



Isleta Pueblo News

Volume 5 Issue 5

May 2010

Governor's Report

The church renovation is on schedule and the contractor has advised us that the project should be complete by April 2011. The work site is a hardhat area and no one should enter the fenced-in area without an escort. This is due to safety issues and liability concerns. There are a lot of loose materials, construction equipment and other hazards which makes this an unsafe area. We want everyone to experience the history of our church and the struggles our people suffered during the period that the church was built. If you visited the site on Sunday, April 18, 2010, most of you must have gone back in time through your mind to imagine how much work went into building the church. The attached photos show the original walls of the church dating back to the 15th century. The photos show excavation of the floor along the walls. Material, whether it will be concrete or another reinforcement agent, will be poured into these areas to reinforce the walls.

What was interesting to me was the condition of the mud adobe walls and wood structures after all these years. Even after the burning of the church during the Revolt, the charred wood is still present in some areas of the church. It was mentioned during a visit to the site that after the Revolt and the return of the Spaniards, the church was restored. Our people have continued doing maintenance of our church.

Administration thanks the people of Isleta for their patience as the waterline project continues. Thanks to Mr. Padilla and his crew, the project seems to be going as planned.

Isleta hosted the 2nd State-Tribal Leaders Summit on April 14, 2010. The State Tribal Collaboration Act was passed unanimously by both the Senate and House of Representatives and signed into law on



March 19, 2010 by Governor Richardson. The Act is a good tool for everyone in New Mexico. The Act forges a partnership to address issues important to all New Mexicans. The act institutionalizes mutual beneficial policies and protocol between state and tribal governments. The purpose for this year's meeting between State and Tribal Leaders was to collaborate on issues concerning tribes throughout New Mexico. Topics for discussion were Indian Education, Tribal Infrastructure, state-tribal collaboration on DWI, and Tribal Economic Development. The meeting was very successful and Isleta received many comments on the summit, with many thanks. New Mexico is a unique state where tribes have been very successful in receiving help from the state through funding for various program and infrastructure. Governor Richardson alone passed approximately 45

bills in support of tribes during his term in office, thanks to Governor Richardson the Senate and the House of Representatives. This is why it is important for tribes to get involved and support our leaders during election. There is no other state in this great country of ours where tribes have been successful working with local and state governments.

Census 2010 — It's In Our Hands!

Recently the Local Census Office in Albuquerque has been fielding calls from tribal residents who have not received their census questionnaire. There are several reasons for this delay and rest assured we have a plan. If you have not received a form or visit from an enumerator by April 12th, you may call 1-866-872-6868 to request a form or an opportunity to complete the questionnaire over the phone.

Additionally, you can wait for a visit to your home by an enumerator, which will occur in May. It is more financially efficient to call and request a form rather than wait for a visit. If you do want an enumerator to visit your home to assist you, please know that our enumerators will have a white badge and a black bag and will identify themselves as being with the Census Bureau. We are thankful to those of you who want to be counted, as you understand how important having correct population figures for the tribe will benefit us all. Thank you for your patience and understanding.

PUBLIC NOTICE from ISLETA TRIBAL COURT

A Petition to Probate the **Estate of Joe L. Lujan**, deceased on November 13, 1974 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 within **15** days from the date of this notice being posted.

Claims must be filed in writing and filed with the Court. If you have any questions contact the Court Clerk at 869-6510.

PUBLIC ANNOUNCEMENT

REWARD \$1500 You Remain Anonymous
For information leading to the arrest and conviction
in the death of seventeen (17) year old
DIEGO ABEITA. Call 814 – 3489.



Pueblo of Isleta Pueblo Public Library

Hello Isleta Pueblo,

Well, Easter just came and went. We hope you all enjoyed the day and your baskets were filled with lots of goodies. This year's spring seems to be flying by. The month of April is coming to an end, but our programs are just beginning. May has its own agenda and a line up of different activities. With the end of the school year right around the corner and the beginning of summer, you can expect the Library to be in full swing.



Bradi Lucero and her brand new baby sister, pose with the Easter Bunny.

NEWS

Our collection here at the library including both our DVD/ CD and books, continues to expand. We are glad to see so many patrons come in and make use of our resources, the use of our computers, checking out books or the free rentals. With that said, the staff here will be doing inventory starting May 10th. For those of you that still have books out or unpaid dues, you have until May 14th to get that taken care of if you don't want to receive a notice in the mail. If you are unsure of your library account, please come in or call and we'll be more than happy to let you know.

Due to the weather and rain that caused some complications on April 17th, we were unable to conduct our Bread Baking program. So those of you who showed up or thought you missed it, we have rescheduled the date to Saturday, May 22nd (8am -12pm). So please join us in this informative program in learning how to bake bread our own traditional way.

Summer time means no school, no school means bored kids. Instead of having your kids at home, sign them up for the Library Summer Reading Program. This year's theme, "Make a Splash", will be sure to keep your child busy. We will be exploring the different wonders of water. We like to keep our students' minds active as well and since we are a library and we happen to have books, we require our students to read. Reading will help your child's mind stay active and maintain or improve their reading level. Our program has its benefits and we hope you choose ours as the one for your child. Remember space is limited and only opened to the first 20 toddlers and 30 youth. For further details look at our flyer, come in or call. Registration starts May 24th, sign up early and ensure your child's spot. We will have a waiting list, but there is no guarantee that your child will get in.

The Library will be closed on Memorial Day, Monday, May 31st. Following that day, Tuesday, June 1st, the Library will be switching to the Summer Hours, which will be as follows:

Monday - Thursday: 8am-6:30pm
 Friday: 8am - 4:30
 Saturday & Sunday: CLOSED

UPCOMING

Starting April 26th, students are able to start earning points to our last Incentive Program for the school year. We will be taking the first 20 hard working students to Hinkle Family Fun Center and dinner at Furr's Buffet. Students will receive two attraction passes and a meal on us. All expenses will be paid. To join us, the students must earn 35 points by either reading for 20 minutes or doing homework. So instead of sitting at home and doing homework or reading for pleasure, come to the library and let us reward you for working hard. A few weeks of doing homework and reading can get you this free trip.

Don't forget Mother's Day is coming up, Sunday, May 9th. We will have a week full of some handmade Mother's Day crafts. If you know a hardworking, loving, special mother out there, this will be a great time to come in and make a gift to show your appreciation. We hope to see many of you from May 3rd till May 7th to join us in our arts and crafts.

What a better time to enjoy a festive day than Cinco de Mayo? Let us unite together to play games, activities, and break a piñata. There will be food and drinks, so come join us for a day of fun.

RECAP

As many of you know, your Library is one of the six tribal libraries that participates in the annual Tribal Library Fundraiser. Each library collects art pieces to sell or auction off to raise money for our tribal libraries. This year we have a temporary museum exhibit opened in Pojoaque at the Poeh Museum, which has the art pieces donated by different artists that are waiting to be sold. The opening was on April 16th. We had many pieces sold but there are still several left. Please go and visit this exhibit and make a contribution to tribal libraries. This museum exhibit will close on June 3rd so there is still time to go and make a visit.

Our poster contest went on for three Wednesdays in the month of April. Students had a chance to create a poster promoting Child Abuse Awareness. On Thursday, April 22nd, we held our judging for the top three posters. The judges were from our Teen Library Board, Department of Ed Staff, and a student that had no relation to any of the participants. We had some cool prizes and the students worked for them. First place received an iPod Nano, second place a \$30 gift card to Wal Mart, and third place a \$15 gift card to Chili's. The winners are as follows: Chris Cambridge, Clarise Jojola, and Marcheyelle Armenta. All of the participants received a Subway gift certificate good for one free kid's meal. We like to thank all of the participants who entered a poster and the judges for picking the winners.



The top three winners, Clarise Jojola, Marcheyelle Armenta, and Chris Cambridge, show off their posters and prizes.

Thank you for taking time to read about our library department; be sure to visit us soon.

Pueblo of Isleta Pueblo Public Library Business Information:

Monday - Thursday: 8:00 a.m. to 8:00 p.m.

Friday: 8:00 a.m. to 4:30 p.m.

Saturday and Sunday: CLOSED

Phone: (505) 869-8119

Fax: (505) 869-7690

Email: poi2002@isletapueblo.com

Web Address: <http://www.isletapueblo.com/library2.html>

Acequi Madre Mayordomos Update

First of all on behalf of Joseph Lente (Head Mayordomo) and myself (Michael Paquin, Assistant Mayordomo) we would like to thank everyone for attending ditch work. We are looking forward to a prosperous irrigation season. There are a few items that we would like to remind everyone about.

1. Our watering days are **Thursday through Sunday**. Follow the days allowed for irrigating. All gates will remain open seven days a week if water is available.
2. Before you start irrigating make certain you check along your ditch (on the east or west side) and with other farmers who are irrigating their fields down stream from you to ensure that farmers already irrigating are not cut off in the middle of irrigation. We've already received complaints about this and would like to minimize these conflicts.
3. Farmers growing vegetable gardens always have first priority to water use.
4. **On windy days**, we will turn off the water to avoid culverts and ditches from being plugged up with debris. After the windy season the water will be open all the time.

5. We ask that each farmertakeresponsibility for checking and keeping clean their section of the main ditch along their property.
6. At the meeting to elect new Mayordomos, it was decided by those who were in attendance to form the Acequi Madre Committee. The reason for the committee is to insure that the by-laws which are currently in place are enforced. Regular meetings will be held and your input would be greatly appreciated. We will notify members of times and dates of these meetings.
7. We have been informed by Raul Vargas from the Middle Rio Grande Conservancy that he has received several calls from Isleta ditch members asking him to release more water both on and off our watering days. We have informed Mr. Vargas not to follow any direction unless it comes from the Mayordomos, Joseph Lente or Michael Paquin. We've also directed the Natural Resources Department to refer any calls they receive for repairs, new orders or other ditch related concerns back to us. This is being done to keep one source of contact between all departments involved with this year's irrigation season. We will be taking

all work order calls and will review the needs of each farmer and coordinate a plan of action with the necessary departments.

8. There are a number of Acequi Madre members who remain on a delinquent list for non-payment of assessment fees and/or fines for not showing up for ditch work. We are asking members who know that they owe these fines to contact Ralph Jojola, the Acequi Madre treasurer, to settle these debts. Checks can be made out to the "Isleta Main Ditch" and sent to P.O.Box 685 Isleta, NM 87022 If you need to know if you are delinquent and how much you owe, you can contact Joseph Lente or Michael Paquin. Next month's article will include the list of those who are delinquent.

With the irrigation season well underway we ask members of the community to remind children, grandchildren and visitors to stay out of the ditches for their own safety.

Once again we thank you for your cooperation in these matters. If you have any questions or concerns, please call Joseph Lente at (505) 967-3786 or Michael Paquin at (505) 720-0394.

Silent Auction

Silent auction forms can be picked up and returned to the Treasurer's office by Thursday May 20, 2010. Questions call Paul Overstreet at 724-9256 or Cyndi Vetter 724-9247.



1996 blue Ford Windstar GL Minivan with 170,349 miles. Minimum bid of \$300. Available for viewing at Treasurer's office, Northeast of Fun Connection.

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

Native American Tax Exemption Form

You may be exempt from certain taxes and surcharges* on your utility, phone or propane bills if you are: a governmental entity of the Pueblo or Tribe; a member living on the Pueblo or Reservation; or a business owned by the Pueblo of Isleta member and located on and doing business on the Pueblo or Reservation.

*You may be exempt from State, City and County gross receipts taxes, 911 fees, Municipal and County franchise fees, telecommunication relay service charges, and New Mexico Universal Service Charges. This tax exemption does not apply to taxes imposed by your Tribe or Pueblo and collected by the Utility, phone and cable companies on behalf of your Tribe or Pueblo.

Please be advised that receipts from sales of tangible personal property to a member of an Indian tribe on that tribe's territory are not subject to gross receipts tax pursuant to Section 3.2.4.9 of the New Mexico Administrative Code, subsections A and B. by this form and in accordance with that regulation.

I certify that I am a customer of a utility, communications or propane company and am a:

☐ Tribal Government Agency

☐ Enrolled Tribal Member

☐ Spouse of an Enrolled Tribal Member

☐ Business wholly owned by the Tribe or Member

Pueblo of Isleta Tribal Identification Number: _____

Account Information:

Name of Account Holder: _____

Name of Utility: _____

Account number: _____

Physical Address: (no PO Box) _____

Home Phone # or cell _____

Signed:_____ Print Name _____

For questions or more information on Native American tax exemptions please contact the NM Public Regulation Commission at 1-888-4ASK-PRC. (1-888-427-5772) **Mail this form to your utility, communications or propane company.**

DO NOT SEND THIS FORM TO THE GOVERNOR'S OFFICE.

Hello From Comanche Ranch

Spring is finally here and it seems that everyday the wind is blowing at the ranch.

The ranch has had a lot of calves hitting the ground and so far the calving season has been good to us. We have not had any major problems. We have had some good moisture, and with that have come a new growth of weeds. We have to keep a watchful eye on these weeds, as some may be harmful if ingested by cattle. Some weeds may affect the mind or digestive system and even be fatal to cattle.

We will start branding most likely in the middle of May. I will let you know what the count will be on the calf crop after we are done. We will always have a few late calves and I will keep you updated on the count.

An article about the success of Comanche Ranch was published in the New Mexico Stockmen's Magazine. The article indicates that Comanche Ranch is doing very well in the cattle industry. The quality of cattle has improved within the last few years. The breeding bulls have improved and the weights on our calves have gone up. The article with the permission of the publisher has been reprinted in this newsletter.

Back in 2007 when I first started to manage the Comanche Ranch, we had three full-time cowboys and two part-time ranch hands. In the last year we have been able to cut back on the cowboys and the part-time ranch hands. As of now the ranch has become self-sufficient. We now have one full time cowboy, one part-time ranch hand plus myself running the ranch. It's a lot of work but we've done a very good job keeping up with the operation. We have plenty of water, feed etc. We are hopeful that with the employee cut backs we will make the ranch a little bit more profitable for the Pueblo of Isleta and its people.

I get asked a lot of questions concerning the ranch and its operations. One of the questions I get asked is, "Where does the money go from the calves that the ranch sells"? The money from the calf sales goes into the Pueblo of Isleta funds. We try to sell our calves over the Internet, and once a sale is made the buyer will cut a check to "Comanche Ranch Pueblo of Isleta". I then deliver the check to the Treasurer's office to be deposited into the POI fund. If you have any questions concerning the ranch, please feel free to ask me at anytime you may see me around. I have no problem with anyone asking questions.

I hope that you all have a safe and fun summer.
Comanche Ranch Manager, Martin Abeita

Comanche Ranch Focusing on Disease Prevention

Reprinted from the April, 2010, New Mexico Stockman

Preventing disease and maintaining a quality herd are top priorities for the Comanche Ranch, operated by the Pueblo of Isleta.

Ranch manager Martin Abeita said he implemented a trichomoniasis testing program almost three years ago, when he started as manager. The disease was found in a bull on the ranch, and the ranch was quarantined by the New Mexico Livestock Board (NMLB). This year, in 2010, all bulls tested negative for the disease. "It turned out that the bull that tested positive for the disease wasn't even one of ours, it came from a neighboring ranch, and we are continuing to have to fight to keep trich out of our herd," Abeita said. "I want to thank the New Mexico Livestock Board. They've been a tremendous help to us, even through the quarantine process."

"Trichomoniasis is a serious concern for our state's cattle industry, and we appreciate the effort the Comanche Ranch has made to work with the New Mexico Livestock Board to control this disease," said Dr. Dave Fly, DVM, New Mexico State Veterinarian. "They have been a good partner."

One of the most difficult things, Abeita said, is that the trichomoniasis-infected bull came from a neighboring ranch. He and his men are putting in long hours checking and maintaining fences to keep stray cattle out and protect his herd's health and reputation. "Everyone wants to be a good neighbor, but the disease problems that are out there today make it difficult. It used to be that when you found an animal that wasn't yours in your pasture, you looked at the brand and took it back home. Today, though, it's more complicated."

Trichomoniasis is a sexually transmitted disease in cattle caused by the protozoa *T.foetus* resulting in aborted fetuses, an extended calving season, and significant economic impacts to cattle producers. Currently, no medication effectively treats the disease, so testing is producers' best tool. The NMLB recently updated its rules regarding trichomoniasis, which can be found at www.nmlbonline.com.

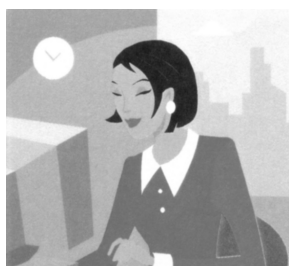
Abeita and the Comanche Ranch are working hard to continue to improve their cattle and keep disease out of the herd. "Our goal is quality — quality cattle for the future," he said. The neighbors are not keeping in compliance on trichomoniasis, and it is having a financial impact on us."

By placing an emphasis on bulls, Abeita is gradually improving the Comanche Ranch herd. They use registered Angus bulls, and test them for fertility and trichomoniasis each year. In the past three years, the calf crop has increased from 46 percent to above 90 percent. "In the long run, it is just part of good management. We have a lot of money invested in our bulls, and the expense of testing is worth it if it helps protect that investment."

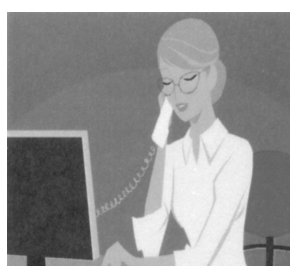
Premise and individual animal identification is another tool for the Comanche Ranch. We use it as an inventory management tool and like that it helps track an animal to its origin, Abeita said. "If a disease problem is ever found in an animal that came from our ranch, I want to know so I can do something about it before it causes a big problem in our herd," he said. "It's not a cheap process, but there are grants out there, through the U.S. Department of Agriculture's (USDA's) Animal and Plant Health Inspection Service (APHIS) if ranchers decide it's a tool they want to use."

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.

Johnson O'Malley Program

Greeting from the Johnson-O'Malley staff, hope everyone is doing well. The school year is coming to an end very quickly. Graduations are in full swing and the summer season is quickly approaching.

At this time we would like to congratulate all the students graduating from high school. As you look back at the time you were in school, it seems like forever. Many of you began your educational journey with Headstart or preschool. Many of you were only 2 or 3 years-old getting on that big bus. Imagine all that you have experienced, you have laughed and you have cried. Many of you made friends, many of you lost friends, and several of you overcame the fierce words of bullies and defended that which you believed in. You had classroom birthday parties, field trips, pop quizzes, finals, ball games, proms, first crushes and yes, you even wrote poetry. You never thought this day would come. This is not the end but a beginning, a beginning to another chapter. You will begin to experience life as a young adult. You have new responsibilities, new goals. There are so many options for you and your life. Do not let anything hold you back, the world is yours. You have already proven you are intelligent and determined; you can do anything you want in your life. It is time for you to pat yourself on the back. You did it, Congratulations Class of 2010!

Hats off to parents, grandparents, brothers, sisters, aunties, uncles and everyone else who believe their child could do it. You gave them the support and love they needed. You took them to school when they missed the bus. You stayed up late working on science fair projects (usually the night before), you gave them a pat on the back when they were successful, and you scolded them when they forgot to turn in their homework. You attended parent-teacher conferences, open house, science night and all the other school activities. You hugged them when they cried; you listened when they needed to talk. You were there throughout the years to make sure they made it through, you made sure they graduated. You deserve a pat on the back, too! Thank you for believing in your child and not giving up.

Our staff will remain committed to our recent high school graduates. Our door is always open. If you need help with anything, we will be here. We would also like to have you come back and inspire those that are still in school. If you are unable to attend the Pueblo of Isleta Graduation Banquet, please contact our office. We have a special gift just for you.

Class of 2010 Regalia

Attention **JOM Eligible** students graduating from Los Lunas or APS. The Indian Education Committee made a motion and approved to incorporate an allowable cost in the 2010 budget to assist with the expense of your cap and gown for your 2010 graduation ceremonies. This allowable cost is only for cap and gown. You must pay out of pocket and then submit your receipt for a reimbursement through the JOM Office. The maximum allowable amount for Cap and Gown is \$100.00 per eligible JOM student.

JOM Conference in Tulsa, Oklahoma

Through the JOM Budget a few members of our Indian Education Committee (IEC) were able to attend this conference. Our IEC reported that there are many different educational activities and programs offered by other JOM programs. One activity that was mentioned is a Challenge Bowl. This activity teaches and tests the student's knowledge of Native American History in their area. This is something we would like to implement over the summer as a short summer program. This would definitely assist our students' knowledge base about the history of Native Americans in the Southwest and themselves. The IEC was also able to bring back valuable information that will assist on the coordination and activities offered by the JOM program.

Tutoring

Tutoring is ongoing. Please do not wait till the last minute to get your student assistance if they are struggling. Every year there are several students recommended for retention. Please do not let your child be held back. As parents it is our decision to allow schools to retain our children. Do not forget it is also our responsibility to find resources and help for our children. For those that have been identified as struggling, there are many interventions that may help. Consistent tutoring in the specific area of need is one of them. For more information please contact Bernadette at the JOM tutoring center. Space is very limited. The regular school year tutoring program will end on May 21, 2010. Tutoring for summer school students will be available through the summer.

Student Trip for February: Time Exposures Picturing A History of Isleta Pueblo

We took a group of students to the Albuquerque Museum of Art and History to see Time Exposures: A Photographic History of Isleta Pueblo in the 19th Century. This amazing exhibit captured the innocent faces of our children, beautiful and caring eyes of the women and the indomitable and compassionate expressions of the men. This display was extremely informative and intriguing. Our students learned about the history and daily life for Isleta people. Students also learned about the impact of the American influences causing the Pueblo's transformation over the decades. There were many photographers that documented our history during the 19th Century such as Edward Curtis, Charles Lummis, Ben Wittick and A.Z. Shindler. It was evident that this exhibit was created with utmost respect and maximum level of cultural sensitivity for our traditions and our people. We would like to thank the Culture Committee for their assistance in planning and creating this wonderful exhibit. Our students truly enjoyed the experience.

Student Trip for March: Walking with Dinosaurs

This was truly an exciting and adventurous learning experience for all those that attended. Walking with Dinosaurs took us through time to learn about the different dinosaurs. Students were exposed to the wonders of animatronics and how theatrical costumes and props create an ambiance unique to each evolutionary time period when dinosaurs roamed the earth.

Students were taught about the growth of new vegetation, plants and flowers. They also learned about the earth's changing atmosphere and its impact on these sources of food and how bugs and insects helped to pollinate the earth. It was great to have new students and parents join us for this adventure. Pizza dinner was also provided to all that participated in this event.

Student Trip for April: Native American Junior Day at UNM

On April 21, we had the pleasure of taking students from Valencia High School to the University of New Mexico to participate in Native American Junior Day. The students were able to attend workshops that informed them about scholarships and grants, admissions and the application process, as well as college life. All of our students were able to meet with representatives from the UNM Engineering department, UNM School of Medicine, Student housing, Student Activities Center, American Indian Student Services, College Enrichment, UNM school of Architecture and Planning, Institute for American Indian Education and the College of Education. We believe that participation in college hosted events is crucial for our high school students. It allows the student to become familiar with many aspects of college. When our Native American students decide to attend college, that first year can seem overwhelming. Everything in their environment is new. It is important for incoming college freshmen to become informed about the campus and services available to make the educational journey a success. We encourage all high school students to visit local colleges to assist in planning your future. These programs are there to serve you.

Summer Programs for students offered by Colleges

We hope that our students take advantage of these programs. UNM offers: A.I.S.B American Indian Summer Bridge for incoming college freshmen accepted to UNM. This is a four week residential program June 7-July 2, 2010. Apply online www.unm.edu/~AISS

UNM offers: Freshmen Summer Bridge Program (FSBP) from June 7-July 2, 2010 for incoming college freshmen accepted to UNM.

This is a residential program. Applicants must be interested in pursuing studies in a discipline of engineering, science or mathematics. Apply at www.unm.edu/~fsbp

Institute of American Indian Art: Expanding the Circle (ETC) Summer Enrichment Program is a three week residential program for Native American students, current sophomores and juniors. June 20-July 10, apply at www.iaiaetc.org.

IAIA: College Road Trip July 30-August

6. Students will visit Northern Arizona University, University of Southern California, University of California Los Angeles, Cal Poly Pomona, Whittier College, and Occidental College. More information is available at www.iaiaetc.org.

If you have any questions please do not hesitate to contact us. Our number is 505-924-3189.

Geraldine, Beverly and Bernadette

TRAFFIC DIVISION NEWS Isleta Police Department Traffic Division

TRAFFIC ENFORCEMENT PLANNED FOR MAY

SPRING is here and, with warmer temperatures, increased outdoor activities for families will bring about more travel locally. The approach of schools releasing for the summer is only around the corner which means children will be out and about in the neighborhoods enjoying their summer vacations. The Traffic Division asks that you help us in traffic crash prevention by being alert and attentive drivers, obeying traffic signals/signs and observing speed limits in all areas.

The Traffic Division has undergone some minor changes over the past month. Officer Curtis Lucero has left the division and his contributions to the division will be greatly missed. The Division has now increased to a total of three traffic officers. Officer Terri Pettigrew-Anderson and Officer Darryl Chavez are the newest additions to the division and their contributions to the division are already evident.

Officer Pettigrew-Anderson was recently honored by M.A.D.D. for her tenacious efforts to combat impaired drivers (DWIs). Officer Chavez has approximately eight years law enforcement experience and returned to the department after a short stint at Bosque Farms Police Department. He serves as the department's firearms instructor, SFST (Standardized Field Sobriety Test) instructor, and is a crash re-constructionist. Both of these officers' backgrounds will be true assets to the division. Officer Sharon Mitamura has been in the division since August 2008 and has been promoted to supervisor of the division. She has 12-1/2 years law enforcement experience having been with Isleta Police Department for almost 2-1/2 years. She has served as an adjunct instructor at the Basic Police Academy located in Silver City, NM for over nine years and serves as a General Police and Domestic Violence Instructor for the department. Officer Mitamura is dedicated to the community and is active in many of the community activities. She is a child safety seat technician and has been active at the fitting clinics held on the pueblo. All three traffic officers will be working diligently in enforcing traffic laws and striving towards making the roadways of Isleta safer and provide information and education to those who drive upon them.

MAY will bring about a number of operations to include Operation DWI, Operation Buckle Down and the Click It or Ticket campaign, a National Occupant Protection Mobilization. Seatbelts do save lives and compliance has improved in New Mexico, but there are still those who fail to click those seatbelts in place.

The Isleta Police Department took part in a special seatbelt mobilization project from February 24-28, 2010 and April 26-May 1, 2010. Known as The Teen Click It or Ticket Enforcement Mobilization, its purpose is to increase high visibility enforcement, conduct awareness activities and earned media. According to the Click It or Ticket

Program, since the program began in 2002, seat belt use in our Region has risen a remarkable 15 percentage points. In spite of this, there still remain high risk drivers and passengers who still do not recognize the importance of buckling up. Teens are included in this high risk category as they buckle up far less frequently than adults do. Usage among teens and young adults (16-24 years old) was 76 percent in 2006, which is the lowest of any age group. In 2008, the majority (60%) of young people 16 to 20 years old involved fatal motor vehicle crashes were unbuckled."

With these statistics in mind, the Isleta Police Department believes these mobilizations are well warranted and will continue to enforce seatbelt laws in the future.

Here are a few tips:

Proper seatbelt usage is a prominent problem and the end results are much the same as not wearing one and warrant a citation. The law requires the proper use of whatever seat belt system the seating position provides. Vehicles equipped with air bags also provide lap and shoulder belts that must be worn. Some vehicles have automatic shoulder belts with lap belts that are fastened manually and the manual lap belts must be used for compliance and for maximum protection. Lap belts should be

worn as low and snug as possible on the hips since belts that are worn high on the stomach can cause injuries.

Shoulder belts must also be worn snugly across the shoulder and chest and there should never be more than an inch of space between your chest and the belt. Too much slack allows your head to go too far forward in a crash. If the shoulder belt rubs against your neck and is uncomfortable then try adjusting your sitting position or the position of the vehicle seat to get a proper fit. Cloth comfort sleeves can be placed on the shoulder belt to make it more comfortable.

DO NOT place the shoulder belt behind your back or under your arm. With the shoulder belt behind the back, your head will be thrown forward to strike the dashboard, windshield, or the air bag. As with the belts behind the back, shoulder belts under the arm do not hold your head back away from danger. In addition, the belt under the arm can fracture ribs and cause serious internal injuries.

REMEMBER: CLICK IT OR TICKET!

Contact Information:

Isleta Police Department Traffic Division
Sharon K. Mitamura, Supervisor
poi06053@isletapueblo.com
(505) 724-9282
(505) 264-0229 Cell

Freedom from Smoking

Take Back Control of Your Life!

<p>8 sessions to help you STOP SMOKING!</p> <p>Session 1 (Thinking about Quitting)</p> <p>Session 2 (On the road to freedom)</p> <p>Session 3 (Wanting to quit)</p> <p>Session 4 (QUIT DAY)</p> <p>Session 5 (Winning Strategies)</p> <p>Session 6 (The new you)</p> <p>Session 7 (Staying Off)</p> <p>Session 8 (Let's Celebrate)</p>	<p>Want to Stop Smoking?</p> <p>SIGN UP FOR FREEDOM FROM SMOKING. SESSIONS HELD AT THE ISLETA HEALTH CENTER</p> <p>NEW CLASS STARTING!</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>Contact Stephanie Barela at 505-869-4479</p></div> </div>
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weekly prizes!

Help from Others that are going through the same thing!

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

Sustainable Agriculture Workshop



June 9th, 2010

8:00-12:00 The Tome
Dominguez Community Center

Lunch Provided by Valencia Soil &
Water Conservation District

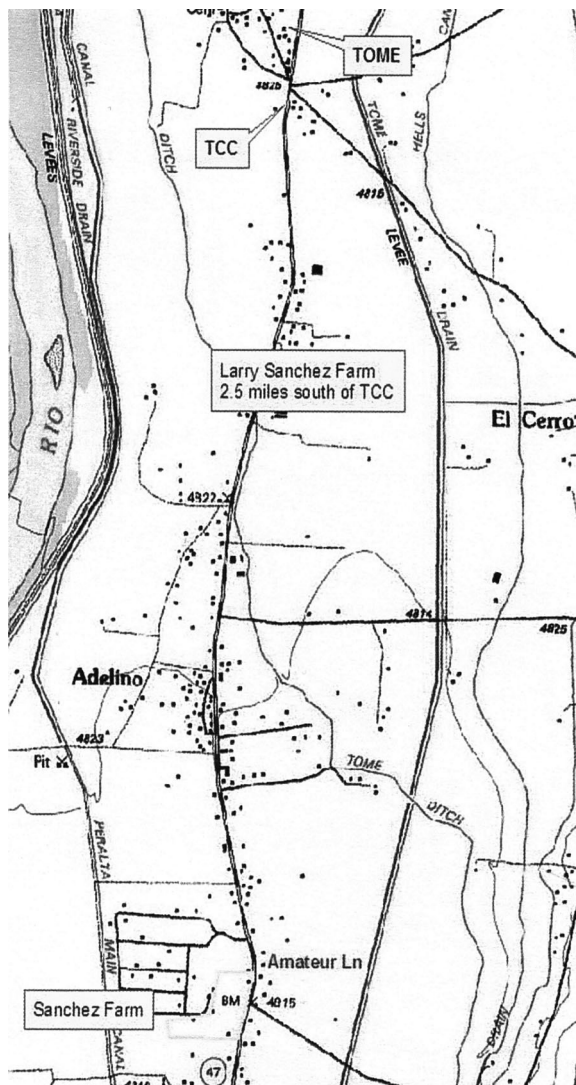
1:00-4:00 Field Demonstration
Larry Sanchez Farm, 2702 Hwy 47
Los Lunas, NM

SOIL HEALTH

Soil Health is simply defined as “the capacity of a specific kind of soil to function”. So, what factors help soil function like it should? What factors actually keep a soil from functioning correctly? Which of these factors can farmers control or correct? The answers lie within the relationships between the chemical, physical, and biological components of the soil. All this and more will be explained at the workshop!



Healthy soils lead to healthy crops.



Tome Community Center is across
from the Church Loop Rd on HWY 47
and 2.4 Miles North of Sanchez Farm

8:00 - 12:00:

Informative presentations by NRCS
technical specialists concerning

- Soil health
- Soil biology
- Soil stability
- Soil organic matter
- Plant health
- Plant tissue analysis
- Water quality
- Water management

12:00 Lunch*

1:30 pm to 3:30 pm:

Field presentations concerning

- Soil physical observations
- Soil texture and profile
- Soil Quality test kit
- Soil respiration
- Soil moisture monitoring
- Irrigation sensors

*Please rsvp by June 7th for lunch
at 865-5807. Thank you.

USDA NRCS
2600 Palmilla Rd, Ste. B
Los Lunas, NM 87031
865-4643, press '3'

You're Invited.

Attendees will learn about:

- Soil Health
What is going on in the soil that you can't see?
What is soil structure?
- Plant Health
What factors may be stressing your crops?
What can you learn from plant tissue?
- Water Quality
Is my irrigation water hurting my crop?
Can I water any less?

USDA

The United States Department of
Agriculture is an equal opportunity
provider and employer

Gopher Bounty Program

Did you know? The Middle Rio Grande Conservancy District will pay \$3.00 for each gopher tail taken to one of their Division Offices. The purpose of the program is reduce or wipe out gophers because they interfere with irrigated agriculture. Gophers can cause serious problems such as flooding.

The Albuquerque Division Office of the Middle Rio Grande Conservancy District is located at 1930 2nd Street SW. A clerk there can explain the process and your check will be in the mail. If you have any questions, call 247-0234 and ask for the Albuquerque Division Office.



American Legion Post 209

The next American Legion Post 209 meeting will be on Wednesday, 19 May 2010 at 6:30 PM. If you are an honorably discharged veteran come to the meeting...see what we're doing.

On Memorial Day, the Post along with the Recreation Department will be dedicating the Mousetown Park to all Purple Heart recipients. If you are a Purple Heart recipient, or know of a veteran who is a Purple Heart recipient please send information, including name, branch of service, years of service, during which war Purple Heart was awarded, and if possible short bio to American Legion 209, P.O. Box 338, Isleta, NM 87022 or e-mail to uabeita@yahoo.com ASAP. The dedication ceremonies on Memorial Day will take place at 10:00 AM.

On 4 July 2010, the baseball field in Chical will be dedicated to World War II veterans. Again, as with the Purple Heart recipients, we are requesting the same information.

Health Beat Health Educator, Stephanie Barela, 869-4479

Listen to Moms, Eat your Greens!!

A study suggests that leafy green vegetables could reduce some damage to genes in Lung Cells. More than 1,000 current and former smokers were studied and it was found that gene changes that could lead to lung cancer were less severe in people who ate lots of leafy green vegetables and foods with folate, and also took multivitamins. Steven Belinsky states that "these studies do in fact indicate that substances in these food groups and in the multivitamins would potentially retard the processes by which these gene changes occur in the smoker." So listen to moms everywhere and eat your greens, especially if you are a smoker or former smoker.

HHS HealthBeat, March 3, 2010, Leafy greens and brown tobacco.

Smoking Can Increase Your Chances of Going Blind

Smokers are more likely than non-smokers to get macular degeneration, which can make someone go blind by not being able to see the central area of their vision. This is one of the many reasons that people should STOP SMOKING at ANY AGE.

Sign up For FREEDOM FROM SMOKING,
to STOP SMOKING!!
Contact Stephanie Barela, 869-4479

Quick Ways to Better Your Health

Do you have 5 minutes ?

WASH HAND (20 SEC)

BUCKLE UP (4 SEC)

TEST SMOKE ALARM (10 SEC)

TAKE STAIRS (2 MIN)

NEW FACES AT THE CLINIC



Rebecca Montoya is a Pharmacy Tech that has worked at the clinic since February. She lives in Albuquerque and previously worked at Kirtland and at NM Oncology and hematology.



Kristin Maria is the new Marketing/Communications Assistant for the Diabetes Programs. She graduated last May from the Institute of American Indian Art with a degree in Graphic Design. She is Navajo and is from Ramah, but currently lives in Albuquerque.



Kim Livingston: I am happy to be back at Isleta Health Center. I was previously here in the same position from 2004-2006. It is good to see many of you are still working here. Thank you all for welcoming me back. I have been a Licensed Practical Nurse since 1977 and have worked in a variety of nursing positions. My management background includes approximately 15 years of outpatient clinic/pharmacy operations in pediatrics, hematology/oncology, family practice, pulmonary medicine, dermatology, allergy/immunology, endocrinology, diabetes education, neurology, and research administration. I live close to the Pueblo of Isleta in the south valley of Albuquerque. I am married and have a 13 year old daughter and 14 year old son.



Barbara Michael is the new Pharmacist at the clinic. She previously worked at Prime Therapeutics, where she did mail order. She also works at Walmart. Barbara has 3 kids and grew up in Belen. She has been a pharmacist for 21 yrs. She really enjoys Gardening and being outside.

Pueblo of Isleta Department of Health Services

**Please join us in celebrating
Dr. Elizabeth 'Bee' Cumby's
Retirement
from Indian Health Service.**

Dr. Cumby has cared for our community members at Isleta Health Center since 1988.

**Saturday May 15th
from 10 AM until 12 Noon
at Isleta Health Center**

Isleta Elementary School

Principal's Message

Greetings to everyone! It is hard to believe that our school year is almost over. Our students continue to work hard in all areas of our curriculum. Our third through sixth grade students completed the New Mexico Standards Based Assessments on April 15th. Thank you, parents, for supporting your child during testing by getting your child to school every day and on-time. The test results will be mailed to the Isleta Elementary School in July and will be provided to parents in August.

Exciting news for our computer lab! We would like to welcome Ms. Elizabeth Knight, who is our new computer teacher. She has 25 years of teaching experience as a classroom teacher and 9 years of experience as a computer teacher with the Albuquerque Public Schools. She has a Bachelor's Degree in Elementary Education with a minor in Special Education from the University of New Mexico, an Associate's Degree in Electronics, and a certificate in Photonics and Electronics from Central New Mexico Community College. She is currently working on an Associate's Degree in Photonics and one in Information Technology. She is honored to join our staff and is really enjoying working with our students.

The fifth and sixth grade classes at the Isleta Elementary School were chosen by the Bureau of Indian Education to participate in the Myron Rolle fitness and health challenge with the San Felipe Elementary School, Tuba City. Hopi Myron Rolle is a Rhodes Scholar who graduated from Florida State University with an undergraduate degree in pre medicine. He went on to attend Oxford University in 2009. Myron Rolle was recently drafted by the Tennessee Titans. With instruction from our teachers, Mr. Peter Carlton-McQueen, Ms. Emelda Chimoni, Ms. Tina Abeita, and Mr. Jesus Sedillos, our students learned about the importance of physical education and healthy eating habits. Myron Rolle sponsored a fieldtrip for our winning team to attend an Arizona Diamondbacks baseball game on April 25th in Phoenix, Arizona. Congratulations to Taylor Sandoval, Kayleen Abeita, Jordan Casias, Renetta Jojola, Keanna Lucero and Tabitha Martin who attended!

The Isleta Elementary School was also chosen by the Bureau of Indian Affairs Facilities Department to participate in a fire drill evacuation video. The video will be provided to all Bureau of Indian Education schools throughout the country as an example for fire drill evacuations.

The last day of our 21st Century School program is May 13th. Our 21st Century Summer School Program will be held July 6-29, 2010 from 8:30 a.m. to 2:00 p.m. Our students will focus on reading and math lessons. More information will be forthcoming.

Thank you, parents, for allowing our staff to educate your child!

March Student of the Month

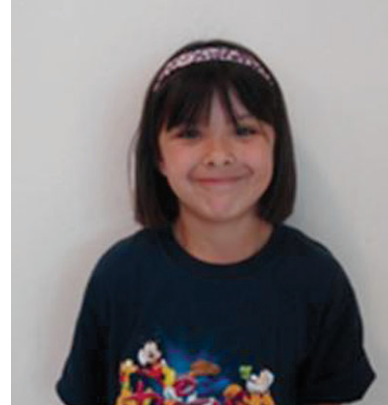
Isleta Elementary and the Student Recognition Committee are proud to present March Students of the Month!!! A student who meets the following criteria in each classroom is honored along with their parents at the end of the month with a special luncheon with the principal and recognized in a school wide assembly. The Students of the Month also receive special prizes for their hard work and dedication to learning and Character Counts. Congratulations students and keep up the good work!!!

Good Behavior -

Student should meet the six pillars of Character Counts; Caring, Respect, Responsibility, Citizenship, Fairness, Trustworthiness

Attendance - Perfect attendance for the month, no tardiness or early checkouts

Academics - GPA



*Mrs. Jojola (1st Grade):
Madison Pulliam, daughter of
Billy & Renee Pulliam*



*Ms. Curley (3rd Grade):
Marisa Abeita, daughter of
Jose R. & Stephanie Abeita*



*Mrs. King (2nd Grade): Jacob Jojola, son
of Denise Jojola; grandson of Tata Hagen
and Odelia Jojola*



*Ms. Benjamin (2nd Grade): Dezirae
Castro, daughter of Vanessa Waseta
and Jesse Castro*



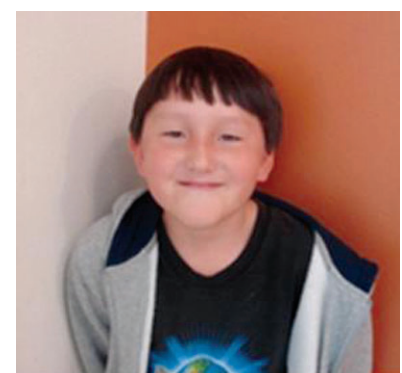
*Mrs. Yatsattie (1st Grade):
Genevieve Keryte, daughter of
Joyce Graham and Gene Keryte*



*Ms. Gonzales (4th Grade): Chantel Tafoya,
daughter of Danielle Abeita; granddaughter
of Sophie Sanchez and Cindy Jojola*



*Mr. Carlton-McQueen (4th Grade): Isaiah
Abeita, son of Leroy & Elaine Abeita*



*Mrs. Chavez (3rd Grade):
Stephen Abeita, son of Leroy
& Elaine Abeita and Sharon
Gonzales*



Ms. Jaramillo (Kindergarten):
Carla Cherino, daughter of
Stephanie Cherino



Mrs. Chimoni/Mr. Sedillos
(6th grade): Victoria Abeita,
daughter of Manuel & Rita
C. De Baca; granddaughter of
Vince & Edwina Abeita



Ms. Martinez (Kindergarten): Mary
Benavidez, daughter of Patrick &
Juanita Benavidez

Spreading our Eagle's wings to soar to new heights!!!

ISLETA TRIBAL MEMBER CELEBRATION

Hard Rock
HOTEL & CASINO

ALBUQUERQUE

PRE-OPENING

MAY 30, 2010
2 PM - 7 PM

HARD ROCK HOTEL GRAND BALLROOM

MUST PRESENT TRIBAL ID AT REGISTRATION TABLE.

TRIBAL MEMBERS RECEIVE COMMEMORATIVE GIFT WHILE SUPPLIES LAST.

LIVE. LOVE. **ROCK.** PLAY.

Parks & Recreation

April was an extremely busy one for us here at the Parks & Recreation Department. It began with the unveiling of the new batting cage for the Little League Program, a barbecue for the 2010 Census workers who are servicing our Pueblo of Isleta, the Pow Wow for Los Lunas High School, the start of 3 new exercise classes, the video taping of our youth and elders playing Native American games from years ago, hosting the New Mexico Indian Council on Aging Conference, seeding the Chical Baseball field, hosting the Child Abuse Awareness Parade and culminating with the Culture Night and Play Night for the Native American WIA Conference.

Batting Cages

On April 1, 2010, Governor Robert Benavides, Lt. Governor Max Zuni, Father Hillaire, Little League Council member Deanna Lucero, and several of our Parks and Recreation staff members were on hand for the unveiling of the batting machines that will be used primarily by the Little League. A blessing was bestowed on the batting cages for the children to be safe as they hone down their skills by utilizing these batting machines. Pictured are several pictures where Governor Benavides, Lt. Governor Max Zuni, Father Hillaire, and Little League Council member Deanna Lucero gave the machines the first swings of the season. After taking a few swings, Lt. Governor Max Zuni said, "It is not as easy as you might think, but I definitely see how our children's batting will be able to improve by this usage. Where was this technology when we were young?" Father Hillaire commented, "Are you trying to embarrass me by taking a few swings. I haven't swung a bat in 40 years." By the way, after a few misses, they all got the hang of it and did fairly well hitting the ball. Deanna said, "This is wonderful that we have this for our children", as she thanked and praised our Park Management crew for their work.



Park Management

The Park Management Division has been busy for the Memorial Day weekend opening of the park in the Mousetown Neighborhood. Also they have been preparing the Chical Baseball field for seeding. Once again the weather, high winds has placed us several weeks behind schedule but none the less we are shooting for a grand opening in the 4th of July weekend. Pictured below are several shots of the field preparation that has already taken place prior to seeding. Remember, none of the work is done by any outside contractors; our crew does everything from laying out the irrigation system, to setting up controllers, and automatic sprinkler systems, to seeding the fields. We commend you staff, for your outstanding work!



Video Taping

On April 21, and 22nd a video taping for television of our youth from the Elementary School and our Elders from our own elderly center took place. Under the guidance of the Four Directions Health Communications and some native folks from the Seattle, Washington area our youth and elders were video taped playing native games from years ago. All of this will be aired soon on one of the cable channels. As soon as we get word, we will let everyone know the date and time of the showing. For those of you involved in the videotaping, please have your pens and pencils ready for an autograph session for us non-movie stars. Once again, this is just another way that our Pueblo of Isleta is getting notoriety throughout the country.

Pow Wow

On April 9, 2010 we once again hosted the Los Lunas High School Pow Wow for the fifth year in a row. Under the direction of fellow Native American High School Councilor in charge of the Native Youth Club at Los Lunas High School, Ben Analla, the event has grown to what it is today. Many of our Pueblo students had a hand in setting up all of the events for the evening, which included drum groups, food, a number of informational booths and several vendors selling their native wares. As many of our residents and parents were leaving, many had nothing but positive comments about the event. As this event continues to grow and becomes a real showcase for our Native American youth attending the Los Lunas High school, this can be attributed to the outstanding leadership of Mr. Ben Analla. Great Job!

New Programs

Due to popular demand we have started 3 new classes for everyone to take advantage of. Although they are in the trial basis for one month, they will continue if the interest stays high. The classes are Zumba, which is a bit of Latin style, a dance move that has really taken off in this southwestern region. Our instructor is Daniela Cervantes. The other is a Yoga class that will be taught by Jennifer Fay. She did have a demonstration class for several tribal members and staff on April 9, 2010 that was very well received. And our third new class is that called a Kettle Bell Workout where different weights are utilized in variety of motions that work on strengthening your muscles and yet you also get a cardio workout. This, too, is one of the latest crazes to hit the workout scene. Pictured below is Derrick Jiron leading the class in the Kettle Bell Workout. If anybody is interested in these new classes, please do take advantage of them. Zumba and Yoga are held on Saturday mornings at 9:00 am and 11:45 am, respectively.



WIA Conference

On Monday, April 26, and Tuesday, April 27th we hosted the National Native American WIA Conference in the gymnasium. Our very own Mary Abeita who is the Vice Chairman of that organization was successful in bringing that conference to our Pueblo of Isleta. Activities for Monday the 26th involved a Culture Night where one of our own local vendors, Martha Lucero, was contracted out to provide all of the food for the banquet. Not only did she do an outstanding job in her presentation (decorations etc.), but those 500 or so participants really loved the Native food she served for the evening. The evening also included Native dancing from several tribes and a "Play Day" for Tuesday evening activities, which included a Basketball Tournament plus the use of all of our facilities that included the Isleta Lakes, the Fun Connection and our Casino. Like we have come accustomed to, they had nothing but positive comments about all of our facilities. Pictured are several pictures depicting the evening activities.



Summer and Pool News

This year's summer program will be beginning on June 7, 2010. The late start is due to school running past Memorial weekend and into the first week of June. The program will end on July 30th, 2010. Registration will begin on Monday, May 3, 2010 and will continue all the way into the start of the program. Although many of you have been registered for the fall and winter program, we ask everyone to re-register for the summer. Once again, our major field trips will be on Fridays. Anyone wanting to go on these field trips must have attended at least 3 times in the week. The only exception will be for those attending summer school.

At the present time we are forming a Swim Team to compete this summer. Anyone who is in the 1st through 6th grade is encouraged to join. If you are interested, please call Lin or LeeAnn at 869-8557. Also we will once again be offering swim lessons for parent & tots, youth and adults. Those classes are filling up quickly, so please call to reserve your space ASAP. During the month of May we will be hosting the many

surrounding neighborhood elementary schools for their end of year swim parties. Many of these elementary schools visiting for these get togethers, have several of our Pueblo members attending those schools.

New Mexico Indian Council on Aging and Child Abuse Awareness Parade.

On April 23, 2010 we were the host sites for the New Mexico Indian Council on Aging Conference. Although we were only responsible for the logistical end of it, i.e.: PA system, gym seating, and cleanliness of the facility, our Elderly Program headed by Rita Dorame Jojola were responsible for some of the context and for the feeding of all in attendance. It was a bit of inconvenience because it was a last minute thing (feeding) but all in all, everything worked out just fine. **GREAT JOB ELDERLY STAFF.**

On the very next day our staff had to change gears in preparation for the Child Abuse Awareness parade, which included a barbecue and lots of informational booths in our gymnasium. Although this was a

first for the Child Abuse Awareness Parade to be held on a weekend it was still very well attended. Although everyone had a great time with all of the festivities, it did shed some light on the problems facing our nation as a whole, and our youth in our very own community today. Sometimes a subject that people don't want to really talk about but need to. Caroline Dailey and her staff did one outstanding job in this beautiful presentation. **CAROLINE, OUR HATS ARE OFF TO YOU AND YOUR STAFF!**

Special Note/Directors Observations

On several occasions I had the opportunity to observe the after school and evening program only to confirm that our facilities are really being fully utilized. As I walked around the facilities, I witnessed the gymnasium packed with our youth having some competitive basketball games, two separate classes of Spin full to capacity, the weight room packed, a number of parents and their children swimming, high school students who had just arrived from the long bus ride from NACA in Albuquerque just

(Continued next page)

(Parks & Recreation continued)

sitting and talking in the banco area, the Little League fields filled with teams playing, a number of our residents walking and running on our jogging trails, and people sitting around in the soccer park enjoying our beautiful evening, I realized why I chose this profession and this great Pueblo of Isleta. On behalf of my staff and I would like to thank all of you for embracing me as your Director and allowing us to build and run the programs we do. A special thanks goes out to our Governor Robert Benavides, Lt. Governors Max Zuni and Frank Lujan and our Tribal Council for supporting the programs we offer, and especially for supporting our youth and Tribal members utilizing these great facilities. People who have come to visit can only envy what we have here, and that includes our neighbors to the north. A special thanks to my staff in the Swimming Pool, Old Rec and New Rec, in believing in me, and on what we are trying to accomplish. To my park management staff (Big Bob Lujan, Robert Apodaca, Donald Lucero, James Keryte, Charles Tenorio, and Robert Alderete) and I list you individually because the small crew of seven, what you have accomplished with our building of parks and the maintenance of them, is so much, and I honestly say, you are second to none. In closing, I give to you all, a heart-filled thanks for making my job the best anyone could have, your Director of Parks & Recreation, Rick Giron.

Native American Community Academy News

First of all, we want to thank everyone that voted on the bond and mill levy for Bernalillo County. Our students are now one step closer to having their own campus. To view the school model and to see our campus develop, please visit our Facebook page.

Upcoming events at NACA:

New Student Orientation will take place on Thursday, May 6th, from 5:30pm to 7:00pm.

End of Year Student Demonstrations:

At the end of every school year, students are required to give a demonstration in front of their peers, family, and community to share a best work or major learning from the school year. Demonstrations are scheduled for June 1st to June 3rd.

The Eighth Grade Class will be traveling to Washington, D.C. this June. They are hard at work earning their community service hours and fundraising for their trip. Raffle tickets are on sale and can be purchased from the Eighth Grade Students. The raffle will be held on Saturday, May 29 during the NACA Powwow.

The Miss NACA and Mr. NACA, Jr. Miss NACA and Jr. Mr. NACA Pageant will be held on May 14, 2010 at the NACA campus. It takes a lot of courage for the contestants to speak and show their talent in front of a large crowd, so please come out and support our contestants.

The annual NACA Powwow will be held Saturday, May 29th, 2010 at the NACA campus, located on San Pedro and Cardenas, (Wilson Middle School). We would like to extend an invitation to all singers, dancers, drummers, and spectators. Come and celebrate the end of our school year and the beginning of summer. Enjoy some great food, singing and dancing. If you are interested in vendor space or want to volunteer, please contact Duta Flying Earth or Tara Abeita at 266-0992.

Edwina Jojola, NACA Parent



NEW VISTAS Native American Liaison Program (NALP)

The Native American Liaison Program (NALP) through the NM Division of Vocational Rehabilitation Program is administered by New Vistas of Santa Fe. New Vistas works in collaboration with individuals with disabilities and families of children with special needs. This program provides vocational rehabilitation services leading to employment for the American Indian adults with disabilities.

Disabilities: A disability, as related to employment is a physical or mental impairment that creates a barrier to employment. Examples of disabilities are blindness, mental retardation, deafness, head injury, paraplegia, learning disability, cerebral palsy, autism, mental illness, alcoholism, stroke, epilepsy and various other conditions.

Program Goals: To improve the opportunities for American Indian Adults with disabilities to be employed members of the community by providing assistance through a liaison for the American Indian adults and the State of New Mexico Department of Vocational Rehabilitation.

Services: Services are based on individual need and interest, and on the availability of employment and

selection of career goals. Education, job seeking or self employment are just some examples.

Application for Services: Individuals may apply for services through a Liaison assigned to work with your tribe. Referrals from agencies, family members, or community are appreciated.

For the **Pueblos of Cochiti, Santo Domingo, San Felipe, Isleta, and Sandia.**

CONTACT: Winonha Stover, Rehabilitation Technician at Phone # (505) 228-5434,

****CALL ME TO SCHEDULE A PROGRAM PRESENTATION****

or,
New Vistas 1205 Parkway Dr.,
Suite A
Santa Fe, NM 87505
Phone #(800) 737-0330 Extension 189
For other assignment areas contact:
Steve Juanico
Phone # 1-505-670-8351

New Vistas is funded in part through a grant from the U.S. Department of Education and a contract with the New Mexico Division of Vocational Rehabilitation.

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 August 30, 2010 and end November 11, 2010.
Please apply 3 months prior to start date to be accepted.

Classes are 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.

MADD

2010 Honoring Heroes

MADD Honoring Heroes is an event that recognizes law enforcement officials from throughout the state of New Mexico who have gone beyond the call of duty to combat drunk driving, educate the public on the effects of this violent crime, prevent underage drinking, and who have done their part in maintaining safer roadways and communities.

Nomination forms were sent to all law enforcement offices throughout the state. MADD received over 70 nominations and 17 were selected as the 2010 Hero Winners.

Drunk Buster recognition will also be awarded at this event.

Who: Statewide Law Enforcement Officers will be honored
Fourteen law enforcement officers
Three civilians
Drunk Buster honorees

What: Honoring Heroes Awards Ceremony

Congratulations to Indian Highway Safety Enforcement Officer; Terri Pettigrew-Lee Anderson for her recent MADD (Mothers against Drunk Drivers) award which recognized her for having the most DUI arrests and convictions (2009) for the Pueblo of Isleta Police Department.

The Command staff and Lt. Governor Max Zuni attended the event to honor one of our own and represent the Pueblo of Isleta. Out of all the law enforcement agencies in New Mexico (70) the only other Tribal Police Department that was also recognized was an Officer from the Navajo Nation.

The Pueblo of Isleta Community also recognizes all our officers for the hard work that they provide day in and day out to the Pueblo of Isleta community.



Left to right: Sgt. Harry Powers, Officer Pettigrew Lee-Anderson, Lt. Governor Max Zuni, Lt. D.J. Miller, Chief Vernon Alvarez, Captain Gene Fenton



Save the DATE! **Cancer 101**
For Isleta Employees and Tribal Members

September 8, 9, and 10, 2010 10 am-noon
OR October 5, 6, and 7 5:30pm-7:30pm

NO REGISTRATION FEE!! PRIZES!!!!


**Wednesday, September 8, 2010 10am-12 or
October 5, 2010 5:30-7:30pm**
"Cancer among Native Americans" and
"What is Cancer"

**Thursday, September 9, 2010 10am-12 or
October 6, 2010 5:30-7:30pm**
"Cancer Screening and Early Detection" and
"Cancer diagnosis and Staging"


**Friday, September 10, 2010 10am-12 or
October 7, 2010 5:30pm-7:30pm**
"Cancer Risk and Risk Reduction" and
"Basics of Cancer Treatment"
Presented by Michelle Suina

For more information and to Sign up, please call
Stephanie Barela, 869-4479
(date and times are subject to change, so Sign Up and you will be notified)

*At the Isleta
Elderly Center*



**Isleta Health Center
and Elderly Center**



A Partnership Between The Center for Native American Health, NCI Cancer Information Service and UNM Cancer Research and Treatment Center

Isleta Pueblo News



Editor: Ulysses Abeita

Asst. Editor:

Beverly Piro

Published By:

Valencia Express

Title VII Indian Education Programs

Los Lunas Title VII Indian Education Program
Los Lunas High School

Greetings and Farewell to all our Seniors!!!
2010 Graduation Information!!!
Graduation is both a time of importance and celebration!!!! This information is designed to help you plan accordingly to make the most of this special occasion.

General Information...
All seniors planning to attend college this summer or the upcoming fall will need to send a final transcript to the college you plan to attend. To request a final transcript, you need to fill out the blue Final Transcript Request Form with the school registrar. May 1 is the customary cutoff date to let colleges know if you will or not be attending their school.
Scholarships...
There are various scholarships posted in the counseling office and on the Los Lunas school website at <http://www.llschools.net/llhs/>
See your counselor for more information.
Graduation Attire...
All Seniors participating in the commencement ceremony must wear Blue Caps and Gowns with Orange and Blue Tassels. The dress code for this ceremony is Formal/Casual. Absolutely no blue jeans, flip flops or tennis shoes. If you need assistance with obtaining the appropriate attire, please see your counselor or Ms. Davis no later than May 1.

Parking...LLHS
Graduates...park in the upper senior parking lot...(SW corner of the campua)
Parents...Parking in the upper or lower senior/staff lot ...(SW corner of the campus)
Visitors...north side east of the ROTC portables...(North side of the campus)
Handicap...Official handicap placard displayed in the vehicle...(swimming pool area)
Tickets...each graduate will be issued five (5) tickets for their guests to sit on the football field

May 10 - Senior Finals 3rd & 4th Periods...full day classes
May 11 - Senior Finals 1st & 2nd periods...full day classes
May 12 - 7:30 AM - 9:30 AM...Senior checkout day. All books must be returned and fines must be paid in order to walk the graduation line
May 12 - 12:30 PM - 2:00 PM...Senior Awards Practice.
MANDATORY...LLHS Gym

May 12 - 5:00 PM - 5:45 PM...Senior and Parent Reception...
LLHS Cafeteria
May 12 - 6:15 PM - Senior Processional
6:30 PM - Senior Robing and Senior Awards Ceremony
May 14 - 8:00 AM - Graduation Practice MANDATORY...LLHS Gym. Seniors must park in pool area.
10:30 AM - Senior Graduation Party after graduation practice
May 15 - 9:00 AM - ALL GRADUATES REPORT TO THE GYM BY NO LATER THAN 7:45 AM...Be on time!!!
May 19 - Finals for 9th/10th and 11th graders...1st & 2nd periods
May 20 - GRADING PERIOD ENDS
May 28 - Reports are mailed home!!!

Summer School Isleta E 20/20 Dates - June 1 - July 9. All students need to register with Ms. Wilson in the LLHS Counselor's Office. A mandatory meeting for all parents and students in the Isleta E 20/20 Program will be held on June 1 2010, beginning at 5:30 PM... Parents & students must attend this meeting.

May 9 - 10:00 AM - Senior Mass @ St. Augustine Church sponsored by Los Lunas Title VII Program. Please wear your cap and gown... This is also Mother's Day!!!

Valencia High School

May 9 - 6:00 PM VALENCIA Senior Baccalaureate Ceremony ...
VHS Gym
May 10 - Senior Finals...Review 1st & 2nd Block...Exams 3rd & 4th...Regular school day schedule.
May 11 - Senior Finals ... Exams 1st & 2nd Block
Robing Practice 3rd Block...after finals ... robing ceremony practice
After Practice - Senior check out.
May 11 - 6:30 PM ... Senior Robing
May 11 - Senior check-out continues until 9:30 AM
10:00 AM ... Graduation Practice
11:00 AM ... Senior BBQ/FUN Day
May 13 - Seniors Report to VHS Gym by 5:30 PM. Seniors Park in Gym Parking Lot. 6:30 PM ... Graduation - VHS Football Field

We wish all our seniors the very best in your careers...and all other students, enjoy your summer vacation!!

If you have any questions or concerns, feel free to call Mr. Schiver, Valencia High School @ 565-8755, ext. 2520 or Mr. Analla, LLHS @ 865-4646, ext 272. **Thank You for a Great year!!!**

What Mothers Do.

*There are some things only mothers will do. It is the nature of their hearts.
For example....*

A mom will accompany you to Wal-mart even at an ungodly hour; then once there, will look through her purse for change to buy you a soda at the all night McDonalds.

A mom will brag about you to everyone within earshot loudly proclaiming even virtues you wish you had.

A mom will take care of your children and let them eat in her room and sleep on her bed.

A mom will gently remind you to appreciate the gifts she gives you by asking you where you got your pretty shirt.

A mom will cook and care for your family when you are away on business trips.

A mom will point out the pieces of pottery and dishware meant for you when her job here on earth is done.

A mom will ask you to buy her butter and nuts so she can make cookies with your child.

A mom will give you hints that you should treasure your time with her by giving you the details of her most recent ailments.

A mom will look around your house and then tell you she will come by on Saturday to help you clean.

Thank you Holy Ones for giving me the love of a mother.

Please teach me to appreciate her more.

**HAPPY MOTHER'S DAY TO MY MOTHER
AND TO ALL MOMS EVERYWHERE!**

...the author of this poem wishes to remain anonymous...

—WIC Notes—

8 Common Mistakes Parents Make

Safety seats dramatically reduce the risk of death or serious injury in a collision.

Not using a safety seat consistently

"He hates to ride in his car seat, so just this once I didn't make him." Safety experts hear these words all too often from distraught parents after they have been in a tragic car accident. Remember, a one-time lapse in judgment can result in a lifetime of regret. Auto accidents are by far the leading cause of death for American children. Safety seats dramatically reduce the risk of death or serious injury in a collision.

Using an old or secondhand seat

The used safety seat you got from a friend or relative may seem like a bargain but it could cost your child his life. Not only are used seats unlikely to come with the manufacturer's instructions (vital for correct installation), but they could be missing important parts, have been involved in an accident (even unseen damage can affect the seat's functioning), fall short of current safety standards, or have been recalled due to faulty design. Moreover, plastic gets brittle as it gets older, so a seat that's too old could break in a crash.

If you must use a secondhand seat, make sure it has the original instructions (or contact the manufacturer for a replacement copy), has all its parts (check the manual), has never been involved in a serious accident, and hasn't been recalled. You can usually find an expiration date stamped somewhere on the seat.

Turning your child to face forward too soon

Children have large heads and comparatively weak necks, so in a head-on collision (the most common type of crash) a child's head can jerk forward suddenly and violently, resulting in spinal injuries. For this reason, keep your child rear-facing position as long as possible.

If your child can still ride comfortably facing backward at more than 12 months and 20 pounds, leave him that way. Just be sure the seat is designed to hold children of his weight.

Moving your child out of his car seat or booster too soon

NM requires that all children ride in a rear-facing car seat until age 1 year and then in a car seat /booster seat until age 6 years (or 60 lbs c).

Not installing a safety seat correctly

A safety seat won't do its job if it's not installed correctly. Among the most common mistakes: Not buckling the car seat in tightly enough, and not using the right type of seat belt to secure your child in his booster seat. Check to be sure that car seats don't tip forward or slide from side to side more than an inch, and that boosters are secured with a lap-and-shoulder belt.

Better yet, use an anchoring system if you can. By law, all car seats and vehicles manufactured since September 2002 must be compatible with the LATCH system — or "lower anchors and tethers for children."

Owners of earlier model cars may want to consider having their car retrofitted with the LATCH system. Check with your local auto dealership for information on cost and feasibility.

You can also have your seat installation checked by a professional.

Not using a locking clip or using it incorrectly

If your car is a pre-1996 model, chances are the lap-and-shoulder belts don't lock unless you come to a sudden stop. This means you need a locking clip — a small metal device that looks like an oversize paper clip or capital I — to hold the seat belt (and thus your child's car seat) tight in the event of a crash.

After you buckle your child's seat tightly in place, see if you can move it more than an inch toward the front or sides of the car. If you can, install the locking clip about half an inch above the buckle — not on the other side of your child's car seat, which pinches the shoulder and lap belts together before they're threaded through the appropriate slot in the car seat.

If you've misplaced the locking clip that came with your car seat, get in touch with the manufacturer to order a replacement or buy a new one at a store that carries car seats and other safety supplies.

Not securing your child in the seat

To make sure the car seat harness straps

are snug enough to hold your child firmly in the event of an accident:

- Buckle your child in, making sure the harness straps aren't twisted, and then use the mechanism on the front of the car seat to pull the harness tight. You shouldn't be able to pinch any harness fabric between your fingers.
- Slide the plastic retainer clip that holds the two straps together up to armpit level before securing it. If the clip is too low, your child could be ejected from his seat in a crash.

Not buckling a car seat into the car

Believe it or not, many parents who are cited for car seat violations have their child buckled into a car seat — but have not buckled the car seat to the car. This may be the result of confusion about how the seats work or just of switching a seat from one car to another on a hectic morning.

To avoid this mistake, when you're putting your child in his seat, double-check to be sure that the seat is buckled tightly to the car. *Adapted from the National Highway Traffic Safety Administration.*

Community Wide CPR Class

CPR 101

Friends and Family CPR

Non-certification

CPR Course

May 22, 2010 from 9am-noon at the

Isleta Rec Center

Call Now to SIGN UP

and Get a SPOT!!! First 50 people

signed up will be able to attend.

Learn What CPR is and What to do

for ADULT, CHILD and INFANT

CPR

CONTACT Stephanie Barela for

more information and to sign up:

869-4479

EATING SUGGESTIONS TO PREVENT A STROKE

(American Stroke Month)

Making healthy food choices which are lower in sodium (salt) and fat (saturated fats, trans fat & cholesterol) can help to lessen your risk of stroke. Here's how.....

Low fat cooking at home with fresh, frozen or canned (reduced sodium or no salt added) products allows more control compared to eating out or buying convenience & processed items. Use more herbs & spices which don't contain salt: garlic, pepper, basil, oregano, Mrs. Dash or your own salt-free seasoning mixture, chili, lemon juice, etc.

The DASH (Dietary Approaches to Stop Hypertension) eating plan suggests including plenty of fruits & vegetables (4 1/2 cups) & fat-free or low-fat dairy foods (2-3 cups) each day to lower blood pressure.

To lower your SODIUM INTAKE, choose LESS:

- ▶ salt & seasonings containing salt (garlic salt, onion salt, lemon pepper)
- ▶ convenience & processed foods (TV dinners), instant or dehydrated items (instant gravy & potatoes); salty snack foods (chips, pretzels, crackers)
- ▶ smoked or cured meats (bacon, ham, lunchmeats, corned beef, hot dogs) processed cheese (Velveeta) & cheese spreads
- ▶ regular canned or dried soups (Ramen) & broth
- ▶ sauerkraut, olives, pickles, relish & items in a brine
- ▶ regular condiments (catsup, mustard, soy sauce, BBQ sauce, bottled salad dressings)

To lower your SATURATED FAT & CHOLESTEROL INTAKE, choose LESS:

- ▶ animal sources- fatty cuts of red meat & pork; sausage, bacon, hot dogs, lunchmeats
- ▶ whole milk products: cheese, cream cheese, sour cream, ice cream
- ▶ hardened (hydrogenated) fats: lard, shortening, salt pork, butter, margarine
- ▶ egg yolks (limit to 3 per week); skin on poultry
- ▶ baked goods, pastries, doughnuts, high fat crackers & snack chips

Shop for low fat or fat-free forms of the above items. Look for products which say "**no trans-fatty acids**" (mainly found in margarines, crackers, baked goods). Bake, broil, grill, boil (less frying) & try your favorite recipes prepared with lower fat ingredients. Include **omega-3 fatty acids** found in certain fatty fish (salmon, sardines, tuna, mackerel) twice a week. **Heart healthy fats** are olive oil, canola oil, olives, nuts & avocado, yet be mindful of their calories.

Terri P. Elisberg, RD, LD, CDE, Nutritionist
Isleta Diabetes Prevention Programs
869-4093 telisberg@islclinic.net

Past Freedom From Smoking Participants Continued Support

Freedom Finders



**Continued Support for
Staying Smoke Free**

3rd Tuesday of month 5:30-6:30 at
the Isleta Health Center,
Small Conference Room
(north entrance)

**FOR PAST FREEDOM FROM
SMOKING PARTICIPANTS**

First Meeting, May 18, 2010

5:30-6:30pm

Call Stephanie to Sign Up

869-4479

SAFER ALTERNATIVES TO HAZARDOUS HOUSEHOLD PRODUCTS

Article No. 3

The following are some examples of less toxic alternatives to common household products. Using these homemade substitutes will save money and help make your home a safer place!

Ant Poisons- Sprinkle cream of tartar in front of the ants' path. Ants will not cross over.

All-Purpose Cleaners- Use baking soda and a small amount of water.



Chemical Fertilizers- Use organic materials such as compost, peat moss, and fish meal.

Aerosol Sprays- Aerosol sprays (such as hair spray and room deodorizers) release harmful substances into the air. Use pump-type sprays whenever possible. Use fresh flowers or potpourri instead of room sprays.

Copper Cleaners- Pour vinegar and salt over copper; rub and rinse.

Drain Cleaner- Clear clogged pipes with a snake (plumber's tool) or plunger. Pour boiling water down the drain. Do this every week for preventative maintenance.

Furniture Polish- For lemon polish, dissolve 1 part lemon juice into 2 parts vegetable or mineral oil.

Glass and Window Cleaners- Use cornstarch and water, or mix 1/2 cup vinegar with one quart of warm water.



Oven Cleaners- Scrub with baking soda and water. Place liners in your oven to catch any drips during baking. Sprinkle salt on spills when they are warm and then scrub.

Paints- Water-based paints are less toxic than oil based, and no solvent is necessary for clean up.

Roach Spray- Sprinkle boric acid (sold as a powder). A 50:50 mix of boric acid and brown sugar may be effective. Be sure to keep these materials away from children and pets.

Rodent Poisons- Put a screen over drains. Use snap-traps instead of glue traps. Double bag and dispose of small dead animals in your roll out trash cart. Wash hands thoroughly.

Rug and Upholstery Cleaner- Clean immediately with a paste made from soda water and baking soda; then vacuum.

Silver Cleaner- Soak item in 1 quart warm water with 1 tablespoon baking soda, 1 teaspoon salt, and a small piece of aluminum foil.

Spot Remover- Immediately soak in cold water, lemon juice, club soda, or corn meal and water.



Toilet Bowl Cleaner- Use toilet brush and baking soda, mild detergent, or 1/2 cup bleach.

Tub and Tile Cleaner- Rub area with one-half lemon dipped in borax or baking soda. Rinse and let dry.

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!

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 come by the Department of Natural Resources. Our number is 724-9288 and we are located east of the Isleta Fun Connection in Bldg L!

Early in Pregnancy & Late in Pregnancy

Early in Pregnancy

Nutrition/Oral Health
Common Discomforts
Pregnancy and Exercise
Relation Tips
Keeping yourself safe and healthy
Stages of Labor
When to Call your Doctor

Late in Pregnancy

Stages of Labor
Breathing Techniques
What Happens Late in Pregnancy
Comfort Techniques and Positions
Labor Video
Signs of Labor

Tentative Group Schedule

Group 1

Early-Nov. 2009
Late-Feb 2010

Group 3

Early-July 2010
Late-Oct 2010

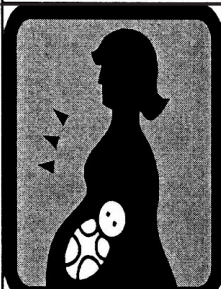
Group 2

Early-March 2010
Late-June 2010

Group 4

Early-Nov 2010
Late-Jan 2011

2 Session class on Pregnancy and Labor



Contact
Stephanie Barela
at
505-869-4479



Isleta Community Health Fair

A Healthy Body and Spirit

Stays Smoke Free

July 17, 2010

at the ISLETA REC CENTER

9am-Noon

Offering Isleta Community Members:

PRIZES!!

Fun Jump for the Kids!

Rock Climbing Wall

Excitement for All!!

Music

EARLY DETECTION AND SCREENINGS

NUTRITION, MASSAGE THERAPY,

DIABETES EDUCATION,

FRUIT BASKET WALK,

RAFFLE PRIZES,

AND

MUCH MORE!!!

Food!!

Puppet Show:
9:30-10 and 11-11:30



**Isleta Health Center
and Isleta Head Start**

Keeping our Community Healthy

1 T-shirts per Evaluation
while supplies last

For more information contact

Stephanie Barela

869-4479

sbarela@islclinic.net

June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Home Safety Month		1	2	3	4	5
6 National Cancer Survivors Day	7	8	9	10	11	12
	SUN SAFETY WEEK					
13	14	15	16	17	18	19
20	21 National ASK Day (Gun Safety)	22 National HIV Testing Day	23	24	25	26
27	28	29	30			

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Isleta, New Mexico 87022

