



Isleta Pueblo News

Volume 6 Issue7

July 2011

FROM THE OFFICE OF THE GOVERNOR

June 10, 2011, Hard Rock Hotel & Casino Albuquerque celebrated the one year anniversary of the only Hard Rock branded property in the state of New Mexico. The celebration was attended by over 2,500 guests who were treated to food, fun and entertainment.

June 15, 2011, Governor Frank Lujan and Tribal Council members participated in celebrating the 50th anniversary of the Albuquerque Seismological Laboratory located on leased land on the Isleta Indian Reservation adjacent to the south boundary of Kirtland Air Force Base. The celebration was attended by a Senior Advisor to the Secretary of the Interior Archuleta, USGS Director McNutt, and Albuquerque Mayor Berry, Staffers from the offices of Senator Bingaman, Senator Udall, and Representative Heinrich.

The Albuquerque Seismological Laboratory opened in 1961 as a seismological observatory and instrumentation laboratory in the Seismology Division of the U.S. Coast and Geodetic Survey (C&GS). In 1972, the Laboratory was transferred together with the National Earthquake Information Center to the U.S. Geological Survey (USGS) and is now part of the Branch of Earthquake and Geomagnetic Information in the office of Earthquakes, Volcanoes, and Engineering. The Albuquerque Seismological Laboratory is part of a global seismograph network called the World-Wide Standardized Seismograph Network involved in the installation of 120 seismograph systems in over 60 countries and islands throughout the world. It is involved in the collection, review and copying of recorded seismograms and the distribution of researchers throughout the world. World-Wide Standardized Seismograph Network produces the data needed to support unprecedented progress in earthquake, explosion and tectonic research.

June 15, 2011, Mr. Paul Carson of NuStar Energy and Mr. Daniel Manuchia, Ph.D., President of PPT Re-vegetation conducted an assessment of needs for erosion control on the Isleta Gas Pipeline Corridor. The assessment revealed the corridor to be stable with only slight to moderate rill and gully erosion.

Planned activities on the Isleta Gas Pipeline will include: seeding, installation of wattles, fix and clean drains, fix and/or gabion revetements, inspect off site channels and rake out rill erosion starts.

The field trip to the Isleta Gas Pipeline Corridor was attended by 2nd Lieutenant Antonio Chewiwi Jr., members of the Tribal Council, Department of Natural Resources, and Bureau of Indian Affairs Forestry.

June 18, 2011, the Pueblo of Isleta celebrated the traditional Governors' Feast and paid homage to our patron Saint Augustine. The event was celebrated by community members and local visitors who participated in religious church services and blessed by traditional dances. The Governor's staff and community all showed their respect and appreciation by offering gifts and a meal to all attending the celebration. Governor Frank Lujan and his staff wish to express their whole hearted appreciation to the people of Isleta for the support and participation in making your Governor's Feast a success.



Mr. Paul Carson, NuStar Energy, Mr. Daniel Manuchia, Ph.D., and Councilman Moses Lujan discuss methods for minimizing erosion on the Isleta Pipeline Corridor.



An assessment of erosion occurring in areas of slopes on Isleta Pipeline Corridor was conducted by Mr. Daniel Manuchia, Ph.D., PPT Re-vegetation.

Freedom Fighters



Continued Support for Staying Smoke Free

Want Help Staying Smoke Free?

COME to the Freedom Fighters Support Group POT LUCK!!

Aug 15th at 5:30 at the Clinic in the Diabetes Kitchen
(Enter from the South End)

Any and all FORMER and CURRENT SMOKERS WELCOME!!

Bring whatever dish you would like!

**Call Stephanie Barela, Isleta Health Educator
505-869-4479**

Pueblo of Isleta Head Start/Early Head Start Summer Time News

The Fatherhood Program had two fun family activities during May: bowling and a picnic at an Isotope's game. Although the dads were pretty competitive during the bowling, some of the young children scored even higher; thank goodness for those bumpers on the lanes! At the Isotope's game, one of our dads caught a fly ball, and everyone enjoyed the all-you-can-eat food. It's fun getting to know the families outside of the classrooms.

The Fatherhood Program will be continuing through the summer. If you have children in Head Start or Early Head Start/Home Based and are interested in participating, call Emily or Sandra at 924-3160.

Although the Head Start students will take a break for the summer, the Early Head Start program will still be in session. The Early Head Start program is a year-round program. If you are interested in enrolling your child into the Head Start or Early Head Start program, we are now accepting applications for the 2011-2012 school year, which will begin September 6, 2011.



Greg, Shawn, and Robert are enjoying the game with their families.



Anthony Jiron, Fatherhood Program Leader



Pat Jaramillo and son Patrick



Maya Portillo and her family



The Pacquin Family enjoys playing together.



We're proud of our Dads!



Greg and Faith are having fun together.



Ray Velardez

Message from Animal Control

First off, we would like to thank everyone who took the time to bring their pets to our Rabies Clinic in May. We vaccinated over 250 animals, which was more than last May. For those of you who didn't make it, we did get more vaccine and will be making house calls. Please call our office and leave a message. Your call will be returned to set up an appointment.

Also, now that summer time is here, there have been several farmers reporting animals running loose into their alfalfa and garden fields. Please do your best to keep your animals on your property.

No animal is allowed to run at large, roam or create a nuisance on another person's property or public areas of the Pueblo. First offense is a \$25/per animal fine, second offense is a \$50 fine and so on. Also, please keep in mind that we do have a leash law in place. Anytime you choose to walk your animal outside your property, such as ditch banks, please keep your pet on a leash at all times.

Another thing we are taking seriously is animal neglect. This is an issue that needs to be addressed and let the people of our community be aware that it is happening here on the Pueblo. It is perfectly fine to tie out an animal as long as it is done in a safe humane way. You can use a cable or chain, as long as your animal is attached with a properly fitted collar and not the chain itself. The tie out cable or chain must be a minimum of eight feet in length. Please check your animal's collar as often as possible to avoid an embedded collar. Failure to do so could result in possible fines and being charged

with animal neglect. If you do not want to restrain your animal by use of chain or cable, please keep them in a secure fenced area. Also now during the summer months, please make sure your pets have access to shade, fresh water and food.

When we do pick up animals that are running loose, we do try and locate its home, however the majority of the animals we pick up do not have any I.D. tags. All animals that we pick up are taken to the Valencia County Animal Shelter. Just a reminder, once we sign in an animal, we do not have any control over the cost which Valencia County charges to get your animal out. In about a two month period, Animal Control took nearly 60 animals to the Valencia County Animal Shelter. Out of that 60, only about 5 or 6 owners called us to reclaim their pet.

Also, it is important that if you find a dog, please report it to Animal Control. Please do not keep it, it could belong to somebody else. We do get calls on a weekly basis about animals that we didn't pick up, that have gone missing. Another friendly reminder, Animal Control does not pick up nor dispose of dead animals.

Animal Control is also on call for emergencies only, such as dog bites. Whether it is a bite to a human or another animal, we take all dog bites and dog attacks seriously. For these types of emergencies, please call Isleta Police Dispatch and they will contact us.

Thank You,

Isleta Pueblo Animal Control Phone: 724-9239

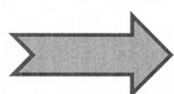
Pueblo of Isleta Veterans' Association

The next monthly meeting will be on Wednesday, 20 July 2011 at 6:30 PM. We are always looking for new members. All you need is an honorable discharge and \$25 annual dues. Refreshments will be served...

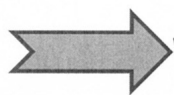
On 30 July 2011, James Toya, Native American Veteran Coordinator, NM VA Health Care System, will be at the Isleta Community Health Fair, along with representatives from Veterans' Center, NM Department of Veterans' Services, Pueblo of Isleta Veterans' Association and other veterans agencies will be there to provide information to veterans and their families. Bring your DD-214.

For any questions, please call Ulysses at 307-1582.

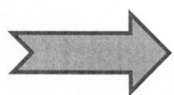
Child Safety Car Seat Clinic



**WHEN: Friday, August 12, 2011
1-4 pm**



**WHERE: Isleta Health Center
1 Sagebrush Street
Isleta Pueblo**



**CALL 869-4479 TO SCHEDULE
YOUR APPOINTMENT TIME!**



***Learn How to Properly Install Your Child's Car Seat
To Keep Them Safe!***

Must have child and car seat present



Isleta Pueblo News



Editor: Ulysses Abeita
Asst. Editor: Beverly Piro
Published By:
Valencia Express

ST. AUGUSTINE CHURCH REDEDICATION

by Alan Cherino, Church Preservation Committee Co-Chair

Were done! Our 398 year-old church, St. Augustine of Isleta Pueblo, has been fully restored! (By the time this issue goes to print, the contractor will be in the final month of completing the project.) I am very proud to announce that on August 13, 2011 at 10:30 a.m. we will celebrate the rededication Liturgy with Archbishop Michael J. Sheehan presiding alongside our present Pastor, Fr. George Pavamkott, and former Pastor, Fr. Hilaire Valiquette.

This is a historic event in the making for the Pueblo of Isleta and the St. Augustine Church. Since the church was re-established some years following the 1680 Pueblo Revolt and throughout its documented history 200 years later, the church has undergone several repairs and minor redesign renovations. The last known renovation took place in 1959-60 with the building of the bell towers as we know them today. Our restoration, which started March 2010, completely restored the church inside and out, and much more than what a typical repair or simple renovation project would have done. Despite the church being almost 400 years old, the main nave walls were in considerable good shape. Nonetheless, the walls were reinforced and rebuilt here and there, and the north altar wall was totally rebuilt from ground up. The church also has a new roof (original vigas in good shape and kept), new flooring, new mud and plaster stucco on walls, new heating/cooling, electrical system upgraded to current electrical-code, new bells which were made from molds of the old ones, new altar furniture, new pews, a new sound system for the altar and choir loft, a new and improved sacristy with new furniture, and some statues and paintings have also been restored. This historic restoration has certainly set the stage for the church's livelihood for the next 100 years!

Several regional religious dignitaries, state and local government officials, Pueblo members and residents,

and the surrounding communities are all invited to the Rededication. The Rededication Planning Committee is expecting over 1,500 people to attend. Tents and chairs will be setup in the church courtyard for the Rededication Mass overflow seating. Video screens will broadcast the Liturgy as it occurs. A reception and cultural activities will follow immediately after the Mass.

The planning committee is requesting the cooperation of village residents and everyone planning to attend the Rededication Mass and events. The plaza will be blocked-off from vehicle parking. However, designated parking lots will be established with shuttle service to and from the church. Isleta Police will be conducting

a drop-off point near the church and controlling traffic.

The Rededication Planning Committee involving the Governor's Office, the Church Parish, the Church Preservation Committee, and the Isleta Police Department invite and welcome our Pueblo community to this historic event. Please join us!

CHURCH REDEDICATION PARKING

Designated parking will be established for the St. Augustine Church Rededication Mass on August 13. The parking areas are as follows:

- the Main Recreation Center parking lot
- along the west side of

TR-40 from the baseball field north to the Elderly Center

- the north side of the Governor's office
- the Hard Rock Casino and Resort
- the Isleta Health Center parking lot off of I-25.

Shuttle service will be provided from these designated parking areas. Golf carts will also be driving around to assist with transporting elderly walking to and from the event.

Police officers will be patrolling the parking areas. However, individuals parking at these areas should make sure that all their valuable belongings are left home or placed in the trunk area of their vehicles. The Pueblo of Isleta will not be held responsible for any lost or stolen items.

REGISTER ONLINE NOW!



2011 VETERANS JOB FAIR

July 14th, 2011

9 AM – 3 PM ★ Registration – 8 AM

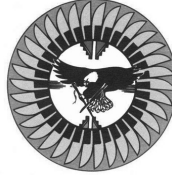
HOTEL ALBUQUERQUE

800 Rio Grande Blvd. NW

For information: 505.341.7130

www.HeroesHiringHeroes.com



**PUEBLO OF ISLETA**

P.O. BOX 1290

ISLETA, NM 87022

PUEBLO OF ISLETA**TRIBAL COUNCIL RESOLUTION****Resolution No. 2011-024****FIRE CONTROL**

WHEREAS, there is a growing trend of uncontrolled fires that threaten public safety and health, property, utilities, and wildland areas, including lands covered wholly or in part by timber, brush, grass, or other flammable vegetation, within the exterior boundaries of the Pueblo of Isleta Reservation;

WHEREAS, such uncontrolled fires potentially endanger public safety, cause damage to public and private property, increase risks to firefighting personnel and generate fire suppression costs;

WHEREAS, there are no current law and order codes which apply to the occurrence of uncontrolled fires on developed and wildland areas of the Pueblo of Isleta Reservation;

WHEREAS, a Tribal Council Resolution will be utilized to prosecute individuals causing uncontrolled fires;

NOW THEREFORE, the Pueblo of Isleta Tribal Council hereby adopts the following Resolution with the exemption that ceremonial and traditional activities shall be allowed with notice to the Department of Natural Resources for purposes of coordination:

1. PERSONAL RESPONSIBILITY All persons are responsible for taking reasonable measures to avoid causing an uncontrolled fire on developed sites and wildland areas within the exterior boundaries of the Reservation. Included in this responsibility is the use of bonfires, charcoal grills, traditional Hornos, wood and coal burning stoves, or cooking and heating devices that use kerosene, white gas or propane, on the premises of a residence or place of business which use must occur in an area that is cleared of all flammable materials for at least 30 feet or have a readily available water source.

In addition, intimidation, obstruction, or interference with the actions of a duly authorized officer in the enforcement of any part of this Resolution is prohibited.

2. GENERAL PROHIBITIONS

A. SMOKING Allowed only in enclosed buildings, in developed recreation areas, in vehicles equipped with ashtrays on paved or surfaced roads, or in areas that are barren or cleared of all flammable material at least three feet in diameter.

B. OPEN BURNING Burning of croplands, fields, rangelands, debris, slash, brush piles and weeds is prohibited unless authorized by a Burn Permit issued by the Department of Natural Resources. The Burn Permit shall constitute permission to ignite a fire on Burn Days as determined by the Bureau of Indian Affairs. Burning on a No Burn Day is prohibited. The Burn Permit shall in no way relieve an individual from civil or criminal liabilities associated with an uncontrolled fire, including the financial costs of fire suppression.

C. IGNITION DEVICES No person shall discard from any motor vehicle, train, horse or other mode of transportation any object capable of causing a fire, including, but not limited to a lighted cigarette, cigar, firecracker, etc. or cause a fire by operating a welding or acetylene or other torch with open flame in a developed site or wildland area.

D. CATALYTIC CONVERTERS No person shall park a motorized vehicle equipped with a catalytic converter over, near or next to flammable materials, including, but not limited to grass, leaves, weeds, brush, shrubs, trees, etc.

E. FIRES LEFT UNATTENDED AND UNEXTINGUISHED No person shall start or cause to be started a fire in or near any developed site or wildland area within exterior boundaries of the Pueblo of Isleta and leave such fire unattended, abandoned or un-extinguished. Person responsible for the fire shall stay within 50 feet of the active fire and ensure there is no active flame, live coals or embers on site before leaving the fire.

F. UTILITIES No person shall kindle or cause to be kindled a fire within 25 feet of above ground or underground utility structures, including, but not limited to telephone junction boxes, power poles, propane tanks, natural gas meters, septic systems, etc.

In addition to the above General Prohibitions, the following Stage I, II and III Fire Restrictions will be utilized during times of increasing fire danger.

1. STAGE I FIRE RESTRICTIONS - Prohibitions

- A. Building, maintaining, attending or using a fire, campfire, charcoal, or wood stove except within a developed recreation site or improved site. The use of petroleum- fueled stoves, lanterns or heating devices providing such devices meet all fire safety requirements is allowed.
- B. Smoking, except, within an enclosed vehicle or building, a developed recreation site or while stopped in an area at least three feet in diameter that is barren or cleared of all flammable material.
- C. Possessing, discharging or using any kind of fireworks or flame emitting devices.

2. STAGE II FIRE RESTRICTIONS — Prohibitions

- A. Building, maintaining, attending or using a campfire, charcoal, coal or stove fire.
- B. Smoking.
- C. Using fireworks, explosives or other fire starting devices.
- D. Operating a chainsaw, or other equipment powered by an internal combustion engine, is prohibited.
- E. Welding or operating acetylene or other torch with open flame.
- F. Possessing or using a motor vehicle off roads except when parking in an area devoid of vegetation within 10 feet of the roadway.
- G. Violating any tribal or federal law, that specifically concerns burning, fires, or that which is for the purpose of preventing or restricting the spread of fire.

3. STAGE III FIRE CLOSURE - Prohibitions

- A. The Governor of Isleta Pueblo shall issue a fire closure for wetland, Bosque, range or forest lands, prohibiting entry by tribal or non-tribal members due to extreme fire danger.
- B. Duly authorized officers and employees of the United States Government, BIA-Southern Pueblos Agency, Pueblo of Isleta or authorized Isleta tribal members, such as grazing permittees, shall be allowed to enter the closed area in the performance of official or permitted duties and responsibilities.
- C. The fire closure order will be posted by the Department of Natural Resources in a conspicuous place on each road and trail entering the restricted area.

(Continued next page)

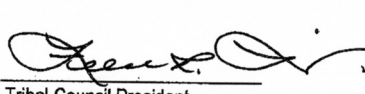
4. VIOLATIONS Violation of this Ordinance is a Class B misdemeanor, punishable up to one hundred twenty days imprisonment, 240 hours of community service, or fine/forfeiture not to exceed \$400.00 or any combination of the three.

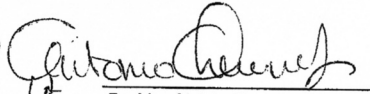
Certification

We, the undersigned officials of the Pueblo of Isleta, hereby certify that the foregoing Resolution was duly adopted by the Pueblo of Isleta Tribal Council at a regular meeting held on the 26th day of May, 2011 with a quorum present, with 9 voting for, 1 opposing, and 1 abstaining.

ATTEST:

Tribal Council Secretary


Tribal Council President


Pueblo of Isleta Governor

Isleta Elder Center
Activities Calendar
July 2011

- July:
- July 1: Fourth of July Celebration! Ice Cream Social - Kiva Room — 1pm
 - July 4: Center Closed in Observance of Independence Day (Fourth of July)
 - July 5: Shuffleboard Practice — Elder Day Care — 10am — 3pm
 - July 6: Huachas (Washers) Practice — Kiva Room —10am — 12 noon
 - July 7: Mass — Kiva Room — 11:30 am
 - July 8: Commodities — 9am — 2 pm
 - July 10: Fundraiser Grocery Bingo — 12:00 noon
 - July 11: 400K/800K — Estimated Run/Walk Practice — Baseball Field - 4 pm
 - July 12: Isleta Cancer Education & Support Group (ICES) — "Coping and Stress Management"— 10:30 am — 12 noon — Elder Center/Kiva Room
 - July 13: Elder Center Staff Meeting — 8am — 10am
 - July 14: Cochiti Feast Day — 9am — 2pm
 - July 15: Frisbee Accuracy Practice — Elder Day Care - 10 am
 - July 17: Fundraiser Grocery Bingo 12:00 noon
 - July 19: Caregivers Training/Luncheon — Elder Center - 12:00 noon
 - July 19: 400K/800K — Estimated Run/Walk Practice — Baseball Field - 4 pm
 - July 20: Santuario de Chimayo — 9 am — 2pm
 - July 21: General Meeting — Dr. Cumby re: Elder Drivers and ??? — Kiva Room - 10 am — 12 noon
 - July 22: Bowling Practice — Fun Connection —10am
 - July 25: Albuquerque Isotopes Baseball Game — 11am
 - July 26-31: NMSO STATE GAMES — Las Cruces, NM
 - July 29: July Birthdays Celebration — Elder Center — 12 noon
 - July 29: Commodities — 9am — 2pm
 - July 30: Isleta Health Fair — Recreation Center — 12 noon

Newsletter Info!!!

...and as life goes on...so do some contests...

We have received maybe but ten (10) names for the "Isleta Pueblo News". Out of the ten, none have been picked... and therefore, Governor Lujan has asked that we continue the "Name the Newsletter Contest". Continue sending in your names, and eventually soon we will have a new name for the news letter.

Please keep in mind that the newsletter staff will not be picking the new name...and remember that there is a free dinner for two (2) for the winner, compliments of Tribal Administration... All tribal members are eligible.

Also, to remind you that newsletter distribution boxes have been set up in front of the old Headstart building in Chical, at the intersection of Tribal Roads 84 & 85 and at the Ranchitos Park. Newsletters are also available at both Recreation Centers and at the Governor's Office. If there are any ideas on distribution, please call the above number. We want to thank the Elderly Center for delivering the Newsletter to all the elders who receive lunch delivery.

For any questions on the above, please call Ulysses at 307-1582.

ISLETA BUSINESS CORPORATION

In February's issue of the Isleta Pueblo News, you were introduced to the Isleta Business Corporation (IBC) Board of Directors. Since then, two new team members have joined the IBC.

Marvis J. Aragon, Jr. is the Chief Executive Officer (CEO) of the IBC. His background includes service to tribal citizens as the Deputy Cabinet Secretary at the New Mexico Indian Affairs Department appointed by Governor Bill Richardson. Before this appointment he served as Acoma Pueblo's CEO overseeing the Acoma Business Enterprises, including the Sky City Cultural Center, Sky City Casino/Hotel, Sky City Travel Centers, Sky City Communications, Acoma Game & Fish and the Acoma Land & Cattle Company. He also served two terms as Acoma's First Lieutenant Governor. Marvis is a tribal member of Acoma.

Agnes Abeita is the Administrative Assistant of the IBC. Her background includes service to the Isleta community as the Executive Secretary of the Isleta Health Department for seven years. Prior to that she was at Governor's Administration for a year and a half as a Human Resource Tech and was at the Isleta Head start/Child Care Program for almost 18 years. Furthermore, she is currently enrolled at National American University pursuing her Bachelor's Degree in Business Administration. Agnes is a tribal member of Isleta.

The IBC Board of Directors would like to welcome them aboard and invite the community to come and visit with them and share any possibilities of future business endeavors. The IBC is temporarily housed at the Pueblo of Isleta Treasury Department and currently taking calls at (505) 869-1808 x 267.

PUBLIC NOTICE

APetition to Probate the Estate of John Paul Abeita, deceased on March 18, 2011 has been filed in the Isleta Tribal Courts. Any person claiming interest in the estate is hereby requested to notify the Isleta Tribal Court Clerk within thirty (30) days from the date of this notice being posted.

Claims must be filed in writing and filed with the Isleta Tribal Court. If you have any questions, contact the Isleta Tribal Court Clerk at (505) 869-6510.

Parks & Recreation

The summer program is now in full swing and the children and staff are having a great time this year. At the present time we have been consistently having about 200 kids per day. For our first field trip to Cliff's Amusement Park we had 236 participants for that day, which is the highest ever since I have been your Director of the program. The children have been kept busy with mushball, which is a game played just like softball but a much bigger softer ball, kickball, dodgeball, swimming, volleyball, flag football, break dancing Zumba, karaoke singing, arts/crafts, and much, much more. Also on several occasions, on these extremely hot days, we have treated the children to an ice-cream social and Root-beer floats. As the program has progressed the children have been grilled about the activities they are partaking in and for the most part the children have had nothing but positive comments about the activities and the amount of fun they are having. I personally attribute the high level of satisfaction to the staff that has been great with the programming efforts and their involvement with the children. It makes a great deal of difference when the staff is enthused with the activities they are presenting and that enthusiasm rubs off on the children. Also, with the hot summer and strong winds that we have been experiencing, it has caused some watering and maintenance issues with the Park Management crew but they have handled them with complete and professional diligence. Pictured are a collage of pictures of children enjoying the different activities (mushball, break dancing, Flag football, show and tell, and slip and slide) which they were involved with.



Aquatics Program

With us being so close to Rio Grande River plus us having our own 8-lane 25-meter swimming pool not only is it imperative to teach our children to swim, but swim classes are offered for us adults who maybe missed the opportunity to learn or maybe want to get better with their skills. The following classes are being offered for the month of July:

Child Swim Lessons (ages 6-16) July 11th -14th and July 18th -21st from 5:15 pm to 6:00 pm.

Adult Swim Lessons (ages 17 and up) July 18th -21st) and July 25th -28th) from 6:00 pm to 7:00 pm.

Parent & Tot Class (parents/grandparents/guardians & children 6 months old to 5 years old) **Program begins with Adult ONLY Orientation** July 11th from 1:00 pm to 2:00 pm.

Parents and tots in the water July 12-15th and July 18th, 20th, 22nd from 1:00 pm to 1:20 pm. **All classes are on a first come first serve basis.** So please sign up as quickly as possible by calling 869-8557 and asking for the Aquatic Staff. Pictured are 2 shots, one of which is several of the children enjoying the kiddie pool along with staff member Tiffany Bias participating with them in the water, and the second being the kids enjoying the big pool while playing with many colorful floatation devices.



Summer Program

Parents, now that we are in full swing with the program we are asking for your assistance, if we are picking up your child that they be ready by a specific time everyday. Not always will we be there at the same time every day, but we will make every attempt to do so. For example, if we are picking up your child usually about 7:30 am that they be ready for our window of pick-up from 7:20 am to about 7:45 am everyday. If they are not picked up by about 7:45 am, then please notify the office and we will do what is necessary for them to be picked up. The problem we are experiencing is when the driver shows up and honks and no one comes out to either tell us that the child is not going or the child is not ready but they are demanding a ride way after the window of opportunity. We will continue to be as efficient as possible, but again please help us as well. Now that many children are either attending the Language Program or start going to summer school, they are exempt from the mandatory 3-day attendance rule for going to a major field trip on Fridays. As mentioned earlier one of the activities the children are really enjoying and participating in is Karaoke Singing. Honestly, we believe that we have a potential star in the making in 10 year old James Abeita. James is currently attending Isleta Elementary School and will be in the 4th grade. On the day of his participation in Karaoke not only did he do an outstanding job but he had all the other participants yelling out his name for him to continue with other songs. Who knows? Maybe he could become one of the next American Idols. **James, great job and keep the dream alive!** Pictured is James Abeita singing his heart out.



Park Management



As the hot dry summer continues it poses a little tougher task for our park management crew to keep those beautiful parks green and well manicured but they have without question been up to the task. As your Director for the Parks & Recreation Department, I cannot say enough about the fantastic crew we have in Robert Lujan, Robert Apodaca, Donald Lucero, Charles Tenorio, James Keryte, Robert Alderete, and Ouray Garcia.

Without a doubt I would put our park system and staff against any park system in the State of New Mexico because personally, I know we have the best to offer bar none and would be second to none. The crew not only built our parks but has taken ownership in how and what they do to maintain our park system to the high standard we have set. I honestly believe could not find a more dedicated and professional crew around. If you feel like I do, when you see the crew out working on your parks please thank them for a job well done. For those of you living close to Old Rec. at Pickle Heights you have probably noticed the park management crew working on the grounds. What is happening out there is, we are building a small park with a shade structure, barbecue pit, grass and bubblers for all existing trees on the grounds and a fully automated watering system that will be utilizing an old dilapidated well that is no longer potable water. This will make the Old Rec. Center a little more inviting and pleasing to the eye plus it will give the neighborhood residents a place to come and enjoy a picnic. Pictured are Park Superintendent and Asst. Supt. Robert Lujan and Robert Apodaca reviewing work that must be done to make a small park at Old Rec. a reality.

End of Summer Program

- For the month of July our major field trips on Fridays are as follows:
- July 1st** Century 24 for a major movie showing.
 - July 8th** It's Family Fun Center and luncheon buffet
 - July 15th** Santa Ana Cosmic Bowling & pizza party.
 - July 22nd** Cliff's Amusement Park
 - Thursday July 28th** End of Summer Fun Day at the Rec. Center. Jumpers, Dunk tank, Arts/ Crafts Show, Relay Races, Karaoke Singing and much more.
 - July 29th** Last Day of Summer Program
Century 24 Movie Day.

Beginning Monday August 1st we will be CLOSED for general clean-up and we will re-open on Monday, August 8th. This is the time that we strip and wax the floors, sand the gym floor, re-varnish, and do some painting to once again spruce up the building after a busy summer program.

Think your exposure to secondhand smoke
doesn't put you at risk?
Think again!

Stephanie Barela
Isleta Health Center, Health Educator

*Even just a small amount of secondhand smoke can put you more
at risk for getting lung disease (Cancer).*

Researchers from American Journal of Respiratory and Critical Care Medicine did a study on the genes in cells from people's airways and found that breathing even a little cigarette smoke can affect the genes, which in turn can result in Lung Disease (Cancer). The scientists examined genes from heavy smokers and those who were exposed to only a little smoke. They saw the same type of changes in both, although the amount was less in people who breathed less smoke.

This is a warning for light smokers or people who
breathe secondhand smoke:

"Don't think that it's not affecting you. Your lung cells know it. They are behaving abnormally. And for some individuals who are at risk, they are more susceptible for developing lung disease", warns researcher Ronald Crystal.

Article adapted from U.S. Department of Health and Human Services HealthBeat.



PUEBLO OF ISLETA PUBLIC LIBRARY

Happy Independence Day from the staff here at the Isleta Pueblo Public Library! I hope you all had a wonderful Fourth of July weekend. I'm sure that where ever you went you saw the night sky light up with different bright colors.

NEWS:

As many of you know the construction of the new library has been underway for a few months now. Those walls are coming up fast and the floors are rolling out in top speed. The expected finish date is August 15th, but the building will have to go through a few inspections before we get the "O-kay" to move on in and open it up to all of you.



Celeste and Marina enjoying some fun in the sun.

So as a reminder, July will be the last month of checking in and out of DVD's, CD's, and books. Please check in all of your items before July 30th to avoid any late fee fines. Any items not checked in at this time will have to wait to be returned for the opening of the new library. We hope that everything goes according to plans and we are able to move in as soon as we can.



Mr. Baca with his new friend.



We are getting there...



What was once a hole in the wall now covered with windows.

The staff at the library will also be doing inventory before the big move. So you know what that means? Overdue notices will be mailed out to everyone with un-cleared accounts. If you want to avoid receiving one of these slips in the mail, please be sure to return all of your items and pay any unpaid fines as soon as possible. By doing this you will also ensure yourself a clean account at the new library. We wouldn't want to stop you from checking out because of unpaid fines or items still checked out. Thank you for your cooperation and we look forward to working with you in our new facility.

UPCOMING:

A reminder that our Hip Hop Music Production Classes will be kicking off July 5th, it will be everyday from 1-5. The

curriculum consists of song writing, beat making, and "DJ-ing". There is only enough space for six individuals, for more one-on-one training and also limited equipment. There are still spots open so come in and call to reserve your spot. This is going to be a fun class, come join us and let us see your creative skills come out.



Baby Einsteins working hard.



Our youth students reading as much as they can for those prizes.

Our First Annual NM Tribal Libraries Golf Tournament is just around the corner. Thank you to those of you who have signed up. The deadline for registration has already passed, but if you would like to help with a contribution, we would really appreciate it, thank you.

You can also find us at this year's Health Fair at the Isleta Health Center on July 30. We will have a booth there, so come on by and check us out.

RECAP:

We have already wrapped up this year's Summer Reading Program. We jam-packed our usual 8 week program into four weeks. It was a little short but none the less fun and exciting and not to mention, competitive. The students made pizza like the Italians would, built pyramids like the Egyptians, made a relaxing garden just like Japanese, and made an erupting volcano as if they lived on the Hawaiian Islands. We really enjoyed this year's students and we can't wait to start planning next year's agenda.



The boys watching to see how high their volcanoes will erupt.

Our youth students were given a challenge to do as many book reports as they can for the duration of the Summer Reading Program and the top three students with the most



They couldn't wait to eat their delicious pizza.

book reports would be rewarded with three grand prizes. The prizes are a 26" flat screen TV, a 16GB iPod touch, and a Nintendo 3DS. Because of the time of printing of the newsletter, we will announce the winners in next month's newsletter. We can tell you this though, it has been a tight race and we are very proud of all you who participated. Thank you for joining and being a part of the Summer Reading Program 2011.

**Pueblo of Isleta Public Library
Hours of Operation**

Summer Hours:
Monday-Thursday: 8am- 6:30pm

Friday: 8am- 4:30pm
Saturday and Sunday: Closed
Mailing Address:
P.O. Box 610
Isleta, NM 87022
Phone: 505-869-8119
Fax: 505-869-7690

Email: poi02002@isletapueblo.com

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

Facebook:
www.facebook.com/IsletaPuebloLibrary

NEVER leave a child alone in a car — even for a minute!



Almost 50 children died this way last year.

- Dial 911 immediately if you see an unattended child in a car. EMS professionals are trained to determine if a child is in trouble.
- Never leave a child unattended in a vehicle, even with the window slightly open.

Believe it or not, routines and distractions have caused people to mistakenly leave children behind in cars.

- Place a cell phone, PDA, purse, briefcase, gym bag or whatever is to be carried from the car on the floor in front of a child in a backseat. This triggers adults to see children when they open the rear door and reach for their belongings.
- Set your cell phone or Blackberry reminder to be sure you dropped your child off at day care.
- Set your computer calendar program, such as Outlook, to ask, "Did you drop off at daycare today?"
- Have a plan that if your child is late for daycare that you will be called within a few minutes. Be especially careful if you change your routine for dropping off little kids at day care.

Prevent trunk entrapment.

- Teach children not to play in any vehicle.
- Lock all vehicle doors and trunk after everyone has exited the vehicle — especially at home. Keep keys out of children's reach. Cars are not playgrounds or babysitters.
- Check vehicles and trunks FIRST if a child goes missing.

Outside
Temperature
101° F

Inside Vehicle
Temperature
140° F



www.safekids.org/nlyca

Isleta Health Center and POI Head Start Community Health Fair July 30, 2011 9am-noon

AGENDA

SUBJECT TO CHANGE

9am-noon Inside Gym- Booths Open

**9am-noon Outside Gym-Fun Jump,
Climbing Wall, Snow Cones,
Face Painting, Clowns. VA Van**

**9:00-10 Ben and Gary (LLHS Teachers)
Acoustic Music**

9:00-10:30 Yoga in Aerobics Room

9:45-10:45 Diablo Mascot for Hockey Team

10:00-12:00 Under the Tent

**Looking at Country with
Jennifer Jojola**

**10am Inside-Mind, Body, Spirit Youth
Exercise Demo**

10:00-11:00 Orbit Mascot for Isotopes

10:45-11:15 Puppet Show

11:00-12:00 Lobos Mascots

9:30-Noon FOOD

**Skate Boarding Demo (At Skate Park)
(Time To Be Announced-TBA)**

**PHI Flight for Life Helicopter (outside)
(Time TBA)**

**AND MUCH MORE!!
COME TO THE HEALTH FAIR
TO SEE ALL THAT IS HAPPENING!!**

-WIC Notes-**10 Tips for Picky Eaters**

Has your preschooler refused to eat anything other than peanut butter sandwiches for the past two days? Or would your toddler rather play than eat anything at all? That is normal child behavior.

We hear from parents all the time about how they worry about what their children eat — and don't eat. However, kids will not under eat. A preschooler stomach is very small and it doesn't take much to fill them up. They get plenty of variety and nutrition in their diets over the course of a week. It's important to not force food on your child.

Until your child's food preferences mature, consider these tips for preventing mealtime battles.

1. Respect your child's appetite — or lack of one Young children tend to eat only when they're hungry. If your child isn't hungry, don't force a meal or snack. Likewise, don't bribe or force your child to clean his or her plate. This may cause you child to develop an unhealthy relationship towards food.

2. Stick to the routine

Serve meals and snacks at about the same times every day. Do not offer snacks (including beverages) for at least one hour before meals. If your child comes to the table hungry, he or she will be more motivated to eat.

3. Be patient with new foods

Young children often touch or smell new foods, and may even put tiny bits in their mouths and then take them back out again. Your child may need repeated exposure to a new food before he or she takes the first bite. Encourage your child by talking about a food's color, shape, aroma and texture — not whether it tastes good.

4. Make it fun

Cut foods into various shapes with cookie cutters. Offer breakfast foods for dinner. If your child does not want a particular food do not push it on her. Try again another day.

5. Recruit your child's help

At the grocery store, ask your child to help you select fruits, vegetables and other healthy foods. Don't buy anything that you don't want your child to eat. At home, encourage your child to help you rinse veggies, stir batter or set the table.

6. Set a good example

If you eat a variety of healthy foods, your child is more likely to follow suit.

7. Be creative

Add chopped broccoli or green peppers to spaghetti sauce, top cereal with fruit slices, or mix grated zucchini and carrots into casseroles and soups.

8. Minimize distractions

Turn off the television during meals, and don't allow books or toys at the table.

9. Don't offer dessert as a reward

Withholding dessert sends the message that dessert is the best food, which may only increase your child's desire for sweets. You might select one or two nights a week as dessert nights, and skip dessert the rest of the week — or redefine dessert as fruit, yogurt or other healthy choices.

10. Don't be a short order cook

Preparing a separate meal for your child after he or she rejects the original meal will encourage your child's picky eating. Keep serving your child healthy choices until they become familiar and preferred.

If you're concerned that picky eating is compromising your child's growth and development or if certain foods make your child ill, consult your child's doctor and talk to us here at the WIC office.

In the meantime, remember that your child's eating habits won't change overnight — but the small steps you take each day can help promote a lifetime of healthy eating.

Heidi Lanes, WIC Nutrition Coordinator

Isleta Health Center's July 2011 Calendar of Events

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|---|--|-----|--|--|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 ICES 10:30-noon at Elderly Center "Coping and Stress Management" 7/12/11 Men & Women's Diabetes Support Group Meeting at 6:00PM-7:00PM | 13 7/13/11 Totally Tubular 80's Sum- mer Burn Fun Walk/Run Reg. 7:00PM Run at 7:30PM Isleta Diabetes Preven- tion Parking Lot Behind Health Center | 14 | 15 7/15/11 Isleta Dia- betes/Obesity Pre- vention Advocacy Group Meeting at 10:00AM- 12:00PM Isleta Health Center – Large Conference Room | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 ARE YOU GOING TO THE ISLET HEALTH FAIR? ONLY 5 DAYS AWAY!! | 26 | 27 | 28 | 29 | 30 Isleta Community Health Fair 9-noon at the Isleta Rec Cen- |
| 31 | | | | | | |



Isleta Health Center

TRAFFIC DIVISION NEWS ***FIRE DANGER!!***

As all are aware, New Mexico is "on fire". The many wild fires throughout the state have definitely destroyed lands and property. Isleta is not exempt from this as we all know. The Bosque, "the swamps", and any area with very dry vegetation are all susceptible to fire be it caused by a careless individual, lightning strike, etc.

In the event of a fire on the Pueblo, please avoid the area as those curious individuals who flock to the area create a traffic hazard and may divert much-needed personnel resources for other needs. The Traffic Division will enforce traffic laws and cite those individuals in violation. Offenses to keep in mind are:

"CROSSING A FIRE HOSE" which states:

No vehicle shall be driven over any unprotected hose of a fire department when laid down on any street or private driveway, to be used at any fire or alarm of fire, without the consent of the fire department official in command".

"FOLLOWING FIRE APPARATUS AND DRIVING THROUGH SAFETY ZONE PROHIBITED which states:

A. "The driver of any vehicle other than one on official business shall not follow any fire apparatus traveling in response to a fire alarm closer than five hundred feet, or drive into or park such vehicle within the block where fire apparatus has stopped in answer to a fire alarm."

B. "No vehicle shall at any time be driven through or within a safety zone"

Please observe and obey fire restrictions imposed by the Governor's Office for the Pueblo of Isleta. ALL FIREWORKS are prohibited and if you have questions, please contact the Fire Department or the Governor's Office.

With schools closed for the summer vacation, many children are out and about in the neighborhoods Please watch out for them. A child may dart into a street unexpectedly at any time and a driver who is even slightly distracted may not be able to stop in time to avoid striking that child. Distractions can include changing a radio station, a CD, **talking on a cell phone or texting on a cell phone**. Any of these can affect a driver's reaction time significantly regardless of the driver's age.

Another very serious issue that has come to light regarding the safety of our children is in regard to the high temperatures. Too often tragedy strikes because a parent leaves a child sleeping in a vehicle, thinking they will only be gone for a few minutes. This is extremely dangerous and an adult can be criminally charged if the child is injured or dies.

An article from NRMA Motoring Services(Australia) provided the following information:

NEVER LEAVE CHILDREN ALONE IN A CAR

After rescuing 20 per cent more children from locked cars last summer than the previous year NRMA Motoring & Services is again urging parents not to leave children locked in cars. NRMA Motoring & Services in conjunction with 'Kidsafe' has developed the 'Hot Cars' brochure to warn of the dangers of leaving children locked in cars.

On a typical Australian summer day, the temperature inside a parked car can be **30° - 40°C (86°F - 104°F) hotter than outside the car.**

That means that on a 30°C day, the temperature inside the car could be as high as 70°C (150°F)!

- 75% of the temperature increase occurs within five minutes of closing the car
- Darker-colored cars can reach slightly higher temperatures than lighter-colored cars
- Large cars can heat up just as fast as small cars
- The color of interior trim has little effect on the speed that the

temperature can increase inside a car

- Having the windows down 5cm (— 2 inches) causes only a slight decrease in temperature with an outside temperature of around 30°C (86°F).

Research shows that the inside of a car can reach 78°C (172°F) in a closed car and 70°C (150°F) in a car with open windows.

What are the risks?

- The temperature and humidity inside the car begin to increase while the airflow decreases
- As the temperature increases inside the car, the child can begin to develop heat stress (hypothermia) and start to dehydrate
- Young children are more sensitive to heat than older children and adults. This can put them at greater risk of heat stroke and other health risks
- If the child becomes distressed and tries to get out of their restraint, they could be at risk of strangulation on the harness.

Safe Practices

- If you have to leave the car, even to run a quick errand, **take the children with you**
- **Do not use the car as a substitute 'baby-sitter'.**

Safety when travelling in hot weather

- **Do not leave your children in the car for any period of time without adult supervision**
- Provide plenty of cool water or fluids regularly during your journey
- Dress children to promote airflow around their bodies, i.e., lightweight fabric and light colors
- When planning long journeys, especially with small children, consider traveling in the cooler hours of the day
- Plan to stop every two hours so all passengers, including the baby, have an opportunity to move freely
- In summer when children are wearing lightweight clothing, restraints and harnesses could need to be tightened
- For rear-facing restraints, it is not recommended that you use a hood to protect the baby from the sun. A hood can reduce airflow around a baby's head that can lead to the baby over-heating. A visor or sunshade is a safer alternative
- On every trip, short or long, take the time to check your children's safety by re-checking the fit of their harnesses.

The Isleta Police Department Traffic Division urges you to take precautions and protect the children during this very hot, drought season and be mindful of traffic concerns at any fire incident area.

HAVE A FUN BUT SAFE SUMMER!

CONTACT INFORMATION:

Isleta Police Department Traffic Division
Traffic Safety Sergeant Sharon K. Mitamura
poi06056@isletapueblo.com
(505) 724-9282

EATING SUGGESTIONS TO PREVENT A STROKE

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

**Isleta Health Center and Isleta Head Start
Community Health Fair**

Every Breath Of Life Counts

STAY SMOKE FREE

July 30, 2011

at the **ISLETA REC CENTER** **Food!!**

9am-Noon

Offering Isleta Community Members:

PRIZES!!

Fun Jump for the Kids!

Rock Climbing Wall

Excitement for All!!

EARLY DETECTION AND SCREENINGS

**BASKET WALK,
RAFFLE PRIZES,**

**AND
MUCH MORE!!!**



**Isleta Health Center
and
Isleta Head Start**

Keeping our Community Healthy

Face Painting

FUN!!

Puppet Show at 10:45

Local Celebrity-Jeremy Jojola


MUSIC by
Looking at Country

ORBIT

1 T-shirt per Evaluation
while supplies last

For more information contact
Stephanie Barela
869-4479
sbarela@islclinic.net

New Pediatric Dentist



Starting July 11, 2011, there will be a new Pediatric Dentist at the Isleta Dental Clinic.
Call 869-4499,
 to schedule an appointment for your child!!

Refined Grains

A refined grain, or its product, is made by processing a natural, whole grain so that some or most of the nutrients are lost. White rice, white bread, white pasta, cream of wheat, cookies, and bowls of snap-crackle-and-pop are all examples of refined grain products.

Limiting refined grains is crucial for optimal health. We all need a certain amount of carbohydrates but through our addiction to refined grains and sweets we are consuming far too many. The body's storage capacity for carbohydrates is quite limited, though, so here's what happens to all the excess: they are converted, via insulin, into fat and stored in the adipose, or fatty tissue.

Consequences of refined grains and sugars:

Excess weight and obesity lead to heart disease and a wide variety of other diseases. But the ill effect of refined grains and sugars does not end there. They suppress the immune system, contributing to allergies, and they are responsible for a host of digestive disorders. They contribute to depression, and their excess consumption is, in fact, associated with many of the chronic diseases in our nation, such as cancer and diabetes. A high insulin level in the body also leads to osteoporosis. Calcium will not absorb if the body has a high insulin level.

If you are experiencing any of the following symptoms, chances are very good that the excess carbohydrates in your body are, in part or whole, to blame:

- Excess weight
- Fatigue and frequent sleepiness
- Depression
- Brain foginess
- Bloating
- Low blood sugar
- High blood pressure
- High triglycerides

Safe Grains:

The best grains include brown rice, quinoa, buckwheat, millet, corn, amaranth, and whole wheat products. Soaking brown rice overnight improves absorption of the vitamins and minerals up to 75%.

Recipe:

Kale with Brown Rice


Ingredients

- ▶ 3 t. oil or butter
- ▶ 1 C kale or spinach (fresh)
- ▶ 1 t salt
- ▶ 1/8 t pepper
- ▶ 2 C cooked brown rice (regular)
- ▶ 2 boiled eggs

Directions

1. Soak brown rice overnight or for 8 hours. Prepare brown rice as indicated on package directions.
2. Place two eggs in boiling water for 10 minutes.
3. Chop kale and sauté in oil or butter for 3 minutes. Stir in salt and pepper and reduce heat.
4. Put cooked rice on serving platter and top with sautéed kale and sliced boiled eggs.

ICES



Isleta Cancer Education & Support Group

Education and support with a speaker scheduled for each meeting.

WHEN:

2nd Tuesday of Each Month

Next Meeting is July 12, 2011

TIME:

10:30am to Noon

PLACE:

ISLETA ELDERLY CENTER

Speaker: Anjie Cureton, NM Cancer Center

“Coping and Stress Management”

Please join us!



Everyone welcome!

Please contact Stephanie Barela @ 869-4479 if you have questions.

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.</p> <p>NEW CLASS STARTING AUGUST 16, 2011</p> <p>I'D LOVE TO SEE YOU THERE!</p> <p>EITHER AT CLINIC OR AT REC CENTER, CALL TO HELP DECIDE WHERE</p> <p>Contact Stephanie Barela at 505-869-4479</p> |
|---|---|

weekly prizes!

Help from Others that are going through the same thing!

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

8 Main Diseases That Are Prevented By Childhood Vaccines.

1.DIPHTHERIA

- Can get it from contact with an infected person
- Signs and Symptoms include a thick covering in the back of the throat that can make it hard to breathe.
- Can lead to breathing problems, heart failure and death.

2.PERTUSSIS (whooping cough)

- Can get it from contact with an infected person
- Signs and Symptoms include violent coughing spells that can last for weeks that can make it hard for an infant to eat, drink or breathe.
- Can lead to pneumonia, seizures (jerking and staring spells), brain damage and death

3.HIB (Haemophilus Influenzae type b)

- Can get if from contact with an infected person
- There may be no signs or symptoms in mild cases
- Can lead to Meningitis (infection of brain and spinal cord coverings); pneumonia; infections of blood, joints, bones, and coverings of the heart; brain damage, deafness and death

4.POLIO

- Can get it from close contact with infected person
- Signs and Symptoms can include a cold-like illness, or there may be no signs or symptoms at all
- Can lead to paralysis or death

5.PNEUMOCOCCAL

- Can get it from contact with infected person
- Signs and Symptoms include fever, chills, cough and chest pain
- Can lead to meningitis, blood infections, ear infections, pneumonia, deafness, brain damage and death

6.TETANUS (lockjaw)

- Can get it from a cut or wound
- Signs and Symptoms include painful tightening of the muscle, usually all over the body
- Can lead to stiffness of the jaw, so that the victim can't open their mouth or swallow. Leads to death in 1 out of 5 cases.

7.HEPATITIS B

- Can get it from contact with blood or body fluids of an infected person. Babies can get it at birth if the mother is infected, or through a cut or wound. Adults can get it from unprotected sex, sharing needles or other exposure to blood
- Signs and Symptoms include tiredness, diarrhea and vomiting, jaundice (yellow skin or eyes) and pain in muscles, joints or stomach.
- Can lead to liver damage, liver cancer and death

8.ROTAVIRUS

- Can get it from contact with other children who are infected
- Signs and Symptoms include severe diarrhea, vomiting and fever
- It can lead to dehydration, hospitalization and death

CDC Vaccine information statement 9/2008

WIC Breastfeeding Peer Counseling Corner

It is estimated that over 900,000 children in the United States are victims of child neglect and abuse. Childhood abuse affects a child's emotional and cognitive development. There are many factors associated with the maltreatment of children. Children at risk of maltreatment or neglect often receive few expressions of positive affection from their parents. Parents or caregivers may also be controlling, interfering, or interact with their child in a harsh manner.

Early physical contact between a mother and her newborn is beneficial in stimulating normal maternal behavior and may offer protection for the child from abuse. Breastfeeding has been shown to strengthen maternal responsiveness toward her child. Mother's who breastfeed have normal levels of oxytocin, a hormone sometimes called the 'love' hormone that helps mothers respond better to their infants needs. Other studies have shown that breastfeeding mothers have less anxiety and better moods, as well as a better response to stress.

Recent research published in Pediatrics, found that the longer children are breastfed, the less likely they are to suffer abuse from their mothers.

A 15 year study of over 7000 mothers in Australia found that:

- The children who **weren't** breastfed had a higher risk of maltreatment from their mother.
- Children were **4 times less likely** to be abused or neglected if they had been breastfed for 4 months or longer.

Breastfeeding is an important way to protect the health and well being of the baby, and the mother. Breastfeeding has been shown to strengthen the bond between a mother and her child. Though there are many factors that can contribute to maltreatment of children, breastfeeding, especially for extended periods of time, is one way to help protect children in our communities from neglect and abuse.

Pediatrics Does Breastfeeding Protect Against Substantiated Child Abuse and Neglect? A 15-Year cohort Study 2009;123; 483-493 Lane Strathearn, Abdullah A. Mamun, Jake M. Najman, and Michael J. O'Callaghan

WIC Breastfeeding Peer Counseling: # 924-3180

It's that time again!



**Does your child need
a physical for school?**

**Call us today to make a summer appointment for
your child's physical exam.**

869-4089

**Please bring all required forms, as well as your
child's immunization records to the appointment.
Patients under 18 years of age must be
accompanied by a parent or legal guardian.**

**THE MEDICAL CLINIC DOES NOT ACCEPT
WALK-IN PATIENTS FOR PHYSICALS.**

Thank you for your cooperation



Isleta Health Center Staff

“Bullying” Can Have Lasting Effects

Submitted by:
Lisa K. Cherino, Isleta Behavioral Health Services

We have all heard that bullying is a serious problem for students and there has to be a way to stop bullying. The day to day teasing, calling names, spreading gossip about others, and social aggression are all attributed to being a bully. This can cause significant hurt and pain for school students who are harassed in making them feel inferior.

It is important that school staff and parents respond immediately to hearing reports of a student being bullied. The school may need to inform students with providing education on what to know and to do when others are bullied. This might emphasize the importance of “peer intervention” and stress how lack of support from peers reinforces bullying behaviors.

Creating anti-bullying messages for classrooms and hallways that students will notice, talk about and remember is another ways of providing “peer intervention” to stop students joining in with “peer pressure” that reinforces bullying behaviors.

Below is a “No Bullying Zone” poster created for the “Bully” puppet show because bullying is not allowed!



Come join us to see the “Bully” puppet show that will be performed by the Isleta Behavioral health Services staff on July 30, 2011 at 10:45AM-11:15AM at the Isleta Recreation Center Game Room during the Isleta Community Health Fair.

Come join us for the “Bully” puppet show!
Isleta Behavioral Health Services
10:45AM-11:15AM
Saturday, July 30, 2011

Location: Isleta Recreation Center Game Room
during the Isleta Community Health Fair.



The “Bully” Puppet Show!
Puppets and puppeteers singing anti-bullying
messages for “peer intervention” to stop joining in
with “peer pressure” that reinforces
bullying behaviors.

Health Beat

Show your kids how much they mean to you,
BUCKLE THEM UP!!

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

Do you buckle up and buckle up your kids EVERY TIME you get into the car? Well, as the 4th grade students learned, it's ONE OF THE MOST IMPORTANT things you can do to PREVENT INJURY!!! I worked with the Isleta Elementary School 4th graders on Injury Prevention this past school year and they learned about bicycle safety and seatbelt safety. After learning about seatbelt safety, the 4th graders conducted an observational Seatbelt Survey. Each survey was done separately by the different classrooms; one in the Fall and one in the Spring. Each survey took place in front of the clinic. The students kept track of how many individuals were wearing their seatbelt. They were shocked at the RESULTS they FOUND, but more specifically, they were shocked that families were not buckling their children in! The last Seatbelt Survey showed that only 8% of families were buckling in their children. A SCARY 92% of the Children were NOT BUCKLED IN!! This is one of the best things you can do for your children, BUCKLE THEM IN!!

Here are the Results for the Seatbelt Surveys we have done in the past 5 years:

| Date | Drivers | | Passengers | | Child in Car Seat | |
|-------------|----------|-------------|------------|-------------|-------------------|-------------|
| | Seatbelt | No Seatbelt | Seatbelt | No Seatbelt | Car seat | No car seat |
| Oct 2006 | 76% | 24% | 71% | 29% | 67% | 33% |
| Dec 2006 | 95% | 5% | 80% | 20% | 100% | 0% |
| Spring 2007 | 70% | 30% | 80% | 20% | 75% | 25% |
| Fall 2007 | 77% | 23% | 89% | 11% | 100% | 0% |
| Spring 2008 | 74% | 26% | 65% | 35% | 75% | 25% |
| Fall 2008 | 76% | 24% | 58% | 42% | 0% | 100% |
| Spring 2009 | 60% | 40% | 76% | 24% | 50% | 50% |
| Fall 2009 | 87% | 13% | 65% | 35% | 33% | 67% |
| Feb. 2010 | 84% | 16% | 63% | 37% | 0% | 0% |
| Fall 2010 | 90% | 10% | 85% | 15% | 58% | 42% |
| Spring 2011 | 74% | 26% | 22% | 78% | 8% | 92% |



THE AVERAGE RESULTS OVER THE PAST 5 Years ARE:
78% drivers wore a seatbelt, 22% did not wear a seatbelt
69% passengers wore a seatbelt,
31% passengers did not wear a seatbelt
ONLY 57% of children of car seat age were in a car seat,
43% were not

PLEASE, BUCKLE UP and show your kids how much they mean to you and buckle them up too!

These numbers show that kids are not buckled in as often as they should be...MORE THAN half of the Isleta children WERE NOT properly Buckled In..

MAKE SURE YOU BUCKLE UP EVERY TIME!!