



Isleta Pueblo News

Volume 5 Issue 1

January 2010

Governor's Report

In spite of an economically difficult year, I am happy to report that Isleta Pueblo has fared well, even with some losses in the gaming industry revenue. Indian gaming revenue has dropped slightly due to the economic downfall, and the state's economic shortfall has also had a negative impact on both gaming and non-gaming tribes. We are hopeful that revenues will increase during 2010. We have had some good news from the President Obama Administration in Washington, D.C. President Obama has promised increased funding for housing, education, health, law enforcement and energy development. President Obama has pledged to work with Indian Tribes through direct consultation and is recommending input from each tribe identifying their funding needs, which Isleta is prepared to do.

Thanks to the program directors that were instrumental in getting state and federal funding for their program projects in 2009. I received a letter from Governor Bill Richardson's office regarding capital outlay funds which was discussed during our meeting in November. We have been informed that a firm decision has not been reached as to whether or not the Pueblo of Isleta will be allowed to keep its unused capital outlay funds. This decision will be forthcoming at the beginning of 2010.

Plans on future economic development for Isleta have been under discussion between the Governor's Administration and Tribal Council. These include the housing and lava block project, sand and gravel, the C-Store, conservation, which include the waterlogged areas and thinning projects in the Bosque and Manzano areas.

Work will begin during the early part of 2010 on pending two projects, this includes the restoration of Saint Augustine Church and the water line replacement project. I officially signed the contract with Mr. Joe Padilla, who was awarded the Isleta waterline replacement project. The waterline project is scheduled to begin sometime in February 2010.

I am proud to announce the appointment of Lieutenant Frank Lujan as a primary member to the No Child Left Behind

School Facilities and Construction Rulemaking Committee. His appointment will be for the duration of the negotiations. The committee will develop reports to implement the requirements of the No Child Left Behind Act of 2001. The committee will attempt to reach consensus on methods used to catalog school facilities, formulas for priority and funding for school construction, school renovation and repair, and revised standards for in-home-living (dormitory) situations. The Pueblo of Isleta received a letter dated December 16, 2009 from the office of Secretary of Interior Ken Salazar notifying the Tribal Administration of Gov. Lt. Lujans' appointment. Congratulations to Lt. Gov. Lujan. My administration will continue to work with our schools, support our students, parents and staff so that we may continue to strive for excellence in education. Isleta has been very fortunate to have tribal members be appointed to various positions within the state and federal governments.

November Poster Contest

In the Month of November the Diabetes Prevention Programs sponsored a poster contest for everyone in the community. It was a chance for Isleta members to get inventive and create a poster promoting a healthier lifestyle to prevent diabetes and bring awareness to the Isleta community.

The Diabetes Prevention Programs team would like to congratulate Edmund Lucero. Edmund created an awesome poster promoting eating healthy. It's great to see our youth being advocates for personal health and wellness.



Great job Edmund, keep it up!

Keep Your New Year's Resolution *Proactive Fitness Group*

PROGRAM STARTS IN
February 2010
SAVE YOUR SPOT

To Sign Up

- Participants must be an enrolled member of the Pueblo of Isleta or a family member of an enrolled member
- Participants do not have to have diabetes to join this exercise program

Interested in joining, please contact
Carlos, Educator/ Fitness Instructor at the
Wellness Center 869-4595 ext. 4064
to register for the program

10 Week Program

- ★ Education Workshops held Mondays at 5 pm
- ★ Beginner level exercise classes
- ★ Classes will meet twice a week
(Tuesdays & Thursdays at 5:30 pm)
- ★ Assessments & Measurements scheduled for
February 11, 2010 at 5 pm (Wellness Center)

Location

- ★ Exercise classes will be held at the Westside Recreation Center (Pickle Heights)

Incentive Prizes

- ★ Will be correlated with each workshop topic
- ★ Earned by attending exercise classes and educational workshops

Must Sign Up to Attend Classes

Sponsored By:
Isleta Diabetes Prevention Programs
Education & Exercise
"TOTAL BODY HEALTH"



Pueblo of Isleta Public Library

Hello everybody. First and foremost, we hope your Christmas was grand and wish each and every one of you a very Happy New Year. We wish you good health, happiness, and success in 2010.

We have had many exciting events and activities this past year in general and hope we have met your expectations or exceeded them to some degree. We strive to make the library a great place for our community by providing you with quality services that we all deserve.

Our months seem to fly by and December was no exception. Early in the month, the library hosted a sewing program. Participants were able to sew a variety of items. Some chose to make Christmas hats or stockings, some made festive aprons and others made decorative pillows. We provided all materials and sewing machines needed to create their piece, as well as the instruction and guidance. It was a pleasure to have as many people as we did. Thanks to the parents who attended with their children. It turned out to be a great family project. Thank you also to Juana Jiron for her assistance. We appreciate your involvement and sewing skills.

We were lucky to have Santa stop by to pose for pictures. Many individuals and families took advantage of the photo opportunity. Our fireplace backdrop was beautifully painted by Matt Zuni. Thanks, Matt. We liked it so much that we will keep it displayed for a while. Many people picked up their FREE pictures, but we still have quite a few. Please come by if you haven't had a chance. We know you have probably been busy.



Santa visits the Library

We had a Christmas "Bash" for the children on Wednesday, December 16. The thoughtful library staff had games, prizes,



Christmas Crafts by Renee, Brady, and Kurian

gift bags, and a Pizza dinner for all who attended. We had quite a turn out -- many familiar faces and some we hadn't seen in a while. A great time was had by all.

During the Christmas break we remained open for those people that needed us and closed at 4:30pm every day. Sorry for any inconvenience this may have caused, but it did give the staff a chance to be with their families also.



Christmas Stocking Sewing Program

On Wednesday, Dec. 30, we hosted what we call "Game Day". Some of the teen board members and other library visitors brought their game equipment for the "Wii" and they played games against each other. From 10:00am to 12noon they had "Free Play" where anyone could play each other or bring in new games. Later, from 1:00-3:00pm, there was team competition for prizes. The final winners received \$20, \$15, \$10 gift cards to Game Stop. We also provided snacks like hot dogs, chips, and drinks. Game Days are always a big hit here at the library. Thanks to all who joined in the fun.



Game Day Rox Isleta Library!!!

We do have a little old business to take care of. We had mailed out overdue notices to some of you and a few came back to us because of incorrect addresses. Unfortunately, this newsletter article may be the only way to reach you. So if you are on this list please contact the library to update your account information.

Abeita, Alanna M.
Abeita, Bethany N.
Abeita, Darren M.
Abeita, Janelle N.
Abeita, Rianne
Abeita, Robert
Abeita, Xavier A.
Abeita, Zachary T.
Analla, Elexyas M.
Begay, Kirby
Chavez, Aidan Paul
Chavez, Candice Nichole
Chavez, Marcos Jose
Correa, Bernadette J.
Dale, Gina
Epiceno, Sesar
Garcia, Martin
Gasper, Patrick L. Jr.
Jojola, Michael A.
Lucero, Aaron K.
Lucero, Larissa
Lucero, Maria D.
Marquez, Dominique O.
Martin, Desi
Miller, Jason R.
Montoya, Ramona
Morrow, Eliza
Olguin, Sonny Ray D.
Sandoval, Audrey R.
Whatley, Fenyx
Zuni, Lee Anne M.

We would like to congratulate one of our library helpers, Desiree Sanchez on the birth of her baby girl. You rock, Desiree! We wish you and your family all the best. You might want to make a note in your new calendar. The library will be closed on Mon., Jan. 18 in observance of Dr. Martin Luther King Jr. Day and also again down the road on Mon. February 15 for President's Day.

Some of the library staff such as Nate, Mary Jane and Natasha will be attending a "Library Legislation Day" in Santa Fe at the Round House on Monday, Jan. 25. Wish us luck. We will be "lobbying" for support for our library. We meet with lawmakers and make them aware that our library and others around the state are a very vital component in our community. We convey our importance and ask for their support when issues regarding libraries come up. We will be there on all of your behalf.

Dawn and MJ may again travel up north for another event called "Native American Legislation Day". Again we will be asking for the support of Library programs so that we can continue to provide valuable services to all of our people.

We have something planned for January that all of our readers should jump on right away. We want to take you to Explora! You'll have to work for the trip and dinner but you all know our fieldtrips are a lot of fun. Participants will have to collect 20 points (as you do for other incentive trips) to be eligible to go on the fieldtrip. One point will be given for twenty minutes of

reading or for completion of homework. Larger amounts of homework may receive more points. Library staff will determine the number. We also plan on giving extra points for successfully completing some scavenger hunts that we are creating to take place around the library and on the internet. So, this month's incentive trip is geared to get your mind going. Come on in and join us.

We want to also let you know that we are planning our Valentine's festivities already. First of all, we will again be taking orders for "Candy Grams" to be sent to your loved ones on Valentine's Day. You are able to order a selected package and you pick it up or we deliver it. The packages will include such things as a Valentine card, varieties of candy, stuffed animal or flowers. Sales will be February 1st through noon on 12th. Package sizes and prices will vary, but are sure to be pleasing to the eye and heart. Candy Grams can be picked up on Friday, Feb. 12 or we can deliver them within the Isleta Pueblo Reservation for a small additional fee. Call us for more details and information. Showing someone special how much they are loved and appreciated can

be all year long, but it's always nice to say it on Valentine's Day. We are also offering Valentine's craft-making during the week of February 8th through the 11th from 4 to 6pm daily. We look forward to having you join us. Come show your creativity with us. Families are welcome to do projects together.

Back again by popular demand, on Wednesday, February 10, we will be taking mug shots. I mean, Valentine Pictures with a beautiful backdrop. We encourage you to get all "fancied up", smile pretty and receive a beautiful FREE picture compliments of the Library. Your photos will be available for pick up on Friday, February 12 before 4:30 pm.

Well, that's a snapshot of what goes on at the library. We have many plans in the works for the upcoming months even as far as into summer. As always, please let us know if we can help you with any of your research needs or homework help. Our staff is here for all of the visitors who walk in our door. If you have any questions, feel free to call us at 869-8119 or just drop in. Our thanks to all of you, from the Library Staff.

WIC Notes

What are growth charts?

If you are a WIC participant, you are probably familiar with the growth charts we use to help determine your child's weight and height.

Growth charts are tools that your WIC office and your doctor's use to evaluate and keep track of your child's physical growth. At each checkup, we measure your child's height and weight. Then those numbers are plotted on a chart of national averages for children of the same age and sex.

From that plot we can tell you what percentile your child is in. If your 5-year-old son is in the 75th percentile for weight, for example, that means 75 percent of the boys his age in the United States weigh the same or less than your child and 25 percent weigh more.

WIC also keeps track of your child's body mass index (BMI). This number — which expresses the relationship between your child's height and weight — helps us decide if your child is of normal weight, overweight, underweight, or at risk for becoming overweight.

A child's BMI should change as he grows. Preschoolers, for example, generally have less body fat than babies and toddlers, so they typically have a lower BMI. Once a child reaches school age, however, the BMI number starts increasing as his body grows.

Parents sometimes worry needlessly about their children's growth percentages. Remember that your child is an individual and will develop at his own pace. These measurements are only a general guide to help you, your WIC office, and your doctor assess your child's growth. What's important is that your child's growth curve, as it's plotted on the growth chart, is progressing. The WIC office will be looking to see whether he's gaining appropriately each time (no big dips or spikes in the growth curve).

What is Anemia?

If you are a parent of a WIC child you are familiar with the finger poke test we perform to determine your child's blood iron level. If this test shows your child to have low blood iron then your child is anemic. Most cases of childhood anemia are caused by an iron deficiency in the diet.

Blood iron helps to carry oxygen to all the organs and tissues of the body. If your child has low blood iron then not enough oxygen is getting to these organs. Anemia can cause your child to have various symptoms including:

- Fatigue-in children this is often seen as fussiness/crankiness.
- Tiredness-even after a full night's sleep.
- Decreased Appetite-Another symptom of iron-deficiency anemia in children is loss of appetite. The child has little interest in food.
- Dizziness-Oxygen is very important to the brain. If the brain does not get enough oxygen-rich red blood cells, a child may feel dizzy or light-headed.
- Paleness-Children who have anemia do not have a rosy glow. Instead, their skin is often pale or yellowish.
- Irritability-Suffering from fatigue, dizziness and other symptoms, the child doesn't feel well and this can lead to irritability.
- Rapid Heartbeat- the heart does not get enough oxygen, so it pumps faster to get the oxygen it needs to function. Thus, rapid heartbeat is another common childhood anemia symptom.

The degree to which your child has some or all of these symptoms depends on how severe your child's anemia is.

These same symptoms can be present in adults with anemia.

The good news is if your child is anemic we can help. Your WIC staff will talk with you about what iron rich foods to offer your child and continue to monitor your child's iron level to be sure it is improving. With our help you will soon have your child on the road to recovery.

Heidi Lanes, WIC Nutrition Coordinator

The entire WIC staff wishes to thank Governor Benavides, Lt. Governors Zuni and Lujan, and the Tribal Council for providing Christmas gift cards and hams. We appreciate your generosity.

NATIONAL FOLIC ACID AWARENESS WEEK, JANUARY 5-11

50% of all pregnancies in the U.S. are unplanned. Many women are in the dark about what they need to do before they become pregnant to guard against birth defects. By the time a woman knows she is pregnant, her baby's brain and spine are already formed. So it's important for her to get enough folic acid (natural form found in foods is known as "folate") every day during her reproductive years! Take this short quiz & test your Folic Acid IQ.

1. Folic acid is a
 - A) B Vitamin
 - B) C Vitamin
 - C) Mineral
2. All women of childbearing age should consume of folic acid every day.
 - A) 400 micrograms (mcg)
 - B) 200 micrograms (mcg)
 - C) 4 milligrams (mg)
3. Spina bifida is
 - A) The most common permanently disabling birth defect in the U.S.
 - B) An opening of the spine
 - C) Both of the above
4. In order to prevent spina bifida, folic acid must be taken
 - A) After a woman becomes pregnant
 - B) Before conception and during her first trimester
 - C) During the third trimester
5. The easiest way to get the right amount of folic acid every day is to
 - A) Eat 2 cups of whole grains
 - B) Eat 5 servings of fruits and vegetables
 - C) Take a multivitamin containing 400 mcg of folic acid
6. A woman should be taking folic acid if she is
 - A) Planning a pregnancy
 - B) Capable of becoming pregnant, even if she isn't planning it
 - C) Both of the above options

BOTTOM LINE:

Women of childbearing age need 400 mcg of folic acid every day, yet once pregnant, she should consume 600 mcg daily.

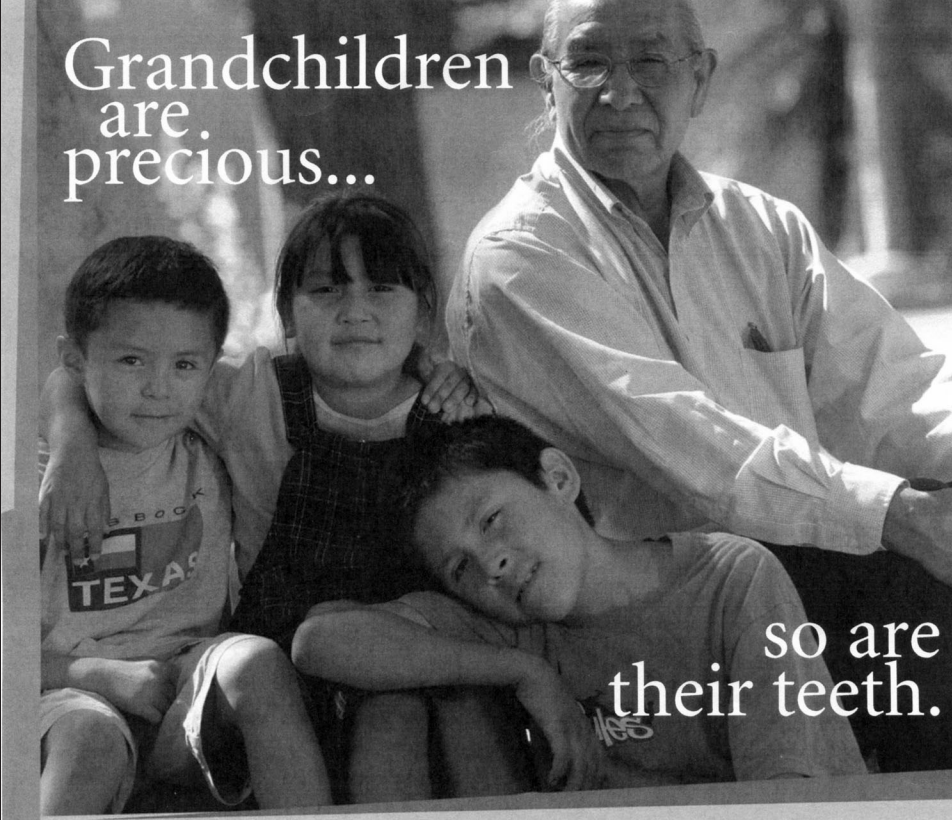
Food sources include:

- Leafy green vegetables, dried beans & lentils, peanuts, asparagus, peas and enriched-grain products.
- Folic acid has been added to some brands of bread, rice, flour, grits, corn meal, farina & pasta. Check the food labels!
- It can be hard to get the amount you need from food alone. To be sure you get what you need, take a multi-vitamin with the recommended folic acid or eat a breakfast cereal fortified with that same amount per serving.

(National Council on Folic Acid, www.folicacidinfo.org; www.nbdpn.org; Journal of the American Dietetic Assoc., March 2008)

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

**Answers to quiz: 1. (A), 2. (A), 3. (C), 4. (B),
5. (C), 6. (C)**




**Grandchildren
are
precious...**

**so are
their teeth.**

**Make an appointment at your dental clinic today!
February is Children's Dental Health Month.**

Isleta Dental Clinic
869-4499

Albuquerque Area Dental Support Center
A program of



NAPPR, Inc.

**Want to lose weight
And keep it off?
Would you like overall
better health?**



**I have 100% all natural. safe & effective,
products especially for you!!!**

Products to help with:
**weight loss, diabetes, arthritis, high blood
pressure, allergies, fatigue,
smoking, and many other ailments.**

**Many people from the pueblo have tried
the products and have
seen positive results!!**

**Call me today if you'd like more
information (505) 610-0502.**



****I can help you
achieve those New
Year's resolutions!****

Johnson-O'Malley Program

Greetings from the Johnson-O'Malley Program. We hope everyone had a wonderful and restful time with their family and friends this past holiday season. By the time you receive this newsletter, your students should be adjusted and settled into the beginning of the second semester.

The first semester flew right past us. The Johnson-O'Malley Program brought many new and exciting activities for all Native American students enrolled in the Los Lunas Public School District and Isleta students enrolled in the Albuquerque Public School District. Our first semester included several activities or events. We provided educational trips, weekly tutoring, family activity nights, literacy night, fundraising for the Washington trip, and the kick off of our pilot project titled, "Bridging the Gap-Bringing Technology Home".

Wow, we were very busy! Educational Trips: Students are exposed to standards and benchmarks their classroom teachers base their instruction on, they enjoy the hands-on experience, students practice or learn appropriate social behaviors, students learn to

problem-solve, participate in conflict resolution when necessary as well as learn appreciation.

Academically, students receive the real-world experience that links classroom knowledge to their everyday life. Mathematically, students learn how to handle money. They practice multiplication, addition, counting, geometry, measurement including time, distance, height or depth. Students also verbally work out word problems. To support Language Arts skills, students practice reading, following directions, comprehension, predicting, increased vocabulary, writing, and oral language skills. Older students are exposed to the job market or fields they are interested in, such as archeology or geology. Not only do these students get interaction with a variety of professionals, but we hope the experience will open up our students' interest in these professional areas, encouraging them to pursue higher education. By providing these educational opportunities we hope to increase the student's prior knowledge. We also encourage participants to build positive social relationships as they are introduced to other Native American students.

Educational Trips:

Our trip to the New Mexico State Fair was exciting! We had three students. We visited the Natural Resources Center and McDonald's Farm, the Fine Arts Center, Hispanic Arts Gallery and the Native American Arts Gallery. We also enjoyed a performance by James and Ernie who were at the Indian Village (September).



Our next trip was to McCall's Pumpkin Patch, for this trip we had 28 students and five adults. The students, grades 1st thru 12th had an awesome time. The students watched the pumpkin catapult, rode out to the pumpkin patch to pick pumpkins. They also visited a mini bunny town and they conquered the corn maze (October).

The National JOM Conference in Phoenix the photo on left includes staff, students and IEC members. The student strand attended workshops that focused on academic success and positive choices. The students also had the opportunity to tour the Diamondback's Stadium and the Pueblo Grande Museum. The adult strand attended workshops that focused on Federal Law, IEP Advocacy, Exemplary Programs, JOM Story, IEC Duties & Responsibilities, Student/Parent Rights, and many other beneficial workshops. The Pueblo of Isleta Johnson-O'Malley Program also received the prestigious Exemplary Award for Region II.





Chaco Canyon was quite impressive (November). The historical ruins woke our imaginations. Students discussed what it may have been like to live there while it was a functioning community. The museum portion gave students a real insight to how the people of this time lived. The visit here included tons of walking, we would recommend this site to any family looking for an adventure.

Our adventure to Carlsbad Caverns (December):



We discovered the largest pistachio.



Snow in Cloudcroft. Anyone for a romping in the snow?



Christmas on the Pecos



Students beginning the descent.



The natural entrance at Carlsbad Caverns.



Stalactites in the Big Room.

Every trip planned is a social learning experience. Our goals are to help students meet peers from different schools and build friendships. But, as the saying goes, "it takes one bad apple to ruin the bunch". When a student lacks respect for rules, their peers, problems are created and tension builds. We had a student that continuously complained, made rude remarks and truly made it difficult for others to enjoy and reach the full benefit of the trip.

For those students that demonstrated a real interest in the learning experience, that demonstrate respect, appreciation and appropriate behaviors, we would like to say, "Thank You". These students are the reason we provide these opportunities. They also understand that this is an adventure, we are here to provide a wonderful experience as we visit different tourist/historical sites around or on our way to the actual fieldtrip site. It is merely an adventure! I cannot wait for the next adventure to begin.

Family Activity Night:

Family Activity Night for Halloween & Christmas: One of our program goals is to open our doors to students and families alike. We held two activity nights where JOM eligible students and their families were welcomed to come and complete Halloween and Christmas arts and crafts. Everyone had a wonderful time, all arts and crafts materials were provided by the JOM program. One minor setback, we unknowingly had a parent "borrow" a costly Halloween Activity book. Because this book was taken, students were not able to complete some additional activities included in this activity magazine. We do not mind lending resources, but we must work together to ensure that these resources make it back to the tutoring center so that students may receive the full benefit of these resources.

The Johnson-O'Malley Program will continue to provide educational trips and tutoring when school resumes. There are other events and activities for December and January we have provided, but due to limited space we will pick up where we left off in the next newsletter.

We make every effort to inform students and parents about activities and events. We have handed out flyers to each public school to pass on to the Native American students in ALL grade levels. We also mailed out information to students in our database. If you have not received information regarding services or trips and if you have any other questions, please do not hesitate to contact Geraldine, Beverly or Bernadette @ 505-924-3189.

Geraldine, Bernadette and Beverly

Parks & Recreation

I am hoping that by the time everyone begins to read this newsletter in early January 2010, old resolutions will have been completed and fulfilled and New Year's Resolutions will have already begun. Many of you have started New Year's Resolutions early in anticipation of eating a little more, (Traditional foods) like we normally do this time of the season. Early morning spin classes have had new faces like Joyce Jojola, Charlie Lente, Terry Ulibarri, Alicia Garcia and Bart Jojola who is recently recovering from heart surgery taking advantage of the 5:30 am classes, which are held every Tuesday and Thursday. Just as a reminder, it is suggested by many health experts and the Surgeon General that we work out at least 30 minutes per day everyday. We make time for sleeping, eating, and working, why not make riding a bike or taking a brisk walk or doing anything that will bring your heart rate up, part of your everyday schedule. It doesn't take working with weights for two hours a day, or jogging 10 miles a day, a way of getting into losing some of those unwanted extra pounds and or some kind of healthier shape that so many of us talk about but never really never do anything to achieve. You can even start your New Year's Resolution while doing your holiday shopping by taking a couple of extra laps around the mall at a brisk pace. Many people who don't have facilities like we do, resort to taking early morning walks in the

mall which are usually pretty busy with people taking advantage of a warm enclosed environment especially during the winter months. Swimming or doing running in place at home, playing volleyball, doing push-ups, or stretching and doing lunges will suffice just as well. But remember, working out will not do the trick by itself unless we also watch what we eat like fast foods, or eating late at night and going straight to bed. It is better to eat 4 or 5 small meals throughout the day that include lots of vegetables and fruit, than two or 3 huge meals because you have starved yourself for most of the day. Let's get out and do something that is a little more than we have done in the past. Start out slowly, possibly 3 days a week and work your way up to 5-7 days a week, if you can. Once you get use to your new routine and accustomed to being more active, when you do miss your workout you begin to feel guilty and you will get yourself back on track really quick. As a reminder, we do have plenty of Personal Trainers on staff that can help you get started and on your way to a healthier lifestyle. Please call 869-8557 and schedule an individual appointment. Let them help you set up a program that will be beneficial to you. Pictured are several of the Spin students attending the weekend spin class with instructor Ray Mora. Weekend classes are offered every Saturday and Sunday at 1:00 p.m.



Basketball

On December 19, 2009 was the beginning of our 2009-2010 Basketball season for our elementary school age children. The first of our scheduled games were against the Pueblo of Laguna with all four teams playing (3rd & 4th grade boys & girls and 5th & 6th grade boys and girls) games. The 3rd and 4th grade boys & girls lost the first game of the season, but they do show great promise for future games especially considering our children were much younger and shorter then our visitors from the West. Our 5th and 6th grade boys and girls won both their games quite convincingly. Pictured is an action shot from the first game of the season with Laguna Pueblo.



Park Management

As mentioned in last month's newsletter, we are proceeding full speed ahead in preparing the Chical Baseball field for the automatic irrigation system that will ultimately water the new grass that will be seeded in late March or early April depending on the spring forecast and spring winds. It is our intent to have the field ready to play by the 4th of July weekend. Our crew has already brought the water line from the old Hell's Canyon well (about 3/4 mile) but is waiting for actual hook-up by the Isleta Hydrology Department. Pictured is the crew digging, trenching, and installing the water lines that will feed all the sprinklers for the baseball field.





Christmas Program

For those children who took advantage of the Christmas Holiday program offered at the New Rec Center, lots of fun is only part of the great time they all enjoyed. The children who participated were treated to Special Events that took them to It's Family Fun Center, Isleta Fun Connection, The River of Lights at the Botanical Garden, Hinkle Family Fun Center, the movies at Century 24 and several Basketball games for the youth and young adults. Two pictures above are several of our children really enjoying an evening activity at the River of Lights at the Botanical Gardens in Albuquerque as one of several special events.



Swimming

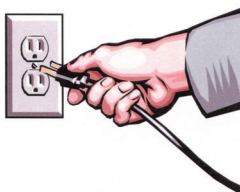
Our apologies to all you swimmers who utilize the pool on a daily basis for your workout. Over the week of December 13th and up to December 24th the swimming pool was closed due to the heater core (warms the water) breaking down. We had to order a new heater core that took some time to locate and replace. As soon as that was replaced, the very next day the igniter that keeps the heater core lit broke down. As I have explained to our Tribal Council and Governor's during budget hearings, our building internally has begun to show its age with replacement of different parts becoming more of the norm. We are hoping that once replaced we will be back to trouble free swimming. Let's keep our fingers crossed.

Electrical Cords

With computers, monitors, printers, fax machines, clocks, lamps, space heaters, and radios, offices these days can quickly become congested with cords and cables. Electrical cords and cables require special care, or they can easily become tripping and fire hazards. Look around your office and answer the questions below:

- ▶ Are electrical cables, cords and plugs clean and free from kinks, cuts, chemical damage, fraying and tears?
- ▶ Do you carry equipment at its base and never by its cord?
- ▶ Do you use extension cords only temporarily (i.e. remodeling, maintenance)? If you need them longer than temporarily, you need permanent wiring.
- ▶ Do you avoid running cords through holes in walls, ceilings, floors, doorways or windows?
- ▶ Do you replace damaged and defective cords?

If you have any "no" answers, your office may have an electrical hazard.



Hello From Comanche Ranch...

As Manager of Comanche Ranch, along with my wife, and as well as the Comanche Ranch Cowboys, we want to start off by wishing everyone a Happy New Year. We hope that Santa was good to you all!

This article is to inform the people of Isleta that the calves did very well, even though we have been going through a tough time with the economy. I know that the economic situation has been hard on everyone, but we have to be determined to keep pushing on. So far, we have had a cold winter here at the ranch, but we have not had much snow. We are keeping our hopes up for some moisture this winter so that we can have some good grass this summer.

I informed you in the last newsletter article I submitted, that we were going to market our calves a little different this year. In this article I am going to let you know how the calves did and what the cattle count will be as of January 2010, and also let you know what our plans are for the year 2010.

The cattle all went to Colorado where the market was a little bit better. We sold calves to Winter Livestock Auction. The number of cattle sold was 397 steer calves and 347 heifers for a total of 744 head. This does not include some of the calves we sold in the middle of the year. This year we saved some replacement heifers for the ranch. We kept forty-five head which we will breed next spring with some low birth weight bulls which we have on the ranch, and they should calve out okay.

I'm going to share some numbers with you. We sold 744 head of cattle this fall. We saved forty-five replacement heifers. Five head will be given for the feasts in August and September. We had eighty head of calves that were too small to sell. We sold forty head this August. We also have two left in the pasture which we will need to rope as they are a little on the wild side. We will most likely sell these two at Cattlemen's in Belen when we catch them. This brings our calve count to 916 head. We need to have a few cows that need to have their calves. The cow count is just a little over 1,000 head. Looking at the overall picture, I think we did okay.

I am now going to give you some of the market prices that the Comanche Ranch got for their calves. This market is also available off the internet under Winter Livestock.com. We sold cattle in November and December. I myself went to observe the calves' sales. Winters had 5,500 to 7,500 head of cattle at the sale that I went to. Out of all the cattle sold, Comanche Ranch cattle sold the most at the two sales. We had a good herd of cattle this year.

Some of the prices that the calves brought on November 9, 2009. We had thirty-eight black steers with an average weight of 464 pounds which sold for \$1.16 per pound. Seventeen steers with an average weight of 400 pounds brought \$1.23 per pound and some averaging 550 pounds brought \$1.02 per pound.

Heifers are ten cents below the price you get for steers. We had some at the sale that weighed an average of 400 pounds that brought \$1.10 per pound, and some that weighed 508 pounds brought \$1.00 per pound.

On November 16, 2009, we had 56 calves with an average weight of 385 pounds that sold for \$1.24 per pound. Some weighed in at 400 pounds that sold for \$1.34 per pound and some weighed 550 pounds and these sold for \$1.01 per pound.

Heifers at the same sale weighing in at 350 pounds brought in at \$1.11 per pound, and some weighing in at 550 pounds brought in \$0.90 per pound, and those weighing in at 450 pounds brought in \$1.01 per pound.

On December 15, 2009, which was good sale for Comanche Ranch, steers averaging 450 pounds brought in \$1.15 per pound, those weighing in at 400 pounds brought in \$1.22 per pound. We even had a few that weighed in at 670 pounds which brought in \$0.92 per pound.

Heifers weighing in at 400 pounds brought in \$1.05 per pound and those weighing in at 500 pounds brought in \$1.03 per pound, and those at 550 pounds brought in \$0.91 per pound.

I do hope that you are satisfied with these numbers. I think we did better than the market price by selling them the way we did. We did not have one die or what we call death loss. We shipped 100% with no death loss. We took the calves right off the

mother cow right onto the trucks and sent them directly to market. We did not have the needed grass to pre-condition them this year. Because of this we would have had to hold them for forty-five days and feed them and it was just not feasible for us to do this due to the lack of rainfall and all the overhead costs that would be incurred.

One of the things that we are going to do this year is ID cattle. This is a tagging system to keep an inventory on all livestock for the control of disease. This will also serve as a good inventory for the Pueblo of Isleta and the Comanche Ranch which will help us in the future. The State of New Mexico will make this a mandatory thing for all ranchers, and with this in place for our cattle, we will be one step ahead of the State. We were able to get a grant from USDA to help out with the cost for this program.

At this time, I would like to thank the Range Patrol for helping out with the count of calves as they were loaded onto the trucks. Fred Jiron was great help to us during the count of cattle.

If any one has any questions or would like to know a little more about the ranch, feel free to call me and I will be happy to answer any questions concerning the ranch. My phone number is 505-917-4217.

I hope that you all have a Happy and Safe New Year.

Martin Abeita, Comanche Ranch Manager

ATTENTION: LIVESTOCK/CATTLE GRAZING PERMITTEES



- Fees are considered delinquent on March 31st of the fee year as indicated in initial contract signed by Permittee(s).
- A 15% late fee will be applied every month on delinquent accounts.
(Example: Payments are due by March 31, 2010; March 31, 2011; March 31, 2012; etc. to avoid 15% late fee)
- Non-Payment of Grazing fees will be cause for cancellation of the grazing permit on an annual basis.

Questions regarding your Grazing Permit, contact
Randy Lujan: 505.724.9284

Questions regarding Payment, contact
Sandra Montoya: 505.869.1808



American Legion Post 209

**From the American Legion Post 209,
we wish you all a Happy New Year!!**

The first American Legion Post 209 meeting for the year 2010 will be on Saturday, 16 January 2010 at 6:00 PM (that's 1800 hours for those who are still on military time). This is a change from the 10:00 AM (1000 hours) morning meetings we had in the past.

We have a number of projects which we have been working on, and we need all the help we can get:

- Our number one project has been the development of the Richard "Dickie" Baker site in Los Charcos. We are working on someday constructing a Veterans' Center. We are seeking support from veterans, politicians, community members and anyone out there who can help the veterans make this project a reality.
- We have two certified Veterans' Service Officers who are always willing to assist veterans with information on veterans' benefits.
- We are in the process of developing an honor guard to serve at community functions.
- And of course, our main goal, provide assistance to veterans and their families.

Also, the New Mexico Department of Veterans' Services has finally made a decision on the New Mexico State Tax Reimbursement for Native American Veterans who may have state taxes taken from their military pay. For application forms and information, call one of the below numbers.

As many tribal members are aware, Post 209 has been involved in dedication of Tribal Parks to our veterans. The next park up for dedication is at Mousetown. It has been decided that this park will be dedicated to all Purple Heart Recipients from all wars. If you are a Purple Heart Recipient, or know of a deceased veteran who was a Purple Heart Recipient, please submit names, branch of service, which war they were involved in and years of service to:

American Legion Post 209
P.O. Box 338
Isleta, NM 87022


American Legion meetings are open to all honorably discharged veterans. Hope to see you at our next meeting on 16 January 2010. Refreshments will be served.

For questions on veterans benefits, please call Ulysses Abeita @ 307-1582 or Theresa Zuni @ 841-5346.

Family Program


"Take Flight"

coming FEBRUARY 1, 2010!




Description:

- ★ FAMILIES SIGN UP AS TEAMS.
- ★ Teams keep track of health behaviors.
- ★ Teams turn in their logs and receive new ones with weekly incentive prizes for eight consecutive weeks.
- ★ At the end of eight weeks, winning teams will be announced in our *newsletter* & will receive **1st, 2nd, & 3rd place prizes** at our *Celebration*
- ★ All participants will receive a "Take Flight" t-shirt.



Questions or to Sign-Up:
Contact Devin, Fitness Assistant
505.869.4595



Pueblo of Isleta
 Diabetes Prevention Programs
 "TOTAL BODY HEALTH"

In loving memory of
 "To-To" Marie C. Lucero
 November 15, 1942 to December 29, 2008

*I saw the countless Christmas trees around the world below.
 With tiny lights, like Heaven's stars, reflecting in the snow.
 The sight was so spectacular, please wipe away the tears
 For I spent Christmas with Jesus Christ, NaNa & TaTa this year.
 I heard the many Christmas songs that people hold so dear,
 But the sounds of music can't compare
 with the Christmas choir I heard up here.
 I have no words to tell you, the joy their voices brought
 For it is beyond description to hear the angels sing.
 I know how much you all missed me, I saw the pain inside your heart,
 the tears roll down your face,
 as just last year for Christmas we celebrated together.
 Be happy for me my loved ones, you know
 I loved you all so much. And I was happy that this year
 I got to spend Christmas this year with Jesus Christ, NaNa & TaTa.
 For they too were so happy, they all love you dearly too
 and wish your pain away.
 I sent you all a special gift from my heavenly home above,
 I sent you a memory of my undying love,
 After all, love is a gift more precious than gold.
 Please love and keep each other near, as my Father said to do.
 For I can't count the blessing or love He has for each of you.
 So I hope you all had a Merry Christmas
 and I wish you all the very best New Year. And remember,
 I am just a prayer away, so always speak to me, because I am always near.
 And be happy for me and wipe away the tears,
 for I spent Christmas with Jesus Christ, NaNa & TaTa this year.*



We can't believe a year has gone by. Seems like only yesterday we had ToTo in our lives. We were so blessed to have had her with us. She would give her help to anyone who needed and she would never ask for anything in return. She had a special place in her heart for each and everyone of us. We think about her everyday and of all the wonderful things she said and did. It hurts to know that our long conversations, trips to Wal-mart, eating out, and her warm hugs are all just memories now. We know she is so happy to be in Heaven with her NaNa and TaTa. She missed them everyday too. Sometimes she would cry herself to sleep because she missed them so much. This is why I can't hold on to her anymore, she is in a wonderful place with them and the gang. I know she wouldn't want us to go on grieving, she would want us to go on smiling and just thinking of the wonderful memories we had together. We will continue to live our lives thru her words of wisdom and knowledge. As the poem says, pray to me as I am always nearby. We believe in our hearts that she is always with us. And when times are tough and we feel we can't get thru the day, we always pray to her and as always, we feel a sense of peace and happiness. One day we will join her, and we know she will be waiting for us with open arms and tortillas (she loved making tortillas for everyone).

We would like to thank Gov. Robert Benavides, Lt. Max Zuni, Eddie Paul Torres & Isleta Pueblo Housing staff who gave their support during this time. We would also like to thank our family and friends who not only gave their help in time of need, but also continue to show their support with your prayers. Thank you to Auntie Kathy for giving a beautiful wonderful eulogy of ToTo at her mass. Thank you to the community for all your prayers.

Merry Christmas and Happy New Year! Love, Pauline and Hanna-Marie Lucero and Family


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 of 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

February 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|--|-----------|----------|--------|----------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
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| 28 | |  | | | | |

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