



Isleta Pueblo News

Volume 5 Issue 3

March 2010

Governor's Report

The New Mexico State Legislative 30-Day Regular Session ended on February 23, 2010. The New Mexico State Legislators failed to deliver a budget, which means that Governor Bill Richardson will call for a special legislative session. The special session was scheduled for February 24, 2010 but has been moved to March 1, 2010. This session will mainly focus on the state budget and hopefully the legislatures will come to an agreement on cuts and increases.

The Legislature failed to pass House Bill (HB) 112, the severance tax bond (STB) package, which includes \$2.5 million for the tribal infrastructure fund and HB 113, the general obligations bond (GOB), which includes \$1.75 million for the tribal libraries and \$14,000 for the Isleta Senior Center. However, a number of bills important to tribes passed, including HB 162 the Severance Tax Bond, which will take 5% of the state's senior severance tax bonding capacity and dedicate it into the tribal infrastructure. The bill passed 42-24 in the House and 40-0 in the Senate; HB 56, NMFA Water Fund Projects, which include authorization for the Pueblo to receive Water Board Funds this next session; and HB 90, Native American Schools Dual Credit Programs, which will allow students attending federal BIE schools to receive dual credit at state and tribal colleges.

The proposed cigarette tax bill increase is still in question, and this issue will most likely be discussed during the special session as to whether or not a tax to cigarettes will be added. Issues such as the proposed cigarette tax increase affect our tribal businesses, and therefore it is important for tribal leaders to be present during the legislative sessions. Although tribes have been exempt from taxation of consumer products sold on reservations in NM, some states have taxed these items before they reach the reservations. Although we have a contingent of legislators who support the tribes, the state of the budget deficit is threatening the tribes' tax exemptions. Tribal leaders have met with Governor Richardson and State Legislators in hopes of allowing tribes to keep the tax increases if they pass. This will require each tribe to regulate and enforce all taxable products such as cigarette and gas sales. These taxes which will go into the general fund of each tribe. We thank our State Legislators for their support, and we thank Senator Michael Sanchez for carrying HB 162 to the Senate floor which was unanimously passed.

If you have visited the pueblo lately you have probably noticed the Old Courthouse Renovation. Work is on schedule with hopes that Catholic masses will begin being served during the latter part of March, at which time the renovation of the Saint Augustine Church will begin. The water project which will replace the old water lines in the Pueblo will also begin in March.

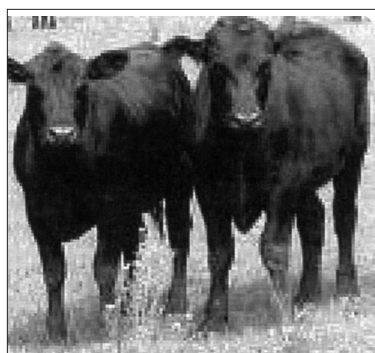
On Friday, February 26, 2010, Tribal Treasurer, Andrew Teller and I met with US Senator Tom Udall Staffer, Michael Lopez, and had an on site visit of the Judicial Complex. During this time we requested for appropriations to fund this and other projects for Isleta. We have also requested for funding from Congressmen Harry Teague and Ben Lujan.

ATTENTION: LIVESTOCK/CATTLE GRAZING PERMITTEES

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

Questions regarding your Grazing Permit Contact,
Randy Lujan: 505.724.9284

Questions regarding Payment contact,
Sandra Montoya: 505.869.1808



Congressman Harry Teague Announces Staff Mobile Office Hours for Native Americans

New Mexico — Congressman Harry Teague's district staff will host "Native American Mobile Office Hours" at the Isleta Pueblo on March 25th. Tribal leaders and members of the community are encouraged to attend to share their thoughts and learn more about the issues, agencies, and problems the Congressman's district staff can assist with. Constituents can call Congressman Teague's office at (505) 865-7802 if they have any questions.

Congressman Harry Teague developed the "Native American Mobile Office Hours" program to help his office address the unique and challenging concerns of tribal governments and individual members of the pueblos and tribes across Southern New Mexico. In addition to opening 6 Congressional Field Offices, the "Native American Mobile Office Hours" program is a community outreach initiative developed by Congressman Teague to help him stay in touch with Native American communities throughout New Mexico's vast second congressional district.

Congressman Harry Teague's district includes the Pueblos of Acoma, Isleta, Laguna, and Zuni, as well as the Mescalero Apache Tribe, and the Navajo Nation Chapters of Alamo, Ramah, and To'hajiilee.

Thursday, March 25th:

WHAT: Native American Mobile Office Hours
WHERE: Isleta American Legion Post 209, 191 Tribal Road 2

WHEN: Thursday, March 25th, 8:30 AM — 12:00 PM

QUESTIONS/APPOINTMENTS: Congressman Teague's Los Lunas Office (505) 865-7802
Kara Kelber
Congressman Harry Teague
1007 Longworth House Office Building
Washington, DC 20515
202-225-2365 kara.kelber@mail.house.gov

There will be a Meeting for All Veterans on Saturday, March 20, 2010 at 5 pm.

A representative from the NM State Veterans office will provide information on the following NM Department of Veterans' Services benefits:

- Veterans' Property tax Exception
- Disabled Veteran Property Tax Exception
- Disabled Veteran License Plate
- Veterans License Plates
- Disabled Veterans Hunting & fishing License
- Annual "Day Use" Pass at New Mexico State Parks, Admission to state Museum & Monuments
- And, bring your DD-214 and apply for your NM State Tax Reimbursement.

Information will also be provided on filing a claim to the Veterans' Administration for service connected disabilities, non-service connected pensions, death pension, burial benefits, etc. Bring your DD-214!!! Refreshments will be served!!!!

ISLETA PROJECT VENTURE

Isleta Behavioral Health Services
P.O. Box 580 Isleta, NM 87022
(505) 869-5475

To the Community of Isleta Pueblo,

I am proud to announce the recent collaboration between the Isleta Truancy Department and Project Venture in the first ever PhotoVoice (www.photovoice.org) pilot activity. Both agencies are working together to assist our youth in obtaining important life skills through the use of photography. We have recruited 3 professional photographers, one of whom is from Isleta, who are willing to volunteer their expertise to 6 Isleta youth. Participants will learn about the field of photography and the art of taking pictures in order to express themselves and bring awareness of who they are to the Pueblo.

Our kickoff date was February 27, 2010 and included a fieldtrip to several Santa Fe, NM museums introducing several areas of art to our youth in hopes to get them excited to create artistic ideas of their own. An additional fieldtrip to the University of New Mexico library will provide our students with the history of Native American photographers and how art, in general, has negatively and positively affected Native Americans.

We will be meeting every Tuesday and Saturday for 8 weeks and will facilitate several leadership activities to our participants touching on the areas of learning about SELF, EACH OTHER and the COMMUNITY of ISLETA. By learning about these areas it is less likely our youth will make unhealthy decisions when it comes to substance use/abuse or other social issues.

In order for use to understand the pressures our youth are facing in today's world I have included some statistical data regarding young Native American people:

Challenges for All Indians and Native Americans

Cultural

- Perceived discrimination
- Stereotypes, negative attitudes, and prejudices
- Dealing with their identity as Indians
- Conflict between traditions and new opportunities

Educational

- 51% graduation rate (versus 68% for all Americans)
- 17% of those aged 16-19 not in school and no high school diploma or equivalent (versus 9% for all Americans)
- 18% aged 16-19 not in school and not working (versus 10% for all Americans)

Health

- Alcohol and drug abuse (twice

national average)

- 75% of Native American youth deaths are alcohol-related
- Substance use at early age
- Health issues
- Mental illness
- Post-traumatic stress (history of oppression and present circumstances mean that risk of trauma is comparatively high)
- Lower than average life expectancy
- High suicide rate (2.5 times national average)

Criminal

- High rate of gang participation
- Involvement in juvenile justice system 2.5 times the national rate

Social

- Single parent household
- Overrepresentation in foster care
- Unlikely to take advantage of transitional living services as they age out of foster care

Personal

- Above average poverty (twice national average)
- Homelessness
- Low self-esteem
- Unclear self-image

Truancy and Project Venture are hopeful photography will allow our youth an expression avenue helping them better understand who they are and to utilize what skills they possess in order to live the gift of life to the best of their ability. As mentioned this is the first time we are doing this type of photography program and are confident we will reach more Isleta youth in the future. Of course, we need the support of our community — we encourage you to contact us to know more about the services we offer and how to help us grow and it doesn't help to talk to others about our unique services.

Other youth activities include attending the OMG! Girls Conference provided by the New Mexico Girls Institute (www.nmgirlsinstitute.org) - The NM Girls Institute is a program of the NM Commission on the Status of Women. The Commission is charged "to increase the knowledge of the rights, responsibilities and interests of women and girls in New Mexico and to preserve women's history and contributions to our state".

If you have any questions, comments or would like to know more about what Isleta Truancy and Project Venture are planning please contact **Margaret Abeita, Truancy Coordinator at (505) 869-3870 and/or Jennifer Padilla, Isleta Behavioral Health Prevention Coordinator at (505) 869-5475.**

(All statistical data is courtesy of Judith O. Wagner & Micheal Wonacott in Indian and Native American Youth, 2006)

NOTICE TO ALL CHICAL DITCH MEMBERS

All Tribal members who own irrigated farm land in the Chical area.

By order of the Ditch Mayordomos, each spring, ditch work is called for each member of the Pueblo who has an assignment of irrigated land. If you are a member of the Chical Ditch Association (active or exempt) you are required to pay an assessment fee of \$10.00 per year. A penalty fee of \$15.00 is assessed for each year of ditch work that you miss. Chical Ditch members who owe fees to the association for this upcoming year and for prior years are requested to make arrangements for payment as soon as possible.

Please contact me at 869-2026 (home) for information on the amount(s) owed. Payments can be made by check or money order via sealed stamped envelope to:

Chical Ditch Association
P.O. Box 632
Isleta, New Mexico 87022.

Payment received will be deposited in the Chical Ditch Association Account at Wells Fargo Bank. Receipts for member payment will be made available.

Fees collected by the Association are used to pay for expenses incurred by the Mayordomos during their term of office.

Thank you for your cooperation.

Richard Lucero, Treasurer
Chical Ditch Association

Tribal Education Department Board of Education

Pueblo of Isleta
Isleta, New Mexico 87022
Phone: 505-924-3185
FAX: 505-869-7690

TRIBAL BOARD OF EDUCATION VACANCY ANNOUNCEMENT

Dear Community:

Pursuant to Sec. 1(D) of the Pueblo of Isleta Board of Education policy and procedures, the Tribal Board of Education is announcing a vacancy for a position on the Board. Interested community members shall submit a letter of recommendation and resume to the Board. The Board will submit its recommendation(s) to the Tribal Council for final approval of appointment. Documents maybe addressed to the following:

Mr. Rodney Jones, Chair
Tribal Board of Education
P.O. Box 1270
Isleta, NM 87022

No electronic or facsimile will be accepted. For any additional information concerning the vacancy please contact Mr. Rodney Jones or Christle Bearheels-Ricketts, Executive Director, Isleta Education.

/s/Rodney Jones, Chair

Pueblo of Isleta Johnson-O'Malley Program

The school year is definitely flying by, and here at the JOM program we are working diligently to provide the best academic supportive services to your student. We believe that our Native American students have the opportunity and support to be successful in school reaching the highest levels of academic achievement possible. We held our parent meeting in collaboration with Jeanette D. Garcia, Coordinator of Special Programs (Indian Education) from the Los Lunas Public School District on February 20, 2010.

JOM Budget

During the meeting we provided information regarding the JOM budget which allocates funds to JOM planned and operated youth activities such as the Chaco Canyon, Carlsbad and visit to the Albuquerque Museum trips that were held. Educational material takes up a large sum of our Federal funding. Educational material includes basic school supplies for the beginning of the school year and funds to purchase TI-83, TI-84 and scientific calculators. This also includes money to purchase materials required for the K-12th grade tutoring program. The next allocation of funds is distributed to educational support, which provides money for the Outdoor Science Program held during the summer, reimbursement for SAT/ACT test fees (receipt required), and our pilot project titled, Bridging the Gap: Bringing Technology Home. Please keep in mind the Johnson-O'Malley Program is a federally funded program; JOM does not receive supplemental funding for activities from the Pueblo of Isleta at this time.

IEC Member Election

We also held elections for two vacant positions on our Indian Education Committee. We would like to welcome Leander Muskett, a parent representing Los Lunas, and Odessa Montoya. Odessa is representing Albuquerque. We would like to thank the parents and students that attended this meeting. They passionately demonstrated their ability to make positive choices for their peers, the students and the JOM program. Students have the opportunity and the right to voice concern and ideas regarding the support they receive. We strongly encourage parents and students to attend our monthly meetings. Your voices are the driving forces for our program. This is also the opportunity for you voice any comments, concerns or issues you may have about the Indian Education programs provided by the Los Lunas Public Schools under Jeanette Garcia.

Los Lunas: NO more Block Schedule?

Jeanette Garcia informed us that the School Board approved a change in next year's high school schedule. The students will no longer be on a block schedule. The number of credits required for graduation may change. This change may have little impact students that are expected to graduate in 2011. Any questions please contact the counselor at your student's high school.

JOM Oklahoma Conference

We are hoping to attend the Johnson-O'Malley conference in Tulsa, Oklahoma during the week of March 22-25, 2010. There are several important workshops being offered. We believe it is important to have knowledge and information regarding these specific educational areas. Topics include learning styles/multiple intelligence, student/parent rights, roles and responsibilities of Title VII, elders/parents as teachers. Other workshop topics include early childhood programs, special education, gifted/talented programs, summer programs, and alternative education.

Tutoring and On-site Student Support

After school tutoring is on-going. Contact Bernadette for schedules and times at 924-3189 or poi13002@isletapueblo.com. Bernadette will be on-site at Valencia High School on Tuesdays and Thursdays during both lunches to assist students primarily in the area of Math but may assist in other areas if necessary. She is also scheduled to be on-site at Native American Community Academy in Albuquerque on Monday and Wednesdays during their advisement time. She will be at these sites to assist JOM Eligible students academically.

Valentine's Family Activity Night



It was a pleasure to have parents and students attend our Valentine's Activity Night. We served cookies and punch while students carefully crafted and designed very special mementos to give to those special people in their lives. **Month of March**

Activities

March 13, 2010 at 7:00am we will be taking students fishing at the 4th Annual Free Fishing Derby. Students must bring their own poles. Sack Lunch will be provided.

March 14 & March 28 Fry Bread and Indian Taco Sale @ Leno's Smoke Shop, please support students fundraising to go to Washington, D.C.

Johnson-O'Malley Senior Banquet meeting will be scheduled for Saturday, March 27 at 9:00am. All Seniors from Albuquerque Public School, Los Lunas High and Valencia High School are encouraged to attend. Also, please contact the JOM office with your student's name if they are graduating this school year. Any questions regarding any JOM activities please contact us at 924-3189.

Pueblo of Isleta Public Library is Excited to announce our March After School Incentive Program!

Saturday, March 27 we will be taking 12 lucky student to the 2010 Ty Murray Invitational @ the UNM PIT!

In order to be 1 of the lucky 12; students must earn a total of 30 points!

Points will be earned for doing homework @ the library and reading 20 minutes. Extra points may be acquired by attending a presentation & participating in craft projects.

Points can be earned starting March 1 through March 26!

For additional information call your Library @ 505.869.8119!

REGULATORS!!! MOUNT UP!!!

NOTICE

ISLETA POLICE NON-EMERGENCY PHONE NUMBERS

505.869.3030

505.869.3370



505.724.9280 IS NO LONGER IN SERVICE

EMERGENCY DAIL 911

Horses Shot... Police Requesting Information

The Pueblo of Isleta Police Department is asking for information leading to the arrest of person(s) who may have been involved in the shooting of horses on the afternoon of February 28, 2010. If you have any information, please call Isleta Police Department at 869-3030. Your identity will be kept confidential. The owner is offering a reward.

Listen, Learn, & Pass it On!

Tiwa Language classes offered to any and all Isleta people who want to learn the Isleta Tiwa Language. Classes are at the Old Elementary School and everyone is encouraged and welcome to attend.

Tiwa 201 Intermediate and Tiwa 301 Advanced

Monday: 6pm to 8pm

Tuesday: 5:30pm to 8pm (total immersion class)

Thursday: 6pm to 8pm

Saturday: 9am to 11am

Tiwa 101 Beginning Tiwa

Monday: 6pm to 8pm

Tuesday: 6pm to 8pm

Thursday: 6pm to 8pm

Saturday: 9am to 11am

****Also available by appointment.**

Language Program

Paul Lujan

P.O. Box 1270

Isleta Pueblo, NM 87022

Phone: 505-924-3187

Fax: 505-869-7690

E-mail: poi08200@isletapueblo.com

For more information, please contact Paul Lujan.



Isleta Social Services

Isleta Social Services in collaboration and coordination with other service providers in the community has begun the planning process for the 2010 Child Abuse Awareness Activities that are scheduled during the month of April. Some of the activities that will be taking place are the following:

April 7th-1,2, and 3 mile walk/run commencing at 7am. Starting line will be at the Isleta Recreation Center. Everyone is invited to participate.

April 13th, 15th and 16th-Mini presentations will be delivered to the Isleta Elementary School students regarding personal space, bullying, good touch, bad touch and self-esteem and confidence building.

April 22,23-Annual State/Tribal Conference at the Isleta Casino and Resort

April 24-Annual Child Abuse Awareness Campaign Fair and Parade/Barbeque at the Isleta Recreation Center from 10am-2pm.

The entire community is invited to participate in the walk/run and to participate in the fair and parade. Float entries should depict messages related to child abuse/neglect prevention. All entries will be judged and prizes awarded to 1st, 2nd and 3rd place winners.

Community members are also invited to submit a theme for this year's activities. The theme should also be related to child abuse/neglect prevention. Please submit your ideas for a theme by March 5th to Isleta Social Services. The Theme that is selected by the committee will result in a Dion's gift certificate to the person that submitted the winning Theme.

Anyone that is interested in attending the next few planning meetings may contact Isleta Social Services at 869-2772. If you are interested in volunteering to assist with any of the above mentioned events, please contact the department.



**Pueblo of Isleta
Department of Education
Higher Education Program**

Will Be Hosting A College Career Fair

**College Career Fair Will Be Held
At Isleta Casino & Resort**

DATE: APRIL 29, 2010

TIME: 12:00PM TO 7:00 PM

**FOR MORE INFORMATION PLEASE CALL;
505/924-3185 OR 505/924-3186**

Isleta Pueblo News

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Isleta

Elementary School

Greetings from the Isleta Elementary School! I am honored to introduce myself to everyone in the community as the new Isleta Elementary School Principal. My name is Gweneth Torivio and I am from the Pueblo of Acoma. I began my work on December 15th at our fabulous school. I come to you with almost 20 years of teaching experience and 17 of those years were dedicated to teaching at Sky City Community School. I am state certified and licensed as a K-12 Administrator, a Level III Instructional Leader and a Level III Elementary Teacher.

I have been very excited to meet all the children and parents at the start of the New Year. I look forward to working with our dedicated teaching staff in accomplishing great academic strides. I know our children have the potential to make academic gains with the support of our parents, community members, and tribal leaders.

I would like to extend an invitation to you to stop by and visit, to learn more about all the wonderful changes that have been implemented to assure that our children continue to have many positive learning experiences.

We are mandated by the Bureau of Indian Education to test our students throughout the year using various assessment tools in Reading, Math and English to determine proficiency and growth.

Recently, all newly enrolled students and students who have not scored as proficient in the English language were tested using the ACCESS assessment (Assessing Comprehension and Communication in English State to State). Our students are assessed with the DIBELS (Dynamic Indicator of Basic Early Literacy Skills) test which measures reading fluency and comprehension. Our students were recently tested using MAPS (Measures of Academic Progress) which measures proficiency levels in reading and math. We will administer the Standards Based Assessment for third through sixth grade students in April. The student results from the Standards Based Assessment determine our Adequate Yearly Progress (AYP). Students who are in the "intensive"

group may be tested more frequently throughout the school year. Student test results that are below grade level quite often have frequent absences, tardies or early check-outs.

It is critical that each student is present on-time and every day. Once again, our day begins at 8:05 a.m. and ends at 3:15 p.m. on a regular day and 12:45 p.m. on an early release day. Students who are tardy and/or absent miss out on quality reading instruction and comprehension. Students who are tardy also disrupt the entire class. Students who are checked out early are losing instruction in math, science and social studies, which are equally important. If your child will be absent, please notify the school by phone call or in writing.

In the past, we accepted phone calls requesting changes for after-school arrangements. This practice will no longer be acceptable. There have been numerous requests which interfere with instructional time and unnecessary confusion for students and staff. We are requesting that all parents send a note with their child in the morning so that appropriate staff members are notified and parent requests are addressed in a timely manner.

Let us work together to ensure that your child is reaching his/her full potential. Thank you for your cooperation!

The following is a breakdown of our attendance from August 17, 2009 to February 19, 2010.		
Absence Code	Number of Absences Tardies/Checkouts	Description
Absences	1212	Absences without approved excuse
Medical Absences	266	Absences with medical notes from doctor
Checked out and returned	18	Students picked up and returned to school on the same day
Early checkout	465	Students picked up early
Checked out	75	Students picked up early for medical appointment with doctor's statement or students that go home sick
Medical reasons		
Medical Reasons	40	Students tardy due to medical appointment with doctor's statement
Tardy	1143	Students late to school
Tardy and early checkout	14	Students late to school and picked up

Los Lunas / Valencia High School

Title VII Indian Education

Important Dates:

- March 1...LLHS Graduation and Senior Information Night
LLHS Auditorium - Questions about graduation and senior information will be discussed. Parents/Senior please plan to attend.
- March 2...LLHS Tiger Band Festival Concert
- March 4 - 5...Drama Production..."Jerry the Katler" at 6 PM
- March 10...LLHS High School Career Fair - 8:30 am- 12:30 pm...LLHS Gymnasium
- March 15 -19...Spring Break -No School!!!!
- April 9...2010 SENIOR/PARENT/GRANDPARENTS/ STAFF POW-WOW... Isleta Pueblo Recreation Center -5:00 pm -10:00 pm
- April 16 -17... "Eye of the Tiger" Festival - 7:00 pm LLHS Auditorium
- April 23 — 24...NMAA State Band Festival

- April 27...LLHS Art Festival
- May 1...LLHS Prom at Isleta Casino & Resort - 7:30 PM
11:30 PM

From Valencia High School:

- Program of Studies are to be handed out the first day back from spring break
- Valencia High School has "EXPO Day" on **March 23** which is the day where the academies (ABHL, ACME, ATLAS*) will be promoting their electives. Then pre-registration will continue that week with our monthly advisory meetings.
- We have talent show assembly on **March 26.**



Pueblo of Isleta Public Library

Hello Little Island People,

Well, spring should be somewhere near; which means Spring Break, spring cleaning, and Daylight Saving Time for all of us. If you're fortunate enough then you have an excuse for reporting to work an hour late. Right? Wrong, I just ruined it for everybody! Enough "Cooler Talk" let's get to the business!

NEWS

With the warm weather upon us, the children who attend the library for the After School Homework Program tend to want to play outside more. Which means they will do two things: 1) claim they do not have homework so they can play outside and 2) sneak off to the park without notifying their parents or library staff. Over the past years the number of people utilizing the library's resources has increased exponentially which means the library staff is busier than ever helping the After School Homework Program Students and library patrons. Parents, if your child/children attend or visit the library and you are against the notion of them playing at the park without any supervision, please explain that to them. The library staff is trying their best to monitor all students at all times but it can become difficult at times; therefore we would appreciate any help on your part. Thank you for understanding.

The library will be posting a Temporary Part-Time Library Aide position. We are looking for someone who is willing to work twenty hours a week for four and a half months starting the second half of April and ending in August. The pay will be \$9.00 an hour and library experience is not needed BUT it would sure help your chances a great deal. College students, this would be an ideal summertime job for you. Applications for the position can be found at the Pueblo of Isleta Human Resources Department located in the Administration building. The position should be posted sometime in the first two weeks of March. For more information, please call the library at 505.869.8119.

As mentioned in last month's newsletter, the Digital P.O.I. Monthly Newsletter is back in effect starting with last month's issue. Many of you were already on the list serve BUT let me remind you all that the Pueblo's Network was infected with a virus causing all email subscribers to be erased from our data base. All you have to do to continue your service is resend us your email address with a brief message stating that you would like to be added to Digital Newsletter List Serve. All emails can be sent to poi02002@isletapueblo.com. In the beginning we had a lot of community members that were enlisted in military; along with community members that moved away but wanted to remain in touch with the "Motherland". Please pass this news on to them as well. Thank you!

Finally, a last minute change to our Fundraising Flea Market. Due to our wonderful unpredictable New Mexico weather we have decided to move the date to Saturday, May 8th. This way, vendors are not freezing nor holding down their

merchandise from being blown across the parking lot. Also, we are hoping the warm weather would persuade community members to come and visit the Flea Market. Sorry to get all your hopes up but the change is for the best for all parties.

Upcoming Programs

Ty Murray's 2010 Invitational at the UNM Pit will be our March After School Homework Incentive Program. Since, the UNM Ticket office will not be giving us a group rate discount, we will only have enough tickets for twelve lucky students. In order for students to secure their ticket they must be one of the twelve to who earn the required thirty points. Points can be earned by doing homework and reading at the library. Students can start earning points on March 1st through March 26th BUT due to limited amount of tickets I assure you this program will be competitive. The library plans on taking the group to the Rodeo on Saturday, March 27th. For further information, please call or visit the library.

Shadi Sangre, youth employee from the W.I.A. program will be conducting three St. Patrick's Day activities. First, they will be making bracelets and necklaces to wear on St. Patrick's Day. Second, Monday, March 15th they will be taking St. Patrick's Day pictures and creating their very own four leaf clovers. Lastly, on the St. Patrick's Day those who took pictures on Monday will be creating custom frames for the pictures as a keepsake for friends, family, or themselves. Keep in mind these festive activities are for anyone and everyone. If you should have any questions, feel free to call or visit the library.

We just got word from the Holiday Mythical Association (H.M.A.) that the Easter Bunny will be gracing the Pueblo with his appearance on Wednesday, March 31st. Pictures will be taken from 2:30 P.M. – 6:30 P.M. @ your favorite library in the entire state of New Mexico. As usual, the library will be purchasing two 4x6 pictures for those individuals who strike a pose with the Easter Bunny. If you would like to take additional pictures with your own camera, you may do so. The Easter Bunny has one



Showing the Casino Folks How to WIN!!!



Friends posing for V-Day Pix!!!

DEMAND, that everyone who visits leave your "Rabbit Sticks" at home.

During the month of April, the library will be hosting a series of Poster making sessions for Child Abuse Prevention Month. All posters which are created will be displayed in the Recreational Gym during the BBQ after the Parade on April 24th. All supplies will be provided by the Library. Poster making sessions are scheduled for April 7, 14, & 21.

The library will once again be conducting Traditional Baking classes at the old elementary. As of the moment, the Bread Baking class has been scheduled for Saturday, April 17th @ 8 A.M. The Department of Education/Language Program & Library are currently working out the "kinks" to make this particular program even more successful than last year's Traditional Baking classes. Those of you interested in the class, be sure to mark your calendars. For additional information, please call or visit the library.

RECAP

The January, After School Homework Incentive students finally went on their trip to iT'Z Family, Food, & Fun on Saturday, February 6th. The reason for the trip taking place in February was to pay respect to the families who had lost family members at the end of January. With that said, the students enjoyed themselves regardless if they lost their money cards by eating twice before leaving the establishment. The library would like to thank Rick Giron and the staff @ the Recreational Center for providing us with two vans for the trip.

As a kick off to Jungle Jack Hanna's Into the Wild Program (February Homework Incentive Program), we invited Carolyn Newell, of Exotics of the Rainforest LLC, to the library for a presentation for the community on the evening of February 8th. The youth loved every minute of the presentation and were excited to be called up front to interact with the colorful birds. Even the parents who came to pick up their children stayed and watched the program in its entirety with cell phones in hand taking pictures. Since this was such a success there is a good possibility that we will bring Carolyn Newell and her various creatures back for another presentation. For the Valentine Holiday, the library set aside a day for the community members to take Valentine's Day Pictures. Natasha Abeita created a wonderful themed border which made the pictures more elegant. Parents and community members, we still have the digital copy of the photos and if you wish to have a copy please bring a blank disc or a flash drive to the library. We will be happy to provide you with your very own digital copy so you make additional pictures, use as screen saver, or upload to your digital frame.

At this moment, I would like to THANK all of those individuals who purchased candy grams from the library. We hope that you and your "Valentine" appreciated the candy gram. All proceeds of the fundraiser will go towards both Adult and Youth library programs at the end of the year when P.O.I. funds start to run low.

On Sunday, the library staff and sixteen hard working students attended the Jungle Jack Hanna show, Into the Wild, at the Popejoy Hall on UNM Main Campus. Not only was the presentation funny and entertaining but it was very educational. Each student had a favorite animal or clip that Jungle Jack had with him. At the end of the show, our entire group got to meet Jungle Jack himself where he took the



Jungle Jack Hanna & the Pueblo's version of wild animals!!!

time to sign pictures for the kids and pose for a couple of photos with the group.

Jack Hanna was so impressed with the group's commitment to reading and doing homework that he requested for us to send him a copy of the group picture so he may add it to his Facebook Page. Jungle Jack Hanna can be seen regularly on the following shows: Good Morning America, Larry King LIVE, & The Late Show w/ David Letterman. The library would like to Thank the Social Service Department and the Department of Education for lending the library their activity vans to make the trip possible.

Finally, on the evening of February 24th the library hosted its second Precious Babies program. This time we had six new

mothers and babies attend the program which is was very rewarding to witness as a program director. Due to the winter and illness various mothers who attended the first program were unable to attend that evening but they wanted to know if we were going to conduct a third Precious Babies program. So by popular demand a third program will be scheduled. The library would like to THANK the following presenters for making this program a success: Janelle Esquibel of W.I.C., Christine Murphy (Dental), Marla Howe, & Mona Martin (Community Nurses) of the Pueblo of Isleta Health Center.

Contact Info:

Pueblo of Isleta Public Library

Mailing Address:

P.O. Box 610
Isleta, NM 87022

Phone: (505) 869.8119

Fax: (505) 869.7690

Email: poi02002@isletapueblo.com

Hours of Operation:

Monday – Thursday: 8 A.M. – 8 P.M.

Friday: 8 A.M. – 4:30 P.M.

Weekends: CLOSED



Christine Murphy & Parents along w/Babies during Precious Babies Program!!!

New Mexico Vietnam Veteran's Day celebration March 27-28, 2010

"SADDLE UP — "GRAB YOR GEAR" — "MUSTER UP"

New Mexico Legislature has declared 29 March as NM Vietnam Veteran's Day by the passing of HM48 introduced by NM State Representative Jeff Steinborn.

We are calling ALL Vietnam, Vietnam Era veterans, their families and friends to grab your gear and muster up at the inaugural NM Vietnam Veteran's Day Celebration scheduled for 27th & 28 March 2010. This two-day celebration will feature a parade, motorcycle run, banquet and ending with a prayer breakfast.

Saturday 27 March 2010

Motorcycle Run - \$20 (Rider & Passenger)

10am. registration — 1:00pm start (Thunderbird Harley-Davidson, 5000 Alameda Blvd NW to Isleta Lakes)

Contact: Fred Ortiz 505.346.4881

Parade - 9am Formation Bullhead Park — Start at 10:30am (East on Gibson to NM Veterans Memorial Park on Louisiana Blvd) Contact: Ed. Mc Connell 505.881.2331

Banquet/Ceremony - \$60 per person — Hard Rock Albuquerque Hotel & Resort (Formerly Isleta Casino & Resort) 6pm Social Hour 7pm dinner/ceremony Contact: Sardo Sanchez 505 .346 3986



Sunday 28 March 2010

Prayer...Breakfast \$20 per person — 7am Hard Rock Hotel For more details and pre registration contact Sardo, Fred or Ed Headquarters Hotel: Hard Rock Albuquerque Hotel Resort For room reservation (\$79 + tax) call 505.848.1940 (Code: VVD0310)

HELP GET THE WORD OUT TO ALL VIETNAM VERTERANS

Health Beat- Hospitalizations for Coronary Heart Disease, Heart Attack and Stroke are DOWN, but Hospitalizations for Pneumonia and Irregular Heart Beats are UP

Health Educator: Stephanie Barela, 869-4479

According to the US Department of Health and Human Services November 2009 Research Activities issue, Americans are not being hospitalized for treatment of coronary artery disease (CAD) as often. The number of hospitalizations has declined by 31 % between 1997 and 2007. Fatty deposits clog heart arteries, which restricts the flow of blood to the heart and increases the risk of a heart attack in people with CAD. With this decline, coronary heart disease no longer ranks as a leading disease treated in hospitals. It is now ranked #3. Heart attacks hospitalizations have declined by 15%. Heart attacks went from being the 4th leading disease people are hospitalized for, to being number 10 on the list. Hospitalizations for stroke is also down in rankings from number 6 to number 15, falling to 14%. Two issues that rose were hospitalizations for irregular heartbeat, rising 28%, and hospitalizations for congestive heart failure, which rose by 3%. Congestive heart failure moved from being number 3 to number 2, right behind pneumonia for the most common disease treated in hospitals in 2007.

We should all continue bringing down the number of people being hospitalized for Coronary Heart Disease, Heart attack, and Stroke, but also work on bringing down the number of hospitalizations for Pneumonia and irregular heart beat.

To lower your risk of Coronary Heart Disease, Heart Attack, Stroke, Congestive Heart Failure you should:

- Not Smoking/Stopping Smoking-Smokers are 2-4 times more likely to have coronary heart disease than that of a non-smoker. After quitting, your risk of heart problems drops by 15 % and after 15 years of not smoking, your risk is the same as a non-smoker. Sign up for Freedom From Smoking at the Isleta Health Center to help you stop smoking (869-4479).
- Be physically active-Raise your heart rate at least 3 times a week for 30 minutes at a time—5 times a week is even better!! Increase your steps, by parking farther out in a parking lot, window shopping at the mall, take the stairs instead of the elevator and take a easy walk around your neighborhood.

- Know your family history-Children of parents with heart disease are more likely to develop it themselves. Native Americans have more severe high blood pressure than Caucasians and a higher risk of heart disease.
 - Maintain a normal Blood Pressure and Blood Cholesterol
 - Loose Excess Weight
 - Eat a Healthy Diet
 - Decrease or Discontinue Alcohol Consumption
- To lower your risk of Pneumonia, you should:
- Stop smoking-Smoking makes it more likely you will get pneumonia. 869-4479
 - Stay away from people with respiratory infections
 - If you have not had measles or chickenpox or gotten vaccines against these diseases, avoid contact with people who have these infections. Pneumonia can be a complication of measles or chickenpox, so getting these infections can put you at risk for getting pneumonia.
 - Wash your hands often. This helps prevent the spread of viruses and bacteria that may cause pneumonia.
- To lower your risk of irregular heart beats, you should:
- If you notice that your irregular heart beat occurs more often with certain activities, you should avoid them.
 - Stop or don't start smoking
 - Limit or stop your caffeine intake. Some people are more sensitive to caffeine and may notice more symptoms when using caffeine products (teas, coffee, cola)
 - If you smoke, stop.
 - Limit your intake of alcohol.
 - Limit or stop using caffeine. Some people are sensitive to caffeine and may notice more symptoms when using caffeine products, etc
 - Stay away from stimulants used in cough and cold medications. Some such medications contain ingredients that promote irregular heart rhythms. Read the label and ask your doctor or pharmacist what medication would be best for you.

NATIONAL NATIVE HIV/AIDS AWARENESS DAY
AMERICAN INDIANS, ALASKA NATIVES,
NATIVE HAWAIIANS
Stephanie Barela, Health Educator, 869-4479

National Native HIV/AIDS Awareness Day is March 20, 2010. This is a Saturday that the Isleta Community should be aware of. Get tested for HIV on 3-10-2010. Health disparities have historically been higher among Native Americans. One of these disparities is HIV/AIDS, which has been a growing problem among Native Americans. Although the numbers may seem low, Native Americans represent less than 1% of the total number of HIV/AIDS Cases, however the population size should be taken into account, showing that in 2005 Native and Alaskan Natives ranked 3rd in rate of HIV/AIDS diagnosis, just behind Hispanics and African Americans.

Getting tested is the best way to ensure that you and you partners remain as safe and healthy as possible. If you wait until you have symptoms, it can be much harder to treat with medication. With the medication available today, it is entirely possible to live a long and healthy life with an HIV diagnosis, but getting rested early is the KEY!!! New Mexico AIDS Services provides FREE and ANONYMOUS HIV testing, that doesn't even require a needle stick. The HIV tests are saliva based and completely painless and bloodless. Come into the New Mexico AIDS Services (NMAS) on Mondays from 5pm -7pm or Wednesdays from noon to 5pm for free and confidential screening.

To get to NMAS, take I25 South into Albuquerque, Take exit 226A to merge onto I40 East towards Santa Rosa. Take exit 161A for San Mateo Blvd South and turn right onto San Mateo. Then turn on Marble ave and take the 1st left into Truman st NE. NMAS is on the right, at 625 Truman St NE Albuquerque, NM 87110

WIC Breastfeeding Peer Counseling Corner
Breastfeeding May Reduce Diabetes risk says a current study.

Conclusions from a recent study published in the February 2010 issue of Diabetes, a Journal of the American Diabetes Association, found that women who breastfeed their children have a lower risk of diabetes, even years after they have weaned. **Breastfeeding for longer than nine months** was associated with a 56% decreased risk for developing metabolic syndrome. For women who developed gestational diabetes during pregnancy, the study found that their risk of developing metabolic syndrome later in life was decreased by 86%. The researchers followed over 700 women for a twenty year period to determine the association between breastfeeding and metabolic syndrome. Metabolic Syndrome describes a group of risk factors that increase a person's risk for developing coronary heart disease. Risk factors for metabolic syndrome include abdominal obesity, high blood pressure, insulin resistance, and high cholesterol levels. It is estimated that over 50 million Americans have metabolic syndrome.

Duration of Lactation and Incidence of the Metabolic Syndrome in Women of Reproductive Age According to Gestational Diabetes Mellitus Status: A 20-Year Prospective Study in CARDIA
(Coronary Artery Risk Development in Young Adults)
Erica P. Gunderson, David R. Jacobs Jr, Vicky Chiang et al.

WIC Breastfeeding Peer Counseling: # 924-3180

Not Feeling Well

1. Call Nurse Advice Line 1-877-725-2552
2. Follow Recommendations of Nurse
 - a. If he/she recommends you see a physician within a time span and the clinic is not open during that time and you do not have other insurance coverage which requires you to go somewhere else, go to NM Quick Care and present your Tribal ID.
 - b. If he/she recommends you see a physician within a time span that the clinic is open, then go to the clinic.
3. **Contact the Contract Health (CHS) office (869-4488) within 72 Hours**

If you do not follow these 3 requirements, you may be held Financially Responsible for any charges incurred at Quick Care.

Quick Care

Located: 1400 Main Street, Suite D in Los Lunas at the intersection of Main Street and Los Cerritos in the shopping center behind Quizno's.

Open: Monday through Friday until 9pm and Saturday & Sundays 10am -6pm

Need: Pueblo Census ID Card, which shows "I" Number (Financial Assistance can only be provided to enrolled tribal members and their Native American [minor] children and spouses.)

QUICK CARE is an URGENT CARE Service and should not be used for routine medical needs; it is not an emergency room. If the Nurse Advice Line recommends you go to an emergency room, then do so and report it to Contract Health within 72 hours. Individuals with insurance coverage should follow the rules of their coverage and may not be eligible for this Quick Care service.

Prevention is the Key to Staying Healthy

1. Wash Hands Often with Soap and Warm Water.
2. Cough into your hand, elbow, or tissue, not toward another person.
3. If you have flu-like symptoms, stay home until at least 24 hours after your fever is gone (without fever-reducing medicines).
4. Avoid touching your eyes, nose and mouth.
5. Avoid contact with sick people

Isleta Social Services

Child Abuse Awareness Activities for April

TO: Pueblo of Isleta Departmental Staff
FM: Isleta Social Services
RE: Child Abuse Awareness Activities

Date: February 24, 2010

Isleta Social Services is asking for your help in making our Child Abuse Awareness activities a success. We are asking departmental staff for your help.

All interested departments are invited to come up with a THEME for our Child Abuse Awareness Activities in April 2010.

One theme will be chosen to be used for our April 2010 activities. The winning department will win a luncheon from Dion's for their staff.

All participating departments must submit their Child Abuse Awareness Theme by Friday, March 5, 2010 by 4:00 p.m. Please email them to Nadine Waconda at poi05003@isletapueblo.com



As last year was a success, once again we are kindly asking departments to donate prizes for our Child Abuse Awareness Parade/Barbecue on April 24, 2010. Prizes will be given as door prizes and to three float parade winners.

Please call Isleta Social Services if you need more information or have questions on what kind of prizes you can donate. We can be reached at 505-869-2772.

**Your help is greatly appreciated.
Isleta Social Services Staff**

Freedom from Smoking

Take Back Control of Your Life!

8 sessions to help you STOP SMOKING!

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

Want to Stop Smoking?

**SIGN UP FOR
FREEDOM FROM SMOKING.
SESSIONS HELD AT THE
ISLETA HEALTH CENTER
NEW CLASS STARTING IN
FEBRUARY 2010**



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



weekly prizes!

**Help from Others
that are going
through the
same thing!**

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

Parks & Recreation

By the time everyone receives this newsletter we will have once again closed the swimming pool for major general clean up (approx. 2 weeks) and reopened. Although we realize it creates a minor inconvenience for many of you, especially you avid swimmers, it is a must that we do it for the health, safety and accreditation of our facility as a fitness and swimming facility. It is also part of a process that protects your investment as well. When the pool is once again open, it will be ready for the "All Indian Game Day" that we will be hosting on March 10th and 11th. Those two particular days, and because we will have many of the Elders from throughout the State of New Mexico here at our facility, we will be closing the New Rec Center. Again we apologize for the inconvenience, but it is for the health and safety for those several hundred Elders participating and because many of the rooms, gym, aerobics and games room, will be set up with equipment for their activities. Pictured below is our staff doing the intensive work that must be done if we are to stay accredited and functional and protect the investment the Tribe has in this facility. By us doing the work ourselves we save upwards of tens of thousands of dollars. Great Job!



Karate

Congratulations to Mr. Clarence Chavez, 6th dan Karate Instructor and Mr. Jim Yates, 1st Degree Black Belt Assistant Instructor and to their students Kaylee Pesina, Green Belt Karate, Darian Graves, Yellow Belt Karate, Domacio Chewiwi, Brown Belt Karate and Rick Roybal, Orange Belt Karate. These students tested last month and earned their belts.

If you are interested in joining the Karate program please contact Mr. Chavez at 869-8557, Isleta Recreation Center, or at 866-4360.



Park Management

As many of you have already seen, the Park Management crew has been busy getting the parks ready and spruced up for the upcoming growing season. Watering schedules have been upgraded to a couple of times per week and fertilizers and aerating the parks will continue to be part of the schedule. One of the problems that we have noticed was the need to replace park light bulbs over at the "Manuel Valdez Park" in the Ranchitos Neighborhood. From what the staff could ascertain, the bulbs were probably shot out with a BB gun or Pellet gun. Please, as a reminder, if anybody sees anyone vandalizing our park system please call the Isleta Police Department or the Rec. Center immediately.

The Governors and our Judges in our Court system assure us they will prosecute to the fullest. Anyone reporting vandalism will remain anonymous. Remember, these are your parks, let's not let anyone ruin what we have for everyone on our Pueblo of Isleta to enjoy. When monies are spent to replace vandalized equipment, it's monies that ultimately belongs to all you Pueblo members. Let's all do our part to help insure that are parks and pueblo facilities are here for all of us to utilize and enjoy. Pictured below are Tribal member Charles Tenorio operating the sweeper and Robert Alderete and Assistant Park Superintendent preparing the parking lots for striping. All of this is being done in preparation for the Senior Olympics, "All Indian Game Days" that we will host on March 10th and 11th, 2010. As mentioned earlier, the New Rec. Center will be closed on both days to the general public while we host the games. Once again, we are expecting several hundred Elders from Tribes throughout the State and for once the Rec. Center will belong to all of them for two days.



Basketball

Our Elementary School Basketball Program that the Rec. Center is in charge of has continued to do very well in the Southern Pueblo Agency's League. We do however apologize to the parents and especially the children that several games have been cancelled due to bad weather conditions. This has caused make up games and existing schedules to be adjusted to a point that several games may not be made up. This is due to the final SPA's Tournaments taking place in late February and early March. Pictured below are our kids practicing with Coach Carl Anderson and Coach Bernie Jojola.



Isleta Language Program

Mah-wan!

After School Program

Location:
Old Elementary
School.

The Isleta Language Program is offering a After School Language Program Monday thru Thursday for grades K - 12 for those who are interested in Learning to speak the Isleta Language.

- 3 pm - 6 pm
Monday, Tuesday, and Thursday
- 2 pm - 6 pm Wednesday
- Must be of Isleta Blood to attend.



Isleta Language Program

For more information
contact Paul Lujan
at the Department of
Education

Phone: 505-924-3187
Fax: 505-869-7690



WORKFORCE INVESTMENT ACT (WIA) PROGRAM
PUEBLO OF ISLETA

**The National Ironworkers Training
Program for American Indians!**
Provides Pre-Apprenticeship Training
APPRENTICES RECEIVE:

- Direct entry into a Union Ironworker Apprenticeship Program
- Above Average Wages
- Job Security
- Insurance and Pension
- A Great Career
- A way to provide for you and your family's future
- Skills necessary to carry out the trade

Apprentice starting wages range from \$14 to \$18 per hour with raises approximately every six months.

It takes 3 to 4 years to reach Journeyman status with wages ranging between \$24 to \$39 per hour.

Next class will begin June 1, 2010
and end August 12, 2010.

Class is being held in Chicago, Illinois.
Class is FREE for Native Americans

For more information on the National Ironworkers Training Program, please contact Mary Abeita at the WIA Program, 766-6652.

WORKFORCE INVESTMENT
ACT (WIA) PROGRAM
PUEBLO OF ISLETA

Are you looking for a new career or need training?

Local Apprenticeship Programs
Provides Apprenticeship Training and a Job
APPRENTICES RECEIVE:

- Direct entry into an Apprenticeship Program
- Above Average Wages
- Job Security
- Insurance and Pension
- A Great Career
- A way to provide for you and your family's future
- Skills necessary to carry out the trade

Apprentice starting wages range from \$13 to \$18 per hour with raises approximately every six months.

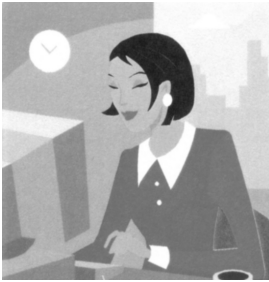
It takes 1 to 4 years to reach Journeyman Status with wages ranging between \$24 to \$39 per hour.

For a list of Apprenticeship Programs stop by the WIA Office located in the Tribal Administration Bldg. next to HR.

For more information on Apprenticeship Programs, please contact Mary Abeita at the WIA Program, 766-6652.

Workforce Investment Act
Pueblo of Isleta

JOB READINESS SKILLS



RESUMES!



JOB SEARCH!

**If you need assistance with your
Resumes or Job Search,
please stop by the WIA Program.**

Please bring a copy of your resume
or your work history.

For more information please contact
Mary Abeita, WIA Program, at 766-6652.

Freedom from Smoking

Take Back Control of Your Life!

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

- Session 1
(Thinking about Quitting)
- Session 2
(On the road to freedom)
- Session 3
(Wanting to quit)
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**Want to
Stop Smoking?**

**SIGN UP FOR
FREEDOM FROM SMOKING.
SESSIONS HELD AT THE
ISLETA HEALTH CENTER
NEW CLASS STARTING IN
FEBRUARY 2010**



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



weekly prizes!

**Help from Others
that are going
through the
same thing!**

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

HOUSEHOLD HAZARDOUS WASTE

Hello everyone! The Department of Natural Resources would like to inform you all, in the community, of Household Hazardous Waste, also known as HHW.



So what is HHW?

HHW as defined by the U.S Environmental Protection Agency, is "Leftover household products containing corrosive, toxic, ignitable, or reactive ingredients." For example, any of the following would be considered HHW:

Paint Thinners-Paint Strippers-Paint Removers

Cleaners: Spot Removers-Toilet Bowl Cleaners-Window Cleaners-
Floor Cleaners-Oven Cleaners-Drain Cleaners

Automotive oil-Fuel Additives-Gasoline

Batteries: All sizes

Household Pesticides: Insect Repellent-Roach Killer-Rat and Mouse Bait

Agricultural Pesticides

Adhesives



Why Should I be Concerned?

Some HHW can pose risk to people and the environment if it is not used, or stored carefully, and disposed of properly.

Improper Disposal of HHW

Improper disposal of household hazardous waste can include pouring them down the drain, on the ground, into storm sewers, or throwing them out with the trash.

Consequences of Improper Disposal



Improper disposal of household hazardous waste can be a threat to the environment and human health in many ways. For example, the sweet smell of antifreeze attracts pets, especially cats and dogs. If you drain antifreeze on the ground, cats, dogs, and wild animals may drink it and get sick or die. Some All-Purpose Cleaners contain ammonia or chlorine bleach. Heavy-duty cleaners may be corrosive and can damage skin and eyes. Improper disposal of a household hazardous waste product can expose people to chemicals leading to possible short-term and long-term health problems such as lung and throat irritation, liver and kidney damage, and cancer.

Upcoming Disposal Event



The Department of Natural Resources and the Transfer Station would like to help the community dispose of their household hazardous waste. On a Date to be

announced, the Departments will be hosting a One Day Collection Event near Pickle Heights and Sunset Hills. A One Day Collection is a day when you can come to a designated site to drop off any of your HHW and we will dispose of them for you! Any of the above listed HHW will be accepted.

Look out for more information on the One Day Collection Event!!! To learn more about Household Hazardous Waste, log onto www.epa.gov and search Household Hazardous Waste! You can also call or swing by the Department of Natural Resources. Our number is 724-9288 and we are located east of the Isleta Fun Connection in Bldg L!

"NUTRITION FROM THE GROUND UP"

NATIONAL NUTRITION MONTH is a nutrition education & information campaign created yearly in March by the American Dietetic Association. It focuses attention on the importance of making informed food choices & developing sound eating & physical activity habits. During National Nutrition month & beyond, the key to a healthful diet is improving your "nutrition from the ground up", this year's theme.

It's common knowledge that a healthful diet is an important part of a healthy lifestyle, but most people have trouble figuring out what to do when planning a complete diet overhaul. An easy way to focus on eating better is to start with the basics: build your nutritional health from the ground up. By starting slowly and giving yourself a good foundation, you can work towards a healthier life. Change doesn't have to be dramatic to make a difference! Try some of these suggestions

- **Focus on fruits & veggies:** When you take a good look at your current diet, you'll probably realize you're not eating enough fruits or vegetables. Add a serving each day to one meal & increase it every few weeks.
- **Make calories count:** Too often, people think of foods as good or bad & that only those on the "good foods" list are okay to eat. When you're choosing between options, focus instead on the ones with more vitamins & nutrients that you need.
- **Test your taste buds:** A healthy eating plan emphasizes fruits, veggies, lean meats, poultry, fish, beans, nuts & whole grains. Those are the basics but you can expand your horizons by trying new recipes or modifying your favorite traditional ones.
- **Trick yourself with treats:** A healthful diet doesn't mean deprivation! Make fruit a treat by cutting up a colorful variety into a fruit salad with a little cinnamon & toasted sliced almonds on top. Try a healthy low-fat fruit crisp or yogurt/fruit parfait. For a non-sweet snack, sample homemade baked tortilla chips with salsa!

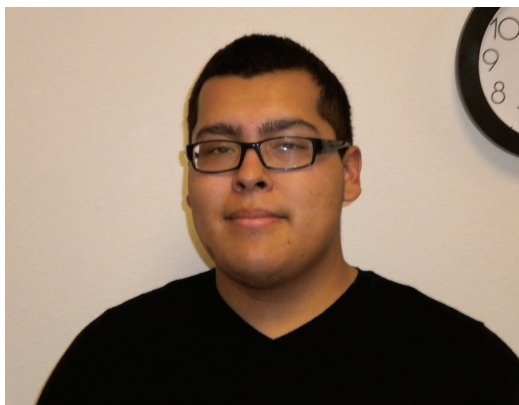
(for more tips on building your healthful diet from the ground up, go to www.eatright.org and click on "For the Public")

Don't forget to sign up for the 1st NUTRITION MONTH ISLETA COOK OFF on Wed, March 17th at 6 PM at the Isleta Recreation Center. Call the Diabetes Prevention Programs at 869-4595 to sign up or for more information.

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

NEW FACES AT THE CLINIC

Health Educator: Stephanie Barela, 869-4479



Mike Lucero is our new PC Tech. He is currently a student at ITT Technical Institute. He has 2 girls, Kairi and Jade. Mike is from Isleta and looks forward to working here.



Cleopatra Baca recently joined the Isleta Health Care Billing Team on December 14, 2009. She is 35 years old and is a proud mother of two girls, Jessica (20) and Victoria (16). Cleo looks for meeting everyone here.



Rebecca Meehan is the new executive secretary at the Isleta Health Center. Rebecca is an Isleta tribal member and recently finished her degree in Business Administration at CNM. She is married and has a 3 year old child.



Justin Flowers is our new EMT (Emergency Medical Technician) who lives in Bosque Farms and volunteers there as an EMT. He previously worked at McKinley County Fire. Justin enjoys playing baseball and has been an EMT for 2 years.



How Do I Apply For A Scholarship?

Information Will Be Provided On The Isleta Scholarship Application Process And Supporting Documentation Such As:

- FAFSA Process
- Degree Plan
- Financial Needs Analysis (FNA)
- Rental Agreement
- CIB (New Students)
- Confidentiality (FERPA) (Release of Information)

FAQs

How Long Will It Take For My Check To Be At The School?
 Why do I need my parent's taxes?
 Who has access to my file and information?
 What is a Probation or Suspension?

MEETING WILL BE HELD EVERY TUESDAY AT 3:00PM AND 6:00PM AT THE DEPARTMENT OF EDUCATION



Yahoo... Easter is almost here!







Come visit & take a picture with the Easter Bunny!!!



March 31st, 2010 2:30p.m.-6:30p.m. @ P.O.I. Public Library







MARIA ALBERTA JOJOLA

Was born on September 15, 1913 and went home to her mother and father in Heaven on February 1, 2010. She was 96 years old.

She married Ta-Ta John D. Jojola, Sr. on

January 28, 1938. They had a very happy and loving marriage for 72 years. Together they had three children, John D. Jojola, Jr., Frances Jiron and Robert Jojola. She also had eight brothers and sisters. She leaves behind one sister, Daisy Fetchik. She was a proud wife, mother and grandmother who lived through five generations and lived a very happy and joyful life. She leaves behind three children and their spouses, twelve grandchildren, thirty-two great-grandchildren and twenty-two great-great grandchildren.

She worked as a Practical Nurse at the Albuquerque Indian Hospital.

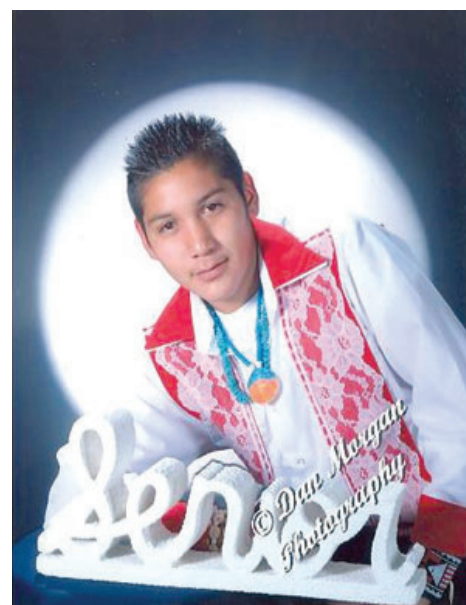
She adored children so much that she taught Catechism, sang in the Church Choir and also played the organ for many years at the St. Augustine Church. She was a very devoted Catholic woman who had a very generous heart and loved those that she came in contact with.

The younger children were not able to say Grandma so they called her "Amo" instead.

We will miss you Mom and Amo. You will forever remain in our thoughts, hearts and prayers.

The family would also like to send a very heartfelt Thank You to all the family, relatives, friends and community who showed their love during our loss. We sincerely appreciate all the help that was presented. May you all live a long life and may the Dear Lord watch over you and bless you in all that you do each and every day.

In Loving Memory of Robert Gene Andrew Abeita
March 30, 1992- January 25, 2010



*It was just another ordinary day
How could we have known you'd be taken away?
Taken so far where no one could follow
Always believing you had another tomorrow
Sinking in sadness and disbelief
Why was your time here so brief?
How to go on without you here?
Never thinking you'd be anywhere but near
Can't quite seem to understand why
Grieving your loss, all we do is cry
I know we will see you again one day
Until then, here is where we have to stay
Never forget how much you are loved
Keeping our place far up above
Rest your head now in comfort and peace
Knowing our sorrow we have to release
Goodbye is for now but never forever
Grateful for the time we've spent together
Though our loss is hard to bear
I know God will always keep you in His care*

The family of Robert G. Abeita would like to thank the entire Isleta Pueblo community and surrounding communities for the generous outpouring of support, contributions and prayers expressed during the sudden loss of our beloved Robert- a dear son, brother, uncle, grandson, nephew, cousin, and friend. The warmth of your kindness has been comforting during this difficult time. May the Lord bring upon blessings to you and yours. Ha-wu and Kur-kem to everyone.

PUBLIC NOTICE

A Petition to Probate the Estate of Antonita M. Abeita, deceased on July 14, 2009 has been filed in the Isleta Tribal Court. Any person claiming an interest in the estate is hereby requested to notify the Tribal Court Clerk at 869-6510 within thirty (30) days from the date of this notice being posted.

WANTED — JUNK CARS

Do you want to get rid of that
junk car sitting in your
backyard that hasn't been
started since...?

Do you want it to be hauled away
at no charge to you?

Do you want to make a few dollars?

Call Pat at 452 - 7980

Department of Education's Spring Break Barbeque!

**Saturday,
March 20th**

Everyone's invited to the
Department of Education
Spring Break
Barbeque

Immediately Following JOM's
Student/Parent Monthly
Meeting.

JOM's Student/Parent
Meeting Begins at
9:00 A.M.

LOCATION:
JOM Tutoring Center,
(Old Elementary School)

CONTACT: Department of Education's Higher Ed. Dept.,
Language Program, Adult Education @ 924-3185,
Johnson O'Malley @ 924-3189 for more information.

April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

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