



# Isleta Pueblo News

Volume 7 Issue 2

February 2012

## From the Desk of Governor Frank Lujan

We are at the end of the month of January, and as always the new year is full of tribal activities, beginning with the appointment of the traditional War Captains. This year, the Head War Captains are Larry Lujan, Marvin Jiron. The other War Captains are Ray Jojola, Brian Trujillo, Abel Orozco, Brian Jojola and Daniel Waseta, Jr.

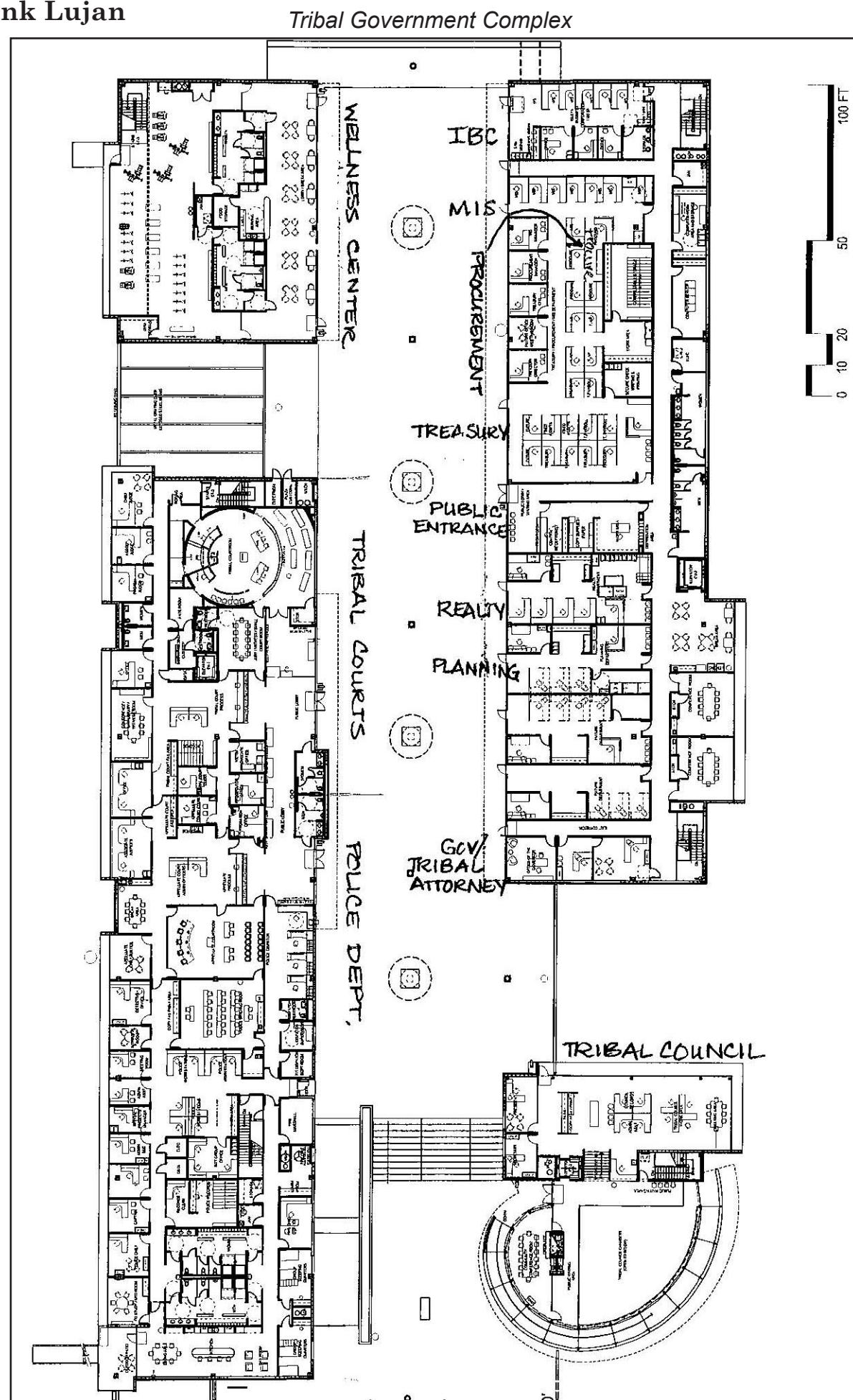
My administration will work and support the War Captains, as I have committed to them, we will help them in carrying out their responsibilities throughout the year. It is important for us to work together as we are both responsible to our people to protect all our natural resources and our traditional way of life. We pray to our Creator that he give us health, that He give us wisdom and that He guide us through the good times as well as the bad times, guide us to prosperity so that all our people will benefit.

What a beautiful day of dancing on All Kings Day. My thanks go out to our War Captains and our Spiritual leaders for their thoughts and prayers on this day. I thank them for the respect that they show toward the Lincoln Canes.

I want to thank Father Bob for filling in while Father George is away. Father Bob celebrated Mass on January 22, with the blessing of our Lincoln Canes.

As we begin the year, I mentioned to the congregation at the blessing of the Canes that we are off to a rocky start. I want to explain what I meant. As some of you know by now, the Tribal Council is dealing with legal matters pertaining to Councilwomen Diane Piegler and Regina Zuni. I thought it'd be important for you to know the circumstances surrounding these matters as we have pledged to have a transparent tribal government. As you may recall, the tribal Council adopted a Code of Ethics during the latter part of 2010, to be effective in 2011, with the intent of assuring you, that we, the elected officials and employees of the Pueblo will conduct ourselves in a professional manner and stay clear of unethical conduct. The majority of the Council strongly supported the adoption of this code. The Tribal Council created a five (5) member Ethics Board to hear cases of unethical misconduct. Since its adoption, charges have been filed in violation of this code against Diane Piegler and Regina Zuni by two tribal members. Councilwoman Cynthia Jaramillo has also filed on separate charges to the Ethics Board.

Because of these matters, Council has had many difficult days with conducting business as a council. Arguments have ensued among members of the council as discussions and/or deliberations on tribal subject matters, especially those dealing with ethics, have progressed. The Tribal Council has more often than not



argued about personal matters, instead of discussing important issues that affect the entirety of the tribal members. It's sad to say that we, my Lieutenant Governors and I, have had to stop meetings because the Council meetings have gotten out of order. It is also important to note that this has been on-going since the first of last year when Councilwomen Zuni was suspended for ninety (90) days for a conflict she had with representing clients in tribal court hearings while serving on the council. Then on August 18, 2011, Councilman

Mark Dixon was suspended for ninety (90) days. The suspension was the result of delinquent minutes, cited as dereliction of duties while serving as Secretary of Council from the previous year. Then just recently, as mentioned above, the Board of Ethics has scheduled hearings to determine if charges filed against Councilwomen Piegler and Zuni are in fact a violation of unethical conduct and/or behavior and should they come before the board to argue their case. Councilwoman Piegler did not show at her hearing on Monday, January 23, 2012,

(Continued on Page 3)



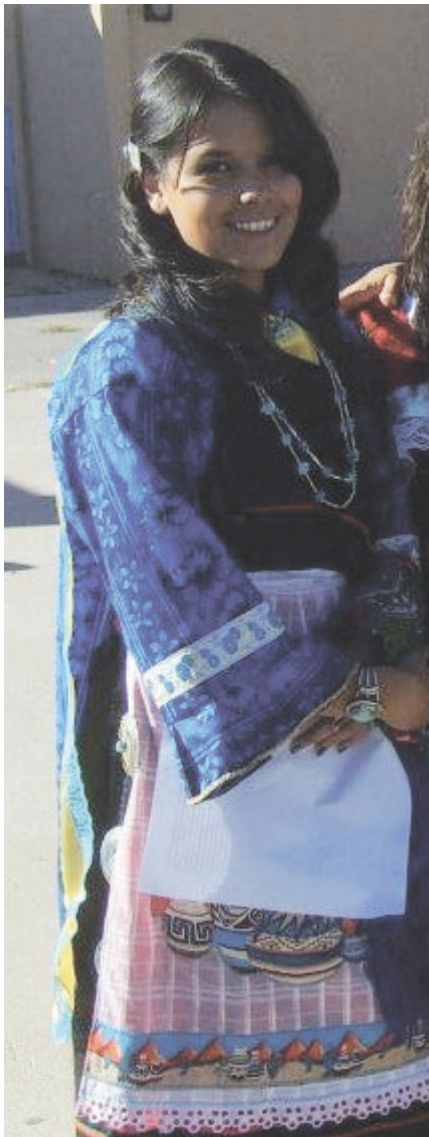
## Isleta Youth Taking the Lead to Preserve Our Culture

Hello, my name is Loraine Padilla. I am the proud mother of Stephanie Padilla, a remarkable 17 year old young lady who won a casting on MTV which gave her the opportunity to have an Epic/Un-Wasted Weekend.

What do you think Stephanie did? Did she board a rocket ship and fly to the moon? Did she rent an airplane and take her family and friends shopping in Paris? Did she party in Vegas with the Kardashians? No, Stephanie chose to have a cultural preservation workshop for the children of the Isleta Elementary School. So with MTV, the Above the Influence campaign, and many family and friends, Stephanie created a fun filled day which included sessions on Tiwa, pottery, painting, baking and dancing.

The workshop was on January 8th at the Isleta Elementary School. In attendance were about 50 of the Isleta Elementary students and many of their parents and family members. Ta-ta Joe D. Lucero gave the opening blessing and sang some very old songs from the days of the Hunchie Dance. The workshop then went into a baking session presented by Bernadette Cotton, Nana Sandra Montoya, Lena Luther and Thelma Lujan. All of the students participated in forming the bread, shaping cookies and making pies. The children were very creative and all of the cookies turned out beautiful. They shaped cookies to look like animals, flowers, hearts, gardens and even snowmen. After the baking session the children split into three rotating sessions which consisted of Tiwa, painting and pottery.

Tiwa was taught by Nana Barbara Trujillo. The kids really enjoyed speaking our language, learning new words and even a song that names our body parts. It was amazing to see them so eager to learn and how easily they retained the different words. Painting was taught by Gregory Analla and pottery was taught by Bernadette Cotton. The paintings and pottery that the children made were also very creative. The children made baskets, pots, animals, houses and hornos. Their paintings were all very different consisting of traditional Native American artwork, landscape scenery, animals etc.



While the rotating sessions were taking place the bread, pies and cookies were taken to the village for baking. The oven was prepared and tended by Frances Abeita, Ramona Abeita-Terry, Mary B. Zuni, Show-tu Zuni, Terrence Lujan and Reyannon Lente.

The closing ceremony was performed by one of Stephanie's best friends, Emmet Yepa and his younger siblings who performed traditional dances from the Pueblo of Jemez. Afterwards the children got to take home their artwork and a little bag with the traditional baked goodies.

What a great day we all had. Many attendees, students and parents were very complimentary and supportive of Stephanie's passion to preserve our beautiful culture. It's amazing to me how one person, 17 years young, can truly make a difference. Stephanie is a senior at the Native American Community Academy and will be in the first graduating class at NACA this May. Stephanie has been raised here in Isleta Pueblo and is proud to claim Isleta as home, even though Isleta does not recognize her as a tribal member. Stephanie is 3/8 Isleta, 1/8 Laguna descendant and 1/2 Hispanic. Stephanie is my daughter and the granddaughter of Joseph and Frances Abeita.

So youth of Isleta, I challenge you, what can you do to make a positive difference? Please watch MTV, the week of February 7th. Stephanie's workshop will be aired as a commercial for the Above the Influence campaign. Additional footage from Stephanie's amazing weekend will be available online at the MTV website.

Thank you to MTV and the Above the Influence campaign for giving Stephanie this opportunity and providing all the necessary supplies and food.

Thank you to the Pueblo of Isleta and Governor Lujan who gave 100% support. Thank you to the Isleta Pueblo Language Program, the Isleta Elementary School, Principal JoAnn Myers and special thanks to Paul Reichback, who was at our beck and call. Thank you to the parents and students in attendance. I hope you were inspired. Thank you to the Isleta Lakes, the Isleta Fun Connection, St Augustine Church and Father George. Thank you to Ta-ta Joe D. Lucero and Nana Barbara Trujillo.

And special thanks to our wonderful family and friends with whom we could not have done this. We love you and will forever be grateful for your generosity, time, support, laughter and love. Okay, here we go: Frances and Joseph Abeita, Ramona Abeita-Terry, Bernadette Cotton, Gregg Analla, Nana Sandra Montoya, Tata Avelino Zuni, Mary B. Zuni, Lena Luther, Thelma Lujan, Terrence Lujan, Reyannon Lente, Jeanette and Ted Olguin Sr., Ted Olguin Jr., Show-tu Zuni, Mariah Montoya, Marissa Montano, Julianna Zuni, Summer Zuni, Tomas Padilla, Cameron Jojola, Pamela Lujan, Floripa Olguin, Emmet Yepa, Aliyah Vigil, Holly Jose, Nick Felipe, Reed Bobroff, Marie Lente and Brianna Jojola.

## EVERYONE'S A LOBO! WOOF WOOF WOOF!

The Edaakie family would like to congratulate Mary Jane Edaakie for her outstanding work and accomplishment in obtaining her Bachelor's Degree from the University of New Mexico (University Studies: Native American Studies) this past fall. We are proud of her hard at school, work, and at home to complete her degree. We thank her for her dedication to academics and for the love and care given to our family. God Bless you and watch over you always.





( Continued from page 1, the Desk of Governor Frank Lujan )

Councilwoman Zuni's hearing has been rescheduled for January 31, 2012. What's interesting is that the adoption of the Ethics Code was strongly supported by the majority of the Council, but when the code is used against tribal officials, the Code all of a sudden becomes moot because of the opinion of Ms. Piegler, that the Code was not formally submitted to the Bureau of Indian Affairs for their review and approval. This also is before the tribal courts, to determine the validity of the Code. The question is, was it required by the Tribal Constitution to submit the Code for approval by BIA as is required for ordinances, resolutions and/or other decisions?

It is not pleasant for me to write this. As your elected officials we are responsible for the affairs of the Pueblo, and not for our own individual concerns. We have sworn to uphold our duties and responsibilities in accordance to Tribal Constitution, and in doing so, we should be responsible for our own actions. We all make mistakes, but it is difficult for some to admit guilt, wrongdoing and face up to their mistakes. It is easy to take credit for all the good that comes with decision-making. I ask you not to pass judgment and let the processes be followed so that these matters will come to a justifiable resolution. We are all afforded due process and we have rights. We will let our judicial proceed and do their work. We cannot let any individual or individuals divide us. Yes, we have a voice and have every right to speak our peace. As tribal officials, we speak and voice our opinions in a

public venue, not write innuendos. As tribal officials, the voice we speak in representing our Pueblo is the voice of the Pueblo. This voice will be the voice of the people and we carry that voice to all that need to hear us. We are constantly reminded that no one is without fault, we make mistakes, but we pray for forgiveness, guidance, and learn from our mistakes for a better tomorrow.

In other news, the lawsuit, known as the Unified Native American Plan, that we entered into concerning the NM State Legislative re-districting case was won. Isleta now moves to the west in District 69, joining Laguna and Acoma, going south to Alamo. Our district representative is Ken Martinez. We expect Rep. Martinez to hopefully move up to the House of Representative seat after Speaker Ben Lujan retires. This puts Isleta in a great position. In the Senate, we remain in District 19, represented by Senate Majority Leader Michael Sanchez. We have two of the most powerful legislators representing Isleta. I believe that we are in good shape for the years to come. We have to thank Ms. Teresa Ledger of the Nordhaus Law Firm for doing one heck of a job in representing us to have the Unified Native American Plan passed.

The Legislature is in full session and already bills have been introduced that will affect the Pueblo. House Bill 48 has been introduced that proposes to eliminate the tribal gasoline tax. This tax helps us pay for construction of the new Tribal Government Complex. As you know, the

Pueblo borrowed from the New Mexico Finance Authority to pay for construction of the project. We use this tax revenue to pay on the loan. House Bill 50 which will reduce the Tribal Infrastructure Fund (TIF) is also up for discussion. The State of New Mexico sets aside about 5% for the tribes. I will be attending hearings at the round house as I need to help kill these bills in various committees.

Last week, the Lt. Governors and I attended the First All-Indian Pueblo Council's Blessing, hosted traditionally by Santo Domingo Pueblo. Governors remarked that there is a need for unification of the Pueblos that will make us stronger as we move forward into the future. The AIPC is recognized in Indian Country as a strong body with influence throughout the country. Other tribes are envious on how the AIPC has stayed organized since its adoption in the 1500's. The end of the meeting was the best part, as we all enjoyed the food that was prepared by the women of Santo Domingo.

Please be reminded of the upcoming deadline, February 27, 2012, for applying for residency. We have received and have approved many applicants. Thank you for your quick response, your understanding, and congratulations on your cooperation.

In closing, I pray to our Creator that He guide us through the tough times and good times, that he give us health, wisdom, the knowledge that we need to help find our way to prosperity. I ask for your forgiveness for my faults. I ask for your prayers and

## Isleta Youth Bring in the New Year With First-Ever "Youth Lock-In"

Article by Anthony Fleg, Native Health Initiative

On Saturday night most of New Mexico waited for the clock to strike midnight to celebrate a new beginning.

In Isleta Pueblo, a group of youth decided to get a jump start on the festivities. In fact, as youth began to arrive with sleeping bags and pillows at the Isleta Recreation Center around 4pm on New Year's Eve, it was both a culmination of months of hard work and planning as well as a time to begin thinking about the year ahead.

A group who call themselves the Young Leaders Youth Krew have been working for four months to plan their community's first-ever "Youth Lock-In" as a safe and healthy environment for young people to bring in the new year.

"We felt that there were not many safe options for youth on New Year's and we wanted to change that, said Alex Edakie (Isleta/Zuni) proudly. A 6th grader from Isleta Elementary, Alex said that he was excited to see youth taking part in an event that he and the Youth Krew had worked so hard to plan.

The night's events began with the 27 youth splitting up into clans, each with specific responsibilities (e.g. cooking breakfast, clean-up). From there, they played team-building games, limbo, held video game tournaments, and played sports. I watched as one group began a game of kickball using a quarter of the gym, using their imaginations to create a playing field.

Roxanne "Roxy" Lucero (Isleta), a quiet

leader of the Youth Krew had a look of contentment on her face as she watched the younger children playing, while she picked the tunes to play on the sound system.

"I think we accomplished what we set out to do, making a fun environment that is also away from some of the dangers of New Years," remarked the Los Lunas High School senior. "I would rather have kids here in a safe environment."

Greg Simpson, a fellow member of the Youth Krew agreed, adding "I am already wondering what this event could grow to be next year and the year after that." One of the things that impressed him the most was how the group, which met every Monday night over the previous months, grew together with very few youth dropping out. The Youth Krew is supported by staff at the Isleta Behavioral Health program, one of whom is Krystal Lucero (Isleta), a Mental Health and Addictions Counselor. "This is really comforting for me," she sighed, looking at the students playing in the gym. "I know many of these children's older family members, so I feel that I am giving back to people I call my family and friends." Krystal felt that one of the important messages from this event was to show the larger community that youth have great potential to work for change.

"I am really proud that they all stuck to the commitment they made to themselves and their friends to carry it out, to be here tonight as a group to celebrate not only the

arrival of 2012, but to celebrate the hard work it took to get here."

Juan Rey Abeita (Isleta/Dine'), another adult support staff at the event, pointed out that the dangers the youth identified were very much real. As in many communities, guns are shot off into the air by many in Isleta to celebrate the New Year, and he worries about someone getting accidentally hit. He recalls having a streetlight burst from a bullet a few feet away from him in a recent New Years.

Abeita also talked about the many steps it took to get to this special night, from eliciting the Tribal Council's and Recreation Center's support, to honoring the commitments that many of the youth had to participate in traditional dances during the holidays. "Maybe even harder is to talk about a message of healthy living without making a young person who sees unhealthy habits and addictions in the home...often, these youth feel ashamed and do not know if they should stand against things they see mom and dad doing."

Isaiah Jojola (Isleta/Laguna), a 6th grader from Isleta Elementary summed up the sentiments of both youth and adults saying, "I am really proud that youth took the lead to do something like this...it makes me see how much we can do when we put our hearts and time into it." What will the Youth Krew tackle as their next challenge? Only time will tell, but their 2012 is off to a promising start.

## Medicare and Indian Elders

Ron Lujan M.D.

Social Security as previously discussed by Dave Baldrige is a very important and necessary program to understand when receiving retirement benefits. It is closely associated with Medicare's various parts. These parts are important for Tribal members to enroll in to receive health care which is not available through IHS, because IHS and Tribal clinics only provide basic clinic services.

Medicare Part A helps pay hospitals and some medical equipment and supplies needed for patient care. It becomes available when people who are eligible turn 65 and people under 65 who receive SSDI Social Security Disability Insurance for more than 24 months. Medicare Part B covers outpatient services and it requires a monthly premium payment from patients. Currently this basic premium is \$115.00 per month and it can be deducted from monthly Social Security payments or paid directly. Medicare Parts A and B are considered "traditional" Medicare and are alternative resources for IHS patients who may be referred by IHS. These referrals happen when needed specialty services are not available at IHS.

Another type of Medicare program available to eligible Tribal members is Part C, Medicare Advantage Plans. These Plans require Tribal members to already have Parts A and B. Some Medicare Advantage Plans may have no additional premium cost beyond the Part B premium. Other Part C Plans may have an additional cost. The final Part of Medicare is Part D which helps pay pharmacy costs and may or may not require a monthly premium payment.

The summary above concerns Medicare as it relates to Social Security. Native American people must continue to contribute to Social Security and Medicare. They must also begin to understand Social Security benefits as well as how Medicare can help with health expenses.

For more information, please contact Roy Aragon at 1-800-966-1935 or Dr. Ron Lujan MD at 505-280-3438.

### Isleta Elder Center Activities Calendar February 2012

- February 3: NM Legislature - American Indian Day - 7:30 am
- February 3: "Elder" Day at Recreation Center - 9 am
- February 7: Shuffleboard Practice/Lunch - Manzano Mesa  
Multigenerational Center - 11 am - 4 pm
- February 8: Senior Olympics Local Games Planning Meeting -  
12 noon
- February 9: *Introducing the Elder Poker Club* - Elder Center -  
1 - 3 pm
- February 10: Commodities
- February 10: Elder Field Day - Hugs & Kisses Special  
Luncheon & Dance, Barelas Senior Center-11 am
- February 10: "Elder" Day at Recreation Center - 9 am
- February 13: Johnson O'Malley Program - Valentines for  
Elders - 9:30 am
- February 14: Movie Matinee - "*Valentine's Day*" - 10 am - 12  
noon
- February 14: Valentine's Day Bingo - 1 pm - 3 pm
- February 14: Isleta Cancer Education & Support - "Who Cares  
for the Caregiver"- Patricia Torn, Cancer Support  
Now - 10:30 am - moved to Health Clinic
- February 15: Elder Field Day - NM Museum of Natural  
History - 10 am
- February 16: General Meeting - POI Natural Resources  
Department - 10 am
- February 17: "Elder" Day at Recreation Center
- February 20: Center Closed - President's Day Holiday
- February 21: Shuffleboard Practice/Lunch - Manzano Mesa  
Multigenerational Center - 11 am - 4 pm
- February 21: Caregiver's Training - Kiva Room - 12 noon
- February 22: Ash Wednesday - Catholic Mass - 11:30 am
- February 24: "Elder" Day at Recreation Center - 9 am
- February 24: Birthday Celebration - 12 noon
- February 28: Advisory Board Meeting - Open to the Public - 10  
am - 12 noon
- February 29: Commodities

### ATTENTION

#### Pueblo of Isleta Grazing Permittees

2012 — 2016 Grazing Permits are ready.

You can pick up your permit at the Natural Resources office  
located north of the Hard Rock Casino.

Hours are: Monday — Friday 8:00 am — 4:30 pm

Any questions, call Randy Lujan 869-7566 or 710-2546.



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

**Is it an Emergency or not?**

**Make an appointment at the clinic  
or call the ambulance?**

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

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

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

**This service is FREE for ALL Isleta Health  
Center patients.**

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

### Pueblo of Isleta Veterans' Association

Next Important Meeting Will Be On Wednesday, 15  
February 2012 at 6:30 PM.

We have submitted a capital outlay request to the  
State Legislature for the amount of \$875,000 for the  
construction of a veterans' center at our property  
located in Los Charcos. The legislators sponsoring our  
proposal are Alonzo Baldonado and David Chavez,  
both from Valencia County. We are very hopeful that  
we will receive some positive results on our proposal.

We are also involved in the following projects. A flag  
pole and flag at the new Library/Education Complex, a  
monetary donation to Valencia High School ROTC, and  
a MIA/POW flag donation to Los Lunas High School.

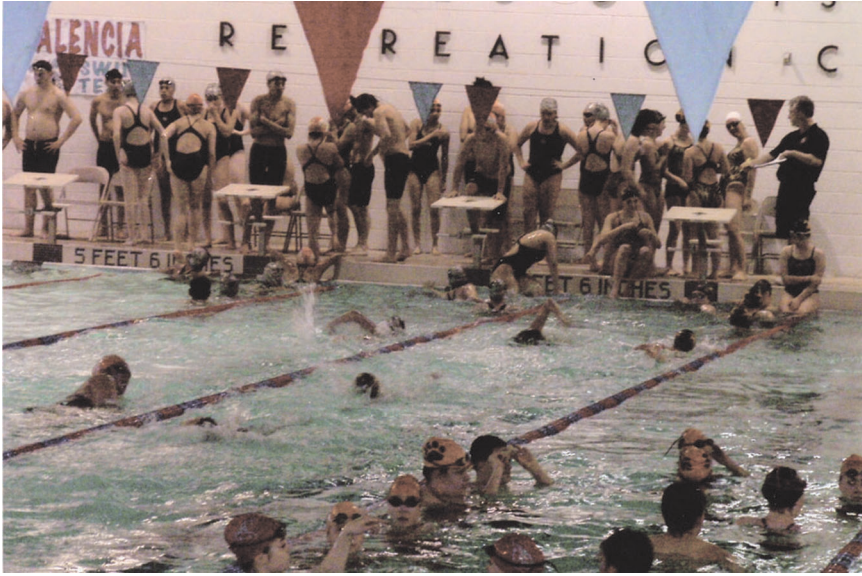
Also, we are as always, an organization dedicated to  
helping veterans and their families.

To join the association, you must be a veteran with an  
honorable discharge and pay annual dues of \$25. Any  
questions, call Ulysses, Adjutant, at 307-1582.



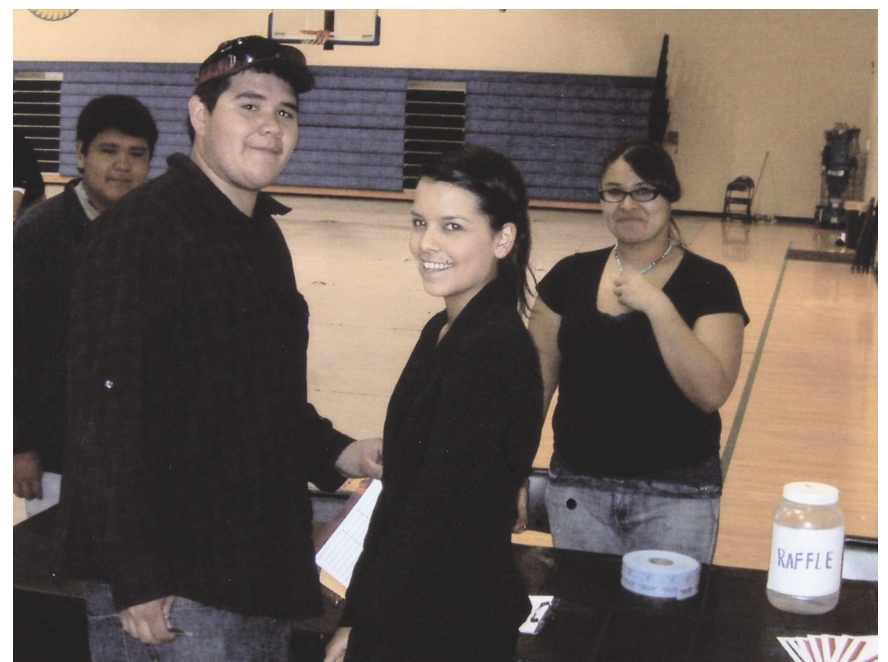
## Parks & Recreation

The month of January ended with a bang and lots of activities and people utilizing the Rec. facilities. Activities taking place ranged from "Freedom from Smoking" Meetings, to Zumba Exercise program, to a Volleyball Score Keepers Clinic, to Judo, to the Annual College Career Day hosted by Los Lunas High School and our Higher Education program and, last but not least, we played host site to the Los Lunas High School Swim Meet Invitational where a total of 7 High Schools were competing. Pictured below are the many students representing the seven schools warming up for the Los Lunas High School Invitational Swim Meet hosted by the Pueblo of Isleta. Next to them are the many visitors and spectators who were on hand to witness the swim meet. Incidentally, the Los Lunas High Boys team took 2nd place and the Girls took 3rd place. And the next two pictures are students preparing for their Saturday Judo class with 7th degree Black belt, Clarence Chavez.



## College Career Day

Once again we were the host site for the Annual College Career Day hosted by Los Lunas High School, Ben Analla Coordinator and Ulysses Abeita from the Pueblo of Isleta Higher Education program. As in years past there were lots of students and parents on hand to visit with the many different Colleges, Universities plus many job opportunities and other post high school programs available to those students once they graduate. Pictured below are College Career Coordinators Ben Analla from Los Lunas High School and Ulysses Abeita from the Pueblo of Isleta Higher Education program. Next to them are several of our Pueblo of Isleta students who were on hand to visit with and also a collage of pictures depicting some of the programs who were on hand for those students and parents to visit.



( Continued on page 8 )



## Title VII Indian Education

### Los Lunas - Valencia High Schools

Thank you to all the students and parents that attended our annual college/career day on January 21st at the Isleta Recreation Gym. You got a chance to visit/talk and sign in on the colleges’ mailing list. Several students and parents also won the door prizes that were raffled during the fair.

Graduation for the Class of 2012 is fast approaching and some Seniors have already start counting the days. This year’s graduation will be held at the UNM Pit and not at the LLHS football field like in years past. Seniors need to be aware of many concerns before the BIG day comes. Make sure you have all the credits, and by this you need to make an appointment with your counselor as soon as possible.

#### Important Dates

- 12/25th, 26th, 27th Parent conferences via Advisors... Early release
- 02-6 Senior Parent Night---Graduation info 6:00 pm auditorium
- 02-13 Seniors/Parents..Financial Aid Help---assist parents in filling out FAFSA form 6:00 pm..Rm Computer Lab
- 02-13 Students enter course request into power school via English classes in computer labs
- 02-20 No school, Presidents day.
- 2-27 Financial Aid Help—assist parents in filling out FAFSA form,4:00-7:00, B-17 computer lab
- 2-27 & 3-5 AP/Pre AP Parent Night, 6:00, Library—ALL students who register for a AP/Pre AP class must attend one of these meetings with a parent.

### VHS Important Senior Dates

#### May 2012

- 2nd Student Performance Auditions
- 7th Senior Finals
- 8th Senior Finals
- 9th Senior Finals
- 10th Senior Finals - AP: Lit and Comp Exam
- 11th Senior Finals - AP: Euro Exam
- 13th Tentative Baccalaureate (not VHS sponsored) Gym Decoration
- 14th Sr. grades due by 8 am - Check-out 9-12 - Robing Practice 1 AP: Bio Exam
- 15th Robing Ceremony in the gym 7 pm. Students arrive at 6 AP: Govt Exam
- 17th AP: Econ Exam
- 18th Graduation Practice 8 am Senior Celebration (TBD)
- 19th Graduation at UNM Pit at 9 am Students arrive at 8 am.

#### Additional Information

- **Senior Parent Night** On March 20, 2012, there will be an informative meeting that will begin at 6 pm. We will cover a number of graduation-related topics. We hope to see you and your parents here.
- **Senior Dues** Your \$30 senior dues need to be paid by April 2nd. Senior dues pay for graduation-related expenses, the senior celebration, and the senior t-shirt. You can make this payment to Jennifer Trujillo in the front office. You must show your receipt to Amber Reno in order to ensure you get a senior t-shirt in the size you need.
- **Yearbook Senior Ads** If your parents did not receive a letter in the mail regarding purchasing a senior ad and are interested, see Mrs. Graham for more information.

#### Counselor’s Information

All students who wish to graduate in May and receive a diploma must fulfill all their graduation requirements without exception. If anything is missing, the next chance to graduate will be at the end of Summer School (If parents are not on the Parent Portal contact Esther or me asap). This means that you must pass the current required classes that you are taking as well any complete any Credit Recovery that is necessary well in advance of the Graduation Ceremony, so that the names are accurately printed on the graduation and award programs.

- 3-1 LLMS 8th grade registration at LLMS
- 3-12 to 16 Spring break..no school
- 3-26 SBA Test—info will be forthcoming
- March 31, (Saturday) Annual LLHS-VHS Seniors/Parents/Grandparents & Staff POWWOW, ISLETA PUEBLO RECREATION GYM.
- April 6th & 9th Spring break, no school
- April 16th - Thursday, May 17th MAP testing via English & Math classes
- 4-28 Prom, Hard Rock Hotel
- 4-30 Academic Letter, 6;30..gym
- May 13, Sunday Graduating Native American Seniors/Mothers/Grandparents Mass for LLHS-Valencia High Schools..10:00 am (cap & gown)
- May 14th & 15th Senior Finals..
- May 15th Senior Count Down...2:25, Soccer Field
- May 16th Senior checkout..8:00-11:00, cafeteria
- May 17th Senior Honors Program, 5:30..gym
- May 18th Graduation Parctice, 8:00, am/Senior Fun Day at Cliffs Amusement Park!!
- May 19th GRADUATION, 1:00 pm @ UNM Pit.
- MAY 22, &23 Finals for grades 9 through 11.
- May 23rd Last day of school
- \*\*\*May 24/25 Snow day make-up..IF NECESSARY
- Please feel free to call the Title VII Indian Education office at LLHS, 865-4646 x6145 or Valencia HS , 565-8755 x 6232. Mr. Analla

All seniors should apply to at least one New Mexico college as a backup plan even if you are not sure if you are going to attend college or not. Because the Bridge/Lottery scholarship is only given to students who go to college in New Mexico, right away in the Fall, seniors and their parents will want to take this opportunity for free tuition money seriously and make sure that once it is awarded they do not lose it. It is best to apply to the college or colleges of choice online. Then have our registrar, Kim Griego, send your transcript and test scores to the college of your choice (If you have questions about applying or testing, please contact me asap). If you are thinking about going to both UNM and UNMVC, apply and get accepted at UNM first or they will not consider your application once they see that you are accepted at UNMVC. If you are planning on attending both UNMVC and UNM or both UNM and CNM, you must have a consortium agreement on file with both schools. Also, keep a copy of all correspondence and emails with the colleges. Find the contact information for both the admissions office and the financial aid office at the colleges of your choice and do not hesitate to ask them questions such as what else is needed, what else would be wise to do, what is required to keep the Lottery Scholarship, etc. All seniors and their parents should submit the FAFSA to get into the federal and the college financial aid systems. Both the student and the parents will need PIN numbers which will follow them throughout their college careers; so keep them in a safe place. Undocumented students and parents should not apply online but instead fill out the paper versions and give them directly to the New Mexico college financial aid offices. We will be helping students and their parents fill out the FAFSA and also signing up for a raffle for a GearUp Scholarship on February 27 and 29 starting at 4:00pm in Rooms 405 and 407. More scholarship and college information is available at our website. Go to “llschools.net” open the Valencia High School page. Then click on “counseling” on the left hand column.

Seniors who are taking AP classes need to make sure that they have those AP exams dates and times on their calendars. GearUp will pay for the exams except for a 5 dollar registration fee if you do not qualify for a fee waiver. We will go over this on Feb. 6 and February 13 in the library starting at 6:00pm.

Peter Scherer, Licensed School Counselor  
Valencia High School 320-412  
Seniors AP, AVID and GearUp  
565-8755 ext. 6209 pscherer@llschools.net





## PUEBLO OF ISLETA PUBLIC LIBRARY

Happy Tax Season, People of the Island! Hopefully, you all get the tax return that you've been waiting for and don't forget to get that special person in your life a little something for Valentine's Day. Remember, the Government wants you to help keep the economy in motion. With that said, let's get down to the "Brass Tax" of things here at the library.

### NEWS

The library would like to take this time to Thank all thirty-eight applicants who applied for our one Full-Time Library Aide Position. I know the majority of you who applied were not granted an interview but in order for this process not to last longer than it should, cuts were made based on the information on the applications. After the first two cuts, ten individuals were granted interviews in hopes of making it past the third cut. Many of the interviewees had great ideas for the library and I honestly wish I had more than one position available, but that was not the case and could only choose one person. Those of you still looking for a job, please keep trying and if there is any way the library can help, please do not hesitate to ask for help.

Every year about this time, the library accepts five individuals who have knowledge about the library and its services, to serve on its Library Board. The library is required to have a Library Board in order to continue receiving funding from the New Mexico State Library. Board members will meet quarterly to discuss library policies, library material, challenged material, help with programming, and fundraising. You will be the liaison for the library to the community and also the liaison for the community to the library. If you should be interested in becoming a library board member, please come on in and speak with Nathaniel Lujan.

During the month of February, the Library will CLOSE on two days. The first day will be Thursday, February 2nd for Library Legislation Day at the Round House in Santa Fe. This is when the library staff meets with the Pueblo's Legislators to remind them to continue supporting our Library and the other various libraries throughout New Mexico. The second day we shall be CLOSED is Monday, February 20th which is President's Day and also happens to be a National Holiday.

Also, in the month of February the library will be the host of three AmeriCorp volunteers who will assist us with programs, tutoring, surveys, and story times. I ask that you be patient with them as they will be learning the ins and outs of the library profession from a program perspective. Please, keep in mind these individuals are volunteers so their duties at the library will be limited. We should be getting them sometime in the first two weeks of February.

### UPCOMING

During the 7th through 9th the library will be conducting some Valentine's Day Crafts from 4:30 to 5:30pm. At this time, craft ideas are still being discussed, but be sure to keep a lookout for our flyers posted throughout the community right now as you are reading this article.

On March 2nd is Dr. Seuss's Birthday and we plan on celebrating his birthday with three days of activities based around his book, *The Lorax*. Since, *The Lorax* is a long book/story, we will break it into three fifteen minutes sessions which will be ready each day of the program. Last year's Dr. Seuss Birthday program was on the book, *Oh, the Places You'll Go*, and was very eventful and fun. We hope that you will join us again this year.

We are currently discussing a Willie Wonka/Charlie and the Chocolate Factory book reading club/program to conduct with the students who may be interested in the program.

As of right now, the program is tentatively scheduled for Spring Break (March 12-16) but there is a good chance the dates may change.

The Hip Hop Music Program will be starting up again in the very near future, so please look for our flyers and read our post on the library's facebook page at [www.facebook.com/IsletaPuebloLibrary](http://www.facebook.com/IsletaPuebloLibrary) for the latest news concerning this program.

In coalition to the Hip Hop Music Program, the library along with Ungelbah Daniel-Davila will be conducting its first ever film editing program. This program's main objective is to make a documentary on the Hip Hop Music Program. People involved in the program will learn basic film capturing skills, interview skills, and film editing skills. The end result will be a filming of their documentary at the library when the program comes to an end. If you or someone you know is interested in this program, please contact the library. Again, this will be in coalition with the Hip Hop Music Program so a start has not been determined at the moment, but look for it to start soon. Once again, look for program flyers posted throughout the community and check the latest news concerning the program on our facebook page at [www.facebook.com/IsletaPuebloLibrary](http://www.facebook.com/IsletaPuebloLibrary).

On Wednesday, April 4th the library, in collaboration with the people at the, Magic and Juggling Shop ([www.magicandjuggling.com](http://www.magicandjuggling.com)), will be kicking off the Social Service's Child Abuse Prevention and Awareness month with a Magic Show for families to attend in hopes of helping Child Abuse Disappear. The Magic show will be around forty-five minutes long and will most likely start at 5:30pm so parents and guardians may pick up their children so they may attend the Magic Show as a family. So, plan on being amazed and dumbfounded in the name of good fun while being educated.

### RECAP

Not much happened in the month of January besides interviews and the cataloging of new library material (Books, Blu-Rays, DVDs, and CDs).

At this time the Library would like to thank the following Departments for donating some of its furniture to the library. The caring Departments are: Treasury, Procurement, Realty, Planning, Police Department, Tribal Courts and Records. The furniture has made a big difference in the library and the patrons are very grateful and excited because in their eyes the library is slowly coming together.

### PUEBLO OF ISLETA PUBLIC LIBRARY INFO:

Physical & Mailing Address:  
950 Moon Light Drive  
Albuquerque, NM 87105

Phone: (505) 924.3192

Fax: (505) 869.8119

Email: [poi02002@isletapueblo.com](mailto:poi02002@isletapueblo.com)

Web: [www.isletapueblo.com/library2.html](http://www.isletapueblo.com/library2.html)

Facebook: [www.facebook.com/IsletaPuebloLibrary](http://www.facebook.com/IsletaPuebloLibrary)



( Continued from page 5, Parks and Recreation )



### Zumba

As most of you are aware we now have Zumba Exercise programs every Tuesday and Thursday featuring two of the Salvador sisters, Rachel and Natalie. The cost is only \$3.00 per class. Over at Old Rec. classes are being offered by Caroline Dailey free of charge on Monday, Wednesday and Friday mornings at 5:30 am. Also beginning on February 4th we will begin a new Aqua Zumba Class with Paparazzi Dance Instructor Ada Kiehne every Saturday at 12 noon here at our Pueblo of Isleta Swimming Pool. This type of class will really be great for those who have problems with their knees and joints. What do you say, come and join one of the many programs we are offering to combat obesity and diabetes that is so prevalent in many of our Indian communities throughout the country. Let us be one Native Community that is doing something to beat the odds and showing that we can put these diseases in check by exercising, eating healthier and cutting back on sugars and sodas.

### Park Management

Now that it is beginning to get a little warmer you will begin to see our Park Management crew out fertilizing our parks, playgrounds and baseball fields along with stepping up our watering program. We recently purchased several thousand yards of compost fertilizer that will insure that by the time our first Little League game is played, we will have beautiful green grass to play on. Although Spring doesn't officially begin until March 20th we here in the Southwest experience much milder winters compared to most cities throughout the country and our crew is ready to be the first to showcase our beautiful parks, playgrounds and especially our baseball fields once League play begins. Don't forget registration for Little League/Softball is ongoing and if you are interested in your children playing, please contact Virgil Lucero at 507-6912 as soon as possible.

### Basketball Program

Finally, after several cancellations because several of our surrounding Pueblos, inclusive of our own Pueblo of Isleta, being busy with traditional ceremonies, the basketball season is officially off and running. The weekend of January 20th and 21st all our teams had games at the Pueblo of Laguna on Friday the 20th and at the Pueblo of San Felipe on Saturday the 21st. All of our teams did well and more importantly were happy to finally play competitive games against teams in our SPA League. In next month's newsletter we will feature pictures of all the players prior to the SPA Tournament that we will be hosting here at the Pueblo of Isleta.

### HUNTER EDUCATION CLASS

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

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

#### ONLINE REGISTRATION BEGINS:

**February 20, 2012 at 10:00 AM**

**CLASS DATE: March 10, 2012**

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

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

Contact: Vernon Abeita or Virgil Lucero  
@ 505-269-8886 or 505-507-6912.

Class Times: 8:00 AM - 5:00 PM (both days)





## REDUCE YOUR RISK

Get Smart. Get Fit.  
Get Checked.

Isleta Health Center, Health Educator:  
Stephanie Barela 869-4479  
(Information from the "Guide to Preventable Cancers")

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

### Breast Cancer

"Breast Cancer is the most common cancer among Native American women and it is often diagnosed at later stages, making a cure or long-term survival with good quality of life less likely. Regular screening for breast cancer increases the likelihood of early diagnosis and survival...If found early and treated before it spreads, the five-year survival rate for breast cancer is 98 percent." (Guide to Preventable Cancers, Prevent Cancer Foundation, pg 8, 2009)

#### RISK FACTORS

- o Family history of breast cancer (risk increases with diagnoses of several close relatives or diagnoses before age 50)
- o Family history of ovarian cancer
- o Genetic Mutations (BRCA-1, BRCA-2 or others)
- o Increasing age, most breast cancers are diagnosed with women over 40
- o Menstrual periods starting before age 12 or menopause after age 55
- o Obesity or sedentary lifestyle
- o Hormone replacement therapy with estrogen and progesterone
- o Exposure to breasts to previous radiation therapy
- o Previous breast cancer in one breast

#### RISK REDUCUTION AND EARLY DETECTION

- o If you have babies, breastfeed them
- o Limit your alcohol intake to one drink a day for women and two a day for men
- o Be physically active and exercise regularly
- o Maintain a healthy body weight (Call Isleta Diabetes Programs 869-4595) for help.
- o Age 20-39, have a clinical breast exam (CBE) by a health care provider every 3 years.
- o At age 40, begin an annual CBE and an annual mammography.
- o If you are at high risk, talk to provider about doing it younger.
- o Family history of breast cancer? Discuss genetic testing with a genetic counselor
- o Do a monthly breast self-exam to learn what is normal for your breasts and if you see a change, contact your provider right away.

**SYMPTOMS** — you should not wait for symptoms, get screened before then!

- o A lump, mass or thickening of the breast
- o A lump in the underarm area
- o Change in the size or shape of your breast
- o Nipple pain, tenderness or discharge (including bleeding)
- o Nipple turning inward or inverted
- o Change in skin color or texture, dimpling, puckering or redness
- o Breast that feels warm or swollen

**TREATMENT**- depends on the type and the stage of the breast cancer

- o Most common is surgery to remove the cancer itself (lumpectomy) combined with radiation. Other therapies are chemotherapy and hormone therapy.

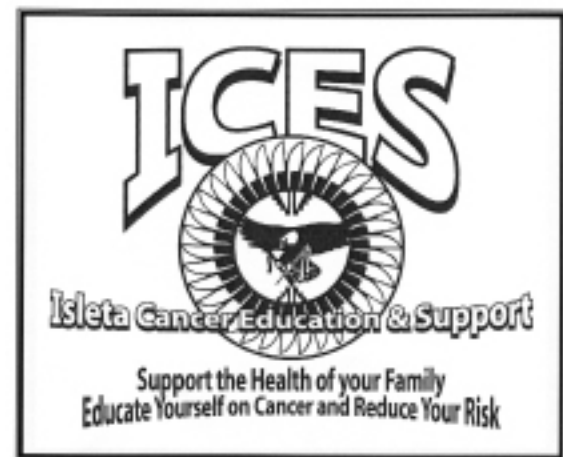


### Want to Teach your Kids about Cancer?

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

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

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



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

#### WHEN:

February 14, 2012

#### TIME:

10:30am to Noon

#### PLACE:

ISLETA HEALTH CENTER  
(Small Conference Room)

**NOTE CHANGE IN LOCATION**

#### SPEAKER:

**"Who Cares for the Caregiver?"**  
Patricia Torn, Cancer Support Now

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

Please join us!



Everyone Welcome



## —WIC NOTES—

Let's face it...sooner or later most of us suffer with constipation. The definition of constipation is infrequent bowel movements or difficult passage of stools. Constipation is a common gastrointestinal problem.

What is considered normal when it comes to bowel movements? What's considered normal varies widely. In general, however, you're probably experiencing constipation if you pass fewer than three stools a week, and your stools are hard and dry.

Fortunately, most cases of constipation are temporary. Simple lifestyle changes, such as getting more exercise, drinking more fluids and eating a high-fiber diet, can go a long way toward alleviating constipation. Constipation may also be treated with over-the-counter laxatives.

Constipation most commonly occurs when waste or stool moves too slowly through the digestive tract, causing it to become hard and dry. In the large intestine (colon), most of the water and salt are reabsorbed because they're essential for many of your body's functions.

However, when there is not enough fluid or fiber-rich food in your diet — or if the colon's muscle contractions are slow — the stool hardens, dries and passes through your colon too slowly. This causes constipation.

### **A number of factors can cause this intestinal slowdown, including:**

- Inadequate fluid intake or dehydration
- Inadequate amounts of fiber in your diet
- Ignoring the urge to have a bowel movement or delaying until later
- Lack of physical activity (especially in older adults)
- Irritable bowel syndrome (IBS)
- Changes in lifestyle or routine, including pregnancy, aging and travel
- Illness
- Frequent use or misuse of laxatives
- Specific diseases, such as stroke, diabetes, thyroid disease and Parkinson's disease
- Problems with the colon and rectum, such as intestinal obstruction or diverticulosis
- Certain medications, including pain medications, diuretics and those used to treat Parkinson's disease, high blood pressure and depression
- Hormonal disturbances, such as an underactive thyroid gland
- Anal fissures and hemorrhoids, which can produce a spasm of the anal sphincter muscle
- Loss of body salts through vomiting or diarrhea
- Injuries to the spinal cord, which can affect the nerves that lead to and from the intestine

In rare cases, constipation may signal more serious medical conditions, such as colorectal cancer, hormonal disturbances

or autoimmune diseases. In children, constipation might indicate Hirschsprung's disease, a congenital condition that results from missing nerve cells in the colon.

Children may also become constipated if they are afraid of or unwilling to use the toilet. Talk with us at the WIC office for helpful hints on toilet training your child.

### **Risk factors**

- An older adult
- Not physically active
- Confined to bed
- Eating a diet that's low in fiber
- Not getting adequate fluids
- Taking certain medications, including sedatives, narcotics or certain medications to lower blood pressure
- Undergoing chemotherapy

Women are more frequently affected by constipation than men, and children more than adults.

If you're pregnant, you may have bouts of constipation because of hormonal changes. Later in your pregnancy, pressure on your intestines from your expanding uterus also can cause constipation. Talk with us at the WIC office if you are experience constipation during your pregnancy.

### **Complications**

If it persists, and especially if straining results, you may develop certain complications:

- Hemorrhoids or cracks (fissures) in your anus may result when hard stool stretches the sphincter muscle.
- Fecal impaction occurs when you accumulate a mass of hardened stool that can't be eliminated by a normal bowel movement. You may need to have impacted stool removed manually.
- Rectal prolapse occurs when a small amount of rectal tissue pushes out through the anus. This condition may

lead to a secretion of mucus from the anus.

• Lazy bowel syndrome may occur if you use laxatives frequently, causing your bowels to become dependent on them for proper function. Laxative use can also lead to other problems, including poor absorption of vitamins and other nutrients and damage to your intestinal tract.

### **When to see a doctor**

Although constipation may be bothersome, it's usually not serious. However, chronic ongoing constipation may lead to complications or be a sign of a serious underlying disorder.

See your doctor if you experience an unexplained onset of constipation or change in bowel habits or if symptoms are severe and last longer than three weeks. Also seek medical care if you experience any of the following signs or symptoms, which might indicate a more serious health problem:

- Bowel movements occurring more than three days apart, despite corrective changes in diet or exercise
- Intense abdominal pain
- Blood in your stool
- Constipation that alternates with diarrhea
- Rectal pain
- Thin, pencil-like stools
- Unexplained weight loss

Constipation can be extremely bothersome. If you or your child is experiencing constipation you should increase fluids (primarily water) and foods high in fiber, e.g. whole grains and fruits/vegetables. If symptoms continue, talk with your health professional.

Heidi Lanes, WIC Nutrition Coordinator

## **HEALTH BEAT CANCER 101**

March 3, 2012 9-4pm

at the Isleta Eagle Golf Course Club House

**REGISTER NOW!!! CALL 869-4479!!!**

Health Educator: Stephanie Barela, 869-4479

Feel like you keep hearing more and more about cancer in the Isleta Community? Want to learn more about what cancer is; how you can reduce your risk and if cancer is really increasing here in Isleta?

Come to CANCER 101 at the Isleta Eagle Golf Course Club House at 9am on March 3rd, 2012 to ANSWER these questions and learn more about CANCER. There will be speakers from several Cancer organizations, door prizes, T-shirts for the 1st 100 people to register and breakfast, snacks and lunch served to all PRE-REGISTERED Participants! Please call 869-4479 before February 15, 2012 to PRE-REGISTER and SAVE YOUR SPOT!! You can also Pre-Register with Ben Analla or any of the School Councilors at Los Lunas High School and Valencia High School. Participants must be 16 years old or older and from the Isleta Community.

**REGISTER NOW and TAKE YOUR FAMILY MEMBERS  
TO THIS PROGRAM and TOGETHER LEARN HOW YOU  
CAN  
REDUCE THE RISK OF CANCER IN YOUR FAMILY!**

## Cacique Members

From Ranchitos Mayordomos:  
Kenneth Jojola and Michael Lucero

Construction of the cacique ditch is currently in progress. We hope that all the major repairs are completed prior to release of the water in April. Any members having problems with their turn outs should call Mr. Cody Walker, Water Quality Specialist at 220-4595. Prior to calling, you need to clean out your turnout. Keep in mind that if your turnout is not cleaned, no work can be done. The Contractor is not responsible to clean out turnouts.

Be aware of the changes that have been passed by the Cacique Members and the Cacique Committee:

1. Fees for No Show/No Worker at the time of any cleaning or burning has been changed from \$20.00 to \$60.00 per day. If more than one day is needed to complete the work, there will be an additional day of pay added to the delinquent fine.
2. The Mayordomo's pay was increased from \$200 to \$500.
3. We have a budget of less than \$1000 and people who owe is close to \$20,000. If we collected this money from the Cacique members, we would not have to rely on the Pueblo for financial assistance.
4. We are continuing to meet with the attorney so that we can make changes to our by-laws. We anticipate developing a plan that will help us collect delinquent fines, whether it be through tribal court action or other means.

We are still encountering unknown irrigators and land owners who are not listed in our district. We are losing members but our water usage has increased.

As a reminder:

- Irrigators from the opening of the Dam to the Peralta Main are to irrigate on Mondays – Wednesdays.
- Irrigators from the Peralta Main to the Otero Lateral are to irrigate on Thursdays – Saturdays.
- Sundays are considered open. This has been a problem throughout the irrigation season because people upstream are irrigating at anytime it is convenient for them with no consideration for irrigators downstream.

**The Mayordomos for the Year 2012 are:**

Village - Joe Pat Padilla

Ranchitos - Kenneth Jojola & Michael Lucero

Chical – Douglas Jiron & Larry Jaramillo

## Isleta Pueblo News



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

## Honor our children.



**Give them a healthy smile.**

**Make an appointment  
for yourself to protect  
your baby's teeth.**

February is Children's  
Dental Health Month

**Isleta Dental Clinic**  
**869-4499**



## Sweet Tooth!

Presents



Valentines Day Goodies  
for your special someone!

Place your order for:

Mini Cupcake Cake Pops

Heart Shaped Cake Pops

Cupcakes

For More Information Contact

**Christina Lujan**

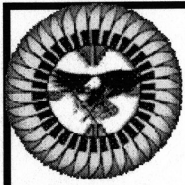
**505.977.3469**

[minichef00@gmail.com](mailto:minichef00@gmail.com)


[facebook.com/Suga.Bugs](https://www.facebook.com/Suga.Bugs)







# February 2012 Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Freedom From Smoking Session 5	2	3 Native American Day at Round House @ Capital	4 Cancer Awareness Day Register for Cancer 101 869-4479
5	6 Freedom From Smoking (FFS) Session 6	7	8	9	10	11
12	13 Freedom From Smoking (FFS) Session 7 869-4479	14 Isleta Cancer Education and Support, "Who Cares for the Care-giver" 10:30-noon at <b>CLINIC</b> Isleta Diabetes Support Group 6pm-7pm in Isleta Kitchen	15 Deadline to Register for <b>CANCER 101</b> <b>CALL 869-4479</b> To sign up for March 3rd Cancer 101	16 <b>Great American Spit Out</b> Call 869-4479 to sign up for Freedom From Smoking and Quit the Dip	17 Isleta Diabetes Prevention Advocacy Group 10-noon at Clinic	18
19	20	21	22	23	24	25
<b>Through with Chew Week</b> Call 869-4479 to sign up for Freedom From Smoking and quit your commercial tobacco dependence now!						
	CLINIC CLOSED	FFS 8				
26	27	28	29		FFS-Freedom From Smoking	March 3 <b>CANCER 101</b> 9am-4pm at Golf Course, Register at 869-4479 by February 15
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">   <b>Isleta Health Center</b> </div> <div>           Clinic Phone: 869-3200            Health Educator: 869-4479            Email: sbarela@islclinic.net            SBarela@islclinic.net         </div> </div>						

## Freedom from Smoking

Take Back Control of Your Life!

**8 sessions to help you STOP SMOKING!**

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

**Want to Stop Smoking?**

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

**NEW CLASS STARTING JANUARY 9TH, 2012**

**AT THE ISLETA REC CENTER!**



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



**weekly prizes!**

Help from Others that are going through the same thing!

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

Sponsored by the Isleta Health Center

## CANCER 101

**SATURDAY, MARCH 3rd, 2012**

**9am-4pm**

at the Isleta Golf Course

### LEARN ABOUT CANCER

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

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

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

Must Register before February 13, 2012