

# Isleta Pueblo News

Volume 3 Issue 3

March 2008

## Governor's Report

As farming season approaches, and farmers prepare for the summer season by clearing unwanted vegetation, usually by burning, we are informing you that it is required that you have a burn permit that is current before you burn any vegetation around your house and, or fields. Permits are issued at the Tribal Administration Office during normal business hours.

The Governor's office, in coordination with the Isleta Police Department, Isleta and BIA fire departments, monitor all controlled burns on the Isleta reservation. If you plan to burn, please apply for a burn permit before you start burning. This is a safe guard in case the fire you start gets out of control. Upon receiving your permit, notify the police department so that the fire department will be notified. If your fire gets out of control the police department dispatches the fire departments to assist. Also, the BIA Fire Department monitors the wind conditions daily and will notify you if it is safe to burn.

Out of control burns are dangerous, and may cause costly property damage, injuries and even deaths. Fires are very costly, especially if fire departments from surrounding areas are called in for assistance, so please comply with tribal ordinances and apply for a burn permit. Failure to get a burn permit may result in prosecution and liability costs. Please get your burn permits.

As the New Mexico State Legislative session ends, we have received the report on Isleta's 2008 capital outlay requests. Despite the controversy between Governor Bill Richardson and the Legislatures over health care, the Pueblo of Isleta managed to receive \$200,000 from Gov. Richardson, \$70,000 from Andrew Berreras, \$50,000 from Rep. Ernie Chavez, \$130,000 from Rep. Kiki Savedra, \$5,000 from Rep. Patty Lundstrom and \$11,000 from Rep. John Ryan for construction of the Isleta Education Complex. Sen. Taylor gave \$60,000 to purchase a police vehicle. The Pueblo of Isleta Veterans' Organization received \$15,000 from Rep. Elias Barela and \$10,000 from Sen. James Taylor. The Pueblo of Isleta received a total of \$636,000 in capital outlay funds.

I want to thank Lt. Governors Max Zuni and Frank Lujan, Ulysses Abeita, Department of Education, Rick Giron, Recreation Department, Theresa Zuni, Administration, and Richard Romero, Tribal Lobbyist for providing testimony to the legislative committees and lobbying state legislatures on behalf of the Pueblo's capital outlay requests. Capital outlay requests are sent in written form to the Governor and legislatures prior to the start of the legislative sessions in January, and then many hours are spent at the capital meeting with the Governor and legislatures in hopes that they will meet your request. Visits go on throughout the legislative session.

Although we failed at other capital outlay requests, possibly due to the health bill issue, we want to thank Gov. Richardson and all the

senators and representatives who supported the Pueblo's requests.

On the federal side, we will be meeting with congressional representatives from New Mexico for funds through appropriations. We are requesting \$3,000,000 for the judicial complex. Cuts in federal funding will have a great impact on how much money we will receive. I received an e-mail from Senator Jeff Bingaman's office to submit our requests for appropriation funds.

Our nation's economy is in bad shape, due mainly to the war in Iraq. The budget for BIA services has been cut drastically, minimizing funding for Indian tribes. Programs are being reorganized at the agency level and are being transferred over to the regional office in order to meet budget restraints. It is therefore important for Isleta to continue with our efforts in building our economy and finding ways to bring in new businesses. We are fortunate to have businesses that are profitable, that create jobs, provide funds for our infrastructure, for home construction and allows us to use funds from natural resources and right-of-way fees for distribution of per-capita funds.

On the educational side, I want to welcome Mr. Garry Martin, as Executive Director of the POI Education Department. Mr. Martin comes to us

with high credentials in education, having been in the education field for over thirty years. Education is very critical as competition for better paying jobs increases, and demands on education to get these jobs become greater. I am very confident that Mr. Martin will do a great job in helping our tribal members receive the best education possible, (see related article).

Effective March 1<sup>st</sup> the Business Office will expand on Insurance Benefits Assistance. If you are uninsured we will offer assistance in researching any programs you may be eligible to enroll in. We ask your patience and cooperation as we launch this program to protect and expand our Health Resources.

Please Contact 869-3200 To get more information

**IT'S COMING.....ARE YOU READY FOR IT!**

**MARK YOUR CALENDARS!!**

**Isleta Community Health Fair**  
**July 19, 2008**

at the Isleta Health Center

9am-Noon

Offering Isleta Community Members:

**PRIZES!!**

**Fun Jump for the Kids!**

**Excitement for All!!**

**EARLY DETECTION AND SCREENING**

**EDUCATION, FRUIT BASKET WALK,**

**RAFFLE PRIZES AND**

**MUCH MORE!!!**

**FREE T-SHIRTS FOR THE FIRST 200 PEOPLE!!!**

For more information contact

Stephanie Schaefer

869-4479

sschaefer@islclinic.net

### Talara Rose Jojola, a Voice for Native American Youth... Educational Issues



“Never giving up and always smiling” is the best way to describe Talara Rose Jojola, Isleta Pueblo Tribal member, who is presently attending Sitting Bull Community College in Fort Yates, North Dakota. Talara has become an advocate for Native American education issues.

Talara, along with Student Government President, Tamara Howard and Sitting Bull Community College President Loral Vermillion, were chosen to present testimony in Washington, D.C. during congressional hearings on higher education held in February. They also directed their efforts in lobbying for, and stressing the importance of supporting and funding for Native American colleges and education programs for Native American people. After consulting with Tribal Council member Emil Jojola, who is the tribal council representative on the Pueblo of Isleta Board of Education, she also spoke on the educational needs of Pueblo students.

After completing her studies at the University of Mary in Bismarck, North Dakota, she enrolled at Sitting Bull Community College where she maintains a 4.0 grade point average. She is working toward her Masters in psychology with a minor in counseling. After completing her studies at

Sitting Bull College, she plans to attend the University of Minnesota to pursue her advanced degree.

Talara is presently the girls varsity cheerleading coach at Standing Rock Community High School, the high school she graduated from in 2003. She was also the first runner-up for the State of North Dakota Rodeo Queen. Had she won, she would have represented the state of North Dakota at the National Rodeo Finals this past year. Talara is an excellent role model for not only young women in the Fort Yates area, but also for all Native American youth, and a young voice advocating for Native American education issues.

She is the daughter of Glenna Ellison of Ft. Yates, North Dakota, and Joe L. Jojola of Isleta Pueblo. Her parents, relatives and friends are extremely proud of all her accomplishments.

### WANTED

**Junk Cars & Trucks  
Will Haul Away for Free  
Will Pay Cash on Titled  
Vehicles  
Call Pat at 452-7980**



### Isleta Pueblo News

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Valencia Express

### The Apprenticeship Programs are listed as follows:

#### Carpenter's Educational Program

NM Building Branch, AGC, Unilateral Training Program

Northern NM Independent Electrical Contractor's Inc. (Electricians)

Plumbing & Pipe Fitting Industry, JAC (Plumbers & Pipe Fitters)

NM Laborer's Joint Apprenticeship and Training Committee (Laborer)

Sheet Metal Workers – JATC (Sheet Metal Workers)

Electrical, JATC (Electricians)

Operating Engineers Local 953 (Heavy Duty Mechanics)

Ironworkers Joint Apprenticeship Committee (Ironworkers)

NM Painters & Allied Trades, Local #823 (Painters, Glaziers, Floor  
Coverers & Drywall Applicators)

NM Plasterers (Plasterers)

ABC Plumbers & Pipe Fitters (Plumbers, Pipe Fitters, Sheet Metal  
Workers)

**If you are interested, please contact the WIA Program at  
766-6652. We are located in the Tribal Administration Bldg.**



**Mr. Garry Martin,  
New Executive Director for the  
Department Of Education**

The Department of Education, Pueblo of Isleta welcomes Mr. Garry Martin as the Executive Director for the Department. Mr. Martin is an enrolled member of the Cherokee Nation of Oklahoma, and the Founder and Chief Executive Officer of Martin Consultants Group, an American Indian educational focus group that provides technical assistance to Native American Governments and organizations.

With more than 30 years with the Department of Interior, Bureau of Indian Affairs (BIA), he has demonstrated ability to forge, lead and motivate leaders in education in K-12, and postsecondary programs. As an experienced admissions officer and guidance counselor at Haskell Indian Nations University, Mr. Martin has successful experience in the academic, vocational and effective counsel of youth, college youth and adults. Throughout Mr. Martin's career, as an Education Specialist with the BIA Office of Indian Education Programs in Sacramento, California, culminating in the Bureau of Indian Education, Washington D.C., as a Chief, Branch of Planning senior official, his ability as a recognized speaker to American Indian organizations, state and national conferences is sought for engagement. Mr. Martin has demonstrated skills in conducting and analysis of national consultation policy between Tribes and the United States Government. Mr. Martin has served as Jury Commissioner, Court of Indian Offenses, in California. Mr. Martin initiated and conducted California Indian Youth Conferences in conjunction with the California governor's office. Mr. Martin earned a BA degree in Education from Northeastern State University, and a MEd. Degree in Guidance and Counseling from Central State University, and partial work for the Doctorate in Education Administration from the University of Kansas.

**Vietnam Veterans  
Welcome Home  
Reunion 2008**

**Welcome Home  
March 29 & 30, 2008  
Crossville, Tennessee**

**If you are a Vietnam Veteran,  
This event is for you!**

**This is an official Welcome Home Event  
to be held at the Community Complex  
Start time: 0800 with colors**

**For more information, contact: Dann Dunham  
dsdunham@citlink.net (931) 788-2919**

**HTTP://WWW.CCVIETNAMVETS.COM:80/**

**Natasha Tewaheftewa Graduates Cum Laude from  
The University of New Mexico**



Natasha Tewaheftewa, daughter of Filbert Tewaheftewa and Paulette Johnson, graduated cum laude with a 3.55 GPA from the University of New Mexico on December 14, 2007, receiving a degree in American Studies, with a focus in Race/Class/Ethnicity, and a minor in Native American Studies.

While attending UNM, she was an active member of the Mortarboard Senior Honor Society, the oldest honor society on campus, where she served as Chair Member for Reading is Leading. She also served as vice-president for the student organization, Bioneers at UNM, an environmental and social justice organization. During her last semester at UNM, she was a volunteer at the UNM Women's Resource Center.

Now that she has completed her undergraduate studies, she is planning to continue her education and work on a master's degree in education.

We congratulate Natasha for all her accomplishments.. .and as note of interest, she was an excellent employee at the Pueblo of Isleta Library and the Department of Education while a student at Los Lunas High School.

## RECREATION

With the beginning of March 2008, we are still reporting high numbers attending both Recreation Centers mainly due to those who are trying to make good on New Year's Resolutions. Part of the reasons many of our Tribal members are coming in and taking advantage of the facilities are all the Spin Classes that are being offered with the different Instructors. Once again, there is a major resurrection in the interest in the many Spin Classes and the variations of training techniques that each Fitness Instructor brings to the table. Classes on Mondays and Wednesday evenings have been so full that Fitness Instructor Ray Mora, added a second class to accommodate the demand. Secondly, many participants are now taking advantage of the fitness programs that many are being set up through the assistance from our Certified Personal Trainers. Lastly, Feather Anderson's 12-Week Fitness Challenge has also been another major draw to those wanting to lose a few of those extra Holiday pounds many of us put on this past season. And of course many of our children are involved in our after school program that partakes in Basketball, Cheerleading, Wednesday Field Trips, and of course our big Arts/Crafts program taught by our very own Nanas, Abenita, Gloria, and Marie. Derrick Jiron Fitness Instructor, reports that many of our participants who normally drop out in the first two to four weeks (after making New Year's Resolutions) are surprising us and staying with the programs we have set up for them. **That's Great.**



Pictured from Left to right beginning with the top row are: Coach Raeann Jojola, Taylor Sandoval, Briana Royball, Lexsius Pino, and Anastisa Yepa. Bottom row from Left to Right are: Tabby Martin, Kyrian Ortiz, Sabrina Jojola, Briana Mariano, and Marieanna Webster.

### Park Management

The Park Management Division is continuing to do an outstanding job. At the present time they are finalizing the park at Pickle Heights. Assistant Park Superintendent, Robert Apodaca reports that the park at Pickle Heights is about 95% complete. On Saturday, March 1, 2008 they are scheduled to seed the park and hopefully within a month or so, the grass should start looking like a plush turf. Park Superintendent, Big Bob Lujan, reports that his staff has done all of the work at the park. The park once completed will have three shade structures, a small walking trail, two flowerbeds, two planters, a water fountain, picnic tables, barbecue pits and plenty of playground equipment for the children to enjoy. Picture is Assistant Park Superintendent Robert Apodaca, Donald Lucero, Charles Tenorio, James Keryte, and our newest addition to the staff Pedro Jojola, all around the planter they just completed. Picture below has Robert Apodaca, Donald Lucero, and Charles Tenorio preparing the soil for seeding.



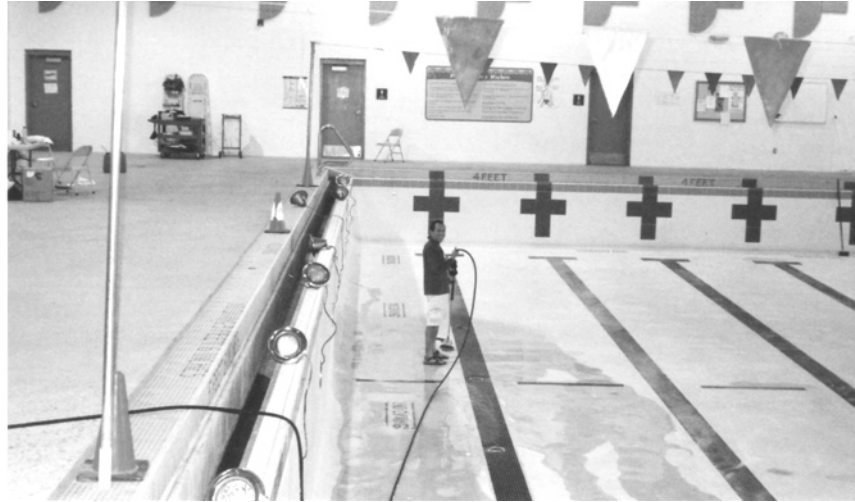
### Basketball

As we get into March Madness (Basketball Tournaments throughout the Country) our youth Basketball program will be no exception. Our coaches and players as well as our Cheerleading program are having a great time with this year's season. Many of them will be attending the different tournaments being offered under the auspices of the Southern Pueblos Agency. Although our tournament scheduled for 5<sup>th</sup> and 6<sup>th</sup> grade boys and girls was cancelled (due to traditional activities), Coach Carl Anderson is trying his best to reschedule the tournament. He also reports that the **Adult Basketball League** has grown to 16 teams, the most ever. If the competition that he witnessed over the first week of play is an indication of what is to come, this year's league will be more competitive than many of the leagues being played in the City of Albuquerque or Bernalillo County. He also added, with the league's growth, we are now at our maximum level, and will not take any more teams in the future. So if anyone is interested in watching a fine display of Basketball, the league games are being played on both courts (split courts by the curtain) every Sunday morning beginning at 10 am, 11 am, 12 noon and 1 pm. Eight games are played every Sunday encompassing all 16 teams. Good Luck, and enjoy the season. As promised in last month's report, we would have our 3<sup>rd</sup> and 4 grade girls team picture because they were inadvertently left out last month.

Swimming Pool News



By the time everyone gets this newsletter, our annual swimming pool closure for major clean up should be complete. Once a year the swimming pool is drained, scrubbed and acid-washed, electrical upgrades, as well as sand-blasted in order to protect our investment and keep our pool safe for everyone to enjoy for years to come. Pictured below in one of the two pictures are Michael Padilla, and Michael Checkley inspecting the lights, and the second picture has Alex Flores scrubbing the base of the pool.



Building News

During this year's budget process, our Council approved the replacement of our entire roof because of its age and the leaks it recently experienced. While the Roofing Company was removing and replacing the deck of the roof, they pointed out that several of the leaks that we experienced were probably due to bullet holes from people shooting guns and rifles during the New Year's Celebration. For safety and future reference, please keep in mind when a gun or rifle is shot in the air, that bullet must come back down. It can still damage a building, a roof, a car, or even kill someone or something on its way back down. **Please be Safe.**



ISLETA EMS needs your HELP!!!

Please fill this out and return it to the Clinic or the Police Dept.

Does the 911 dispatch system have your correct address and phone number?

- If not, will they get to you on time in an EMERGENCY? Please turn in your Address and Phone #s to either the clinic or to the Police Department/911 Department so we can update your information or call Angie (A-L) or Cornella (M-Z) at 868-3200. 911 tries to update the addresses every 6 months, however we need your help in doing this!!

Name \_\_\_\_\_ Nick name \_\_\_\_\_

Physical Address \_\_\_\_\_

I do not know my physical address

PO Box \_\_\_\_\_ Phone # \_\_\_\_\_

# of people in house \_\_\_\_\_ and # of phone lines in house \_\_\_\_\_.

What to do when you experiencing an emergency:

1. Call 911
2. Tell them you are in Isleta and then give them your physical address
3. Then state your complaint, i.e. crash, medical issue, etc
4. Then give them your age and medical History

Please **make sure your House # is Visible** on your house, so that in an Emergency, EMS can reach you quickly.

If you do not have a house #, than please contact the EMS 911 dispatch in order to receive one.

This information will be shared with Health Departments, EMS and 911 Dispatch ONLY.

REGISTERED APPRENTICE PROGRAMS ARE AVAILABLE!!

Learn a new skill! Receive a paycheck while you are learning!



APPRENTICES RECEIVE

- ON-THE-JOB TRAINING
- RELATED INSTRUCTION
- MENTORING
- INCREMENTAL WAGE INCREASES

Registered Apprentice Programs are offered to Adults 18 and over, with a high school diploma or GED.

# ISLETA ELEMENTARY SCHOOL

## Principal's Message

Greetings to everyone! Students and staff are getting spring fever at the Isleta Elementary School. Third through sixth grade students are busy preparing for the annual Criterion Reference Tests that will be held March 10th - 14th. Please make sure your child gets plenty of rest, is at school on-time, and eats breakfast. Spring Break will be held Friday, March 21st through Sunday, March 30th.

Our students participated in the annual CENAC Science Fair at the Santa Fe Indian School with students from northern and southern pueblo schools at the end of January. Once again we are proud to say that our students represented Isleta Elementary School very well! The following students received awards:

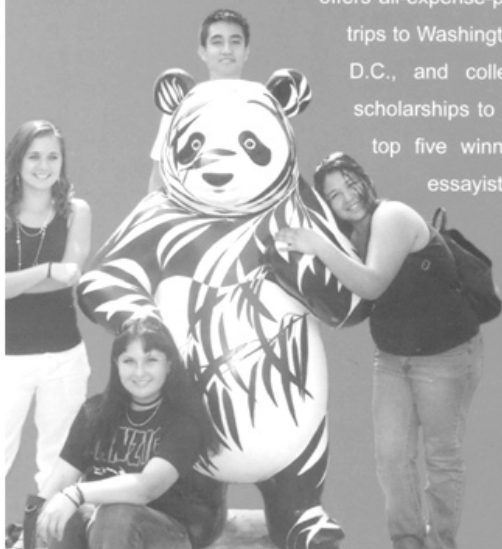
Celeste Lucero	Kindergarten	Shell Award
Thur-shaan Montoya	Kindergarten	Honorable Mention
Elyza Zuni / Terrance Harris	Kindergarten	Honorable Mention
Zachary Abeita	1st	Honorable Mention and Special Award Winner from the Natural History Museum
Marisa Abeita	1st grade	Turquoise Award
Mercedes Armenta	2nd grade	Shell Award
Alaynna Loretto	2nd grade	Shell Award and Special Award Winner from the Natural History Museum
Isiah Chavez	2nd grade	Shell Award
Robert McLaughlin	5th grade	Honorable Mention
Lucas Jiron / Bryce Jiron	5th grade	Shell Award
Krysta Rae Lucero/Rebekah Lovato	5th grade	Coral Award
Savannah Trujillo	5th grade	Coral Award
Taylor Jojola	5th grade	Shell Award & Native Scientist Award
Toshio Herrera	5th grade	Shell Award
Ahily Orozco	5th grade	Shell Award
Iziah Waseta	5th grade	Honorable Mention
LaCrisha Cuaron	5th grade	Honorable Mention/Special Awards
Lexys Pino	5th grade	Honorable Mention
Briana Roybal	5th grade	Coral Award/Superintendent's Award
Christopher Abeita	5th grade	Honorable Mention
Kaitlyn Thompson	5th grade	Coral Award
Angelo Esquibel	5th grade	Shell Award
Ashley Morales / Marian Montoya	5th grade	Honorable Mention
Gabrielle Lucero	6th grade	Coral Award
Nicholas Trujillo	6th grade	Honorable Mention
Breana Abeita-Sanchez	6th grade	Shell Award

Our fifth grade students will travel to the Crow Canyon Archeological Center in Cortez, Colorado March 16-20th. Partial funding for the fieldtrip was paid by the Student Parent Staff Pride Organization through fundraising activities. Thank you to everyone who supported our spring fund raiser! On behalf of the staff, we wish everyone a restful spring break!

## AN ESSAY CONTEST FOR NATIVE AMERICAN STUDENTS

The Holland & Knight Charitable Foundation, in association with the Smithsonian's National Museum of the American Indian, announces the 2008 Young Native Writers Essay Contest. This writing contest is designed to inspire Native American high school students to research and elaborate on historic or contemporary issues affecting their community. It

offers all-expense-paid trips to Washington, D.C., and college scholarships to the top five winning essayists.



### PRIZES

Five (5) first-place winners will each receive an all-expense-paid trip to Washington, D.C. (tentatively June 22-27, 2008) to visit the National Museum of the American Indian, as well as other prominent sites. In addition, each first-place essayist will receive a scholarship ranging from \$1,000 to \$5,000.

### ATTENTION TEACHERS

The winning essayists will be accompanied to Washington, D.C., by the teachers who inspired their entries to the contest. Teachers will receive an all-expense-paid trip to Washington, D.C., participate in special teacher training sessions, and receive valuable resource materials for their classrooms!

Visit [www.indian.hklaw.com](http://www.indian.hklaw.com) for complete details, writing requirements, and instructions. For more information, call toll-free 1-866-452-2737. Entry deadline is April 15, 2008.

**SPECIAL NOTE ON ELIGIBILITY:** The 2008 Young Native Writers Essay Contest is open to all Native American Indian and Alaskan Native high school students who are enrolled members of a state- or federally-recognized tribe.

## UPDATE HEALTH INSURANCE INFO

PLEASE CONTACT the Isleta Health Center at 869-3200 to INFORM THEM OF ALL OF YOUR HEALTH INSURANCES. This WILL NOT affect you financially, it will just help the business office with certain paper work. Please inform them of all Health Insurances you have. Thank you.

## MARCH IS NATIONAL NUTRITION MONTH !!!

### FRIENDLY FIBER

What is fiber?

Fiber is the part of plants that your body cannot fully digest. Fiber is found in raw fruits, vegetables, nuts, whole grains, dried beans, lentils, peas and seeds. Foods high in fiber are usually low in fat and calories.

How does fiber help us?

Adequate fiber in the diet has been shown to lower blood cholesterol, blood sugar (slows the release of glucose into the bloodstream). It may help reduce the risk of heart disease, certain types of cancer and can help with weight loss and prevention of obesity. Additionally, fiber helps with constipation, diarrhea and overall bowel health.

How much fiber do we need?

Although fiber is known to have many benefits, the average American only eats 13-15 grams per day; that is the equivalent of 1/2 cup of All-Bran cereal. It is recommended that men eat 30-38 grams per day and women eat 21-25 grams per day.

How do I get started?

Always increase fiber slowly into the diet, eating too much fiber at once can cause gas and bloating.

**Physical activity and increased water are needed for fiber to work!**

### 11 Quick and Easy Ways to Increase Fiber in the Diet!

1. Replace half of the white flour with whole wheat or whole oat flour in baking (\* make whole oat flour by putting Old Fashioned {not quick} oats in the blender).
2. Look for breads and cereals that have Whole grain or Whole wheat as the first ingredient.
3. Eat cut up (unpeeled) fruits and vegetables or try popcorn (94% fat free) without butter as a snack. Replace fruit juice with fresh fruit.
4. Serve meats/poultry/fish on a "bed" of grilled zucchini, sauteed spinach, or sliced onions.
5. Keep bags of frozen vegetables in your freezer. Add a few handfuls to soups, sauces, casseroles or pasta.
6. Have a small salad made with dark greens, chopped veggies and tossed in light vinaigrette. Add chopped nuts, seeds, oranges or apples for variety. Pile on the veggies in sandwiches.
7. Look for breakfast cereals that have 4 grams or more of fiber per serving (\*whole grain breakfast cereal can also make a good snack!).
8. Add pinto beans, kidney beans, black beans or oatmeal to meat dishes, or go for a "meatless" meal.
9. Replace white rice with brown rice.
10. Don't peel potatoes; cook & eat them with the skin on.
11. Don't overcook vegetables; they should still have a crunch to them.

Gin Bryson  
Dietetic Intern, Diabetes Programs

### Do You Want to Save Time When Picking Up Your Medication Refills?

#### Would You Like to Request Refills Any Time - Day or Night?

The Isleta Health Clinic Pharmacy automated refill request line can help you with both! Just call 869-4590 any time, day or night to request your refills.

Here are a few easy steps to follow:

1. Collect all of your most recent prescription bottles before calling.
2. Call **869-4590**.
3. Press number "1" on your telephone keypad to request a refill.
4. Enter your **prescription number** followed by the pound (#) sign. Your prescription number is highlighted in yellow and is 7 numbers.
5. The system will read back the prescription number you entered. If it is correct, press "1," if it is not correct, press "3" and you will be given another chance to enter the prescription number.
6. The system will ask you to enter the month and day of the birth date of the person's prescription. For example, if the birthday is July 17 you will enter "0717."
7. Prescriptions will be processed within 24 hours Monday through Thursday and within 48-72 hours Friday through Sunday.

You can call 869-3200 and ask to be transferred to the pharmacy to check if your prescriptions are ready. This system gives you around the clock access to the pharmacy and will save you time when you request your medications!

Please also note the pharmacy department is now open all day from 8:00 AM to 4:30 PM Monday through Friday for your convenience.



## Higher Education Scholarship Applications Available.

Please feel free  
to pick up application (Summer  
and Full Academic Year) at  
Higher Education Office or call  
Cecelia Jaramillo  
at 869-2680 for more  
information.



## Pueblo of Isleta Public Library

With spring just around the corner and St. Patrick's Day and Easter falling in the same month, the Library staff has come up with several activities for the after school students.

From March 10-13 we will be working on arts & crafts relating to St. Patrick's Day. On March 12 we are going to set up a nice backdrop which we will use for taking pictures, much like we did with our Valentine's Day photos. If you didn't get the opportunity to come in and have your picture taken with our Valentine's backdrop, we apologize. We didn't get a chance to put it in last month's newsletter; that is why we are doing it now. We want everyone to have a chance at having their picture taken. The photos will be ready on March 13 after 1:00 PM and they are free of charge; just stop on by and one of the staff members will assist you. (The photos will be taken by a regular digital camera. We will not have a professional photographer in the Library. Our staff will be taking the photographs.)

In the previous newsletter, we mentioned Jennifer Zuni's incentive program. As a reward for completing homework, students are being offered a chance to see the upcoming movie Dr. Seuss's Horton Hears A Who. The movie is just one part of the reward, as a bonus participants will be treated to pizza at Dion's. The program works as follows: Completion of homework

earns a single point; Reading for 15 minutes earns an additional point. Homework must be completed before reading. If a student does not have homework they are encouraged to read for 15 minutes to earn their point. A student can only earn two points in one day by having both homework and a 15 minute reading session. They have until March 13 to earn 30 points. The trip will take place on Friday, March 14. We will be taking them to see the movie at the Trans-Lux Starlight Cinema in Los Lunas. Those participating will need a signed permission slip, which can be obtained at the Library.

From March 17-20, we will be working on arts & crafts relating to Easter. Then on Wednesday, March 19 the Easter Bunny is going to stop by and pay us a visit. We welcome everyone to come in and have their picture taken with the Easter Bunny. She will be here from 10:00 AM to closing. The pictures are free and they can be picked up on Thursday March 20 after 1:00 PM. (As with the St. Patrick's Day pictures, we will be using a regular digital camera. The Library will not have a professional photographer on site.) Spring break starts the 24<sup>th</sup> of March. Time for a break from the studies and that means it's time for another game day. Our last game day on January 3 came out very well, which encouraged us to have another. This time the game is Halo 3; the date is Thursday, March 27 from 1:00 PM to 5:00 PM. There is also the

possibility that we may include Rock Band in our game day.

Jennifer Zuni has come up with another incentive program; this time it's for bowling and pizza. The same rules apply as with the movie and pizza; 30 points must be obtained in order to participate in the rewards. March 17 is the first day the students can begin earning points towards the bowling. That reward will take place on Friday April 18, 2008. The last day to earn points is April 17.

The summer reading program begins in June and the Library is looking for volunteers to help out with the program. They will be assisting the staff with daily activities, reading to the younger children, field trips and other tasks. A meeting with the staff and volunteers will be set in April, to discuss the program. Anyone 16 years of age and older interested in volunteering, please call or stop by the Library and speak with Nathaniel.

The Library staff has come up with a Story Time. Starting March 11, on Tuesday and Thursday evenings from 5:30 - 6:30 P.M. we will be having "Story Time". We invite everyone to come in to listen to a story, tell one of your own or read to your child. Light refreshments will be served.

As some of you might know, the Isleta Pueblo Newsletter is now available in PDF format. All you need is a valid e-mail address and Adobe Reader, which you can download for free at [www.adobe.com](http://www.adobe.com).

Just send us a message (through [myspace.com](http://myspace.com)) or an email, letting us know that you would like the monthly newsletter e-mailed to you. E-mail requests should be sent to [poi\\_library@hotmail.com](mailto:poi_library@hotmail.com). Please include your first and last name and the e-mail address you would like the newsletter sent to. We will add you to our distribution list and send out the newsletter as soon as it's available to us. Please remember that the distribution address will be different from the library's primary e-mail ~ so any comments, request, messages, etc, received in that inbox will be deleted immediately. Should you need to contact any of the staff at the library, feel free to reach us at [poi\\_library@hotmail.com](mailto:poi_library@hotmail.com) or at the library telephone number.

The latest news concerning the Library, the Library's Policies, the Library's hours of operation, and the Library's contact information can be found on the Library's MySpace page at [www.myspace.com/isleta\\_pueblo\\_library](http://www.myspace.com/isleta_pueblo_library).

### Isleta Pueblo Public Library

#### Contact Information:

**Phone Number:** (505) 869 - 8119

**Fax Number:** (505) 869 - 7690

**E-mail Address:** [poi\\_library@hotmail.com](mailto:poi_library@hotmail.com)

**Web Address:** [www.myspace.com/isleta\\_pueblo\\_library](http://www.myspace.com/isleta_pueblo_library)

#### Operation Hours:

Monday-Thursday: 8am - 8pm

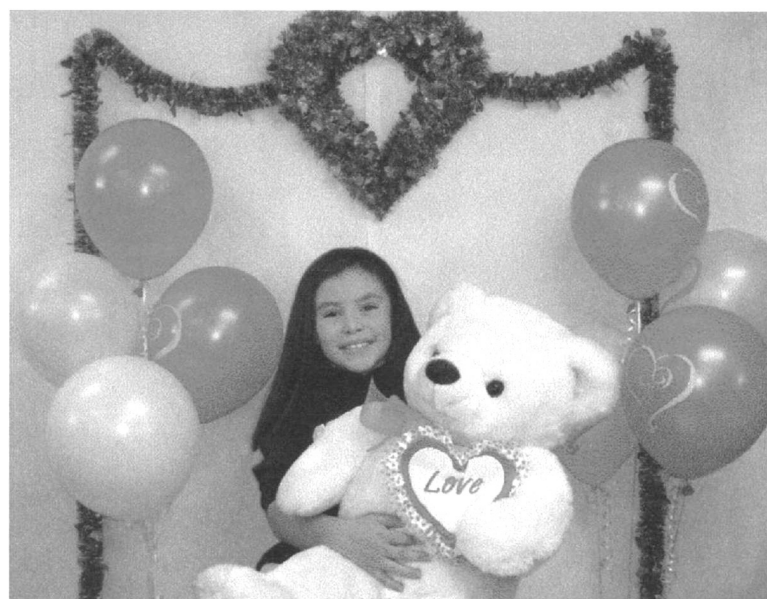
Friday: 8am - 4:30pm

Saturday & Sunday: Closed

## Valentine's Day Pictures at the Library



Alfred A.



Taylor Lente





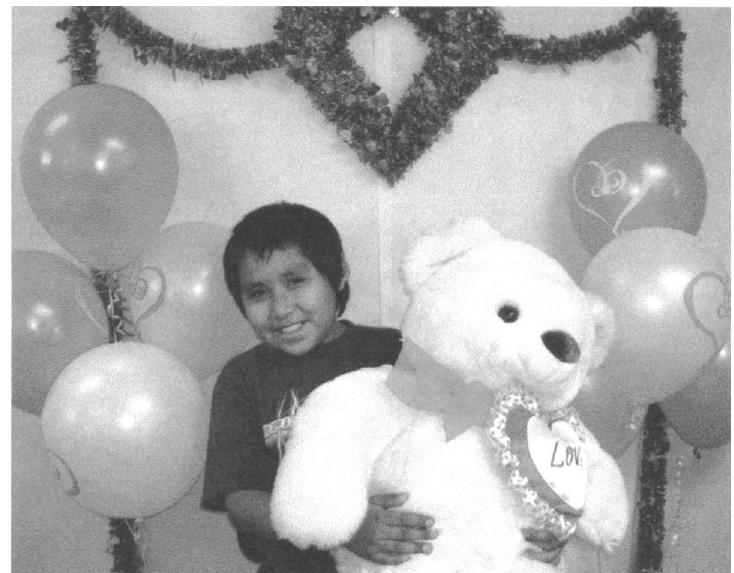
After School Homework Program (ASHP)  
youth making Valentine Cards for the  
Elders Center




Library Staff & some Elders



Banner Made for Elders Center  
by ASHP Youth




Lawrence Concho




## Come on bowling with the Pueblo of Isleta Library!

WHEN: April 18, 2008

WHERE: Isleta Fun Connection





All you have to do is come to the Library and do your homework. If you don't have any homework you can read for 15 minutes. Doing your homework or reading will earn you 1 point. Remember students your homework must be done first. You will have to earn 30 points to join the fun on April 18, 2008. You can start earning points on March 17, 2008 till April 17, 2008. Parents if you have any questions please call the library @ 869-8119.

## Health Beat

Health Educator: Stephanie Schaefer, 869-4479

### POISON CONTROL

**If you suspect a poisoning emergency, immediately contact Poison Control at 1-800-222-1222.**

**Post this number by your telephone.**

By following these guidelines, you will be able to help prevent poisoning:

- Keep all chemicals and medicines locked up and out of sight.
- Call 1-800-222-1222 immediately in case of poisoning. Keep on hand a bottle of ipecac syrup but use it only if the poison center instructs you to induce vomiting.
- When products are in use, never let young children out of your sight, even if you must take them along when answering the phone or doorbell.
- Keep items in original containers.
- Leave the original labels on all products, and read the label before using.
- Do not put decorative lamps and candles that contain lamp oil where children can reach them.

Lamp oil can be very toxic if ingested by young children.

- Always leave the light on when giving or taking medicine. Check the dosage every time.
- Avoid taking medicine in front of children. Refer to medicine as "medicine," not "candy."
- Clean out the medicine cabinet periodically and safely dispose of unneeded and outdated medicines.

The American Red Cross advocates that at least one person in every household be trained in lifesaving first aid and CPR. This can help people prevent, prepare for and respond to poisoning and other emergencies. Contact Stephanie Schaefer at 869-4479 at the Isleta Health Center if you are interested in attending a CPR training.

#### FIRST AID for POISONING

**Has the person collapsed or stopped breathing?** Start CPR and call 911. **Poison in the eyes?** Remove contacts if worn, rinse eye with running water for 15 to 20 minutes CALL 1-800-222-1222

Attend a *FREE Poison educational Training.* Read below to find out more.

**Poison on the skin?** Take off clothing that the poison touched, rinse skin with running water for 15-20 minutes. Soap may help. CALL 1-800-222-1222

**Inhale poison?** Get to fresh air right away. CALL 1-800-222-1222

**Swallowed the wrong medicine or too much medicine?** CALL 1-800-222-1222

**Swallowed something that is not food or medicine (like a household chemical or plant)?** Drink a small amount of water or milk. CALL 1-800-222-1222.

Attend a FREE POISON PREVENTION TRAINING on MARCH 22, 2008 from 8:30-9:30am at the Isleta Health Center. CALL 869-4479 to SIGN UP!!! Free Materials and Vial of Life for participants.

<http://www.redcross.org/services/hss/tips/poison.html>

New Mexico Poison Center Poison Prevention for Children Brochure

## POISON PREVENTION TRAINING

Poison control for children, Elderly poison control issues and

GENERAL POISON INFORMATION

Presented by: **NM POISON CENTER**  
Ina Baway

**March 20, 2008**  
**from 8:30-**  
**9:30a.m.**

@ the Isleta Health Center in the Large Conference room, All Community Members Welcome!!

**Contact Stephanie Schaefer, 869-4479 before March 17th**

### Baby Basics Birthing Class for all Tribal Members

March 19<sup>th</sup>, 2008 at 6pm  
at the Isleta Health Center.  
Please inform your patients of this and have them contact Stephanie Schaefer @ 869-4479 to sign up.

**1-877-725-2552**

24 Hour Nurse Advice Line

**Free**

for all Isleta Health Center Patients

Call any time of the day

Get quick and accurate medical advice  
Don't waste time going to the Clinic for minor health problems, call and find out what to do.

Don't call 911 for minor problems, call this number and find out what to do.



## LOOKING FOR

Young Cowboys & Cowgirls to spend a couple of weeks at the Pueblo of Isleta Comanche Ranch. Live and experience the ranch life style, learn how to brand cattle, rope cattle and work with the ranch cowboy crew.

Will also need interested parents as chaperons.

The age requirements are 10 years to 18 years of age. Must be an Isleta Pueblo Tribal member. If you are interested please contact the Tribal Administration Office at 869-3111.

## April is Child Abuse Awareness Month

April is *Child Abuse Awareness Month* and here are dates of different activities that will take place during the month of April. Be sure and mark your Calendars for the up-coming events.

**Friday-April 4, 2008** (7:00-8:30 am) Child Abuse Awareness Walk/Run.

The warm up for the 1 mile, 2 mile and 3 mile courses begin at 6:45 am. All courses will start and finish at St. Augustine Church.

**Friday-April 11, 2008** (10:00 -11:30 am) Dedication Walk and Balloon Release. The event will begin at the Isleta Elementary School, proceed to the Isleta Head Start and conclude at the Isleta Health Center. The Los Lunas High School Band will perform and refreshments will be served.

**Friday- April 11, 2008** (1:00-3:00 pm) Elder Abuse Awareness at the Elderly Center and open house for the Isleta Language Program at the Language Program classroom. (Old Elementary School).

**Friday-April 25, 2008** (10:00-11:30 am) Child Abuse Awareness Parade/Pet Parade  
Please contact Isleta Social Services if you are interested in entering a float or pet in the Parade.  
Prizes will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place winners.

**Friday-April 25, 2008** (10:00am-2:00pm) Child Abuse Awareness Fair/Community Barbeque Please contact our office if you are interested in securing a booth for the Fair. A full lunch will be provided.

### Kathy Black Resigns from Elderly Center James Abeita, Interim Director

On February 2, Kathy Black left Isleta for a new position in Albuquerque and since February 4<sup>th</sup>, I have been serving as Interim Director of the Isleta Elder's Center and I will continue in this capacity until a permanent Director is selected. The following events important to the elders as well as the community are planned for the month of March. On Wednesday, March 5, tax accountants will provide assistance on filing our 2007 tax returns. The Isleta Elders will receive priority, however, providing the availability of time and space, other community members will be assisted on a first come, first serve basis. This assistance will be provided in the Kiva Room of the Elder's Center beginning at 9:00 am and until 4:00 pm.

On Friday, March 7, a Public Hearing on elder needs is scheduled in the Kiva Room beginning at 10:00 am. We are seeking community input on elder needs. The information gathered from this meeting will be useful in planning our financial agenda and requests to the New Mexico State Legislature in 2009. On Thursday and Friday, March

13-14, a Defensive Driving Course is scheduled in the Kiva Room beginning at 1:00 pm each day. A certificate of completion will be awarded each participant and may be useful in negotiating lower premium rates with your insurance company. The class is limited to the first 30 people who sign up and a fee of \$10.00 is required.

On Thursday and Friday, March 27-28, the Pueblo of Isleta and the Elder's Center will host the "All-Indian Games" at the Recreation Center. We are still in need of volunteer help with this event. So, if you are interested in volunteering, please contact LeAnn Zuni at 869-6661. Otherwise, attend the Games and show your pride and support for our Senior Olympians. If anyone in the community is interested in learning more about the elder services or programs available from the Center, or if you just want to talk with me, please feel free to call me at 869-6661.  
Jimmy Abeita

### American Legion Post 209

Veterans...Don't forget! Circle the date on your calendar...the next American Legion meeting will be Saturday, March 15, 2008 at 1000 hundred hours.

There are a lot of issues to discuss, i.e. the new park dedication, capital outlay funding, the honor guard, open house of Legion Post etc. etc.

If you are an honorably discharged veteran and would like to join the American Legion.. .come to the next meeting!!!

### Education News from Los Lunas/Valencia High School & Title VII Indian Education

Submitted by Ben Analla, Los Lunas Indian Education

#### Important Dates to Remember:

Report cards were issued on February 15, 2008 to all students. The next take home report cards will be issued on March 18, April 29, and May 30, 2008.

March 12 and April 13, 2008 - LLHS and Valencia High School Senior/Parent Pow-Wow Planning Meeting will be held in the LLHS Cafeteria at 6:00 PM. We are asking all our parents/grandparents to help plan for this upcoming event.

April 12, 2008 - Senior/Parent/Grandparents/Staff Pow-Wow at the Isleta Recreation Center from 1:00 PM - 10:00 PM.

April 4, 2008 - Central New Mexico Open House

April 9, 2008 - LLHS Career/College Day for grades 9-12 from 8:00 AM - 12:15 PM in the Main Gym.

April 13 and 20, 2008 - Isleta Pueblo Social Services, along with LLHS Title VII Indian Education will sponsor the New Mexico Coalition Against Domestic Violence presentation to classes at LLHS. Topics to be presented will be:

- Introduction to Dating and Domestic Violence
- Power and Control
- Why Violence Happens
- Self-Esteem Boundaries and Resources

April is "Child Abuse Awareness" month, and LLHS and POI Social Services work together to provide information on child abuse to the community. The events will culminate on April 11, with a parade at Isleta Pueblo in which the LLHS ROTC and Tiger Band will participate.

June 7 - July 3, 2008 - American Indian Summer Bridge Program for Seniors

Student home work...do you want to know the weekly assignments that are required by your teachers? Go to [www.schoolnotes.com](http://www.schoolnotes.com). Enter our zip code 87031. Teachers can also receive e-mails from the web.

As always, we continue to ask parents to be involved as much as possible in your child's education. Together, we can make a difference. If you have any questions or concerns, feel free to call Mr. Analla, LLHS Indian Education Title VII office at 865-4646 extension 272.

#### LLHS New Staff Members

*Mr. Albert Martinez, LLHS Assistant Principal*

Mr. Martinez is originally from Taos, NM. For the last ten years, he has been a part of Fountain Fort Carson. He received his B.A. in Elementary Education from New Mexico Highlands University and his Masters Degree in Administration and Principal Licensure from the University of Phoenix.

Mr. Martinez, has two daughters, Amanda and Emma. His hobbies include reading, coaching football and spending time with his wife Lauren.

Mr. Martinez believes, "that everyone can learn through hard work and dedication." His goal is to create a sense of responsibility in each student so that he or she can perform to the best of his or her ability, working in partnership with parents to teach children to develop their weaknesses and build upon their individual strengths.

Mr. Martinez will be overseeing the LLHS Education 20/20 Program at the Pueblo of Isleta Department of Education.

*Kathy Giersburg, Special Education Teacher, Assigned to be the On-site Supervisor of the LLHS Education Program at the Pueblo of Isleta Department of Education*

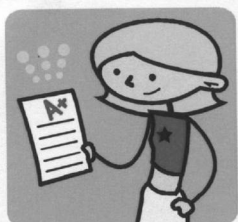
Kathy Giersburg, who retired from Los Lunas Public Schools in 2006 has been rehired to supervise the Education 20/20 Program at the POI Department of Education. She also served in the Women's Army Corps and the US Army.

Ms. Giersburg received her Bachelor of Science Degree in 1990 from Eastern New Mexico University, with Special Education and Social Studies as her fields of study.


She has taught in White Sands, Hobbs High School, Hobbs Junior College, Los Lunas Public Schools in both Day and Night School. While at Los Lunas High School, she also performed tutoring and homebound instruction in Los Lunas and Isleta.

The POI Department of Education looks forward to working with both Mr. Martinez and Ms. Giersburg. We know that they will both help our students succeed in pursuit of their educational goals.





# Parents



If your child needs help with homework or studying the Johnson O'Malley Program can help. The Johnson O'Malley Program has an Elementary and a Math tutor available Monday thru Thursday. The library also provides help for the children. If you have any questions please call the Department of Education @ 869-2680 or the Library @ 869-8119

# Register Now for 2008 Exercise Classes

SPINNING.



### 10-Week Program

- **Eight** Education Workshops (Health Center)
- Workshops held **Mondays at 5:00 PM**
- Twice a week attend a beginners "First Ride" spinning class  
(Tuesdays and Thursdays at 5:30 PM)
- Assessments and orientation available by appointment at Westside Recreation Ctr.

### Location

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

## Beginners Spinning "First Ride" Spinning



SPONSORED BY  
PUEBLO OF ISLETA DIABETES PROGRAMS  
TOTAL BODY HEALTH

### Incentive Prizes

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

### To Sign Up

- Participants must be an enrolled member of the Pueblo of Isleta or a family member of an enrolled member
- Participants do not have to have diabetes in order to join

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

## Must Sign Up to Attend Classes

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



### The Indian Pueblo Cultural Center Presents

### 7th Annual Pueblo Women's History Award

In Observation of National Women's History Month



2008 Honoree Josephine Waconda (Isleta/Laguna)

Award Event  
Sunday - March 2  
1 p.m.

## Good News from District 9

Isleta Little League can now accept 4 yr old boys and girls to play T-Ball

Registration will be held February 23<sup>rd</sup> from 9am to 1pm@ the Isleta Recreation Center

Registration fee \$20.00

A late registration will be held on February 28<sup>th</sup>, from 6pm to 8pm. The fee for late registration is \$30.00

### Child must turn 4 by April 30, 2008

If you have any questions, please call 610-4042

## WIC NOTES

*March is National Nutrition Month. Eating Well Will Make Your Life Better!*

Let's review some basic nutrition facts:

- > Healthy eating can reduce your risk of diseases like cancer, diabetes, obesity and high blood pressure.
- > Eating well means eating a variety of foods in the proper amounts so your body gets the nutrients needed to maintain good health and work properly.

What exactly are the nutrients that come from food? Different foods provide different kinds of nutrients:

**Proteins** (lean meats, eggs, beans, nuts) help build muscle and strong immune system.

**Carbohydrates** (starches, sugar and whole grains that also provide fiber) give you energy.

**Fats** provide essential fatty acids and extra energy.

**Vitamins and minerals** (commonly available in fruits, vegetables and whole grains) regulate body processes, enhance cell function and growth and help build a strong immune system.

**Water** gives cells shape and acts as a medium where body processes can occur.

Including a **variety** of fruits, vegetables, whole grains, and lean proteins into each meal will help ensure that your body gets the right amount of these essential nutrients.

In general, **processed foods** tend to lose many of their vitamins during the manufacturing process and often have less healthy ingredients added such as corn syrup and trans fats. This is why the term *empty calories* is sometimes used to describe foods like soda and potato chips. Replacing processed

foods in your diet with more fresh foods like whole grains, fruits, vegetables and plain water helps promote a healthy diet.

**The following are tips on how to practice good nutrition this month and every month:**

- Eat Family Meals. Always sit down as a family and share meals.
- Eat smaller meals. Include a vegetable as the center of plate, with smaller meat and starch servings.
- Include at least one serving of fruit and vegetable with every meal.
- Drink more water with and between meals.
- Reduce your intake of fried foods.
- Read labels to reduce the amount of added sugar, corn syrup, fats and salt.
- Snack on a few nuts, fruits, raw vegetables, pita chips or rice crackers.
- Along with a proper diet include moderate exercise at least 3 days a week.

### Health Tip of the Month

Food and nutrition misinformation can have harmful effects on your health and well-being, as well as your wallet. Avoid weight-loss programs and products that promise quick fixes. They often promise more than they can deliver.

### WIC Kitchen Recipe:

This recipe provides your child with important nutrients they need to grow properly and removes the "I don't want to eat that" mealtime battle.

Even though the recipe is designed to hide the sweet potato, our hope is that you will talk with

your child about all the ingredients, including the sweet potatoes, which make up the sandwich.

### Grilled Cheese and Sweet Potato Sandwiches

- 1/2 cup shredded reduced-fat Cheddar cheese
- 1/2 cup sweet potato puree (may use fresh or canned) \*see below
- 1 tablespoon butter or trans-fat-free tub margarine
- 1/4 teaspoon salt
- 4 slices 100% whole wheat bread

Nonstick cooking spray

In a medium bowl, mix the cheese, sweet potato puree, butter, and salt. Spread two slices of the bread with the cheese mixture and top with the other two slices.

Coat a large nonstick skillet with cooking spray and set it over medium heat. Put the sandwiches in the pan and spray the tops with cooking spray. Cook 4 to 5 minutes per side, until the bread is crisp and the filling is melted.

\*Sweet Potato Puree Prep: Do not peel fresh sweet potatoes. Cut into quarters, if steaming. Leave whole if roasting.

Cook: Steam for 40-45 minutes or roast at 400 degrees F for 50-60 minutes.

Puree: Scoop out the flesh and puree in a food processor or blender.

Refrigerate purees that will be used in the next couple of days, otherwise freeze.

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

Heidi Lanes

WIC Nutrition Coordinator

**CHOLESTEROL  
SCREENING  
VOUCHER**  
Good for 1 visit



Sponsored by  
Pueblo of Isleta  
Diabetes Program  
"TOTAL BODY HEALTH"

## FREE Cholesterol Screening!

Did you know that High Cholesterol is bad for your heart?



Call Jerilyn Lucero at the Isleta Health Center ( 505 ) 869-4095 to schedule an appointment and mention this voucher.



Must be fasting 12 hours prior to appointment.

# ARSON

**IF YOU HAVE INFORMATION  
REGARDING ARSON ON  
INDIAN LANDS CALL**

**WetIP**  
Inc.

**1-800-47-ARSON**

or visit

**[www.wetip.com](http://www.wetip.com)**

**ANONYMOUS**



**UP TO \$10,000  
REWARD**

# April 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Alcohol Awareness Month	Cancer Control Month	1	2	3 Assault Awareness month day of action	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26 World Tai Chi and Qigong Day
27	28	29	30	31		

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Isleta, New Mexico 87022

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