



# Isleta Pueblo News

Volume 4 Issue 12

December 2009

## Governor's Report

On behalf of the Administrative Department, we wish each and everyone a belated Happy Thanksgiving...and to everyone a Very Merry Christmas and a Happy New Year!!

Lt. Governors and I have been extremely busy this month meeting with various state and federal representatives regarding funding. NM State Capitol Outlay Funds have been on the chopping block as Governor Richardson continues to look for money to cover the state's budget deficit. Tribal council, treasurer's office, the tribal attorney, and administration have met at various times in order to save capitol outlay monies used for projects that have been started. We have also met with legislators, Governor Richardson and New Mexico Department Directors regarding capitol outlay monies that have been awarded to Isleta by the state. On November 24, Councilman Seferino Lente, Tribal Treasurer Andrew Teller, Tribal Attorney, Pablo Padilla and I met with Alvin Warren, New Mexico Department Secretary of Indian Affairs to consider projects Isleta

has started, with the hope that we would be allowed to keep our already allotted capital outlay funds. All we can do at this point is to lobby our legislators and the Governor to consider our proposals.

Lieutenant Lujan and I attended the Tribal Nations Conference in Washington, DC November 2 - 6, 2009. Tribal leaders from throughout the country met with President Barack Obama and representatives from his Administration. The conference consisted of four interactive discussions in the area of economic development and natural resources; public safety and housing; and education, health and labor. Tribal leaders met from 8:00 am to 8:00 pm daily. Prior to the daily scheduled meetings, we met with the President and his Administration in preparation for the conference, and selected tribal officials speaking on behalf of their respective regions. Out of five governors selected to speak for the Southern Plains Region, Governor Mark Mitchell of Tesuque and I were selected to speak on behalf of our region. Governor Mitchell addressed

education while I was selected to speak on law enforcement. President Obama promised increases in funding for the areas mentioned above. The President also promised more Government to Government consultation sessions with tribal leaders. The President was overwhelmingly received by tribal leaders for keeping his promises to Native Americans made during his campaign for President, for the appointment of Larry Echohawk as Secretary on Indian Affairs, and for holding the first historical Tribal Nations Conference, which was another campaign promise.

I have to admit I was impressed, as were all tribal leaders, with President Obama's receptiveness and kindness towards Native Americans. Very rarely do you experience this kind of leadership.

Information on the conference will be forwarded to tribal leaders regarding funding on the above areas I've described and will be made available for your information in the next issue of the Tribal Newsletter.



## Isleta Police Department

Greetings from the Traffic Division of the Isleta Police Department! This division has been in operation since April, 2008 and is dedicated in making the roadways in the Pueblo of Isleta safe through traffic enforcement and education.

The division is currently staffed by two officers, Curtis Lucero and Sharon Mitarnura. These officers are sponsored on a grant through Indian Highway Safety Program and are tasked with not only enforcement of traffic laws, investigating traffic crashes but also are active in child carseat safety clinics as both are technicians. They are also tasked with providing education to the public in the schools and the community.

The monthly articles will be focused on providing information to the community regarding traffic safety issues and Motor Vehicle Laws. The Traffic Division invites questions and comments as we are dedicated to making the roadways safe for all who travel upon them.

Questions have arisen regarding the application of traffic laws on the pueblo and the Traffic Division invites you to refer to Resolution No. 87-35 which is the "Adoption of the New Mexico Motor Vehicle Laws" which was duly adopted by the Pueblo of Isleta Council September 14, 1987, and have been in effect since.

With the upcoming Christmas holidays and school break, the Traffic Division asks that you be aware of the increased holiday traffic, travelers/visitors, and the children who will be out and about during this time. Increased specialized patrols and functions will be in effect, so please drive safely.

We wish you a Safe and Happy Holiday Season!

## H1N1 FLU VACCINE AVAILABLE

The supply of H1N1 vaccine has increased enough for the Isleta Health Center to make the vaccine available to more individuals. Established Health Center patients aged 6 months through 64 years are now eligible to receive the vaccine, as well as anyone who is a primary caretaker of an infant less than 6 months old. Those wanting to be vaccinated should come to the Health Center from 10-11:30am or 2-3:30pm daily. Individuals 65 and older are considered at less risk of contracting this strain of influenza and consequently are not currently eligible for vaccination.

### Ham Distribution

#### DATES:

Wednesday, December 16, 2009

Thursday, December 17, 2009

#### WHERE: Isleta Elderly Center

Kiva Room

#### TIME:

8:00 a.m. to 6:00 p.m.

#### FOR:

Tribal members (1/2 enrollment) living in Isleta Pueblo, Los Lunas, Belen, Bosque Farms, and Albuquerque ONLY!!

Individuals must provide proof of tribal membership. Only one ham per household. Your cooperation will be appreciated.

Thank you!

Robert Benavides, Governor

# MERRY CHRISTMAS



## Parks and Recreation

The month of November saw a number of diverse activities taking place at the New Rec Center. Activities not only included several special events on early release Wednesdays for our Elementary School children, but we finally had a couple of our elementary classrooms utilizing the swimming pool as part of their physical education classes brought in by their respective teachers. Also, a National Certification Class for Spinning took place over a weekend for Spin Instructors. We also hosted the Health Plan Enrollment seminar for Tribal employees over a 3-day period, along with hosting the Annual Arts/Crafts Fair for the Elderly Center, which was very well attended. Last but not least, the hosting of the Per Capita distribution over a 2-day period. All of this, plus the continuation of building the batting cage, building Mousetown Park and the extension of the water line over 3/4 miles to bring water to the baseball field over at the Chical Baseball field. All of this is keeping our staff extremely busy. This is inclusive of the normal everyday activities that take place 7 days a week.

### Arts/Crafts



Just about every month we have something great to say about the Arts/Crafts program and the pictures are simply expressing that. The first picture is of our 3 Nanas, Marie, Gloria, and Abenita, getting a jump on the sewing classes for adults, which they have twice a week. Below them are some of the traditional dresses that are for sale, which are a product of the classes. If anyone is interested in purchasing any of their dresses, please call the Nanas at 869-8557 after 1:00 pm. To the right are two pictures of pottery that the children design and help paint as part of the after-school program. **Great Job.**



### Chical Baseball Field

Although the baseball field over at the Chical Neighborhood has been utilized as a dirt field, we have now begun the process to bring water to the field so we can install an automatic irrigation system, plant grass and beautify the area. The water that will be used for this park will be from an old dilapidated well named "Hell's Canyon Well" that has been out of service for a number of years because of the high nitrate levels, unsuitable for drinking, but great for growing grass. For you semi-pro players who have been utilizing this field, please bear with us, but it is our intent to have this field ready to have a tournament for the 4th of July weekend. All of the grass and field will be designed like the Isotopes playing field. Also, we will be presenting to Tribal Council a bill that will have lights installed at Chical. This would allow us to have night games and probably more tournaments. Let's keep our fingers crossed, because lights are expensive to install and that is something my crew cannot do. Pictured is the Park Management staff busy doing the groundwork in building the water line that will eventually bring water to the baseball field.





Park Management

As mentioned earlier, the Park Management division has been busy with the installation of the new batting cage, which is located on the northwest corner of Governor's Little League Complex directly across the street from New Rec. If any of you have noticed a pyramid netting structure, that is it. We are about 60 percent complete, with the sloping of the structure, electricity hook-up and installation of the machines coming shortly thereafter. They will be complete and ready to utilize prior to the start of 2010 Little League season, which is only about 3 1/2 months away. The batting cage will house 3 separate units that will accommodate slow-pitch softball, fast-pitch softball and baseball, as well. Pictured right is a picture of that structure. We ask that everyone please respect the facility and report anyone whose intent is to vandalize the netting or the machines once they are installed. Note: Like all of our facilities anyone caught vandalizing or doing graffiti will be prosecuted to the fullest.

Mousetown Park

Pictured below the batting structure is the Mousetown Park, which is about 90 percent complete. This park will feature a beautiful new play structure a climbing rock, two shade structures, two barbecue pits, a ponding area for flood control and grass that will be seeded in early spring. The park will remain closed until the grass is fully grown which should be by Memorial Weekend, in mid spring.



American Legion  
Post 209

American Legion Post 209 will have its monthly meeting on Saturday 19 December 2009 at 10:00 AM. If you are an honorably discharged veteran, or a spouse or child of a veteran, drop in and find out what we are all about. We will have donuts and coffee!!!

ISLETA TRIBAL COURT  
COMMUNITY SERVICE

Article submitted by Tribal Courts,  
Verna Teller, Chief Tribal Judge

The following individuals have been fined with community service as a result of a conviction in the Isleta Tribal Court. If your name appears on this list, you must contact Dana Jiron, Court Clerk at 869-6510 to arrange to complete your community service hours. Failure to contact the court by December 20, 2009 to schedule community service shall result in further court action.

Cruz Abeita	Derrick Jojola	Robert Pizzaro	Patrick Jiron, Jr.	Ronald Moquino, Jr.
Edward A. Abeita	Jason P. Jojola	Isabel Romero	Anthony P. Jojola	Jonathan Olguin
Joseph G. Abeita	Joseph R. Jojola,Jr.		Daniel L. Jojola	Jose Orozco
Jonathan Aragon	Luanne Jojola		Derek Jojola	Amanda Peralta
Lavenia Abeita	Raymond B. Jojola	Dennis C. Abeita	Eileen Jojola	Anna Marie Romero
Timothy S. Abeita	Joann Teller Lente	Jerome Abeita	Joseph R. Jojola	Allison D. Sanchez
Ben Aragon	Anthony F. Lucero	John C. Abeita	Luther Jojola	Ian Sanchez
Gabriel Calabaza	Daniel Lucero	Josh Abeita	Michael F. Jojola	Brian S. Trujillo
Pedro Carpio	Renee Lucero	Richard Abeita, Jr.	Joseph Lente	Louis Valdez
Joseph Correa	Bethany Lujan	Valerie Abeita	Louis Lente	Janelle Waseta
Aaron David	Michael B. Lujan	Francisco Benavidez,Jr.	Christine R. Lucero	Thomas Zuni
Vivian Etsitty	Brian Miller	Mary Ann Carpio	Joseph L. Lucero	Augustine Tewaheftewa
Jack Garcia, Jr.	Mark A. Montoya	Dominic Cherino	Sara Lucero	Raymond Trujillo
Darrell Jaramillo	Amanda Moquino	Cheyenne Crane	Kevin Lujan	Kazuko Walker
Joseph D. Jiron, Jr.	Daniel Olguin	Nathan Dewahe	Kenneth Martinez	Gilbert J. Zuni
Charles B. Jojola	Joseph W. Olguin	Alvaro Garcia, Jr.	Jason Miller	Joshua D. Zuni
Darlene Jojola	Michael Parton	Bernie Jaramillo	Robert D. Montoya	



## PUEBLO OF ISLETA BENEFITS OPEN ENROLLMENT FOR ELIGIBLE

### POI AND IPHA EMPLOYEES & DEPENDENTS

THE MONTH OF DECEMBER IS BENEFIT OPEN ENROLLMENT FOR POI AND IPHA EMPLOYEES. THE PURPOSE OF AN OPEN ENROLLMENT PERIOD IS TO MAKE CHANGES OR ADD YOURSELF OR YOUR ELIGIBLE DEPENDENTS TO MEDICAL, DENTAL, VISION, OR SUPPLEMENTAL LIFE INSURANCES WITHOUT THE NEED FOR A QUALIFYING LIFE EVENT. PLEASE BE AWARE OF THE IMPORTANT CHANGES MADE TO OUR CURRENT BENEFIT PLANS FOR 2010, ESPECIALLY FOR MEDICAL COVERAGE.

OUR CURRENT DENTAL AND VISION INSURANCE CARRIERS ARE:

DELTA DENTAL- DENTAL HEALTH SERVICES

VISION SERVICE PLAN (VSP) - EYEGLASSES & EYEWEAR SERVICES

OUR CURRENT LIFE INSURANCE CARRIER IS:

FT. DEARBORN LIFE- SUPPLEMENTAL LIFE & DEPENDENT LIFE COVERAGE

OUR NEW MEDICAL INSURANCE PROVIDER IS:

LOVELACE HEALTH SYSTEM- MEDICAL AND PRESCRIPTION SERVICES

THE OPEN ENROLLMENT DEADLINE TO CHANGE OR ADD MEDICAL PLANS FOR YOURSELF OR YOUR ELIGIBLE DEPENDENTS TO MEDICAL, DENTAL, VISION, OR LIFE INSURANCE BENEFITS, OR ADD SUPPLEMENTAL LIFE INSURANCE FOR YOURSELF IS 4:30 PM ON FRIDAY, DECEMBER 18, 2009. THE EFFECTIVE DATE FOR COVERAGE WILL BE JANUARY 1, 2010. IF YOU WANT A MEDICAL CARD BEFORE JANUARY 1, YOU MUST TURN IN YOUR PAPER-WORK BY DECEMBER 9, 2009.

IF YOU DO NOT ADD YOUR ELIGIBLE DEPENDENT(S) NOW, YOU WILL HAVE TO WAIT UNTIL DECEMBER 2010 FOR THE NEXT OPEN ENROLLMENT PERIOD.

THERE WAS A DECREASE OF THE EMPLOYEE PAID INSURANCE PREMIUMS FOR MEDICAL AND VISION PREMIUMS WITH NO SIGNIFICANT CHANGES IN BENEFITS. DELTA DENTAL EMPLOYEE PAID PREMIUMS DID INCREASE FOR MONTHLY DEDUCTION AMOUNTS RANGING FROM \$.68 FOR SINGLE COVERAGE TO \$9.52 FOR FAMILY COVERAGE. THERE WERE NO CHANGES TO LIFE INSURANCE COSTS FOR EMPLOYEES.

FOR A CHART OF EMPLOYEE PAID PREMIUM COSTS, PLEASE CONTACT HUMAN RESOURCES OR VIEW THE CHART UNDER THE POI INTRA-NET SYSTEM UNDER THE ADMINISTRATION CATEGORY, AND THEN REVIEW UNDER THE HUMAN RESOURCES SECTION.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL THE HUMAN RESOURCES DEPARTMENT AT (505) 766-6622 OR 766-6631.

THANK YOU!

## PUEBLO OF ISLETA CULTURAL AFFAIRS

P.O.BOX 1270, ISLETA, NM 87022

### Isleta Pueblo Exhibit of Rare 19th Century Photos to be featured at Albuquerque Museum

ISLETA PUEBLO, NM (November 30, 2009) - When American soldiers and explorers arrived in New Mexico in the mid 1800's the world of the Pueblo people began to change dramatically. **Time Exposures: A Photographic History of Isleta Pueblo**, tells the story of life on the Isleta Indian Reservation in the 19th century and its lasting effects on life today.

"The landscape, the faces of the people and other elements found in these photographs truly tell the story of what life was like for our ancestors," said Isleta Pueblo Governor Robert Benavides. "When you see the exhibit you can't help but feel like you've been transported back in time."

The traveling exhibit of more than 150 historic photographs and artifacts will be featured at the Albuquerque Museum of Art and History, 2000 Mountain Road NW from December 20, 2009 to April 25, 2010. It portrays the lives of the Isleta people before the arrival of westward exploring Americans, the changes imposed over the next decades, and the ways in which the people worked to preserve their way of life.

Time Exposures will be presented in three parts that depict the life of the Isleta people in a calendar year. Traditionally, tribal members' lives are organized by seasons - farming, hunting and gathering and a regular sequence of ceremonies and rituals. Modern lifestyles have brought much change, but the cycles described here still define the contours of a parallel life that tribal members live today.

After its five month stay in Albuquerque, the exhibit will travel to the Southwest Museum in Los Angeles, the Arizona State University Museum of Anthropology in Phoenix, as well as internationally.

Albuquerque Museum of Art & History —

Special Opening Day Programming for **Time Exposures** — Isleta Dance, Food, Storytelling and Hands on Activities 9am — 5pm, Tuesday — Sunday, Closed Mondays and City holidays

Adult, \$4.00, (\$1 discount for Adult NM Resident with valid ID) - Senior (65+), \$2; Children ages 4-12, Free.

Admission is free every Sunday from 9am to 1pm and all day first Wednesday of every month

For more information about **Time Exposures** or Isleta Pueblo, please contact Stephanie Zuni at (505) 766-6657.

## MADD Has a New Program for Parents

MADD is launching a new program to help parents of high school students prevent underage drinking in their homes and communities called *The Power of Parents, It's Your influence*.

Sponsored by MADD and Nationwide Insurance, there are two parts to the program: a website that provides parents with proven techniques and helpful tips to prevent underage drinking and workshops about the most effective solutions to use in the home.

View the website at: [www.thepowerofparents.org](http://www.thepowerofparents.org) or [www.madd.org/parents](http://www.madd.org/parents).

## Drunken Driving Penalties May Change

Governor Bill Richardson is requesting that the legislature raise drunken driving fines in New Mexico in the upcoming session.

His proposal of a mandatory \$2,500 fine for first offenders may seem steep to some drunk drivers, but it's only a drop in the bucket compared to what they charge in Norway, where the courts set drunk driving fines based on monthly income and wealth.

Earlier this year, a wealthy 49 year old was jailed for three weeks with hard labor and ordered to pay a 700,000 kroner (\$109,000) fine after driving his car while drunk. Tests show he had a blood alcohol content of .188 percent. His license was also revoked for two years and three months.

If he is convicted of a second drunk driving offense within five years, his license will be revoked for life.

(Reprinted from "The Traffic Safety News". New Mexico Department of Transportation, Autumn 2009)



## Weight Loss Solution has come to Isleta!

### Inspired in other states by TV's "The Biggest Loser"

Two local area residents have teamed up to launch a 12 week non-profit course that offers tips on nutrition and exercise, along with the flair of competition, which is popular today.

Both Pascha & Jamaine are personal wellness coaches, each heading their own wellness teams, "Isleta WLC". The program gives us a chance to advertise and help fight the battle of obesity by educating people about a better overall lifestyle. The goal is for people to "feel good and look great" and maintain a healthier lifestyle. The cost to join is \$29.00 for the 12 week program and all money will be paid out in cash and prizes to the winners. Specific rules will be in place to keep everyone consistent. Fail to weigh-in? Pay a \$5 fee, as well as a \$1 fee per pound gained. These fees will be added to the cash pay out.

All participants can use any weight-loss program they'd like, whether it be Jenny Craig, Weight Watchers or a customized plan. We will work with each person to find what works best for them. "Isleta WLC" also sells herbal weight loss and targeted nutritional products.

All participants will weigh in and be measured each week, and the three with the highest percentage of weight loss at the end of the program will split the monies collected.

Our Goal is to encourage people to lose weight and inches by eating a healthy level of protein and calories each day and teaches the benefits of good nutrition and exercise. Seating is limited, so Call! Come! Join!

The Isleta Area Weight Loss Challenge begins:

Thursdays 6:30-7:30pm

For Information or Pre-Registration Call:

Pascha Madrid @ 505-866-1524

## NEED A JOB?

The U.S. Census is currently testing in Isleta Pueblo!

- Starting Pay: \$12.75 Per Hour
- Paid Training
- Mileage Reimbursement, .55 cents per mile
- Get Paid Weekly
- Work Within Your Community

### Positions Testing For:

Census Takers (Enumerators)  
Office positions in Albuquerque

### Testing Session Being Conducted On:

**Date:** Every Monday

**Time:** 9:00 AM and 1:00 PM

**Location:** Isleta Recreation Center, Game Room

Required ID (2 forms): Valid Photo ID (issued by state, tribal or federal govt.) and Social Security Card, Birth Certificate or Tribal CIB. Copy of DD-214 if claiming veteran's preference.

### PLEASE ALLOW 2 HRS AT THE TESTING SESSION

(Application process and a 30-minute basic skills test to be administered.)

**Practice test booklets are available prior to attending the Census testing session.**

Call toll-free at 1-866-861-2010.

[www.2010censusjobs.gov](http://www.2010censusjobs.gov)

**Do something good for YOUR community...**

**It's in YOUR HANDS!**

**Be a part of the 2010 Census team!**

**JOBS ARE NOT AFFILIATED WITH ISLETA TRIBAL CENSUS**

The U.S. Census Bureau is an Equal Opportunity Employer

WORKFORCE INVESTMENT ACT (WIA) PROGRAM  
PUEBLO OF ISLETA

## The National Ironworkers Training Program for American Indians!

**Provides Pre-Apprenticeship Training**

### APPRENTICES RECEIVE:

*Direct entry into a Union Ironworker Apprenticeship Program*

*Above Average Wages*

*Job Security*

*Insurance and Pension*

*A Great Career*

*A way to provide for you and your family's future*

*Skills necessary to carry out the trade*

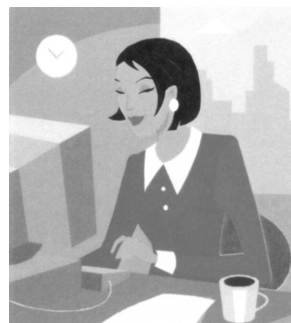
Apprentice starting wages range from \$14 to \$18 per hour with raises approximately every six months.

It takes 3 to 4 years to reach Journeyman Status with wages ranging between \$24 to \$39 per hour.

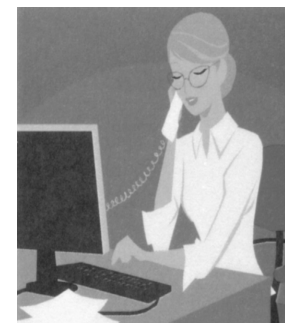
**For more information on the National Ironworkers Training Program, please contact Mary Abeita at the WIA Program, 766-6652.**

Workforce Investment Act  
Pueblo of Isleta

## JOB READINESS SKILLS



**RESUMES!**



**JOB SEARCH!**

**If you need assistance with your Resumes or Job Search, please stop by the WIA Program.**

Please bring a copy of your resume or your work history.

For more information please contact Mary Abeita, WIA Program, at 766-6652.



# Isleta Elementary School

Greetings from the Isleta Elementary School! After three months of school, our students continue every day to make progress in all subject areas. Our students come from great families and we have a dedicated staff that has high expectations for our students. We realize our students and staff are working very hard in order to enhance your child's skills. We need to enrich their education in a new and different way. We have implemented a block schedule to maximize our learning time which consists of a 90-minute uninterrupted reading and math period. Increasing our expectations alone will not help your child become a better student. To be truly successful we need cooperation. It is critical that our students attend school every day, on-time and stay for the entire day to focus on all skills.

We would like to thank the entire community for supporting our annual food drive to help the Roadrunner Food Bank. Our students collected over 1200 items of food within two weeks! Thank you for teaching our students how important it is to help people in need.



We would like to congratulate our  
2009-2010 Student Council Officers:

President -	Cody Morris
Vice President -	Shawna Esquibel
Secretary -	Mariah Lente
Historian -	Keanna Lucero
Parliamentarian -	Maddy Montoya/David Roybal

Two representatives are also selected from each classroom to represent their fellow peers. Student Council helps organize various student activities throughout the year.

Isleta Elementary School is sponsoring a Christmas Open House on December 17th from 6:00-8:00 p.m. Everyone is welcome to come in and visit classrooms. Every class will have a Christmas activity for family and friends. Please join us!

## Los Lunas Title VII

### "Serving Native American Students at Los Lunas and Valencia High Schools"

On Tuesday, December 8th, Valencia High School will be holding a Junior and Senior Parent Night. Information concerning ACT & SAT testing dates, credit recovery options, and other information will be provided.

Counselors will be present to answer any questions and concerns that parents and students may have. The meeting will begin at 5:00 PM and will be followed by the "Annual Taste of Valencia".

For more information, please call Ms. Rivera or Mr. Schriver at 565-8755.

For any questions or concerns on your child, please call Ben Analla, Title VII Native American Liaison at 865-4646 ext. 272.

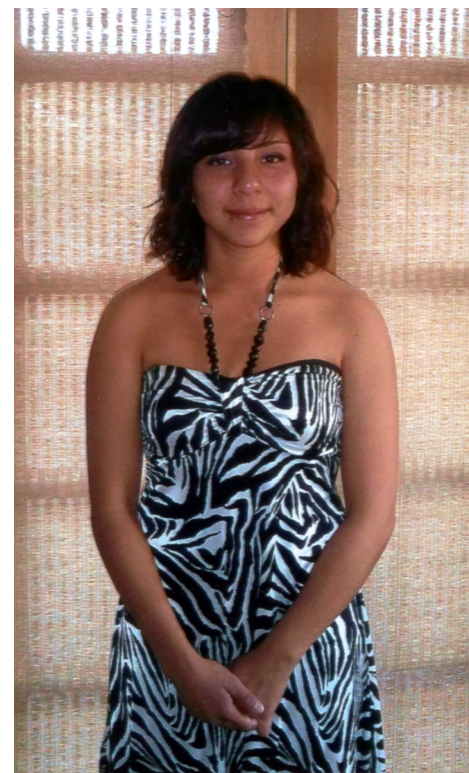
**The Native American Students and Title VII Wish You  
All a Merry Christmas and Happy New Year!!!**

## Summer Jones on Presidential Honor Roll

Hello everyone, and Happy Holidays, my name is Helen Baca, my husband James and I, along with Rodney Jones and his fiancée Anna Marquez and the rest of the family, would like to take a moment and share with everyone that our wonderful daughter, Summer Jones has made the Presidential Honor Roll. Yes, we are very proud of this academic achievement. Summer has always been a great student and works very hard.

Since enrolling her at Menaul in the middle of her eighth grade year, she has made phenomenal strides and has been on the honor roll since starting school there. Now as a junior, even with pressure mounting, she continues to do well; things get better with each year that passes. I am very proud to say that enrolling her at Menaul was one of the best choices we could have made, the students as well as the faculty and teachers have been great, and never miss an opportunity to let us know what a great student and person we have in Summer, so with that I wanted to share with everyone this great achievement, and let Summer know we are all very proud of her and wish her the best as she prepares for her senior year, and then her journey into college.

Thank you sincerely, Helen and James Baca



## Isleta Language Program

**Mah-wan!**

# After School Program

### Location:

Old Elementary School.

The Isleta Language Program is offering a After School Language Program Monday thru Thursday for grades K - 12 for those who are interested in Learning to speak the Isleta Language.

- 3 pm - 6 pm Monday, Tuesday, and Thursday
- 2 pm - 6 pm Wednesday
- Must be of Isleta Blood to attend.



### Isleta Language Program

For more information contact Paul Lujan at the Department of Education

Phone: 505-924-3187  
Fax: 505-869-7690



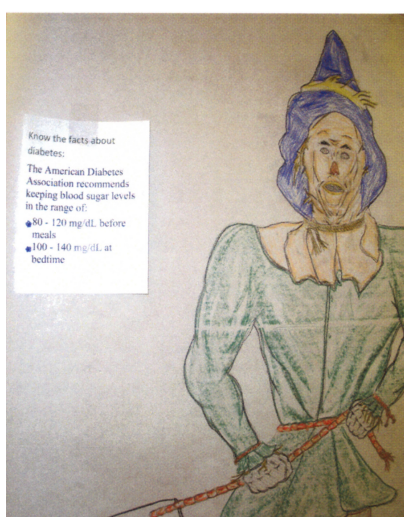
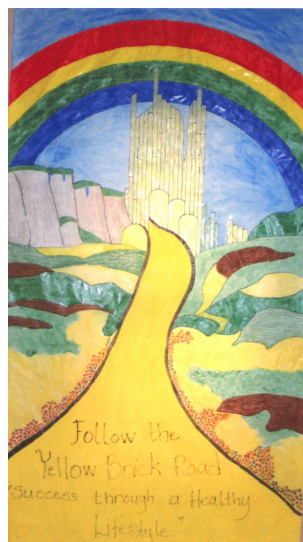
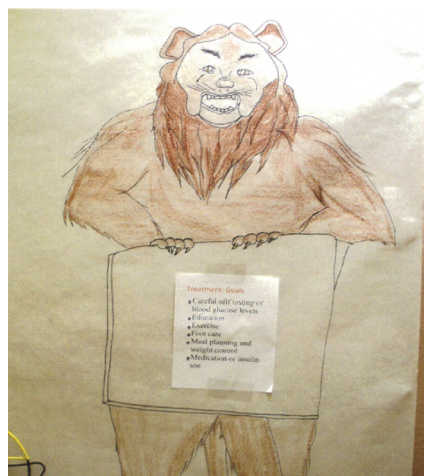


## Decorate for Diabetes - November Diabetes Awareness Activity

November was National Diabetes Awareness and Prevention Month. To advocate for diabetes awareness the Diabetes Prevention Programs sponsored a Decorate for Diabetes Activity. Departments on the pueblo were notified and encouraged to participate. Prizes will be given to departments that were most creative in their decorating themes. Incentives were also given to all departments members that participated.



We would like to congratulate Janette, Carolyn, Darlene, Janelle, Becky, Cara, Mary and Heidi with the Isleta WIC program on a job well done. These ladies put a lot of thought and work into their theme "The Wizard of Oz". They have been awarded 1st place in the Decorate for Diabetes 2009. The WIC staff would also like to invite you to stop by their program to see their decorations and to get healthy ideas on how to follow the yellow brick road to success through a healthy lifestyle.



## Go For It! Get Fit!

### Proactive Fitness Group

PROGRAM STARTS IN  
**February 2010**  
SAVE YOUR SPOT

#### To Sign Up

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

Interested in joining, please contact  
Elissa, Health Educator/ Fitness Instructor  
at the  
Wellness Center 869-4595 ext. 4064  
to register for the program

Sponsored By:  
Isleta Diabetes Prevention Programs  
Education & Exercise  
"TOTAL BODY HEALTH"

#### 10 Week Program

- Education Workshops held Mondays at 5 pm
- Beginner level exercise classes
- Classes will meet twice a week (Tuesdays & Thursdays at 5:30 pm)
- Assessments & Measurements scheduled for [February 11, 2010 at 5 pm](#) (Wellness Center)

#### Location

- Exercise classes will be held at the Westside Recreation Center (Pickle Heights)

#### Incentive Prizes

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

**Must Sign Up to Attend Classes**



## Keep Your New Year's Resolution

### First Ride SPINNING

PROGRAM STARTS IN  
**February 2010**  
SAVE YOUR SPOT

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## Obesity & Diabetes Prevention Advocacy Group

Monthly Meeting

December 23, 2009

6 pm - 7:30 pm

Isleta Health Center

505.869.4595

Help increase awareness about Diabetes

Diabetes is not Native to our people

*Make a difference in your community | Inspire others to become more healthy!*





## Public Works Department

Ma Gu Wam,

We hope you had a safe and enjoyable Thanksgiving. As hard as it is to believe, the year is almost over and Christmas is upon us. November was a busy month and the Public Works Department made great strides in improving the quality of its employees.

Water line breaks are commonplace during the winter months. Please let us know if you see any lines that could need attention. We will attempt to inform you if shut offs are necessary, but on occasions, it is necessary to shut off the water quickly to repair the line. We apologize for any inconvenience we may cause, but many times it is unavoidable.

TR 2 road project has had numerous road closures and will most likely remain closed into January. The contractor will open the road for the Christmas weekend to ensure traffic can flow while you visit your families. Please obey all road signs and keep speeds down. There is a lot of action on that project and we want everyone to be safe.

Public works would like to congratulate 6 of our employees for receiving training and are now certified backhoe operators, they are; Pat Jojola, James Weldon, Lyndon Thomason, Marcus Montoya, Daniel Lujan, and Frank Benavidez. Well done!

The roads department also attended training in Phoenix. They too brought back certifications for CPR, grading, and safety. Our Road team did well in the heavy equipment rodeo and we would like to give them a hand also. Jacob Garcia took 1st place in motor

grader and 2nd place in backhoe. Erwin brought back the 2nd place win in the motor grader, and Michael Lente placed 3rd in the motor grader completion. Isleta took the 3 top finishes in the grader completion. Good Job!

The maintenance department is moving up in maintaining our own facilities. Auggie Lucero has been attending training with Daniel Lujan and they are now doing in house repairs and saving the tribe lots of time and money by not having to hire outside sources to fix our buildings.

The Solid Waste Department has two new certified Transfer Station attendants. Joseph Lucero and Richard Lente both attended training in Moriarty. These new certificates help the Tribe with funding opportunities along with ensuring that the transfer station meets and operates per EPA regulation.

Raymond Abeita is no longer driving the septic pumper truck. He had to transfer to the One Stop because of new stringent health requirements for commercial drivers. We will miss him, but we can all see him when we go for gas. Have fun, Raymond. We miss you!

**From the entire Public Works Department -  
Have a Merry Christmas**

## ***Listen, Learn, & Pass it On!***

Tiwa Language classes offered to any and all Isleta people who want to learn the Isleta Tiwa Language. Classes are at the Old Elementary School and everyone is encouraged and welcome to attend.

### **Tiwa 201 Intermediate and Tiwa 301 Advanced**

Monday: 6pm to 8pm

Tuesday: 5:30pm to 8pm (total immersion class)

Thursday: 6pm to 8pm

Saturday: 9am to 11am

### **Tiwa 101 Beginning Tiwa**

Monday: 6pm to 8pm

Tuesday: 6pm to 8pm

Thursday: 6pm to 8pm

Saturday: 9am to 11am

**\*\*Also available by appointment.**



### **Language Program**

Paul Lujan  
P.O. Box 1270  
Isleta Pueblo, NM 87022

Phone: 505-924-3187  
Fax: 505-869-7690  
E-mail: poi08200@isletapueblo.com

*For More information Please contact Paul Lujan.....*



## RING IN THE HOLIDAYS WITH HEALTHIER MEALS

Holidays usually involve enjoying food and beverages with family and friends. Read on for shopping, cooking and baking tips that can help keep you on track for healthy eating habits this season and into the new year.

### SMART SHOPPING:

- ▶ Plan ahead! Prepare and freeze some of your holiday dishes in advance to limit last minute shopping and impulse buying. Make your shopping list and stick to it!
- ▶ Eat a healthy meal or snack before shopping. You'll be less tempted to buy treats.
- ▶ Stock up on festive foods such as deep, bright colored veggies and fruits.
- ▶ Look at labels and compare which products are lower fat and sodium, yet higher in fiber.

### SMART COOKING:

- ▶ Fry less; drain fat off when cooking; try fat-free cooking sprays.
- ▶ Baste meat with fruit juice or broth instead of fat.
- ▶ Chill the meat drippings to skim fat off when making gravy.
- ▶ Sides: try these tips to cut the fat and use less butter... cook the stuffing outside the turkey and add diced veggies or fruits; make mashed potatoes with fat-free or low-fat milk/buttermilk/sour cream or low sodium broth; dress up sweet potatoes with small amounts of pineapple, raisins, apple juice or other fruits.
- ▶ Use sharp flavored cheese and use less, or try low fat (2% milk) cheese.
- ▶ Try using mashed beans or chickpeas to make dips with

low fat.

### SMART BAKING:

- ▶ Replace fat in recipes (butter, oil, shortening) with fruit puree or unsweetened applesauce. Try replacing 1/2-3/4 of the fat for a more acceptable texture.
- ▶ If you add nuts, toast them to enhance flavor & use less. Add healthy whole grains with subbing 1/2 of the white flour with whole wheat.
- ▶ For pies, leave off the top crust or try an oat crisp topping and use less butter than the recipe calls for; crumb crusts made of graham, vanilla or chocolate wafers or gingersnap cookie crumbs can have less fat than a pastry crust.
- ▶ Try less sugar and use powered skim milk to make up the required dry ingredients; could sub half the sugar with artificial sweetener.
- ▶ Cinnamon, nutmeg, cloves or vanilla can enhance sweetness so less sugar is needed.

Purchasing and preparing healthy foods that are low in fat, sugar, sodium and high in fiber is your gift to family and friends, as well as to yourself. Eat slowly so you have time to feel full before dishing up that second serving, and enjoy your company! Make physical activity part of the celebration. Indoor activities like charades and dancing or outdoor activities, even a walk after eating, can liven up a party and add to the health benefit. HAPPY HOLIDAYS!

Terri P. Elisberg, RD, LD, CDE

Nutritionist, Diabetes Prevention Programs at Pueblo of Isleta

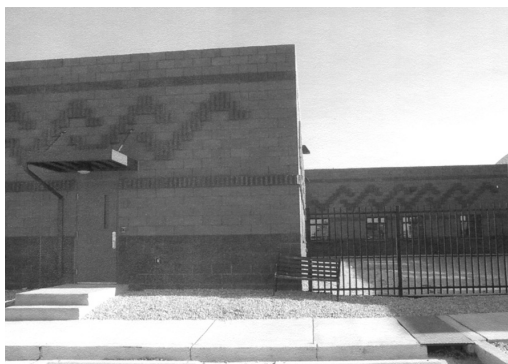
For questions: call 869-4093 or email: [telisberg@islclinic.net](mailto:telisberg@islclinic.net)

(Capital Health, Edmonton, Canada: Preparing Healthy Holiday Food)

## Behavioral Health Addition

The Isleta Behavioral Health Program just added on to the Isleta Health Center. They have over 4,000 square feet of space, including 10 offices, a reception area and a conference room. They are located on the west side of the Health Center. There is either access through the main clinic area or direct access through the new entrance on the west side of the Health Center. There are 17 additional parking spaces in the side and back area. The total cost of the project was \$1.3 million. No POI funds were used for this project; the funds came from approximately \$1/2 million of state funds that were acquired and the balance was funded by third party revenue collected by the Health Center.

Special thanks to our patients who carry insurance including Medicare, Medicaid and commercial insurance. This is visible evidence to the contribution of their use of insurance to the improvement of health care for the whole community.



## NOTICE FOR ISLETA HEALTH CENTER PATIENTS:

The Isleta Health Center Pharmacy department is requesting your insurance, Medicaid, or Medicare information so we can bill your insurance company. This will help us serve you better and help us provide the best medicines.

You will not be responsible for any co-pays and you will not be billed for any balances that the insurance company does not pay for.

**PLEASE GIVE YOUR INSURANCE,  
MEDICAID OR MEDICARE CARD  
TO THE ISLETA PHARMACY  
DEPARTMENT!**



## Pueblo of Isleta Public Library

Hello, we hope everyone had a wonderful and Happy Thanksgiving with your dear ones, near and far. (And of course, Yeah Cowboys)!! It's hard to believe that November is already gone. We had a very busy month here at the library with a different program going on each week. We enjoyed our 2nd Parents Night Out Program, we had lots of fun making Autumn Wreaths & Turkey Center Pieces, and we even had a Precious Baby Night Program which turned out to be so sweet. We took the kids (who earned their reading points – of course) to their choice of the new and popular movie New Moon or Planet 51. We also had a very nice little Thanksgiving Dinner for our kids and parents to enjoy. So, thank you for all of you who joined us.

### News:

A new Winter Break schedule has been set up the week of December 21 – January 1. Our hours will be from 8:00 a.m. to 4:30 p.m. So please keep that in mind. Don't forget the drop box is always open for your convenience.

Also, the library will be closed from 10:30 a.m. to 2:00 p.m. on Tuesday, December 22, 2009, for our library staff meeting. We will be closing at 12:00 p.m. on Thursday, December 24, and we will be closed on Friday, December 25. We will also be closed on January 1, 2010. We will return to our regular business hours on Monday, January 4, 2010.

### Upcoming Programs:

We are currently busy with lots of fun activities for this month. First of all, we are setting up a new sewing program this week November 30 to December 4, 2009. Some of the projects include sewing an apron (which will be a great gift to give to mom, maybe grandma, your aunt, sister or maybe even yourself - it's always nice to be mom's little helper). We will also be sewing pillows, Christmas stockings, and Santa hats. Make sure you join us, as these gifts can be made for someone special made especially by you.

We wrote to Santa Claus and told him just how great our kids have been here at the library, so he set some time aside on his very busy schedule to join us on Wednesday, December 9, 2009. So make plans on coming to the library to have your picture taken with Santa. You can take an individual picture or a family picture. Two copies will be given so you can keep one and give one to someone special. Make sure and be good, because Santa Claus is coming to town.

On Wednesday, December 30, 2009, the Teen Library Board will be hosting a tournament called Game Day Tournament (Call of Duty Modern War Fare 1 and 2). Snacks will be provided, and prizes will be given to the top three winners. So start practicing to win the big prize.

### Recap:

Our 2nd Parents Night Out Program was a great success. I think the kids enjoyed our camp out theme just as much as our parents enjoyed their night out. We had so much fun, first we started off with a great story. We then had our choice of making either a teepee or an "ojo" as one of our projects. We had some good hamburgers and fries for dinner and for dessert we had fun making s'mores. Thanks to Ta-ta Adam Edaakie for making us marshmallow sticks and lending us his fire pit to make our roasted marshmallows (they were so good). We read more scary campfire stories in our tent. Thanks to Mike and Melanie Lente for lending us their camping tent (we had so much fun). We also had some great door prizes, such as flashlights and compasses. Harmony Johnson won the grand prize which was full of fun camping gear. Way to go, Harmony.



*Group of Kids in Tent during Parents Night Out.*

Next, we really enjoyed making our holiday autumn wreaths for the Thanksgiving holiday (they really look nice hanging on your front doors at home). Everyone is welcome, so we had moms, dads, grandmothers and aunts all help out. We really had a great turnout. Thanks for everyone who participated. We also made some cute turkey center pieces made especially by your child's hand print, which made it even more special for the holiday dinner. Nice job kids.



*One of many groups during Turkey Center Piece Program.*

Our Precious Baby Night Program was a great success, as well. This was the first time we planned an event like this. It was so sweet watching the new moms and their precious new babies as Mary Jane read two baby stories to them. We had a wonderful keepsake project for our new parents to take home and cherish. The babies put a hand



*Granddaughter and Grandmother working on Fall Wreath.*



*Hope and daughter enjoying the Play Time during Precious Babies Program.*

print on a ceramic plate with their name, date of birth, height and weight. They came out very nice, once Ta-ta Adam took them home to have the ceramic plates fired. Thanks Ta-Ta Adam, we really appreciate your talent. We had Janelle Esquibel from WIC provide some good information about health and wellness, and a baby spoon was given to each of the babies. Great information WIC, Thank you very much. We also had information about the importance of immunizations and info on NAPPR (Native American Professional Parenting Resources). Thank you to the community health nurse for all the helpful pamphlets she provided. We handed out baby books to all our participants, and drawings were held throughout the night. The grand prize was a beautiful wicker basket full of very nice gifts, such as towels, laundry detergent, a high chair cover, baby food, apple juice, baby wipes and baby utensils. Thank You to all the wonderful new moms who bought in their very precious babies in that night. Congratulations to all the new moms for a healthy new baby and a safe delivery. Babies really are a very special gift sent from above.

The great excitement we were all looking forward to came and went. Everyone worked so hard to earn their points to go see the new movie NEW MOON or PLANET 51. We only had room for the first 20 kids, but, because of the high demand of participants, we decided to take 25 instead, so everyone strived to do their best. Good reading kids. We have a bunch of good students here in Isleta Pueblo who are very bright and





*Janelle and Brittany working on a Keepsake during Precious Babies Program.*



*Six of seven Mothers and Babies whom attended Precious Babies Program.*



*Pueblo 51 Group photo of students who earned points for after School Homework Program Movie Nights.*



intelligent. We as parents, grandparents, aunts and uncles, need to continue guiding our kids in the right direction to keep them in the right path. They will be our future leaders (I know). I wish all our students much success in life. If we take good care of our children now, they will take good care of us. Let's always keep that in mind. Read on kids, read on! Keep up the good work! I'm proud of you. Thanks to Rick Giron at the Isleta Pueblo Recreation Center for lending us two of their vans and Thanks to Department of Education for lending us their van. We all enjoyed the evening.

After a fun night at the movies, we all enjoyed a delicious dinner at Furr's Fresh Buffet. The kids really deserved it for all their hard work.

Our Thanksgiving Dinner at the library was so delicious, thank you Mary Jane. We had delicious turkey, mashed potatoes and gravy, corn on the cob, red Chile, and of course oven bread and pumpkin pie and whipped cream. Thank you Natasha, for making the mashed potatoes. Thank you Tiffany's Chee-ee Mary for the delicious gravy. Thank you WIC for letting us use your oven. We had a lot to be thankful for. Thank you to all our patrons who joined us.

Another great big Thank You to Tiffany Jiron and Crystal Lente for all their great help and patience while they worked with us. Thank You girls, you were a great help to us during our very busy times here at the library.

It is always a great pleasure having you and your children join us for our many exciting programs and events. Our door is always open for all your library needs (such as homework, tutoring, and research). If you ever need help, please do not hesitate to ask. We will always be here for you.

Don't forget we have a great selection of holiday movies, music and books, of course. With that, I hope everyone has a safe and wonderful holiday season. Please do not drink and drive. I pray that our Great Spirit will keep you and your family in good health, give us the strength to make the right decisions, and to always protect us from harm.

**MERRY CHRISTMAS  
AND HAPPY NEW YEAR!!  
FROM ALL OF US HERE AT THE  
ISLETA PUEBLO PUBLIC LIBRARY.**

Isleta Pueblo Public Library  
Contact Information:  
Phone Number: (505)869-8119  
Fax Number: (505)869-7690  
E-Mail: [poi\\_library@hotmail.com](mailto:poi_library@hotmail.com)  
Web Address:  
[www.myspace.com/isleta\\_pueblo\\_library](http://www.myspace.com/isleta_pueblo_library)



## Second Hand Smoke and Your New Baby

Health Educator: Stephanie Barela, 869-4479

People (especially babies) who are exposed to second hand smoke are more likely to get sick. Give yourself and your family a better chance for a healthy life, *by following some of these tips from the Journeyworks Publishing Brochure.*

### Protect your baby from smoke during pregnancy.

- ◇ A baby could have serious health problems if their mom smokes or regularly is around smoke (second hand smoke).
- ◇ Moms to be who smoke or breath secondhand smoke are more likely to have a miscarriage.
- ◇ If the mom-to-be smokes, the baby could be born too soon or weigh little.

### When your baby is born, keep him or her safe from smoke.

- ◇ Secondhand smoke can cause people, especially babies, to have more colds, ear infections and asthma attacks.
- ◇ Babies are twice as likely to die from Sudden Infant Death Syndrome (SIDS) if they are exposed to smoke.
- ◇ Secondhand smoke causes 300,000 cases of bronchitis and pneumonia in children under 18 months every year.
- ◇ Nicotine and other chemicals in cigarettes get into breast milk of mothers who smoke or breathe secondhand smoke.

### If you smoke, Quit!!

- ◇ Cigarette smoke is very dangerous to your child's health. Your child is a good reason to be smoke free.
  - ◇ If your partner or other family member smokes, ask them to quit.
  - ◇ SIGN UP FOR FREEDOM FROM SMOKING!! 869-4479
- The clinic offers a helpful quit smoking group that can assist you in stopping smoking. If you are a clinic patient and attend each weekly session, you can receive Nicotine Replacement Therapy.

### Say "NO" to secondhand smoke

- ◇ Post "No Smoking" signs in your home.
- ◇ Throw away cigarettes, matches, lighters and ashtrays.
- ◇ Have gum and mints handy as alternatives.
- ◇ Choose family activities where your baby will not be exposed to commercial cigarette smoke.
- ◇ Don't allow smoking in your car or your home.

### Secondhand smoke affects everyone

- ◇ 3,000 nonsmokers die each year from lung cancer caused by secondhand smoke.
- ◇ Secondhand smoke causes 35,000 heart attacks each year in nonsmokers.

**Protect your baby and yourself from SECONDHAND SMOKE!!**

## Freedom from Smoking

Take Back Control of Your Life!

<p><b>8 sessions to help you STOP SMOKING!</b></p> <p>Session 1 (Thinking about Quitting)</p> <p>Session 2 (On the road to freedom)</p> <p>Session 3 (Wanting to quit)</p> <p>Session 4 (QUIT DAY)</p> <p>Session 5 (Winning Strategies)</p> <p>Session 6 (The new you)</p> <p>Session 7 (Staying Off)</p> <p>Session 8 (Let's Celebrate)</p>	<p><b>Want to Stop Smoking?</b></p> <p><b>SIGN UP FOR FREEDOM FROM SMOKING.</b></p> <p><b>SESSIONS HELD AT THE ISLETA HEALTH CENTER</b></p> <p><b>NEW CLASS STARTING IN 2010</b></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <p><b>Contact Stephanie Barela at 505-869-4479</b></p> </div>
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weekly prizes!

Help from Others that are going through the same thing!

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

Late In Pregnancy Birthing Class

SUBSEQUENT CLASS TO EARLY IN PREGNANCY

MAKE SURE I HAVE YOUR CORRECT PHONE NUMBER, SO I CAN CONTACT YOU IN JANUARY

SESSION 2: LATE IN PREGNANCY—FEBRUARY 2010

February 2010

Sign up for this two evening birthing class to learn about....

- Breathing Exercises
- What happens late in Pregnancy
- Comfort techniques and positions
- Labor video
- Stages of Labor

And Much More!!

Door Prizes, Information and MORE!!!

Please bring a pillow and a blanket!

CONTACT STEPHANIE TO GET SIGNED UP!!

**Stephanie Barela, 869-4479**

Isleta Health Center Health Educator



**Isleta Health Center**

Isleta Health Center.....Keeping our Community Healthy



### H1N1 & Seasonal Flu

Clinical trials conducted have shown that the new H1N1 Vaccine is both **SAFE** and **EFFECTIVE!!**

- Flu activity this year is much higher and almost all the flu viruses are 2009 H1N1.
- Scientists and doctors recommend H1N1 vaccination even if flu activity slows, as it could resume later in the season.

**GET YOUR SEASONAL and H1N1 FLU SHOT TODAY!!**

### Isleta Pueblo News



**Editor:** Ulysses Abeita

**Asst. Editor:**

Beverly Piro

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## NEW FACES AT THE CLINIC

Health Educator: Stephanie Barela, 869-4479



Aleta Myer Alexander is a new face for the Behavioral Health Program at the Health Center. She is the new Clinical Therapist. Aleta recently moved from Los Cruces, where she worked at the Mesilla Valley Hospital. Aleta has 2 dogs and enjoys painting glass and landscapes. Aleta grew up in the Navajo Reservation, where her dad worked for BIA. Aleta is excited to work for this community and is looking forward to meeting new people.



Santana Titla is not exactly a new face at our clinic, she has worked here as a contractor, but recently became a full time employee with Behavioral Health. She is the Mental Health Addictions Counselor and as been working in this field for 10 years. Santana is 1/2 Acoma and 1/2 San Carlos Apache.



Peggy Singer is the new Nurse at the clinic. She previously worked at Concentra GE doing Occupational Health. Before that she was at SED Lovelace doing pre-employment Health, and before that she worked at Socorro Good Samaritan. She is married and has 4 grown children. She has lived in New Mexico for 10 years and in her spare time enjoys being a seamstress.

## Seatbelt Surveys

### Are you wearing your seatbelt?

Health Beat

Health Educator: Stephanie Barela, 869-4479

The Isleta Elementary 4th graders have been keeping an eye on you; have you been wearing your seatbelt? Dr. Shutiva's and Mrs. Gonzales's 4th graders have been learning about injury prevention with Stephanie Barela. They have learned the importance of wearing their seatbelt and promoted it by doing seatbelt surveys. Each class did their own observational survey.

The data they collected is below:

#### 2009 Seatbelt Surveys with 4th Graders Gonzales October 23, 2009 1:50-2:15

83% of the drivers were wearing their seatbelts  
58% of the passengers were wearing their seatbelts  
67% of the children were in car seats

#### Dr. Shutiva November 10, 2009 1:45-2:15

82% of the drivers were wearing their seatbelts.  
75% of the passengers were wearing their seatbelts.  
0% of the children were in car seats.

If you combine the data from both classes, 87% of the drivers were wearing their seatbelt, 65% of the passengers were wearing their seatbelt and only 33% of the children were in car seats. This showed the students that the majority of the driver's wore their seatbelts, but what about the passengers and children? **If you are a driver, you should Always make sure everyone in your car is BUCKLED UP!!! Never PULL OUT until every BELT is SNAPPED IN!!!**

The majority of the drivers were smart enough to buckle up, but they didn't seem to care about the passengers. It is VERY IMPORTANT that EVERYONE in the vehicle wears their seatbelt!!

The Isleta Police Department also knows the importance of wearing your seatbelt. Officer Sharon Mitamura and Officer Robert Abeita assisted with both Seatbelt Surveys. THANK YOU FOR HELPING OUT!!

**PLEASE BE A THOUGHTFUL DRIVER  
and  
MAKE SURE EVERYONE (especially little ones) IS BUCKLED UP**





# Take Flight 2009

The 2009 Take Flight program was a great success this year. We had various teams who took part in the 8 week program. Some of the challenges the participants faced were food eliminations, food substitutions, stress management, and bonus exercises every week. Participants turned in weekly log sheets keeping track of their activity. Weekly incentives were given out to the participants who had turned in their logs which were due every Monday.



We wrapped up the 8 week challenge with a celebration night at the health center! Shown here is the first place team. Our 2nd Place team was Stacie, Marvin, Quentin, Issaiah, Shannon, and Travis. Way to go guys.



Listed are the names of the participants in the Take Flight Family program.

- |                     |                  |                      |                     |                  |
|---------------------|------------------|----------------------|---------------------|------------------|
| Hope Campos         | Isaiah Jojola    | Marlene Lente        | Christina Harvey    | Farah Lujan      |
| Marsey Hawley       | Taylor Jojola    | Jessica Price        | Christopher Padilla | Adell Lujan      |
| Janai Campos        | Jared Jojola     | Rita Price           | Trina Padilla       | Darren Lucero    |
| Miyawni Curtis      | Maggie Lucero    | Michael Price        | Rae Padilla         | Elthia Stapleton |
| Stacie Abeita       | Thom Lucero      | Santiago Price       | Connie Orozco       | Tanya Cornfield  |
| Marvin Abeita       | Rose Lente       | Denise Lucero        | Annabella Orozco    | Aaliyah Holguin  |
| Quentin Mullins     | Andrea Padilla   | Lupita Lucero        | Andrea Orozco       | Jeannette Abeita |
| Issaiah Abeita      | Ruben Lucero     | Corey Lucero         | Estevan Orozco      | Nanette Lujan    |
| Shannon Abeita      | Aurelia Martinez | Angela Morris-Gasper | Ahily Orozco        | Randy Lujan      |
| Travis Kasey-Abeita | Marie Lente      | Virgil Lucero        | Patrick Jojola      | Robert Lujan     |
| Marie Jiron         | Felicia Papuyo   | Daisy Zuni           | Joanna Jojola       | Lisa Trujillo    |
| Daniel Olguin       | Theresa Papuyo   | Carmen Lucero        | Natalie Jojola      | Loretta Orozco   |
| Heather Jojola      | Jennifer Lente   | Eliza Morrow         | Denise Jojola       |                  |
| James Jojola        | Joe Lente        | Gina Dale            | Celestino Jojola    |                  |



Look for Take Flight 2010



## WIC NOTES—

*The WIC Staff would like to thank the Tribal Council, Governor Benavidez, Lt. Zuni, and Lt. Lujan for the turkeys for our Thanksgiving Day meal.*

### Questions on H1N1 Flu

The following information is taken from the American Academy of Pediatrics website: Here are answers to common questions about treating H1N1 swine flu in your children and advice on when you need to seek medical attention.

#### What if your child gets sick? What are symptoms of swine flu in children?

Influenza (flu) is very different from the common cold. With the flu, children have sudden onset of significant fever with respiratory symptoms and chills. Older children will complain of headache, scratchy throat and muscle aches. Children will develop a nasal congestion and cough.

#### What should parents do if their child has flu-like symptoms?

This flu season, it's more important than ever to keep sick children at home until at least 24 hours after their symptoms go away.

If a child has mild illness, or something that looks like the flu, with fever and chills, headache, body ache, coughing, sore throat, they should definitely stay home from school or day care. They should continue taking Tylenol and Motrin for fever. Parents should be sure child does not get dehydrated.

If your child is 5 years old or older and is otherwise healthy, consult your doctor as needed. Parents should make sure the child drinks enough fluids and gets a lot of rest.

If your child is younger than 5, or if your child of any age has a medical condition such as asthma, diabetes, or a neurologic problem, call your doctor or get medical attention. Younger kids and kids with longstanding medical conditions are at risk of serious disease if they get either seasonal or H1N1 flu.

#### Are there signs parents should watch for?

Parents should monitor closely for any signs that children are getting worse, if they have any difficulty breathing, if they are not able to drink, or are not urinating well, if they are very irritable even after their fever goes down, if they have any sort of rash, or if the fever goes down and flu symptoms get better, then get worse again.

Call a doctor or seek immediate medical attention if your child:

- Has bluish or gray skin color
- Is not drinking enough fluids or taking feeding well
- Has trouble breathing
- Has severe or persistent vomiting
- Is not waking up or not interacting
- Is so irritable that the child does not want to be held
- Has flu-like symptoms improve but

then return with fever and worse cough

- Has other conditions such as heart or lung disease, diabetes, or asthma and develops flu symptoms including fever and cough

### Eight Medications You Should Never Give To Your Baby

Babies are much more likely to have adverse reactions to drugs than adults. Over-the-counter (OTC), prescription, or herbal medicines can cause serious problems.

Until your baby is 6 months old, consult a doctor before giving her **any medication at all.**

#### 1. Aspirin

Never give your baby aspirin or any medication containing aspirin. Aspirin can make a child susceptible to Reye's syndrome --a rare but potentially fatal illness. Don't assume that the children's medicines found in drugstores will be aspirin-free. Aspirin is sometimes referred to as "salicylate" or "acetylsalicylic acid." Read labels carefully, and ask your doctor or pharmacist if you're not sure whether a product is aspirin-free.

For fever and other discomfort, ask your doctor about giving your baby acetaminophen or ibuprofen.

#### 2. Over-the-counter cough and cold medicines

The American Academy of Pediatrics (AAP) advises against giving OTC cough and cold medicines to babies. Studies show that they don't actually help to soothe symptoms of kids this age. And they can be harmful, especially when a child mistakenly gets more than the recommended dose.

In addition to side effects like drowsiness or sleeplessness, upset stomach, and a rash or hives, a child can suffer serious effects such as rapid heart rate, convulsions, and even death.

#### 3. Anti-nausea medications

Don't give your baby an anti-nausea medication (prescription or OTC) unless her doctor specifically recommends it. Most bouts of vomiting are pretty short-lived, and babies and children usually handle them just fine without any medication. In addition, anti-nausea medications have risks and possible complications. If your baby is vomiting and begins to get dehydrated, contact her doctor for advice on what to do.

#### 4. Adult medications

Giving your baby a smaller dose of medicine meant for an adult is dangerous. If the label doesn't indicate an appropriate dose for a baby her size, don't give that medication to your baby.

#### 5. Any medication prescribed for someone else or for another condition

Prescription drugs intended for other people (like a sibling) or to treat other illnesses

may be ineffective or even dangerous when given to your baby. Give her only medicine prescribed for her and her specific condition.

#### 6. Anything expired

Toss out medicines, prescription and OTC alike, as soon as they expire. Also get rid of discolored or crumbly medicines — basically anything that doesn't look the way it did when you first bought it.

After the use-by date, medications may no longer be effective and can even be harmful. Don't flush old drugs down the toilet, as they can contaminate groundwater and end up in the drinking water supply. It's best to be sure medication is in a tightly secured bottle and throw it away in an outside trash can where children/pets cannot get to it.

#### 7. Extra acetaminophen

Some medicines contain acetaminophen to help ease fever and pain, so be careful not to give your baby an additional separate dose of acetaminophen. If you're not sure what's in a particular medicine, don't give her acetaminophen or ibuprofen until you've first gotten the okay from your doctor or pharmacist.

#### 8. Herbal Products

Many herbal remedies are gentle and safe, but just because something is natural, or comes from a plant, doesn't mean it's safe for your child. Herbal products can cause allergic reactions, liver damage, and high blood pressure. In certain doses or when combined with the wrong medications, they can be fatal.

Check with your doctor before giving your child any herbal products. And always let the doctor know about any herbal remedies your child is taking before she prescribes a medication.

(Adapted from babycenter bulletin 10/08)

If you would like to suggest a topic for WIC NOTES, please contact our office at 924-3180. We would enjoy hearing from you.

Heidi Lanes

WIC Nutrition Coordinator

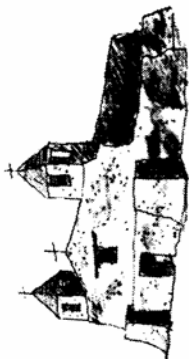




January 2010

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