Isleta Pueblo News

Volume 4 Issue1 January 2008

Governor's Report

The Administration wishes each and every one a Merry Christmas and a Happy New Year. The year 2007 ends with many accomplishments for the Pueblo of Isleta; the tribe has signed a thirty-seven year gaming compact with the state of New Mexico, the hotel construction is on schedule, the new gas station is open and is generating revenue for the tribe, right-of-ways have been negotiated with AT&T and BNSF Railroad which will generate revenue and three parks have been completed by the Recreation Department. The Pueblo of Isleta has received a substantial amount of New Mexico capitol-outlay, federal appropriations and grant monies for various projects. Senator Domenici appropriated over a million dollars for new wells for range lands due to the drought. The Pueblos of Isleta and Acoma will be receiving a substantial amount of the monies. Mr. Lawrence Rael, Middle Rio Grande Council of Governments, will be awarding the Pueblo of Isleta $100,000 for the Bosque Restoration, and I am glad to report that Mr. Benny Shendo, Director for the New Mexico Indian Affairs, has appropriated $750,000 for replacement of old water lines in the Pueblo of Isleta. Matching funds for this project will be appropriated from the Mis-Management funds settlement. Lieutenant Governor Max Zuni and Sandra Lucero, Indian Health Services, are working on the project identifying old waterlines in the pueblo. We still have capital-outlay money for other projects, including a new Judicial Complex to house the tribal courts, police department and a new fire station that will be fully staffed, along with other projects planned for 2008. Tribal Council and Administration will be meeting to prioritize projects and to discuss the total costs.

I met with Senator Michael Sanchez and Mr. Lawrence Rael, from MRCOG, on road proposals which they will present to Tribal Council for consideration. I have been meeting with Mr. Rael on an interchange on I-25 at the south reservation boundary by Wal-Mart, where Isleta hopes to develop housing projects and a new Palace West. Other revenue generating projects are being planned with proposals from various companies coming before Tribal Council for consideration.

On December 21, 2007 Mr. Benny Shendo announced his resignation as Director of Indian affairs for the State of New Mexico and will run for the 3rd District Congressional seat that was vacated by Tom Udall. I attended his announcement which was held in Jemez where Mr. Shendo is from. Mr. Shendo was always there when tribes needed his help, going out of his way to remind tribal leaders that money was available for tribal projects, called personally to make sure we did not miss deadlines. He provided training to tribal leaders on how to apply for capital-outlay monies and grants and made himself available to help on tribal projects. We will miss him, but hopefully he will become the next US Representative for New Mexico. I wish Mr. Shendo all the luck in his race for the Congressional seat.

On other tribal business, Lieutenant Governor Frank Lujan traveled to Texas with Mr. Rodney Ferguson, Isleta Gaming & Resort General Manager, regarding the hotel project. Lieutenant Lujan is monitoring all construction projects for the Pueblo of Isleta.

On December 19, I met with Mr. Robert Stevens, Assistant Principal at Los Lunas High School, Ben Analla, LLHS Counselor, Jeanette Garcia, Los Lunas Schools Title VII Coordinator, and Ulysses Abeita, Department of Education, to discuss the Education 20/20 Program. The Education 20/20 program is a computer-based credit recovery program which helps students complete credits they are lacking for graduation. LLHS, in cooperation with the Tribal Administration and the Department of Education, has developed an Education 20/20 satellite at the Pueblo of Isleta Department of Education. Our tribal students enrolled in the program do not have to travel to LLHS to take classes. We urge parents to encourage your children, if they are behind in credits towards graduation, to take advantage of this program. Please contact Ulysses for more information. The program is accredited by LLHS and will help your child improve their grades and allow them to graduate.

During the meeting, Mr. Stevens announced to the group that he accepted a position at Santa Fe High School and will be leaving LLHS. His last day will be January 9, 2008. Mr. Stevens will be missed as he was very supportive of our Pueblo of Isleta students and worked with the Department of Education staff to provide the best education possible for our students. He was instrumental in bringing the 20/20 Program to Isleta as well as starting the Native American Studies class now being taught at the LLHS. We wish him well.

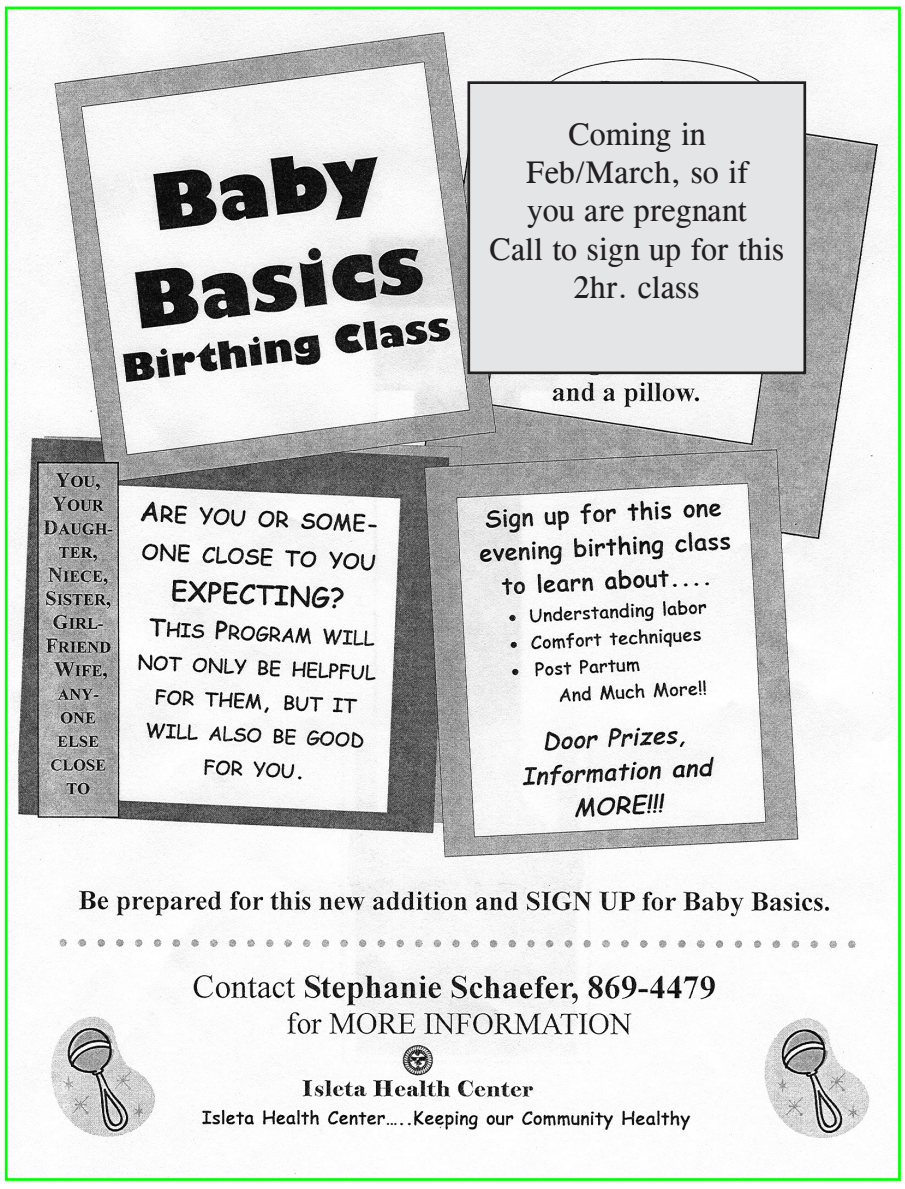
Elderly Center News

Happy New Year to all from the Elderly Program! We are having an open house on Friday, January 25th, from 10:00 am to 3:00 pm. We call this event our Community and Volunteer Appreciation Day. It gives us a chance to thank our participants, our program partners, our volunteers, our Tribal officials and the community for their support. Please come by and see what we have to offer. We'll have entertainment, refreshments, lunch, door prizes and lots of information on what we do at the Elderly Center. And speaking of volunteers, we are extending our request for nominations for the Bo Sangre Volunteers of the Year award. Please help us honor an elder or elders who have made a contribution to elders in the community. As you may know, Bo Sangre had a special place in his heart for elders, and he volunteered tirelessly to find ways to help and provide service to them. In 2004, the honorees were Lorenzo R. Jojola and John D. Jojola. In 2006, the honorees were Agnes Dill and Joe D. Lucero.

Some of our elders who especially need services are those who suffer from dementia or Alzheimer's Disease. The Elderly Center provides workshops and training to assist caregivers with the challenges of looking after those with dementia. Dementia is the term for the mental impairment that can come with age. It can start with memory loss, but becomes more severe in time. Alzheimer's Disease is the most common cause of dementia, a disease that results in the loss of brain cells. This checklist of common symptoms can help you recognize signs of Alzheimer's Disease. 1.) Memory loss. 2.) Difficulty performing familiar tasks. 3.) Problems with language. 4.) Disorientation to time and place. 5.) Poor or decreased judgment. 6.) Problems with abstract thinking. 7.) Misplacing things. 8.) Changes in mood or behavior 9.) Changes in personality 10.) Loss of initiative. Some memory loss with age is normal. When ability to function independently is affected, family intervention is needed. These ten warning signs are provided by the Alzheimer's Association; the office in Albuquerque has staff that is very helpful in assisting families. The number is 266-4473, or 1-800-272-3900. The Elderly Center can also help you with concerns about dementia or Alzheimer's Disease. Please call the Center at 869-6661 and ask for assistance.

We have an update to a disturbing incident that happened on December 14th. We had several calls around noon time from elders who thought the tuna sandwiches we had served in our home delivered meals were spoiled. Two elders reported becoming ill after eating the sandwich. We recalled as many of the meals as possible and had a number of samples taken for testing. The Indian Health Service Environmental Health office was called in and took the samples to the laboratory. The test results came back one week later, negative for staphylococcus aureus and negative for bacillus cereus, the two types of common agents for food poisoning. We apologize for the distress this situation caused, but the only conclusion we can arrive at is that the tuna had been warmed by the soup that was also served, and the result was not appetizing. We pledge not to combine the hot and cold items in the same packaging from here on out.

Line Dancing is back at the Elderly Center. Join us Mondays at 4:00 pm or Wednesdays at 12:45 pm. Fred Laureta, sponsored by the Seven Generations of Health program at the Southwestern Indian Polytechnic Institute, is our instructor. All community members are invited to join in the fun!



ISLETA HEALTH CENTER

All Isleta Pueblo Health Care Recipients

The staff at Isleta Medical and Dental clinics wants to meet the needs of all patients, and in order to do this, it is important that patients keep their scheduled appointments.

We have a significant percentage of patients who miss their scheduled appointments. This contributes to extended wait times for other patients to make an appointment, resulting in them not receiving timely medical care.

In the event you cannot keep your appointment, it is very important to call and cancel as far in advance as possible so that someone else may be given that appointment time. Also, please note that if you call to cancel, it may take several months to be rescheduled.

If you miss your medical appointment (do not show), it will be your responsibility as the patient to call the clinic to reschedule. You will not automatically be given another appointment.

To meet the health needs of all the patients, please remember that the Walk-in clinic is designed for acute injuries and/ or illnesses. It is not to be used for missed appointments or cancellations.

In order to respect and protect patient confidentiality, HIPPA (Health Insurance Portability & Accountability Act) must be followed. If the adult patient, being seen by the provider would like a family member to be with them during the appointment, that family member must accompany the patient to the room. Once the patient is in the room, visitors will not be given any information regarding the patient being seen, nor will be permitted in the medical area.

Please note that all patients under 18 years old must be accompanied by a parent or legal guardian (examples of exceptions to this requirement include any form of abuse, birth control, pregnancy testing/prenatal care, sexually transmitted disease testing and/or treatment). In the event that the parent/legal guardian is not able to accompany the child, a consent form may be picked up at the appointment desk, or may be faxed to you upon request by calling (505) 869-4089 or for dental (505) 869-4499. A picture ID and/or a contact number to reach the parent/guardian to confirm consent must be submitted with the consent form.

As a reminder all name changes and legal custody documents must be submitted to patient registration so updates can be made. Patients are responsible to update any address and/or telephone changes.

Thank you for your cooperation and adherence to these regulations. Your assistance with these matters will ensure that all patients receive confidential and consistent health care. The staff at IHC also want to say "thank you" for allowing us to meet your medical and dental needs.

Isleta Pueblo News

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Is College Really Worth It?

James C. Gonyea

Considering the high cost of a college education and the drain that expense can have on one's financial resources and future, I am often asked by college-bound students, "Is college really worth it?"

Here are 10 reasons you should pursue a college education:

1. Analytical thinking skills: Today's world is complex, and it requires making daily decisions about personal, economic, health, political, professional and social matters. Learning how to approach a decision, gather relevant facts, analyze comparative and contradictory data and draw correct conclusions are necessary skills for successful living. There is no better training ground to develop these skills than college.

2. Career beginnings: Significant knowledge is required to understand the nature of most occupations. College is usually the most effective way to acquire this knowledge. For many professions, a college education is a prerequisite for entering the field.

3. Career advancement: Many employers base promotion decisions on an employee's educational attainments. Whether or not a college education is truly required to handle the job is irrelevant. Employers need ways to rank employees, and a college education is an easily identifiable standard.

4. Financial gain: While there are notable exceptions, individuals with four-year college degrees earn more over their careers than people with less education do. The difference in lifetime earnings between a college graduate and a non-college graduate can amount to several million dollars.

5. Economic preparation: We all participate in a complex and continually changing economic environment, which requires some understanding of our economy. Where better to learn about managing your life's finances than in Economics 101?

6. Friends and spouses: Colleges, even non-residential institutions, bring disparate people together in one place. When individuals find themselves sharing similar experiences it's not surprising that lifelong friendships -- and life partnerships -- can develop. Networking within a profession often begins here, too.

7. Life awareness: The next time you're in a group of people, step back and watch how they interact with each other. Humans are social animals -- we bond with each other through conversation and other activities. College serves an important role in preparing individuals for continuing social interaction.

8. Lifelong source of advice and information: Graduation from college doesn't mean you won't be back. Just the opposite. Today, colleges and universities are eager to keep in touch with alumni, some offering programs and services on both personal and professional issues.

9. Purpose in life: At some point, most of us wonder about our purpose in life -- why are we here and what should we be doing? An essential part of finding your way is understanding other possible paths. Colleges, by their nature, bring together people with different lifestyles, ideas and experiences. Beyond the opportunities for awareness offered by the classroom and social interaction, colleges also offer independent study and internship programs that can let you explore alternative paths to find the one best suited for you.

10. Self-actualization: Psychologist Abraham Maslow theorized that we humans have a need to be somebody, to feel important, useful and of value to others and society. This self-actualizing behavior can mean developing and applying knowledge over time to build expertise in a given subject. Becoming expert in one's chosen career field is one of life's greatest feelings of accomplishment. As we age and begin to satisfy the more basic needs in our lives, this need for self-actualization becomes more important. Lifelong learning is a key element in developing a sense of accomplishment, and a college education is the foundation for lifelong learning.

After 30-plus years of offering advice as a professional career counselor, I think my understanding of life is much better than it was when I was younger. I believe the old adage that with age comes wisdom, and on reflection I find that my college education -- BS in education and MS in guidance and counseling -- is worth more than I ever imagined.

For more information on Post-Secondary Education, check out the College / Career Fair on Jan. 26, 2008

LOS LUNAS SCHOOLS AND THE PUEBLO OF ISLETA

(Albuquerque Public Schools)

STUDENT CAREER FAIR

All students invited to attend

There will be a Senior Parent meeting at 9:30am to discuss financial aid, higher education and graduation dates.

Date: January 26, 2007
Time: 9:00 am-12:00 noon

Pueblo of Isleta Recreation Center

Come and visit with colleges, universities, and businesses from across New Mexico

Door Prizes every 30 minutes

Isleta Health Center

1-877-725-2552

24 Hour Nurse Advice Line

Unsure whether or not to take your child or yourself to the doctor, or emergency room?

Call Isleta's Nurse Line and speak with a registered nurse. When you or your child is ill or injured and you want help quickly, call this line and speak with a nurse. 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.

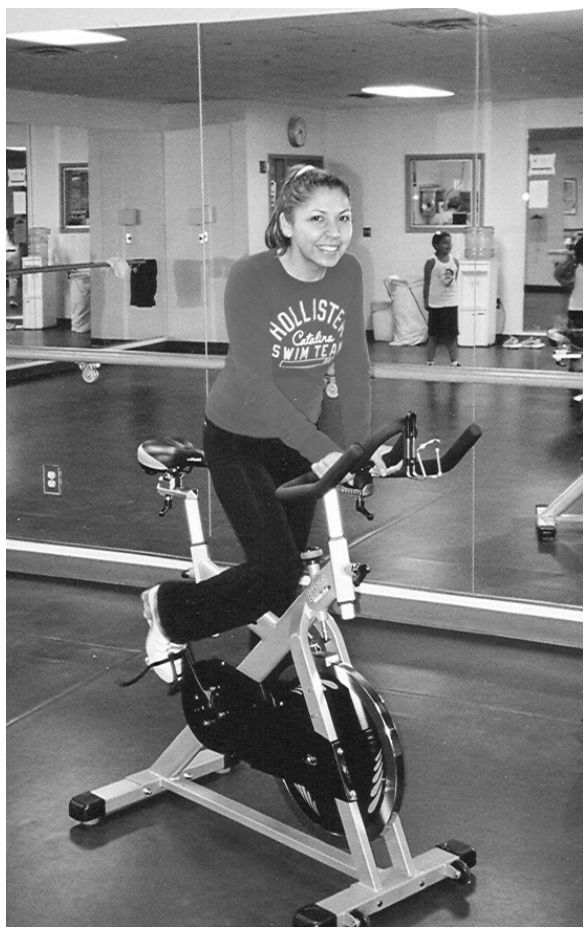
So whether you have a question as simple as whether or not you have a cold or allergies, or as worrisome as your child waking up at 2am with a high fever and you need to know whether or not to wait until the morning to call the clinic or if you should go to the emergency room now,

CALL THIS NUMBER and THEY WILL HELP YOU ANSWER YOUR QUESTIONS!!!

FREE to ALL ISLETA HEALTH CENTER PATIENTS

Recreation

By the time everyone receives this newsletter 2008 will be upon us. We are now another year older and hopefully a little bit wiser. And if we happen to be a little bit wiser, hopefully last year's New Year's Resolutions have been completed. You remember, promising to work out at least 30 minutes per day, everyday. And if you don't remember, you can begin this New Year with a realistic resolution on trying to work out at least 3-times per week, 30 minutes per workout. If you need to start slow and slowly build your time and days it can be done, if you want it that bad. The longer we wait the longer it takes to get those extra holiday pounds most of us have put on. Taking them extra pounds off won't happen overnight, just like the weight we put on didn't come to us overnight. If you are serious about getting a workout, both recreation facilities have plenty of certified personal fitness instructors to assist you with a routine. What do you say we all do it together! Pictured below is Feather Anderson preparing for her 12 noon Spin Class held Monday through Thursday from 12:00 pm until 12:40 pm. The second picture is Juan Jojola, Certified Personal Trainer assisting with the proper techniques of weightlifting.



Basketball

The Isleta Elementary School Basketball season has begun. Once again, all of our four teams were well prepared and ready to compete with all who come before them. The first game played over at the Isleta Recreation gymnasium pitted the Isleta Eagles against Zia Pueblo. Our kids were so well prepared that the score clock had to be turned off by half time because the lead was so overwhelming. Our Coaches this year are: Bernie Jojola and Bernard Chavez coaching the 3rd & 4th grade Boys, Bernie Jojola and Rae Ann Jojola coaching the 3rd & 4th grade girls, Blane Sanchez is coaching the 5th & 6th grade girls and Carl Anderson is coaching the 5th & 6th grade Boys. GREAT START. Next games will be in mid January 2008.

Cheerleading

Once again, and for the first time in several years, the teams will have a group of our children who are being prepared to lead us in cheering for all home basketball games. Away games will be optional. Former cheerleader, Rebecca Olguin is the coach and head sponsor for the girls who are practicing just about everyday. Uniforms have just been ordered for all the girls. Keep up the good work. Pictured is Rebecca Olguin leading her students with some stretching exercises prior to learning some new routines.

Christmas Program

On Thursday, December 20, 2007 our children from the after school program participated in the Elderly Christmas Party. Our children accompanied by Yolanda Chavez were well received with their Musical Instruments and Christmas songs as well as their performance of the Social Basket Dance in front of about 200 people who were in attendance.

GREAT JOB. Pictured to the right are the children performing. The picture below are Yolanda Chavez and the Nanas Lucero and Abeita from the after school Arts/Crafts Program honoring the children who participated with Certificates and a Christmas gift.

Sensei Clarence Chavez awards Martin Garcia his certificate of rank for first degree black belt.

The first black belt from the Pueblo of Isleta Recreation Center Karate Program has been awarded. Martin Garcia (14 years old), son of Mr. and Mrs. Jessie Garcia, recently passed the five and half hour physical test and two hour written test for his Sho-Dan (First degree black belt). Martin started the karate program at the recreation center with Sensei Clarence Chavez when he was nine years of old. Martin is a freshman at Los Lunas High School and plans to continue his training with Sensei Chavez. If you are interested in more information about the karate program or more about our new black belt, you may call 866-4360.

Isleta Recreation Martial Arts program director Sensei Clarence Chavez, with the assistance of Sensei Martin Garcia, award yellow belt certificates to three exceptional young men. All three of the young men tested December 1st, at the IRC. The physical portion of the test took approximately two hours to complete and the written / knowledge portion of the test took an hour to complete for the young men.

The Karate One School is one of the most demanding schools in the valley. If you are interested in the Isleta Recreation programs or the Martial Arts program, please contact Mr. Chavez at 869-8557 or 866-4360.

Pictured From L to R: Front Row: Damacio Chiwiwi, Marcus Cherino and Jackson Mclaughlin. Back Row L to R: Sensei Martin Garcia 1st degree black belt and Sensei Clarence Chavez, 6th degree black belt.

WIC NOTES

Whole Grains

What are whole grains?

Whole grains are made of three parts: the bran (or outer layer) the germ, and the endosperm. In order for a grain to be considered whole, it must contain all three parts of the grain.

Foods that contain refined white flour, like white bread, white rice, and white tortillas, strip out the bran and germ. That removes fiber and nutrients. Refined flour does nothing to protect the heart.

Whole grains are fiber rich foods. They help to protect against heart disease, type 2 diabetes, and obesity. Whole-grain diets also improve bowel health; they help maintain regular bowel movements, prevent constipation, and promote growth of healthy bacteria in the colon.

Read Labels

It doesn't take much effort to find whole grains. Just look for the word 'whole'. The ingredient list should say 'whole wheat', or 'whole oats' or 'whole rye'. Also, the ingredient list is in order--the closer a whole-grain ingredient is to the top, the more of it the food contains.

Be smart about food labeled with words 'multi-grain,' 'stone-ground, 'seven-grain', 'bran', or '100% wheat' are usually not whole-grain products.

Brown bread isn't necessarily whole grain either. The brown color may come from molasses or other added ingredients. When buying bread look for these three words: **"100% Whole Wheat."**

How can I eat more of them?

Adults should eat at least three servings of whole grains daily. Eating three servings a day of whole grains is easy. For example, choosing oatmeal or a whole grain cereal for breakfast (one serving), a sandwich at lunch made with two slices of whole-grain bread (two more servings). Here's how typical serving sizes of other whole-grain foods measure up:

- 1/2 cup cooked whole grains such as brown rice
- 1/2 cup cooked whole wheat pasta
- 1 slice 100% whole-wheat bread, make sure it says 100% whole-wheat.
- 1 whole grain tortilla
- 1 cup whole-grain cereal
- Snack on popcorn, which is a whole grain. But don't overload it with butter and salt.

WIC Kitchen Recipe

This is the recipe we will be demonstrating for the next two months during our WIC nutrition education classes.

WIC Mini Spinach Pizzas

This meal takes only a few minutes of actual work, and your kids will love getting their own personal pizza.

- 8 wheat English muffins halves or 8 (4 inch) whole-wheat pita pockets
- 1/2 cup spinach puree (see below)
- 2 cups bottled or canned tomato sauce
- 2 cups thinly sliced part-skim mozzarella

1. Preheat the oven to 400 degrees.

2. Spread spinach puree on each muffin half so that the spinach comes to within about 1/2 inch of the edge. Spread the tomato sauce over the spinach; it should cover the spinach and come to within about 1/4 inch of the edge of the muffin. Now lay the cheese over the sauce, covering any place where the green comes through.

3. Place the pizzas on a foil-lined baking sheet and bake until the cheese melts and begins to brown, 5-10 minutes. Let the pizzas cool 5 minutes before serving so the cheese cools and doesn't pull off (and the spinach stays completely invisible).

Spinach Puree

Prep:

Rinse fresh spinach. For mature spinach, fold the leaves in half lengthwise with the stem outside, and then strip the stem off the leaf. If using baby spinach no preparation is needed after rinsing it.

Cook:

Steam for 30 to 40 seconds, or cook in a skillet with 1 tablespoon water for about 90 seconds, or just until wilted.

Puree:

In a food processor or blender, mix for about 2 minutes until smooth and creamy. Refrigerate purees that will be used in the next couple of days, otherwise freeze.

Adapted from *Deceptively Delicious–Simple Secrets to Get Your Kids Eating Good Food*. Jessica Seinfeld

This recipe provides your child with important nutrients they need to grow properly and removes the *"I don't want to eat that"* mealtime battle. Even though the recipe is designed to hide the spinach, our hope is that you will talk with your child after the meal about all the ingredients, including spinach, that make up the pizza.

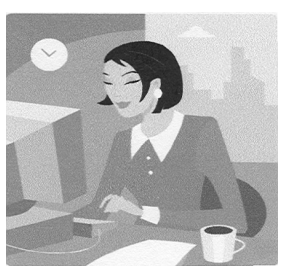
Live Healthy, Heidi Lanes- WIC Nutrition Coordinator

Workforce Investment Act
Pueblo of Isleta

WIA SERVICES

RESUMES!

INTERVIEW SKILLS!



JOB SEARCH!

WE ARE HERE TO ASSIST TOU WITH RESUMES, JOB SEARCH AND INTERVIEW SKILLS.

The WIA Program is located in the Tribal Administration Bldg.
next to Human Resources.
Contact No: 766-6652
Office Hours: 8:00 a.m.- 4:30 p.m.
Eligibility is not required for Core Services.

JOM Program …

JOM/IEC Meeting on January 12, 2008

The next JOM Meeting for Parents/Students will be on Saturday, January 12, 2008 at 9:00 AM at the Department of Education Complex. The JOM Indian Education Committee needs two more members and we will be having nominations and elections. If you are a parent/legal guardian of an eligible JOM student, you are eligible to serve on the JOM/IEC.

It seems that Congress has decided, and in spite of the President's attempt to eliminate the JOM Program, to continue to fund the JOM Programs. The last word from DC is that Congress has authorized $14,000,000 for the JOM Programs. This is an increase of $2,000,000 from CY 2007. We will provide more information at the JOM meeting.

Also, on the Agenda will be the proposed trip to Washington, DC for the Presidential Inauguration in January 2009. This trip will be for students who will be juniors or seniors during the 2008-2009 school year. And, more importantly, we will be discussing plans for the upcoming semester. We need your input.

Any questions, please call Beverly or Ulysses at 869-2680.

Isleta Pueblo Public Library

The Isleta Pueblo Public Library is still looking for three Community Members (preferable nonpolitically related) to form the Library Board which is required by the New Mexico State Library. Members of the Library Board will help update and discuss the Library Policies, discuss Parent/ Guardian Complaints, Book Suggestions, Periodical Suggestions, Music Suggestions, DVD Suggestions, and help design the New Library (interior) when the time comes. Members of the Library board will meet quarterly at the Isleta Pueblo Public Library. For more information of the duties, please contact the Library at (505) 869-8119 and speak to Nathaniel Lujan.

The Library is also still looking for three Teens to form the Teen Library Board. This Board is not required by the New Mexico State Library but is highly encouraged. The three teens will help discuss the Library Policies from a teen's point of view, help with Book Suggestions, Music Suggestions, DVD Suggestions, Summer Reading Program Suggestion (Field Trips & Activities) Parent/Guardian Complaints, Teen Complaints, and help design the Teen Section in the new Library when the time comes. Members of the Library board will meet quarterly at the Isleta Pueblo Public Library. For more information of the duties, please contact the Library at (505) 869-8119 and speak to Nathaniel Lujan.

The Library would like to start a story telling session at the Library. Stories could be about anything but MUST be family friendly. Traditional stories of Isleta and neighboring Pueblos would be nice BUT, must be approved by Traditional Leaders. If you are interested in participating, then please contact the Isleta Pueblo Public Library at (505) 869-8119 and speak to Nathaniel Lujan.

For those who are unable to get their hands on a copy of the newsletter, keeping up with the current events and latest news here in the village just got easier. With the help of Dempsey Dreis and the staff at Valencia Express, the Isleta Pueblo Newsletter is now available in PDF format. All you need is a valid e-mail address and Adobe Reader, which you can download for free at www.adobe.com. Just send us a message (through myspace.com) or an e-mail, letting us know that you would like the monthly newsletter e-mailed to you. E-mail requests should be sent to poi_library@hotmail.com. Please include your first and last name and the e-mail address you would like the newsletter sent to. We will add you to our distribution list and send out the newsletter as soon as it's available to us. Please remember that the distribution address will be different form the library's primary e-mail ~ so any comments, request, messages, etc, received in that inbox will be deleted immediately. Should you need to contact any of the staff at the library, feel free to reach us at poi_library @hotmail.com or at the library telephone number.

The latest news concerning the Library, the Library's Policies, the Library's hours of operation, and the Library's Contact Information can be found on the Library's MySpace page at www.myspace.com/isleta_ pueblo_ library.

Isleta Pueblo Public Library

Contact Information:
Phone Number: (505) 869-8119
Fax Number: (505) 869-7690
E-mail Address: poi_library@hotmail.com
Web Address: www.myspace.com/isleta_pueblo_library

Operation Hours:
Monday-Thursday: 8am - 8pm
Friday: 8am - 4:30pm
Saturday & Sunday: Closed

Bear Helps Coyote
(A Story About Weight Control)

Bear and Coyote were arguing about how to lose weight. Coyote had gotten lazy and was going to a big gathering and wanted to lose weight and get in shape by the new moon. He was going to try a new diet that promised just that. Bear told Coyote that if he made changes to his lifestyle---eating better and moving around more---throughout the seasons, he would not have to go on these crash diets every year.

"Diets don't work!" he told Coyote. "Well, at first they do. But then you go right back to what you were doing and you gain it all back, plus some extra."

"But I like all those foods the Two-Leggeds eat: greasy french fries, cakes, and my personal favorite, chips and dip," said Coyote. "Oh! And the sweet, sugary drinks, too!"

"That's your problem," growled Bear, "You're eating food your body was not meant to have in large quantities. You need to hunt your own food to eat instead of being lazy and waiting for the Two-Leggeds to toss you something. Hunting will do you good---fresh air, exercise, sunshine---you'll get lean and strong. Anyway, rabbit is better for you and stays with you longer than some old corn chips!" [Nutrient rich and Energy enduring]

"Well, I dunno," sighed Coyote, "it sounds like a lot of work and I'll miss some of my favorite foods. Are you sure you're not just trying to trick me so you can have all the goodies?"

Bear took a deep breath and gathered his patience. In a level voice he told Coyote, "It's all about balance. Two-legged food is 'sometimes food,' not for every day. And just because something is good for you doesn't mean you can eat as much as you want at one time or in one day. You must balance what you eat with how much you move. It's not Two-Legged science! It's natural laws at work---energy balance."

Just then, a couple of Two-Legged nutritionists could be heard talking nearby as they were hiking. They were trying to come up with some quick tips to give their clients who were planning to lose weight and get in shape in the coming year. Here is what Bear and Coyote overheard:

Set realistic goals
Losing one half (1/2) to one (1) pound per week is reasonable and realistic. Quick weight loss usually leads to quick weight re-gain.
Withholding desirable foods leads to over-indulging later on.
Watch portion sizes of whatever it is you are eating.

Think"long-term"and "sustainable"
Consider what you are able to change and keep doing for the rest of your life. Avoid fad diets-if it seems too good to be true, it usually is.

Think "little foot"
Making one small change at a time won't overwhelm you. Feel good about all the changes you have made and not defeated by what remains.

Eat breakfast
Research has shown that skipping breakfast leads to weight gain.

Work physical activity into your daily routine-going to the gym is not always practical.
Take the stairs when you can (5 stairs per calorie!)
Park farther away from entrances
Walk 15 minutes during your lunch break (3-4 cal/minute)
All exercise is cumulative; 15 minutes 4 times a day = 60 minutes!
Limit TV viewing and/or computer gaming to 10 hours or less per week.

Read before you eat
Nutrition Facts labels tell the story of what you're about to eat.
FIRST, look at the serving size, then calories, fat, etc. Use the USDA Nutrient Database for nutrition facts on non-processed foods such as fruits, vegetables, and meats: http://www.nal.usda.gov/fnic/foodcomp/ search/

Nutrition Facts
Serving Size 3 oz (85g)
Servings Per Container 1

Amount Per Serving	
Calories 180	Calories from Fat 90
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 4g	20%
Trans Fat 0.5g	
Cholesterol 70mg	23%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 22g	
Vitamin A 0% •	Vitamin C 0%
Calcium 2% •	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Keep a daily food diary
A small 3x5 spiral notebook with 3 columns: Food, Amount Eaten, Calories and a total (also Day and Date at the top of each page) This will keep you on track.

Allow yourself 10-12 Calories per pound of body weight
Example: To maintain 130 pounds requires 1300 - 1600 calories each daydepending on how active the person is.

Limit the amount of fat
in your diet to less than 30% of total calories each day.
Example: 1600 x 0.30 = 480 calories or less from fat.
480 calories 7 9 calories per gram = 53 grams of fat (or less) per day

Limit alcohol onsumption
These are empty calories. Pregnant women or those who wish to become pregnant should not consume alcohol.
There is no "safe" amount.

Cyndi Silva
Dietetic Intern, Diabetes Programs

PUEBLO OF ISLETA
AMERICAN LEGION POST 209

P.O. Box 385 Isleta, NM 87022
"Proudly serving those who served"

The next official American Legion Post meeting will be on 12 January 2008, at 10:00 am. However, the legion will be meeting on 5 January 2008, at 9:00 am to do some remodeling to the hall. Our goal is to have the Legion open by February:

The American Legion Post 209 in conjunction with the Isleta Casino & Resort will be hosting a Veterans' Benefit Concert featuring Canadian Cree folk singer Lorrie Church with an opening show by Beyond BedRock, featuring Milo from Milo and Friends.

We are asking for your support to help American Legion Post 209 help our veterans. Tickets are on sale and start at $15.00 and can be purchased at the Isleta Casino & Resort Box Office or online at www.isleta-casino.com (entertainment link). In appreciation for your support to our veterans, the Isleta Casino & Resort will be giving Isleta Fun packs to all attending the concert. You may pick up your Fun Packs at the Players Club booth when you sign up for a free membership to the Players Club, if you are already a member you may also pick up your Fun Pack at the Players Club booth.

We sincerely appreciate your support. Come join us for a great night of entertainment with all our veterans, family and friends.

Our next project will be to gather staple field goods so that we may send care packages to our deployed Soldiers. If you have a loved one currently on active duty and serving overseas in a combat zone, please send us their information; i.e., name, rank, where they are deployed and their unit. More information will follow within the next few months. I would like to thank all the members that have dedicated their time and efforts in making our Legion a success; we have come a long way in 12 months, Thank you all from Theresa Zuni, Commander.

The Legion would also like to thank all the family members that have contributed their time to the Legion, along with the community, the Tribal Administration, and the Tribal Council for all their support and we wish everyone a Prosperous New Year.

Health Beat

VACCINE FACTS about HPV and the HPV Vaccine

Why You Need to Make an Appointment for Your Daughter to get this Vaccine
FACTS about HPV and the HPV Vaccine

Article from the Department of Health and Human Services and the Centers of Disease Control and Prevention

Health Educator: Stephanie Schaefer 869-4479

What is the Human Papillomavirus (HPV)?

HPV is a common virus that is spread through sexual contact. Most of the time HPV has no symptoms, so people do not know they have it. There are many different types of HPV. Some of these types can cause cervical cancer in women. Other types of HPV cause genital warts in both men and women. In most people, HPV goes away in some cases, but not in others.

How common is HPV?

About 20 million people in the U.S. are currently infected with HPV. Each year, another 6.2 million people get a new HPV infection. HPV is most common in young people who are in their late teens and early 20s.

How common is Cervical Cancer?

The American Cancer Society estimates that in 2007, over 11,000 women will be diagnosed with cervical cancer and about 3,600 will die from this disease in the U.S.

What is the HPV Vaccine?

The HPV Vaccine is the fist vaccine developed to prevent most cervical cancers, and genital warts. It works by protecting against the types of HPV that most commonly cause these conditions.

Who should get the HPV Vaccine?

Doctors recommend this vaccine for 11 and 12 year old girls. If your teenage daughter missed getting this vaccine when she was 11 or 12, make an appointment for her to get it now.

Is the HPV Vaccine effective?

This vaccine targets the types of HPV that most commonly cause cervical cancer and genital warts. This vaccine is highly effective in preventing these types of HPV in young women who have not been exposed to them before getting the vaccine. The vaccine does not treat existing HPV infections or the diseases they may cause.

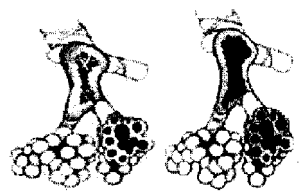
Is the HPV vaccine safe?

The vaccine has been licensed as safe. This vaccine has been studied in thousands of girls and women in the U.S. and around the world. These studies have shown no serious side effects. The most common side effect is soreness where the shot is given (in the arm).

Call the Isleta Health Center and make an appointment for your daughter if she is 11-12 yrs of age, so she can get her HPV Shot. If she is older, talk to your physician about her options.

What You Can Do About Chronic Bronchitis

Health Educator: Stephanie Schaefer, 869-4479



You many have had that cough that just won't go away. If it's chronic bronchitis, then your bronchial tubes (part of the respiratory tract) are very irritated. To see what it looks like, look at the two pictures above you. The bronchial tube on the right is the normal bronchial tube and the one on the left is the one with bronchitis. If your bronchial tubes are inflamed, than you will have a harder time breathing, which will prompt production of thick mucus called sputum. As the mucus drains down the bronchial tubes, your body automatically reacts with a cough to get ride of the irritation. Some people have this irritation for several months at a time. The constant irritation often caused by smoking can lead to swelling of the large and small passageways that carry air into your lungs, which can make the act of breathing more difficult. As this problem progresses, air can become trapped in the tiny pockets in the lungs called alveoli. When this happens, a person may develop emphysema. The person will be able to breath in, but breathing out will become difficult. People who experience both chronic bronchitis and emphysema often have chronic obstructive pulmonary-disease (COPD).

If you have chronic bronchitis, you do not necessarily have an infection. However, you are more at risk for a respiratory infection because viruses and bacteria like to grow in areas with a lot of mucus. Your doctor can best determine when you have an infection, so if you notice you are coughing up more mucus and that the mucus is getting thicker, or that you are coughing up pus, these may be clues that you have an infection, so contact your doctor (869-3200) if you are concerned about this. Your doctor may prescribe you an antibiotic to help you fight the infection. If you are prescribed medication, it is necessary to finish all medication and not to stop when you are feeling better. Along with taking medication as it is prescribed, it is important to drink extra fluids and get extra rest.

Infections can't be avoided altogether, but if you have chronic bronchitis, you can do several things to improve your odds of staying well.

Don't Smoke

Chronic Bronchitis is strongly associated with cigarette smoking. Stopping smoking may put an end to your ongoing cough and your problem with chronic bronchitis. Even if it takes several times to quit for good, KEEP AT IT!! Call 869-4479 to sign up for Freedom From Smoking, an 8 session program to help you quit smoking commercial cigarettes.

Speak Up

If you don't smoke, don't be shy about asking those around you to not smoke. Breathing secondhand smoke is a serious problem for your health, and you have the right to breathe clean air.

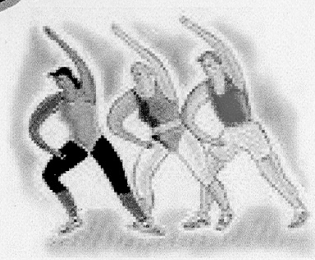
Ask about Immunizations

If you are 65 years or older and have not has a pneumococcal vaccine, your doctor may want you to have one. Also, it is important to get the influenza vaccination, so if you have not done it yet, please get it now!!

BE A HERO and DONATE BLOOD

Who: People over 18 years of age
What: DONATE BLOOD
When: January 30, 2008 2pm-5pm
Where: Isleta Health Center
Why: To Be a Hero and Save a Life
How: Call Stephanie Schaefer 869-4479 to sign up or just show up!

Register Now for January 2008 Exercise Classes



Beginners Step Aerobics
"Proactive Fitness Group"

SPONSORED BY
PUEBLO OF ISLETA DIABETES PROGRAMS
TOTAL BODY HEALTH

10-Week Program

- **Eight** Education Workshops **(Health Center)**
- Workshops held **Mondays at 5:00 PM**
- Twice a week attend a beginners step aerobics class
  (Tuesdays and Thursdays at 5:30 PM)
- **Assessments & Orientation is scheduled for January 08, 2008 @ 5:30 (Health Center)**

Location

- **Exercise classes will be at the Health Center, enter through back of building**
- Education night workshops held in the Health Center kitchen, enter through back of building

Incentive Prizes

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

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 <u>diabetes</u> in order to join**

Are you interested in joining, please contact **Carlos, Health Educator** at the **Diabetes Center** **869-4595** to register for the class

Must Sign Up to Attend Classes

Days and times are subject to change, please call for current information

Register Now for January 2008 Exercise Classes

SPINNING®

Beginners Spinning
"First Ride" Spinning

SPONSORED BY
PUEBLO OF ISLETA DIABETES PROGRAMS
TOTAL BODY HEALTH

10-Week Program

- **Eight** Education Workshops **(Health Center)**
- Workshops held **Mondays at 5:00 PM**
- Twice a week attend a beginners *"First Ride"* spinning class
  (Tuesdays and Thursdays at 5:30 PM)
- **Assessments & Orientation is scheduled for January 10, 2008 @ 5:30 (Westside Rec)**

Location

- **Exercise classes will be at the Westside Recreation Center (Pickle Heights)**
- Education night workshops held in the Health Center kitchen, enter through back of building

Incentive Prizes

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

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 <u>diabetes</u> in order to join**

Are you interested in joining, please contact **Elissa, Health Educator** at the **Diabetes Center** **869-4595** to registration for the class

Must Sign Up to Attend Classes

Days and times are subject to change, please call for current information

February 2008

Sunday	Monday	Tueday	Wednesday	Thursday	Friday	Saturday
American Heart Month	National Children's Dental Health Month	National Burn Awareness Month			**1** Give Kids A Smile Day	**2**
3 National Wear Red Day	**4**	**5**	**6**	**7**	**8**	**9** "Love Your Heart Fun Walk and Run" 10am Rec. Center
10	**11**	**12**	**13**	**14** National Donor Day	**15**	**16**
Children of Alcoholics Week						
17	**18**	**19**	**20**	**21**	**22**	**23**
24	**25**	**26**	**27**	**28**	**29**	
National Eating Disorder Awareness Week						

ISLETA PUEBLO NEWSLETTER
P.O. Box 1270
Isleta, New Mexico 87022

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