



Isleta Pueblo News

Volume 4 Issue 7

July 2009

Governor's Report

The Lt. Governors, Sheriffs and I want thank the people for attending the Governor's Feast, and for all the help we received during the event. Celebrations such as the Governor's Feast, Saint Juan's Day, Saint Pedro's Day and the Saint Augustine Feast Days started after the arrival of the Europeans (Spanish) who introduced to the Pueblos the Catholic Religion.

I would like to share with you what I remember from listening to my parents, uncles, aunts and other elders and taking part in the celebrations. I want to share this information and encourage others who may have other stories to share with families and others. These stories were always a part of conversation when relatives and friends visited one another.

Celebrations, such as the Governor's Feast and Saint Augustine Feast start with the Catholic Mass, and are then followed by a procession in honor of Saint Augustine, our patron saint. The procession routes have changed from what most of us remember. The procession is intended as a visit by Saint Augustine to surrounding fields so crops will prosper and bring rains. Some women walk barefooted to fulfill promises made to Saint Augustine for various reasons, illness, soldier's safe return to their homeland, etc. Traditional dances are then held to honor our patron saint to bring rain and a good harvest. A feast is prepared to feed our community members and visitors from neighboring reservations. Overall, the celebrations are also to bring the community together as one and to enjoy and visit with one another. Saint John and Saint Peter, known as San Juan and San Pedro in Spanish, are celebrated for hopes of rain and honor is given to males who were named after these saints.

The celebration of San Juan and San Pedro which is referred to as 'Gallo', I first observed in the early 1950's, watching young men on horseback carry out the traditions and, in later years, had the honor to participate in these traditions.

Horseback riders would gather in front of the church. Two riders who were chosen, who would enter the church where they were met by the priest. A prayer was said, and the saints were presented to the riders by the priest.

The riders with the saints circled the plaza, one rider at a gallop

rode clockwise, the other rider rode counter clockwise. As the riders approached the northwest entrance to the plaza, by the late Na-Na Felicita's home, the other riders would join behind the riders carrying the saints and proceed east toward Ranchitos, Chical and surrounding areas.

The riders took the saints to farms where farmers had crops of corn, melons, watermelon, chile and other vegetables growing, and including farmers who raised alfalfa, wheat, oats, and several who had orchards.

Riders, during their journey, on occasion would stop at a corn field and take corn stalks which were carried by the riders as banners and also stop at homes of male tribal members who were named after the saints. Upon arrival to these homes riders would yell out loud, "Gallo", the person being honored by the visit would welcome the riders. Riders carrying the saint got off of their horses and a prayer was said and blessings on the family were requested. After the prayer, riders were given oven bread, sweet bread or other items prepared by the person being honored. Occasionally, roosters were given to the riders which were to be used during the rooster pull event or to be taken home for consumption.

Upon returning to the pueblo, the riders carrying the saints, one rider would enter from the west and the other rider from the east, one group in a gallop clockwise and the other group in a gallop counter clockwise. Riders would meet at the entrance to the church courtyard and the saint carriers would then return the saints to the priest. A prayer was said prior to leaving the church.

Riders would then leave the church and proceed to the southwest area of the plaza by the late Felipe Lente's home. Riders would dig a hole and place the rooster in the hole up to the neck, participating riders would then try their luck at retrieving the rooster from the hole. When the rooster was successfully pulled from the hole by a rider, he went to the center of the plaza where he challenged a rider to take the rooster away from him. If the rider was unsuccessful, he would call on another challenger; if he got no challenge, the rider would keep the rooster and take it home and the rider would immediately leave the plaza with the rooster at a fast gallop through the northwest entrance to the plaza by the late

Na-Na Felicita's residence.

During my years as a police officer I witnessed rooster pulls (Gallo) at other reservations, and not all pueblos practice the rooster pull as we here at Isleta practice.

I shared my version of Gallo as it was taught to me and what I observed the rooster pull hopefully teach our younger people the purpose of this event. My intention of my story is to share and teach our youth as we were taught. There are other stories that may be related to Gallo, and hopefully those stories will be shared as I have shared my story. I found on the internet another version of the rooster pull, *Feast Day Rooster Pulls in the Rio Grande Valley from Pity the Poor Rooster (1983)* by Marc Simmons.

Other business for this month were water issues, mainly the Middle Rio Grande Conservancy District elections. The Middle Rio Grande elections were held on June 2, 2009. It is sad to report, but Isleta had a very poor turnout of voters in spite of the efforts made to notify tribal members on the importance of the election. However, we were able to get Adrian Ogolsby, an attorney on water rights, elected to the board. Mr. Ogolsby worked for Santa Ana Pueblo and is familiar with Pueblo water rights. Derrick Lente a member of Sandia Pueblo, and who is half Isleta was also elected to the board and is also an attorney.

Endorsement of candidates during elections is crucial to our water rights, and I encourage all members of Isleta to take part in all upcoming elections. Our water rights are crucial to our way of life as farmers and to our religious practices.

Candidates are selected on their support or non-support of tribal concerns. If board members or candidates we feel will not support Pueblo water issues, we will not support them. We understand through meetings that there is a move to change the voting process because Pueblos have been able to successfully vote board members into the MRGCD Board. Farmers to the south and north have to be educated on Indian water use as the word is that pueblos have unlimited access to water. On the other side of water issues, non-farmers entered into the race for the board. Their issues are not so much water, but the protection of trails, wildlife and other uses of the Bosque that will take funding away from the much needed maintenance of the river and laterals of the Rio Grande.

—WIC NOTES—

There are exciting changes coming this fall to your WIC program!

The New WIC Card

After October, WIC participants will no longer receive paper WIC checks. Instead they will receive their WIC food benefits on a plastic card (much like a credit card). There will be many advantages to these new cards and we will talk about those advantages in the months ahead. For right now, however, I want to address a change that is extremely important for WIC participants to be aware of.

It will be very important not to lose your WIC card. If a card is lost or stolen it must be reported to the WIC office and then it will take 5 working days to receive another card. This is because lost/stolen cards must be reported to a banking institution and the bank requires a 5 day waiting period before WIC can issue any participant a new card. The WIC staff will not be able to issue food benefits until this 5 working day period is up. The WIC staff has no control over this.

Sorry but there will be no exceptions.

"What if I lose my card?"

If you lose your card report it to the WIC office immediately at 924-3180. The sooner you report it the sooner you can get your WIC foods. Once it is reported it will take 5 working days to get a replacement card.

Other important things to know:

1. You must bring your card to every WIC visit. No Card= No WIC Foods
2. Save Your Grocery Store Receipts. This is the only way you will know what foods your have remaining on your WIC card.
3. You must bring a picture ID to every WIC visit.
4. Be careful with your card; store it in a safe place.
5. Do not write your secret PIN# on your card.

The WIC stores will stay the same; you will only be able to use you card at:

Smith's in Los Lunas
Albertson's in Los Lunas
Jerry's Market on Isleta Blvd
Albertson's on Coors & Central
Albertson's on Isleta & Rio Bravo

The New WIC Food Package

The other exciting change coming this fall!

After October, WIC foods will change. The new WIC foods will be issued on the new WIC card. The food package will offer more variety, be lower in fat and sugar, and higher in fiber. All these changes will make for a much healthier WIC food package.

(Continued on Page 13)

TRIBAL COUNCIL BRIEFING APRIL 2009

Housing Issues and Information

Tribal Council approved the purchase of a crusher, a silo (storage for cement) and additional materials, totaling \$25,000, to better meet the need of building lava blocks to build homes for tribal membership.

Community

Resolution 2006-114, Designation of Historic Sites and Paths, approved July 13, 2006, identifies and protects certain sites and paths in and around the Pueblo of Isleta.

No construction should occur within and around these sites. The construction of the home of Regina Jaramillo was impacted by said Resolution. Ms. Jaramillo addressed Tribal Council and provided her reasons why construction of her laundry room on the historic pathway west of her home should continue. The Council determined that Resolution 2006-114 will be upheld.

Mary Montoya, Tribal Member, along with Shawn Malizia, Tribal Member, both requested land to address their housing needs. Both individuals were instructed to go to the Housing Authority.

A property issue with neighbors of Joann and Tommy Lente regarding the building of a fence on community property (road) was also addressed.

Marie Chewiwi, Tribal Member, addressed her concern regarding the issue of a private road being used as a public road near her home for the construction of a home. Administration will address her concern with Housing.

Tribal Courts

Administration, Tribal Council and the Judges of the Appellate Court, Chief Justice William Johnson, Appellate Judges Christine Zuni-Cruz, Thomas Lucero, Francine Hatch, and Richard Jiron; Chief Judge Verna Teller (Associate Judge Anthony Abeita was absent), along with Chief George Jojola, met on Saturday, April 25, 2009, to discuss the needs of the Courts and possible ways in which identified needs could be met. Outcomes of the meeting resulted in a recommendation from Chief Judge Verna Teller to transfer \$22,323 of 2008 tribal court revenues to the Tribal Court salaries/fringe benefits line item, funding derived from assessed fines (recommendation approved at the April 28, 2009 Council meeting); and for Chief Justice William Johnson to do a salary analysis to compare salaries Appellate Justices in other Native Appellate Courts are paid compared to committee stipends, \$25.00 per hour not to exceed four (4) hours, that are paid to the Pueblo's Appellate Court Judges.

Another meeting will be scheduled to address the Isleta Pueblo Tribal Court Assessment report completed by Coochise Consulting, LLC, whose assessment services were paid out of BIA funding. The assessment in written format was not available at this time.

Enrollment Information

April Chavez, Census Technician, is the Acting Tribal Enrollment Coordinator due

to the recent resignation of the previous Tribal Enrollment Coordinator. Interviews have been held by Administration and a selection will be made soon as to who will fill the position of the Coordinator.

Members of the Tribal Enrollment Committee, recently reappointed by the Tribal Council are: Melanie Kirk-Lente and John D. Jojola, Jr. New members are Joanne Rael, Frances Jojola and Joseph Jaramillo.

Tribal Board/Committee

Appointments

The Tribal Council reappointed Vicky Dixon, Marcelina Zuni, Joe Anzara, Jr. and Alternate Raymond Jojola to the Grievance Board. Kathy Jojola was also appointed as a new Alternate.

Programs

The Natural Resources Director, Abel Camerena, informed the Council that the Tribe received a \$453,000 from the Middle Rio Grande Council of Governments for Non-Native Plant Species Removal in the Bosque area. 75% of the work has been completed and the project will restart in September 2009. The Director requested and received authorization to use \$132,000 from the funded grant to fund crew work in the Manzano Mountains until the project of eradication of non-species plant removal begins in September.

The old Cinder Plant area is being considered as a possible site to move the Departments of Natural Resources and Public Works to. The area must be large enough to accommodate vehicles, equipment, and machinery, along with staff. Utilities are available at this site. A decision regarding the location of these departments has not been made at this time.

Policy Related Issues/Contracts

Drew Setter and Associates Contract

The Tribal Council approved a contract with Drew Setter and Associates for a two-year term, April 2009 to December 30, 2010, to act as a lobbyist on government and public affairs for the Pueblo. The Pueblo needs to be vigilant to protect taxation exemptions and compromises in regard to the cigarette, gasoline, and gross receipts taxes. In addition, the Attorney General, along with the legislature, has expressed interest in opening a dialogue with tribes on the cigarette tax exemptions and may revisit the issue of increased cigarette taxes in the interim and during any special sessions that may be scheduled in the upcoming year.

COTA Holdings Contract

Tribal Council also approved a contract with Roger Fragua, President, COTA Holdings for Block Grant Application and Energy Planning services from April 27, 2009 to December 31, 2009. A \$112,000 energy planning grant has been submitted to Department of Energy in order to secure federal and possibly state economic stimulus funds available to Tribes in the area of using energy for economic development. Sixteen (16) different stimulus packages; i.e. USDA, DOE, HUD, IHS, BIA, etc.,

are available for Indian Country. Mr. Fragua will also be engaged in completing a Tariff Assessment for the Pueblo to determine if PNM Electric may have over charged rates to Tribal members, enterprises, and government.

Lente's Painting Contract

Tribal Council approved the recommendation by the Elderly Evaluation Committee for awarding a contract to Lente's Painting in amount of \$11,600.00 to paint the Elderly Center.

Approval of Amended Law & Order Code

The Tribal Council approved an amended Law and Order Code and the Code is available in a Read Only format at the Library. Read Only format only is available as the Law & Order Code shall be revised as needed. The Code may also be put on the Pueblo Government Intranet.

Isleta Casino & Resort

Due to the number of excessive employees employed at ICR, the new CEO, Ron Olson, has begun a major over-haul of various departments.

Projects Proposed to the Tribe

Authorization was given by the Council to Lt. Zuni to inquire into the possible purchase of the Carter Packing property. The property constitutes fifteen (15) acres of land located at 9111 Broadway Blvd. SE.

Ervin Carlson, Inter Bison Cooperative, a non-profit organization, and at several Council member requests, presented information on their association. The Cooperative provides technical assistance, marketing strategies, along with a USDA patent to provide buffalo meat to restaurants. Fifty-seven tribes in eighteen states pay a \$500.00 per year fee, along with two representatives to sit on the Board, should the Tribe decide to join the association. The Crow Tribe will donate buffalo to start a buffalo herd and a Herd Development Grant of \$1.0 million is available as start-up funding. No decision was made on this initiative at this time.

Approval of Service Line

Agreements/Business Permits

Council approved Qwest service line agreements for Christina Lujan, TR 7 #137 and Mary Reid, TR 4, #11A.

A Business Permit request for "Pueblo Pride Pitts" was denied for Shenandoah M. Lente, in partnership with Rodney Paquin, 1002 Sunset Loop, for breeding and housing pit bulls. The permit was denied due to safety and health concerns.

Council Activity for the Month of April

A total of six (6) Tribal Council meetings were held by Tribal Council in April. A majority of the Council members, along with the Governor and one Lt., attended the National Indian Gaming Association Conference in Phoenix, Az. and two Council members attended an Indian Housing meeting in Albuquerque.

Tribal Council Tackling Issues

written by Tribal Council Secretary Mark Dixon.

The Tribal Council spent the month of March tackling several issues, concerns, holding discussions, and executing decision-making sanction(s) in the best interest of the People and the Pueblo. The Tribal Council held seven meetings, one housing meeting, and one casino meeting.

During the meetings held by Tribal Council, the following were discussed and/or action was taken: 1.) department budgets were approved, 2.) funding requests were approved, 3.) items of discussion 4.) Trainings/Workshops.

1.) Department Budgets Approved

- Six department budgets were approved, which included: Elderly, Fire Department, Gaming Commission, Public Works, Management Information Systems, and Truancy.

2.) Funding Requests

Boxing Club

- The Tribal Council appropriated travel funding for the Isleta Boxing Club. The Pueblo was well-represented and the Tribal Council believes this recreational program is a valuable activity for youth to deter them from involvement in destructive behavior.

School Appropriations

- Bosque Farms Elementary was appropriated \$6,000 to assist in funding of an Incentive Program for the New Mexico Standards Based Assessment.
- Rio Grande High School was appropriated \$6,027 for the Junior ROTC Program — Marine Corps.

Child Abuse Prevention Parade

- Tribal Council appropriated funding for the Annual Child Abuse Awareness Barbeque held on April 17, 2009.

Elderly Program

- Tribal Council appropriated \$8,500 for tables and chairs to be purchased for the Elderly Center. The tables and chairs will be placed in the dining and recreational areas for the elders to enjoy.

Judicial Complex

- Tribal Council approved a \$21,000 contract to provide outside lighting of the new judicial complex south of casino.

Comanche Ranch

- Tribal Council approved the purchase of three horses for the Ranch at a total cost of \$4,500 to assist with daily ranching activities.

Lava Block Project

- The Purchase of a pump at the cinder plant was approved to assist with the lava block-making project to create homes for Tribal Members.

3.) Items of Discussion

New Chief Executive Officer

As reported in the February 2009 Tribal Council Report, Mr. Ron Olson is selected as the new Chief Executive Officer of the Isleta Casino and Resort. The Pueblo entered a three-year performance-based contract with Mr. Olson. Mr. Olson officially commenced employment with the Pueblo in March 2009.

Financial Advisement

- The financial status of the Isleta Casino and Resort was addressed. The economy is as of yet improving therefore our financial advisor recommended that the Pueblo-Side discontinue billing the Casino for services or supplies rendered.

Attorney

- A motion was approved for qualifications of an in-house tribal attorney to reduce costs for contracted attorneys.

Housing Assessments

- Native American Housing Consultants provided preliminary reports on the home assessments conducted. The assessments are nearing completion within the Pueblo. The total cost to remedy all issues identified tribal-wide would exceed \$6 million dollars.

Utility Poles

- The Tribal Council directed Administration to purchase a bulk supply of power poles and identify a secure location to house the stock-pile in efforts to reduce cost from PNM for utility hook-ups for Tribal Members.

Long Term Incarceration Facility

- Chief Jojola informed the Tribal Council of a new regional correctional facility in Albuquerque that is privately operated with 140 beds. This would house inmates at no cost to the tribe with BIA incurring the costs. In turn would alleviate the \$28,000 that the Pueblo paid in January for housing 39 inmates.

Coyote Hunt

- Tribal Council approved the request of a coyote hunt within the reservation to alleviate the issues caused by over population of coyotes. This hunt will be competitive with prizes to be given and a limitation on the number of hunters.

Tribal Court Review

- An Independent Tribal Court Review Team provided assessment of the Pueblo's Tribal Court System. The assessment was conducted over a five-day period and the findings were provided to the Pueblo within 30-days. The most significant findings were that the operations are housed in a condemned building; the

courts have outdated codes, and lack court procedures.

4.) Trainings and Workshops

- The Tribal Council visited the Comanche Ranch to familiarize new Council individuals of the operations, functions, and area of the Ranch.

- Tribal Council, Lieutenant Governors, Cultural Leaders, Range Patrol, and Natural Resources visited Kirtland Air Force Base to discuss a proposed drop-site in the east range for one-square mile drop zone. At this time, only discussions are in progress.

- Housing Board of Commissioners Training held at Las Vegas, NV: A week long training in "historical overview" of low income rental and mutual aid programs in reference to the 1937 housing act. Brooke Amendments were discussed to address major changes. The role of the Pueblo acting as the board was discussed in regard to the rules of order, parliamentary procedures, and what policy procedure and staff play in the role. The Native American Housing Assistance and Self Determination Act of 1996 (NAHASDA) was also discussed in regard to: requirements, formula funding, annual performance reports, eligibility requirements, procurement, required policies, and strategic planning for housing and development.

- Head Start Governance Training held at the Isleta Casino and Resort: Director of Head Start, staff, Head Start Policy Council, Tribal Council, and Lieutenant Governors were in attendance. Management responsibilities of the Head Start, general procedures, function and planning were discussed. In addition Human Resources management of the grantee agency to the delegate agency were addressed - All to provide better operations for our children.

- Governor Benavides, Council Member Seferino Lente, and Tribal Attorney made a congressional testimony on behalf of the Pueblo in which they presented Congress with the needs of the Pueblo and addressed issues that may have potential impact on the Pueblo.

Isleta Pueblo News



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Congratulations Isleta Olympians!!

What is New Mexico Senior Olympics? New Mexico Senior Olympics, Inc., is a non-profit organization dedicated to providing adults over 50 years of age with opportunities for a healthy active lifestyle. Our mission is to promote physical fitness for seniors statewide: provide year-round opportunities and motivation for adults to participate in local, state, and national games.

Our Isleta Senior Olympians competed at New Mexico State Summer Games in Las Cruces, New Mexico this past month. We had 12 participants who took part in the games. We would like to recognize them and their events.

Gloria Analla:

Air Rifle: Silver

Archery: Gold

Horseshoes: Bronze

Softball Throw: Bronze

Frisbee Distance: Bronze

Frisbee Accuracy: 5th

Edna Jiron:

Shuffleboard Singles: Gold

Shuffleboard Doubles: Gold

Priscilla Reyna-Jojola:

Shuffleboard Singles: Bronze

Shuffleboard Doubles: Gold

Washers: Bronze

Frisbee Accuracy: 4th

Frisbee Distance: Gold

Soccer Kick: Gold

LaVern Doyle:

Shuffleboard Singles: Silver

Shuffleboard Doubles: Bronze

Table Tennis: 4th

Pickleball: 4th

Frisbee Distance: 6th

Soccer Kick: Silver

Marie Kirk:

Frisbee Distance: 5th

Frisbee Accuracy: 4th

Soccer Kick: Silver

Softball Throw: Gold

Shuffleboard Doubles: Gold

Bernie Jojola:

Frisbee Distance: Bronze

Frisbee Accuracy: Silver

Rose Zuni:

Frisbee Distance: Gold

Frisbee Accuracy: Silver

Shuffleboard Doubles: Bronze

Lawrence Abeita:

Basketball Free-Throw: Gold

Long Jump: Gold

100M Run: Silver

200M Run: Silver



Senior Olympians

Priscilla Jojola, LaVern Doyle, Eleanor Abeita, Marie Kirk, Alberta Lente, LeeAnn Zuni, Gloria Analla, Edna Jiron, Rose Zuni, Angel Nieves



Gloria Analla, LeeAnn Zuni, Angel Nieves, LaVern Doyle, Alberta Lente, Eleanor Abeita, Edna Jiron



Eleanor Abeita, 2009 Spirit Athlete Award

Senior Olympics, continued

Pauline Acoya:

Shot Put: Silver
Standing Long Jump: Gold
Frisbee Distance: 6th
Frisbee Accuracy: 5th
Soccer Kick: Silver
Softball Throw: Bronze
Long Jump: Gold

Angel Nieves:

Archery: Gold
Frisbee Distance: Silver
Frisbee Accuracy: Bronze
Soccer Kick: Gold
Softball Throw: Bronze

Alberta Lente:

Shuffleboard Singles: Bronze
Shuffleboard Doubles: Gold
Frisbee Distance: 4th
Softball Throw: 4th

Eleanor Abeita:

Frisbee Accuracy: Silver
Frisbee Distance: Gold
Soccer Kick: Gold
Softball Throw: 4th
2009 Spirit Athlete Award



*Gold Medalists for Archery
Gloria Analla & Angel Nieves*



Freedom from Smoking


**Want to Stop Smoking, but
aren't sure how?**

**SIGN UP FOR THE
FREEDOM FROM SMOKING SESSIONS**


CLASSES HELD AT THE ISLETA HEALTH CENTER

**Class
Starts
Fall
2009**

| | | |
|--|--|---|
| <p>8 sessions to help you STOP SMOKING!</p> | <p>Session 1 (Thinking about Quitting)</p> | <p>Session 4 (QUIT DAY)</p> |
| | <p>Session 2 (On the road to freedom)</p> | <p>Session 5 (Winning Strategies)</p> |
| | <p>Session 3 (Wanting to quit)</p> | <p>Session 6 (The new you)</p> |
| | <p></p> | <p>Session 7 (Staying Off)</p> |
| | | <p>Session 8 (Let's Celebrate)</p> |



**To learn more call
Stephanie Barela
at 869-4479**



Isleta Health Center



Keeping Our Community Healthy

Summer Community Health Night

"If the Shoe fits"

Sandra Yauk, C. Ped.

Roadrunner Footwear

Are you wearing the right shoes?
How does shoe style affect your body?
Find out!!!

Date: July 22, 2009


Time: 6:00 PM

Location: Isleta Health Center

Call to R.S.V.P.

505.869.4595

Door Prizes!



**Pueblo of Isleta
Diabetes Prevention Programs
"TOTAL BODY HEALTH"**

Incentives!

What's happening at the Cultural Affairs Building?

This summer at the Old Elementary School has been quite busy for the Cultural Affairs Committee. I, Yolanda Chavez, have had the privilege of doing my Junior Internship for school with the Cultural Affairs Committee and the language program. It's been a great summer working with the elders, children and tribal community members. The Cultural Affairs Committee has been working hard on the gallery that will house the historical photographs of Isleta Pueblo from the early 1800's in the near future.

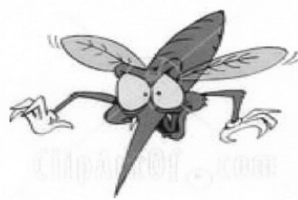
I'm working with the children along with Mr. Joe Lucero and Celestino Lucero, listening to stories and identifying the cota (tea) plant. The children learned the plant is native to our area and our people have used cota for a beverage for centuries. The children also planted different vegetables like beans, sunflowers and gourds. In the back of the elementary were some existing gardens that the children have put in, in previous years. These plots were cleaned and used this summer again. The children also have intergenerational activities like learning social dances and art with our elders. The children are also enjoying the chair massages they are receiving. It's still nice to be kneaded by Yolanda. So if anyone is interested, please feel free to contact us or stop by and visit the Cultural Affairs Building. Have a great summer!

MOSQUITOES AND COCKROACHES:

What to do about these pests?

By The Department of Natural Resources

Tribal members are concerned about mosquitoes and cockroaches so the following information from the New Mexico Department of Health, Epidemiology and Response Division, is provided in order to assist you in taking measures to deal with mosquitoes and cockroaches. Spraying pesticides come to mind in dealing with these pests, however, the potential risks to human health and the environment need to be taken into consideration before using them. Preventive measures are suggested in this article as more effective and safer, leaving pesticides as a measure of last resort.



MOSQUITOES

The use of pesticides for mosquito control is considered a temporary form of control. Since it is unreasonable to expect to completely eliminate the next generation by treating the current generation, the process may have to be repeated time and again. This is true for chemical treatment of both immature and adult populations of mosquitoes. By contrast, source reduction that prevents mosquito development can be a permanent form of control, perhaps requiring limited maintenance from time to time.

SOURCE REDUCTION

Source reduction consists of elimination of larval habitat or rendering such habitats unsuitable for larval development. Source reduction ranges from simple overturning of a discarded bucket or disposing of waste tires to complex water level manipulations in marshes. The removal or reduction of mosquito breeding habitat is often the most effective and economical long-term method of mosquito control.

Sanitation

Containers of all types, man-made structures such as unscreened rain barrels, roof gutters, and discarded tires are

capable of providing breeding habitat giving rise to very large numbers of mosquitoes, including species that transmit disease. Removal of debris and regular inspection, when conducted on a continuous basis, reduces breeding in such sites. Typically, mosquito control-related sanitation efforts are best accomplished by homeowners and residents. Examples of things homeowners can do to eliminate breeding habitat for mosquitoes are:

- Empty water from pet dishes and water troughs at least every 5 days.
- Remove all refuse that could collect rain water.
- Avoid over watering flower pots. When kept wet constantly, flower pots can become breeding habitat.
- Ornamental ponds should only be maintained if the water can be kept circulating.

Water Management

Irrigated agriculture is widespread in the Pueblo of Isleta and irrigation systems can be sources of mosquitoes. Water management is the essence of good irrigation practice, and water management should be the essence of mosquito management in irrigation areas. Overuse of water and inadequate drainage are the principle causes of mosquito production associated with irrigated areas.

Flood irrigation where areas of land are inundated by relatively large amounts of water, provides the most obvious potential mosquito habitat. Provided that irrigation water infiltrates, evaporates, or drains off and is delivered elsewhere and does not persist as stagnant pools for more than 5 days, there is usually no concern for mosquito production.

Personal Protection

Protect yourself and your children by:

- Limiting your time outside when mosquitoes are most active, typically around sunup and sundown
- Wearing long-sleeved shirts and long pants

If you must go outside, apply insect repellent **as directed on the label**. For the longest lasting protection from mosquito bites, use insect repellent products with no more than

20-23% DEET (N,N-diethyl-m-toluidide) for adults and less than 10% for children aged 2 years to 12 years.

- If you choose to not use DEET, products containing soybean oil or eucalyptus oil have been found to be effective, but must be applied more often because they do not repel mosquitoes for as long as DEET.
- In a recent study, products containing citronella or Skin-So-Soft were NOT shown to be as effective, lasting on average about 20 minutes or less.
- Only adults should apply insect repellent on children
- Only apply insect repellent to exposed skin and clothing. Do not use repellent under clothing.
- Do not apply insect repellent over cuts, wounds, sunburn or irritated skin.
- Spray insect repellent on your hands in order to apply it to your face. Don't apply insect repellent to your eyes or mouth.
- Wash off insect repellent daily and reapply as needed.



COCKROACHES

Cockroaches are flat, quick insects that hide easily in cracks and crevices. They have chewing mouthparts and can chew through paper, cloth or cardboard to reach available food such as sugar, candy, meat, milk products, bread and glue. Cockroaches also eat bookbindings, dead insects, human and animal wastes and all kinds of garbage. Cockroaches contaminate the materials they contact with their feces. Because they are active mostly at night, cockroaches might not be noticed until their numbers have grown considerably.

Cockroach Control

Prevention is the key to cockroach control. This involves keeping them out of buildings and discouraging infestations by eliminating harborage areas and through good sanitation. Chemical control of cockroaches is effective only when these preventive measures have been employed.

Exclusion

1. Cockroaches migrate easily through multi-unit or adjoining dwellings via plumbing and electrical connections. Sealing gaps around plumbing, wall outlets and switch plates will prevent cockroaches from migrating from infested units to others.
2. Keep doors and windows closed and screened. Also, caulk cracks and gaps that may allow cockroaches to invade from outdoors.
3. Cockroaches frequently enter homes by coming up through dry drain traps. Periodically run the water in spare bathrooms, utility tubs, and toilets to keep the drain trap filled and off limits to cockroaches. A fine mesh screen over floor sinks excludes cockroaches that may enter through the sewer pipe.
4. Placing fiberglass window screen over vent pipes on the roof will prevent cockroaches from migrating up from sewer connections and gaining access to attics and windows.
5. Groceries, produce and other packaged food products might have been stored in infested locations before they were purchased. Make an effort to visibly scan all grocery items for cockroach evidence before putting them away in your home.



Sanitation

Cockroaches can remain alive for approximately 2 weeks with no food or water and for 42 days if only water is available. They can survive on tiny amounts of food such as crumbs, grease or food residue. It is important to eliminate all sources of moisture that contribute to cockroach survival.

1. Indoor trash containers should be emptied frequently and kept clean both inside and out. Plastic bags lining trash containers can be kept closed with twist ties. This will prevent cockroaches from being attracted to the garbage area.
2. Filled indoor garbage containers should be removed from the home immediately and placed in outdoor containers with tight fitting lids or dumpsters.

(Continued on next page)

3. Keeping the area around dumpsters or other outdoor garbage areas clean and free of debris will also prevent cockroach infestations in the area.

4. Frequent emptying of sink strainers and running of garbage disposal will prevent food buildup in the sink drain.

5. Washing dishes immediately after a meal will prevent cockroaches from consuming food residue on dishes. Unwashed dishes are a major source of food for cockroaches.

6. Kitchen appliances (toaster ovens, microwaves, ovens, stoves and refrigerators) should be kept clean and free of food particles and grease. Additionally, the areas underneath and behind these appliances should be kept grease and crumb-free.

7. If pets are present, dry pet food should be kept in sealed containers. Do not leave pet food out all the time. Feed your pet at particular times and clean up after every meal.

8. Food storage areas should be well-lit and food items stored above the floor. All food products should be resealed after opening, stored in plastic snap-lid containers or kept in the refrigerator.

9. Shelves should be kept clean of food particles; do not use shelf paper, as that provides a hiding place for cockroaches. Regular cleaning of food storage areas and shelves not only eliminates spilled or scattered food but also disrupts cockroach populations that might be using the area as harborage.

10. Regular sweeping/vacuuming of floors and furniture where people eat (i.e. kitchen table or in the living room in front of the TV) helps to eliminate cockroach food sources.

11. Tighten loose pipes, patch plumbing leaks and replace used washers in the kitchen sink and bathroom areas. Outdoor spigots and sprinklers should also be checked for drips and leaks.

12. Water left in the sink or bathtub after dish washing or bathing also provides moisture for cockroaches. Drying out sinks or bathtubs after use eliminates these sources.

13. A common source of moisture is condensation under the refrigerator. This area should be frequently wiped dry or, if possible, place a pan under the appliance to collect water. The collection pan should be emptied

frequently. Condensation on pipes (under the sink or in walls) is also a problem. Insulate these pipes if possible.

14. Pet water dishes and aquariums are also sources of moisture. Empty pet water dishes at night when cockroaches are foraging but the pet is indoors or asleep. Aquariums should have tight fitting lids or screens to prevent cockroach entry.

15. Be careful not to over-water indoor plants, because excess water is available to cockroaches.

16. Glasses, cups and soda cans containing water or liquid residue are common sources of moisture for cockroaches. Be sure not to leave these containers in bedrooms, sinks, on counter tops or other areas. Rinse and invert cups and glasses to dry immediately after use and dispose of soda cans in trash containers.

17. Steps should be taken to eliminate places where water collects outdoors (tires, cans, tree holes, etc.) This will not only eliminate cockroach moisture sources but also mosquito breeding habitat.

Eliminate harborage

The third critical element for cockroach survival is harborage. By nature, cockroaches avoid open, well-lit areas with frequent air movement. They prefer dark, warm cracks and crevices. Excess clutter provides numerous locations suitable for cockroach habitation. The elimination of these harborages (clutter) is important in controlling infestations.

1. Adult cockroaches can fit into cracks only 1.6mm wide (about 1/16 of an inch). Any small gap or hole that leads to a void is a prime cockroach harboring area. Cracks or crevices of this kind should be sealed with caulking.

2. Removing clutter (boxes, bags, clothing, toys, food, books, papers, etc.) eliminates cockroach harborages and breeding areas. It is essential to keep all areas of the home, especially the kitchen and bathroom, uncluttered and free of debris.

3. Outside, create a "hostile zone" around the perimeter of the building with gravel and removal of weeds, debris and trash.

4. Stack firewood far away from the house, as this is a prime harborage area for cockroaches.

5. Filling in tree holes with



cement also eliminates cockroach harborage.

6. Keep shrubbery and ornamentals well trimmed.

Cockroach Killing Methods

Trapping/physical removal:

Sticky traps are used to monitor and reduce cockroach infestations. Sticky traps can aid in the determination of how severe an infestation is, which helps to determine what further control measures may be necessary. Additionally, any cockroaches caught in sticky traps are removed from the population, resulting in a reduction of the infestation. However, cockroaches cannot be eliminated through the use of sticky traps alone.

Baits: Insecticidal baits have proven quite effective in the control of cockroach pests, and have replaced broadcast spraying of baseboards, and surfaces. Current indoor bait formulations are applied as pastes, gels or bait stations. The bait station is one of the more popular application methods for cockroach baiting. Insecticidal paste and gel formulations are injected into cracks and crevices or into wall voids to attain maximum exposure. Because of the way they are applied, baits have low risk to people and pets.

The baits in use today provide both primary and secondary kill of cockroaches. Through primary kill there is direct kill of cockroaches that feed on the bait. Because current baits are often slow acting, the cockroaches that die from the direct kill do so after they have returned to the harborage areas, often after they have eliminated some of the bait through their feces. The fecal material and dead cockroaches themselves are then consumed by other cockroaches, which are then also killed by the active chemical ingredient of the bait.

Insect Growth Regulators: Insect Growth Regulators (IGRs) are a group of compounds that

disrupt the normal growth and development of insects. The IGRs are considered reduced-risk tools. They generally have very low toxicity to mammals because they act by disrupting hormonal processes that are specific to insects. IGRs are available in spray formulations or point source dispensers.

Dusts: Inorganic dusts, such as silica gel and boric acid, have been used frequently for indoor cockroach control. The dusts are applied with a squeeze-bulb into cracks and crevices under sinks, stoves, behind refrigerators, along baseboards, in electrical outlets, cabinets and wall voids. Silica gel is simply finely ground sand or glass that adheres to and absorbs the protective waxes on the cockroach body, resulting in the death of the cockroach from dehydration. Boric acid is a stomach poison that is picked up by the cockroaches walking across dusted areas. The boric acid adheres to the cockroach body so when the cockroach grooms itself it consumes the boric acid and soon dies.

Chemical Sprays: Crack and crevice treatment is the most effective way to apply chemical sprays. Cockroaches spend 80 % of their time at rest in cracks and crevices. Most residual sprays used now are emulsifiable concentrates. Pyrethrins are designed for quick knockdown of cockroach populations by driving them from their hiding places and killing them quickly. They have little or no residual effect when used alone. In all cases, read the label for the correct application method, particularly when using a food processing area, such as the kitchen.

The yellow pages list commercially available pest control vendors who can evaluate pest problems and recommend solutions for a fee.

Need Extra Cash!!!

Junk Cars Wanted

Vehicle Removal

Call Pat Jojola @

452-7980

Hello from the Comanche Ranch

Well, the branding is done and I'd like to let the Pueblo of Isleta know what you have on the Ranch as far as counts for cows and calves for this year.

- We have 1,064 cows at the ranch at this time.
- We have 84 bulls on the ranch that are Black Angus bulls. The ranch has big pastures, so the bulls need to cover a lot of country to make sure we get all the cows covered.

One of the things that people are always asking me is how many cowboys are working on the ranch. Well, we have two full time cowboys and one part timer. During the branding, I like to bring in two more cowboys as part time only to help with the branding. The man that I have working part time for the ranch tries to keep all the other daily work going on the ranch while we are branding. This gives me four cowboys as well as myself to get the branding done.

For branding, we use two horses a day to get it all done. We use one horse to make our drive, and then when we make it to the pen where we brand, we unsaddle one and saddle up another to brand with. We do everything on horseback, if possible. In some of the photos, you can see how things are done on the Comanche Ranch. We keep our crew small so we don't walk all over each other and that makes things go a lot smoother. A special thanks to my wife, Gloria, for helping with the vaccinations, as well as Fred Jiron.

Last year and this year, we had Fred from Range patrol working with us. He's done a wonderful job helping us out. I do like the fact that there is someone from the Pueblo that comes out and counts the cows and calves with us. Fred is always complimenting me on all the improvements on the ranch as well as the cattle condition.

This year, as of now, we have 815 calves branded. We have some Springer's [heavies], so this means they are going to calve out yet this year. We are well on our way to a 90 percent or more calf crop for 2009.

At this time, I would like to thank the Governor and the Lt. Governors for all their support, as well as all the people that have supported me along the way as we've made all the improvements on Comanche Ranch. At the end of the summer, when it gets a little cooler, I'm going to have the elders' 2nd annual ranch trip and picnic. I know there were some elders that did not get to make the trip last year so this year we'll try to get them all out here. Watch for the announcement about the timing for the elders' ranch trip in an upcoming newsletter.

I hope this information is informative for you. If you have more questions or other issues you'd like to know about, let me know. Give me a call at (505) 917-4217.

Comanche Ranch Manager, Martin Abeita



Isleta Elementary School News

Congratulations to former students!

Several of our former students have accomplished great things this school year. Among the students who received Academic Letters at Los Lunas High School in May were Stephanie Gonzales, Ashley Lucero, Calvin Zuni, Kaitlin Jaramillo, Julian Benavidez, and Katherine Benavidez. Out of 450 graduating seniors, Kaitlin Jaramillo won the language arts award and Julian Benavidez won the mathematics award. Julian was also one of the valedictorians for the graduating class of 2009 and has maintained above a 4.0 grade point average for all four years of high school.

Julian and Kaitlin, along with another former Isleta Elementary student, Lia Abeita-Sanchez, received the top three awards from the Pueblo of Isleta for outstanding academic achievement while in high school.

Congratulations to all of these hard working students and their parents!

Isleta Elementary School receives an award from the Bureau of Indian Education!

In June, many of our staff members traveled to the Bureau of Indian Education summer institute in Phoenix where Isleta Elementary was named the **BIE Reads School of the Year**. Our students scored at the top of all of the schools participating in the BIE Reads program and showed the most growth from the beginning of the year to the end of the year. Thank you for all of the hard work, students, parents, and staff!

Reading Program

For the 2009-2010 school year, we will continue to implement the Voyager Universal Literacy Program and the Voyager Passport Reading Intervention Program in grades K-3. In addition, we will adopt a new core reading program this fall for grades 4-6, and will implement the Voyager Passport Reading Intervention Program in grades 4, 5, and 6. Teachers will continue to work with consultants and coaches to help improve student learning and academic achievement.

We will also extend our focus to the area of math and are adopting a more structured math program and math intervention program for grades K-6 this fall. Our school will have an on-site math coach as well as regular math consultants to help students increase their math skills.

Another change that will be implemented this fall will be partnerships with select tribal programs to enhance the academic and cultural focus of our school. We will be collaborating with the tribal language program to provide instruction in native language and culture, the Recreation Center for extra-curricular activities, Project Venture, and the Indian Health Service diabetes program.

Summer School

As this goes to press, students and teachers are participating in summer school in the areas of math and reading. Students are enjoying the small group instruction and the thematic format of the Voyager Time Warp Program and are already showing significant gains in their reading levels. We will be having a celebration on Wednesday, July 8 to showcase our summer learning. Please come and join us!

Early Registration

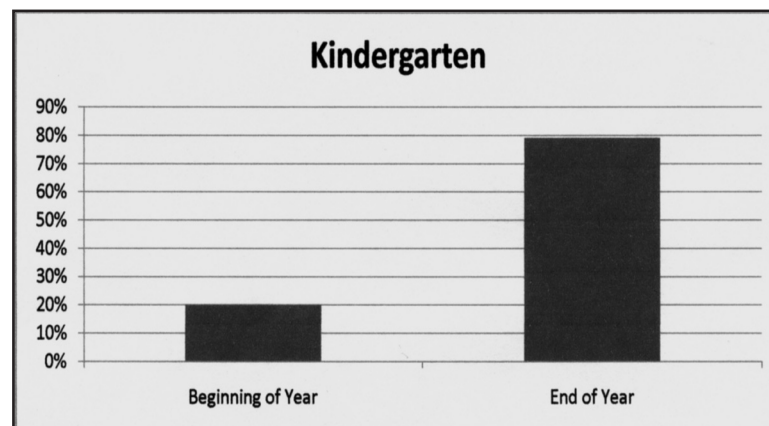
Early registration for the 2009-2010 school year will be held on July 30, 2009 from 2:00 p.m.- 7:00 p.m. in conjunction with the Pueblo of Isleta Higher Education Department Career Fair. The Bureau of Indian Education requires all students to have a state birth certificate, certificate of Indian blood, social security card and shot record on file before students begin school. All new students must also have a current physical exam.

Registration will also be held on Wednesday and Thursday, August 12th and 13th from 8:00 a.m. until 4:30 p.m. The first day of school is August 17, 2009. Please call the office at (505) 869-2321 for further information.

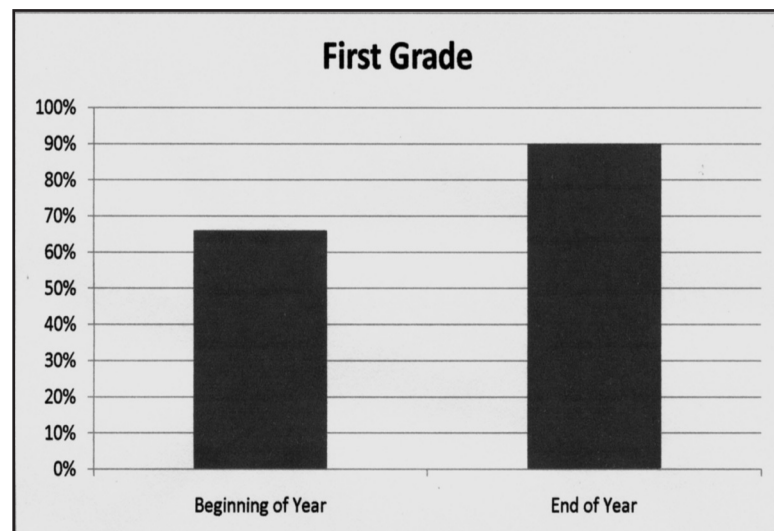
Reading Test Scores

During the second week of May, our K-3 students were tested in early literacy skills. Here are some of our scores for our primary students.

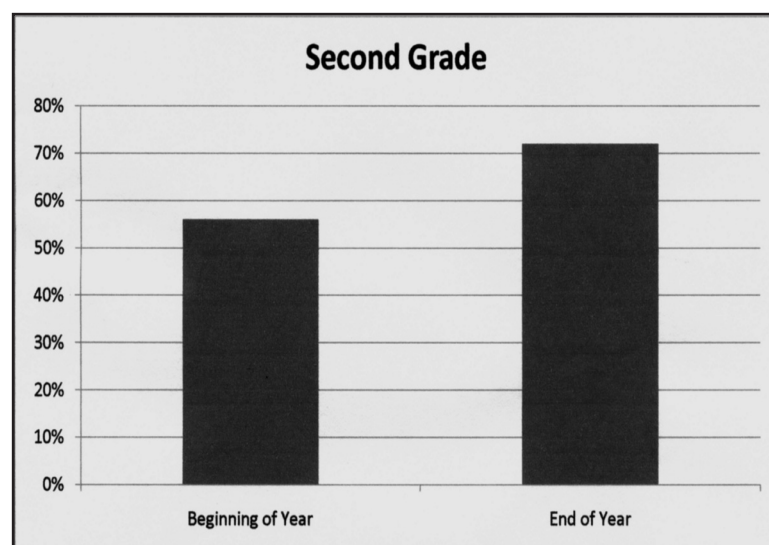
Kindergarten Students on Grade Level for 2008-2009 School Year Kindergarten



First Grade Students Reading on Grade Level for 2008-2009 School Year First Grade



Second Grade Students Reading on Grade Level for 2008-2009 School Year Second Grade



**Isleta Community Health Fair
New Isleta REC Center.
July 11, 2009 from 9am until noon.**

Parks & Recreation

With the beginning of July, it is the start of our last month of the summer program. So far the children have been treated to a number of outstanding events. Most children have had a chance to go to Cliff's Amusement Park (191 of them), the Movies to see this summer's block-buster hit, "Transformers", the Zoo, the Albuquerque Biological Park, most of the museums, just to name a few. When we have this many children attending problems arise. Three of our biggest problems throughout the summer have been especially with the older 12 and up age category as they believe they can go and come as they please, while others are engaged in activities. Not only is this disruptive to the others and staff, but they also try to influence others to do as they do. Please parents, let your children know and remind them they are not to leave the premises once they get here without your permission. Remember, we are not a babysitting service. The other two problems are while the children are being transported, some felt they can drive without buckling up their safety belts. Not only is this unsafe and illegal, but the driver can be ticketed for this violation. Safety is of our utmost concern. The last concern is when we take our children out on special events many of them are not bringing in their signed permission slips. This causes a major problem, especially when most of the children are doing what they need to do and the staff is having to making calls to get a verbal okay because the children lost or forgot their permission slips.

Pictured are action shots with our children engaged in many of the activities being offered this summer. The first is one of the 8 and 9 year olds going through their everyday exercise routine. The second picture is of the children involved in a dodge ball game. Picture three is of the children involved in Arts/Crafts activities, which are offered every day with our three nanas. And the fourth picture is of our children involved in fun, playful swim activities.



Park Dedication and Grand Opening

By the time everyone receives this newsletter, our dedication and grand opening of the Governor's Little League Complex, our 6th park, will have been completed. This park dedication will have taken place on Thursday, July 2, 2009 in honor of our entire past Governor and Lt. Governor's who have been instrumental in making this Pueblo of Isleta what it is today. Next month I will report in more detail, along with pictures about our dedication.

Public Apology

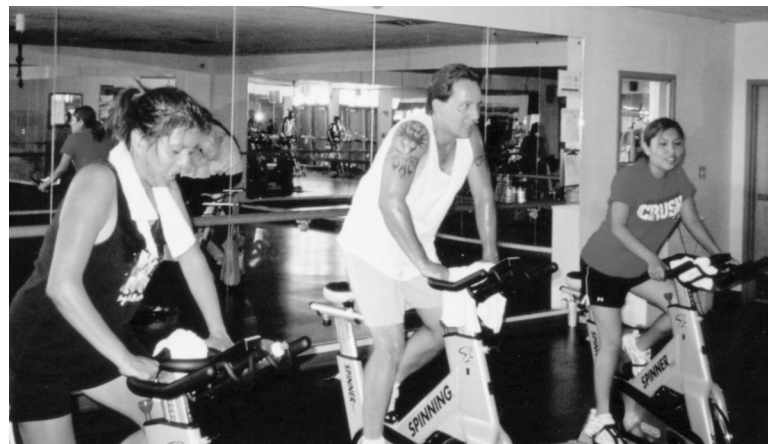
In last month's newsletter I referred to the band that was to play for our park dedication as the Isleta Poor Boys instead of the Dirt Road Band. My apologies go out to Grace Jojola and her family for my error in the use of that name. The founder of that band, Clarence Jojola (her husband) has since passed and so has the name of the Isleta Poor Boys. Again, my apologies to Grace and her family.

Adult Exercise

Although the children are our main concern, especially during the summer program, we have not forgotten about you adults and our facility is available to all of you tribal members and employees. This brings me to tribal member Gene Jojola, who has been working out here at New Rec Center for about five months. Last year on the 4th of July his wife passed on and he needed help in dealing with the stress, blood pressure, and his cholesterol. So he turned to doing what he did best as a young man, and that was having fun (working out), and being more involved with his community. Mr. Jojola now sits on the Advisory Board for the Isleta Senior Center and Co-Chairs the Isleta Restoration Committee for our St. Augustine Church. Now that he is involved and especially getting his daily workout, not only is he feeling great, but his blood pressure is down to an average of 128 over 70 and his cholesterol is at 154. His favorite workout is working out with the stationary bike and treadmill, but watching his diet and food intake. He loves his workouts and has become a fixture along with Vincent Keryte at the Rec Center. His wish is that more people like him use the facility. Remember, we are never too old to workout. What an inspiration! Pictured is Mr. Gene Jojola going through his routine on the treadmill.



With everyone wanting to get in shape, the request for another Spinning Class did not go unheard. We have now added another Spin Class that takes place every day at 4:00 pm, Monday through Thursday. These classes are in addition to our existing classes that are on Monday through Thursday at noon, Tuesday and Thursdays at 5:30 am, Monday and Wednesdays at 5:00 pm and 6:00 pm, and on Saturdays and Sundays at 1:00 pm. Pictured is Marcelina Anderson teaching the newest class that is offered on Mondays through Thursdays at 4:00 pm.



Title VII Indian Education Los Lunas / Valencia High Schools

Parents and Students..LLHS

Listed below are the registration dates for all our students.. **Please make sure your student comes on their assigned date with the following completed documents:**

- Emergency care
- Cafeteria Form(This form was mailed to you. If you did not mail in your form, return it during registration.
- Shot Records (If your student is new to the district or an incoming Freshman, you will need to provide shot records to the nurse.
- Emergency Medical Authorization Form
- E-mail Verification
- Student Computer Use Form
- Student/Parent Contract
- Media Waiver
- New Mexico High School Examination Requirements Form
- If your student drives on campus, a parking permit is required. Student must present their driver's license, proof of insurance, current registration and \$10. Only one permit per student will be issued. Freshman are not allowed to drive on campus.

REGISTRATION INFORMATION

Any time between the hours of 8:00 A.M.-2:00 P.M. (STUDENTS COMING IN AFTER 2:00 P.M. WILL NOT BE PROCESSED) **LOS LUNAS HIGH SCHOOL CAFETERIA**

July 29, 2009 Wednesday
SENIORS

July 30, 2009 Thursday
JUNIORS

July 31, 2009 Friday
SOPHOMORES

Aug. 3, 2009 Monday
FRESHMEN

Aug. 4-6, 2009 Tues/Wed/Thurs
Scheduling Issues/New Students Schedules

Elective classes cannot be changed due to staffing changes.
Teachers cannot be changed.
Class changes will not be made in order to change lunch.
A "Request for Schedule Change" form can be obtained from the counseling Office.
This must be completed and signed by the student AND parent.

Valencia High School Registration Dates.

Thursday, July 30th
SENIORS 8:00 to 12:00
1:00 to 3:00

Friday, July 31st
JUNIORS 8:00 to 12:00
1:00 to 3:00

Monday, August 3rd
SOPHOMORES 8:00 to 12:00
1:00 to 3:00

Tuesday, August 4th
FRESHMEN 8:00 to 12:00
1:00 to 3:00

Vivian C. Garcia
Administrative Assistant
Valencia High School

Teachers return to school Monday, Aug. 10th.

First day of school, Wednesday, Aug. 12th .

Mrs. Kruse/Johnson, Principal, left the school in June and we will have a new Principal after July 1st.

Isleta E2020 educational after school classes is planning to continue at the Isleta Pueblo Higher complex. Students that were in the summer program will have first choice to finish up the classes they did not complete. Please see your counselor to register. We have 8 computers per session.

We hope all our students had a enjoyable summer and are ready to continue their education. If you should have any questions or need assistance, feel free to call the Los Lunas Title VII Indian Education Program @ 865-4646 ext 272, after August 10th.

Ben Analla
banalla@llschools.net

Pueblo of Isleta Public Library

Hello people of Isleta,

Well, the month of June seemed to have flown by, so hopefully you got to enjoy it. With the month of June being over, it means that half of our Summer Reading Program is over with. Both the Toddlers and Youth have created many traditional projects and are looking forward to showing you all during the upcoming Art Show. The library also has a lot of community members to thank for donating and helping the Summer Reading Program students in learning the Isleta Pueblo culture. Also, Sam's Water Express and the library have collaborated together to bring you all a nice summer treat.

NEWS:

The Library will be CLOSED for much of the day due to Summer Reading Program activities. The following dates are July 16, 23, & 24. If books, movies, and CDs are due on any of those days, the book drop will be open for you to use to prevent any library fines from accumulating.

On, July 22, the Library and the Summer Reading Program participants are inviting you to attend our ART SHOW from 1 PM – 4 PM. Both Toddlers and Youth will take on the role of an Artist willing to share the story behind their art pieces and traditional regalia which they created throughout the seven week program. I know for a fact that the older participants are looking forward to this event. Some of the pieces that will be displayed are Pottery, Dance Regalia, Drums, Kilts, Shawls, Clay Sculptures, Leather Work, and Watercolor Paintings. All art work has a different story and meaning to the individual who brought it to life, so take advantage of this opportunity to witness first hand what the future of Isleta has in store.

Regular Library business hours will resume starting August 10, which also happens to be the first day of school for Los Lunas. Be sure to mark your calendars.

Also, the library is currently working on an August program for the Toddlers called "Little Helpers" which will run from August 3 – 26; Monday – Thursday; 9 AM – 12 PM. The program curriculum will be based on jobs or professions in our community, which will consist of reading activities, crafts, field trips, and guest speakers. Age range for the participants are 3 – 6 years old and must be potty-trained. This program is being created to fill the void of no Head Start in the month of August. For more information on when or where to register, please or call or stop by the Library.

UPDATES:

During the first week of June, both reading programs prepared and painted their very own food offering bowls to take home to use in their homes. Local artist and community member, Diane Wade, was nice enough to come into the library to help show the youth how to prepare their bowls and also to share some painting techniques.

In the second week of June, the toddler program made different craft projects depending on

their gender. The boys made Kilts with the help of Mary Agnes and Charlene Abeita. The girls made shawls with the aid of the ladies from the Elders Center. Turtles for the February Dances and bells were made by the youth boys while the girls made Necklaces and Scarfs, also with the direction from the Elders.



Elders help Toddler Program prepare Traditional Cookies.

Indian Drums were made during the third week of June by the Toddler Reading Program. The youth boys made their very own authentic traditional rattles, while the girls made shawls. Gourds were donated by Isleta's own Willie Abieta and were drilled and cleaned by Arthur Abeita. The boys did the rest. Shawls were prepped by Angie Jojola and Gloria Abieta; from that point on, the girls completed their shawls.



Tata Ben & Grandson Garret Lucero finish up Traditional Rattle.

Hurnas was the activity for the fourth week. The toddlers made small clay models which have been fired. Some children actually thought the clay smelled good and wanted to eat the clay, which kept us all on our toes trying to prevent them from eating. The older kids got a quick lesson from Tata Adam Edaakie in Hurnas 101. Afterwards, the kids made their very own scaled-down versions which they could place an incense cone inside for a realistic look. At the end of the week, Lupita Abeita allowed the youth program to help build her hurna with supervision from

Tata Adam. This was a chance for the youth to give back to the community after receiving much knowledge about the Isleta Culture.



Diane Wade sharing Painting Techniques w/Toddlers.



Mary Agnes & Charlene Abeita help Toddler Boys w/ Kilts.



Tehya Anderson, Kasey Givens, & Taylor Jojola @ Bandelier National Monument.



Jeremy Lujan, Isaiah Jojola, Darren Martin, Gabriel Paquin, & Dante Martin test their Turtles and Bells in Library.



Toddler Program getting ready to dance for Elders & Community.



Youth Girls pinning/hemming scarfs.

The remaining people deserve credit for also helping us with our Summer Reading Program. They are: Tata Moses Lujan Jr. and Tata Larry Lucero who came into the library to talk to the youth about the definition of community and what it means to be part of a community; Tata Marvin Jiron for leading the toddler program in the dance at the Elders Center; the W.I.C. department for letting us use their kitchen for our bread baking activity for the toddler program; Laura Shiye, Barbra Trujillo, and Linda Sanchez of the Head Start Department for providing transportation for our field trips; the Realty Department for providing us with a map of the Isleta Pueblo for educational purposes for our youth program.

On July 22, the Library, Diabetes Prevention Department, Indian Health Services, and Center of Disease Control and Prevention collaborated together for the Eagle Book Promotion. Chelsea Begay, came to the library to conduct a hour long activity based around the eagle book series for the toddler reading program. Together they watched an interactive DVD on the books, answered



Youth Program @ Sky City Cultural Center

questions and then went outside to do some "Eagle Exercise". The children seemed to enjoy themselves.

You see, the month of June was very eventful for us and our summer reading program. If any of you wish to participate or are willing to lend us a helping hand with the second half of the program, please give us a call and let us know what you would like to help us with. The number to the library is (505) 869-8119.

Summer Treat

The people at Sam's Water Express in Bosque Farms (Old Advance Video building) and the Library have teamed up to bring the Pueblo of Isleta a Summer Treat in the form of a FREE SMALL SNO-CONE. All you have to do is clip out the coupon found in library section and take it to their

establishment for your summer treat. Be sure to THANK them for the generosity. Sam's Water Express has been providing both summer reading programs with water and ice for our field trips. Thank you, Sam's Water Express!!!

Reminder

The library is currently on Summer Hours which is, 8 AM – 4:30 PM, Monday through Friday and closed on the weekends. The Pueblo of Isleta Public Library contact information is:

Phone: 505.869.8119


Fax: 505.869.7690

Email Address:

poi02002@isletapueblo.com


Web Address:

www.myspace.com/isleta_pueblo_library




Purified Water

Water Deliveries



1495 Bosque Farms Blvd
Suite D
Bosque Farms, NM 87068
869-3326



Sno-Cones

50 Flavors

Gourmet Ice

1 Coupon Per Person

**BRING IN THIS AD FOR
1 FREE SMALL SNO-CONE**

(Continued WIC Notes from Page 1)

Important Things for WIC Participants to Know:

You will still receive: milk, cheese, eggs and juice but in lesser amounts. Your WIC cereals and dried beans will stay the same.

The New Foods:

Fruits and Vegetables- fresh, frozen, and canned!

Whole Grains- including breads, corn tortillas, whole wheat tortillas, brown rice and much more!

Jarred Baby Foods including fruits and vegetables.

Canned Beans

In a continuing effort to support moms who choose the natural choice of breastfeeding, in addition to the standard foods, WIC fully breastfeeding moms and infants will receive additional amounts of fruits, vegetables and whole grains, canned fish, and jarred baby-food meat.

Your WIC staff is excited about the new changes. We ask for your cooperation as we make these changes together.

Public Hearing

The WIC Staff would like to announce the Annual Public Hearing will be held on July

29, 2008 from 8:30am-4:30pm. The purpose of the public hearing is to visit with members of the community and listen to your comments regarding the WIC Program and to give you the opportunity to comment on the development of the State Agency Plan.

We encourage all community members, whether enrolled in the WIC Program or not, to please stop by and offer your comments and suggestions. The hearing will be held at the WIC Office. Please mark your calendar and stop by and see us. If you have any questions, please call us at 869-2662.

Heidi Lanes

WIC Nutrition Coordinator

Pueblo of Isleta
Public Library
“A community member with
resources!”

July 2009

Phone: (505) 869-8119
Fax: (505) 869-7690
E-mail: poi02002@isletapueblo.com
Web Address:
www.mysapce.com/isleta_pueblo_library

Summer Reading Program: Toddlers (Ages: 3-7)

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|--|-----|-----|
| | No Summer Reading Program DUE to 4th of July Activities w/ Families | | | | | |
| 5 <u>Week Theme:</u> Appreciation | 6 <u>Activity:</u> Leather Pouch Bag (for Arrow Head) | 7 <u>Story Teller:</u> <u>Snack:</u> Apple Pie Pouch | 8 <u>Site Visit:</u> Community Member Gar- den <u>Activity:</u> Plant Chili & Beans | 9 | 10 | 11 |
| 12 <u>Week Theme:</u> Culture & Pride | 13 <u>Story Teller:</u> <u>Activity:</u> Clay Animals | 14 <u>Snack:</u> Eatable Adobe House (Graham Crackers) | 15 <u>Site Visit:</u> Adobe Project (Swamps) | 16 | 17 | 18 |
| 19 <u>Week Theme:</u> Show & Tell | 20 <u>Activity:</u> Painting | 21 <u>Story Time:</u> <u>Snack:</u> Snow Cones | 22 ART SHOW @ THE LIBRARY OPEN TO PUBLIC (1PM—4PM) | 23 <u>FIELD TRIP:</u> Albuquerque Jump & IT’z (LAST DAY) | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

Pueblo of Isleta
Public Library
“A community member with
resources!”

July 2009

Phone: (505) 869-8119
Fax: (505) 869-7690
E-mail: poi02002@isletapueblo.com
Web Address:
www.mysapce.com/isleta_pueblo_library

Summer Reading Program: Youth (Ages: 7-18)

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|----------------------|--|--|--|------------------|
| | No Summer Reading Program DUE to 4th of July Activities w/ Families | | | | | 4 4th of July |
| 5 <u>Week Theme:</u> Appreciation | 6 History <u>Historian:</u> Activity: Medicine Bags | 7 | 8 | 9 <u>Field Trip:</u> Isleta Volcanoes Eat: Picnic w/Subway | 10 | 11 |
| 12 <u>Week Theme:</u> Culture & Pride | 13 History <u>Historian:</u> Activity: Paintings (All Week) | 14 | 15 | 16 <u>Rec. Challenge</u> Kickball, Dodge ball, Swim Eat: Isleta Buffet | 17 | 18 |
| 19 <u>Week Theme:</u> Show & Tell | 20 History <u>Historian:</u> | 21 Snow Cones | 22 ART SHOW @ THE LIBRARY OPEN TO PUBLIC (1PM—4PM) | 23 YOUTH OFF TODDLER FIELD TRIP | 24 <u>FIELD TRIP:</u> CLIFF’S EAT: FURRS BUFFET (LAST DAY) | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

Tiwa Language Class



The Tiwa Language class has about 20 kids in the class, and there are more than 50% of girls and only about 5 boys. Usually we start off our day by doing roll call, and whenever we do roll call, we have to stand up and say "Da de im", (Yes I am here). After roll call, we have to stand up and say "De die khum Bha-hu shudee, de thum loh khoom, and Ron un, Louise un im kha-ah-kheh wem". This all means my Tiwa name is Bha-hu shudee, I live on the eastside, and my mom's and dad's names are Ron and Louise. So far in class we learned about directions, numbers, family members, body parts, and how to say hello and goodbye. Once we finished learning about body parts, we got to go outside and play "Nar-puff says". After lunch, we clean up and go to the other class room next door and make pottery!

By: Tah-Khee-Puff, Stephanie Reid

Summer Melt Off

"Melt off those inches!"

FUN WALK/RUN & BALLOON POP

Date: July 11, 2009
Time: 10:00 a.m.
Location: Isleta Recreation Center

ON-SITE REGISTRATION!!!

Questions or Register by phone call 505.869.4595

Please detach registration form & submit to the Diabetes Center

| | | |
|---|---|---|
| <p>Print Name _____</p> <p>DOB _____</p> <p>Address _____</p> <p>City _____</p> <p>Contact Number _____</p> | <p>Sign me up for:</p> <p>_____ 1 Mile Walk _____ 2 Mile Run</p> <p>_____ 2 Mile Walk _____ 3 Mile Run</p> | <p>T-Shirt Size: _____ Large</p> <p>_____ Small _____ X-Large</p> <p>_____ Medium _____ XX-Large</p> |
|---|---|---|

By submitting this registration, I hereby waive and release all rights and claims for damages I may have against the organization sponsoring "Exercise is the remedy" walk/run to be held on July 11, 2009 for any and all injuries suffered by me in this event. I hereby authorize the organizers sponsoring and support personnel to obtain any appropriate medical aid I may require during this event.

| | | | |
|-----------------------------|------------|-----------------------------|---|
| Participant Signature _____ | Date _____ | Staff Initials & Date _____ |  <p>Pueblo of Isleta Diabetes Prevention Programs "TOTAL BODY HEALTH"</p> |
|-----------------------------|------------|-----------------------------|---|

Ma Gu Wam,
By now I am sure that most of you have noticed that the odors from the sewer lagoons are gone. It has been an uphill battle trying to keep the smells down. We had to bring in some special pumps to circulate the water and add air to the water. As you can tel,l it is working and we will continue to watch and smell them closely to make sure that your trips to the Recreation Center and the ball fields are pleasant.

Currently with the summer in full swing we are experiencing a large amount of work order requests. While we do our best to keep up with the work load, there are only so many hours in a day to complete work orders. Keep in mind that work orders are scheduled and prioritized with elderly and handicapped taking priority.

Once again, I would like to remind everyone on septic systems to call in advance for septic pumping since we are not providing weekend services. Call early to ensure services are provided by the weekend.

Feel free to call us with any questions you may have. We look forward to serving our community and having the privilege to speak with each of you.

WATER/WASTEWATER GROUP
division of PWD

We currently have (4) four community water systems here in Isleta that our group maintains daily, seven days a week, to ensure that we provide safe, clean drinking water to all residents.

We do monthly sampling at different sites and have those samples tested by a state approved laboratory. The results are kept here on file and copies are sent to the Region 6 USEPA office in Dallas, Texas.

As the weather gets hotter and days get longer during summer months, we start to see a greater amount of water being used for consumption, as well as for watering of lawns, gardens, animals, etc. We would like to be more conservative for water usage other than for consumption, but that is always not the case, so please try to practice good water usage.

If any one should see a ponding of water, this might be an indication of a water line break, so please call the Public Works Office @ 766-6658 to report the location so immediate repairs can be done.

ROAD MAINTENANCE
ANNOUNCEMENT

The Road Maintenance Department would like to inform residents that, due to the rainy season, travel on Tribal Road 40, South, past the new recreation center will be under maintenance. Please use the detour which is located west of this area. DO NOT try crossing the standing water. The project to improve Tribal Road 40, south to State Road 314 to correct this issue will be started soon.

The roads department works diligently to maintain a road, so we ask the public to respect our work and ask that when you travel on a freshly graded road to PLEASE not create unnecessary disturbances such as spinning, fish tailing, which causes ruts in the roadways. This type of activity only prohibits the longevity of the road surface.

PUBLIC WORKS DEPARTMENT

Greeting from the Isleta Transfer Station,
This month we will talk about our Recycling Program here at the Transfer Station. The following is what we recycle:

| Recyclable | Materials | How to Prepare | Requirements |
|------------|---|--|---|
| Card Board | Clean Corrugated | Bundle & Tie | No Milk cartons, shoe boxes, or cereal boxes |
| Newspaper | Newspaper, flyers, and inserts are acceptable | Bundle & Tie or put in paper sacks | No plastic covers and No glossy paper |
| Aluminum | Aluminum Cans and foil | Flatten | Aluminum can must be empty, nothing inside |
| Metal | Tin, steel, or bi-metal cans | Remove lids, food or liquids and rinse out | No aerosol or containers used for hazardous material |
| Oil | Motor oil, hydraulic oil and transmission fluid | Must be put in containers that do not leak, container must have proper lids. Please do not use plastic bags as covers on containers. | Oils must not be mixed, must not be contaminated with water, dirt, leaves, filters or rags. |

Note: Used motor oil, hydraulic oil and transmission fluid may also be taken to your nearest Jiffy Lube or Auto zone. They will accept up to a maximum of five (5) gallons per customer per day.

Another place you might take your used oils is Tiger Lube on 1505 Main Street SW, Los Lunas. They have no maximum; they will take all the used oils you have, including antifreeze.

If you should take your used recyclable fluids to the above mentioned places, their only requirements are that the fluids be **CLEAN** from foreign materials.

So don't forget, Recycling begins with YOU. Through recycling you can help save our precious resources, reduce energy costs, and help to keep our reservation clean.

Thank you,
Frank L. Benavides

Isleta Health Center

Community Health Fair

Keep Our Community Healthy

Stay Smoke Free

July 11, 2009

at the ISLETA REC CENTER

9am-Noon

Offering Isleta Community Members:

PRIZES!!

Fun Jump for the Kids!

Rock Climbing Wall

Excitement for All!!

EARLY DETECTION AND SCREENINGS

NUTRITION, MASSAGE THERAPY,

DIABETES EDUCATION,

FRUIT BASKET WALK,

RAFFLE PRIZES,

AND

MUCH MORE!!!

UNM and Thunderbird Mascots

Face Painting

Balloons

Climbing Wall

Food

and Fun!!!

T-shirts for the first 250 people

Isleta Health Center

Keeping our Community Healthy

Music by

Looking at Country

with Jennifer Jojola

For more information contact

Stephanie Barela

869-4479

sbarela@isclclinic.net

Health Beat

Health Educator: Stephanie Barela, 869-4479

Isleta Health Center's

Community Health Fair

Keep Our Community Healthy

The Isleta Health Center's Community Health Fair is ALMOST HERE!!! It is on JULY 11, 2009 from 9am-noon at the Rec Center. Because of SUCH a LARGE turn out last year (more than 380 people), we had to move it to the ISLETA REC CENTER! There will be:

◆ FOOD ◆ FACE PAINTING

◆ MUSIC by Looking At Country

with Jennifer Jojola

◆ CLOWNS ◆ CLIMBING WALL

◆ FUN JUMP ◆ UNM Mascots

◆ Line Dancers

◆ T-Shirts for the First 250 People

◆ Nutrition ◆ Massage Therapy

◆ Diabetes Education ◆ Fruit Basket Walk

◆ PHI EMERGENCY HELICOPTER

◆ RAFFLE PRIZES And MUCH MORE

Don't Miss OUT on the
EXCITEMENT and FUN,
Make it to the
Isleta Health Center's
Health Fair at the REC CENTER.

July 11, 2009

NOTE that the LOCATION has CHANGED!
The 2009 HEALTH FAIR is at the
new Isleta REC CENTER.

Does your child need a physical for school?

CALL NOW!!

Call Now to make a Summer Appointment
for your Child's Physical!!

The medical clinic does not do walk-ins for
physicals so schedule your appointment now!



Isleta Education

"Native Hearts, Native Minds, Preparing for Life"

College/Career Fair

Will Be Held At The Isleta
Elementary Gymnasium

July 30, 2009

Thursday, 1:00 to 7:00

Come By And Meet Your College Representatives
And Get Information on Career Opportunities.

Freebies And Door Prizes

Invited Guests and Career Opportunities (Tentative)

Indian Education—Los Lunas Schools
Indian Education—Albuquerque Public Schools
Cultural Center
AI Law Program
Language Program
Isleta Casino & Resort
City of Albuquerque
Albuquerque Police Department
Wal-Mart Kiva Albq. AIGC
APS Department of Labor
Verizon
And more

Invited Universities/Colleges (Tentative)

Bacone University
Central New Mexico
College of Santa Fe
Eastern University
Fort Lewis College
Haskell Indian Nations University
Institute of American Indian Arts
ITT Technical Institute
National American University
New Mexico Highlands University
New Mexico State University
New Mexico Tech
S.I.P.I.
University of New Mexico
UNM-Valencia Campus
University of Phoenix
Western University

For More Information Please Contact: Leona Jiron or Cecelia Jaramillo at 505/924-3186

Isleta Pueblo Public Library Summer Reading Program

Wednesday,
July 22,
2009

Culture and Community Art Show!!

1-4 pm

Tribal Road 67
Bldg. 295A
Across from the
Health center

The children of the Summer Reading Program
cordially invite you to a show like none other.
We will display work by our community's future
artists. This includes all work produced by the
children over the entire Summer Program.

Everyone
Welcome
!!!!

| | | |
|-----------------|-------------------|------------------------|
| ◆ Pottery | ◆ Kilts | ◆ Leather work |
| ◆ Dance Regalia | ◆ Shawls | ◆ Watercolor Paintings |
| ◆ Drums | ◆ Clay sculptures | |



Come join us in celebrating our achievements!

For More Information call us at the Isleta Pueblo Library at
869-8119.

NEW FACES AT THE CLINIC

Health Educator: Stephanie Barela, 869-4479

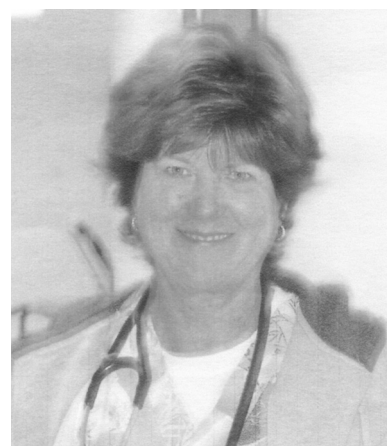
Mary Bartsch is the new nurse (RN) at the clinic. She previously worked for Lifemasters for 4 1/2 years and before that was at Presbyterian and Kaseman Hospital for 12 years. Mary has lived in Albuquerque since she was 16 years old. She is getting married on November 15, 2009. Mary is looking forward to meeting new people in the community.



Debbie Miller is the new Dental Receptionist at the clinic. She has been in the dental field for 35 years and is extremely excited to have the pleasure of working here at the clinic. She has been married for 25 years and has 6 children, from the ages of 5 years old to 29 years old. She currently lives in two places-Albuquerque to take care of her dad and Los Lunas with her family. She would like to thank Isleta for having her be a part of the community.

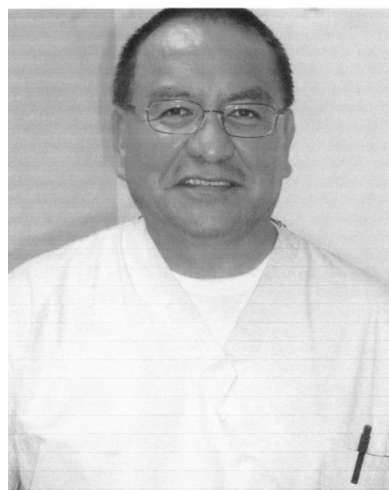


Farrah Lujan is the new Receptionist at the clinic. She is from Isleta and previously worked for the Isleta Casino and Resort. She is looking forward to seeing new faces at the clinic.



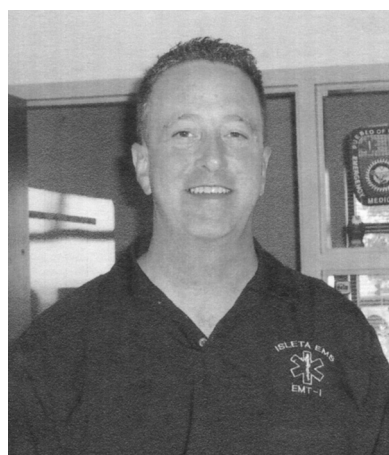
Linda Robinson-Boyes is the new RN at the clinic. She has been an RN for 31 years. She is married and has 4 grandkids and 2 dogs. She lives in the North Valley and enjoys skiing and gardening.

Tisha Becker is the new Pharmacist at the clinic. She is a recent UNM Graduate. She has 4 Great Danes. Tisha is from Wichita, Kansas and is Cherokee.



Dr. Benally is the new Podiatrist. He just moved to Albuquerque from Bakersfield, California. He is married and has a son that is 10 years old.

Ken Katzenberger is the new EMT at the Clinic. He is a father of 2 and previously worked at Living Cross in Valencia County. He grew up in the South West part of the country (AZ, NM, CA, CO). Ken used to be in the Army for 4 years.



WIC Breastfeeding Peer Counseling Corner

Thank you to all of the breastfeeding mothers who sent in a photo to be entered in the 2010 Breastfeeding Calendar contest. The photos will be voted on by our community in July at the Isleta Health Fair.

The WIC program will be celebrating World Breastfeeding Week on August 5, 2009. The theme for 2009 is *Breastfeeding: A Vital Emergency Response. Are you ready?*

OBJECTIVES of WORLD BREASTFEEDING WEEK 2009

- To draw attention to the vital role that breastfeeding plays in emergencies worldwide.
- To stress the need for active protection and support of breastfeeding before and during emergencies.
- To inform mothers, breastfeeding advocates, communities, health professionals, governments, aid agencies, donors, and the media on how they can actively support breastfeeding before and during an emergency.

RATIONALE

- Children are the most vulnerable in emergencies - child mortality can soar from 2 to 70 times higher than average due to diarrhea, respiratory illness and malnutrition.
- Breastfeeding is a life-saving intervention and protection is greatest for the youngest infants. Even in non-emergency settings, non-breastfed babies under 2 months of age are six times more likely to die.
- Emergency preparedness is vital. Supporting breastfeeding in non-emergency settings will strengthen mothers' capacity to cope in an emergency.

Source: worldbreastfeedingweek.org

WIC Breastfeeding Peer Counseling: # 924-3180

Isleta Medical and Dental Clinics

The staff at Isleta Medical and Dental clinics want to meet the needs of all patients and in order to do this it is important the patients keep their scheduled appointments.

We have a significant percentage of patients who miss their scheduled appointments. This contributes to extended wait times for other patients to make an appointment resulting in them not receiving timely medical care.

In the event you cannot attend your appointment, it is very important to call and cancel as far in advance as possible, so that someone else may be given that appointment time. Also please note that if you call to cancel, it may take several months to be rescheduled.

If you miss your medical appointment (do

not show), it will be your responsibility as the patient to call the clinic to reschedule. You will not automatically be given another appointment.

To meet the health needs of all the patients, please remember that the Walk-in clinic is designed for acute injuries and/or illnesses. It is not to be used for missed appointments or cancellations.

In order to respect and protect patient confidentiality HIPPA (Health Insurance Portability & Accountability Act) must be followed. If the adult patient being seen by the provider would like a family member to be with them during the appointment, that family member must accompany the patient to the room. Once the patient is in the room, visitors will not be given any

information regarding the patient being seen nor will be permitted in the medical area.

Please note that all patients under 18 years old must be accompanied by a parent or legal guardian (examples of exceptions to this requirement include any form of abuse, birth control, pregnancy testing/prenatal care, sexually transmitted disease testing and/or treatment). In the event that the parent/legal guardian is not able to accompany the child, a consent form may be picked up at the appointment desk, or may be faxed to you upon request by calling (505) 869-4089 or for dental (505) 869-4499. A picture ID and/or a contact number to reach the parent/guardian to confirm consent must be submitted with the consent form.

Not Feeling Well

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

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

Quick Care

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

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

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

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

Family Program

"Take Flight"

Coming August 17, 2009!

Description:

- ★ Families sign up as teams.
- ★ Teams keep track of health behaviors.
- ★ Teams turn in their logs and receive new ones with weekly incentive prizes for eight consecutive weeks.
- ★ At the end of eight weeks, winning teams will be announced in our **summer newsletter** & will receive **1st, 2nd, & 3rd place prizes** at our **Celebration Night!**
- ★ All participants will receive a "Take Flight" t-shirt.

Questions or to Sign-Up:

505.869.4595

Pueblo of Isleta
Diabetes Prevention Programs
"TOTAL BODY HEALTH"

REMINDER NEW LOCATION

Isleta Community Health Fair has

been moved to the

New Isleta REC Center.

July 11, 2009 from 9am until noon.

August 2009

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |
| | | | | | | |

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