



Isleta Pueblo News

Volume 10 Issue 2

Pueblo of Isleta website: www.isletapueblo.com

February 2015

FROM THE OFFICE OF THE GOVERNOR:

MA GU WAM;

As we welcome the beginning of a new year, let us all humbly give thanks to our Great Spirit for giving us life, health, and the opportunity to enjoy each day, to our Mother Earth for her shelter and food, and to our Father Sun who gives us warmth and lights up our path as we venture together into the NEW YEAR.

Blessing of the Canes – January 25, 2015

The Pueblo of Isleta community celebrated the blessing of the Governors canes and the canes of newly appointed traditional War Captains during Sunday's mass at the St. Augustine Church. After the church services a small reception was held at the Isleta Eagle Golf Course where Governor Torres expressed his deep appreciation and gratitude to the War Captains and traditional leaders who served the previous year for their commitment and support in carrying out their responsibilities in preserving our traditions and culture. Governor Torres made a commitment to the newly appointed War Captains and traditional leaders to continue his support and work jointly in meeting the needs of our people while protecting our traditional way of life and our natural resources.

Bernalillo County hosts opioid abuse summit – January 8, 2015

Bernalillo County hosted the 2nd Opioid Abuse Accountability Summit at the UNM Health Science Center in Albuquerque, NM. The purpose of the summit was to try to better inform the public of the dangers of opiates. In a keynote address United States Attorney Damon P. Martinez spoke of the Project Safe Neighborhood program that focuses on the Urban Indian community in Bernalillo County. He also announced that the Office of the United States Attorney is working with the Pueblo of Isleta to establish one of the country's first reentry programs in Indian Country. The program is a pilot project for pueblo members who are returning to Pueblo of Isleta after being incarcerated in federal, state and juvenile facilities. The program seeks to make sure that reentering pueblo members will have access to education, housing and employment in addition to the substance abuse treatment and counseling they will need so they can successfully return to their community. These components are also critical to avoid relapse to addictive behaviors, and to decrease the likelihood of recidivism in to the criminal justice system. The Isleta Pueblo reentry program is the first step into the reentry arena. The United States Attorney's office intends to expand

the reentry efforts to other pueblos and tribes as well as support the State's reentry programs. To facilitate this expansion in April of this year, his office will partner with DOJ's Bureau of Justice Assistance to host one of three Indian Country reentry training programs that will be offered to tribal communities throughout the country. United States Attorney Damon Martinez encouraged New Mexico's tribal leaders to take part in the training as preparation for establishing reentry programs in their community. I want to commend our Isleta Tribal Court, Tribal Police, and Social Services for their active participation in this joint initiative with the Office of the United States Attorney.

College/Career Day – January 17, 2015

I would like to congratulate and thank the Los Lunas Title VII Indian Education and Isleta Pueblo Department of Education for hosting the annual college/career day for all high school students and their parents held on January 17, 2015, at the Isleta Eagle Golf Course. The purpose of this event was to offer students and parents the opportunity to speak to colleges and business representatives for possible college & career opportunities. Antonio Chewiwi, 1st Lieutenant Governor provided opening remarks and an invocation welcoming all participants to the annual college/career day.

Ten Southern Pueblo Governors' Council – January 15, 2015

The Ten Southern Pueblo Governors Council held their first meeting at the Southern Pueblos Agency to appoint officers for 2015. We are proud to announce that the Pueblo Governors voted unanimously to reappoint Governor Eddie Paul Torres, Isleta Pueblo as Chairman of the Ten Southern Pueblo Governors Council. Governor Raymond Loretto of Jemez Pueblo was appointed to Vice Chairman and Governor Carlos Hisa of Ysleta Del Sur was appointed to Secretary.

All Pueblo Council of Governors (APCG) – January 29, 2015

The Nineteen New Mexico Pueblo Governors all convened at Santo Domingo Pueblo for the traditional blessing of governor canes. According to tribal oral history the All Indian Pueblo Council has existed for many centuries prior to the date of 1598 which was the first recorded meeting in Santo Domingo with the Spaniards under Governor Juan de Onate. The APCG is a political organization that continues to be a strong political voice in Congress for Pueblo Government interests. The Nineteen Pueblo Governors all reaffirmed their commitment to Protecting and Preserving the Customs, Traditions and Values which are essential for the survival of our Pueblo people into the future. In attendance representing the Pueblo of Isleta were Governor Eddie Paul Torres, 1st Lt. Antonio Chewiwi, and 2nd Lt. Isidor Abeita and members of the Isleta Tribal Council. A traditional blessing ceremony was held for tribal leadership of each of the 22 member tribes within New Mexico and Ysleta Del Sur, followed by a feast prepared by Santo Domingo tribal members. We truly appreciate the hospitality provided by the people of Santo Domingo. Thank you.

MESSAGE FROM GOVERNOR:

As the New Year begins, I see new challenges being brought on by change, be it in our personal lives or in our communities. I realize that life's challenges brought on by change hold endless opportunities for innovation, personal and professional growth. We as native people are blessed with our native culture and traditions which have provided us the strengths to deal with the challenges of change, only by living our cultural and traditional beliefs can we instill deep respect and encourage the ideals of confidence, self-help and personal growth in our future generations, so they too can persevere. May the Great Spirit always guide you and protect you and your loved ones.

**ADULT AND CHILDREN'S FLU SHOTS
NOW AVAILABLE AT THE ISLETA HEALTH CENTER
COME TO THE HEALTH CENTER AND GET A FLU SHOT!**

- For Established Patients only
- Sign in at Reception for a 'Nurse Walk-in'
- State that you need a *flu shot only*

**A FLU SHOT IS THE BEST WAY TO PROTECT AGAINST
GETTING THE FLU THIS WINTER!**

PROBATE NEWS

First Notice – A petition to Probate the Estate of John Paul Abeita, deceased March 18, 2011, Case No. CV-PR-0265-2011, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days of this notice being posted. A hearing in the matter has been scheduled for **Tuesday, March 17, 2015.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A. Albuquerque, NM. If you have any questions, please call the Isleta Tribal Courts Clerk at (505) 869-9699.

Second Notice – A petition to Probate the Estate of Marie Marcelina Luther, deceased October 10, 2014, Case No. CV-PR-0188-2014, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days of this notice being posted. A hearing in the matter has been scheduled for **Monday, February 19, 2015.**

Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A. Albuquerque, NM. If you have any questions, please call the Isleta Tribal Courts Clerk at (505) 869-9699.

Second Notice – a petition to Probate the Estate of Jose Lacruz Salazar, deceased June 25, 2014, Case No. CV-PR-0165-2014 has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days of this notice being posted. A hearing in the matter has been scheduled for Thursday, **February 19, 2015 at 9:00 AM.**

Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A. Albuquerque, NM. If you have any questions, please call the Isleta Tribal Courts Clerk at (505) 869-9699.

Rangeland Reminder

Temperatures have been dipping below freezing and chances are it will happen again this winter. The lower temperatures start to become a problem for livestock in the range units by restricting access to free standing water. It really becomes a problem when the temperature stays below freezing for a few days. Cattle require about 6-8 gallons of water per day in the winter. So as a friendly reminder to all Isleta Grazing Permit holders please check the stock tanks and drinkers to ensure livestock have adequate access to free standing water.



Respectfully,
Natural Resources Division-Range Section

Happy New Year!

We are in our busy time of the year with water leaks and frozen pipes. Please remember to leave your faucets dripping during the freezing temperatures of 32 degrees and below. If you have a vacant home and are not utilizing the home, please contact the office so that we can shut off the water so that it doesn't cause a water leak.

This year the Utility Division in the Public Services Department has several projects that are being worked on.

One of the projects is the survey for water and sewer services that is contracted through Bohannon Houston Inc. (BHI). BHI is conducting a sanitary survey for the engineering report. The information that is needed is for future infrastructure. If a system is needing replacement this would help determine the need. Please fill out the survey and return it to the Public Services Department located at the Tribal Complex in the Planning office. If you are unable to return it please contact our office at 505-869-9782 and we can have someone pick it up.

The second project is an ongoing project which is the replacements of septic systems through the Payback Program. We are trying to complete one (1) a week since we have several. If you have already completed an application you are on our list and we will be in contact. If you have not and think that your system is in need of repair/ replacement please contact the office at 505-869-9782 and we can put in a work order for evaluation.

Thank you,
Edwin Jaramillo
Utilities Manager

Vertebrate Pest Management Workshop

Provided by
Valencia County Cooperative Extension Service
and
Isleta Natural Resources Department

Presented by
Dr. Sam Smallidge
NMSU Extension Wildlife Specialist



Learn Methods to Manage Unwanted Vertebrate Pests

WHEN
February 26, 2015
8:30am-12:00 noon

WHERE
Isleta Recreation Center

For More Information Call:
Newt McCarty (505)565-3002, Warren Edaakie (505)-869-7567



If you are an individual with a disability who is in need of an auxiliary aid or service to participate in this event, please contact

Newt McCarty at 505-565-3002 by February 20, 2015.

New Mexico State University is an equal opportunity/affirmative action employer and educator. NMSU and the U.S. Department of Agriculture Cooperating.

Isleta Pueblo News



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

LETTER FROM THE EDITOR

Deadline for March Newsletter articles is set for Thursday, February 19th at 4:30pm. Articles may be dropped off at the Library or emailed to poi02002@isletapueblo.com. Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it's time to panic, so call Nate at 505.869.9808.

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

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

The sixteen Newsletter distribution locations are:

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



Newsletter Blue Boxes mentioned in above paragraph

Probate News: Since Probates are a court and legal matter where spelling and information is highly critical, it is best that the family members submitting the Probate notice take the time to write the notice. Remember, it is the petitioner's responsibility to provide all information to the Isleta Newsletter. The Newsletter staff and Valencia Express should not be expected to write your article as we know nothing of the Probate Case. For questions regarding Probates, please call the Tribal Courts at 505.869.9699. Thank you for understanding.

For more information about restocking newsletters and newsletter articles, please call the Pueblo of Isleta Public Library at 505.869.9808.

ASSISTED LIVING FACILITY MEETING

FEBRUARY 11, 2015
6:00 PM
GOVERNOR'S OFFICE
CONFERENCE ROOM
(VILLAGE)



The Pueblo of Isleta is proud and honored to construct a facility dedicated to our elders. With the completion of the facility, Isleta will have embarked on yet another milestone as we will become one of the first Pueblos to own & operate a state licensed Assisted Living & Memory Care Facility on tribal land.

Features & Amenities

- 24-hour on-site care staff, and assistance with all activities of daily living.
- Medication Assistance
- Individualized care plans
- Housekeeping Service
- Linen and Laundry Service
- Private Bedrooms & Bathrooms
- Secure outdoor area
- Pull cord call system
- Activities designed to each resident's needs and abilities
- Scheduled transportation
- Basic Cable TV
- Nutritional Services - Three Meals a Day (including snacks)
- Meals tailored to residents dietary and/or therapeutic needs.

General Discussion

- Inquiries
- Admission Procedures
- Financial Responsibility
- Construction & License Update
- Services Offered

Refreshments will be Served



ISLETA HEALTH CENTER "Did you know?"

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

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

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

NURSE ADVICE LINE

1-877-752-2552

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

*** CALL 911 FOR LIFE THREATENING EMERGENCIES**
This includes, but is not limited to: chest pains, severe injury and/or bleeding, and severe breathing problems.

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

Isleta Social Services

The Pueblo of Isleta Social Services would like to invite all community members to come and take items from the donation storage bin located at the Social Services Cottonwood Facility. The Pueblo of Isleta Casino and Resort along with generous community members bring us items on a monthly basis to share. The casino provides us with linens, towels, and bath mats that are pre-laundered along with other items such as canes, walkers, and clothes for adults and children. We were fortunate to have received a truck load of items from generous individuals in the Socorro area. They brought men's, women's and children's apparel along with kitchen items, toys, and other household items. We would like to open the doors to the community to provide the opportunity for our members to take a look and perhaps pick up some items for themselves or to take something that they know someone else can use. Please come down to Cottonwood and any of our helpful employees will open up the bin.

Monday thru Friday
8:00am- 4:00pm
505-869-2772

We would also like to request some community feedback regarding the K`ea-Wah Supervised Visitation and Safe Exchange Program. The program would like to provide the chance for our community members to provide input regarding supervised visitations and safe exchanges. Please fill out the following survey and return it to the designated drop off locations. If you have any questions or concerns please call 505-869-7577 to speak to a program representative. Thank you for your participation and input.

Isleta Social Services



K'EA-WAH
Supervised Visitation and
Safe Exchange Program
Questionnaire

The purpose of the K'EA-WAH Supervised Visitation and Safe Exchange Program is to facilitate a safe environment by minimizing the risk for violence to occur, when exchanges take place between custodial / non-custodial parents and where non-custodial parents can continue to have contact with their children.

Please answer the following questions to determine the expectations for the Isleta Social Services Supervised Visitation and Safe Exchange Program. The results from this survey will help us in developing policies and procedures.

What is your age group? (Please circle one)

15-20 21-25 26-30
31-40 41-50 51+

What is your gender? (Please circle one.)

Male or Female

What is the highest level of education you have completed? (Please circle one.)

Elementary School Middle School
High School College

1. Have you been referred to use supervised visitations or supervised exchanges in the past?

YES or NO

Comments:

2. Do you feel the community would benefit from a supervised and safe exchange program?

YES or NO

Comments:

3. Where do you feel a safe location would be for exchanges to occur?

Isleta Recreation Center []
Isleta Fun Connection []
Isleta Travel Center []
Social Services []
Other [] _____

4. What would be the most important aspect needed for a supervised visitation center? i.e., Physical separation, a warm environment, etc.)

Comments:

5. Are you comfortable with utilizing a supervised visitation and safe exchange program located here on the Isleta Reservation?

YES or NO

Comments:

6. What are the biggest risks, in your opinion, in providing supervised visitation and exchange services when domestic violence is present? (Check all that apply)

Kicking, hitting, slapping, and biting []
Controlling money/using your personal information []
Going through your phone/ social media sites []
Keeping you from family and friends []
Calling you names []
Put downs []
Verbal threats of harm []
Unwanted touching []

7. How aware are you of the resources available for domestic violence?

Very Aware []
Somewhat aware []
Not Aware at all []

8. How can the K'EA-WAH Supervised Visitation & Safe Exchange program provide culturally responsive services to the community and the clients we serve?

Thank you for taking the time to complete this survey. Community involvement is very important to this program. We value your opinions and want your voice to be heard.

Drop off box locations will be at:

Governor's Office
Isleta WIC Office
Isleta Head Start & Childcare Center
Isleta Social Services
Isleta Recreation Center
Isleta Tribal Courts
Tribal Complex Center Front Desk
Library

Phone Number: 505-869-7577

Fax Number: 505-869-7575

Physical Address:

805 Blythe Road Los Lunas, NM 87031

Mailing Address:

P.O. Box 1270 Isleta, NM 87022

U.S. Department of Justice
Office on Violence Against Women
Grant No. 2013-TW-AX-0013

Artwork for logo created by:
Theresa Carpio

Need more information on becoming a Foster Parent for a Native Child?
Please contact Isleta Social Services.
505-869-2772

Isleta Business Corporation Employment Opportunities

The following IBC subsidiaries are looking for talented and driven individuals who are seeking to work for a business corporation that promotes, encourages, and values professional growth and development; and, who is guided by the Pueblo of Isleta's (POI) culture, traditions, and values of adaptability, integrity, honor, and leadership.

Native American Insurance Group (NAIG)

Native American Insurance Group (NAIG) offers a broad range of insurance products to include Health, Dental, Vision, Supplemental and Property and Casualty products. NAIG is seeking qualified, driven, team oriented, and enthusiastic Licensed Agents to promote and develop organizational growth.

If you are interested in applying, submit your resume to IBC Human Resources (HR) at 3950 Highway 47 SW Suite C127A Albuquerque, NM 87105 either in person or via traditional mail, or via email at HR@isletabc.com. If you have questions or would to obtain further information please contact IBC HR at HR@isletabc.com, by phone at (505) 869-7568, or in person. For a listing of all open positions for the above subsidiaries please visit the POI career page at <http://www.isletapueblo.com/careers.html>.

Velocity Build, LLC

IBC, doing business as Velocity Build, LLC is a Native American owned construction company specializing in water and sewer utilities and earthwork.

Construction Project Superintendent: This individual will be in charge of overseeing multiple projects and will be the person to navigate from the office to projects in the field.

Qualifications:

1. *Applicants should have current New Mexico's driver's license and a good driving record;*
2. *Applicants should be computer literate and have demonstrated experience in working with construction software; and*
3. *Applicants should have a minimum of 5 years of verifiable experience as a Superintendent in the water and sewer and earth moving industry.*

Construction Foreman: This individual will be in charge of overseeing a 2 to 10 person construction crew and be responsible for the day to day operations on assigned construction projects. Such responsibility includes but is not limited to scheduling and coordinating work, site paperwork, grade checking, and directing employees.

Qualifications:

1. *Applicants should have a good driving record and current driver's license; and*
2. *Applicants should have a minimum of 5 years of verifiable experience as a Foreman in the water and sewer and earthwork industry.*

Heavy Equipment Operators: This individual will operate all heavy equipment as needed and directed.

Qualifications:

1. *Applicant should have a minimum of 2 years verifiable experience as a Heavy Equipment operator; and*
2. *Applicant should be able to operate excavators, loaders, rollers, dozers, motor graders, and scrapers as used on construction projects.*

Pipelayers: This individual is responsible for directing installation and fabrication of materials for construction projects.

Qualifications:

1. *Applicant should have a minimum of 2 years of experience as a pipelayer, in all types and facets of water and sewer utilities.*

Laborers: This individual is responsible for performing labor intensive work for various construction project, as needed and as directed.

Qualifications:

1. *No prior experience necessary;*

2. *Applicants should possess basic skills working with hand tools; and*
3. *Applicants should be willing to take and apply direction and guidance.*

If you are interested in applying complete a Velocity Build or IBC application and submit it in person to Velocity Build, LLC at 62B Tribal Road 90 Albuquerque, NM 87105, via fax at (505) 869-4112, or via email at HR@isletabc.com. If you have questions or would to obtain further information please contact Velocity Build, LLC at (505) 916-0436.

Isleta Travel Center and Isleta One Stop

Earn points with every Travel Center purchase with the Kickback Rewards Card.

The Isleta Travel Center and the Isleta One Stop are the community's all in one stops. While fueling up your vehicle do not forget to fuel up with baked goods and pastries or a pizza and fountain drink combo for \$3.99 or a hot dog and fountain drink combo for \$2.50 or a Taos Energy Bar. Whichever is your hunger the Travel Center and the One Stop provides a wide range of options to get you to and through your day. Also, both locations are hosting a promotion on Royals. Buy 4 packets of Royals and get \$5.00 off your 5th pack.

Current Events

Mega Master Minds Elementary, Middle, and High School Challenge: January 01, 2015 to May 31, 2015

Mega Master Minds, through Khan Academy a non-profit free educational online learning tool, is an interactive scholastic competition that is currently underway and will go through May 31, 2015. IBC's Chief Executive Officer, Chip Robert Martin, vision and objective is to encourage and prioritize educational development and reward top student performers for their time and dedication towards their personal scholastic goals.

This challenge is open to all currently enrolled full time Kindergarten to High School POI Tribal Members and Descendants students. To register for Mega Master Minds, you as the interested student or you as the parent of the interested student must register with IBC HR first. Once registered through IBC HR you will be provided with the challenge rules and outline. To register or to receive more information, contact IBC HR at HR@isletabc.com or by phone at (505) 869-7568.

CALL FOR APPLICANTS Isleta Business Corporation (IBC)

The Isleta Tribal Council is soliciting letters of interest from individuals interested in serving on the Board of Directors as a board member. The IBC is a tribally-owned Business Corporation that was established to seek and promote business opportunities to benefit the Pueblo of Isleta.

Any person interested in serving on the Board of Directors of the IBC is requested to submit a letter of interest including a resume/curriculum vitae (c.v.) to the Isleta Tribal Council. Applications will be accepted until the two vacancies are filled. These vacancies are for Tribal Members.

Send letters of interest to:

ATTENTION:
Isleta Tribal Council Administration Office
P. O. Box 1270
Isleta, NM 87022



Isleta Elementary School

would like to give families a few Safety tips. Winter can be Dangerous.

Winter weather can be dangerous in several ways. The dropping temperatures and wind chills create climatic hazards, while the general indoor lethargy of winter can create health hazards due to overeating and less activity. Winter sports, holiday gifts and winter nutrition also present unique hazards that parents should be aware of in order to safeguard their children's health and well-being. With careful planning and supervision, however, children can enjoy the fun and freedom of playing indoors or outdoors on chilly winter days without substantial risk.

Cold Weather Safety Tips for Kids

The season you either love — or love to hate — is in full swing. Whether you're out and about with your family braving the elements, or getting cozy at home, don't let cold-weather fun snowball into a safety hazard. Keep your kids protected with these tips.

Maintain a sunny disposition - The season's frigid temps shouldn't fool you — snow reflects more than 75% of the sun's damaging ultraviolet rays. Don't stow away the sunscreen during winter; use it to protect kids' faces before they go out to play.

Keep snug like a bug — but not too snug - Winter wear should fit kids properly, but gear shouldn't be so tight that it restricts movement. This is particularly true for footwear. Too-tight boots constrict blood flow, causing feet to become even colder. When sizing shoes, allow room for an extra pair of socks.

Be clever about clothing choices - When sending kids off to school or out to play, make sure they're dressed warmly in layers that are wind- and waterproof. If possible, opt for wool instead of cotton. This durable and flexible material is an excellent insulator that will help keep kids dryer and warmer than cotton, which is quick to absorb water.

Help your little ones stay warm with adequate head, face, hands, and neck protection. You can save time while getting your brood out the door by storing gloves and scarves inside hats.

Get around safe and sound - Driving in winter can be dangerous, so you should make sure you're ready for any situation. Prepare your car for such emergencies by keeping the following must-haves in your trunk: a first-aid kit, blankets, shovel, rock salt, ice scraper, water, and nonperishable snacks.

Staying Healthy - The long days of winter often keep children indoors, which can lead to hours of inactivity. Furthermore, children are more likely to contract illnesses during the winter months because they are in more confined spaces. To stay healthy during the winter, consider these safety tips:

- Eat a healthy, balanced diet that includes fruits and vegetables.
- Teach children proper hand-washing techniques to kill germs and bacteria.
- Keep children home from school and other public places if they are sick.
- Ask a pediatrician about the necessity for flu vaccines for young children.

Serve superior snacks - Good nutrition can help kids fight off cold and flu season, so strengthen their immune system with a balanced diet. Snack time is a great opportunity to sneak in some extra nutrients; try dried and fresh fruits, sliced raw vegetables, whole-wheat crackers with cheese, and yogurt.

Keep them hydrated - Although your kids may not be sweating as much as they do in warm-weather months, they still need to keep hydrated. Smart choices for winter are low-sugar juices that are high in vitamin C, which studies show can lessen the severity and duration of winter colds. Decaffeinated tea and hot cocoa are also wise picks — these hot drinks are a great source of antioxidants, which are believed to strengthen the immune system.

Make your home a safe haven - Be prepared for unpredictable weather conditions by stocking up on essentials, such as extra batteries for flashlights, bottled water, first aid staples, and nonperishable food items. Safety tips can help protect your family in extreme situations.

- Keep candles, kerosene lamps, and other open flames out of reach of children at all times.
- Do not put a space heater in a child's room.
- Teach children fire safety procedures, including how to spot potential hazards.
- Do not allow children to play in fires such as roasting marshmallows in a fireplace.
- Practice family fire drills to reinforce safe behavior.
- Do not use electric blankets for young children.

Get your kids prepared - Make sure your kids have an extra pair of gloves and tissue packs tucked into their book bags. These necessities will help prevent the spread of germs, and come in handy if a glove goes missing.

Heat your home safely - Before temperatures fall below freezing, make sure your home's heating equipment and your smoke and carbon monoxide detectors function properly. If you own a space heater, keep it away from small children or, better yet, don't use one at all. And don't forget to discuss fire safety with your family each winter; the likelihood of indoor fires increases during the colder months, according to the National Fire Protection Association.

Heating Tips -The natural reaction to falling temperatures is to raise the heat, either through external, supplemental heaters or by turning on a fireplace or other open flames. These safety tips can keep away the winter chill without risk:

- Keep candles, kerosene lamps, and other open flames out of reach of children at all times.
- Do not put a space heater in a child's room.
- Teach children fire safety procedures, including how to spot potential hazards.
- Do not allow children to play in fires such as roasting marshmallows in a fireplace.
- Practice family fire drills to reinforce safe behavior.
- Do not use electric blankets for young children.

Playing Outside - The cold temperatures and biting winds are the most obvious hazards when children play in the snow. Children who are not prepared for winter climates can suffer frostbite, hypothermia and severe chills that can lead to illness, poor judgment and even permanent injury. To avoid the dangers of cold weather:

- Dress in multiple layers to play outside, including extra layers for legs, feet and hands.
- Always wear hats and gloves when playing outdoors in cold weather; the biggest proportions of body heat are lost through the head and hands.
- Limit the amount of time spent playing outdoors to safe intervals, and bring children inside periodically to warm up.
- Remove all wet clothing immediately and change to dry clothes if going back outdoors.
- Wear sunscreen on all exposed skin to guard against burns from bright sunlight and snow glare.
- Do not permit children to play outdoors in poor weather such as snowstorms, extreme cold or high winds.
- Wear brightly colored outer clothing that is easily seen from a distance.
- Do not dress children in winter wear with drawstrings - they can cut off circulation and make frostbite a greater threat, and loose drawstrings may present a strangulation hazard.
- Teach children to avoid playing near snowplow areas.
- Do not permit children to dig snow tunnels or forts that may collapse and bury them.
- Avoid snowball fights that can lead to injuries from dangerous projectiles.
- Keep roofs, gutters and awnings free from snow and icicle buildup that could collapse and injure a child. Similarly, do not permit children to pull icicles from the roof.
- Teach children never to touch or lick exposed metal (fences, flagpoles, etc.) in winter.
- Do not allow children to eat snow. It may contain pollutants, dirt, fecal matter or other contaminants, and the cold snow can chill a young child's body to dangerous levels.
- Regularly de-ice or sand sidewalks, driveways, patios and other areas where children may play.

By following the proper winter safety tips for children, parents can ensure that their sons and daughters will be warm, happy, and safe during the coldest months of the year, and seeing them enjoy winter safely will warm any parent's heart.

Update on the Pueblo of Isleta's Tribally Controlled Grant School

Hello and Happy New Year from the Isleta Elementary School Transition Team! Just as a quick update, on September 24, 2014, the Director of the U.S. Bureau of Indian Education (BIE) has approved the Pueblo of Isleta's Application to convert the School to a Tribally Controlled Grant School. Furthermore, December 19, 2014, the second and final part of the application (substantial documentation of the Pueblo of Isleta's capacity to manage and operate the School) was submitted to the New Mexico South Education Line Office. This successfully completes Phases I & II of the transfer process. So now, Phase III is next.

Phase III includes the hiring of the key personnel (e.g., the Governing Board, the Education Program Administrator, a school Principal—see Position Descriptions below—and various Administrative Support staff. Also, Phase III will include developing a strategic plan and Governing Board Policies & Procedures.

In order to further build on the culture/climate, academics and needs of the current Isleta Elementary School, we will be having another community meeting on Wednesday, February 11, 2015 from 6:00 PM to 7:30 PM. This meeting will take place at the Rec Center Game Room. Everyone is welcome and strongly encouraged to attend and provide your input. Members of the Transition Team will be present for comments and to answer questions. Ms. Debbie Lente-Jojola and Mr. Albert Cherino, Jr, of Febasa Consulting will be facilitating the meeting. We hope to see you there.

Be sure to keep a look out for our future web page address which will have an address of <http://www.isletapueblo.com/poi-isleta-elementary-school.html>

HUMAN RESOURCES DEPARTMENT
P.O. BOX 1270, ISLETA, NM 87022
PHONE: (505) 869-7584 FAX: (505) 869-7579
EMAIL: poiemployment@isletapueblo.com

VACANCY ANNOUNCEMENT

POSTING NO: 014-15

POSITION: Education Program Administrator

PAY GRADE: E11 (\$61,403.00 - \$75,219.00)

FLSA STATUS: Exempt

REPORTS TO: Governor

OPENING DATE: 01/23/2015

CLOSING DATE: UNTIL FILLED

POSTED: IN AND OUT

EDUCATION PROGRAM ADMINISTRATOR

This position is located at the Pueblo of Isleta Elementary School, to be formally transferred from the U.S. Bureau of Indian Education to the Pueblo of Isleta on July 1, 2015. The incumbent is responsible for the administration of the Isleta Elementary School. Acts in accordance with the policies, rules and regulations established by the Isleta Elementary (IES) Governing Board, and the Pueblo of Isleta (POI) policies and procedures. May delegate the Principal any of the responsibilities and duties which the IES Governing Board has entrusted to him/her, but continues to be responsible and accountable for the execution of the responsibilities and duties delegated.

Minimum Qualifications/Requirements:

- Master's or Ph.D. Degree in Education
- Six years of experience in education, with a minimum of three years in an administrative position
- Must hold Education Administration Certification License with the State of New Mexico as may be amended

Knowledge, Skill and Ability Requirements: On a separate sheet of paper, describe how you obtained these Knowledges, Skills and Abilities.

- Knowledge of the New Mexico Common Core State Standards
- Knowledge of Bureau of Indian Education System
- Knowledge of Family Educational Rights & Privacy Act (FERPA)
- Knowledge of PL 107-110, No Child Left Behind Act of 2001
- Knowledge of PL 100-297 Tribally Controlled Grant School Act
- Knowledge of PL 108-466, Individuals with Disabilities Education Act (IDEA)
- Skill in school administration, with strong leadership, school finance, and administration of federal programs
- Skill in possessing a high degree of professional judgment, tact and resourcefulness

- Skill in operating various word-processing, and database software programs
- Ability to establish and maintain effective working relationships with parents, Board members, Tribal Officials, and the general public
- Ability to lead, organize and plan comprehensive school reform efforts
- Ability to work in a challenging environment

Other Requirements:

Individual selected is subject to the following:

- Satisfactorily pass a background investigation, with NO prior convictions of any felonies
- Valid New Mexico driver's license with ability to meet Pueblo of Isleta liability insurance requirements and maintain eligibility for insurance
- Must comply with the Pueblo of Isleta Drug Free Workplace policies.

PREFERENCE: Tribal preference and Native American Indian preference applies to all Pueblo of Isleta positions.

VACANCY ANNOUNCEMENT

POSTING NO: 016-15

OPENING DATE: 01/23/2015

CLOSING DATE: UNTIL FILLED

POSTED: IN & OUT

POSITION: IES Governing Board Member (7-Seven)

PAY GRADE: \$30.00 per hour Stipend

FLSA STATUS: Board and Commission, Compensation Through Stipend

DEPARTMENT: Isleta Elementary School

REPORTS TO: Tribal Council

ISLETA ELEMENTARY SCHOOL (IES) GOVERNING BOARD MEMBER

This position is located at the Pueblo of Isleta, elected by Isleta Tribal Council. Responsible for the general oversight control and direction of the Isleta Elementary School (IES), to ensure academic program is successful; and to provide oversight of the school in order for each student to receive a high quality education.

(Continued next page)

(Vacancy Announcements, continued)

Minimum Qualifications/Requirements:

- Bachelor's degree or higher in a professional field such as Finance, Accounting, Education, General Business, or Law
- Pueblo of Isleta Tribal Member preferred
- Parent of a child/children attending IES preferred
- Previous or current Albuquerque or Los Lunas Public School employee preferably in the education field
- Non-tribal member or non-Native American professional with one or more of the above qualifications
- Must ensure legal and ethical integrity and accountability
- Diplomatic skills and ability to cultivate relationships and persuade, convene, facilitate and build consensus among a diverse populations

Knowledge, Skill and Ability Requirements: Describe how you obtained these Knowledges, Skills and Abilities.

- Knowledge of academic expectations, adopting curriculum and instructional materials meeting differentiated learning styles including culturally appropriate materials for Native American students
- Knowledge of developing and adopting policies, procedures and strategic planning
- Knowledge of evaluation of programs and service to ensure that they are consistent in meeting the mission of IES
- Skill in planning, directing, prioritizing and adopting budgets, monitoring budget implementation through monthly financial and Education Program Administrator (EPA) reports
- Skill in hiring, evaluating, and establishing goals for the EPA
- Skill in approving annual narrative and financial reports for schools

that includes measurable goals, student assessment analysis, and overall school operations to Bureau of Indian Education and Tribal Council

- Ability to provide for a written report for Tribal Council presentation that details the IES' mission, programs, financial conditions, and progress made towards goals and objectives
- Ability to monitor student achievement and instructional program effectiveness
- Ability to oversee an independent audit by a qualified CPA and the Pueblo of Isleta
- Ability to serve as an advocate and community representative of the school
- Ability to participate in professional development, committing time and energy necessary to be an informed and effective board member

Other Requirements: Individual selected is subject to the following:

- Satisfactorily pass a background investigation, with NO prior convictions of any felonies
- Must comply with the Pueblo of Isleta Drug Free Workplace policies
- Must have fingerprinting completed prior to participating in first board meeting
- Must commit to a minimum of 40 hours of school board training within their first year of appointment
- Must sign a confidentiality agreement

PREFERENCE: Tribal preference and Native American Indian preference applies to all Pueblo of Isleta positions.

VACANCY ANNOUNCEMENT

POSTING NO: 015-15

OPENING DATE: 01/23/2015
CLOSING DATE: UNTIL FILLED
POSTED: IN & OUT

POSITION: Principal

PAY GRADE: E9 (\$50,746.00-\$62,164.00 Annum)

FLSA STATUS: Exempt

DEPARTMENT: Isleta Elementary School

REPORTS TO: Education Program Administration

PRINCIPAL

This position is located at the Pueblo of Isleta. Plans, organizes, and directs implementation of all school activities. Uses leadership, supervisory, and administrative skills to promote the educational development of each student.

Minimum Qualifications/Requirements:

- Bachelor's degree or Master's in Education with completion of at least one semester in school administration or school management and/or curriculum development
- 4-5 years teaching experience and/or a minimum of two (2) years experience as a Principal or Assistant Principal
- Must be able to meet the certification standard in the State of New Mexico

Knowledge, Skill and Ability Requirements: Describe how you obtained these Knowledges, Skills and Abilities.

- Knowledge of the No Child Left Behind Act of 2001
- Knowledge of PL 100-297, Tribally controlled Grant Schools Act
- Knowledge of basic fiscal management principles. Ability to prepare and monitor budget
- Knowledge of elementary school operations
- Skills in high degree of professional judgment, tact, and resourcefulness
- Skill in operating various word-processing and database software programs
- Ability to supervise, lead and provide guidance to school personnel
- Ability to coordinate activities with the other POI tribal

programs; i.e., planning supervising fire drills, disaster drills


- Ability to establish and maintain favorable relationships with the local community groups and individuals to foster understanding, solicit support for overall school objectives and programs; to interpret Board policies and administrative directives; and to discuss and resolve individual student problems
- Ability to make clear and convincing oral presentations; and to write in a clear and concise and organized manner
- Ability to work evening and weekends; travel may be required

Other Requirements: Individual selected is subject to the following:

- Valid New Mexico Driver's license with ability to meet Pueblo of Isleta liability insurance requirements and maintain eligibility for insurance
- Satisfactorily pass a background investigation, with NO prior convictions of any felonies
- Must comply with the Pueblo of Isleta Drug Free Workplace policies
- Must have fingerprinting completed prior employment

PREFERENCE: Tribal preference and Native American Indian preference applies to all Pueblo of Isleta positions.

Join the Pueblo of Isleta Workforce!



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


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

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

Career Opportunities

Location	Position Posting	Closing Date
Assisted Living Facility	Caregiver II (2-positions/Occasional) - NEW	Open Until Filled
Assisted Living Facility	Caregiver II (8-positions/Regular Full-Time) - NEW	Open Until Filled
Assisted Living Facility	Cook (4-positions/Regular Part-Time) - NEW	Open Until Filled
Assisted Living Facility	Caregiver I (2-positions/Occasional) - NEW	Open Until Filled
Assisted Living Facility	Caregiver I (4-positions/Regular Part-Time) - NEW	Open Until Filled
Assisted Living Facility	Caregiver I (4-positions/Regular Full-Time) - NEW	Open Until Filled
Elder Center	Regulatory Monitor - NEW	Open Until Filled
Elder Center	Veteran Support Service Program Member	Open Until Filled
Health Center	Appointment Clerk - NEW	01/29/2015
Health Center	Child/Adolescent Therapist - NEW	01/29/2015
Health Center	Contract Health Accountant - RE-ADVERTISED	Open Until Filled
Health Center	EMT - Paramedic (4 Positions)	Open Until Filled
Health Center	Medical Records Manager - NEW	Open Until Filled
Health Center	Special Events & Communications Assistant - NEW	01/28/2015
Housing Authority	HVAC Technician - NEW	01/28/2015
Isleta Business Corporation	Alcohol Beverage Sales Rep - RE-ADVERTISEMENT	Open Until Filled
Isleta Business Corporation	Licensed Agent	Open Until Filled
Isleta Business Corporation	Sales Associate - NEW	Open Until Filled
Police Department	Police Officer	Continuously Accepting Applications
Police Department	Police Sergeant - NEW	Open Until Filled
Public Services	GIS Specialist - NEW	Open Until Filled
Public Services	Supervisory Equipment Operator - NEW	01/26/2015
POI Elementary School	Educational Program Administrator - NEW	Open Until Filled
POI Elementary School	IES Governing Board Member (7-Seven) - NEW	Open Until Filled
POI Elementary School	Principal - NEW	Open Until Filled
Recreation Center	Lifeguard (Regular Part-Time)	Continuously Accepting Applications
WIC Program	Nutritionist/Breastfeeding Coordinator - NEW	01/29/2015

Pueblo of Isleta Application Process



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

Carol Jiron
(505) 869-7587
poi70103@isletapueblo.com

Myra Garro
(505) 869-9792
poi07001@isletapueblo.com

Richard Garcia
(505) 869-7585
poi70106@isletapueblo.com

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

From Solid Waste:

Effective immediately, Solid Waste will be implementing fees for dead animal removal and debris removal. Also, each household is entitled to 1 trash cart and if the homeowner wishes to purchase an additional cart, they may do so for \$50.00.

On our trash routes, we have seen a lot of trash carts over filled. Please DO NOT over fill your trash cart. When you set your trash cart out, please make sure the lid closes. By doing so, it will prevent dogs from pulling trash bags out of the cart. Our drivers will stop servicing cans if they are over filled or if they have debris around the cart.

We have found a number of illegal dump sites. Please do not dump after hours outside the gate. This is considered littering and we are working with the Wildland Officers to identify the responsible parties. A friendly reminder to everyone, if you need to make a trip to the Transfer Station, we are open 7 days a week from 8 am to 4:30 pm. We are closed on all federal holidays and by order of the Governor.

Thank You,
The Solid Waste Crew



This illegal dump was found outside the gates. This is considered littering!

WIC NOTES

Brown Rice

What is brown rice? Brown rice is the whole rice grain before the bran layer is removed to make white rice. The bran layer contains vitamins, minerals and fiber and gives brown rice a nuttier taste and chewier texture than enriched white rice. All brown rice is whole grain.

It easy to select brown rice since the only ingredient listed on the package is..."Brown Rice."

Is brown rice better for us than white rice? Yes

- White rice is now being linked not only to weight gain but to increased risk of developing Type 2 diabetes.
- White rice has had the outer layers removed which results in loss of most of the nutrients and **all of the fiber**.
- Even though a few vitamins are added back to white rice at least 11 nutrients are not replaced.
- Brown rice is gluten and sodium free.
- Brown rice helps reduce the risk of heart disease, diabetes and certain cancers.

Hint: Some is better than none - you may want to try mixing cooked brown rice with cooked enriched white rice This brown rice recipe has been a hit with the participants attending our WIC classes. Kids really like it too!

Vegetable Fried Rice

Choose your favorite vegetables. The secret to making fried rice is using leftover rice.

- 2 Tbsp. Vegetable oil - divided
1 cup chopped carrots, celery, broccoli, green onions (or veggies of your choice)
3 cups chilled, cooked brown rice
2 large eggs, beaten

1. Heat 1 T oil in large nonstick skillet or wok over medium-high heat. Cook carrots, celery, broccoli and green onions stirring frequently, 3-4 minutes or until tender-crisp.
2. Add 1 T oil, and rice; cook, stirring frequently, until rice is heated through.
3. Push rice mixture toward edge of skillet, pour egg in center and stir gently to cook; gradually stir in rice. Drizzle with soy sauce if desired. Toss well. Makes 6 serving.

Recipe courtesy of USA Rice Federation.

Get ahead on your next meal!

Cook extra rice for a quick start to your next meal. Cooked rice stays fresh when refrigerated in a tightly covered container or in an air-tight food storage bag for 3 to 5 fays or frozen up to 3 months.

Heidi Lanes, WIC Nutrition Coordinator

Johnson-O'Malley Program

Hello everyone! I cannot believe that the first month of this New Year is already behind us, it went so fast. I hope that this article finds everyone doing well. We have just a few announcements and reminders for our J.O.M Community. First off I'd like to take a moment to congratulate the winners of our 2015 National Johnson-O'Malley Association Conference essay contest! We had a few submissions and I want to thank all the students who participated. The winning essays were well written and very thought out. The selection committee found the essays extremely insightful and it was obvious that these students took time to fully answer the four requirements. Great job and congratulations to Kaitlin Begay, Rhiannon Jojola, David Roybal, and Ricky Roybal. These students will be accompanying us to the 2015 NJOMA Conference in Portland, OR from March 28th to April 1st. Again, thank you to everyone who submitted essays, and congrats to our winners.

Tutoring at the Johnson-O'Malley Program has started! On January 26th we started up our tutoring program once again. If your student is in need or could benefit from our tutoring program, it is not too late to sign them up. All you need to do is contact the J.O.M Program at 869-9810 and speak to either Lisa, Bernadette, or Mellerie, and we will let you know how to get the process started. Please keep in mind that this is **NOT** a homework help program. We will **NOT** be working on homework with students. Our program is twice a week for an hour each time and focuses on the student's specific area of need. The tutoring program is open to all students, your student **DOES NOT** need to be J.O.M eligible in order to receive tutoring services. Students who attend school at the Isleta Elementary School or private school can enroll in the tutoring program, though spots are limited. Please give us a call for more detailed information and a schedule of day/times. Please keep in mind that once you sign your student up for tutoring, attendance is mandatory.

With the new contract year, comes some changes. Please be aware that all requests for reimbursements of 1) all lab fees (up to \$40 total) and 2) P.E. uniforms, must be submitted by **March 2nd**. Requests received after this date will **NOT** be accepted. Reimbursements for band instruments are due at the beginning of the semester and you are allowed only one reimbursement per the 2015 year. We are also reimbursing for ACT or SAT test fees, so please call for more details. If you have any questions, please give us a call.

Thank you, thank you, to the staff at the Isleta Eagle Golf Course, the Isleta Resort and Casino, the Los Lunas Schools Indian Education Department, and the Pueblo of Isleta Higher Education Department for all the hard work and help that went into the 2015 College and Career Fair that was held on January 17th at the Isleta Eagle Golf

Course. We had a great turn out with over 30 exhibitors and many students, parents, and community members. Thank you to all the exhibitors from colleges and businesses that came out early on a Saturday morning and made this a great event! And last, but not least, thank you to everyone who came out to the golf course! If you attended, and have any comments or suggestions, we'd love to hear them! A BIG thank you again to everyone who participated, the turn out made me happy!



A reminder for our J.O.M eligible students, on February 12th we will be having our first literacy night of the year. All J.O.M eligible students are invited to come join us at the J.O.M Classroom and browse a wide selection of books ranging from beginning readers to adult level. Students can pick at least 3 books to take home and add to, or start, their personal library. If the books weren't enough, we will also be having yummy nachos! There will also be a brief I.E.C Parent Meeting at this time. We hope to see you all there! As always, if you have any questions about this activity, or any other activities or events hosted by the J.O.M Program, please call the office. We will be happy to answer any questions that you may have.

Our next field trip will be to the Albuquerque Bio Park Botanical Garden for the Winter Wool Festival on **Saturday, February**

28th. Students will get to "watch artisans at work, learn about natural dyes made from plants and follow the process used to turn Navajo Churro sheep wool into sweaters and blankets. Meet the Navajo Churro sheep that live at the Heritage Farm and learn about how this heritage breed is being preserved. Enjoy hands-on demonstrations of many fiber arts, including spinning, dyeing, quilting, rug hooking and more." After attending the Winter Wool Festival, we will take the students for lunch at Hayashi Japanese Steakhouse to experience Japanese Hibachi first hand! This is an all age field trip but spots are limited and filled in a first come first served manner. Students must be a J.O.M eligible student and have an active file here at the Pueblo of Isleta's Johnson-O'Malley Program. Spots will not be saved until a filled permission slip is received and eligibility is verified. Sign up for this event opens on February 16th, 2015 at 8:00am. Please call, email, or stop by the J.O.M Office to pick up permission slips.

Pueblo of Isleta Department of Education

The Department of Education has three vacancies to serve on the POI's Board of Education. Nominations are now being accepted. If any tribal member is interested in serving on the Board, please submit your letter of interest to the Tribal Council Secretary's office at the Tribal Services Complex during normal business hours from 8:00 AM to 4:30 PM. If you should have any questions please contact the Department of Education at 505/869-9790.

ANNOUNCING: The Pueblo of Isleta Department of Education

Class of
2015

2015 Graduation Banquet & Lifetime Educator Nomination

Please contact the Pueblo of Isleta Department of Education no later than February 27, 2015 if you or your student is graduating from high school or college!

This year the graduation banquet will be held at Isleta Resort and Casino on April 30, 2015. Doors will open at 5:30.

Each graduate will receive one "guest of honor" ticket along with two complimentary guest tickets.

Due to limited seating, no additional tickets will be provided.

In conjunction with the 2015 Graduation Banquet we also select and recognize a Lifetime Educator. This individual is one who has through his or her professional career as a Teacher or Teacher's Aide, made a difference in education.

Please submit a narrative of who you believe made a difference. Nominations are being accepted at the Department of Education now through February 27, 2015.

If you have any questions please do not hesitate to contact the Pueblo of Isleta Department of Education, 505-869-9790.



UNM

COLLEGE ENRICHMENT
& OUTREACH PROGRAMS

High School Equivalency Program (HEP)

Services Provided

HEP is a federally funded program designed to assist qualified individuals to obtain their General Educational Development diploma (GED) through intensive classes and tutoring services. Therefore we the HEP team believes by offering the following service the participants will be more focused in getting their GED:

- | | | |
|--|--|---|
| ■ Classes- In English & Spanish | ■ Tutoring - In English & Spanish | ■ GED Test fees - Official & Retakes |
| ■ Stipends- up to \$430.00 | ■ Culture Events | ■ Eye Exam fees |
| ■ UNM or CNM ID card | ■ Childcare - offered for Spanish GED classes | ■ Eye Glasses costs |
| ■ Academic Workshop | ■ Academic Supplies | |
| - Test Taking Skills | - Binder with school supplies | |
| - Career Exploration | - GED books | |
| - Post- Secondary Education | | |

Additionally, we will work with other organizations and agencies to provide our students additional supportive services as needed. We are sure that our services and the hard work of our participants will lead them to successful completion of the GED, further their education, get a better job and have better opportunities in their lives.



Pablo Cabrera
HEP Recruiter
505-277-3020
pvcabrer@unm.edu
unmhhep@unm.edu



UNM HEP



UNM High School Equivalency Program (HEP) • MSC06 3715, UEAC Suite 250 Albuquerque, NM 87131
(505) 277-0276 • www.hep.unm.edu • unmhhep@unm.edu

The University of New Mexico High School Equivalency Program is a 100% federally funded five-year discretionary grant under the U.S. Department of Education, Office of Migrant Education through the years 2012-2017 for a total award amount of \$2,288,777.



UNM

COLLEGE ENRICHMENT
& OUTREACH PROGRAMS

High School Equivalency Program (HEP)

It's about the WORK!

Migrant or Seasonal Farmworker- who primary employment was in farm work on a temporary or seasonal basis and

In the last 24 months has 75 days of

Farm Work Agriculture activity for wages or personal subsistence on a farm, ranch or similar establishment

Production of

Crops

Dairy Products

Cultivation of Trees

Fish Farms

Poultry

Livestock

Harvesting of Trees



Pablo Cabrera
HEP Recruiter
505-277-3020
pvcabrer@unm.edu
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UNM HEP



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The University of New Mexico High School Equivalency Program is a 100% federally funded five-year discretionary grant under the U.S. Department of Education, Office of Migrant Education through the years 2012-2017 for a total award amount of \$2,288,777.

Calendar Notes:

Bowling Practice
Every Monday
Location: Fun Connection
Time: 11:00 am

Line Dancing
Monday's & Friday's
Location: Adult Day Care Room
Time: 10:00 am - 11:30am

Group Exercise
Every Tuesday & Thursday
Location: New Recreation Center
Time: 10:00 am - 11:00 am

Aqua Zumba
Every Tuesday & Thursday
Location: New Recreation Center
Time: 1:00 pm - 2:00 pm

Shuffleboard Practice
Every Wednesday & Friday
Location: New Recreation Center
Time: 10:00 am - 12:00 am

Archery & Airgun Practice
Every Wednesday & Friday
Location: New Recreation Center
Time: 10:00 am - 11:00 am

Golf Practice
Every Other Friday
Dates: 2/13/15 & 2/27/15
Location: Isleta Eagle Golf Course
Time: 10:00 am - 11:00 am

400m & 800m Practice
Every Friday
Location: New Recreation Center
Time: 9:00 am - 10:00 am

2015 February

Activities Calendar
Isleta Elderly Center
(505) 869-9770

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Bowling Practice @ Fun Connection: 11:00a.m. Line Dancing @ Elderly Center: 10:00a.m.-11:30a.m.	3 Group Exercise@ New Recreation Center 10:00a.m. - 11:00p.m. Aqua Zumba @ New Recreation Center: 1:00p.m.-2:30p.m.	4 Shuffleboard Practice @ New Recreation Center 10:00a.m. - 12:00p.m.	5 Mass @ Elderly Center Adult Day Care Room 11:00a.m.	6 Native American Day @ State Legislature: Santa Fe 7:00a.m. - 4:00p.m. ALL DAY EVENT NO PRACTICES
9 Wal-Mart Shopping & Lunch ALL DAY EVENT NO PRACTICES	10 Arts & Crafts Activity @ New Recreation Center 1:00p.m. - 2:30p.m. Aqua Zumba @ New Recreation Center: 1:00p.m.-2:30p.m.	11 Commodity Distribution 9:00am - 2:00pm Creative Food Activity @ Elderly Center: 1:00p.m.-3:30p.m. Fruit Bouquets	12 Arts & Crafts Activity @ New Recreation Center 1:00p.m. - 2:30p.m. Aqua Zumba @ New Recreation Center: 1:00p.m.-2:30p.m.	13 Valentine's Day Event @ Elderly Center 1:00p.m. - 3:00p.m. Line Dancing @ New Recreation Center: 10:00a.m.-11:30a.m.
16 ELDERLY CENTER CLOSED PRESIDENT'S DAY	17 Shuffleboard Scrimage Monzano Mesa Center 10:30am - 4:00pm NO OTHER PRACTICES	18 Indian Cultrual Center/ Albuquerque Museum 10:00am - 3:00pm ALL DAY EVENT NO PRACTICE DAY	19 GENERAL MEETING ISLETA TRIBAL OFFICALS/ADMINISTRATION MEET & GREET ELDERLY CENTER	20 Shuffleboard Scrimage against Jemez Pueblo New Recreation Center 10:00a.m. - 12:00p.m. Open Pool Time @ New Recreation Center: 1:00p.m.-2:30p.m.
23 Commodity Distribution 9:00am - 2:00pm ADVISORY COMMITEE MEETING 10:00am Elderly Center	24 Group Exercise@ New Recreation Center 10:00a.m. - 11:00p.m. Aqua Zumba @ New Recreation Center: 1:00p.m.-2:30p.m.	25 Shuffleboard Practice @ New Recreation Center 10:00a.m. - 12:00p.m.	26 Movie Day @ Century Rio 14 10:00a.m. - 4:00p.m. NO AFTERNOON PRACTICES	27 Birthday Cake Shuffleboard Scrimage against Laguna Pueblo 10:00a.m. - 12:00p.m. New Rec. Center Open Pool Time @ New Recreation Center: 1:00p.m.-2:30p.m.



Did you know?

Isleta Health Center
Optometry Clinic
Phone: 869-4080

Six common mistakes made by patients when handling contact lenses

1. Not washing and drying hands. Washing your hands may seem like common sense, but the American Eye-Q® survey found that 35 percent of contact lens wearers skipped this important step. Drying is also an important part of the process since tap water can contain harmful microorganisms that can be transferred onto the lens and onto the eye.

2. Wearing lenses longer than recommended. Many contact lens wearers will try to make their lenses last longer by waiting to change them until the lenses become bothersome. According to the American Eye-Q® survey, 57 percent of contact lens wearers admitted to wearing disposable contact lenses longer than directed. Not following an eye doctor's recommended changing schedule can cause preventable eye irritation or even lead to permanent eye damage from bacterial infections.

3. Not replacing contact lens cases regularly. Eye doctors recommend that lens cases be replaced at least every three months, and cases should be cleaned and disinfected periodically in between. Yet, only 41 percent of contact lens wearers follow this rule.

4. Sleeping in contacts overnight. The American Eye-Q® survey revealed 21 percent of contact lens wearers are guilty of this bad habit. Sleeping in contacts puts consumers at risk for an eye infection. Only do so when wearing lenses specifically designed for day and night wear and when closely monitored by your doctor.

5. Reusing old contact lens solution. Only fresh solution should be used to clean and store contact lenses. Stick to products recommended by your eye doctor to clean and disinfect lenses, and remember, saline solution and rewetting drops are not designed to disinfect lenses.

6. Wearing contact lenses while swimming or in a hot tub. Approximately 26 percent of contact lens wearers swim in their contact lenses. This routine can lead to serious sight-threatening eye infections and irritation. According to the FDA and the American Optometric Association, contact lenses should not be exposed to any kind of water, including tap water and water in swimming pools, oceans, lakes, hot tubs and showers.

Animal Protection of New Mexico

PO Box 11395, Albuquerque NM 87192

505-265-2322 * 505-265-2488 (fax)

apnm@apnm.org * www.apnm.org

\$10,000 REWARD

Four Dogs' Mauled Bodies Found Dumped



**Mauled badly by other dogs, Dog #4 died
at the hands of a human.**

Valencia County, New Mexico—On January 6, 7 and 8 of 2015, the bodies of four badly mutilated dogs were found dumped at the Valencia County Transfer Station. All exhibited bite-type injuries consistent with being mauled by other dogs, and each was missing all or part of one leg, which had been severed with a knife. Dog #4 was found on 1/8, Dogs #1 & #2 were discovered on 1/6, and Dog #2 on 1/7/2015. The cause of death of Dog #4 was strangulation asphyxiation.

Erik Tanner, Executive Director of Valencia County Animal Control, is investigating these cases as dog fighting-related and believes the dogs may have been used as "bait" dogs to train other dogs to fight. "No animal deserves to die this way," expressed Tanner, "We are reaching out to the community for any information they can provide to solve these cruel and disturbing criminal cases."

**EXTREME ANIMAL CRUELTY & DOG FIGHTING
ARE 4th DEGREE FELONIES!**

INFORMATION LEADING TO THE ARREST AND
PROSECUTION OF THOSE RESPONSIBLE WILL BE
REWARDED UP TO \$10,000

CALLERS MAY REMAIN ANONYMOUS

CALL TOLL FREE: 877-548-6263

DID YOU KNOW?

Isleta Health Center – Partners in Your Healthcare

PURCHASED / REFERRED CARE

Department Manager: Jenny Davis @ 869-4488

- **PURCHASED/REFERRED CARE** is the payer of last resort, which means Isleta PRC will require you to apply for any alternate resources for which you may qualify.
- All referrals provided by PRC must be presented at the time you receive your medical services.
- Patients are responsible for notifying PRC of any follow up appointments, continued care or additional procedures. Please give PRC as much advance notice as possible to allow us time to enter your information and mail the referral directly to you.
- PRC will assist with payment for medical services only. PRC does not have funding for short/long-term rehabilitative or nursing home care, pharmacy, laboratory, or durable medical equipment like wheelchairs, crutches, braces, etc.
- We require notification within 72 hours of Urgent Care and Emergency Room visits.
- PRC phone line 869-4488 is on 24/7. Please leave a message with name, phone number, date of birth and where patient received services.
- Bring any medical bill(s) you receive to PRC as soon as possible. If not, you may be sent to collections and this will affect your credit. If you are receiving a bill this is your red flag that they are not billing PRC for your medical services.
- PRC eligible, fulltime College Students that reside outside the PRC service delivery (outside of Bernalillo, Valencia and Torrance counties) area must provide PRC with their student forms every semester.
- If you have obtained a Radiology referral from PRC, it is your responsibility to obtain a disk copy of your radiology procedure before you leave the facility performing the CT Scan/MRI.
- PRC is not allowed to discuss your medical information with anyone but you! (Unless, you have a Personal Representative Form completed and submitted to the Medical Records department.)



**5 Gallon HE formulated
Liquid Laundry Detergent**

\$45 Pump Included



Tide

Original
w/Febreeze
w/Downy
Free and Clear

FABRIC SOFTENERS
Downy April Fresh
Gain Island Fresh
Downy Lavender

GAIN

Original
Apple Mango Tango

DAWN
Dish Liquid

5 Gallons of Concentrated Laundry Detergent = to 640 Ounces
1 pump of liquid detergent = 1 ounce required for 1 regular wash cycle

CONTACT: Mona 505-506-0953 Mon-Fri after 6pm / weekend aft 9am



**Thinking
About
Quitting?**



**NOT READY TO COMMIT TO
AN 8 WEEK PROGRAM?**

Take this 1 time, 1 on 1, 90 minute session to
increase your motivation to quit!

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

Parks and Recreational

As we approach February, 2015 we now start to see signs of changes in the air. Days are now starting to become a bit longer with daylight. Also, the Little League program is already starting to take registration for the upcoming season. We will also at times have such mild days that we know spring is just around the corner. With that said, our Park Management crew is already beginning to put down tons of compost on our parks which will result in having some of the greenest and prettiest parks in the southwest. Eugene (Shoobie) Jojola, who is the newest employee in charge of the activities for the Elderly program, has already been by the Recreation Center setting up practice times and activities for the Elderly in preparation for the upcoming State Senior Olympics. Our youth basketball program is in full swing and our Adult Volleyball is starting to wind down. Also, those people who have re-dedicated themselves with New Year's Resolutions have been back in the gym.

New Year's Resolutions

January 2015 saw many of our Tribal members and Tribal employees return to the gym, to reestablish promises made as New Year's Resolutions. I (Rick Giron) for one as the Director of the Parks & Recreation Department have too returned to the gym to try to make good on these promises. As I mentioned in last month's newsletter, work your way into these workouts slowly. Don't over-load yourself with such hard workouts, that in a few days or weeks you give up because you are so sore or you get hurt and or because you aren't getting the results you thought you would. Remember, we didn't gain all the weight that we are now trying to lose overnight. Same thing goes with our workouts. Results aren't immediate, especially for us who are a bit older like me. We must stay constant and deliberate and make these workouts part of our daily routine. Even if it is just walking in the gym or outdoors etc., let's get moving again. Bottom line, get that heart rate up a bit and treat that heart and body like the amazing machine it is, and feed the machine with the proper energy (nutritional foods and less sugars) and more movement. Also, drink plenty of water to hydrate the body and stay away from sugary drinks like sodas. Many of us have made drinking sodas part of our everyday routine that if you must, start slowly and cut back on this usage until you can rid yourselves of this dependency. And by all means, keep

your children away from drinking sodas. It will go along way for fighting obesity and diabetes especially in Indian Country which we are known for. If we do cut back and eliminate many of these sugary drinks and get moving again, slowly but surely we all will start feeling a lot better. Initially, you might not notice the change in your body, but others will! Once you make the commitment of working out a part of your daily routine, you will notice a feeling of guilt when you miss out on a workout session (for whatever reason). Now, that's when you are getting to the point you are serious about making changes in how you treat your body. **What do you say, let's all make small changes that will have a profound effect on healthier living?** Pictured is Evelina Lucero who has made that commitment to working out every chance she gets.



Youth Basketball

As mentioned in last month's newsletter, our youth basketball program for elementary school age children is in full swing. Our goal in this program is to teach our children the fundamentals of the game, good sportsmanship and friendship and camaraderie. Yes, we would love to win all the games, but we know deep down inside that is not going to happen. In being involved, it also teaches our children many valuable life lessons like competition, good sportsmanship and winning and losing with dignity. And by all means, we want all children in the program to get the playing time to be able to experience these life lessons. If the staff and children learn this, we will have accomplished our goal in helping our children grow to young adults. Pictured below are several shots of our youth basketball games that were held on Wednesday, January 21st at the New Rec. Center against Sky City/Acoma. Both the Boys and Girls games were won by the much taller Sky City/Acoma team, but both games were very competitive going down to the wire.



After-school Rec. and Aquatic Program

The after-school recreation program has been busy with several field trips for our youth, and swim practice for our feeder high schools Los Lunas and Valencia High and of course the basketball program for our elementary school age children. Also the Nanas Abenita, Gloria and Marie are gearing up for the upcoming Valentine’s Day with arts projects depicting that eventful day. Speaking of Aquatics, we are making adjustments to our daily schedule of trying to have the proper amount of lifeguards on duty so we can keep our program safe and operational. Because most of our lifeguards are attending the University and or CNM we must work around many of their schedules to make this a reality. By law, we must have two lifeguards on duty to have the facility open for swimming. Last month, we had two days that we were on adjusted schedule because of that reason. Hopefully, we have worked out the kinks with their new spring school schedules so that we won’t have those adjusted closures. Pictured is Nana Gloria displaying some of the art projects they are preparing for Valentine’s Day.



Little League

Once again we welcome back as League Director, Vernon Abeita. Vernon reports that he is now accepting registration at the Isleta Little League Clubhouse directly across the street from the New Rec. Center. Registration times are Saturday, January 24th from 10:00 am until 2:00 pm, Saturday, January 31st from 10:00 am until 2:00 pm, Thursday, February 5th from 6:00 pm until 8:00 pm and on Saturday, February 14th from 10:00 am until 2:00 pm. Cost is \$30.00 per player and they must be 4 years old to 18 years old. They must be 4 years old before April 30, 2015. You must bring original birth certificate and 3 proofs of residency with physical address. (E.g. phone bill, driver’s license, cable bill, school records, utilities, PNM and Gas bill constitute as one proof). Please parents, make sure you get your children registered. Right now, because it’s been cold and snowing we may not be thinking about little league but as soon as registration is over and the weather warms up you will. So what do you say, let’s get them registered early so we don’t get in that predicament. Vernon also reports that he has our park management staff making some improvements to the concession stand/offices for Little League. It will definitely be much better then before.



Isleta Little League Registration

Where: At the Isleta LL Clubhouse

Dates: Saturday, January 24, 2015
10:00 a.m. to 2:00 p.m.

Saturday, January 31, 2015
10:00 a.m. to 2:00 p.m.




Thursday, February 5, 2015
6:00 p.m. to 8:00 p.m.


Saturday, February 14, 2015
10:00 a.m. to 2:00 p.m.

Cost: \$30.00 per player

Age: 4 to 18 years old
Must be 4 before April 30, 2015

****Please bring original birth certificate and 3 proofs of residency with physical address. (e.g. Phone bill, Driver’s license, cable bill, school records, utilities, PNM and Gas bill constitute as one proof.)**





I can’t wait to.....

.... make new friends, explore new interests, be creative, earn awards, go camping, travel the world, manage money, become a leader

.... be a Girl Scout!

Parents and Girls (ages 5-15) welcome!
Girl Scouts will be at the Isleta Pueblo Public Library from **1-5pm** the third Friday of every month! Join us for fun, snacks, and a free Girl Scout Registration for all girls that participate!

Dates and Monthly Theme:
February 20th – Outdoor Education: Camp Fires
March 20th – Outdoor Education
April 17th – Guest speaker
May – field trip, day to be announced
June – field trip, day to be announced

For more Information please contact Sarah Downing 505-923-2526 or sdowning@gs-nmtrails.org

Isleta Eagles Basketball Schedule

For additional information, please
call the Recreation Center at
505.869.9777



AWAY GAMES:

Jemez Riverside: 6th - 3:30p, 4:30p, 5:30p
Jemez: 13th - 3:30p, 4:30p, 5:30p
Laguna: 21st - 9:00a, 10:00a, 11:00a

HOME GAMES:

To'hajiilee: 4th - 4:00p, 5:00p, 6:00p
Santa Clara: 11th - 5:00p, 6:00p, 7:00p
Jemez: 18th - 5:00p, 6:00p, 7:00p
San Felipe: 23rd - 5:00p, 6:00p, 7:00p

TOURNAMENT:

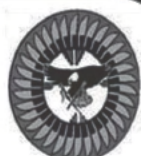
Jemez: 26th, 27th & 28th JEMEZ DAY
SCHOOL CLASSIC - TBA

FEBRUARY 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	Home: Tóhajiilee 3&4G: @ 4:00p 5&6G: @ 5:00p 5&6B: @ 6:00p	5	AWAY: Jemez Riverside 3&4G: @ 3:30p 5&6G: @ 4:30p 5&6B: @ 5:30p	7
8	9	10	Home: Santa Clara 3&4G: @ 5:00p 5&6G: @ 6:00p 5&6B: @ 7:00p	12	AWAY: Jemez 3&4G: @ 3:30p 5&6G: @ 4:30p 5&6B: @ 5:30p	14
15	16	17	Home: Jemez 3&4G: @ 5:00p 5&6G: @ 6:00p 5&6B: @ 7:00p	19		Away: Laguna 3&4G: @ 9:00a 5&6G: @ 10:00a 5&6B: @ 11:00a
22	Home: San Felipe 3&4G: @ 5:00p 5&6G: @ 6:00p 5&6B: @ 7:00p	24	25	26	TOURNAMENT JEMEZ: JEMEZ DAY SCHOOL CLASSIC @ TBA	
	23				27	28

** Games and times are subject to change

PUEBLO OF ISLETA DEPARTMENT OF EDUCATION TIWA LANGUAGE PROGRAM



Adult Language Classes

Classes by: Tata Larry

Mondays: 6:pm-8:pm Thursdays: 6:pm-8:pm
Tuesdays: 6:pm-8:pm Saturdays: 9:am-11:am

Classes by: Carol Lucero

Tuesday: 6:pm-8:pm Wednesday: 6:pm-8:pm
Thursday: 6:pm-8:pm

Classes by: Bernadette Cotton

Tuesday: 6:pm-8:pm Wednesday: 6:pm-8:pm

Please take advantage of these opportunities.

⇒ Classes for all levels

⇒ Offered to all those of Isleta lineage

For more information please contact the Department of Education

Listen - Learn & Pass it on

DEPARTMENT OF EDUCATION
TIWA LANGUAGE PROGRAM

P.O. Box 1270
Isleta, New Mexico 87022

Phone: 505-869-9790
Fax: 505.869.7573
E-mail: poi08200@isletapueblo.com

*Preserving Language for
culture and tradition*

PUEBLO OF ISLETA DEPARTMENT OF EDUCATION TIWA LANGUAGE PROGRAM



After School Program



Course Objectives: Provides an introduction to the Isleta Tiwa language:

When: Starting September 15, 2014
Monday, Wednesday, and Thursday.

Time: 3:30pm - 5:30pm

Friday

Time: 1:30pm - 3:30pm

Ages: 6 to 10

Registration forms available at the Department of Education Language Program

DEPARTMENT OF EDUCATION
TIWA LANGUAGE PROGRAM

P.O. Box 1270
Isleta, New Mexico 87022

Phone: 505-869-9795
Fax: 505.869.7573
E-mail: poi08200@isletapueblo.com

*Preserving Language for
culture and tradition*

WIC NOTES

February is Children’s Dental Health Month. Good news... tooth decay is preventable!

Nutrition and Your Child’s Teeth

Begin cleaning your baby’s mouth during the first few days after birth by wiping the gums with a clean, moist gauze pad or washcloth. As soon as teeth appear, decay can occur. A baby’s front four teeth usually push through the gums at about 6 months of age, although some children don’t have their first tooth until 12 or 14 months. *Infants should see the dentist within 6 months of cutting his first tooth and no later than age 12 months.*

What your child eats affects his or her teeth. Too many carbohydrates, sugar (for example, cake, cookies, candies, milk, and other sugary foods and beverages), and starches (for example, pretzels and potato chips) can cause tooth decay. How long carbohydrates remain on the teeth is the main culprit that leads to tooth decay.

The best thing you can do as a parent is to teach your child to make healthy food choices. Here are some tooth-friendly foods to serve your children along with some other tips:

• Fruits and vegetables:

Offer fruits and vegetables as a snack instead of carbohydrates. Fruits and vegetables that contain a high volume of water, such as pears, melons, celery, and cucumbers are best. Limit banana and raisin consumption as these contain concentrated sugar, or if you serve these fruits, try to brush your child's teeth immediately after they are eaten.

• **Cheese:** Serve cheese with lunch or as a snack, especially cheddar, Monterey Jack, Swiss, and other aged cheeses which help to trigger the flow of saliva. Saliva helps to wash food particles away from teeth.

• **Avoid sticky, chewy foods:** Raisins, dried figs, granola bars, oatmeal or peanut butter cookies, jelly beans, caramel, honey, molasses, and syrup stick to teeth making it difficult for saliva to wash the sugar away. If your child consumes these types of products, have them brush their teeth immediately after eating.

• **Serve sugary treats with meals, not as snacks.** If you plan to give your child any sweets, give them as desserts immediately following the meal. There's usually an increased amount of saliva in the mouth around mealtime, making it easier to wash food away from teeth. The mealtime beverage also helps to wash away food particles on teeth.

• **Get your children in the habit of eating as few snacks as possible.** The frequency of snacking is far more important than the quantity consumed. Time between meals allows saliva to wash away food particles that bacteria would otherwise feast on. Frequent snacking, without brushing immediately afterwards, provides constant fuel to feed bacteria, which leads to plaque development and tooth decay. Try to limit snacks as much as possible to no more than one or two a day. Brush teeth immediately after consuming the snack if possible.

• **Avoid sugary foods that stay on the teeth.** Lollipops, hard candies, cough drops, and mints all contribute to tooth decay because they continuously coat the teeth with sugar.

• **Buy foods that are sugar-free or unsweetened.**

• **Never put your baby to bed with a bottle filled with milk, formula, juice, or soda.**

• **Offer your child plain water instead of juice or soda.** Juices, sodas, and even milk contain sugar. Water does not harm the teeth and aids in washing away any food particles that may be clinging to teeth.

• **Include good sources of calcium in your child's diet to build strong teeth.** Good sources include milk, cheese, broccoli, and yogurt.

• **If your child chews gum buy xylitol-sweetened or sugar-free gum.** Xylitol has been shown to reduce the amount of bacteria in the mouth and the chewing action helps increase the flow of saliva.

• **Use fluoride-containing toothpastes and brush and floss your child's teeth daily.**

The best way to prevent tooth decay is to use fluoride-containing toothpaste every day. (Fluoride toothpaste should only be used in children old enough to spit out the remaining toothpaste.) Floss your child's teeth at least once a day to help remove particles between teeth and below the gum line.

• **Brush your child's teeth after giving him or her medicine.** Medicines such as cough syrups contain sugar that bacteria in the mouth use to make acids. These acids can eat away at the enamel -- the protective top layer of the tooth.

• **Visit the dentist regularly.** Getting regular dental checkups will also help catch any developing dental problems early. Parts condensed from: Academy of General Dentistry: "ABCs of Oral Health: Nutrition - Children."

Heidi Lanes-WIC Nutrition Coordinator

ICES 2015 Meeting Schedule Ideas Isleta Cancer Education & Support 2nd Tuesday of the Month 10:30am - Noon OR 6:00 - 7:30pm at the Isleta Health Center			
Date	Topic	Speaker	Organization
1/13/2015	ICES Planning Meeting	Group	ICES
2/6/2015 Friday	Go Red for Native Women Heart Health Summit	7:30am-12:30pm Hyatt Regency Downtown 330 Tijeras Avenue NW, Albuquerque, NM 87102	Contact Stephanie 869-4479 to register
3/10/2015	MEDITATION TRAINING Evening Session 6-7:30pm	TBD	
4/14/2015	River of Life	Group	
5/12/2015	ICES Planning	Deb Openden	
DATE TBD Sometime in June...	CANCER SURVIVORSHIP DAY Evening Session 6-7:30pm	Balloon Release/Survivor Celebration	
7/14/2015	GAME DAY	Group	
8/11/2015	To Be Determined		
9/18/2015	To Be Determined		
10/13/2015	To Be Determined		
11/10/2015	To Be Determined		
12/8/2015	Xmas Party	Potluck	
Topics are subject to change. CONTACT Stephanie Barela to sign up and to learn more: 869-4479			



Pueblo of Isleta Public Library

Love is in the February air. Oh Happy Day to you all! The Library has now filled up with all sorts of programs for February and the upcoming month of March. Read all about it and keep a look out for updated information soon to come.

News

The Library staff will be visiting with legislators in Santa Fe during Library Legislation Day on February 5th asking for continued support for Tribal, Public, Academic and School libraries. The following day on February 6th will also be American Indian Legislation Day.

With Bullying among our youth rising, the Library and the Pueblo of Isleta Behavioral Health Services have decided to collaborate on a six week Youth Bullying Awareness Program which will take place on Mondays in the Teen room of the Library. Each session will be one hour, starting at 4 pm and ending at 5 pm with the first day being on Monday, February 9. The program will focus on Self-Awareness, Self-Respect, Responsibility, Conflict Resolutions, Communication, and Bullying. This program is open to all youth ages 8 on up. For additional questions pertaining to this program, you may contact Kory Kie of Behavioral Health Services at 505.869.5487 or Nathaniel Lujan at 505.869.9808.

In addition to the Youth Bullying Awareness Program mentioned above, the Library will be attending a training session on Bully Awareness & Prevention with the P.O.I. Behavioral Health Services Department. At the moment, a date has not been selected but both Departments would like to conduct it during the second week of February. What does this mean for you? Well, the Library will be CLOSED so the entire Library Staff may attend this training. Once a date and time has been selected, notices will be posted within the Library, on our white message boards, our Facebook Page, and on our Event Calendar on our website (<http://www.isletapueblo.com/whats-new.html>).

The Library will be closed Wednesday February 11th from 8:00am-12:00pm for our monthly staff meeting.

The Library will be closed for President's day Monday February 16. Please look for signs posted throughout the library as a reminder and on the Library Facebook & Library website pages.

Stay up to date on closures due to traditional dances and weather related closures with signs posted throughout the library and updates on the Library's Facebook page: www.facebook.com/IsletaPuebloLibrary

Reminder: Deadline for the March Isleta Newsletter will be Thursday, February 19th at 4:30pm. Please send all articles to poi02002@isletapueblo.com. If you do not receive a confirmation email back please call Nathaniel Lujan at the Library 505-869-9808.

The Library has revised and implemented new rules in our General Library policies, Computer policies, and Afterschool &

Homework Help Rules. Starting the month of February, Library patrons will receive and acknowledge these policies when using library services. These rules and policies will also be posted in our general area, children's room and teen room of the Library.

Upcoming

For our first Library incentive program, students will earn points towards prizes like Lego sets, a basketball, Nerf guns, bracelet activity sets, Ninja turtle toys, iTunes, Google Play, and X-box live gift cards. Starting January 6 and continuing on until March 6, students who read or do homework will earn points towards these prizes. If you are reading this you still have

plenty of time to earn points. 30 minutes of reading or homework counts as 1 point. Open to all students. Speak with Diane if you have any questions or concerns at the 505-869-9808.

Valentine's Day is coming soon and why not be prepared with a gift before Valentine's Day. The Library will be offering 3 Valentine's Day event opportunities listed below:

Valentine's Day Box Craft - February 4th from 4:30pm - 5:30pm. Students can come in and start working on their Valentine's Day box early. Be creative and make a unique box that will stand out and express your imagination. No need to register, but



Sarah Downing & her colleague (Girl Scouts of New Mexico Trails) conducting a Salt Water Egg experiment with the Girl Scouts of Isleta.



Balloon experiment conducted with the Girl Scouts of Isleta with the aid of the Girl Scouts of New Mexico Trails.

supplies are limited. Any questions, please speak with Valeri at the Library 505-869-9808.

Candy Robots Craft - February 10th from 4:30pm - 5:30pm. Patrons of all ages can come in and make a candy robot to give to that special person. No need to register. Supplies are on the first come first serve basis. Patrons that come in as a family will have first priority. If you have questions please speak with Cheyenne at the Library 505-869-9808.

Everybody loves BINGO! Valentine's Day Bingo - February 12th, 5:30pm-7:00pm (Last game at 6:45pm). Get your bingo dapper's ready! Bingo Cards will cost \$1 each. All funds raised during this event will go towards to the maintenance of the Library van, which will be used for field trips and activities for library patrons and students. The van was donated to the Library from the Isleta Recreation Center. Valentine gifts will be our prizes. Don't miss out on this last opportunity to try and win last minute gifts for your Valentine. If you have any questions, please speak with Valeri at the Library 505-869-9808.

Do you like reading books based on movies? Come join our next book club which is based on the book *Heart of the Sea* by Nathaniel Philbrick. Book club will meet every Wednesday starting February 4th from 5:15pm-6:00pm. This program is open to the first 7 participants 18 & over. Participants who attend 4 out of the 5 book discussion will attend a showing of *Heart of the Sea* and Dinner. Pre-registration is required. You may call to temporarily hold your spot however you MUST come into the library the same day of calling to fill out registration form to secure your spot. If you have any questions, please speak with Diane at the Library 505-869-9808.



This young lady decided to break out the turquoise for the "Countdown to Noon" event.



Students dancing the Electric Slide at the Library's "Countdown to Noon".



Parents, students, & patrons waiting for the Balloons to drop at the "Countdown to Noon".

Join us as we celebrate Chinese New Year (Year of the Sheep) on February 19th from 5:00pm-6:00pm. We will be making Chinese paper lanterns for you to hang at your home and discussing Chinese Horoscopes with participants. This craft is open to the first 15 patrons. Supplies are limited. If you have any questions, please speak with Cheyenne at the Library 505-869-9808.

The Library will be starting a Girl's Fancy Shawl Dance Group (Powwow) starting Tuesday February 24th and will continue every Tuesday and Thursday from 5:00pm-6:00pm (Practice times will be canceled during traditional dances whenever they may occur). This program is open to 6 young ladies ages 8-16 years old and will involve physical movement and building stamina. We will learn powwow etiquette, Fancy Shawl stories, Learn the basic steps of Fancy Shawl dancing, Watch fancy shawl videos, learn basic sewing and listen to special speakers about powwow history. This will all lead up to a mini performance at this year's event honoring the seniors powwow April 18th at the Isleta Recreation Center. Parents will need to come to the library to register their child and provide

emergency contact information so we have it on file at the Library. Parents are strongly encouraged to join us during the first class and are invited to join us all practice times.

If you have any questions or concerns please speak with Tara at the Library 505-869-9808.

We are excited to announce our 2nd Annual Library Comic Con, Saturday March 14th from 11:00am-3:00pm absolutely FREE to the public. Scheduled events are currently in the works and we will continue to post updates. We are expecting the Justice League of America: New Mexico once again and we are pleased to welcome the 501st DRG (Star Wars Cosplayers) who will be attending this event as well. Our two crafts for this year will be Wolverine Claws and the Hulk jumping jack interactive craft. We will also have an art workshop for those interested in graphic novels and comic characters. If you or someone you know is interested in setting up a booth that is COMIC related or if you are interested in helping the Library out this year, please call the Library and speak with Tara 505-869-9808.

Recap

Due to the Library's Closure for the Traditional dances, the Girl Scouts Meeting was rescheduled for January 23 from 12:00pm-5:00pm at the Library. If your daughter, granddaughter, or niece is interested in joining the Girl Scouts and missed the first meeting, please contact Sarah Downing at 505-923-2526 or email sdowning@gs-nmtrails.org. Children will make new friends, be creative, earn awards, go camping, manage money, and become a leader being a Girl Scout.

The Library staff conducted two meetings held on January 27 & 28 for our upcoming Summer Reading Program. We are currently planning our theme and details for both programs: Juniors (3-6 year olds) and Youth (7-17 years old). During our last Summer Reading program meeting with the children and adults, we asked parents to fill out a survey commenting on our services and overall Summer Reading Program. We have taken these comments into consideration and will implement them for our Summer Reading Program. Calendars and registration date will soon be announced once we plan the rest of our schedule. Keep a look out for updates and flyers.

During New Year's Eve, December 31, we hosted a Countdown to Noon for students and families to enjoy in case they didn't quite make it to midnight that night or we unable to be with their family due to work schedules. To make this event even more memorable we set up a balloon drop in our children's room, had a countdown timer, played music videos and danced to some popular line dances such as the electric slide, cupid shuffle, Macarena, and the cha cha slide. At the strike of Noon we released our balloon drop and children searched and grabbed balloons that were specially marked to receive from the Library snack box. We anticipated a few students but were surprised with families and more than we expected. Thank you for sharing this event with us and bringing in the New Year in a safe and fun atmosphere for the whole family.

Pueblo of Isleta Public Library Hours of Operation:

Library Hours

Mon-Thurs -8:00 a.m. - 6:30p.m.
Friday- 8:00a.m. - 4:30p.m.
Saturday- 9:00a.m. - 1:00p.m.

Closed on Sundays, all federally recognized holidays and also Isleta traditional Holidays.

Please contact library for more information on closures.

Mailing and Physical Address:

950 Moonlight Drive
Albuquerque, NM 87105

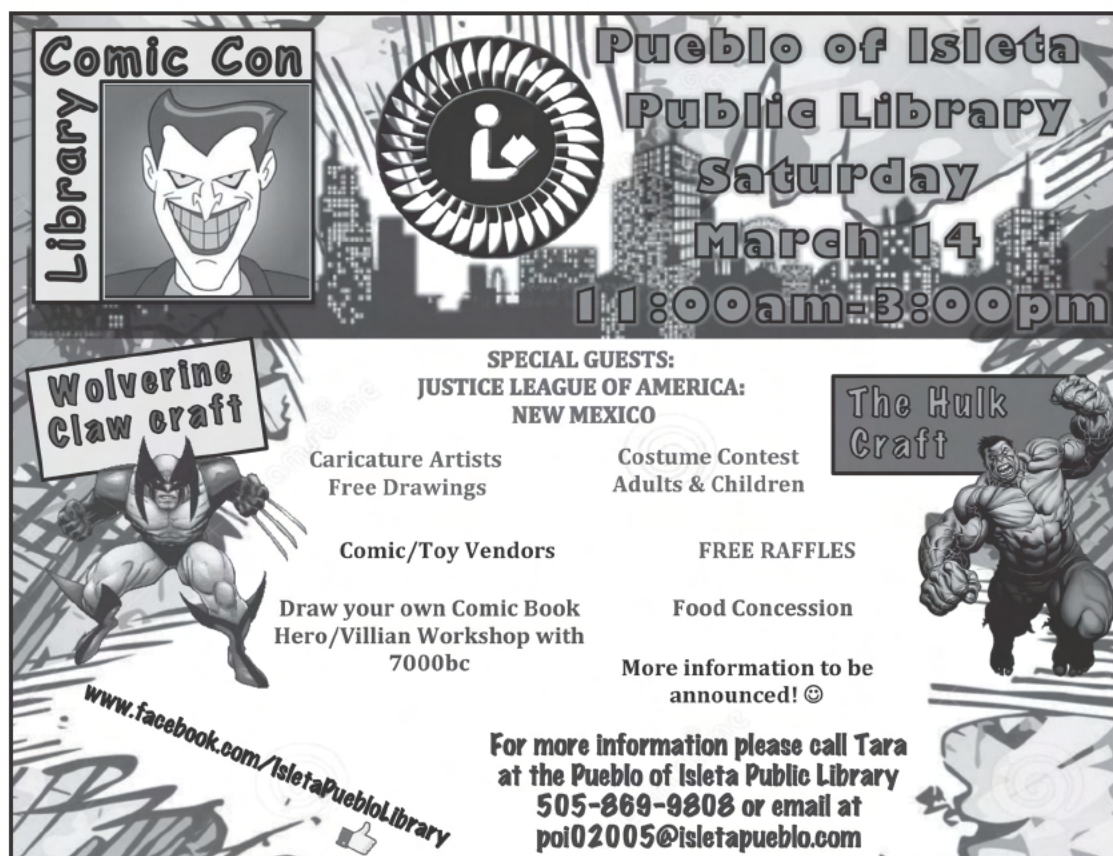
Phone: (505)-869-9808
Fax: 505-869-8119

Email: poi02002@isletapueblo.com

Facebook Page:
www.facebook.com/IsletaPuebloLibrary

Web Address:
www.isletapueblo.com/library2.html

YouTube: www.youtube.com/user/poilibrary



Comic Con Library

Pueblo of Isleta Public Library
Saturday March 14
11:00am-3:00pm

SPECIAL GUESTS:
JUSTICE LEAGUE OF AMERICA:
NEW MEXICO

Wolverine Claw craft

The Hulk Craft

Caricature Artists
Free Drawings

Costume Contest
Adults & Children

Comic/Toy Vendors

FREE RAFFLES

Draw your own Comic Book
Hero/Villain Workshop with
7000bc

Food Concession

More information to be
announced! ☺

For more information please call Tara
at the Pueblo of Isleta Public Library
505-869-9808 or email at
poi02005@isletapueblo.com

www.facebook.com/IsletaPuebloLibrary



Chinese New Year Craft

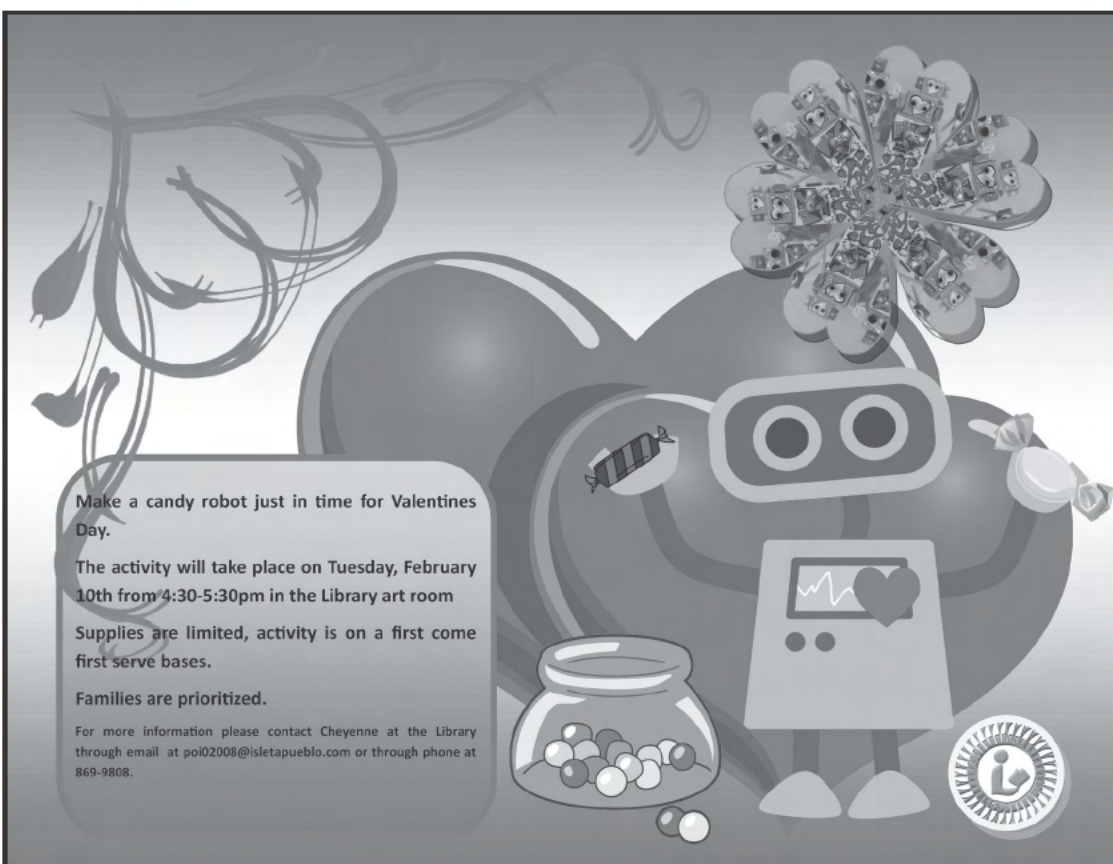
Make a paper lantern for the Chinese New Year

Open to the first 15 patrons to come to the Library .

Supplies are limited .

The activity will take in the place Library art room
on Thursday, February 19th from 5:00pm-6:00pm .

For more information please contact Cheyenne by email at
poi02003@isletapueblo.com or by calling the Library at 869-8908



Make a candy robot just in time for Valentines Day.

The activity will take place on Tuesday, February 10th from 4:30-5:30pm in the Library art room

Supplies are limited, activity is on a first come first serve bases.

Families are prioritized.

For more information please contact Cheyenne at the Library through email at poi02008@isletapueblo.com or through phone at 869-9808.

Valentines Grocery Bingo

Join us at the Library for
Valentines Grocery Bingo! Come
and win free groceries on
Thursday February 12th from 5:30
to 7:00 pm (last game at 6:45).



Each card will cost \$1. All proceeds will go to maintenance
for our van which will be used for fieldtrips and other
activities with the children.

If you have any questions you may call Valeri at the
Library (505) 869-9808 or by email @
poi02009@isletapueblo.com



Join us to decorate your
Valentines Card Box at the
Library.

Bring your box to decorate for your school
Valentines Party on
Wednesday February 4th from 4:30 to 5:30pm



All supplies will be provided EXCEPT
the box. You will need to provide
your own box. Supplies are on a first
come first serve basis to the first 15
children. No registration required. If
you have any questions, you can to
contact Valeri at the Library at

(505)869-9808 or
poi02009@isletapueblo.com



FREE GED® CLASSES

Through The University of New Mexico High School Equivalency Program



GED® Classes • Tutoring • Career • Academic Advisement • Testing Fees • Books + Materials • All Free of Cost

HOW DO YOU QUALIFY?

- Applicants must not be enrolled in high school & lack a high school diploma or GED®
- Must be at least 16 years of age or older
- Applicants or an immediate family member who lives in the home, has worked at least 75 days within the last two years in an agriculture related job



For information or to schedule an appointment

Call: (505) 277-3020

Classes held Monday-Thursday
at CNM South Valley Campus

Find us on Facebook
<https://www.facebook.com/unm.hep>
Visit our webpage
<http://hep.unm.edu/>



The UNM High School Equivalency Program is 100% federally funded five-year discretionary grant funded by Department of Education, Office of Migration Education (MigEd) May 1, 2012 - June 30, 2015 for the amount of \$1,248,114.

Isleta Pueblo Public Library

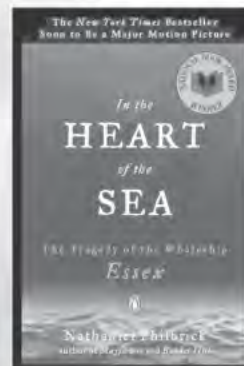
Adult Book Club

Join us for our Adult Book Club.

During the Month of February and March we will be reading *In the Heart of the Sea* by Nathaniel Philbrick based on the incredible true story that inspired *Moby Dick*.

Meetings will be held every Wednesday in the month of February and March.
Starting February 4th at 5:15pm to 6:00pm in the Library Conference room.

Open to the first 7 participants 18 years old and over, **PRE-REGISTRATION IS REQUIRED.**



As an incentive participants that attend 4 out of
5 book discussions will attend an IMAX showing
of *In the Heart of the Sea* and Dinner on Friday
March 13th.

For more Information call Diane
Abeita at 505-869-9808





Girl's Fancy Shawl Dance Group

Pueblo of Isleta Public Library
Every Tuesday & Thursday
Starting February 24th - April 18th

**GIRL'S AGES 8-16
REGISTRATION IS
REQUIRED!**

**OPEN TO 6
PARTICIPANTS!**

- ➔ Stories and videos of Fancy Shawl Dancing
- ➔ Learn Fancy Shawl Steps and Movement while getting a good workout!
- ➔ Learn the Etiquette of dancing and powwows.
- ➔ Learn to sew and make your own Fancy Shawl Regalia



For more information or questions please call Tara at the Pueblo of Isleta Public Library 869-9808 or by email poi02005@isletapueblo.com

Isleta Pueblo Library Incentive Program

EARN PRIZES!

Starting January 6th - March 6th!



Points will be awarded to students for the following:

- Reading for 30 minutes
- Completing Homework
- Story Time
- Participating in arts and crafts based on books.

For more information call the Library at 505-869-9808.

Students must sign up for the Incentive Program with a Library Staff member and remember to check in before starting homework or reading. Flyers will be posted for events such as Story Time and Crafts. The sign in sheet will be available at the front desk.



TEST YOUR KNOWLEDGE -- ANSWERS

How Much do you Already Know about Glaucoma?

1. **Glaucoma is more common in African Americans than in Whites.**
True. In a study funded by the National Eye Institute, researchers at The Johns Hopkins University reported that glaucoma is three to four times more likely to occur in African Americans than in Whites. In addition, glaucoma is six times more likely to cause blindness in African Americans than in Whites.
2. **Glaucoma often runs in families.**
True. If someone in your immediate family has glaucoma, you should have a comprehensive dilated eye examination every one to two years.
3. **A person can have glaucoma and not know it.**
True. The early stages of open-angle glaucoma, the most common form, usually have no warning signs. However, as the disease progresses, a person with glaucoma may notice his or her side vision gradually failing.
4. **People over age 60 are more likely to get glaucoma.**
True. Everyone over age 60 is at an increased risk for glaucoma, especially Mexican Americans. Other groups at increased risk are African Americans over age 40 and people with a family history of glaucoma. Children and babies can also develop glaucoma.
5. **Eye pain is often a symptom of glaucoma.**
False. People with glaucoma usually do not experience pain from the disease.
6. **Glaucoma can be controlled.**
True. Although glaucoma cannot be cured, it can usually be controlled by eyedrops or pills, conventional surgery, or laser surgery. Sometimes eye care professionals will recommend a combination of surgery and medication.
7. **Glaucoma is caused by increased eye pressure.**
False. Increased eye pressure means you are at increased risk for glaucoma, but does not mean you have the disease. A person has glaucoma only if the optic nerve is damaged. If you have increased eye pressure but no damage to the optic nerve, you do not have glaucoma. Follow the advice of your doctor.
8. **Vision lost from glaucoma can be restored.**
False. Vision loss from glaucoma is permanent. However, with early detection and treatment, the progression of vision loss can be slowed or halted, and the risk of blindness reduced.
9. **A complete glaucoma exam consists only of measuring eye pressure.**
False. A measurement of eye pressure by tonometry, though an important part of a comprehensive eye exam, is, by itself, not sufficient for the detection of glaucoma. Glaucoma is detected most often during an eye examination through dilated pupils. Drops are put into the eyes during the exam to enlarge the pupils, which allows the eye care professional to see more of the inside of the eye to check for signs of glaucoma. When indicated, a visual field test should also be performed.
10. **People at risk for glaucoma should have an eye examination through dilated pupils.**
True. An eye examination through dilated pupils is the best way to diagnose glaucoma. Individuals at increased risk for the disease should have their eyes examined through dilated pupils every one to two years by an eye care professional.

Adapted from https://www.nei.nih.gov/health/glaucoma_quiz/

February is "National Child Dental Health Month"
TEST YOUR KNOWLEDGE
How Much Do You Already Know About Child Dental Health?

1. **Teething can cause:**
a) a high fever b) irritability c) a runny nose and cough d) vomiting and diarrhea
2. **Which of the following is best for a child that is not spitting out toothpaste?**
a) a children's toothpaste with fluoride b) a small pea size amount of fluoride tooth paste c) a toothpaste without fluoride d) b or c
3. **When do permanent teeth begin coming in?**
a) at 6 months of age b) at age 4-5 years c) at age 6-7 years d) at age 9-11 years
4. **Your child should visit a dentist:**
a) only if he has a problem b) at least once a year for checkups c) every other year d) at least every six months for checkups
5. **Which of the following infants might not be getting enough fluoride?**
a) a baby who is exclusively breastfed b) a baby who is getting only premixed formula c) a baby who is being supplemented with bottled water d) all of the above
6. **Children begin needing fluoride supplements:**
a) at birth b) by age 6 months c) at around age 3 years d) never, fluoride supplements can stain their teeth
7. **Which of the following can be a sign of a cavity?**
a) a tooth that hurts b) a tooth that is sensitive to hot or cold foods or liquids c) a tooth that is stained or discolored d) all of the above
8. **Which are usually good sources of fluoride?**
a) well water b) water filtered by reverse osmosis c) bottled water d) fluoridated tap water
9. **Your child's first visit to the dentist should be:**
a) at around age 3 years b) when they get their first tooth c) before age 3 if they are having problems with their teeth d) any of the above
10. **Which of the following can cause a young child's teeth to be stained?**
a) too much fluoride b) staining from grape juice c) Antibiotics like tetracycline d) all of the above
11. **Which is better?**
a) sucking on a pacifier b) a child who sucks his thumb c) a child who sucks his fingers d) none of the above
12. **What are sealants?**
a) something placed in fillings b) a plastic substance applied to teeth to prevent cavities c) a plastic substance that is used if a tooth falls out d) a plastic substance that seals fluoride into the teeth
13. **When do the first baby teeth fall out?**
a) at age 4-5 years b) at age 6-7 years c) at age 7-8 years d) at age 8-10 years
14. **What should you do if a permanent tooth is knocked out?**
a) call your dentist b) replace the tooth in the socket c) put the tooth in a bag of ice d) a and b
15. **Which of the following facts about fluoride are true?**
a) too much fluoride can lead to tooth staining (fluorosis) b) bottled water always has fluoride in it c) not enough fluoride can lead to cavities d) a and c
16. **What should you do if a baby tooth is knocked out?**
a) call your Pediatrician b) call your dentist c) replace the tooth in the socket d) put the tooth in a glass of milk
17. **Your child's first tooth can come in:**
a) at birth b) at 3 months c) at 12 months d) any of the above
18. **When should you begin cleaning your kid's teeth?**
a) when they are 3 years old b) when they are 12 months old c) as soon as they get their first tooth d) once they have 4-5 teeth

Test your knowledge and check the answers in next month's Pueblo of Isleta Newsletter!

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

http://pediatrics.about.com/library/quiz/bl_dental_hlth_quiz

One year Anniversary
Edwin "Hup-c" Abeita
May 11, 1985 - February 2, 2014
 from The Abeita Family

We thought of you with love today,
 But that is nothing new.
 We thought of you yesterday,
 And days before that too.

We think of you in silence,
 We often speak your name;
 All we have now are memories,
 And your picture in a frame.

Your memory is our keepsake,
 With which we will never part;
 God has you in his keep,
 We have you in our heart.

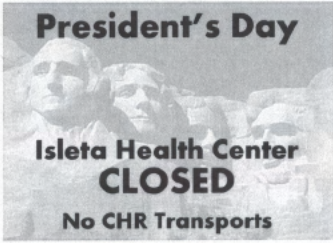
It broke our hearts to lose you.
 But you didn't go alone,
 For part of us went with you...
 The day God took you home.




"We Love and Miss You"
"Gone but never forgotten"

ISLETA HEALTH CENTER WINTER IS HERE!!

Please note that due to severe weather, there may be days this winter season that the Governor declares a delayed start or an early closing for **Pueblo of Isleta Employees**, which includes the Isleta Health Center. If you have an appointment at the clinic on days of severe weather, please contact the Isleta Health Center before you come, to determine if the Health Center has a weather delay/closure.

Isleta Health Center						
FEBRUARY 2015						
Questions? Call 869-3200						
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2 Early Recovery Skills: 9-11a @ BHS. DPP Elderly Walking Club: 1:30p @ Rec. Freedom From Smoking Session 2: 5:30p @ Health Center (small conference room). Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. DPP Group Exercise: 5:30-6:45p @ Diabetes Wellness Center.	3 NATIONAL WEAR RED DAY for Heart Health Awareness Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. DPP Group Exercise: 5:30-6:45p @ Diabetes Wellness Center.	4 NATIONAL CANCER AWARENESS DAY Parent Group: 9-11a @ BHS. DPP Elderly Walking Club: 1:30p @ POI Rec Center. Anger Management Skills: 1-3p @ BHS.	5 Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. DPP Group Exercise: 5:30-6:45p @ Diabetes Wellness Center.	6 Early Recovery Skills: 9-11a @ BHS. DPP Elderly Walking Club: 1:30p @ Rec Center.	7
8	9 Early Recovery Skills: 9-11a @ BHS. DPP Elderly Walking Club: 1:30p @ Rec. Freedom From Smoking Session 3: 5:30p @ Health Center (large conference room). Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. DPP Group Exercise: 5:30-6:45p @ Diabetes Wellness Center.	10 Women's Support Group: 10-11a @ BHS. Isleta Cancer Education & Support (ICES) Meeting: CANCELLED. Acu-Detox: 1-2p @ BHS. DPP Group Exercise: 5:30-6:45p @ Diabetes Wellness Center.	11 Parent Group: 9-11a @ BHS. DPP Elderly Walking Club: 1:30p @ POI Rec Center. Anger Management Skills: 1-3p @ BHS.	12 Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. DPP Group Exercise: 5:30-6:45p @ Diabetes Wellness Center.	13 Early Recovery Skills: 9-11a @ BHS. DPP Elderly Walking Club: 1:30p @ POI Rec Center.	14
15	16 	17 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. DPP Group Exercise: 5:30-6:45p @ Diabetes Wellness Center.	18 Parent Group: 9-11a @ BHS. DPP Elderly Walking Club: 1:30p @ POI Rec Center. Anger Management Skills: 1-3p @ BHS. Healthy Cooking Class: 5:30-7p @ Health Center's kitchen. DPP Group Exercise: 5:30-6:45p @ Diabetes Wellness Center.	19 Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. DPP Group Exercise: 5:30-6:45p @ Diabetes Wellness Center. <div>Great American Spit Out! Want to quit spit? Call 869-4479 for help!</div>	20 Early Recovery Skills: 9-11a @ BHS. DPP Elderly Walking Club: 1:30p @ POI Rec Center.	21
22	23 Early Recovery Skills: 9-11am @ BHS. DPP Elderly Walking Club: 1:30p @ POI Rec Center. Freedom From Smoking Session 4 — Quit Day: 5:30p @ Health Center (small conf. room). Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	24 Women's Support Group: 10-11a @ BHS. Freedom From Smoking Session 5: 5:30p @ Health Center (small conf. room). Acu-Detox: 1-2p @ BHS. Group Exercise Post Measurements: 4:30-6:30 @ DPP Wellness Center.	25 Parent Group: 9-11a @ BHS. DPP Elderly Walking Club: 1:30p @ POI Rec Center. Anger Mgt. Skills: 1-3p @ BHS. DPP Alliance Support Group: 5:30-7:00p @ Diabetes program. Group Exercise Post Measurements: 4:30-6:30 @ DPP Wellness Center.	26 Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Group Exercise Post Measurements: 4:30-6:30 @ DPP Wellness Center.	27 Early Recovery Skills: 9-11a @ BHS. DPP Elderly Walking Club: 1:30p @ POI Rec Center.	28
DDP = Diabetes Prevention Programs (869-4595 for more information). BHS = Behavioral Health Services (869-5475 for more information).						



Freedom From Smoking

WANT TO STOP SMOKING?


SIGN UP FOR
THE ISLETA HEALTH CENTER'S

Freedom From Smoking

PROGRAM NOW!

NEXT GROUP STARTS JANUARY 26, 2015 @ 5:30


97% OF THE PARTICIPANTS THAT ATTENDED
EVERY SCHEDULED SESSION QUIT SMOKING!!

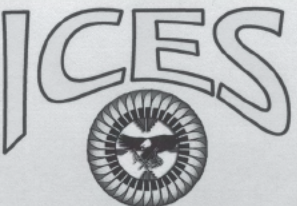


Weekly Prizes!

- Nicotine Replacement Therapy for those clinic patients who attend weekly sessions!
- Get support from others that are going through the same thing.

CONTACT:
Stephanie Barela @
505-869-4479
for more information or to
reserve your spot in this class!

 Sponsored by the
Isleta Health Center



Isleta Cancer Education & Support Group


2nd Tuesday of Each Month

**FEBRUARY 10TH MEETING
CANCELLED**

**HOWEVER, PLEASE SIGN UP
ATTEND THE
"GO RED FOR NATIVE WOMEN
HEART HEALTH SUMMIT"**

February 6, 2015
8:30-12:30
@ HYATT REGENCY DOWNTOWN

**MUST REGISTER! CALL 869-4479
WEAR RED AND ICES CAP**

Please join us!  Everyone Welcome!