating in the community and giving their time to others on Sunday, December 13, 2015, with some dedicated and caring State Champion Softball and Baseball Players in the Backpacks for Patients event at Presbyterian Hospital.

Mr. Mike Tapia, Department Chair & Junior Class Counselor at Valencia High School, personally donated and funded this event with the assistance of a \$200 donation from Wal-Mart as well as a \$200 donation from the Pueblo of Isleta.

The backpacks were filled with books, slippers, toys, clothes appropriate for hospital wear, school supplies such as pencils, paper, markers and other essential items. The Girls State Championship team filled backpacks and split into two groups. They then went room to room visiting and handing the backpacks to the pediatric patients. One of the caring softball players is from the Isleta Pueblo, Stephanie Reid, daughter of Mr. and Mrs. Ronald Reid.

Mike Tapia, counselor, founded this wonderful event last year with the support and assistance of other VHS teachers and staff. In attendance at the event were Ben Analla, Title Seven Indian Education, Frank Beyerl, Coach, Jeff Young, Head Softball Coach, Danielle Taylor, Registrar, Jerry Taylor, Coach and Jennifer Trujillo, Financial Specialist. Valerie S. Otero, Director of Federal Programs, Administration Darian Jaramillo Staff Principal, Manessa Padilla and Albert Aragon Assistant Principals who were all also very supportive in the Backpacks for Patients event.

Congratulations to the Valencia High School Girls Softball Team for winning the 2015 State Championship and thank you to all who took part in the Backpacks for Patients Event. Your efforts and success deserve to be commended.



PUEBLO OF ISLETA PUBLIC LIBRARY

Well, it's a New Year and possibly a "new you" but in the meantime let the W9 scavenger hunt begin. However, should you be creating the "new you", keep in mind the Library has a vast amount of FREE resources ranging from music, fitness DVDs, self-help books (cooking, relationships, peace and mind, etc...)

LIBRARY NEWS

The Library will be closed on the following days. Be sure to jot this down on your calendar(s) or come into the Library and pick up one of our calendar of events. Sorry for the inconvenience this may cause.

Closed: January 1st, New Year's Day.

Closed from 8:00am-12:00pm: January 6th for our monthly staff meeting.

Closed: January 18th for Martin Luther King Jr. Day

The newsletter deadline for the February newsletter will be on Thursday, January 21 at 4:30pm. If you have any questions or concerns please call the Library at 505-869-9808 or email at poi02002@isletapueblo.com and we will be happy to answer your questions.

This has been a busy but exciting year for the Library. We have some exciting news to share with you all. Your Library, the Pueblo of Isleta Public Library was recognized as a 5-Star Library in America. We received this award this year along with three other Libraries in New Mexico: Estancia Public Library (Estancia, NM), Fred Macaron Library (Springer, New Mexico); Tularosa Public Library (Tularosa, New Mexico). We would like to thank you for your continued support of the Library and our programs.

UPCOMING PROGRAMS

Library Aide, Diane Abeita, has created a "16 and over coloring contest" here at the Library as we have noticed that more and more adults are printing coloring pages. Upon researching this new craze, we have discovered that many adults are doing this for both therapeutic and hobby reasons. Therefore, we have purchased a few adult coloring books which are more detailed than those for children so you flip through to select which pages you would like a Xerox copy of. The coloring contest will start on Monday, January 4 and will end on Thursday, February 4. 1st place will be \$15 Starbucks Gift card, 2nd place Starbucks Gift card, and 3rd place a \$5 Starbucks Gift card. Coloring pages must be selected from our newly purchased coloring books mentioned earlier in the paragraph. All entries must be submitted by February 4 and will be displayed for the General Public to vote on. For more information please call Diane here at the Library 505.869.9808.

Since our first Manga Book Club was successful, we have decided to continue on with another 3 week reading club. Instead of just reading the books, Cheyenne has selected three East Asian Cuisines to create on during the second meeting of the week. This Manga Book Club will start on Tuesday, January 12 and will conclude on Thursday, February 4. Group discussions will be on Tuesday and Thursday of each week from 5:30 – 6:30pm. This program is open to the first 10 participants ages 10 years and up. Please call Cheyenne at the Library (505.869.9808) to sign up.

With the success of our food programs we have created a twelve month food program geared towards adults every month. Since

the New Year is among us and this is the time of year people start making New Year's Resolutions of eating healthy or losing weight, therefore we want to help out a little. Our first food program will be on the topic of healthy smoothies and infused water. This will take place on Wednesday January 27th from 5:00pm-6:30pm. Library Staff members Tara and Valeri will lead this program and provide information and books on staying healthy and reviewing the health benefits of fruits and vegetables. Come and taste test smoothies and infused waters that will hopefully help in your goals and resolutions of weight loss or making a healthy lifestyle change. Unfortunately we are not health professionals but we have the resources here to find information that will be useful for you, which is our main goal. This program is open to the first 10 adults 18 and over. Sign-ups will start on January 4th. For more information please call the Library and speak with Tara or Valeri 505.869.9808.

RECAP OF PROGRAMS

Library staff member Valeri hosted our DIY Adult program held on December 3rd with 10 adults whom brought additional family members making it a family event. Valeri showed participants how to make a candy serving tray made out of peppermint candies and pecan turtle clusters made of Rolos, pecans and pretzels. Thank you to those who participated and joined us and took home a special treat to share with your families.

Library staff member Cheyenne hosted our DIY Children's program held on December 3rd with 7 participants including families and parents. Cheyenne read the book, "The Great Reindeer Rebellion" by Lisa Trutkoff Trumbauen. Then participants made candy sleighs out of candy canes, kit kats, and



Participants of the Adult DIY Candy Tray.



Some participants with their "friends" at the Stuffed Animal Sleepover prior to the reading of Elf on a Shelf story.

Hershey bars and glued them all together for a sleigh to take home. Everyone had a great time!



Participants of the Youth DIY Candy Sleigh.

Our first Stuffed Animal Sleep Over was held on December 4th and 5th open to all ages and types of stuffed animals. We had a total of 15 participants with 15 different stuffed animals who stayed at the Library overnight. When participants arrived they cut out a piece of fabric for a blanket for their stuffed animals. After they made their blankets they made a name tag which provided information the owner's name, the stuffed animal's name and their bedtime. Tara read the book called, "Elf on the Shelf" by Carol V. Aebersold. Participants received a book called Ira Sleeps Over and received a copy of the Stuffed Animal Sleepover adventure video which occurred overnight at the Library. What did the stuffed animals do while everyone was away? We have our video posted on the Library's Facebook page: www.facebook.com/IsletaPuebloLibrary/ or you can find it on our YouTube Channel: <https://www.youtube.com/user/poiLibrary>.

We hosted our annual Santa Pictures on December 8th. This year our theme was "A Charlie Brown Christmas" with our background consisting of Snoopy, his house and Charlie Brown. We still have a few family photos here at the Library so be sure to stop by and pick them up. Attached are a few pictures from the event. Enjoy.

Cheyenne hosted a two night water coloring program for adults on December 9th & 10th. During the first night, participants were taught water coloring techniques, the differences between brushes, created a color wheel. Many of the participants were surprised when the water color came in a tube and not the dried up paints which we used in elementary school. The main complaint was that there was not enough time for them to finish their second and third paintings. Overall, they all had fun and had a positive experience.



Family Photo with Santa at the Library



Sibling Santa photo taken at the Library.



A participant of the Adult Water Coloring Program.

Before schools started their Winter Breaks, we at the Library had a Holiday fun day for the students enrolled in our Homework Help Program on Wednesday, December 16. The Library staff prepared a spaghetti dinner and salad for them. We had enough food to feed the parents of the students as well. Each student was also given a well thoughtful gift bag full of toys. Hopefully,



Some of the Homework Help students painting Christmas Ornaments which were donated by POI Tribal Member Martha Lucero.



Brother & sister enjoying their spaghetti meal at the Library's Homework Help Christmas event.

they enjoyed the day of fun at the Library. On Friday, December 18 the Library participated in the Isleta Police Department's, "Reaching for the Stars" event held at the Isleta Recreation Center. Selected youth and parents from the community were selected for Christmas gifts and a nice warm holiday meal. The youth took pictures with Santa which were printed by Pueblo's Management Information System (MIS) Department. The Library had a two table station where the youth and families could create a foam picture frame for the Santa photos. It was heartwarming to witness the parents helping their children with their picture frames. We had fun at the event and hope to be invited for next year's event.

The month of December marked the last of our six month Lego Club Program here at our Library. At first the program was a success with more children and parents then we projected that would attend. However, our number dropped as it reached its six month test run. With that said, we will move on from Lego Club and start thinking about something else to fill that void. Participants of our last Lego Club enjoyed a free hour of free play with the Legos, then took a 15 minute restroom break before giving the challenge of creating their own car. Once each participant completed their cars, they got to share their creation with the others, similar to a show and tell. Perhaps, one day we will revisit the Lego Club should you the general public request us to do so. Like last year, the Library hosted a Countdown to Noon event for families to enjoy. This was geared toward the youth whom are unable to make it to the midnight on New Year's Eve and for parents whom have to work on New Year's Eve that are unable to enjoy the festivities with their children. The event consisted of dancing (Na-Na & Drake's Hotline) and various other games. At noon we ended with a balloon drop which the children loved so much that they took the balloons home along with their 2016 party favors. Look for our highlight video clip of the event on our Facebook and YouTube pages.

Last year, Tribal Member, Martha Lucero donated approximately 50 unpainted ceramic Christmas ornaments to the Library's Homework Help Program students. Therefore, our students got to select their ornament of choice and painted it while waiting for the parents to come for them. Thank you, Martha Lucero for providing our students with a Christmas memory by painting their own Christmas tree ornament.

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

Mon-Thurs - 8:00 a.m. - 6:30 p.m.
Friday- 8:00 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.
Mailing and Physical Address:
950 Moonlight Drive
Albuquerque, NM 87105
Phone: (505)-869-9808
Fax: 505-869-8119
Email: poi02002@isletapueblo.com
Facebook Page:
www.facebook.com/IsletaPuebloLibrary
Web Address:
www.isletapueblo.com/library2.html
YouTube:www.youtube.com/user/poilibrary

Just J.O.M.

YOUR ONE STOP FOR ALL JOHNSON-O'MALLEY NEWS AND EVENTS

Headlines in JOM Happy New Year!!

We hope that you had a wonderful break and ready to start the New Year!

School Fee Reimbursements

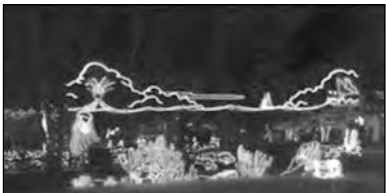
Friendly reminder that the JOM program will be providing reimbursements for the 2016 spring semester for any lab fees, PE uniforms, band instruments and pre-AP classes. There is a 60 day time frame from the 1st day of the beginning of the 2nd semester of school to turn in receipts for reimbursement.

Tutoring

We are half way through the school year, if your student is in need of extra support in school JOM will be reopening tutoring in January. For more information please contact our Academic Coach, Lisa Smith (505) 869-9810

River of Lights

Our Kindergarten - 6th grade JOM students were able to get into the holiday spirit by attending our River of Lights field trip. The students took in over 500 twinkling light displays while drinking hot chocolate and listening to Christmas Carolers singing in the background.



Tamale Making

Our JOM families were able to participate in the holiday tradition of making tamales this month. Students and parents followed the recipe carefully and left with delicious tamales for a holiday meal.



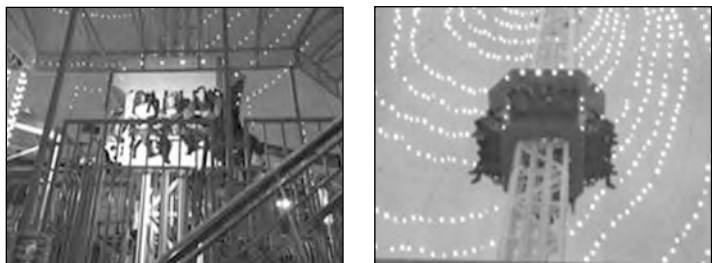
Literacy Night

'Twas the weeks before Christmas, when all through the classroom JOM students gathered to select five books of their choice to read over the holiday break. Students also received presents and stockings from Santa.



Cliff's Magical Christmas

Our 7th -12th grade JOM students were able to ride the stunning Christmas tree at Cliff's Magical Christmas field trip. Students stayed warm by drinking hot chocolate taking in the sparkling lights.



Johnson O'Malley Program 505-869 9810

You are cordially invited to attend the...

2016 College & Career Fair

Network, job search, explore and learn more about the educational and professional options available to you! Representatives from colleges will be available to answer questions.



Saturday
January 16, 2016
9AM - 12PM

Open to the public, door prizes!

Isleta Eagle Golf Course

Hosted by the Pueblo of Isleta Department of Education and the Los Lunas Public School District. For more information, please contact Kathleen Jojola or Beverly Piro at (505) 869-9790.

Kathleen Jojola: POI08004@IsletaPueblo.com
Beverly Piro: POI08101@IsletaPueblo.com



Pueblo of Isleta WIC Program
505.869-2662

January is National Birth Defects Prevention Month

Did you know:

- Birth defects affect 1 in 33 babies every year and cause 1 in 5 infant deaths
- Often there is no family history
- Not all birth defects are detected right away, they are often diagnosed after babies leave the hospital
- Birth defects affect families and our communities in many different ways. In addition to added stress and worry, the financial cost to families (hospital bills, lost work time, etc.) can be devastating. In the U.S. costs associated with birth defects are over \$2.5 billion a year
- Folic acid can prevent many birth defects and should be part of a healthy diet. Foods naturally high in folic acid include: dark leafy greens, asparagus, broccoli, citrus fruits, beans/peas/lentils, seeds and nuts. Other foods like commercially prepared breads and breakfast cereals have folic acid added to them. Check the label to see how much folic acid is in each serving.
- Since over half of pregnancies are unplanned it's important for women to get enough folic acid starting in their teen years. Talk to your health care provider about your folic acid intake and taking a supplement.

While not every birth defect can be prevented women can increase their chances of having a healthy pregnancy by

- Taking a vitamin with 400 micrograms (mcg) of folic acid every day
- Avoiding alcohol, tobacco and street drugs
- Washing hands often with soap and water to prevent infections
- See a health care provider regularly
- Talk to your health care provider about any medical problems or medications that you take (both prescription and over the counter)
- Ask about potentially harmful substances at work or at home that you should avoid
- Eat a healthy diet
- Avoid unpasteurized (raw) milk, cheeses and heat up deli meats to lessen your risk of food borne illness
- Avoid eating raw or undercooked meat

We can help!

The Pueblo of Isleta WIC office is here to help you have a healthy pregnancy. We can discuss your eating habits, any concerns about your diet or pregnancy, and give you a package of food that is high in the nutrients that pregnant women need most. Call us at 505 869-2662 for more information.



RELAX, PURIFY & STRETCH

Isleta Recreation Pool

Enjoy up to an hour of stretching, relaxing, and purifying with the use of the jacuzzi, sauna, and pool. It will help destroy toxic properties, improves skin & sleep, increase circulation, burn calories, rid of fat, poisons, aches and pains. Let the tension fade, muscles unwind, relax, and rejuvenate. Schedule an appointment and check for availability. Open to all tribal members, come in, take advantage and use your facility.

CALL DERRICK OR VANESSA MORE INFORMATION
869.9777



ISLETA HEALTH CENTER
“Did you know?”

Did you know about the 24-hour Nurse Advice Line?

- Have you ever wondered what to do when the Health Center is closed and you aren’t feeling well?
- Have you ever wondered if you were in an emergency situation and should call 911?
- Have you been unsure if you needed to visit the walk-in clinic or make an appointment?

If you need answers to health related concerns and aren’t sure if you need to visit the walk-in clinic or call 911, use the toll-free **NURSE ADVICE LINE***. When you speak with a Registered Nurse, please follow the nurse recommendations for home care or the need for health facility care.

NURSE ADVICE LINE
1-877-752-2552

This line is available 24 Hours A Day, 7 Days A Week, 365 Days A Year and is available for FREE to ALL Isleta Health Center patients!

* CALL 911 FOR LIFE THREATENING EMERGENCIES

This includes, but is not limited to: chest pains, severe injury and/or bleeding, and severe breathing problems.

NOTE: You must notify Purchased/Referred Care staff (formerly CHS) within 72 hours if you are seen at any facility other than the Isleta Health Center.



Thinking About Quitting



NOT READY TO COMMIT TO A FULL Quit Smoking PROGRAM? Take this *1 time, 1 on 1, 90 minute session* to increase your motivation to quit!

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

WIC NOTES

Encourage daily physical activity

Adults and kids need daily physical activity. Set a good example. If your children see that you are physically active and having fun they are more likely to be active and stay active throughout their lives.

Be sensitive to your child’s needs. If your child feels uncomfortable participating in activities like sports, help him or her find physical activities that are fun and not embarrassing.

Discourage inactive pastimes

Set limits on the amount of time your family spends watching TV and videos and playing video games.

Encourage your child to get up and move during commercials- have the whole family dancing during commercials 😊

Allow only healthy snacking while watching TV and playing video games.

The WIC staff is here to help you with creative ideas for better eating and incorporating more physical activity into your family’s life. Please stop by for a visit.

WIC Nutrition



>PRC will assist with payment for medical services only.

> PRC does not cover Durable Medical Equipment like Orthopedic braces, crutches, wheelchairs, hospital beds.

>PRC does not cover Labs at other facilities.

> PRC does not cover pharmacy, rehab services or long term care facilities.

Call PRC for more information.
869-4488



PLEASE READ YOUR APPOINTMENT LETTER ATTACHED TO YOUR REFERRAL CAREFULLY. IT HAS A LOT OF GOOD INFORMATION TO GET YOU TO YOUR APPOINTMENT ON TIME.

QUESTIONS? CALL 869-4488.

Purchased/Referred Care provides a referral for 1 visit at a time.

Questions? Call PRC at 869-4488

ISLETA HEALTH CENTER

January

Questions? Call 869-3200

2016

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
The entire staff at the Isleta Health Center wishes each and every one of you a happy, healthy, and prosperous New Year!					1 Happy New Year! Health Center CLOSED	2
3	4 Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. Express Endurance Fitness Premeasurements: 8a-7p @ DPP Wellness Center.	5 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Express Endurance Fitness Premeasurements: 8a-7p @ DPP Wellness Center.	6 Parent Group: 9-11a @ BHS. Anger Mgmt. Skills: 1-2p @ BHS. Express Endurance Fitness Premeasurements: 8a-7p @ DPP Wellness Center.	7 Grief Group: 1-2p @ BHS. Express Endurance Fitness Premeasurements: 8a-7p @ DPP Wellness Center.	8 Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS. Express Endurance Fitness Premeasurements: 8a-5:30p @ DPP Wellness Center.	9
10	11 Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	12 Women's Support Group: 10-11a @ BHS. POI Cancer Support Group: 10:30-12P, at Health Center Acu-Detox: 1-2p @ BHS. Express Endurance 1st Session (10 Week Program): 5:30a-7:30p @ DPP Wellness Center.	13 Parent Group: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Diabetes Activity Night: 5:00p @ DPP Wellness Center.	14 Grief Group: 1-2p @ BHS. Express Endurance 1st Session (10 Week Program): 5:30a-7:30p @ DPP Wellness Center.	15 Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	16
17	18 Martin Luther King, Jr. Day Health Center CLOSED	19 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Express Endurance 1st Session (10 Week Program): 5:30a-7:30p @ DPP Wellness Center.	20 Parent Group: 9-11a @ BHS. Diabetes Alliance Group: 10-11a @ Diabetes Prevention Administration. Anger Management Skills: 1-2p @ BHS. Healthy Cooking Class (DPP): 5:30a-7:30p. Call 869-4595 for location.	21 Grief Group: 1-2p @ BHS. Express Endurance 1st Session (10 Week Program): 5:30a-7:30p @ DPP Wellness Center.	22 Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	23
24 31	25 Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	26 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Express Endurance 1st Session (10 Week Program): 5:30a-7:30p @ DPP Wellness Center.	27 Parent Group: 9-11a @ BHS. Diabetes Alliance/Rez Café: 10a-11:30a. Call 869-4595 for more information Anger Management Skills: 1-2p @ BHS.	27 Grief Group: 1-2p @ BHS. Express Endurance 1st Session (10 Week Program): 5:30a-7:30p @ DPP Wellness Center.	29 Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	30



Freedom From Smoking

NEED HELP STOPPING SMOKING?

SIGN UP FOR THE ISLETA HEALTH CENTER'S Freedom From Smoking PROGRAM NOW!


SIGN UP FOR THE NEXT GROUP!
97% OF THE PARTICIPANTS THAT ATTENDED EVERY SCHEDULED SESSION QUIT SMOKING!!



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



Pueblo of Isleta Community Cancer Support Group

Support the health of your family.
Educate yourself on cancer.
REDUCE YOUR RISK!



Tuesday,
January 12th
@ 10:30 a.m.
Isleta Health Center Kitchen

For information or to sign up for a dish,
Call Stephanie Barela @ 869-4479.