



Isleta Pueblo News

Volume 5 Issue 8

August 2010

Governor's Report

On July 25, 2010, Administration and Tribal Council held a community meeting to inform the community on the upcoming Secretarial election. Prior to the meeting, to inform community members of this meeting, I posted meeting notices and sent meeting notices in the mail. The meeting was scheduled from 1:00 pm to 3:00 pm at the Hotel Banquet Room. Of the approximately 3,400 tribal members, only about 150 attended the meeting. Approximately eight members that attended the meeting spoke for or against the election.

It is important that the people of Isleta understand how the Secretarial Elections are authorized.

The Pueblo of Isleta Constitution was adopted on March 27, 1947, at which time the Federal Government (BIA) apparently introduced a model constitution which was modified for the Pueblo of Isleta. Mr. Diego Abeita was very instrumental, along with other tribal members (men) who worked very hard to put in place the constitution we have today. The election to approve the Constitution was authorized by the Federal Government, through a petition by the people, who were probably dissatisfied with how business was conducted by previous leaders. The Pueblo of Isleta Constitution was and voted on, and passed, by the people of Isleta.

In 1970, amendments to the constitution were voted on through a Secretarial Election, which authorized women to vote, and to hold office in tribal government, including Tribal Council and Governor. This also opened the door for women who are elected Governor to carry on the traditional duties of the position. The petition was initiated by former Governor Alvino Lucero.

In 1990 Tribal Council passed a Tribal Resolution to hold a Secretarial Election to amend the Constitution which changed the appointment process of Council members, and to authorize an electorate process for Tribal Council, which we have today. At that time, wording in the Pueblo of Isleta Constitution Preamble was changed. The word "precedence" was deleted and the word "preserve" was inserted. The Constitution voted by the people authorizes Secretarial elections by petition of the people or by Tribal Council Resolution.

On May 13, 2010, Tribal Council adopted Resolution No. 2010-062, requesting that the Secretary of the Interior authorize an election on the proposed amendment of the Pueblo of Isleta Constitution. Resolution No. 2010-062 was voted on at a duly called meeting with a quorum present and was certified by Council President Robert Lucero and Tribal Council Secretary Mark Dixon. The Pueblo of Isleta Constitution requires the Council President or the Governor to certify a resolution. Tribal Council Secretary also signs the certification. The Pueblo of Isleta Constitution provides for two separate ways for the Constitution to be amended:

- (1) By petition of at least 1/3 of eligible votes
- (2) By request of a majority of Tribal Council

"It shall be the duty of the Secretary of the Interior or his authorized representative to authorize an election on any proposed amendment at the request of the majority of the council or upon receipt of a petition signed by at least 1/3 of the voters eligible to vote on said amendment." (Pueblo of Isleta Constitution Article, XIII).

Resolution 2010-062, pertaining to Secretarial Elections directs me as Governor, "to do all that is necessary to effectuate the intent of this Resolution".

To date this is what I have done:

- Assist Tribal Council to nominate and appoint a member of an Election Board to assist BIA with its Secretarial Election.
- Request BIA to seek funds to hold its Secretarial Election.
- Meet with BIA to develop a timeline for the Secretarial Election.
- Direct staff to produce a list of eligible voters to give to BIA for the Secretarial Election

The Federal Government, not the Tribal Council, conducts the Secretarial Election pursuant to federal rules and regulations. Once the request from Tribal Council is given to BIA, BIA must authorize the Secretarial Election. The process is not new. It is the same process that was used in the 1970, and in 1990 to amend our Constitution to what it is today.

Statistics on Prior Secretarial Elections reflect no data of community meetings held by Tribal Government in 1947, 1970 or in 1990. The only meeting recorded is the meeting held on July 24, 2010, despite what was stated, concerning recorded meetings, at the community meeting I held on July 24, 2010. Isleta struggled with the leadership from approximately 1942 up to 1947 when the constitution was finally adopted. And yes there were meetings to formulate the Constitution. I can only speculate, and imagine the turmoil if a community meeting at that time was held. As it was told by our parents, a physical altercation took place during the appointment of the Governor and struggle for the Governor's Canes ensued.

There are approximately 950 descendants that already live on the reservation and approximately 200 living off the reservation most of whom are attending schooling or are in the military. The remaining number have established residency elsewhere and may never return to Isleta. The majority of these descendants already take part in our customs and traditions, as was presented by various tribal members at the meetings.

One of the questions most frequently asked if descendants are eligible for funded programs.

There was a meeting held concerning the Secretarial Elections on August 7, 2010. Meeting times and dates were posted throughout the pueblo.

On Friday, August 20, 2010, from 10 AM - 7 PM, Tribal Members can register at the Elderly Center to be eligible to vote in the Secretarial Elections.

On August 21, 2010, the Election Board for the Secretarial Election will hold a meeting at the Isleta Recreation Center at 10 AM – 12 PM. Also, on this day, August 21, 2010, Tribal Members may register at the Recreation Center from 10 AM – 7 PM to vote in the Secretarial Election.

Isleta Tribal members who will be eighteen (18) years of age by September 18, 2010, will be also be eligible to register to vote in the Secretarial Election.

Isleta

Elementary School

Principal's Message, August 2010

Greetings from the Isleta Elementary School! On behalf of our staff, we would like to welcome our students and parents back to school! Many exciting changes are taking place at Isleta Elementary School! We are proud to announce that our students made Adequate Yearly Progress during the 2009-2010 school year! Our students increased their proficiency standards in reading, math and science on the NM Standards Based Assessment. Last year, we increased our school day by 40 minutes. We used a reading program which addressed the individual needs of students by grouping them according to their ability. Our block schedule allows our students to receive a designated block of uninterrupted reading and math to maximize their core instruction. Our staff used our professional development time to disaggregate student data to better serve the needs of our students. We began using data notebooks for students to monitor their own academic progress by charting their test results using their MAP (Measures of Academic Progress) data, DIBELS (Dynamic Indicator of Basic Early Literacy) data, and NMSBA (New Mexico Standards Based Assessment) scores. Additional classroom assessments may be added. These notebooks will be used from kindergarten through sixth grade. Our staff also worked hard this year on weekends to update and revise school wide policies such as behavior/discipline, attendance, athletics and safety.

Our staff has been working diligently all summer to prepare for the upcoming school year. Our 21st Century Summer School program ended on July 29th. Students that attended summer school received instruction in math and reading. In addition to academics, our teachers made summer school exciting by providing enrichment activities which included dance, art, soccer, cooking and technology. Thank you students

and staff for making our summer school program a great experience!

Beginning this year, Isleta Elementary will sponsor athletic activities such as cross country and basketball. We are currently looking for coaches to lead our teams this season. If anyone is interested, please contact our school at (505) 869-2321. A background check is required and a monetary stipend will be provided.

As we begin school, we would like to remind everyone of our transportation procedures for all students. Students who are dropped off at school must be dropped off at the designated area directly in front of the school. Students who are being picked up after school will wait at the designated area for each vehicle to pull up to the loading zone. Students will not be allowed to get

into their vehicle until it reaches the front of the loading zone, which prevents students from running through traffic. Please be respectful of our staff on duty as they guide our students to the proper locations. When a student is late to school, they must be accompanied to the office to obtain a tardy slip, which requires a parent or designee signature that will allow them into class. Thank you for cooperating with our procedures for the safety of our students and staff.

This year, our professional development days have changed. Every Friday, students will be dismissed at 12:45 p.m.

Thank you parents and community, for helping our students be successful. We look forward to working with you during the 2010-2011 school year!

Immunization Records for the Next School Year



Because of the high demand for copies of immunization records and physicals at the time school registration begins, your request for copies may take up to five working days to complete.

Start early – avoid the rush and the long wait

Request a copy of your child's immunization records in advance of your child starting school.

Call or come by the medical record department at the clinic to find out how you can obtain a copy of your child's immunization records (869-4389 or 869-4472).

If you are not sure if your child's immunizations are up-to-date, prior to calling the medical record department, call the clinic at 869-4089 and request a chart review by the nurse. After reviewing your child's chart the nurse will call you back to let you know if your child needs additional immunizations.

Johnson-O'Malley Program

Greetings from the staff of the Johnson-O'Malley Program. By now all the students will be getting ready to transition to their new school or classrooms. Wow! The hustle and bustle of new routines, a new year and adjusting to a new teacher It's hard to believe it's already time for back-to-school. Makes you wonder...where did summer go? So in preparation for this school year we would like to let you know what we are planning. The JOM Program will begin the school year by providing the same services that we provided last school year. We are able to provide tutoring services, reimbursements (ACT/SAT and lab fees), educational field-trips, literacy activities, and family activity nights, liaison services for parents and students, as well as monthly parent meetings.

Our first parent meeting for this school year is scheduled for Saturday, August 21, 2010 at 9:00am. These meetings are held at the JOM Tutoring center which is located at the Old Elementary School. We are hopeful that more parents will be interested in attending

these meetings. The JOM program is a student support program driven by parent involvement. The Indian Education Committee (IEC) assists in making decisions regarding our program activities and events. We currently have two vacant positions on our Indian Education Committee. If you are interested in participating as a board member for the IEC we would appreciate your attendance at the scheduled parent meeting on Saturday, August 21, 2010.

If your student has not picked up their school supplies for this school year, please contact our office. We are able to schedule information meetings on an individual basis at your convenience.

Should you have any questions regarding the services we provide, please do not hesitate to contact the Johnson-O'Malley Program at 505-924-3189.

Geraldine, Beverly and Bernadette

Health Beat

Health Educator: Stephanie Barela @ 869-4479

2010 Annual Community Health Fair Report

Were you one of the 270 people who attended the health fair this year?

Sponsored by the Pueblo of Isleta Health Center and Head Start, the 7th Annual Community Health Fair was held on July 17, 2010 at the Isleta Recreation Center and was filled with lots to do, see, hear, and win. It was an exciting event for all and an appreciative thank you is extended to the Governor and his office for generously offering its support to the event by donating the kid's fun jump, face painting, and snow cones. Along with the community members in attendance, there were more than 50 booths with a wealth of health information, services for community members such as glucose and high blood pressure screenings by the students and staff at CNM, and even a helicopter visit from PHI Air Medical!

Along with learning to live a healthier lifestyle from many other great booth topics, community members also had a number of fun events to participate in. There was a Fruit Basket Walk with fruit baskets for prizes courtesy of Whole Foods Markets, a rock climbing wall, and music entertainment by DJ Tomas Vargas and local music group, The Hustlers. We were also quite excited to debut a puppet show performance by the staff of the health center's Behavioral Health department and excited to present a great performance by the Isleta Diabetes Prevention Program's youth group. All of this entertainment was enjoyed while eating yummy turkey sandwich wraps, veggies, and fruit prepared by the Isleta Head Start kitchen staff. And, as if all that wasn't enough, we also held a raffle contest with various prizes that ranged from t-shirts, a dinner & a movie for 2, UNM Lobo crocs, to a \$50 gift card from Abuelita's New Mexican Kitchen.

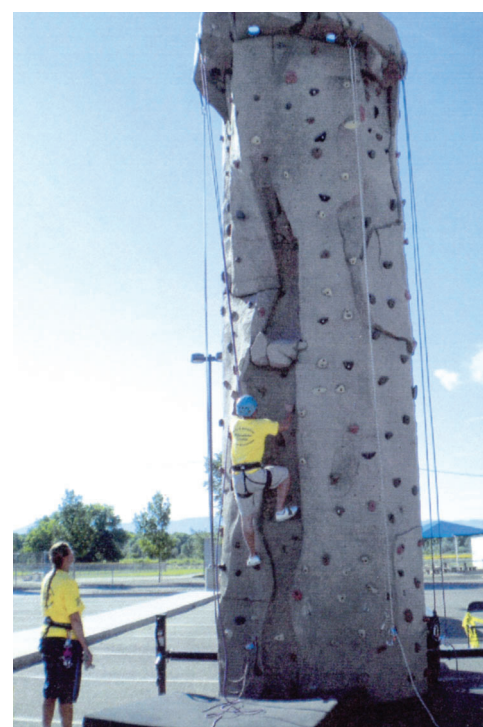
As you can see there was a lot happening this year and we couldn't have done it alone. The Isleta Health Center would like to thank the POI Head Start, the Health Fair Planning Committee, all of our booth Participants, the Rec Center, and anyone else who helped along the way to make the 7th Annual Isleta Community Health Fair a great success.

Last but not least, we thank you, the community members who stopped by and spent your morning with us - we couldn't have done this without you!

We would also like to thank all of our donors:

Crystal Springs Water
 Pueblo of Isleta Governor's Office
 Alzheimer's Association
 Whole Foods
 Rail Runner
 Abuelita's Kitchen
 Einstein's Bagels
 Story Teller Movie Theaters
 Chili's Restaurant
 Hard Rock Casino & Hotel
 PHI Air Medical Helicopter
 Matteo's
 Lovelace/Lovelace Salud!
 Redwing Shoes
 Benny's Mexican Restaurant
 Isleta Social Services
 Starbucks
 Sopa's Restaurant
 Amerigroup
 NM Commission for the Blind
 Isleta Head Start
 Public Regulation Commission Managed Health Care Bureau
 NAPPR (Native American Professional Parent Resources)
 Jiffy Lube
 Village of Los Lunas

**IT WAS A FANTASTIC DAY!
 MISSED IT THIS YEAR?
 MAKE SURE YOU CATCH IT NEXT YEAR!**



Parks & Recreation

By the time everyone receives this newsletter, the kids will be preparing for the start of the new school year and that means our 2010 Summer Recreation Program will be but a memory. Because the information for the newsletter is needed and goes to print prior to August 1st, I will report on our end of summer barbecue and Fun Day next month. Needless to say, this summer has been one action-packed schedule of events for all of our children. July saw many special events that had our children participating in the Notah Begay III Foundation Junior Golf Camp at Balloon Fiesta Park, a Basketball Camp hosted by our own Tribal Members Dustin Chiwewe and Sam Lente and assisted by Professional Basketball players Larry and Lamar Morinia and a host of others who play professional basketball in Europe and Mexico, field trips to It's Family Fun Center, Hinkle Family Fun Center, Cliff's Family Fun Center and on the 2nd to the last day a barbecue and Fun Day, and then ending the last day (July 30th) of the Summer Program the children were treated to the movies at Century 24 in Albuquerque. As I have mentioned in the past, and I have always bragged about, our Arts/Crafts program with our three Nanas, Abie, Gloria and Marie leading our efforts, this program continues to be a major staple of our activities. In our Park Management Division the staff continued to press on with the building of the Chical Semi Professional Baseball field that will also serve our Senior Divisions of Little League next summer. The staff does report that the field will be ready for dedication on November 11th, Veteran's Day. Like all of our parks in our system, they are named in honor of those who have served in the military and although the park will not be used until next spring, it is appropriate to have the grand opening on Veteran's Day, 2010. Pictured above are several of our children getting in line for a field trip. At right, is 8 & 9 year old grouping leader Feather Anderson along with the three of her art contest winners depicting the drawing of our church prior to its renovation. They are, left to right, Amber Zuni, Samantha Lente, and Maddie Montoya. **Congratulations.**



Golf Camp

On July 19th through July 23, 2010 the Notah Begay Foundation offered our children who wanted to participate, a Junior Golf Camp over at the Balloon Fiesta Park in Albuquerque. The one-week Golf Camp provided instruction to the beginner and Intermediate, a golf camp for ages 10-18. The purpose was to introduce our Native American Youth to the NB3 Leadership program. Most of our 12 and up age group took advantage of this program and really enjoyed it. Pictured is the advertisement of Notah Begay III Foundation with several golfers that our youth were a part of.



Basketball Camp

On Wednesday July 21, 2010 a Basketball Camp was hosted by two of our Tribal members, Dustin Chiwewe and Sam Lente, and assisted by professional athletes Larry Morinia Jr., Lamar Morinia and Rick Tatum. The children were brought together to show them teamwork, work ethic and were taught the fundamentals in doing things the right way on and off the court. When Dustin Chiwewe was asked why he was doing this at no charge to anyone his response was, "I just want our kids to be exposed to what gave me an opportunity to go to school (college) and know they can do the same thing if they work at it. Also this is my way of giving back to my community." Thank you Dustin and Sam, along with all your friends. Although several pictures were taken so we could show everyone, an accident with the camera over at Walgreen's ruined the film. My apologies.

Special Note

On Monday August 9, 2010 until Monday, August 16, 2010 The New Rec Center will be closed entirely for general maintenance and clean up. The gym floor will be sanded and re-varnished and painted, the tile floors will be stripped and waxed, the bancos will be repaired and painted, swimming pool and locker rooms will be cleaned thoroughly, and some minor painting will take place. Sorry for any inconvenience, but it is a must if we are to protect your investment. Old Rec will remain open.

Special Events

Like always on Fridays, our children are treated to a major field trip. For the month of July our field trips included: It's Family Fun Center, Hinkle Family Fun Center, Cliff's Amusement Park, Movies at Century 24 Theatres and for the older group a trip to Jemez Springs. Although there are field trips as small group activities during the week, all of our children really look forward to the major field trips as a large group and taking a chartered bus to the events. Pictured below are several of our older age group (12 & up) over at the Jemez Mountains posing for a group picture and also taking a hike down the mountain.



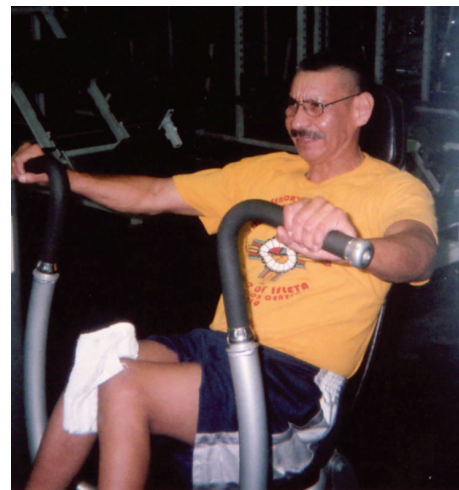
Arts/Crafts

With the summer program approaching its end, the Nanas Abie, Gloria and Marie continue putting projects together that will showcase some of the projects the children were involved in during our busy summer. These projects will be showcased at our end of Fun Day and barbecue for all the Pueblo of Isleta to enjoy. Because of printing deadlines, the end of summer Fun Day and barbecue will be reported in September's newsletter. Pictured is a collage of pictures featuring many of our children with the Nanas conducting class in the Arts/Crafts program. Great Job Nanas!



Weight Room

Although our major focus during the summer is tending to our youth of our community, we don't by any means ignore the adults who continue to utilize the program on a daily basis. Spin Classes offered in the morning, during lunch and also in the evenings and weekends are constantly being utilized by many of our adult patrons. This is inclusive of our weight room at Old Rec and New Rec, as well. As I have mentioned in the past, it is now recommended by the surgeon general that we work out at least 30 minutes per day doing some kind of physical activity that may include walking, running, weightlifting, etc., that will go a long way to fight obesity and diabetes in our Pueblo today. Pictured below are two of our most avid and loyal tribal members (Joe Anzara and Vincent Keryte) who workout just about every day to stay healthy and fit. Joe Anzara is utilizing the arm bike that helps with the cardio vascular system and Vincent Keryte is busy with the seated bench press. Good Job guys, keep being an inspiration to all of us.



Free Mental Health First Aid Training

The Isleta Community Action Team (ICAT) has been working with the Life Link Training Institute to bring a very important training to the Isleta Community. The Mental Health First Aid Training will be offered twice in the month of August in the Isleta Community.

What is Mental Health First Aid?

Mental Health First Aid is a 12-hour training course designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis. Just as CPR training helps a layperson without medical training assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis.

The evidence behind Mental Health First Aid demonstrates that it makes people feel more comfortable managing a crisis situation and builds mental health literacy (helping the people identify, understand and respond to signs of mental illness). Specifically, studies found that those who trained in Mental Health First Aid have greater confidence in providing help to others, greater likelihood of advising people to seek professional help, improved coordination with health professionals about treatments, and decreased stigmatizing attitudes.

Mental Health First Aid certification, which must be renewed every three years, provides trainees with:

- Knowledge of the potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis and psychotic disorders, eating disorders, substance use disorders, and self-injury.
- A 5-step action plan encompassing the skills, resources and knowledge to assess the situation, to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care.
- An understanding of the prevalence of various mental health disorders in the U.S. and the need for reduced stigma in their communities.
- Working knowledge of the appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem treat and manage the problem and achieve recovery.

This training is free to all Isleta community members and service providers who work in the community. The first training will be held on Aug 5-6 at the Isleta Head Start Building and the second will be held on Aug 19-20 at the Isleta Health Center. Lunch will be provided by the Isleta Community Action Team. Because space is limited we are encouraging you to register as soon as possible. You can register by calling or emailing Brian Serna at 869-5477 or bserna@islclinic.net .

What: Free training on Mental Health 1st Aid
Who: Open to all
When: 8/5-8/6 at Head Start
 8/19-8/20 at the Isleta Health Center
How much? FREE!
What about lunch? FREE!

*Interested in receiving emails regarding upcoming events at the Isleta Health Center?
 Email Sbarela@islclinic.net to get on the list.*

Cancer 101 For Isleta Employees and Tribal Members

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

NO REGISTRATION FEE!!

PRIZES!!!!

Save the DATE!

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


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


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

Presented by Michelle Suina

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

At the Isleta Elderly Center

 **Center for Native American Health**

 **Isleta Health Center and Elderly Center**

WANTED — JUNK CARS

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

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

Do you want to make a few dollars? Call Pat at 452 - 7980

ATTENTION BUSINESS OWNERS!

NEWLY APPROVED MAY 11, 2010— PUEBLO OF ISLETA BUSINESS PERMIT POLICY

TRIBAL COUNCIL APPROVED THE PUEBLO OF ISLETA BUSINESS PERMIT POLICY ON MAY 11, 2010, FROM THAT DATE FORWARD THE FOLLOWING ARE INSTITUTED AND REQUIRED.

Section 6. Permit Required

- A. Any person who conducts or engages in business and whose business is located within Pueblo Lands shall be ***required to obtain a Business Permit issued by the Tribe. No person shall operate a business within Pueblo lands without a valid Business Permit as required by this Policy.***
- B. A separate Business Permit shall be required for each location or place of business.
- C. A separate Business Permit shall be required for each type of cigarette business conducted, even if the businesses are operated out of one location. For example, if there is a retail operation and a wholesale operation located at the same place of business, a Business Permit shall be required for each type of business and the appropriate fee paid for each type of Business Permit.
- D. The Tribal Council reserves the right to require a separate or additional permit for such businesses as deemed necessary for the regulation of business activity within Pueblo Lands.
- E. Businesses wholly owned and operated by the Pueblo of Isleta are required to obtain a Permit under this Policy.

Section 7. Class of Business

- A. **Class A Businesses** are exempt from the Business Permit Policy and are not required to register with the Pueblo or pay the Business Permit fee. The following are considered as Class A businesses:
1. Charitable, religious, community, educational organizations, or private individuals which engage in activity to raise funds for social, educational, religious or other purposes that are for the benefit of the Pueblo of Isleta or tribal community member(s).
 2. Sellers of farming/agricultural produce that is solely cultivated on Pueblo lands.
 3. Sellers of Indian oven bread and other traditional food products.
- B. **Class B Businesses** are not required to pay the Business Permit fee but are required to register the business with the Pueblo and obtain a Class B Business Permit. The following are considered as Class B businesses:
1. Indian arts and crafts made or maintained for sale, whether wholesale or retail, by any Isleta tribal member.
- Registration shall consist of completing the Business Permit application and providing such information as may be required. Class B Businesses are expected to comply with all other requirements of this Policy.
- C. **Class C Businesses** are those businesses that provide general retail goods or services. In addition to general retail goods, businesses with a Class C Business Permit can also sell Indian arts and crafts as identified above. Class C Businesses include commercial food sales, other than Indian oven bread and other traditional food products, from a permanent location.
- D. **Class D Businesses** are those businesses that sell cigarettes and/or tobacco products at retail to a consumer and the sale of the cigarettes and/or tobacco products is not intended for resale. In addition to cigarettes and/or tobacco products, businesses with a Class D Business Permit can also sell general retail goods and Indian arts and crafts.
- E. **Class E Businesses** are those businesses that possess, transport and sell cigarettes and/or tobacco products for wholesale or resale purposes. This does not include retail sales of cigarettes and/or tobacco products.
- F. **Class F Businesses** are those businesses or vendors who sell on a temporary basis and meet the definition of peddler.
- G. **Class G Businesses** are those businesses or vendors who sell goods or services on Pueblo lands to community members on a scheduled or appointment basis or at the invitation of the community members. Examples are commercial frozen food sales, propane sales and bottled water sales.
- H. **Class H Businesses** are those businesses wholly owned and operated by the Pueblo of Isleta.

Section 9. Additional Requirements for Certain Types of Businesses

- A. A particular class of business such as cigarette vendors may be required to comply with additional requirements established under this Policy and/or another Pueblo of Isleta Ordinance. Failure to comply with such other requirements is also considered grounds for revocation or other enforcement actions under this Policy and/or the applicable Tribal Ordinance.
- B. The Tribal Council reserves the right to impose additional requirements during the term of the Business Permit upon proper notice to the businesses affected when determined necessary in the best interest, health or welfare of the Tribe.
- C. Food Vendors: Individuals preparing the food product for commercial food sales shall complete a prescribed Indian Health Service Food Handler's class and post or have available the certificate of completion on premises or readily available.
- D. Cigarette Vendors:
1. All businesses that sell any quantity of cigarettes or tobacco products at retail must apply for a Class D Business Permit, and pay the required fee, even if the primary purpose of the business is not cigarette or tobacco product sales and would otherwise be exempt from the Business Permit fees based on the class of business such as Indian arts and crafts, agricultural products or traditional food sales.
 2. All cigarette vendors shall comply with all applicable tribal and federal laws relating to the sale and transportation of cigarette and tobacco products on or from Pueblo Lands.
 3. Separate permits shall be required for retail cigarette operations and wholesale cigarette distributor operations, even if both of these businesses operate out of the same location.

Section 10. Application and Fees

- A. An application for a Business Permit shall be submitted on such form as provided by the Tribe. All applications shall include the following information:
1. A description of the business and the products/services sold.
 2. Name and address of the owner or owners of the business;
 3. Description and proof of business structure such as sole proprietorship, corporation, partnership, or other.
 4. Description and proof that the business is tribal member owned.
 5. Trade or business name used by the business.
 6. The location at which the business will be conducted. The Tribe may require proof of ownership of land assignment where business is to be located.

(Continued on next page)

7. A statement regarding the applicant's criminal history, if any.

8. A statement that the applicant consents to the jurisdiction of the Tribe, including the Tribal Court, with regards to matters arising from the conduct of business and this Policy, and agrees to abide with all applicable tribal and federal laws and regulations.

9. Any additional information that the Tribe deems necessary to make a determination on issuing a Business Permit.

B. The following fees are required to be submitted along with the application:

1. **Class B Business Permit** -

Businesses Required to Register - No Fee

2. **Class C Business Permit** -

General Retail/Services: Isleta Tribal Member (sole proprietor)..... \$ 250.00 per year

Isleta Tribal Members in Corporation, Partnership, Joint Venture or other Formal Business Relationship/Structure with other

Isleta Tribal Member(s)....\$ 250.00 per year per member.

Isleta Tribal Member in Corporation, Partnership, Joint Venture, Or Other Formal Business Relationship/Structure With Non-Member(s)....\$ 1,000.00 per year.

3. **Class D Business Permit** - Retail Cigarette Vendor.... Same as Class C Permit Fees above

4. **Class E Business Permit** - Wholesale Cigarette Distributors....\$ 5,000.00 per year

5. **Class F Business Permit** - Peddler

Per Day (or any part thereof).....\$ 20.00. Per Week (or any part thereof).....\$ 50.00

Per Month.... \$ 200.00

Feast Day (Tribal members exempt from fees)....\$ 25.00

6. **Class G Business Permit** - Mobile Vendors Per Month.....\$ 100.00 Per Year....\$ 500.00

7. **Class H Business Permit** - Tribally Owned and Operated Business - No Fee

8. **Amended Permit Application**....\$ 25.00

C. The fees may be periodically amended at the discretion of the Tribal Council and Permittees shall be notified of any fee changes.

D. No refund shall be made for businesses discontinued during a permit term.

Section 11. Term of Permit and Renewal

A. Except for Class F and Class G Business Permits, the Business Permit shall be valid for one (1) year from the date of issuance and is only valid for the location for which it was issued.

1. Class F Business Permits are valid only for the location designated by the Pueblo and specified on the Permit and peddlers are not allowed to solicit door-to-door on Pueblo Lands.

B. A Permittee must apply for renewal at least thirty (30) calendar days prior to the expiration of the existing Permit.

C. Payment of permit fees are due at time of application or renewal.

Section 12. Changes in Business Structure and Location; Amending Business Permit

A. A Permittee must submit an amended application in the following situations:

1. Any change in the structure of the business (i.e. change from sole proprietor to partnership). An amended application must be submitted within thirty (30) days of such change.

2. A change in the location of the business for which the Permit was issued. An amended application must be submitted at least thirty (30) days prior to the actual change in location. In the event that the change in location could have a detrimental impact on the health, safety or well-being of the Tribe or the community, the Tribe reserves the right to deny the change in location. Failure to get approval for the change in location shall invalidate the Permit and subject the Permittee to enforcement for doing business without a permit.

B. An amended Permit will be issued upon review of the amended application information.

C. A change in the type of business from what was described in the application and upon which the Permit was issued may require the Permittee to obtain a second or different type of Business Permit instead of simply amending the Business Permit application.

For example, if a retail cigarette vendor wishes to expand his or her business to include wholesale distribution of cigarettes, then a second permit will be needed for the wholesale operation, even if it is in the same location as the retail operation. Or if an arts and crafts vendor wishes to sell cigarettes, then a new permit will be required for the cigarette sales, even if cigarettes are not the primary items being sold.

Section 13. Transfer of Business Permit

A Business Permit is issued to the Permittee and is not transferable and is valid only for the business location specified in the application and on the Business Permit itself.

Section 14. Denial of Permit; Appeal Request; Hearing

A. An application for a Business Permit or a renewed Business Permit may be denied if it is determined that:

1. the application is incomplete or the appropriate fee has not been paid;

2. the applicant has materially misrepresented facts in the application;

3. the applicant is presently in non-compliance with tribal law, is or has been, engaged in a fraudulent, dishonest, illegal practice, activity or offense;

4. the applicant's background or the business activity threatens the political integrity, economic security, safety, health, or public welfare of the Tribe or the Public.

B. The applicant will be notified of the decision to deny the application by certified mail, return receipt requested or by hand delivery. The applicant shall have seven (7) days from receipt of the notice of denial to file an appeal to the Tribal Council.

C. The appeal request shall be in writing, dated and signed by the applicant, and shall include a concise statement of why the initial denial decision should be reversed and any new or previously unconsidered information that supports the applicant's request. The appeal request shall be submitted to the Tribal Council. The Tribal Council shall set a hearing to be held within thirty (30) days of receipt of the appeal to consider the appeal. The applicant shall be timely notified of the date and time of the hearing. The Tribal Council shall decide whether to uphold the decision to deny the Permit or to reverse the decision and issue a Business Permit. The decision of the Tribal Council shall be final and no further appeal is allowed.

WE APPRECIATE YOUR COOPERATION AND PATIENCE IN THIS MATTER.
TO OBTAIN OR RENEW A BUSINESS PERMIT OR A COPY OF THE NEWLY APPROVED
PUEBLO OF ISLETA BUSINESS PERMIT POLICY, CONTACT THE FOLLOWING:
PUEBLO OF ISLETA TREASURER'S OFFICE
11000 BROADWAY, SE, BUILDING F
ALBUQUERQUE, NEW MEXICO 87105
(BEHIND ISLETA FUN CONNECTION)
TELEPHONE: 505.869.1808

**The Isleta Business Development Corporation (IBDC) is
hiring for the Board of Directors:**

- 5 Openings Total
 - 3 - Pueblo of Isleta Tribal members with business knowledge or pre-determined qualifications
 - 2 - Tribal/Non-Tribal members with business expertise
- Compensation IBDC Board members will be paid \$1,500 per month
- **Exclusive of travel costs including approved per-diem, and the budget should allow for 12 months of meetings**

General Description of Duties: The Board of Directors will work on behalf of the Pueblo of Isleta to initiate the Corporation plan and integrate management to develop business plans, policy objectives, and business strategy. Directors monitor the company's financial performance and the success of its products, services and strategy. They are expected to follow developments that affect the business, and set aside any potential conflict between their personal or individual business interests to support the well-being of the business. As the IBDC grows and changes, the board members should have the ability to evolve to meet changing needs and circumstances. For a complete position description log on to www.isletapueblo.com, career section of the home page. Submit a POI Application /resume with names/ phone numbers of three professional and three personal references to Human Resources Department, Pueblo of Isleta, P.O. Box 1270, Isleta, NM 87022. Fax: 869-2812, or email to: poi70104@isletapueblo.com. Closing date: 08/20/10. The Pueblo of Isleta is a drug-free workplace and requires background checks.

Second Press Release

June 29, 2010

Pueblo of Isleta Tribal Multi-Hazard Mitigation Plan

The Pueblo of Isleta Office of Emergency Management is making progress in developing a Tribal Multi-Hazard Mitigation Plan (HMP). A community meeting to discuss the HMP process was convened on Tuesday, June 8, 2010 at the Recreation Center. The purpose of the meeting was to discuss the HMP planning process, determine risks and hazards, and identify ways to protect human welfare interest.

A second community meeting will be held on October 26 at 6:00 pm at the Recreation Center to discuss the findings of the HMP process. All interested stakeholders and persons are invited and encouraged to attend.

Information on the HMP process and findings can be obtained on the Isleta website at <http://www.isletapueblo.com/>.

A HMP assesses the risks and hazards of natural occurring events such as flooding, severe wind, and wildfire. The HMP proposes mitigation options such as flood control measures or vegetation-fuels management projects to reduce the impacts of flooding and wildfire to human welfare.

Based on the information obtained at the public meeting and other information-gathering process, Walsh Environmental will develop a draft tribal HMP.

The draft tribal HMP will be reviewed at the second public meeting which will occur on October 26 at the Recreation Center and start at 6:00 pm.

The public meetings are open to all those that wish to attend. Representatives of the project will be available to talk about the HMP planning process and appropriate practices to reduce the risk of property loss from naturally occurring events. For more information, please contact Vernon Abeita, Pueblo of Isleta Emergency Manager at (505) 869-4486 or Jerry Barker, Walsh Environmental, at (303) 443-3282.



Join us at the 32nd Annual New Mexico Conference on Aging

A Diverse Community: Exploring Options, Expanding Horizons

August 24-25, 2010
Conference Center
Hard Rock Hotel and Casino
Albuquerque

The Conference on Aging
is an opportunity
for seniors and
the professionals
who work with them
to learn and have fun
in an environment
of support for senior
independence and dignity



CONFERENCE HIGHLIGHTS

Entertainment • Reception • Door prizes • Roundtables
Resource and Civic Engagement Fair • Awards • Exhibits
Keynote Speakers • Workshops • Health and Fitness Fair

For more information call:
505-222-4500 or
866-842-9230
(toll free in New Mexico)

Registration forms are available
on the Department's website:
www.nmaging.state.nm.us

Brought to you by:
New Mexico Aging and
Long-Term Services Department
1015 Tijeras NW, Suite 200
Albuquerque, NM 87102
505-222-4500 • 866-842-9230
Bill Richardson, Governor
Michael Spanier, Cabinet Secretary



NOTICE OF FINDING OF NO SIGNIFICANT IMPACT AND NOTICE OF INTENT TO REQUEST RELEASE OF FUNDS

July 26, 2010

Pueblo of Isleta P.O. Box 1270 Isleta, NM 87022 505.869.3111

These notices shall satisfy two separate but related procedural requirements for activities to be undertaken by the Pueblo of Isleta.

REQUEST FOR RELEASE OF FUNDS

On or about August 13, 2010 the Pueblo of Isleta will submit a request to the United States Department of Housing and Urban Development (USDHUD), Southwest Office of Native American Programs (SWONAP), for the release of funds from the Indian Community Development Block Grant B-08-SR-35-0294, to undertake a project known as Pueblo of Isleta Library and Education Complex, for the purpose of New Construction, in the amount of Eight Hundred Twenty Five Thousand Dollars (\$825,000.00), 950 Moonlight Drive, Bernalillo County, Isleta, New Mexico.

FINDING OF NO SIGNIFICANT IMPACT

The Pueblo of Isleta has determined that the project will have no significant impact on the human environment. Therefore, an Environmental Impact Statement under the National Environmental Policy Act of 1969 (NEPA) is not required. Additional project information is contained in the Environmental Review Record (ERR) on file at the Governor's Office, 117A Tribal Road 40, Isleta, New Mexico 87022, where the record is available for review and may be examined or copied weekdays Monday - Friday, 8:30 A.M. to 4:00 P.M.

PUBLIC COMMENTS

Any individual, group, or agency disagreeing with this determination or wishing to comment on the project may submit written comments to Lieutenant Governor Frank Lujan, 117A Tribal Road 40, P.O. Box 1270 Isleta, NM 87022, and Telephone Number: 505.869.3111 that is responsible for receiving and responding to comments. All comments received by August 12, 2010 will be considered by the Pueblo of Isleta prior to authorizing submission of a request for

release of funds. Comments should specify which Notice they are addressing.

RELEASE OF FUNDS

The Pueblo of Isleta certifies to USDHUD/SWONAP that J. Robert Benavides, Governor, consents to accept the jurisdiction of the Federal Courts if an action is brought to enforce responsibilities in relation to the environmental review process and that these responsibilities have been satisfied. USDHUD/SWONAP approval of the certification satisfies its responsibilities under NEPA and related laws and authorities, and allows the Pueblo of Isleta to use Program funds.

OBJECTIONS TO RELEASE OF FUNDS

USDHUD/SWONAP will accept objections to its release of funds and the Pueblo of Isleta's certification for a period of fifteen days following the anticipated submission date or its actual receipt of the request (whichever is later) only if they are on one of the following bases: (a) the certification was not executed by the Certifying Officer of the Name of RE; (b) the RE has omitted a step or failed to make a decision or finding required by HUD regulations at 24 CFR Part 58; (c) the grant recipient has committed funds or incurred costs not authorized by 24 CFR Part 58 before approval of a release of funds by HUD/State; or (d) another Federal agency acting pursuant to 40 CFR Part 1504 has submitted a written finding that the project is unsatisfactory from the standpoint of environmental quality. Objections must be prepared and submitted in accordance with the required procedures (24 CFR Part 58) and shall be addressed to USDHUD/SWONAP Albuquerque Office at 625 Silver Avenue SW, Albuquerque, NM 87102-3185. Potential objectors should contact USDHUD/SWONAP to verify the actual last day of the objection period.

Pueblo of Isleta
J. Robert Benavides
Governor

Honoring our Tribal Veterans.

We have some pictures of our tribal veterans, and each month we will be putting pictures and short military bios. This month, we start off with Jose Abe Zuni and Jose Eddie Jojola.



United States Army Air Force, Staff Sgt. Jose Abe Zuni, WWII Veteran — Nose Gunner Bomber Squadron, New Guinea South Pacific War Theatre. Awarded Air Medal Oak Leaf Clusters twice and was credited for destroying a Japanese Zero during aerial combat.



Jose Eddie Jojola, better known as "Eddie Short", served in the US Army during WWII. We know about Eddie Jojola's civilian service to his community, but we have very little information about his military career. The picture indicates that he may have been assigned to an armored division, and wherever he was when the picture was taken, "it must have been cold..."

American Legion Post 209 Reverts to Becoming Pueblo of Isleta Veterans Organization

At the monthly meeting Post 209 held on 21 July 2010, a proposal which had been under discussion for a long period of time, whether to remain an American Legion post or to become an independent Pueblo of Isleta veterans' organization, was finally voted on. The proposal passed unanimously. The official announcement, the task of developing by-laws, setting annual membership dues, and the announcement of new officers will be discussed at the next meeting on Wednesday, 18 August 2010 at 6:30 PM. Also, at next month's meeting we will (tentative at this time) have as our guest Joshua Sanchez, representative from Congressman Harry Teague's office, to talk about veterans' issues, especially the Veterans' Bill of Rights that was introduced into the US House of Representatives by Congressman Teague.

If you are an honorably discharged veteran, come to our next meeting, see what we're doing...what our goals are...get info on VA benefits (and we have info on "New regulations on PTSD Claims"...)
Any questions, please call Ulysses at 307-1582.

Isleta Pueblo News



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

Horse Shoeing Course

The Higher Education program received an opportunity to offer a 2 week Horse Shoeing Course starting July 19, 2010 thru July 30, 2010.

Instruction includes shoeing the hoof, trimming, forge work and field work. This includes hands-on experience with horses, draft horses and mules. The course is designed as an introduction to horseshoeing, and will provide the student with enough information to shoe on a part-time basis, while maintaining his/her present employment.

Students will be taught to bend and shape shoe and to operate gas forges. Videos are used for proper demonstration of mule and horseshoeing, and includes safety procedures. Instruction includes shoeing of privately owned horses. The course covers: front shoe/back shoe, rocker toe, swedge blocks and natural balance shoes. Students will be graded at the end of the two-week session on shoeing, forging work, and a written test. Examination and Theory: 2 hours, Lecture and Forge Work: 10 hours, Shoeing and Field Work: 68 hours. 12 Students have successfully completed the 2 week course.

A special thanks goes to Faron Candelaria, a student from the Horseshoeing course, for use of his property.

Course is being offered by the: Tucson School of Horseshoeing, Instructor is George Goode.



Traditional Buckskin Tanning Course

Want to learn how to tan your own deerskin? Then this workshop could be for you. The opportunity to learn buckskin tanning is a well-invested lifelong skill.

The Department of Education, Language Program has an opportunity to offer this course to the Isleta People; however we need to know if YOU are interested in such a course. If interested in the Buckskin Tanning Course please call Paul Lujan at 505-924-3187. If there is a potential interest, the Department of Education will start planning this course and those interested will be notified as to the dates and times of the course.

Course will be taught by Mr. Edwin Shije, Traditional Buckskin Tanner from Zia Pueblo. Mr. Shije has over 40 years of Buckskin Tanning experience.

This course will teach you the following:

- Tools and equipment needed
- Proper skinning skills and storing process
- Soaking and preparation for shaving off excess fat, meat, and hair of the interior and exterior of your deerskin.
- Preparation of the buffalo brains for tanning
- Folding technique and wring process of excess water from skin
- Tanning process
- Sewing unwanted holes on the deerskin
- Stretching process of the skin
- Restoration of the white color on the skin

Cost for the course will be estimated dependent upon the number of participants and length of the course. Again, if interested please call 924-3187 so we may begin the planning process for the course.



Pueblo of Isleta Public Library

Hello, Isleta Pueblo!

Our summer is coming to an end and fall is upon us. The kids are getting ready to go back to school here in a few weeks. We hope that all of you enjoyed your summer breaks. We hope to see many of you back in the Library to make use of the many resources we have.

NEWS

We will resume to our regular business hours when the students return to school. On August 16th we will stay open from 8am to 8pm, Monday thru Thursday and 8am to 4:30pm on Fridays. We will still remain closed on both Saturday and Sunday.

The Library will be closed on Monday, September 6th, for Labor Day.

The Library staff is conducting inventory again of all of the library materials, books, CDs, DVDs. After the inventory is completed, we will send out notices of overdue materials and unpaid fines. Please return overdue items or pay unpaid fines to bring your account to good standing. Thank you.

July 31st was the deadline to submit any essays for a free desktop computer. We will choose 11 lucky essay submitters that will receive the computers. We will announce this on August 9th.

UPCOMING PROGRAMS

We will begin having our Afterschool Homework Program on the first day of school, August 16th. Students will have to do homework or read 20 minutes if they do not have any homework before playing any games or getting on the computers.

We will have two incentive programs for the month of September. Starting September 7th, all those students starting at age 7, are welcome to starting earning points to go to a Lobo Football game against UTEP. They will need 30 points. Points are earned by doing homework and/or reading in increments of 20 minutes. The first 10 individuals who earn the 30 points will go on this trip with all expenses paid.

Our second program is for those kids from ages 3-7. Starting on September 13th, we will have two story times, the first one at 5:00pm and the second at 5:45pm. The students will need to sit in on one of these times and listen to a story then participate in an activity. It will take no longer than 30 minutes. One day will equal one point and the first ten students to receive 12 points will go to Story Time Live Presented by Nickelodeon at Popejoy Hall on Friday, October 8th. They will have stories from Dora the Explora, The Backyardigans, Wonder Pets, and Ni Hao, Kai-lan. Students cannot attend more than one story time in a day.



Lalo Valdez teaching the kids about working with gourds



Youth Water Day



End of the Summer Reading Program Family BBQ

RECAP

The staff here at the Library had a great time this summer with our Summer Reading Program students. We tried new ideas and different field trips. We even expanded our group limit to 30 for our toddler program. We'd like to thank Sam's Water Express for their delicious sno-cones as well as their coupon for a free small sno-cone that each student

received; Willie Abeita for donating the gourds and Lalo Valdez for teaching and helping the students with art project that we used the gourds for. A big thank you to Isleta Headstart for your help and the transportation you provided us with, thank you bus driver Ray Velardez for being our chauffeur.

At our annual Summer Reading Program BBQ we showed our appreciation to the students and parents for attending the program. We gave out awards for exceptional achievement in different areas. For the toddlers those included Best Reading Logs, Royce Waconda; Most Creative, Patrick Jojola; Well Behaved, Shannon Padilla; Most Improved, Marisa Montoya; Helpful, Donna Begay; and Citizenship, Layne Lujan. For our youth program, students were to submit book reports throughout the summer and receive three grand prizes. Those went out to 1st Place, Marina Abeita with an iPod Touch; 2nd Place, Gabrielle Paquin with a Nintendo Wii; and 3rd Place, Makayla Piro with a Nintendo DSi. We are proud of all of you and we hope to see you all in next year's Summer Reading Program.

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



Toddlers at Cliff's

Pueblo of Isleta Public
Library Business Information:

REGULAR HOURS:

Monday – Thursday
8 AM to 8 PM

Friday
8 AM – 4:30 PM

Saturday & Sunday
CLOSED

Phone: 505.869.8119

Fax: 505.869.7690

Email: poi02002@isletapueblo.com

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

"Please, behave like a good little boy and a good little girl!"



More Toddler Fun @ Cliff's

Isleta Language Program

Dear Isleta Tribal Members,

My name is Ashly (Eah-mah-khurr). I'm attending Isleta Language Program because I want to learn more about the language. I have learned directions, foods, animals, and much more. I think learning the language is important because without it, our tribe would be gone.

Dear Tribal Members,

My name is Francine (Bayhu Shudee) Reid. I am 13 years old and going to be a freshman at LLHS. I am currently attending Tiwa 101.

Dear Members of Isleta Pueblo,

My name is Tah-khee puff (Stephanie Reid). This is the second year in a row that I have been in the Language program. I've got to say, it's been amazing. I mean last year I barely knew anything and now I can almost say full sentences. And it's just really sad to know if us kids, the future generation, don't pick up the language, it might all be gone in just a few years. Without our language, we won't have ceremonies, dances, funerals, or anything. What I say is, if you're interested in keeping our language going, like my classmates and I, next year,

sign up for the Tiwa Language Summer Program. For adults though, maybe you could start trying to go to the evening language program Now everybody else in Isleta, help us keep our language true and strong.

Dear Isleta Tribal Members,


I am in the Tiwa Language Program to learn the language and pass it on. We learn in the morning and in the afternoon, we make board games, pottery and bake. The people that go there are my friends, cousins, brothers and sisters. I expect to learn some sentences and words and practice each day. How we keep the language going is that we pass it on from generations to generations. Tah-khee-puff Zuni (Gloria)

Dear Isleta Tribal Members:

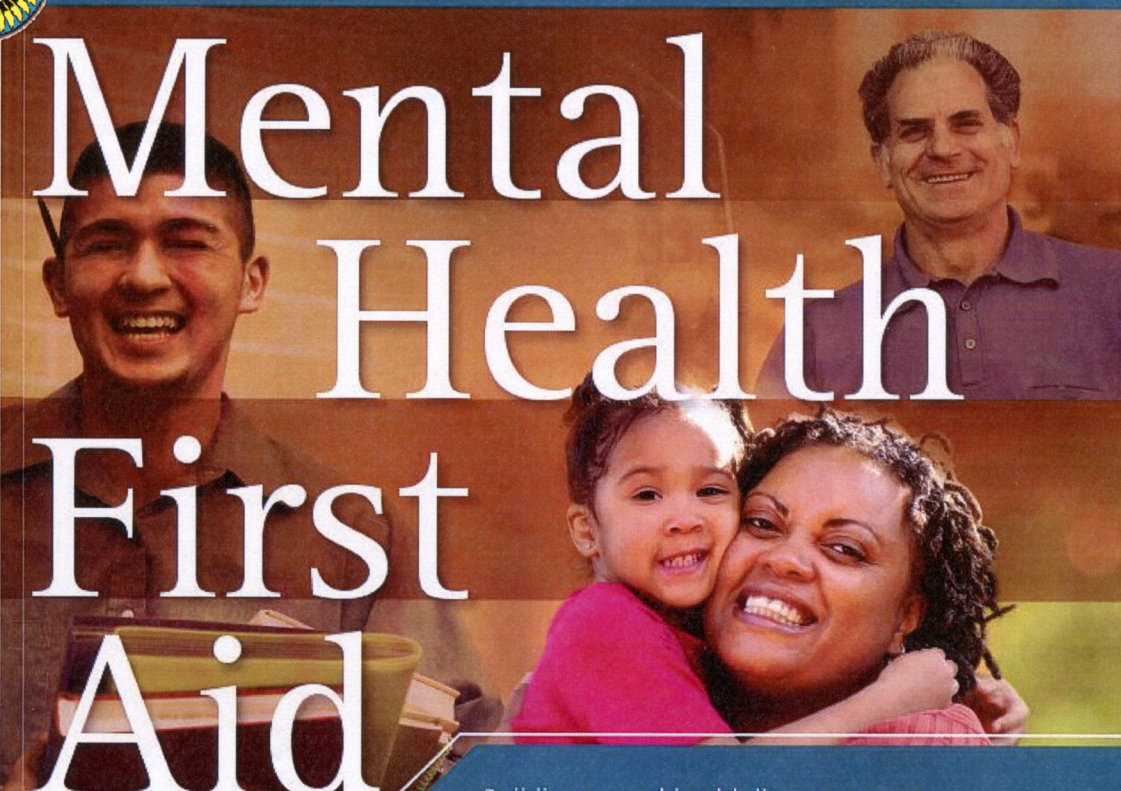
I am Dolores (Hhuh-oo). The reason why I came to the Isleta Language Program is to learn more of the language and how our traditional ceremonies go. I learned greetings, directions, foods, my own introduction and much more. It's important to be learning our language because, without it, we won't have anything left like our dances, ceremonies, races and our tribe will be gone forever.

A 12-hour certification course designed to help communities

- >> Better understand mental illness
- >> Respond to psychiatric emergencies

 The Isleta Community Action Team (ICAT) Presents:

Mental Health First Aid



Two FREE Trainings will be offered and lunch will be provided:

Aug 5th-6th At the Isleta Head Start Building

Aug 19th-20th At the Isleta Health Center


Building mental health literacy among

- >> Parents, families, and school administrators
- >> Primary care professionals
- >> Law enforcement officers
- >> Business leaders
- >> Human resources professionals

Learn how YOU can bring Mental Health First Aid into your community.

www.MentalHealthFirstAid.org

Contact Brian Serna
at 869-5477 or
bserna@islclinic.net to register!



Past Freedom From Smoking Participants Continued Support

Freedom Fighters



Continued Support for Staying Smoke Free

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

PLEASE NOTE MEETINGS HAVE CHANGED TO MONDAYS

August Meeting Canceled

Next MEETING September 20, 2010

Call Stephanie to Sign Up
869-4479

Freedom from Smoking

Take Back Control of Your Life!

8 sessions to help you STOP SMOKING!

- Session 1 (Thinking about Quitting)
- Session 2 (On the Road to Freedom)
- Session 3 (Wanting to Quit)
- Session 4 (QUIT DAY)
- Session 5 (Winning Strategies)
- Session 6 (The New You)
- Session 7 (Staying Off)

weekly prizes!

Help from others that are going through the same thing!

Attend the Weekly Sessions and get Free Nicotine Replacement Therapy if you are a Patient at the Clinic.

Want to Stop Smoking?

SIGN UP FOR FREEDOM FROM SMOKING.

SESSIONS ARE HELD AT THE ISLETA HEALTH CENTER

Contact Stephanie Barela at 505-869-4479

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 fogginess
- 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.

WIC Breastfeeding Peer Counseling Corner

A recent review of breastfeeding research found that breastfeeding may help decrease the risk of the development of overweight and obesity in adolescence and adulthood. The protection is strongest in children who were exclusively breastfed. Exclusive breastfeeding refers to feeding infants only breast milk. It is recommended by all major medical organizations that infants breastfeed exclusively for the first 6 months of life and continue breastfeeding through the first year and beyond with the introduction of appropriate solid foods at around 6 months of age.¹ Exclusive breastfeeding has been shown to have more of a protective effect against obesity and overweight than combining breastfeeding with formula feeding. Studies have shown that the rate of childhood overweight is lower in children who were breastfed exclusively for the first 6 months of life. It is estimated that formula feeding increases a child's risk for obesity by 15 to 20%.²

Breastfeeding affects other co-morbidities related to obesity such as hypertension,

diabetes, and cardiovascular disease. Adults who were breastfed as infants may have lower rates of type 1 and type 2 diabetes, lower blood pressure, and lower cholesterol levels.

**For more information see
WWW.usbreastfeeding.org.**

¹ *Exclusive breastfeeding in the first 6 months recommended by: American Academy of Pediatrics, American Academy of Family Physicians, Academy of Breastfeeding Medicine, American Dietetic Association, American College of Obstetricians and Gynecologists, U.S. Department of Health and Human Services, and the World Health Organization/UNICEF*

² Dietz WH. Breastfeeding may help prevent childhood overweight. *JAMA*. 2001;285:2506-2507.

If you need help or encouragement with breastfeeding your child, call the Isleta WIC office at #924-3180.

World Breastfeeding Week August 1-7, 2010

Each year, Breastfeeding is celebrated across the world during the month of August. This year the theme is **TEN STEPS TO SUCCESSFUL BREASTFEEDING**. The objectives of World Breastfeeding Week 2010 are:

- o Inform families of the risks of artificial feeding.
- o Inform parents about the role of breastfeeding for children's development and lifelong health and the health of mothers.
- o Provide mothers with full support for breastfeeding in health care systems and communities.

Ten Steps to Successful Breastfeeding

Every facility providing maternity services and care for newborn infants should:

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within a half-hour of birth.
5. Show mothers how to breastfeed, and how to maintain lactation even if they should be separated from their infants.
6. Give newborn infants no food or drink other than breast milk unless medically indicated.
7. Practice rooming in - allow mothers and infants to remain together - 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

Source: <http://worldbreastfeedingweek.org>

*If you need help or encouragement with breastfeeding your child,
call the Isleta WIC office at #924-3180.*

DICKINSON ENTERPRISES, INC, DBA

KIRBY

"YOUR AUTHORIZED DEALER SINCE 1949"
KIRBY COMPANY OF NEW MEXICO
Phone (505) 265-8825 Fax (505) 266-5229

FREE KIRBY SERVICE

During August, the Kirby Co. of NM will be doing a free belt change & 6 point service on any Kirby Vacuum cleaner in the Isleta Pueblo.

Call 263-9560 to schedule your appointment & ask for Lowell.

We will come to your home at no extra charge.

September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Childhood Cancer Month	Leukemia and Lymphoma Awareness Month	National Cholesterol Education Month	1	2	3	4
5	6	7	8 CANCER 101 @ Elderly Center from 10am-noon Call 869-4479	9 CANCER 101 @ Elderly Center from 10am-noon Call 869-4479	10 CANCER 101 @ Elderly Center from 10am-noon Call 869-4479	11
12	13 National Celiac Disease Awareness Day	14	15	16	17	18 National HIV/AIDS Awareness Day
19	20	21 World Alzheimer's Day	22	23	24	25 Family Health & Fitness Day USA
26	27	28 World Rabies Day	29 National Women's Health & Fitness Day	30 World Heart Day	31	

PRSRT STD
U.S. POSTAGE PAID
ISLETA, NM 87022
PERMIT NO. 2

ISLETA PUEBLO NEWSLETTER
P.O. Box 1270
Isleta, New Mexico 87022

