



Isleta Pueblo News

Volume 7 Issue 1

January 2012

From the Desk of Governor Frank Lujan

HAPPY NEW YEAR to each and every one of you. I hope each of you had a wonderful Christmas as well. 2011 is gone and we are now entering 2012. On behalf of my Lt. Governors and I, we want to thank the people of Isleta for your support, and for your continued well wishes. Thank you for your understanding, your patience, and your support to help us help you to continue our journey together. We extend our condolences to all who have lost a loved one, all those who are dear to us and we will continue to pray for you.

In reflecting back to 2011, we began the year with a bold agenda. First to amend our Tribal Constitution, continue to protect our sovereignty, our natural resources, enhancing our educational programs, health, police protection, and housing. Working with the tribal council, we have moved forward in a positive direction. But, we do realize that more work has to be done.

In December, 2010, my Lt. Governors and I took our oaths of office on New Year's Eve. The new Tribal Council took their oaths of office on January 1, 2011. Each member promised to uphold the Constitution, devote time and energy to the affairs of the Pueblo and be ethical in the conduct of their respective positions.

As we all know, Susana Martinez was elected Governor for the State of New

Mexico and made history as she is the first Hispanic woman to be elected governor in this country.

An Ethics Board was established to hear allegations of unethical conduct by employees and tribal officials.

A Labor Relations Board was established to hear grievances submitted by current and former employees of the POI and Hard Rock Hotel and Casino.

In April, Sunset Hills Phase III began moving in tenants. Total number of units to be built is twenty-two. Currently, 12 families have moved in and the rest of the units should be fully occupied by March 2012. In addition, Lizard Flats subdivision is expected to begin construction of ten more units in 2012. Mr. Denny James was hired as the new Housing Director in March.

A huge celebration occurred with the 1st Anniversary of the Hard Rock Hotel and Casino on June 11.

In July, I gave the first State of the Pueblo Address at the Hard Rock Hotel.

The biggest celebration of the year occurred in August with the blessing of our newly reconstructed St. Augustine Church, followed by St. Augustine and then St. Augustinito feast days.

September. The Housing Authority received the USDHUD-2011 Greener Homes Award.

October. Opening of the new Educational Complex / Library. An official dedication will be planned in conjunction with 25th anniversary of the Library which will be on May 4, 2012.

November. The Residential Ordinance went into effect.

In 2011, a Constitutional Task Force was created to review and amend the Pueblo of Isleta Constitution. To assure that our tribal government is sound, has greater accountability, equally sharing of powers, and just as important, that the responsibilities by each branch of tribal government are taken seriously, the Constitutional Task Force has worked many long hours throughout the year to thoroughly review our Constitution, and make amendments that will benefit the Pueblo of Isleta. We had hoped that the amendments would be ready to put to a vote late this year but because this is so important for our Pueblo we should not rush the Task Force.

My Lt. Governors, and I will continue to do our best to serve the people of Isleta, and we will continue to support our programs and employees to do the best job possible for the people of Isleta. Again, we ask for your support and patience as we continue our journey together.

NOTICE TO APPLICANTS ON WAITING LISTS FOR THE PUEBLO OF ISLETA HOME LOAN PROGRAM

Applicants' Mandatory Annual Statement of Continued Interest

If you have submitted an application to be considered for participation in the Pueblo of Isleta Home Loan Program, and **if you still desire to obtain a home loan through this program and to retain your position on the waiting lists of applicants**, you must respond to the Isleta Pueblo Housing Authority (a) to indicate that you still desire to be considered for participation in the Pueblo of Isleta Home Loan Program, and (b) to provide any update in information you previously gave this office. **You must respond as soon as possible and not later than ten (10) days** of the date a separate letter that is being mailed to you at the last mailing address that you provided to us.

Isleta Pueblo Housing Authority
P.O. Box 760, Isleta Pueblo, NM 87022
phone (505) 869-4153
fax (505) 869-0654

Pueblo of Isleta Veterans' Association

During the month of December, 2011, on the third Wednesday of the month, which is the meeting night for the Veterans' Association...it was snowing, and therefore the command was given by Commander Joe L. Jaramillo to reschedule the monthly meeting to a later date...then there was Christmas week, and then the week before New Years Day. Commander Jaramillo, assuming that meeting in the midst of all these holidays, and including the tribal dances, was not a good idea, has scheduled the December meeting to Wednesday, 4 January 2012 at 6:30 PM.

The Veterans' Association would like to thank the Hard Rock Casino and Hotel for hosting the Veterans' dinner on Veterans' Day, November 11, 2011. The proceeds from the dinner were donated to the Veterans' Association. It seems that the entire staff from the Casino & Hotel was involved, and we want to thank the entire staff.

The purpose of the Veterans Association is "to help our fellow veterans and their families". If there are any questions about services for benefits, come to one of our meetings. Any veteran with an honorable military discharge, after paying a nominal annual fee of \$25 may become a member of the Veterans' Association. All monetary proceeds are kept within the Association to be used to help veterans and their families.

ANNOUNCEMENT—CALLING ALL ISLETA VETERANS

What: Meeting of Isleta Veterans and Veteran Service Providers

Where: Isleta Behavioral Health Services (Isleta Health Center, far west/back entrance)

When: Thursday, January 12 at 1pm

Why: To network, share resources, and better coordinate our efforts to support and serve our Veterans. There are some interesting programs "out there" that people may not be aware of, and thus are not taking advantage of.

PLEASE JOIN US!!

Congratulations to

Evangeline "Angel" Gallegos Gingerbread House Contest Winner!!!



Congratulations to Evangeline "Angel" Gallegos who recently entered a gingerbread house contest at the Indian Pueblo Cultural Center...and ran away with first place in the children's category. The contest required that entries be constructed out of edible goodies such as cookies, candies, pretzels, and of course icing, and be representative of a Native American environment. Angel's project was a construction of not a house, but a kiva decorated with, what else but Christmas decorations.



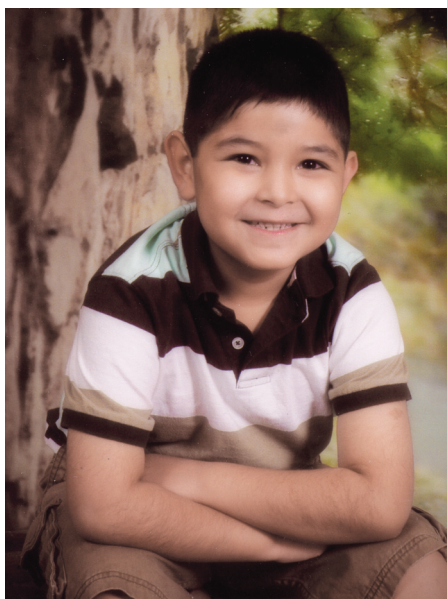
Angel is ten years old and student at Isleta Elementary School, is the daughter of Danelle Parton. Her hard work paid off by winning a grand prize of \$300. Congratulations Angel, and keep up the great artistic work. ...and no word on who got a taste of the gingerbread "kiva"...

Gabriel Beardsley... Catholic Student of the Month

Gabriel Beardsley received the Young Catholic Student of the Month Award during mass at St. Charles on December 2, 2011. This is the second year he has received this award. Gabriel is in the second grade at St. Charles Borromeo School. He love to run, play soccer and build things.

His mother Caryn, sisters Kaylee and Daneen, Aunt and Grandmother are very proud of his accomplishments and wish him lots of luck in the future.

"We Love You".



Want to Teach your Kids about Cancer?

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

Does someone you know have cancer and you want to teach your kids about it so they are not so confused and scared? CALL ME, the Isleta Health Center Health Educator (869-4479) and I will give you a Family Cancer Resource Bag, which comes with brochures and booklets on cancer and four children/youth books on cancer. The more you learn and the more you educate your kids, the less scary it is.

**SUPPORT THE HEALTH OF YOUR
FAMILY
EDUCATE YOURSELF ON CANCER AND
REDUCE YOUR RISK!**

Why Is It Important That We Preserve Our Language?

Understanding language is a concept that we as modern citizens of the world take for granted. Without a true understanding of what we say and hear, our existence is often without substance. Our language, particularly as indigenous people is a link to history, religion, memory, thought, community and to the future. It is of the upmost importance that we heighten communal consciousness to realize that our community is a living organism and our language is the blood that nourishes the entire body population. As we examine our life's occurrences and actions through language, we can begin to understand our entire existence is at stake.

Understanding language begins at an individual level. Language is what allows many of us to create a concept of place. This concept of place is often what we call "home". Home on the surface level, to a western mind, is a house and the land in which we live on. As indigenous people we have the ability to take home wherever we go. To me home is not limited to the material concepts. Home is my entire thought process, which includes religion, prayer, creation, and emotion. These separate processes are created by everything in my physical environment, as well as the spiritual environment in which I have grown up in. At the basis of these processes is the language in which I began learning as a child. The language allows me to be a practicing and living member of my community. It also allows me to communicate with the spirituality aspects of my community. Without the language I would not be able to identify with religious practices or have any relation to the physical environment, songs, prayers or dogmas that make my community a living entity in the world. My language also allows me to have a connection to the world that

gives me the ability take home wherever I go. This connection also gives me the ability to have identity without striving. Since our language originated in this land our understanding of the language allows us to belong to this land as well.

In my observations of immigrant Europeans in America, I have noticed that their limited understanding of America's indigenous languages has handicapped their ability to create a stable concept of place. Home is found in the material items purchased at markets and in blurred translations of adopted religions. You would think that the spirituality they have brought to the "New World" would allow for a stable concept of place. In actuality even that is taken out of context with the translation of teachings from its original formats. America has become a land of lost individuals because their language is not indigenous to this continent and their religions are often written in foreign tongue as well.

As individuals it is up to us to be conscious of our lives and our environments. We must also be grateful we are still living in our original environments. We must be conscious that our connection to the environment is solely up to us as individuals, but only as a whole can we maintain life. It is our responsibility to maintain the concepts that make us Ti'un, but we must realize as an entirety, that our language is the basis and foundation for "HOME". Without this concept the entire continent of America will become a land without soul. As I develop my thoughts and with the last line I wrote in mind, it makes me realize that our language is the soul of our people. If we lose our language, we lose the substance that makes us relevant to living, our soul.

ANIMAL CONTROL

Hope everyone had a good holiday season and we wish you all many more. We just want to remind you all on a few things. First off, now during the winter months, please remember that your pets need some type of shelter from the winter conditions. Some dogs can tolerate cold temperatures better than others, however they do need to be well fed, healthy and protected from the wind and wet weather. They should always have access to food and fresh water (make sure it is not frozen). During extreme winter conditions, animals can freeze to death.

We also want to remind everyone the importance of getting tags for your animals. The tag should include the animal's name, the owner's name, address and phone number. In just under 4 months, we picked up approximately 200 animals, none of which were properly tagged with identification. Out of this number, less than 10 animals were reclaimed by their owner. If you think Animal Control has picked up your animal, please call us right away and we will tell you. If you should find an animal, please do not keep it. We do get calls all the time, from people that have lost their pet.

All animals that reside on the Pueblo must be confined to their owners property. No animal is allowed to roam at large or create a nuisance on their neighbor's property or

public places on the Pueblo. First violation is \$25 fee, second is \$50 fee and the third offense will result in forfeiture of the animal.

In January sometime, we will do a rabies clinic. We are thinking of doing two different sites. Right now we are unsure of where we will be doing this, but more than likely we will set up at the Old Headstart and the Old Courthouse in the Plaza. Due to limited supply, we are limiting the number of shots to two per household and will be on a first come, first serve basis.

For those of you that inquired about the Spay/Neuter program, at this time it's not going to happen. We do apologize to those who inquired about it. It has been almost a whole year since we first started taking names, but unfortunately we didn't have enough people that showed interest.

As mentioned before, we do have traps available to tribal members to help with the stray animal problems in their areas. They are safe traps and do not hurt the animal. On Friday evenings, we do set off all our traps around the reservation because nobody is on duty over the weekend. If you have one of our traps, please do not set it on your own over the weekend. We will not be responsible for any animals caught in any of our traps over the weekend. We are on

call over the weekend for dog bites only. If you have an emergency like this over the weekend, please call Isleta Police and they will contact us.

Lastly, we need your help with a current investigation we are working on. On December 13, 2011, we picked up an animal in Sunset Loop area, that was badly abused. We did take the animal to a veterinarian to get a professional evaluation. According to the vet, it appears that somebody tied a heavy wire or twine like material around the animal's muzzle to keep it from barking. This caused deep lacerations to both sides of the animal's lower jaw. The owner was contacted and is upset that somebody would do this.

Animal Control is investigating this case and if anybody has any information regarding this, please call Animal Protection of New Mexico's Cruelty Hotline at 1-877-5HUMANE. With the help of APNM we are offering a \$1,000 reward leading to the conviction of the person(s) responsible for this. We have used APNM in the past with success. They offered a \$1000 reward on a previous cruelty case, and that person was found guilty in court for Animal Cruelty and Neglect.

Hunter Education Class

A Hunter's Education class has been scheduled for Isleta Pueblo at the Isleta Health Center.

New Mexico Law requires anyone under the age of 18 to successfully complete a hunter education class before purchasing a hunting license or applying for a hunt through the public draw.

ONLINE Registration Dates: December 28-January 6, 2011 at 10:00am
Class Date: January 14, 15, 2012

You must obtain a Customer ID Number (CIN) from the NM Game and Fish website to register for a Hunter Education course. To obtain your CIN and to register for the class log onto the following website:

<https://onlinesales.wildlife.state.nm.us>

Contact: Vernon Abeita or Virgil Lucero

At: 505-269-8886 or 505-507-6912

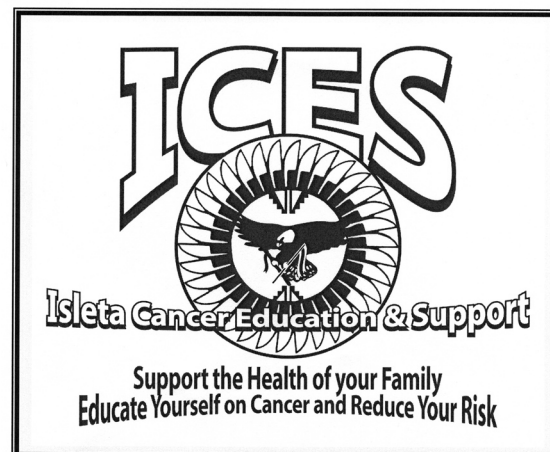
Class Times: from 8:00am to 5:00pm both days

TaTa Wheeth-Ba-Theu (Marcelino Zuni)
June 11, 1931 – November 21, 2011

The family of TaTa Whea-Ba-Thuh wishes to thank you for the love and kindness you shared with us during his illness and his recent death. His death was devastating and very emotional for our family. Our hearts are sadly broken now, but our loving memories of him will last forever.

Your support and expressions of sympathy brought us all great comfort in our time of great sorrow. Our family deeply and sincerely appreciates your thoughts and prayers during this difficult time.

Love all whom you hold dear.
Precious is the time you share.
Do not wait for tomorrow.
For tomorrow may not be ...



**Education and support with a speaker/
topic scheduled for each meeting.**

WHEN:

January 10, 2012

TIME:

10:30am to Noon

PLACE:

ISLETA ELDERLY CENTER

SPEAKER:

JAN ET QUINTANA-COOK

"What Cancer Services of
NM has to Offer Isleta"

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

Please join us!



Everyone Welcome

Parks & Recreation

December 2011 was a month with a hodge-podge of events taking place here at the New Rec. Center. The first was the children attending the River of Lights at the Bio-Park in Albuquerque. They all had nothing but great things to say about this special event. Then it was our Elementary School children practicing for the up-coming SPA Basketball season which takes off in early January and will run until March 2012. It then continued with the beginning of the Elderly program which has begun once again to utilize the gym (shuffle board & basketball) and swimming pool every Friday at 9:00 am. Although it's off to a slow start we anticipate they will pick up with more participation as the word gets out. Also, on December 16th and 17th we had three major events (Light the Path Memorial Walk and Isleta One Karate Tournament and a Christmas party for the youth) take place back to back to back and all were huge and well attended. Pictured right are several pictures of the Christmas Party for the youth along with Santa and his helpers. Special thanks go out to our lifeguard and Tribal member Kaitlin Jaramillo, for donating stuffed animals for the Christmas party.



Karate Tournament

On December 17th we were the host site for the Isleta Karate One Tournament for both young martial artists that have never competed and the new brown belts that have never judged before. We had over 50 participants representing five teams from our surrounding communities. Many of our own Tribal members (9) that competed did well representing the Pueblo of Isleta by earning either a Gold or Silver medal. Mr. Clarence Chavez, our instructor, saw this as a great opportunity to train the up and coming martial artist in judging and an opportunity for the ones that had never competed to get some experience under their belts, no pun intended. Isleta students that competed were: Sara Lente, Terrance Harris, Jenna Coley, Darren Lucero, Briana Roybal, Ricky Roybal, Gabrielle Lente, Isaac Abeita, and Domacio Chiwiwi. Pictured are several action shots of the tournament action plus our own instructor, Clarence Chavez 6th degree Black Belt.



Basketball

Once again this is a reminder (parents and children) that any elementary school age children who want to participate in the SPA Basketball Program can contact any of our coaches here at the New Rec. Center. We are scheduled to begin with the first games of the season on January 13th at 3:00 pm here at the New Rec. Center against San Felipe Pueblo. We could use players in all age groups: 3rd and 4th grade Boys and Girls and 5th and 6th grade Boys and Girls.

Elderly Program

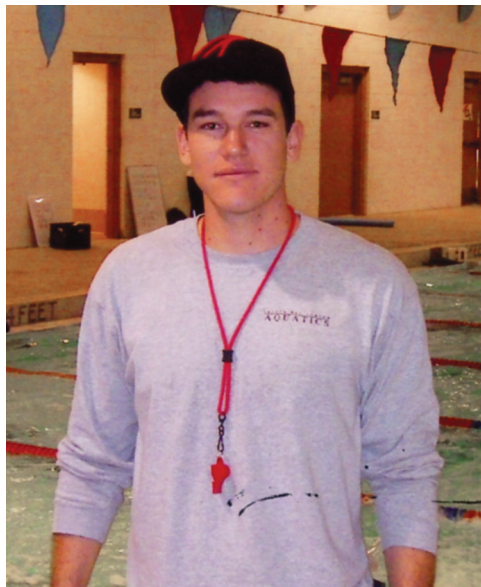
On Fridays at 9:00 am, the Elderly program has exclusive use of the New Rec. Center gymnasium, swimming pool, whirl-pool and weight-room. Remember, you don't have to belong to the Elderly program in order to use the facility. It is open everyday to all tribal members. And especially on Fridays, you can come and join some of our Pueblo members who maybe you haven't seen in quite awhile. **Special Note: Goes out to, Emil Jojola.** You have been AWOL for several weeks. You need to get back to working out, we miss you.

New Year's Resolutions

With the start of January 2012 it's that time of the year to make your New Year's Resolutions. Also, it's time to evaluate yourselves on your old resolutions. How did you do? Did you complete them? Did you lose that extra pound you set out to lose? Did you gain any weight back once you reached your goal? What are you going to do different to accomplish your New Resolutions? Remember, at both Old Rec. and New Rec. we have plenty of personal trainers to assist you, especially for those trouble areas. All you have to do is ask any of them for some assistance. All of their assistance is free whereas, if you joined a Fitness Club in Albuquerque or surrounding communities, you would have to pay for these types of services. Take advantage of what you have here on your own Reservation. Believe me when I say, "we get several calls per week from people, especially of those living in the South Valley, Belen and Los Lunas wanting to use our facilities and or join our club". Many inquire about our facilities or even come by to see what we have to offer, just because they have seen our building and parks

while using the Rail-Runner. Like always we must say, we are limited for use by our Tribal members and employees and those who participate in organized sports i.e.: basketball, volleyball, swimming, karate etc. So I challenge all of our Tribal members and employees to utilizing the facilities at hand for at least 30 minutes per day doing some type of exercise program. It could be walking on the jogging and walking paths around the baseball fields, playing basketball, volleyball, swimming, spinning, or just walking around the gym on these cold winter days. Bottom line, let's all get busy keeping that motor (heart) in our body busy and healthy. If we tie it all in with a little better healthy eating habits, we will all be doing our part in fighting diabetes and obesity that plagues many of our Indian Reservations throughout the country. The United States Surgeon General recommendation is for us to work-out at least 30 minutes per day everyday and cut back on our salt and sugar intake and we will go a long way in defeating this disease. Remember, we are open 7 days a week.

Up-Close and Personal with Aquatic Staff

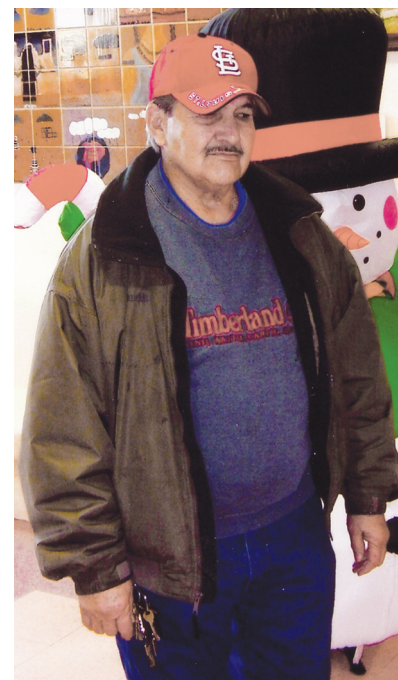


The Pueblo of Isleta Aquatic program is proud to introduce 3 of our newest members of our Aquatic staff who all happen to be Pueblo of Isleta Tribal Members. Of the total of 9 Aquatic staff members 7 of them are of Native descent and 5 of those are Tribal Members from the Pueblo of Isleta. Our newest members are as follows: **Cheryldine (Thurby) Valencia** and better known to most as "Thurby". My parents are Terrance and Bernadette Valencia; yes, Big Bern or "Tu Tu" is my loving mother. Although I am a Tribal member from our great Pueblo of Isleta, I can also claim proudly that I am also part of San Felipe, Santa Ana Pueblo's. Currently, I am going to school studying "Dietary Management" so hopefully, I can become a Diabetic Dietician. I absolutely love sports and being outdoors. As a child and in High School I participated in basketball, softball, Karate, Wrestling, and swimming and I loved every minute of being involved. Next we have **Henry Robert Chavez**, better known to most as "Rob". I am from the Pueblo of Isleta and I currently reside in Los Lunas, NM. I am the grandson

of former Governor Robert Benavides. Prior to coming to work for my people, I was employed at the Radisson Waterpark in Albuquerque. Also, I am an EMT-B with Living Cross Ambulance Service. My future plans are to go into fire fighting. One of my hobbies is playing baseball. I am currently playing on the Isleta Suns Semi-pro baseball team. Now that I have become a lifeguard I swim just about every day and I really enjoy this sport as well. Last but not least, we have **John Matthew Jajola**, better known to most as Matt. I too am from the Pueblo of Isleta. I became certified as a lifeguard here for the Pueblo of Isleta on May 2011. I am also coaching the 3rd and 4th grade boys and girls basketball teams. Walking to work everyday is part of living a healthy life style which is very important to me. I personally would encourage more tribal members to come down and take advantage of all of the programs the Rec. Center has to offer. Pictured from left to right are Thurby Valencia, Rob Chavez, and Matt Jajola.

Johnny Montoya Retires

After 16 years as the Head Maintenance Tech. for the Pueblo of Isleta Parks & Recreation Department, Johnny Montoya has decided to hang up his working shoes. This coupled with his 11 years of service for the Santa Fe Prep and also serving his Country in Vietnam, it's now time to walk away and enjoy life in a little slower pace. I got to see my fair share of agony and grief while serving (in Vietnam) this great country of ours and I got to see the laughter and enjoyment the people had (especially the children) while working at the Rec. Center. When asked what he would miss most when leaving his job? he said without question, the friendships he built with the many fine people who used the facilities here at the Pueblo of Isleta. Also, it was nice to see how this Recreation Department evolved to become the Parks & Recreation Department that it is today. To see the growth that we experienced with the beautiful parks that the Pueblo now has for everyone to enjoy is totally amazing. I know however I won't miss getting up early in the morning, having reported to work at 6:00 am for the last 16 years. When asked what are in his future plans? He said without hesitation, he must fulfill the "Honey Do List" that his wife Tresa has for him, but also he would like to do some volunteer work, possibly over at the Veterans Hospital in Albuquerque. Also he does plan to do some limited travel for now (visit to Maryland where is sister resides) until his wife retires. She isn't scheduled to retire for another 3 years. Last but not least, he plans to stay active and working out by getting a gym membership at Old Rec. with Mike Trujillo, a friend and fellow co-worker for as many years as he has been working here. **Johnny, Congratulations on your retirement and enjoy all that life has to offer you.** Your friend always, Rick Giron, Director, Parks & Recreation Department. Pictured is Johnny prior to leaving us during the Christmas season.



A Summary Report to Governor Frank Lujan, Tribal Council and the Isleta Pueblo Membership

By: Fred R Lujan, Tribal Council President

On December 1st and 2nd, 2011 the leadership from the 265 tribes throughout the country were invited to Washington D.C. by the President of the United States Barack Obama to attend the 3rd Annual White House Tribal Nations Conference. This Conference is in line with keeping his campaign promise to meet each year with all the Indian Tribes to discuss Native American issues. Unfortunately only one leader from each tribe could attend. Due to Governor Lujan's commitments here at the Pueblo, the Tribal Council authorized my attendance. On Thursday December 1, 2011 the leadership met by regions at the Eisenhower Executive Office Building with Cabinet Secretaries to identify the topics and issues for presentation to the President. This was an arduous task to develop and consolidate all the issues from each tribe.

Five themes were chosen, however were not limited to other issues identified by regions; (Southwest region in our case. For Example, California, Nevada, Arizona, New Mexico, Colorado and Utah). 1. Creating jobs and Growing Tribal Economies 2. Promoting Safe and Strong Tribal Communities. 3. Protecting Natural Resources and Respect Cultural Rights. 4. Improving Access to Health Care, Education, Housing, Infrastructure, and other Federal Services. 5. Strengthening the Government to Government Relationship.

Taxation and Economic Development

Current tax policy for Indian tribes is inconsistent and fails to recognize Indian tribe's inherent exclusive jurisdiction to levy taxes within the exterior boundaries of tribal lands. Most Tribal governments are not set up to do Economic Development. (The Pueblo of Isleta incorporated the Isleta Business Council in 2010 for this purpose). Indian tribes that produce goods and services are finding it difficult to capture international markets due to interference by major commercial companies. There are many grant funding opportunities for Tribes to assist in Developing Tribal Economies. Many Tribes oppose the grant concept due to the requirement that Tribes should match the grant funding by 20% most Tribes cannot afford the match for multimillion dollar projects. Recommendations were to protect the taxing jurisdiction of Tribal Nations, provide access to Capital for job creation in tribal communities and promote Economic growth and increase Tribal access to Traditional financing tools. Tribes are encouraged to create outdoor tourism. Tribes must have a well trained workforce in order to be successful in any business venture. Also we need to support Entrepreneurship on Tribal lands.

Energy

Tribal Nations possess vast amounts of Natural Resources, yet are unable to develop those resources due to a lack of administrative flexibility and unequal access

to traditional incentives used to develop energy. Many Tribes are experiencing difficulties with power and utility companies. Tribes are being encouraged to create their own communication, utility and power companies and sell back the power not utilized. Solar and Broadband initiatives are encouraged. Due to the shortage of gas and oil the Federal Government is interested in working with Tribes with Capability of producing airline fuel. Tribes recommended to create a joint task force (Departments of Energy, Interior, Agriculture, and EPA) with Tribal Representatives to recommend and implement ways to consolidate funding, reporting, and other requirements for programs that support similar activities related to tribal energy development.

Public Safety

The Department of Justice released its July 11, 2011 legislation proposal that seeks to address the epidemic of domestic violence against American Indian and Alaska Native women. Congress needs to restore funding to implement the Tribal Law and order act. Gang activity is in our schools and native communities. Tribal police are working with all jurisdictions to curb gang violence. However, they need a lot of monetary support from the federal government.

Homeland Security

Tribal governments have broad emergency and first-responder responsibilities. The Federal Emergency Management Agency (FEMA), which is administered under this department, provides assistance when disasters occur. However, it has limitations. Tribes must work through the states to get a disaster declaration from the governor which takes too long. Tribes want to bypass the states and deal directly with FEMA.

Natural Resources

Tribes are America's first stewards. We have cared for the land for millennia, managing resources for the generations yet unknown and using knowledge, traditions and practices handed down by our ancestors, still today, the physical cultural, social, economic, and spiritual well-being of our Native people depend upon the health of our natural resources. However, tribal natural resources face a diverse array of threats and inequalities of which are generally none of tribes making. Our diverse and rich cultures diverse their strength and continuity from the land and natural resources which must be protected and respected. Indian land is held in trust or restricted status by the federal government to protect it from alienation and trespass, as well as to protect tribal autonomy. It was recommended that each federal agency with any natural resource program to identify those that provide funding to states, local governments and municipalities but not to tribal governments, and provide options for tribal government inclusion. The forest service and bureau of land management

should give the tribes first opportunities when land is sold.

Water Rights and infrastructure

When Indian Reservations were established American Indian Tribes researched water rights, and these are possibly the most important rights many Indian tribes have yet to exercise. While the United States carries the legal obligation as trustee to protect these rights, federal water policy and programs have too often supported non-native communities to the detriment of tribal legal rights. Water is the most valuable resource and we must protect it. Recommendations were to provide funding for the congressionally authorized tribal water infrastructure projects and for the ongoing operation and maintenance, also to support resolution of tribal water rights claims.

Indian Agriculture

Agriculture is of growing importance to Indian economies with an increase in the number of Indian farmers. According to the census of agriculture, annual Indian agriculture production now exceeds \$1.4 billion in row products. The U.S departments of agriculture and its array of programs can and should play an increasingly significant role in tribal community's enhanced federal support for agriculture, ranching, natural resource management, and other activities would generate significant benefits for tribes. We need to ensure that tribal nations are included in the upcoming reauthorization of the farm bill.

Culture Protection

Protecting native culture is necessary for the survival of traditional native religions, languages, customs, and identity, as well as for the continuation of tribe's status as sovereign nation. The culture and traditional religions of Indian people require the protection of the physical integrity of the protection of the places and objects that we hold sacred. The federal government must remove legal and other barriers that obstruct this sacred spiritual duty of care and protection. Recommendations are (1.) Uphold and fortify commitments to protect sacred places and ensure full compliance with the Native American graves protection and Repatriation Act. (2.) Issue an executive order for Branch agencies to take action to protect and revitalize native languages and to create a White House initiative on Native language to coordinate. (3.) Vigorously enforce the Indian arts and craft art. (4.) Work with tribes to resolve federal laws, regulations and policies that deny Indian access to and usage of eagle feathers for traditional cultural purposes.

Health

Indian Country strongly supports the implementation of health care reforms and seeks to ensure that Indian Health

care delivery system is strengthened and improved. Failure to acknowledge that funding for native Health services is different from health care provided to other Americans will result in either an abrogation of the federal trust responsibility or denial of right to fully participate in health care reform. Indian health care provides who farm a crucial system of care in some of the most remote communities in the country must receive the funding necessary to operate Indian Health Service facilities and fund the community programs that tribes rely on.

Education

Tribes have the largest stake in the education of its members. Investments in education prepare our students to be the next generation of tribal leaders. Tribes must be at the table to ensure that the needs of students are considered and addressed. In order for tribes to build capacity and better serve their students, states must recognize tribal authority over the education of their students. Upon request, states should negotiate with tribal governments to transfer education programs, funding, services and responsibilities to tribes. We should ensure that tribal schools and BIE schools are eligible for all educational grant programs.

Housing

Housing remains a critical issue for Indian Country. Although there was limited discussion, everyone agreed to support funding for Indian housing programs, especially the Native American Housing

Block Grant, Indian community block grant and Indian Housing loan guarantee fund.

Veterans

Native Americans are well recognized for their dedication and commitment to serving in the armed forces throughout America's History. Returning veterans are entitled to all available benefits and we urge the White House to assist in efforts to meet the needs of all veterans, with an emphasis on the following identified by native veterans. A memorandum of understanding between the IHS and the VA was signed in 2005 to better serve native veterans. This MOU was reissued by HIS and the VA last year because the collaborative effort was not fulfilling its goals. Chief among these goals is preventing the HIS from discouraging native veterans from utilizing IHS facilities and directing them to the VA for health care, regardless of the health risks from delayed care. We urge swift and full implementation of the MOU.

Investing in our youth

This perspective on policy making for the benefit of our children and our children's children, has led tribal leaders to increasingly urge the federal government to enact policies that focus in youth wellness and early intervention. Indian country is young, about 32 percent of the native population is under 18, as compared to 26 percent for the entire United States. However, past and ongoing efforts tend to concentrate solely on the systems of poverty and lack of opportunity and, as a result fail to harness the inherent potential of native

children and should be given the tools and resources to do so. Our native youth are undoubtedly the future of tribal nations and ongoing investments are required to ensure that they grow into healthy young adults and become the next generation of tribal leaders, community members, and leaders. We need to support early and routine school assessments. Schools should require regular comprehensive assessments for students on everything from mental health and dental needs to drug abuse. There is also need to reform the juvenile justice system.

In total there were 115 recommendations addressed by the tribal leaders which will be mentioned for their progress throughout the year. We need to find new and better ways to do business with the federal government. As we all know federal funding is drying up and tribes must lead the way for economic success.

On Friday December 2, 2011 the entire leadership from the 265 tribes throughout the nation met with President Barack Obama along with the entire department Secretaries at the U.S. Department of Interior Auditorium. The tribes presented President Obama all the recommended needs identified which were developed during the work group sessions. President Obama in his address stated that he is fully aware of the many issues that exist throughout Indian Country and will continue to partner on a government to government relationship toward achieving the many challenges.

Legal Notices - Probate

A petition to Probate the Estate of Deborah E. Lucero, deceased on October 23, 2011, has been filed in the Isleta Tribal Courts, (Case No. CV-PR-0457-2011). Any person claiming to be an heir or having an interest in the estate is hereby required to file a Notice of Claim with the Isleta Tribal Court within thirty, (30) days of this notice being published. If you have any questions, you may contact the Isleta Tribal Court Clerk at (505) 869-6510.

A petition to Probate the Estate of Adelita Ella Jojola, deceased on January 22, 2009, has been filed in the Isleta Tribal Courts. Any person claiming to be an heir or having an interest in the estate is hereby required to file a Notice of Claim with the Isleta Tribal Court within thirty, (30) days of this notice being published. If you have any questions, you may contact the Isleta Tribal Court Clerk at (505) 869-6510.



Isleta Pueblo News

Editor: Ulysses Abeita
Asst. Editor: Beverly Piro
Published By:
 Valencia Express

Well Wishes for 2012 from the IBC

The Isleta Business Corporation (IBC) would like to extend well wishes to one and all in the New Year. We must be strong as we reflect upon our past performance and work together to implement newly established personal and organizational goals. Moving forward is the only direction we can go.

In 2011, the IBC worked to establish the office, staff the team, and provide direction toward improved performance with the current enterprises we oversee, the Isleta One Stop, Travel Center and Comanche Ranch, and to create new economic opportunity. We are pleased to demonstrate improved financial performance over 2010 and we are progressing with two new business ventures. A comprehensive year-end report is forthcoming after we complete our financial audit.

In 2012, we will continue to establish the IBC by transitioning the accounting and human resources functions from the Pueblo, work to outperform our 2011 with our existing enterprises, and create additional economic opportunity. We look forward to working with tribal leadership, tribal programs, the community and our business partners. Let's make 2012 the best year we can!

The IBC office is located in the southwest corner of the new Tribal Government Complex off Highway 47, south of the Hard Rock Casino. You can reach us at (505) 869-9729. Everyone is welcome to come and visit. Our administrative staff is as follows:

Marvis J. Aragon, Jr., Chief Executive Officer
 H. Brian Mirabal, Chief Financial Officer
 Keyna Gutierrez, Human Resources Director
 Art Saiz, Isleta One Stop and Travel Center Manager
 Martin Abeita, Comanche Ranch Manager
 Judy Abeita-Chavez, Executive Assistant

Our best wishes now and always.



PUEBLO OF ISLETA PUBLIC LIBRARY

HAPPY NEW YEAR, People of the Island!!! Hopefully, everyone had a Festive and Safe Holidays Season. Most important of all, I hope everyone still has both eyeballs after the Christmas Dances when the Roosters were thrown out with added mini bottles of “fun” strapped to their legs. If not, perhaps you may want to visit the dentist at the Health Center because back in the day, they use to give out FREE Pirate Eye Patches. With that Public Service Announcement out of the way, let’s get back into the routine.

NEWS

To begin the New Year, the Library will be hiring a Full-Time Permanent Employee which includes benefits. The position will be OPEN to both Tribal and Non-Tribal Applicants. Applicants must have a High School Diploma or GED, valid New Mexico Driver License, and will be subjected to random Drug Test as stated in the Pueblo of Isleta Personnel Policies. If you are interested in becoming a member of the Pueblo of Isleta Public Library Staff then start updating your resume, brush up on your computer skills, and prepare to impress. The library is looking for someone with great customer service skills, communication skills, community awareness, technology knowledge, and of course knowledge of our library. The position will be posted for two weeks. Applications can be picked up and submitted at Human Resources Department located inside the Administration Building (“Governor’s Office”) in the village. Copies of the Job Description can be found at the Human Resources Department, the Pueblo’s Career Website (<http://www.isletapueblo.com/careers2.html>), where ever jobs are posted within the community, and of course the library and its facebook page (<http://www.facebook.com/IsletaPuebloLibrary>).

As some of you might not know, the library has moved to a new location. We are now located just east of the New Isleta Elementary. Along with a new building, we have been issued a new mailing/physical address which is **950 Moonlight Drive, Albuquerque, NM 87105** and our new phone number is **505.924.3192**. At the moment we do not have a fax machine but that might change sometimes soon. The library director’s email (poi02002@isletapueblo.com) has not changed so you may still send your concerns to the address provided.

The library’s business hours have also changed and they are:

**Monday – Thursday: 8:00am to 6:30pm
& Friday: 8:00am to 4:30pm.**

We are also entertaining the idea of opening on Saturdays as requested by you the patrons, so stay tuned for a decision.

At the end of the month or early February, the library will be getting a new library automation system (catalog system) so please be patient with us as we the staff will be learning and adapting to the new system as well. With this new system, patrons will need the library card at all times to check out library material, log onto the internet, to print, and make Xerox copies. If patrons do not have a card, the library staff will be happy to issue a card. However, if patrons



A nice family photo with Santa Claus this year at the Library’s annual Santa Christmas Picture Day.

have been issued a card and have lost it, they will be charged \$5 for a replacement card.

The library’s Wi-Fi has been moved over to the new library and is currently up and running. However, Century Link has not connected our general access internet which means patrons will be using the library staff’s heavily filtered intranet for the time being. The heavily filtered intranet is only temporary, as we needed some form of internet access so people may search for jobs, apply for jobs, check their emails, pay bills, and allow students to log onto their online classes, apply to colleges, print their grades, and to make their schedules. So, please be patient with our internet and Wi-Fi connection.

Many of you have been asking about the Library and Education Complex’s Grand Opening and I am happy to share with you that a date has been selected. We (Governor, Department of Education, and the Library) have decided on Friday, May 4, 2012. Why so late you may be asking. Well, May 4th will also mark the library’s 25th Anniversary so instead of planning two fiestas we all agreed one big event would be best and more economically feasible. So, Isleta will be celebrating “Cuatro de Mayo” (May 4th) this year which means Pickle Heights will be the place to be this May.

The library and the Head Start have restarted the Story Time for the classes. During these colder winter days, a staff member will travel to the Head Start to read to each class on Monday Mornings which means on Monday mornings the library will be short one staff member for a few hours. Once the days start to warm up, some of the classes may walk to the library

for story time. So, please drive with care on Monday mornings between the Head Start and the library. Also, be patient with us as we are working hard to meet the library demand for the general public.

UPCOMING

At the moment, no programs have been scheduled for the month of January as the library’s 2012 Budget is still awaiting approval. However, this does NOT mean you should stop suggesting program ideas.

A couple of things to expect in the near future are:

E Readers & Tablets workshop because a lot of community members have purchased or received such devices during Black Friday or Christmas. Our sales rep (Sally Newcomb) from Barnes & Nobles will be attending the workshop to help answer any questions and to provide additional information on the Nook Tablet and E Reader as it is a Barnes & Noble device. We are currently trying to get a rep from Apple Inc. to attend the workshop so they may provide info on their iPad and iPods. The library staff will provide information for the Android Tablets, Leapster, Leapfrog Leap Pad, and other E Readers such as Sony’s E Reader and the Kindle. At the moment NO DATES have been selected but we are looking at the end of January or early February.

Hopefully, the Hip Hop Music Program will restart in February but this program is pending approval of our 2012 Budget. While speaking about the Hip Hop Music Program, the Valencia County News-Bulletin did a story on the Hip Hop Music Program and the student artist. The article can be found in iCaliente! Section of the December 28, 2011 Issue (Vol. 101, No. 104). You may be



The Hip Hop Music Students showing off their equipment during their Valencia News-Bulletin Interview.

Picture taken by Ungelbah Daniel-Davila of the Valencia County News-Bulletin.

able to find the article online if you visit the link www.news-bulletin.com/2011/12/28/la-vida/finding-their-voice.html, the title of the article is "Finding their Voice". There are some great quotes by the student artists about how this program has made a difference in their lives. It truly is a great story and I am glad the library was a part of this particular program which is why I hope our 2012 budget gets approved so we may continue with this program.

Another program we hope to create is a film making and editing program. This will be a new program and the project objective would be to teach students and willing community members the skills art of film making. The final project will be to make a documentary which will be shown to the community. Again, this program is pending approval of the 2012 Budget and various Grants.

If these programs have caught your interest, please visit the library's Facebook page (<http://www.facebook.com/IsletaPuebloLibrary>) as that will be the source for up to date news pertaining to the programs mentioned above or you can read the library's articles in the upcoming Tribal Newsletters.

The library and Project Venture would like to invite you to Photo Voice's Photo Gallery Showcase on Tuesday, January 31 from 5:30pm to 6:30pm at the library. Photo Voice is a program conducted by Project Venture where they issued cameras to students so they may take pictures of their community to tell a story through photography. Students were also taught how to alter and distort pictures using the Photoshop software. All this hard work and dedication will be coming to an end come Tuesday, January 31 which is why we are inviting you and your family to come out and show your support for the students by viewing their hard work at the Gallery. I hope to see you there.

RECAP

December was an extremely busy month for the library and its patrons.

We started off the month with a Food & Coat Drive where Patrons were able to

clear some of their library fees by donating cans of food and coats. Each can of food was worth a dollar and each coat was three dollars off. Bosque Farms' Paradise Donuts was generous enough to donate one hundred FREE Donut coupons to the library so we may give them to individuals who donated three dollars or more of donations.

When the Food & Coat Drive came to an end, the library issued \$270 in credit, received four and half boxes of can food, and approximately 75 Coats. The can food was given to Isleta's Social Service who then distributed the food to families in our Pueblo who were in need of some Holiday Cheer. The coats were divided between our Social Service Department and First Nations Community Health Source in Albuquerque who then gave the coats to our Community Members in need and our Urban American Indian brothers and sisters.



Participants of the Food & Coat Drive include First Nations Health Source, Isleta Social Service, and P.O.I. Public Library. Not present in picture is Eddie Gomez of Paradise Donuts.

When First Nations came to pick up the coats, they told us that there were five families waiting at their Clinic for coats. Later that same evening we received a phone call from First Nations, thanking and informing us that all donated coats had been given out to families before they closed. So, on behalf of the P.O.I. Social Service, First Nations, and Paradise Donuts, I would like to THANK ALL OF YOU who donated to this charitable cause during this cold winter. May the thought of someone staying warm and cozy with your jacket(s) this winter brighten your winter days.

On Dec. 7th, Santa Claus graced the library and the Pueblo with his presence. He even took some time out of his very busy schedule to take pictures and to hear the children's wishes for Christmas. Santa had approximately 450 visitors that evening so you can imagine how busy the library was on that day. Everyone seemed to have fun. Some of you still have pictures at the library that need to be picked up so please stop by and remember the pictures are FREE.



Families participating in the Gingerbread Mobile Christmas Craft.

During the week of December 12th through the 15th the library conducted three Christmas Crafts which were a Christmas Tree made of Hangers and Garland, Gingerbread Mobile, and a Kitchen Angel consisting of a wooden spoon, pot holder, and a dish towel. The Christmas Craft Program had approximately 150 participants altogether. Two children told us they were giving their Christmas Trees to their Grandfathers for Christmas. The library would like to thank all of the participants for making this a successful family program and we look forward to conducting similar family programs in the future.

On December 14, the Library held a small Christmas Party for the patrons. We gave out age appropriate gift bags and fed those who came into the library in the evening. Patrons were fed chicken strips, Mac and Cheese, Corn Dogs, Apple Pie, and 7Up. Then we sent them to the Elementary's Christmas Carol Program which was also a festive event. Good Job to the Elementary students who sang in the Program.

Finally, on the Friday, December 16 we took twelve hard working students to see the movie Alvin and the Chipmunks: Chipwrecked. The students earned their tickets by doing their Homework and

Reading for twenty minutes a day at the library. With the left over money we bought each student a kid snack pack at Century Rio 24. The library would like to thank the Isleta Recreational Center for lending us two vans for transportation purposes. Without their generosity the library would not have had adequate transportation.

With that said, may you have a prosperous New Year and remember to come visit us regularly at the library.

PUEBLO OF ISLETA PUBLIC LIBRARY INFO:

Physical and Mailing Address:
950 Moonlight Drive
Albuquerque, NM 87105

Phone: (505) 924.3192
Email: poi02002@isletapueblo.com
Web: www.isletapueblo.com/library2.html
Facebook:
www.facebook.com/IsletaPuebloLibrary



REDUCE YOUR RISK
Get Smart. Get Fit. Get Checked.
 Isleta Health Center, Health Educator:
 Stephanie Barela 869-4479
*(Information from the "Guide to
 Preventable Cancers")*

The key to leading a long healthy life is to get smart, get fit and get checked! We can all play a part in reducing our risk for cancer by choosing a healthy lifestyle that avoids commercial tobacco and includes healthy food choices, exercise, and protection against too much sun, moderate alcohol consumption and regular cancer screenings. Learn about ways to PREVENT OR REDUCE YOUR RISK FOR CANCER in this section in the Newsletter.

GET Checked!

Follow Cancer Screening Guidelines

It is easier to treat cancer if it is caught early, so get tested for any abnormalities before they become cancer. Ask your health care provider which screening test you should have and when. Family history and life styles can make you more at risk, so let your physician know about that as well and they can inform you of any need for earlier or more frequent screenings, as well as steps you can take to reduce your risk. Get educated about recommended screenings for certain cancers by reading this monthly newsletter article, attending the ICES monthly meetings on the 2nd Tuesday of the month at the Elderly Center and by attending the CANCER 101 Educational Program on March 3, 2012 from 9-4pm at the Isleta Golf Course. Call me at 869-4479 to get your spot and be one of the 1st 100 people to register and get a free t-shirt.

Know Your Family History

Not everyone who gets cancer has a family history of it, which is why it is so important to get screened. However, if you or anyone in your family has had cancer or certain other diseases, you could be more at risk. Make a family medical history chart to determine your risk. Keep one copy of the chart for yourself, one for your family and one for your health care provider in order to help you better understand and be aware of your risks and update it as needed. Note in each box any cancer or chronic diseases your blood relatives have had and when they detected it, also note their date of birth and date and cause of death, if it applies.

**SUPPORT THE HEALTH OF YOUR FAMILY
 EDUCATE YOURSELF ON CANCER
 AND REDUCE YOUR RISK**



Isleta Health Center
1-877-725-2552
 24 Hour Nurse Advice Hotline

Is it an Emergency or not?
 Make an appointment at the clinic or call the ambulance?

Call Isleta's Nurse Advice Line and speak with a registered nurse.

Before calling an AMBULANCE or going to the WALK IN CLINIC, call the NURSE ADVICE LINE!!

Someone is there to answer your health-related questions 24 hours a day, 7 days a week, 365 days a year.

This service is FREE for ALL Isleta Health Center patients.

**CALL THIS NUMBER
 and
 THEY WILL HELP YOU ANSWER ANY
 HEALTH QUESTIONS!!!**

Isleta Elder Center Activities Calendar January 2012

- January 1: Happy New Year!
- January 2: Center Closed - New Years Day Observed
- January 5: Catholic Mass - 11:30 am
- January 6: All King's Day
- January 10: Elder Field Day - Shopping Assistance- Wal-Mart — 10am Lunch (TBA) - 12 noon
- January 10: Isleta Cancer Education & Support - 10:30 am
- January 11: Isleta Cancer Education & Support - 10:30 am
- January 16: Center Closed - Martin Luther King Day
- January 17: Elder Field Day - Shuffleboard @ Manzano Mesa Multigenerational Center 1-3 pm /Lunch (in town) - 11 am
- January 18: Elder Field Day- Bingo @ Hard Rock Casino - 10:30 am
- January 19: General Meeting - 10 am - 12 noon
- January 24: Caregivers Training - 12 noon
- January 25: Elder Field Day - NM Museum of Natural History - 9:30 am
- January 27: January Birthdays Celebration -12 noon
- January 27: Party! Elder Day Care Special Event! - 1pm
- January 31: Elder Field Day w/Daycare Dance @ Belen Senior Center -9:30 am
- January 31: Advisory Board Meeting 10 am - 12 noon

Freedom from Smoking

Take Back Control of Your Life!

8 sessions to help you STOP SMOKING!

- Session 1
(Thinking about Quitting)
- Session 2
(On the road to freedom)
- Session 3
(Wanting to quit)
- Session 4 (QUIT DAY)
- Session 5
(Winning Strategies)
- Session 6
(The new you)
- Session 7
(Staying Off)
- Session 8
(Let's Celebrate)

Want to Stop Smoking?

**SIGN UP FOR
 FREEDOM FROM SMOKING
 AND START THE YEAR
 OUT RIGHT!**

NEW CLASS STARTING JANUARY 9TH, 2012

AT THE ISLETA REC CENTER!



**Contact
 Stephanie Barela
 at 505-869-4479**



weekly prizes!
 Help from Others
 that are going
 through the
 same thing!

**Nicotine Replacement Therapy
 for those clinic patients
 that attend the weekly sessions!**



Sponsored by the
 Isleta Health Center

WIC NOTES

At this time of year many of us vow to make a fresh start. These habits will help you to make 2012 your healthiest year yet.

10 Healthy New Year Habits

- 1. Exercise-** Has long and short term benefits. Immediately it improves your mood and reduces stress. Over time it prevents health problems and improves your chance of a long healthy life.
- 2. Eat a Healthy Breakfast-** People who eat a good breakfast have more energy and weigh less than people who skip breakfast.
- 3. Eat 5 servings of fruits and vegetables a day-** the darker and more colorful the better. Broccoli, spinach, peaches, apricots, carrots, and berries ...the list goes on and on.
- 4. Avoid Trans Fats-** These are found mostly in processed foods, so if the list of ingredients includes the word "hydrogenated" stay away. Trans fats interfere with our cells and can cause weight gain, stroke, heart disease and cancer.
- 5. Eat Healthy Fats-** Omega- 3s are found in fish, especially salmon, sardines, and fish oil supplements. Other choices include walnuts, almonds and flaxseed. Omega 3 fats reduce risk of heart disease, improve your immunity and reduce inflammation in the body.
- 6. Cut Down on Sugar-** This is one of the most difficult to do. We all know the results of too much sugar include obesity to heart disease, cancer and diabetes. Most people consume 135 pounds of sugar a year!
- 7. Wash Your Hands Often-** it is the number one way to avoid getting sick.
- 8. Good Dental Health-** tooth infections contribute to heart disease, diabetes and premature births. Brush at least twice a day.
- 9. Get Regular Screenings-** The type of health screening you need depend on age and gender. Talk with your doctor about which are right for you. Some to the most important include cholesterol test, colonoscopy, mammogram, pap test, prostate and skin cancer screenings.
- 10. Get Enough Sleep-** If you don't get adequate rest you are setting yourself up for a whole host of health problems. Including- weight gain, stroke, heart attack, irritability, depression, inability to concentrate, and decreased life span.

If you would like to talk about making healthy changes in your family's life, please call your WIC office at 924-3180

Heidi Lanes -WIC Nutrition Coordinator

The WIC staff wishes to thank Tribal Council, Governor Lujan, Lt. Governors Chewiwi and Torres for the festive Christmas hams.
We appreciate your thoughtfulness.

VALENCIA PROPANE

The Energy Company

2060 Main St. N.E., #E Los Lunas
Call 865-0300

- *Competitive Prices Guaranteed *Free 1st Year Tank Lease
- *Free Tank Switch outs *Budget Billing *Wireless Monitoring
- *Online Bill Pay *Discounts for Customer Owned Tanks

Ask About Our PLATINUM SERVICE!

- *Underground Tanks Available
- *Wireless Tank Monitoring Available
- *Above Ground Tanks Available

Mention Code M2011 and Receive FREE PROPANE!

WIC RECIPE

Black Eyed Peas are an excellent source of protein, calcium, folate and vitamin A

Good Luck Black-Eyed Peas

- 2 C dried black-eyed peas (soaked overnight in 6 cups of water). WIC participants may purchase this with their WIC benefits
- 4 C water
- 1 yellow onion-diced WIC participants may purchase this with their WIC benefits
- 1 T olive oil
- 1/4 C chopped celery WIC participants may purchase this with their WIC benefits
- 1 t red pepper flakes
- 4 oz. turkey bacon
- 2 cloves garlic-diced
- 1 t salt
- 1/2 t black pepper

Rinse black-eyed peas in cold water and discard any rocks. Soak overnight in cool water. In a large 5-6 quart pan, saute onion, garlic, and celery in olive oil until tender. Remove ingredients from pan and add turkey bacon and cook until browned. Add back onions, garlic and celery. Drain black-eyed peas and add to pan. Add 4 cups of water, salt, black pepper, and red pepper flakes. Cover and cook over low heat for approximately 1 1/2 -2 hours, stirring occasionally. Serve with brown rice, cornbread or soft tortillas. Serves 6

Recipe courtesy of Jackie Martorano

WIC Breastfeeding Corner Women, Infants, and Children Program

A recent study published in **Diabetes Care** reports that mothers who are fully breastfeeding or mostly breastfeeding after being diagnosed with Gestational Diabetes had:

- Lower rates of diabetes or pre-diabetes
- Better fasting glucose levels
- Lower insulin levels for weeks after the birth of their baby

In this study, the fully breastfeeding mothers were using no infant formula and the mostly breastfeeding mothers were using less than 6 ounces of infant formula in a 24 hour period. This study was performed in the United States with over 500 mothers.

> A mother's body uses about 50 grams of glucose per day to produce milk!

The staff at the WIC office can help support you in the early weeks after you have your baby so you can breastfeed successfully! Call WIC for breastfeeding support! #924-3180

WIC Office Hours



Monday, Wednesday, Thursday, and Friday: 8 to 4:30 pm
Tuesday 8 to 6 pm

Need Medicaid?

Come into the WIC office on January 20, 2012 from 8:30 to 4 and a Medicaid representative will be able to help you.

N.A.P.P.R.-Native American Professional Parent Resources, Inc.

will be offering free Dental Health Education for children on a walk-in basis on February 6, 2012 and March 12, 2012 from 9 to 4 pm at the WIC office.

 Isleta Health Center January 2012 Calendar of Events						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CLINIC CLOSED	3	4	5	6	7
8	9 Freedom From Smoking -1 Call 869-4479	10 (ICES) Isleta Cancer Education and Support 10:30-noon at Elderly	11	12 1pm Meeting of Isleta Veterans and Veteran Service Providers @ Isleta Behavioral Health Services (Isleta Health Center, far west/back entrance)	13	14
15 Tobacco Free Awareness Day	16 Martin Luther King Jr Day CLINIC CLOSED	17 Native Ways Family Program 10:30am-12pm Lunch/transportation provided Freedom From Smoking-2 Call 869-4479	18	19	20	21
22	23 Freedom From Smoking-3 Call 869-4479	24 Native Ways Family Program 10:30am-12pm Lunch/transportation provided	25	26	27	28
29	30 Freedom From Smoking-4 Call 869-4479	31 Native Ways Family Program 10:30am-12pm Lunch/transportation provided	 Isleta Health Center		For more Info, Call 869-4479 For Native Ways/ Behavioral Health 869-5476 For Diabetes 869-4595	

CANCER 101

SATURDAY, MARCH 3rd, 2012

9am-4pm

at the Isleta Golf Course

LEARN ABOUT CANCER

- What is Cancer?
- Cancer among Native Americans
- Cancer Screening and Early Detection
- Cancer Risk and Risk Reduction
- And MORE!!

**CALL Isleta Health Center,
869-4479 to REGISTER!!**

**Be the 1st 100 people to register
and get a Free T-shirt!!**

Must Register
before
February 13, 2012

ICES (Isleta Cancer Education and Support) 2012 Meeting Schedule

Date	Topic	Speaker	Organization
1/10/12	What Cancer Services of NM has to offer the Community	Janet Quintana-Cook Director	Cancer Services of New Mexico
2/14/12	Who Cares for the Caregiver	Patricia Torn	Cancer Support Now
3/13/12	Support/Discussion	None	N/A
4/10/12	Stress Management	Emily Stafford	Isleta Behavioral Health
5/8/12	Skin Cancer	Christine Brown, M.S., CHES	Comprehensive Cancer Program New Mexico DOH
6/12/12	Advanced Directives	Patricia Torn	Breast Cancer Resource Center
7/10/12	Support/Discussion	None	N/A
8/14/12	To be Determined	To be Determined	TBD
9/11/12	Breast Cancer Resource Center	Patricia Torn & Ramona	Breast Cancer Resource Center
10/9/12	Inherited Cancers	Lori Ballinger	UNM Cancer Center
11/13/12	Support/Discussion	None	N/A
12/11/12	Survivors Panel	Cancer Survivors	TBD

Meetings are the 2nd Tuesday of the Month

10:30-noon at the Isleta Elderly Center

Topics are Subject to Change,

CONTACT Stephanie Barela to Sign Up and to Learn More 869-4479