



Isleta Pueblo News

Volume 9 Issue 2

February 2014

FROM THE OFFICE OF THE GOVERNOR:

Kings Day Celebration- January 6, 2014

The pueblo of Isleta community celebrated All Kings Day (Dia de los Reyes) with a mass at the St. Augustine Church during which Father George Pavamkot blessed the Governors canes and canes of newly appointed traditional War Captains. After the church services we were blessed with traditional dances in the church court yard followed with a dance honoring Governor Eddie Paul Torres. 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 together in meeting the needs of our people while protecting our natural resources and our traditional way of life.

College/Career Day – January 18, 2014

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 18, 2014, at the Isleta Pueblo recreation gym. The purpose of this event was to provide students and parents the opportunity to speak to colleges and business representatives for possible college & career opportunities. The event was well attended and I was happy to see our students supported by our staff and their family members. Great job. Please take advantage of the services provided by our Department of Education by calling 869-9790.

Native American Day at the NM State Legislature

Native American Day at the New Mexico State Legislature will be observed on February 7, 2014. This year's motto is "Successful State-Tribal Relations: Five Years of Building a Better Tomorrow for All New Mexicans" reiterating the unique State-Tribal relationship between the State of New Mexico Government and New Mexico Native Tribes. Master of Ceremonies will be Duane T. Duffy, NM Indian Affairs Department Deputy Secretary, who will facilitate the day's events. Governor Susana Martinez is invited to present the "Indian Day Proclamation/Honoree Proclamation" on this special day. Dances will be performed by the Acoma Rain Dancers and Jicarilla Butterfly Dancers.

All Pueblo Council of Governors (APCG)

The All Indian Pueblo Council (AIPC) has changed its name to the All Pueblo Council of Governors (APCG) but has not changed its historical mission.

January 30, 2014, 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 appears on the AIPC logo which was the date of the first recorded meeting in Santo Domingo with the Spaniards under Governor Juan de Oñate. 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 is held for tribal leadership of each of the 22 member tribes within the State of New Mexico and Ysleta Del Sur, followed by a feast prepared by tribal members. We truly appreciate the hospitality provided by the people of Santo Domingo. Thank you.

Ten Southern Pueblo Governors' Council

At the first meeting of 2014, I was elected to Chairman of the Ten Southern Pueblo Governor's Council (SPGC) to represent the Ten Southern Pueblos. Member tribes are the Pueblos of Acoma, Cochiti, Isleta, Jemez, Sandia, San Felipe, Santa Ana, Santo Domingo, Ysleta del Sur and Zia. The following are the 2014 Officers of SPGC:

Chairman -
Governor E. Paul Torres,
Pueblo of Isleta

Vice Chairman -
Governor Joshua Madalena,
Pueblo of Jemez

Secretary-Treasurer -
Governor George Montoya,
Pueblo of Santa Ana

Hello from the Public Services Department, Environment Division.

The Solid Waste staff would like to remind all residents that trash will not be collected on holidays. On a week with a holiday, your trash will be picked up one day after the holiday.

Example: #1 holiday Wednesday

Example #2: holiday on Monday

Regular Route Day Pick up

Monday Holiday Pick up day

Monday → Monday

Monday → Tuesday

Tuesday → Tuesday

Tuesday → Wednesday

Wednesday → Thursday

Wednesday → Thursday

Thursday → Friday

Thursday → Friday

REMINDER- Please help control litter and bag all trash.

Radon Testing Available

The Environment Division has a very limited amount of radon test kits provided to us by EPA.

Currently we are searching for homes in various areas of Isleta to test a wide range. To begin, we would like volunteers from Chical, Ranchitos, Village, Pickle Heights, Isleta North, and the newest area of Sunset Hills subdivision.

The test takes 7 days, and each person will need to fill out a form and ensure that the sample container is sealed and mailed within the time frame. There is no charge for the test or mailing.

If you would like to volunteer to have your home tested, please call the Public Services office at 869-9782 and ask for the Environment Division.

PUBLIC NOTICE

A Petition to **Probate the Estate of Eva Lucero, deceased on July 21, 2013, Case No. CV-PR-0893**, has been filed in 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 from the date of this notice being posted. A hearing for this matter has been scheduled for **Thursday, March 6, 2014 at 9:00 AM**. Claims must be filed in writing with the Isleta Tribal Court Clerk. If you have any questions, please contact the Tribal Court Clerk at (505) 869 — 9699.

A Petition to **Probate the Estate of Mary C. Lujan, deceased August 18, 2013, Case No. CV-PR-0912-2013**, has been filed in 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 from the date of this notice being posted. A hearing in this matter has been scheduled for **April 4, 2014 at 2:15 PM**. Claims must be filed in writing with the Isleta Tribal Court Clerk. If you have any questions, please contact the Tribal Court Clerk at (505) 869 — 9699.

A Petition to **Probate the Estate of Rey Louis R. Chiwewe, deceased January 13, 2013, Case No. CV-PR-0918-2013**, has been filed in 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 this matter has been scheduled for **April 7, 2014 at 3:00 PM**. Claims must be filed in writing with the Isleta Tribal Court Clerk. If you have any questions, please contact the Isleta Tribal Court Clerk at (505) 869 -9699.

A Petition to **Probate the Estate of Ernesto Carlos Jaramillo, deceased March 3, 1984, Case No. CV-PR-0906-2013**, has been filed in 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 from the date of this notice being posted. A hearing in this matter has been scheduled for **April 7, 2014, at 1:30 PM**. Claims must be filed in writing with the Isleta Tribal Court Clerk. If you have any questions, please contact the Tribal Court Clerk at (505) 869 — 9699.

A Petition to **Probate the Estate of Bartolo Lujan, deceased October 24, 2009, Case No. CV-PR-0568-2012**, has been filed in 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 from the date of this notice being posted. A hearing in this matter has been scheduled for **April 4, 2014 at 3:45 PM**. Claims must be filed in writing with the Isleta Tribal Court Clerk. If you have any questions, please contact the Tribal Court Clerk at (505) 869-9699.

A Petition to **Probate the Estate of Julianita Roberta Zuni, deceased October 18, 2013, Case No. CV-PR-0924-2013**, has been filed in 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 this matter has been scheduled for **March 31, 2014 at 3:30 PM**. Claims must be filed in writing with the Isleta Tribal Court Clerk. If you have any questions, please contact the Isleta Tribal Court Clerk at (505) 869 – 9699.

Governor Helps Chamber with Scholarship Fundraiser

By Edward Calabaza

On January 25 Governor E. Paul Torres found himself in "hog heaven" at the "World's Largest Matanza" in Belen. Not only was he among more than 12-thousand people sampling the swine, he was helping to decide which pork dishes were among the best tasting.

The Hispano Chamber of Valencia County (HCVC) puts on the event each year and asked the governor if he would join other leaders from the county to help judge their cooking contests. Gov. Torres was placed in the Specialty Item category. The category invites each team to submit their favorite dish for judging.

Sixteen items were submitted ranging from pork egg rolls to lettuce wraps and he had the enviable task of sampling each and every one. Judges then scored each sample on a scale from 1 to 10 (ten being the highest) in three different categories: Appearance, Taste & Texture.

Other civic leaders taking part in the judging included: Mayor Bob Knowlton (Bosque Farms), Mayor Rudy Jaramillo (Belen) and Mayor Robert Vialpando (Los Lunas).

All proceeds from the matanza go to fund the chamber's scholarship program. To date the event has raised more than \$130-thousand and helped nearly 200 college students in Valencia County with some of their financial needs.

Isleta students who will be in college in the Fall 2014 semester are encouraged to apply. The scholarship is not just for high school seniors. In fact, the chamber says a majority its recipients are "non-traditional" students such as single parents, people who have been laid off and are seeking a career change or others who didn't have the opportunity to go to college right out of high school.

Look for announcements on how to apply and the deadline to apply for the HCVC scholarship in future issues of the newsletter.



PUEBLO OF ISLETA VETERANS ASSOCIATION

First of all ... "The next meeting for the Pueblo of Isleta Veterans Association is scheduled for 19 February 2014 at 6:00 PM. As of now, since we do not have a permanent home, the meeting will most likely be at the Recreation Center. We are still not able to use our original meeting site, the Old Headstart Building, since the heaters nor restrooms are still not fully operational.

During the January 2014 meeting, a motion was made to waive the first year's annual dues, which are \$10.00 ... (and, always, donations are accepted) ... and with your waived enrollment you get a free shirt and cap.

The Association is making progress developing a Veterans center at the Richard Baker field in Los Charcos. We are awaiting release of capital outlay funds from Santa Fe which will be used to continue work on the two modules at the site, which were donated by the tribal administration. The work includes hook-up of utilities i.e. electricity, water and sewage. Hopefully this will happen by May, 2014. The Association has submitted a request for 2014 capital outlay funds to the NM State Legislature. Our recent meetings with our state representatives have been positive, and all we do now is wait and pray that the legislators will be good to us as they have been in the past.

If you are an honorably discharged veteran, you are advised to start asking questions about any veteran's benefits for which you may be eligible. For any further information, you may want to call Theresa Zuni, NMDVS Veterans' Service Officer, 841-5346, in Los Lunas, or the VFW, American Legion, DAV, all located on the third floor of the federal building in Albuquerque, and of course, your local VSO, Ulysses Abeita at 307-1582.

We look forward to seeing you at the next POIVA meeting.

Department of Education

The Pueblo of Isleta Department of Education (DOE) has a Board of Education that provides support, encouragement and guidance to all programs housed within the DOE. Current board members include Cecilia Curley, appointed on June 18, 2013 to serve a three (3) year term, Theresa Wilson reaffirmed on January 14, 2014 to complete her three (3) year term; set to expire November 2014, and Charlene Lucero. Mrs. Lucero's term will end February 28, 2014 unless reappointed.

We, the staff of the DOE would like to welcome the two newest Board of Education appointed members, Mr. Albert Cherino, Jr. and Ms. Debra Lente-Jojola. Both Mr. Cherino and Ms. Lente-Jojola have been appointed to serve two-year terms.

Albert Cherino, Jr.

Albert Cherino, Jr. is an Adjunct Faculty member at the Anderson School of Management at the University of New Mexico where for 14 years has taught upper level and graduate courses in Indigenous business, entrepreneurial studies, and Native American economic development. Mr. Cherino holds a Bachelor's Degree in Human Resources Management from New Mexico State University and a Master's Degree in Information Systems from the University of

New Mexico. Mr. Cherino is a professional member of AIBA (American Indian Business Association), the American Indian Science and Engineering Society (AISES), and the American Indian Chamber of Commerce of New Mexico. Mr. Cherino has more than 20 years of experience consulting with various Native American tribes in New Mexico in the areas of economic development and casino management.

Debra Lente-Jojola


Debra Lente-Jojola, is a member of the Pueblo of Isleta, New Mexico and has worked for the Bureau of Indian Education (BIE) for over 29 years in various roles as a Kindergarten teacher, School Counselor and Education Line Office Education Specialist. She has been the Family and Child Education (FACE) Program National Director for thirteen (13) years and is recently retired as of May 1, 2013. During her tenure, the number of FACE Programs grew from twenty-two (22) to nearly fifty (50) programs serving diverse American Indian communities in ten (10) states. Ms. Lente-Jojola has emphasized a comprehensive and collaborative approach to professional development for FACE program staff and leaders and a yearly commitment to program evaluation while preserving and

strengthening Native American culture and language. She strongly believes in providing inclusive early childhood education, parent partnerships with schools and fulfilling the dreams of parents and all children in attaining their educational dreams. During her employment with the Bureau of Indian Education she was responsible for creating direct communication with both the state and national organizations such as the NM PTI, Parents Reaching Out, NM CPRC, Education for Parents of Indian Children with Special Needs, National Indian Parent Information Center (NIPIC), Parents as Teachers, Inc., Special Quest and the National Center for Family Literacy. Her strong emphasis on creating state partnerships in New Mexico, Arizona, South Dakota, North Dakota and Idaho has produced numerous opportunities for states and tribal early intervention programs to ensure all children, including Native American children birth to five, receive adequate and timely special needs service.

The staff of the Department of Education is eager to begin working with the full Board of Education. Each month the Board of Education schedules a monthly meeting that is public. If you have any questions, please do not hesitate to contact the Department of Education at 505-869-9790.

College Career Fair

During the month of January, the Pueblo of Isleta, along with the Los Lunas Public Schools Indian Education Services, hosted a College/Career Fair at the Isleta Recreation Center. Attendance was great! During this event attendees were able to meet representatives from various colleges and universities in and out of New Mexico. Students also attended a Senior information session with Mr. Analla from Los Lunas Schools, followed by a brief discussion with Mr. Raymond Archibeque regarding the Free Application for Federal Student Aid (FAFSA) process and deadlines. High school students from Isleta also has the opportunity to meet with the Pueblo of Isleta Higher Education staff, Evangeline Chavez, Scholarship Coordinator and Kathleen Jojola, Scholarship Assistant. If your student is graduating from high school this Spring 2014, and they will be interested in attending college in Fall 2014, please do not hesitate to contact the Isleta Higher Education Program to obtain information about supplemental financial assistance. At this time, we would like to express our gratitude and appreciation to Governor and Tribal Administration, Mrs. Valerie Otero and Mr. Ben Analla of the Los Lunas Public School District, as well as Rick Giron and the staff at the Isleta Recreation Center. Of course, we would also like to thank those Tribal Programs, college representatives, students and parents that came out and participated in this event. It is through the hard work and dedication of the Department of Education staff that we are able to provide quality educational support and services to Tribal members.




Come Join us in making a Valentines Day Craft!

On February 12, 2014, Dianna Burbank will be leading an art activity at the Isleta Library. We will be making Pom Pom Monsters!

In the Library's art room, we will be conducting the activity will be from 4:30 to 5:30.

If you have any questions please call 505-869-9808.



Kateri Jojola - Community Outreach Coordinator for the Isleta Elder Center

Greetings Pueblo of Isleta! My name is Kateri Jojola, and I have recently been hired as the new Community Outreach Coordinator for the Isleta Elder Center. First and foremost, I would like to say that it is a great privilege to serve my community, especially the elders here in Isleta, and I am very happy to be part of the hardworking team at the Elder Center.

Second, I would like to give a summary of my background. I am the granddaughter of Eddie and Virginia Jojola, and Joseph and Prudence Lente, and the daughter of Raymond and Theresa Jojola. In August of 2009, I graduated with Honors from Central New Mexico Community College with an Associate of Arts in Liberal Arts. Thereafter, I went on to attend the University of New Mexico, and in May of 2013, I graduated Cum Laude from UNM with a Bachelor of Arts in Psychology and a minor in Sociology. I then obtained my Provisional Baccalaureate License of Social Work in July of 2013. I am also a member of various academic International Honor Societies: Phi Theta Kappa, Psi Chi, Alpha Kappa Delta and Golden Key.

Finally, I want outline the work I'll be doing within the Pueblo. The goal of the Community Outreach Office is to find those elders who are most in need of services. As the Community Outreach Coordinator, I will be responsible for informing the community

about the variety of services that the Elder Center offers. The term "outreach" is used to describe a wide range of activities that attempt to provide prevention information, education on various topics and referrals to programs within the reservation and surrounding areas through various methods such as presentations, trainings, events, fairs, public service announcements, brochures, one-on-one information sessions, home visits, etc. Outreach is important because it:

- ◊ Works as a liaison between the community and the Elder Center.
- ◊ Aids in building networks and collaboration between existing organizations and service providers.
- ◊ Helps to empower individuals by referring them to resources they otherwise might not use or even have knowledge of
- ◊ Informs and educates the community on a variety of topics that impact elders and their families/caregivers.

I look forward to working closely with the community, especially the elders, who are the living treasures of this Pueblo that we must cherish. I encourage tribal members to contact me with any questions, comments or ideas at (505) 869-9770. You are also welcome to stop by my office located in Adult Day Care at the Isleta Elder Center.

In celebration of
St. Valentine's Day
The Pueblo of Isleta Elder
Center is hosting

"Sweetheart Luncheon"

February 14, 2014

12:00 PM

Menu: Roast Beef, mashed
potatoes, brown gravy, vegetables,
bread and dessert!

Local DJ playing your
favorite oldies but goodies

Vote for your Valentine's Day
King of Hearts and Queen of Love!

Elders 60+ Years of Age

You need not be a couple
to attend, For more
information, contact
Renee Chavez,
Activities Coordinator
@ (505) 869-9770.

"PUT ON YOUR GAME FACE... IT'S TIME FOR"

Pueblo of Isleta — Senior Olympic Local Games Competition — All Age Groups

- Monday, March 3, 2014: Bowling (Singles) - Fun Connection - 10am
- Thursday, March 6, 2014: Basketball (Free-throw and 3pt.) - POI Recreation Center - 9am
- Frisbee Accuracy - POI Recreation Center - 10am
- Table Tennis- POI Recreation Center - 11am
- 8-Ball Pool - POI Recreation Center - 1pm
- Saturday, March 15, 2014: Golf - Isleta Eagle Golf Course -12pm
- Monday, March 17, 2014: Bowling (Doubles) - Fun Connection - 10am
- Tuesday, March 18, 2014: Huachas (Washers) - POI Recreation Center - 9am
- Monday, March 24, 2014: Shuffleboard (Singles) - POI Recreation Center - 9am
- Tuesday, March 25, 2014: 400M Est. Walk - POI Baseball Fields - 9am
- 800M Est. Walk- POI Baseball Fields - 9:30am
- Other Track - POI Baseball Fields - 10am
- Thursday, April 3, 2014: Archery - POI Baseball Fields - 10am
- Tuesday, April 8, 2014: Soccer Kick - POI Recreation Center/ Outside Field - 10am
- Softball Throw POI Recreation Center/ Outside Field - 10:30am
- Frisbee Distance - POI Recreation Center/ Outside Field - 11 am
- Thursday, April 10, 2014: Horseshoes - POI Recreation Center/ Volleyball Pit - 10am

Please Note:

If you are interested in the following events, we will be happy to coordinate your participation: Air Gun; Archery; Badminton; Cycling; Dance; Field Events (Javelin, Discus, Shot Put, High Jump, Long Jump, and Pole Vault); Pickle Ball, Racquetball, Road Race, Talent Show, Tennis, Track, and Triathlon

Contact Renee Chavez, Local Coordinator at 869-9770 for information or scheduling assistance.



**“You don't stop playing because you grow old;
you grow old because you stop playing.”**

**Pueblo of Isleta
Senior Olympic Participation — Important Facts**

- **POI Elder Center is Sanctioned by the NM Senior Olympics, Inc. (NMSO) to host Local Game Competitions in Isleta, NM**
- **Benefits of Exercise** — exercise is good for your physical and mental health. It can help you to develop a lean body, strong muscles, and a strong heart. It can also enhance your emotional and mental health. Older people who exercise tend to have better balance and coordination and are able to manage all sorts of daily chores that allow them to remain independent.
 - o Physical benefits: Help prevent Heart disease and stroke, strengthen your heart, lower blood pressure, raise HDL (good cholesterol), lower LDL (bad cholesterol), improve blood flow; help prevent Type 2 diabetes, reduce body fat (obesity), prevent back pain, prevent bone loss (osteoporosis), reduce risk of falls, and decrease risk of cancer(s).
 - o Psychological benefits: Studies have shown that both short and long term exercise reduce depression and anxiety. Exercise contributes to a restful sleep, it increases total sleep time and decreases REM sleep.
 - o Other benefits: One study found that an 8-minute workout could help lower sadness, tension, and anger. Many people exercise to boost their confidence and relieve stress. During exercise the release of endorphins, the body's natural painkiller, can increase feelings of happiness.
- **Current POI Athletes range in age 50-96**
- **POI Senior Olympians will participate in:**
 - o All Indian Game Day(s) — April 23-24, 2014 — Santa Fe Indian School
 - o POI Local Games — March/April 2014 (See Competition Schedule) — Isleta Pueblo
 - o State Games — July 15-20, 2014 — Roswell, New Mexico (Qualify for Nationals in 2015)
 - o National Games — 2015
- **Personal Benefits**
 - o Socialization
 - o New/Old Friendships
 - o Friendly and Fun Competition(s)
 - o Travel Opportunity
 - POI will assist with travel expenses related to attendance of NMSO sponsored events (per Policy)
 - Transportation Provided
 - Staff Assistance Provided (excluding national competitions)

WE WOULD LOVE TO HAVE YOU JOIN US!

For additional information, call Renee Chavez, Local Game Coordinator at 505-869-9770.

**Pueblo of Isleta Elder Center—
Senior Olympics
Local Games Practice Schedule
(based on current requests)**

Mondays:	Bowling - Fun Connection 9am - 12 noon Cost: \$2.25 per game
Tuesdays & Wednesdays:	400M/800M - Est. Walk 9:30 am - 10 am Baseball Fields
Thursdays:	Open gym (Basketball, Ping Pong, 8- Ball Pool, Frisbee Accuracy, and Huachas (Washers) 9 am - 12 noon
Fridays:	Shuffleboard 9am - 12 noon

The following are additional events; we will assist you in the coordination of practice and competition upon your request: Air Gun, Archery, Badminton, Cycling, Dance, Field Events (Discus, High Jump, Javelin, Long Jump, Pole Vault and Shotput), Golf, Pickleball, Race Walk, Raquetball, Road Race, Table Tennis, Talent Show, Tennis, Track, and Swimming

Equipment available for checkout: Horseshoes, Soccer Balls, Frisbees, Basketballs, and Softballs.

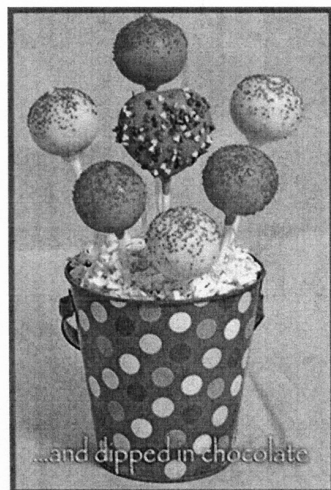
If you have questions, or would like additional information, please call Renee Chavez, Local Coordinator, 505-869-9770.

*"You don't stop playing because you grow old,
you grow old because you stop playing."*

Valentine's Day Cake Pop Sale

The Isleta Elder Center
Adult Day Care Program is having a
Valentine's Day fundraiser.

They will be making and selling
"Cake Pop Bouquets." Each bouquet is
\$10.00 and will contain a tin, a small
teddy bear and 5 cake pops.



To place your orders
contact Nicole Jaramillo
@ (505) 869-9773.

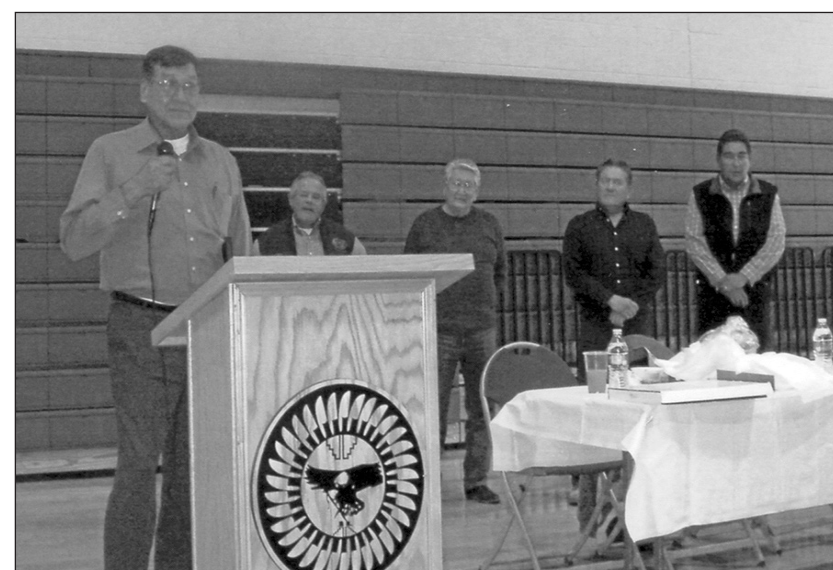
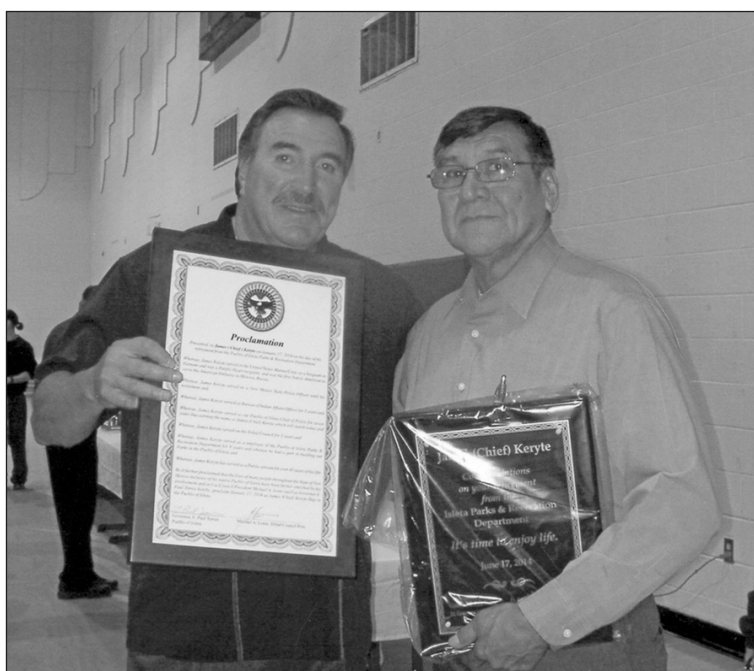
Please help support the
Adult Day Care Program as
it offers a variety of activities
to elders that help enhance
their daily lives!

Parks & Recreation

The Isleta Parks & Recreation Department continued with a busy schedule for January 2014, and February 2014 shouldn't be any different. Because January had a couple of holidays (New Year's & Martin Luther King Jr. Day) and a couple of 1/2 Administrative Days it didn't diminish our busy schedule with the children or special events that took place at our facility. Our facility hosted the Isleta Veteran's Association meeting, James (Chief) Keryte's retirement luncheon, the Los Lunas/Valencia High School College Career Day, 4 NACA home basketball games and the start of the youth basketball league with games here against Jemez Pueblo. Additionally, our Nanas Abenita, Gloria, and Marie began a sewing class for anyone interested in making native clothing. On a sad note, we once again experienced some vandalism at the Veteran's Park at Pickle Heights Neighborhood.

James (Chief) Keryte Retires

After over 45 years of public service, James Keryte has decided to hang up his tennis shoes. His public service spanned several decades and countries by being in the military serving in the Vietnam War, over 20 years as a State Police officer, 3 years as a BIA officer, and 7 years as our Chief of Police for the Pueblo of Isleta thus earning the name "Chief" which still stands today. And in his last 8 years working as our Maintenance Technician for the Pueblo of Isleta Parks & Recreation Department. Also for your information, he was the first Native American to serve the United States Embassy in Moscow, Russia. Back in the 1970's this was National news and was carried by all major news stations and most local papers throughout the country. Although he is leaving us, by all means this does not mean the end to James Keryte driving off in the sunset to pass. He says he definitely wants to do some traveling but only after he does some remodeling of his home, possibly remodeling the old home where he and all his siblings were born and raised. Also his grand children will play a major role on his activities because without family you have nothing. He has several livestock that he will continue to tend to that always keep him busy feeding and carrying water at their destination. In his retirement luncheon that was held in our gymnasium, he was met with by some 80 of his closest friends, co-workers, and relatives plus Governor E. Paul Torres, Lt. Governor Antonio Chewiwi, Lt. Governor Isidor Abeita, Council President Michael A. Lente, Council members, Barbara Sanchez, and Larry Jaramillo. Several Department Directors were also on hand, plus Father George from St. Augustine Church who led us in prayer and Tata Larry Lucero who led us with a blessing in our native tongue. Rick Giron, Director of the Parks & Recreation Department was the Master of Ceremonies and Governor E. Paul Torres, Lt. Governor Antonio Chewiwi and Council President Michael A. Lente also addressed the group with some thoughtful insights and presented a dual Proclamation coming from both the Council Office and the office of the Governors about James Keryte. At the end of the celebration, James with tears in his eyes, plus not too many dry eyes in the group, addressed everyone which was very emotional and touching. Pictured are several pictures of the retirement celebration.



(Parks & Rec, cont'd)

Los Lunas/Valencia High School College Career Day

On Saturday, January 18th we were once again the host site for the College Career Day for both Los Lunas and Valencia High Schools. Counselor Ben Analla, who has been in charge of this event since its inception a number of years ago, quickly pointed out that this event was for anyone, students and parents wishing to go to college or find a career after graduating high school. On hand were many parents and grandparents interested in making a family member’s experience a little bit easier than many of us experienced prior to this process beginnings. As C. Ben Analla stated, school isn't necessarily for everyone but we must give them an opportunity to explore all possibilities, school and work options, and that is why several employers were on hand as well. Parents and students get to ask important questions about funding, test scores, scholarships etc. that could influence them on their choice of schools, work or both. Once again, Governor E. Paul Torres was hand to welcome and address the group and its importance to the Pueblo of Isleta residents to have such a fine event take place here in our Pueblo of Isleta. As Governor said, he too has grandsons who are facing that option right now. Pictured are several pictures depicting the event that took place.



Youth Basketball

Finally, after several weeks of practicing our youth basketball program for elementary school age children began play. On Saturday, January 25th our 4 teams Boys & Girls 3rd and 4th grade and Boys and Girls 5th and 6th grade hosted games in our gymnasium against the Pueblo of Jemez. Win or lose, the children had fun finally playing a competitive game against a team that was not a fellow team player which they practiced against. The next games will be played at Tohajiilee, Laguna, and Jemez Pueblos. For more information about the games and times, please contact our coaches, Phillip Abeita, Matt Jojola, or Jonathan Lente. Pictured are the beginnings of the 2014 season.



Isleta 2014 Basketball Schedule

January 29th @ Tohajiilee	4:30pm
January 31st @ Laguna	4:30pm
February 1st vs. Northern Pueblo	10:00am
February 5th vs. Tohajiilee	4:30pm
February 8th vs. Laguna	10:00am
February 11th vs Sky City	4:00pm
February 15th vs. Jemez Valley	10:00am
February 22th @ Jemez Valley	10:00am

If any questions regarding Van Departures, please feel free to call *869-9777 all Coaches can be reached at the following number.



(Continued next page)

(Parks & Recreation, cont'd)

Veteran's Group

We the Pueblo of Isleta Parks and Recreation Fitness facility has and will continue to facilitate the meetings for our local chapter of the Pueblo of Isleta Veteran's Association every 3rd Wednesday of the month until they have their own facility. Any tribal member who is a veteran is encouraged to join in, in these very important meetings. Many issues are discussed that affect the veterans from conflicts. They take place at 6:00 pm in the games-room at the New Rec. Center every 3rd Wednesday of the month. This group is headed up by Tata Fred Lujan who says we can only get stronger as a group by your participation.

Park Vandalism

Just recently the Veteran's Park in the Pickle Heights Neighborhood was vandalized to the point where the shade structure must be replaced. The shade structure in question sits right over all the playground equipment that is kept cool especially during the scorching heat during the summer time. Pictures taken, indicate the shade structures was stabbed with a sharp object rendering them useless once our spring winds begin and the process continues to tear them apart. The cost to replace such a shade structure runs in the thousands of dollars. As mentioned before, please if you see anyone vandalizing our parks please report them to the Isleta Police Department or Parks & Recreation Department as soon as possible. Our judges will prosecute them to the full extent of the law. Remember, ultimately they are stealing from you tribal members, especially our young children who ultimately use the playground equipment, because it takes valuable replacement dollars and man hours to replace their mischiefs. **Help us catch these thieves.**

Sewing Class

The Nanas Abenita, Gloria, and Marie have begun a sewing class for anyone in our Pueblo of Isleta who may be interested in making traditional native clothing. Classes begin at 4:30 pm until about 7:30 pm every Tuesday and Thursday in the games-room. For more information, please contact any of the Nanas at 869-9777. The Nanas' report on the first week of classes they had about 10 participants take advantage of the classes. Remember, space is limited so please act quickly.

2014 Graduation Banquet

It's that time of year...

We have hit the ground running with plans for the 2014 Graduation Banquet! If you have a high school student that will graduate this year, if you are a GED recipient or college graduate please contact the Department of Education at 505-869-9790 and confirm your graduation. Each year, the Department of Education hosts a Graduation Banquet which allows us to honor all graduates! It is your student's time to shine! Once again, this is an invitation only event. The invitation is limited to the student and two guests, no exceptions. Tickets will be provided to each student, this is your admission to the event. If your ticket is lost or stolen they will not be replaced. Once all the details have been confirmed we will provide additional information to graduates.

We are also seeking nominations for Educator of the Year. During the Graduation Banquet we recognize an educator from the community that has touched and inspired our children to learn. Nominations may be submitted to the Department of Education. We request a short biography and narrative explaining why you believe this individual should be selected as Educator of the Year.

**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 POI Employees, which includes the Isleta Health Center.

If you have an appointment at the clinic on days of severe weather, please check *KOAT Channel 7 News* for "Pueblo of Isleta Employees" only to determine if the Health Center has a weather delay/closure.

ALL AGES

Have A Heart

ART

Submission Deadline
Feb 28, 2014

Art Project 2014

Win \$500

Open to ALL Isleta Community Members

(All Isleta Pueblo Enrolled Members & Descendents)

Theme: "Every Breath of Life Counts, Stay Smoke Free"

The Have A Heart Art Project is intended for artist to utilize their artistic talent to express how secondhand smoke is harming the strength & beauty of our community by making the environment unsafe for those with diabetes.

Artwork may include but not limited to: a painting, drawing, illustration, photography, or a photograph of a sculpture, pottery, jewelry or any other item that can be reproduced.

ISLETA DIABETES PREVENTION PROGRAMS
"TOTAL BODY HEALTH"
&
ISLETA HEALTH EDUCATION DEPARTMENT

NEW MEXICO
DEPARTMENT OF
HEALTH

For more information
please contact: Eugene Jojola
(505) 869 - 4595



Traciee Gutierrez: Mother Earth Will Heal Us

Anthony Chee Emerson: Fire Horses

Steven Martinez: Painted Prayers

Isleta Health Center

Optometry Clinic Phone: 869-4080

Glaucoma, the "Sneak Thief of Sight," May Strike Without Pain or Other Symptoms

The American Optometric Association Offers Advice to Help Protect Against Vision Loss

January was National Glaucoma Awareness Month and the American Optometric Association (AOA) urged people of all ages to take control of their eye health through early detection to help minimize the risk of developing glaucoma. Glaucoma leads to progressive damage to the optic nerve and a loss of nerve tissue resulting in loss of vision. Currently, 2.7 million people in the United States over age 40 have glaucoma, one of the leading causes of blindness in the U.S., yet understanding and awareness of the disease is still relatively low. According to data from the AOA's 2013 American Eye-Q® consumer survey, Americans do not fully understand glaucoma:

- 72 percent think glaucoma has early warning signs - it does not—only a comprehensive eye exam administered by an eye doctor can detect the disease
- 86 percent don't know what part of vision glaucoma affects—progressive deterioration to peripheral vision making it hard to see
- 47 percent think glaucoma is preventable - it is not preventable but it may be treated and progression can be slowed if it is detected and treated early

"Yearly, comprehensive eye exams play a critical role in detection and treatment of glaucoma," said Robert Bittel, O.D., Chair of the AOA's Health Promotion Committee. "Dilated eye exams allow eye doctors to thoroughly examine the pressure and nerves inside the eyes for potential signs of the disease. Early detection, prompt treatment and regular monitoring can help control glaucoma, and therefore, reduce the chances of progressive vision loss."

Americans are also unaware if they are at risk for developing glaucoma: only 13 percent of Americans know that a person's race could place them at a higher risk of developing glaucoma. According to the Glaucoma Research Foundation, glaucoma is six to eight times more common in African Americans than Caucasians. Additional factors that can increase the risk of developing glaucoma include those who have a family history of glaucoma, hypothyroidism, are over age 60 or individuals who have had severe eye trauma.

Treatment for glaucoma includes prescription eye drops and medicines to lower pressure in the eyes. In some cases, laser treatment or surgery may be effective in reducing pressure.

In addition to regular, comprehensive eye exams, the AOA recommends incorporating a few tips to help maintain overall eye health and clear, comfortable vision:

- Eat green, leafy vegetables and foods rich in nutrients like beta carotene, vitamin C and zinc to protect eyes from disease.
- Stop smoking and cut down on alcohol and caffeine when possible.
- If you work in front of a computer, practice the 20/20 rule: every 20 minutes, take a 20 second break to help avoid eye strain and computer vision syndrome.
- Wear sunglasses with UV-A and UV-B protection year-round.
- See your optometrist if you are experiencing stinging, itchy, or scratchy eyes, excessive tearing, or any eye discomfort or reduced vision; he or she may recommend artificial tears or tear substitutes, or prescribe medication.

Isleta Health Center
Optometry Clinic
Phone: 869-4080

Contact Lens Exams in Optometry
Dr. Scott Bartlett, Optometrist



The Isleta Health Center does provide **limited medically necessary** contact lens exams. Please keep in mind there is no fee for the exam itself, but patients will pay out of pocket for any trial lenses prior to releasing a contact lens prescription (patient is also responsible for payment of all contact lenses). Additionally, patients must have a backup pair of glasses with a prescription no more than one year old. Patients eligible for contact lens exams are evaluated on a case by case basis.

Isleta Behavioral Health Services

Young Leaders Youth Krew News: January 2014

Youth Group: New Adventures in 2014

The Isleta Behavioral Health Prevention Program (IBH-PP) had a successful 2013. It has been a great experience for our youth participants. With the majority of them starting out at the Tiwa Language classes over the summer, they have now made it through the end of 2013, and now, at beginning in 2014, they are still going strong.

Currently IBH-PP, is serving on average 16 youth per week, with kids aged 10-15 years old. They are active participants in activities ranging from experiential education/ learning, a multimedia youth group (digital storytelling), service learning/community outreach, and community volunteering. The youth group is held Monday evenings from 4:30-6:30. For the summer sessions, it is held on Fridays and times can differ from week to week.

Many community members had a glimpse of what the youth group has to offer. As a group, we participated in the "Turkey Distribution" held at the Pueblo of Isleta (POI) Elderly Center. As well as the Elderly Center, we have participated with other POI departments such as the Health Center's Diabetes Prevention Program (DPP) and the POI Recreation Center.

Some notable events that we have been active with are the "Rock Your Mocs" Fun Run/Walk, "Light the Path Memorial Walk" and various Diabetes program Fun Run/ Walks. The youth participants want to stay active in their community and are always looking for opportunities to help out and keep from getting bored. It is encouraging to both parents and participants to see their enthusiasm.

Monday Night Meetings

While the spring of '14 session of the YLYK group has not started, as of January, we are focusing on using a curriculum based approach. The curriculum(s) that are being utilized are: American Indian Life Skills (AILS) curriculum and Keepin' It REAL (KIR) curriculum. The AILS program is based on Suicide Prevention, as well as life skills teachings. On the other hand, the KIR program is based on Alcohol & Drug Resistance Strategies. Both of these curriculums are used to help in the prevention of suicide, alcohol and/or drug abuse, and the importance of life long life skills. The spring '14 session will last until the end of the school year (until the end of May).

In addition, each week is comprised of a curriculum teaching, and an experiential game and/or discussion on the lesson content. The listing of schedules, calendars, and/or the curriculum outlook is available at Behavioral Health Services. **Any interested youth can contact Kory Kie @ 505.869.5475 or kkie@isclinic.net for more information.**

Upcoming Prevention Activities

- May 2014: Annual Community Awareness Summit.
- Planning meeting for Isleta Youth Summit is January 31st at 11am, Behavioral Health Services.
- Planning for experiential outings, spring break activities, and summer activities.

Any program(s) interested in involving the youth in their programs can contact Behavioral Health Services. If you need more information about the program or have ideas for the program, outings, youth conferences/ summits, or plans for the youth, please call IBHS at 869-5475.

Upcoming Schedule: February 5th*, February 12th*, February 17th (No group due to President's Day), February 24th, and February 25th -- *Denotes special schedule.

For information on any of these activities or any other Behavioral Health Services programs, call: 869-5475

Jennifer Sandoval,
Prevention Coordinator
Santana Titla,
Experiential Educator

Kory A. Kie
Experiential Educator
Crescencio Howlingcrane
Experiential Educator

JOIN THE FIGHT HELP STOP DIABETES

NATIVE AMERICAN DIABETES FACTS

2.3 Times Higher - Likelihood of Native American adults to be diagnosed with Diabetes compared with non-Hispanic whites.

9 Times Higher - Likelihood of Native Americans aged 10 - 19 diagnosed with Type 2 Diabetes compared to non-Hispanic whites.

110% Percent Increase in diagnosed Diabetes from 1990 - 2009 in Native American youth aged 15 - 19.

Diabetes just doesn't effect you

Let's help each other

Location: Diabetes Wellness Center

6:00 p.m. - 7:00 p.m.

Every 4th Tuesday of each Month



Sponsored by: Isleta Diabetes Prevention Programs (505)869-4595



January 28th, 2014

ISLETA DIABETES

ALLIANCE

LEARN ★ LISTEN ★ SUPPORT

Freedom From Smoking and Thinking About Quitting

are two programs at the Isleta Health Center that can help you quit smoking.
Please contact me at the Isleta Health Center for more information:

Stephanie Barela, 869-4479

Health Effects of Cigarette Smoking: Part 2

Stephanie Barela, Isleta Health Educator, 869-4479

Smoking and Respiratory Disease

- Smoking causes lung cancer.
- Smoking causes lung diseases (e.g., emphysema, bronchitis, chronic airway obstruction) by damaging the airways and alveoli (i.e., small air sacs) of the lungs.

Smoking and Cancer

Smoking causes the following cancers (in alphabetical order)

- Acute myeloid leukemia
- Bladder cancer
- Cancer of the cervix
- Cancer of the esophagus
- Kidney cancer
- Cancer of the larynx (voice box)
- Lung cancer
- Cancer of the oral cavity (mouth)
- Pancreatic cancer
- Cancer of the pharynx (throat)
- Stomach cancer

Smoking and Other Health Effects

Smoking has many adverse reproductive and early childhood effects, including increased risk for—

- Infertility
- Preterm delivery
- Stillbirth
- Low birth weight
- Sudden infant death syndrome (SIDS)

Smoking is associated with the following adverse health effects:

- Postmenopausal women who smoke have lower bone density than women who never smoked.
- Women who smoke have an increased risk for hip fracture than women who never smoked.



ENCHANTMENT
gifts
\$2 OFF

Any on the spot Paparte products. Key chains, pens, travel mugs, bottle openers & sport bottles.

Tell that special someone how you feel with an on the spot customized gift just in time for Valentine's Day!

Disclosures: Cannot be combined with any other offers, promotions or discounts, management reserves all rights, coupon must be presented at time of purchase to receive discount, one discount per guest per coupon. Offer begins Feb 1, 2014 and expires February 28, 2014.



ISLETA
resort • casino

JUST J.O.M

YOUR ONE STOP FOR ALL JOHNSON-O'MALLEY NEWS AND EVENTS

Starting the Year out Right!

Updates and Heads-ups

If you were not already aware, the JOM Program consists of three staff members. Alena Garcia, the JOM Academic Coach, Mellerie Abeita, Program Administrative Assistant, and Bernadette Correa, Academic Supervisory Counselor. We are here to provide you and your students the best possible educational assistance possible, so do not hesitate to get to know us!

For January we have a few updates that you should be aware of. First, tutoring spots have opened up. If your student(s) are in need of tutoring, please give us a call to inquire about days, times, and program details. Secondly, parents and guardians need to be aware that in order to receive JOM Services, each student's file must be complete and updated. This includes having an up-to-date CIB. We have gone through all files and have come across many that either do not have CIBs or that have a copy of the census card but no CIB Certificate. Parents and Guardians have been called in order to provide us this vital documentation. Please, if you have not provided a CIB, or if you are unsure, contact us to double check. JOM Services (such as school supplies and field trips) cannot be provided to students who do not have completed files. Lastly, the I.E.C. approved JOM Staff to attend the NJOMA Conference in Denver, CO in March. The conference is an important event that both staff and I.E.C. need to attend due to the information that is presented. We are looking forward to attending, bringing back what we've learned, and sharing that info with the DOE as well as parents!

As always, parents and guardians, we really would like to hear from you! Please feel free to share your suggestions with us! Call us at 869-9810!

Upcoming Activities & Events!

February Fun

On February 10th (tentative) we will be having our Valentine's Day Activity Night from 5:00pm to 7:00pm in the JOM Tutoring Building. Join us for food, fun, learning, and family time! We will also be having a parent meeting during the Activity Night and as always, parent involvement is crucial to our program. Come and let us know what services we can provide to help your student(s) succeed. Hope to see you all there!

For the February field trip, JOM Staff and IEC will be taking students to the Santa Fe Children's Museum in honor of Thomas Edison's birthday. The field trip will be on Saturday, **February 22nd** and is an all day trip **from 8:00am to 5:30pm**. Breakfast and Lunch will be provided by the program. The museum's mission is to ignite a sense of discovery and curiosity innate in all children and we're sure Mr. Edison would approve! This is an **all age** trip and we will be utilizing the Rail Runner to take us to and from Santa Fe! Spots for **JOM eligible** students are limited and will be filled on a first come first serve basis. Sign up will start on **February 3rd**.

*If a child can't learn the way we teach,
maybe we should teach the way they learn.*
— Ignacio Estrada

FEBRUARY 2014					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8
10	11	12	13 Valentine's Day Activity Night & Parent Meeting	14 Valentine's Day	15
17	18	19	20	21	22 Santa Fe Children's Museum Field Trip
24	25	26	27	28	

In Loving Memory of Ronnie L. Lente,

Born on October 3, 1944, Who Grew Up and Lived His Entire Life in Isleta Pueblo.

We lost our best friend, father, and grandfather on January 5, 2014.

Ronnie is survived by his daughters, Shenandoah Maria, Suzannah Christina and Scarlett Bridgette Ann, and as he said, "his favorite son-in-law" Jamie Guerrero, along with grandchildren, Samuel Joshua Lynn, Antoinette Victoria, Joseph Lee, Isaiah Anthony and De'Amani Mordechai, and great-grandchildren, Malachi, Ezekiel, Cain and Millah. And his adoptive daughter and our sister in Florida, his granddaughter-in law Melissa and daughter-in-law Linda, who called him "Poppa Ronnie".

He was always a very loving father and grandfather who always accepted everyone and never judged anyone for their faults or shortcomings. He did many great things during his travels through life; everything from raising horses to playing a lot of golf, etc. Without our Dad, we would not have had the good life and care he provided for us. He was there when we needed him, he helped guide us through life, and shared in the good and bad times, and most of all, he was the foundation to our family. Our father excelled in athletics, and he was very proud to have been known as an All-Star in athletics, and for his service to his country by serving in the US Air Force.

Thank you everyone for all your prayers and condolences. Without each and every one of you, we would have been lost. We know that our Dad went in peace, and as he raised us, he knows that his daughters will always be there for each other "We Love You Daddy and You Will Always Be Remembered".





Pueblo of Isleta Public Library

Happy Valentine's Day, February Dances, and Legislation Days, People of the Island. The Library staff would like to Thank those individuals who danced, journeyed to the mountains, and/or gave their support throughout the entire February Traditional rituals.

News

Do you have a 3D TV and a 3D Blu-Ray player? Good news, the library has Blu-Ray 3D movies for you. If you are in "Good Standing" on your library account by not acquiring library fines and/ or paying fines in a timely manner and currently have a ZERO balance you have earned your right to check out Blu-Ray 3D movies. If you have any questions please call the Library.

We now have a new book section in our Children's Room. It consists of all chapter books appropriate for 1st and 2nd graders. This gives them the opportunity to learn to read chapter books and also challenge their reading skills.

The Library will be opening late Wednesday February 5th due to our regular monthly meeting which is scheduled every first Wednesday of each month.

The Library staff has been brainstorming ideas for our Summer Reading Program this year. We will be having meetings on February 14th and the 21st to discuss our ideas and plan the whole summer for the kids. These days we will be opening at 12:00pm. Children have been wondering what we have planned for them and are excited.

The Library will be closed on President's Day, Monday February 17th. Patrons can check out media items on Thursday and they will not be due till Tuesday! So come take advantage of a nonstop movie weekend with your family!

All closures are updated on our Facebook Page when unexpected closures do occur.

Upcoming

Our first Coupon Class will be February 4th and 5th with South Valley's Coupon Mom Monica Culpepper and Los Lunas Coupon Mom Ronica Becenti. They will be discussing different coupon policies at stores and outlets to get coupons and stock up on everyday items as well as donating unused items to local shelters. We will be having a follow up class March 4th and 5th to discuss problems faced while couponing and to share how much everyone has saved.

This month love is in the air! Time for our Annual Valentine's Day crafts starting February 12th with a Pom Pom Valentine Monster led by Dianna. Patrons will make Pom Pom Monsters with googly eyes and a sweet message on a paper heart to give to your Valentine. On February 13th Diane will be leading this food craft which will consist of making a Parfait with cupcakes and yogurt in a decorated Valentine's Cup. Space is open to 30 patrons. First come first serve for ALL AGES, no sign up sheet. Please call the Library for more information. Starting February 10th through the 25th Cheyenne will be conducting a Graphic Novel Creation Program. The first few days

patrons will learn how to draw different characters ranging from Manga to Super heroes. This will all lead up to creating your own comic. Comics will be featured in next month's newsletter! If you have any questions, please call Cheyenne at the Library.

Days are flying by and by the time you know it, it's March! The Library will be hosting a Comic Con Saturday, March 8th from 11:00am-3:00pm. This is an ALL AGES event and free for everyone. Booths will be set up from Kaboom, Gamer's Anonymous, and Comic Warehouse. You will be given a ticket for a free raffle with prizes donated by Gamers Anonymous, Kaboom and Comic Warehouse, plus much more. T-shirts, posters, comics and more just to name a few. The Justice League of New Mexico will also be making an appearance to take pictures and mingle with every one. We will have a Star Wars craft and also a Perler Bead art craft during the day. Arts and Crafts will be open to everyone of all ages. We will build the hype by having a Pre-Comic Con event of Super Mario Mushroom Cake Pops March 6th at 4:30pm in our Art Room. This is open to the first 30 Patrons or while supplies last.

Recap

If you take a quick look at the front of our building you will notice we have a small new addition. A Memorial/ Tribute Stone Plaque has been placed here in honor of all Veterans, past and present. Thank you to the Isleta Veterans Association for the honor of placing the stone here at the Library/Education Complex.

In observance of Chinese New Year January 31st the Library celebrated by doing a craft with our After School students. They made Chinese fans and decorated them with their own designs. Now they will have a fan for those long hot summer days!

Students earned points to go on our first incentive field of the year to see The Lego Movie at Century Rio 24. Students worked hard on homework and read for the required 30 minutes to earn their 25 points. Students that earned extra points to reach 30 points were rewarded with a snack pack consisting of popcorn, a drink and a fruit snack. The Library always encourages reading and completing homework, helping them to achieve reading goals at school and working on their grades.

Isleta Library Comic Con 2014
Saturday March 8
11am-4pm

FREE EVENT! ALL AGES

Comics! Costume Contest! Door Prizes!

- * Come dressed up in a costume and receive an EXTRA door prize ticket!
- * Autographs and Photos with superheroes! (Justice League of NM)
- * Comic Books for sale
- * Super Nintendo games, Gameboy games, and more games for sale
- * Arts & Crafts
- * Concession

Schedule of Events:

- 11:30am-2:30pm-Caricature Artist on site
- 12:00-2:00pm-How to make your own Comic brought to you by 7000BC-Independent Writers of NM
- 11:30am-1:00pm-Perler Bead Character Bling
- 1:00pm-2:00pm-Star Wars Craft
- 2:00pm-3:00pm-Announcement of Winners of Comic Contest and Raffles

All programs are FREE and are first come first serve.

Like us on Facebook

Isleta Pueblo Public Library
950 Moon Light Dr. Albuquerque, NM 87105
More Information: 505-869-9808
Email: poi2005@isletapueblo.com



TIGERETTE KIDS DANCE CLINIC

When: Saturday, February 15th

Where: LLHS Gymnasium

Time: 8:00-12:00 pm (Registration starts at 7:30 am)

Cost: \$20.00 per child (ages 5 and up)

They will receive a light snack, t-shirt and some goodies!

Participants will perform with the Tigerettes at the Basketball game
on February 20th at half-time.

Parents will be asked to sign a release form upon registration.

For questions please Call 385-0725 or 573-2336

NOTE: We will have a Pre-Registration on Wednesday, February 12 from 5-6 pm
at the LLHS Tigerette Gym.

This event is hosted by the LLHS Tigerette Booster Club and all proceeds will go to the Tigerette Booster.

Thank you for your support!



Come Make a Valentines

Treat at the Library!

Thursday February 13th at 4:30 pm

Come join us in making a Valentines Day Parfait. Open to the first 30 participants, all ages are welcome to come!



For additional information please
call the Library at 505-869-9808



Make Your Own Comic

Start making your own comic and have it published in the Pueblo of Isleta newspaper!

February 10th-25th

Make your own story board with your favorite comic characters!

There will be a short tutorial on how to draw some comic characters and super heroes.



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



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 2 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

Save the Date for the 16th Annual Child Abuse Prevention and Awareness Activities for the Month of April.

Upcoming Events

- April 10, 2014 Family Night at Head Start 5:30pm
- April 12, 2014 BBQ/Parade/Community Awareness Fair at the Isleta Recreation Center from 10:00am to 1:00 pm
- April 17, 2014 5k Walk/Run at Cottonwood 5:30pm
- April 24, 2014 Grocery Bingo at the Old Courthouse 5:30 pm

Look for event flyers distributed throughout the community!

Contact Isleta Social Services for any additional information!

Isleta Social Services

Are you or someone you know having difficulty meeting your needs financially? Need information or help with applications for SNAP, TANF or LIHEAP?

Isleta Social Services can assist the residents of the Pueblo of Isleta with State and Federal program applications.

General Assistance is also available to eligible Native Americans who apply concurrently for financial assistance from other state, tribal, county, local or federal agency programs for which he/she is eligible; and who does not receive any comparable public assistance, and who develops and signs an employment strategy in the Individual Self-Sufficiency Plan to meet the goal of employment through specific action steps including job readiness and job search activities.

Please contact **Isleta Social Services** for more information.

505-869-2772

Monday — Friday 8:00 am — 4:30 pm.



2014 GO RED FOR NATIVE WOMEN HEART HEALTH SUMMIT
FRIDAY FEBRUARY 7, 2014
 7:30 AM TO 4:00PM
SOUTHWESTERN INDIAN POLYTECHNIC INSTITUTE
 SCIENCE AND TECHNOLOGY AUDITORIUM
 9169 COORS BLVD NW, ALBUQUERQUE, NM

FREE HEART HEALTH SCREENINGS, HEALTH PRESENTATIONS
 BREAKFAST AND LUNCH WILL BE SERVED
 WEAR RED TO SHOW YOUR SUPPORT FOR THE GO RED FOR WOMEN MOVEMENT

SPACE IS LIMITED TO 150 | CONFERENCE IS FREE TO ATTEND
 PLEASE CALL TO REGISTER RACHEL CRAWFORD (405) 593-6931



Freedom From Smoking

DO YOU WANT TO STOP SMOKING?

IF YOU ANSWERED "YES!"

SIGN UP FOR

THE ISLETA HEALTH CENTER'S

Freedom From Smoking

PROGRAM NOW!

GROUPS ARE SCHEDULED TWICE A YEAR.

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



Invitation Announcement

Pueblo of Isleta Head Start & Child Care Center

The Isleta Head Start & Early Head Start programs invite you to join our family by completing an application for the upcoming 2014-2015 program year.

Mission: To develop the whole child in all comprehensive areas reflecting the traditional Isleta culture and language. A safe, positive, healthy, and family-centered environment is supported with: a highly competent staff; parental enrichment and enhancement of their child's education; a structured developmentally appropriate learning environment; strengthened community collaboration; & sustained stakeholder communications.

Options for you and your child:

Head Start - 3 to 5 years old

A 6-hour, 5 day-a-week program. Classrooms are equipped with hands-on, age appropriate materials and qualified teachers.

Early Head Start- Prenatal to 3 years (3 options to choose from)

1. Home Based for Pregnant Mothers: Home visits from a Home Visitor who brings information and materials about pregnancy and child development.

2. Home Based for Parent & Child Birth to 3 years: Weekly 90-minute home visits from a Home Visitor who provides information and materials about parenting and child development. Bi-weekly Socialization activities in a group setting (i.e. fun walks, field trips, child development, & more).

3. Classrooms ages 3 months to 3 years:

A 6-hour, 5 day-a-week program. Classrooms are equipped with hands on, age appropriate materials and qualified teachers.

We invite you to come in and fill out an application:

Call to schedule an appointment to apply.

You need to bring ALL of the following:

- ✓ Tribal Identification w/CIB #
- ✓ Proof of Residency
(New Mexico Driver's License, Utility Bill, Government/
Tribal ID)
- ✓ Proof of income for previous 12 months
(Such as: Public Assistance Award Letter, 2013 tax forms,
W-2, paystubs, etc.)
- ✓ Proof of Child's Birth (State issued birth certificate, CIB
Letter, Baptismal Certificate)
- ✓ A copy of your child's IFSP/IEP (if applicable)
- ✓ **For Prenatal option, Pregnant Mothers need to
provide proof of pregnancy**

If you have any questions, please don't hesitate to call us at 869-9796. We look forward to working together with you and your family to make your child's learning fun and successful!

Health Beat

Stephanie Barela, Health Educator
869-4479 □ sbarela@islclinic.net

GET YOUR KIDS THE HPV VACCINE NOW TO PREVENT CANCER LATER

Why does my child need the HPV vaccine?

HPV is short for human papillomavirus. There are four types of this common germ that can be prevented by a vaccine (shot). It is recommended for preteen boys and girls at age 11 or 12, so they are protected before ever being exposed to this virus. If your preteen/teen hasn't gotten the vaccine yet, make an appointment at the clinic for them to get it.

HPV vaccines offer the greatest health benefits to individuals who receive all three doses. They are given in a series of 3 shots over 6 months. It is very important to complete all 3 shots to get the best protection. If your son or daughter hasn't started or finished the HPV vaccine series yet—it's not too late! Now is a good time to ask their doctor or nurse about vaccines for your preteens and teens. Call the Health Center to make a Nurse appointment to make sure your children are up to date on their vaccines.

**CANCER IS A SCARY THING, SO DO
WHAT YOU CAN NOW TO PREVENT
CERTAIN TYPES OF
CANCER IN THE FUTURE!**

Reference: www.cdc.gov

Isleta Diabetes/Obesity Prevention
Advocacy Group

Monthly Meeting

February 13, 2014

1:00 p.m. - 2:00 p.m.

Location: Large Conference Room
Isleta Health Center

Every 2nd Tuesday of each month

Sponsored by: Isleta Diabetes Prevention Programs (505) 869-4595

Isleta Health Center Calendar				Questions? Call 869-3200	February 2014	
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	IHC = Isleta Health Center BHS = Behavioral Health Services					1
2	3 Early Recovery Skills: 9-11am @ BHS. Freedom From Smoking (Session 4): 4:15pm @ IHC; call 869-4479 for info. Young Leaders Youth Krew: See February 5 th .	4 CANCER AWARENESS DAY Behavioral Health Women's Group: 10-11am @ BHS. Freedom From Smoking (Session 5): 4:15pm @ IHC; call 869-4479 for info. Adult Wellness: 5-6pm @ BHS.	5 Parent Group: 9-11am @ BHS. AcuDetox: 1-2pm @ BHS. Young Leaders Youth Krew: @ POI Elderly Center.	6 Isleta Diabetes & Obesity Prevention Advocacy Group: 11-12pm @ IHC, Large Confer- ence Room. Women's Path to Recovery: 1-2:30am @ BHS. Str8 Rez: 4:30-6pm @ BHS.	7 Go Red For Native Women Conference - Heart Health Summit: 7:30-4pm @ SIPI, Science & Technology Auditorium. For more info and to regis- ter, call Rachel Crawford at 405-593-6931. FREE!	8
9	10 Early Recovery Skills: 9-11am @ BHS. Freedom From Smoking (Session 6): 4:15pm @ IHC; call 869-4479 for info. Young Leaders Youth Krew: See February 12 th .	11 Behavioral Health Women's Group: 10-11am @ BHS. Isleta Cancer Education & Sup- port (ICES): Different Cancer Treatments 10:30-12pm @ IHC. Grief/Loss Group: 2-4p @ BHS.	12 Parent Group: 9-11am @ BHS. AcuDetox: 1-2pm @ BHS. Anger Management Skills: 1-3pm @ BHS. Young Leaders Youth Krew: Activity @ BHS, 4:30-6pm.	13 Dental Health Presentation for Parents: 10am & 6pm @ POI Head Start & Child Care. Women's Path to Recovery: 1-2:30am @ BHS. Str8 Rez: 4:30-6pm @ IBHS.	14	15
16	17 President's Day CLINIC CLOSED	18 Behavioral Health Women's Group: 10-11am @ BHS. Freedom From Smoking (Session 7): 4:15pm @ IHC; call 869-4479 for info. Adult Wellness: 5-6pm @ BHS.	19 Parent Group: 9-11am @ BHS. AcuDetox: 1-2pm @ BHS.	20 Great American SPIT OUT! Call 869-4479 to help you quit Spit Tobacco. Women's Path to Recovery: 1-2:30 @ BHS. Str8 Rez: 4:30-6pm @ BHS.	21 Tobacco Use Prevention Session 1 w/Isleta Elementary School 4 th Graders (Stephanie Barela, Health Educator).	22
"Through With Chew Week" - call Stephanie at 869-4479 to learn more about being tobacco free (Commercial Tobacco)						
23	24 Early Recovery Skills: 9-11am @ BHS. Young Leaders Youth Krew: 4:30-6:30pm @ BHS. Freedom From Smoking (Session 8): 5:30pm @ IHC; call 869-4479 for info.	25 Behavioral Health Women's Group: 10-11am @ BHS. Adult Wellness: 5-6pm @ BHS. Isleta Diabetes Alliance: 6-7pm @ Diabetes Wellness Center (with BHS Young Leaders Youth Krew).	26 Parent Group: 9-11am @ BHS. AcuDetox: 1-2pm @ BHS. Anger Management Skills: 1-3pm @ BHS.	27 Health Fair Planning Meeting: 9am @ Health Center. Women's Path to Recovery: 1-2:30am @ BHS. Str8 Rez: 4:30-6pm @ BHS.	28 Have A Heart Project Artwork Submission Deadline Call 869-4595 for more information.	



Thinking About Quitting

90 minute support session to increase your motivation to quit smoking whether you are ready to quit or not ready to quit.

You will receive (free):

- The Guide to Help You Quit Smoking — your own personal workbook
- Help in identifying your barriers to quitting commercial tobacco
- Help in identifying your personal motivations for quitting
- Pack Tracks to identify the kind of commercial tobacco smoker you are

Topics Covered include:

1. Am I ready to quiton a scale of 1-to-5?
2. How addicted am I to nicotine?
3. Using over-the-counter (OTC) Nicotine Replacement Therapy (NRT)
4. Free NRT & assistance @ Quit Line 1-800-QuitNow or enroll at QuitNowNM.com
5. Pros and Cons of Quitting Smoking... Identifying Barriers and Motivators
6. Closing Backdoors
7. Introduction to The Guide to Help you Quit Smoking
8. Pre-view of Pack Tracks — using them to cut back before Quit Day
9. Preparing a Quit Kit — tool for surviving the first two weeks after quitting
10. Using a Calendar to reward yourself (optional)
11. Dealing with Losing your Best Friend the Cigarette
12. How to support your friend or family member who is Thinking About Quitting
13. Other tools to help you quit: Freedom From Smoking® Online at www.ffsonline.org

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

2014 ICES Schedule

Isleta Cancer Education & Support 2nd Tuesday of the Month

10:30 - Noon at the Isleta Health Center (unless otherwise noted)

Date	Topic	Speaker	Organization
1/14/2014	Prevention	Joseph Toledo	Jemez Pueblo
2/11/2014	Different Cancer Treatments	Emily A. Haozous, PhD, RN Assistant Professor	University of New Mexico
3/11/2014	Evening Session 6-7:30pm Topic to Be Determined		
4/8/2014	COME HOME Medical Home Idea	Dr. McAneny	New Mexico Cancer Center
5/13/2014	Newly Diagnosed and People Living Through Cancer	Julie Hughes	People Living Through Cancer
6/10/2014	Evening Session 6-7:30pm 3 Time Breast Cancer survivor	Wynona Holton	
7/8/2014	Finding the Best Cancer Treatment	Dr. Naraev	New Mexico Cancer Center
8/12/2014	Prostate Seed Implantation	Dr. Guo	New Mexico Cancer Center
9/9/2014	Evening Session 6-7:30pm "Cancer Treatment: How to make informed choices about standard care and clinical trials." DINNER SERVED	BLOOD CANCER AWARENESS MONTH Meeting in the Kitchen at the Isleta Health Center	The Leukemia & Lymphoma Society
10/14/2014	Prevention	Joseph Toledo	Jemez Pueblo
11/11/2014	Canceled due to Veteran's Day		
12/9/2014	X-Mas Party/ Survivor Panel		

Topics are Subject to Change.
CONTACT Stephanie Barela to Sign Up and to Learn More 869-4479