



# Isleta Pueblo News

Volume 8 Issue 2

February 2013

## MA GU WAM

### Greetings from Governor Eddie Paul Torres, 1st Lt. Antonio Chewiwi and 2nd Lt. Isidor Abeita

We hope that each and every one of you are in good health and are doing well. Our Administration has been very busy from the start of the New Year. First of all, on behalf of the Administration, we extend our condolences to the families who have recently lost their loved ones, our prayers are always with you.

I want to thank and express my appreciation to the War Captains and Traditional Leaders and all who participated in the beautiful dances that were held on January 6th and January 18th, 19th and 20th 2013.

The celebrations provided an opportunity for all to come together as a family and focus on a positive future for the New Year.

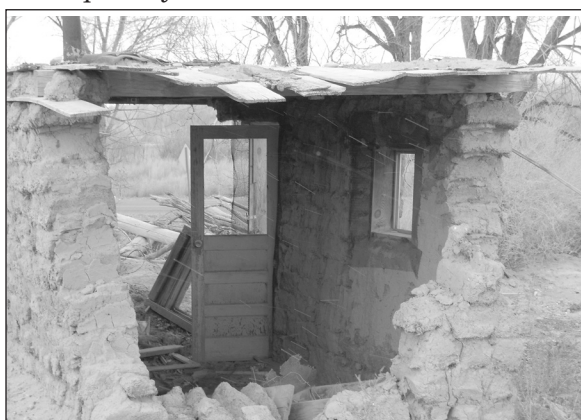
### Career Fair, Isleta Recreation Center:

On January 19, 2013, a career fair was held at the Isleta Recreation Center which provided information on the availability of education and employment opportunities. We would like to thank all the organizations who were present and made time to meet with our youth. We would also like to thank Mr. Ben Analla, and Ms. Jeanette Garcia and the POI Department of Education who helped to organize this event, and a special thanks to Mr. Rick Giron and his staff for doing a wonderful job of setting up the facility for this event.

We encourage our youth and all tribal members to pursue their dreams. Education is a very important part of fulfilling your dreams. Our youth are our future leaders. All you have to do is get out there, work hard, take advantage of all the opportunities that are available to you. Again we want to thank everyone who took part to make this important event a success.

### Unsafe Structures within the Village Proper

A preliminary assessment of old unoccupied and deteriorating adobe structures and, or deterioration of other sites located within the village proper have been determined to be a menace to the public health, safety, morals and welfare of the community. Deterioration of structures is often the result of the building or structure being obsolete, inadequately maintained or abandoned.



In consultation with health and safety service providers it has been determined that these unsafe structures pose an imminent threat to the safety and welfare of community members, by posing one or more of the following potential hazards;

- Providing dangerous places for children to play;
- Providing places of refuge for drug dealing, users and other criminal activity;
- Providing breeding places for rodents and other vermin;
- Diverting the resources of the fire services to fight fires deliberately set in such structure; and
- Negatively affecting the appearance of the community and adjoining properties.

The Pueblo of Isleta does not currently have a policy in place to budget resources to address these safety concerns. In the interim we propose that individual owners of property which meet the definition of an unsafe structure within the village proper, submit a request for assistance to the Governor's Office for demolition and removal of the structure utilizing tribal resources.

Our Traditional leaders expressed concern about face book postings referencing traditional customs and practices, which were interpreted as demeaning to spiritual beliefs and practices. Our spiritual beliefs and practices are meant to instill in our youth hopes of strengthening our customs and traditions, and doing good for one another for the betterment of future generations to come. Our traditional leaders humbly ask that we protect our spiritual beliefs and hold sacred those values within our hearts.

Thank you, and May the Great Spirit protect you and guide you so that you will have a prosperous life.

## January Water Outlook for the 2013 Irrigation Season

The Middle Rio Grande Conservancy District (District) provides irrigation water to the Six Middle Rio Grande Pueblos and non-Indian farmers from Cochiti to Bosque del Apache National Wildlife Refuge. The water is stored in El Vado Reservoir in northern New Mexico near Chama. Due to the continuing drought, the District has less than 12,000 ac/ft. of water in storage in El Vado. Irrigation deliveries were curtailed in August of 2012 because of low storage and irrigators had to rely on the Natural Flow of the Rio Grande.

The Bureau of Indian Affairs and the Bureau of Reclamation will store Prior and Paramount water in El Vado during the spring runoff for the Six Middle Rio Grande Pueblos. The amount of water stored will be dependent on snow fall through the rest of the winter.

The first runoff forecast of 2013 for New Mexico's rivers is grim.

Based on the first three months of the typical six-month snow accumulation season, flow on the Rio Grande at Otowi, between Santa Fe and Los Alamos, is projected at 47 percent of the 1981-2010 average according to federal forecasters at the Natural Resources Conservation Service. At San Marcial, above Elephant Butte Reservoir, the forecast calls for 37 percent of average runoff. Snow accumulating from late fall through early spring provides the water that is stored in El Vado for irrigation by both Indian and non-Indian farmers. But snow accumulation this year has been low. The forecast for the rest of the winter calls for less than normal snowfall and above average temperatures. The Bureau of Reclamation has cautioned farmers in the Middle Rio Grande Valley that irrigation water supplies may be used up by mid-June.

Irrigation diversions for the Six Middle Rio Grande Pueblos will be dependent on the Natural Flow in the Rio Grande and releases of Prior and Paramount (P&P) water stored in El Vado for use by the Six Middle Rio Grande Pueblos only. Releases of P&P water will be used to supplement the Natural Flow in the Rio Grande.

Although there are still several months of winter left, water deliveries to Isleta farmers this irrigation season may be very low and the ditches may not be full all the time. Scheduling of water deliveries to Isleta may be necessary. If this happens, irrigation water may only be available every other week. Please work with your Mayordomos to make sure everyone receives adequate water in a timely manner. This will require watering when the water is available including watering at night and during the week. Farmers are urged to cooperate and use the limited water supply wisely.

**ISLETA TRIBAL COUNCIL MEETING  
TRIBAL COUNCIL MEETING MINUTES  
OLD TRIBAL COMPLEX/COUNCIL CHAMBERS  
TUESDAY, JANUARY, 1, 2013**

The first meeting of the newly elected Isleta Tribal Council for the Term 2013-2014 was convened on January 1, 2013, at 4:39 p.m. in accordance to the Tribal Constitution. Governor Edward Torres officiated and gave the Invocation at the beginning of the meeting. The first order of business was to elect among the members the officers of the Council. The following Tribal Council and Administration were present:

**TRIBAL COUNCIL**

James Abeita, President	Michael Allen Lente, Vice President
Verna Teller, Secretary	Larry Jaramillo
C. Phillip Jiron	Ralph Douglas Jiron
Fernando Abeita	Joseph Lucero
Juan Rey Abeita	Josephine Padilla
Cynthia Jaramillo	Barbara Sanchez

**ADMINISTRATION**

Governor Edward Paul Torres Sr.	Raymond Jojola, Sheriff
1st Lt. Governor Antonio Chewiwi	Benny Piro, Under Sheriff
2nd Lt. Governor Isidor Abeita	

Tribal Council Administrative Assistant Present: Sara Zuni

**President Nominations**

Governor Torres opened the floor for nominations for Tribal Council President.

The Nominations are as follows:

Councilman Larry Jaramillo nominated Councilman Michael Allen Lente and Councilwoman Verna Teller nominated Councilman James Abeita for the President seat.

Councilmen James Abeita and Michael Allen Lente gave brief speeches to Tribal Council on their education and career backgrounds.

Motion: Tribal Councilman Fernando Abeita motioned to cease the nominations for President. Tribal Councilwoman Josephine Padilla seconded the motion. Motion carried through with 12 voting for, 0 opposing, and 0 abstaining.

Tribal Council then voted by secret ballot to elect the President. Councilman James Abeita is elected the Tribal Council President. Mr. Abeita accepted the election and the meeting was turned over to him by the Governor Torres.

**Vice President Nominations**

Tribal Council President James Abeita opened the floor for Tribal Council Vice President nominations.

The nominations were as follows:

Councilwoman Josephine Padilla nominated Councilman Michael Lente and Councilwoman Verna Teller nominated Councilman Juan Rey Abeita.

Councilman Juan Rey Abeita gave a brief speech on his background.

Motion: Tribal Councilman Fernando Abeita motioned to cease the nominations for Vice President. Tribal Councilwoman Josephine Padilla seconded the motion. Motion carried through with 12 voting for, 0 opposing, and 0 abstaining.

Tribal Council then voted by secret ballot to elect the Vice President. Councilman Michael Allen Lente is elected as Tribal Council Vice President.

**Secretary Nomination**

Tribal Council President James Abeita opened the floor for Tribal Council Secretary nominations.

The nominations were as follows:

Councilwoman Josephine Padilla nominated Councilwoman Cynthia Jaramillo, Councilman Douglas Jiron nominated Councilwoman Verna Teller, Councilman Joseph Lucero nominated Councilwoman Josephine Padilla. Mrs. Padilla declined the position. Lastly, Councilwoman Cynthia Jaramillo nominated Juan Rey Abeita.

Motion: Vice President Michael Lente motioned to cease the nominations for Tribal Council Secretary. Councilman Douglas

Jiron seconded the motion. Motion carried through with 11 voting for, 0 opposing and 1 abstaining.

Tribal Council then voted by secret ballot to elect the Tribal Council Secretary. Verna Teller was elected as Council Secretary.

**Scheduling of first Tribal Council Meeting**

The first Tribal Council Meeting is to be held on January 6, 2013 which falls on a Sunday. Therefore, The First Tribal Council Meeting will be held on Tuesday, January 8, 2013 at 9:00 a.m. at the old Tribal Council meeting room.

**General Discussion:**

A general discussion of agenda items for the first meeting was discussed and it was agreed that the Officers of the council would meet to develop the agenda and solicited input from the council members who served in the previous term to identify and prioritize pending issues before the council.

**Adjournment**

Motion: Councilwoman Barbara Sanchez motioned to adjourn. Vice President Michael Lente seconded the motion. Motion carried with 12 voting for, 0 opposing, and 0 abstaining. Governor Torres gave the closing prayer, the meeting ended at 5:37p.m.

**CERTIFICATION**

We, the undersigned, do hereby certify that the foregoing Minutes was passed at a duly called meeting of the Tribal Council of the Pueblo of Isleta, held on the 24th day of January 2013, at which a quorum was present, with -12- voting for, -0- opposing, and -0- abstaining.

APPROVED: James M. Abeita, Tribal Council President  
Edward Paul Torres Sr., Governor

ATTEST: Verna Teller, Tribal Council Secretary

**Community Relations Plan Review**

The Pueblo's Native American Lands Environmental Mitigation Program (NALEMP) is updating the Community Relations Plan. By carrying out this Plan, the Pueblo is ensuring that our community is informed about the activities associated with investigation, clearance/removal, and remediation projects in select areas on the Pueblo. NALEMP projects are underway where there is unexploded ordnance, other munitions and explosives, and U.S. military airplane crashes.

Community members are welcome and encouraged to review the draft updated Community Relations Plan, available at the Department of Natural Resources (DNR). Office hours are Monday through Friday 8:00 a.m. to 4:30 p.m. If you have questions about the Community Relations Plan or any of the NALEMP projects, please call DNR at 869-2710.

The Pueblo's NALEMP program is funded by the U.S. Department of Defense.

**Isleta Pueblo  
News**



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



## “Light the Path Memorial Walk”



In September of 2008, with the support of a Federal funding award to Isleta Behavioral Health Services for Methamphetamine and Suicide Awareness Initiative, the Isleta Community Action team was formed, to evaluate issues in our community and design community activities to bring people together. The first goal was to have a “Light the Path Memorial Walk” to come together and honor and remember our loved ones that have passed. Through the efforts of Tribal programs such as Isleta Behavioral Health Services, Isleta Truancy, Isleta Police Department, the Recreation Center, St. Augustine Church, the Isleta Library, Headstart, the Isleta Veterans, the Valencia High School ROTC Color Guard, Department of Education, and many dedicated community volunteers, the 1st Annual Memorial Walk occurred in December 2008, with a path of about 1000 luminarias lit from the recreation center to the church, followed by a warm meal of posole.



On December 14, 2012 we celebrated the 4th Annual Memorial walk and despite a glitch with the weather that prevented us from lighting 3000 luminarias, and a very chilly evening, approximately 170 community members came to again walk and share comrade, listen to Thunder Knife Drum Group, enjoy an enchilada dinner, lovingly prepared by Juana Jiron, Elthia Lucero, and family. We enjoyed the solitude of songs and prayer by Father George at St. Augustine Church, and listened to motivational words from Robert Abeita. Stephanie Padilla did an awesome job as M.C. keeping us organized and spirits bright. Commander Joe Jaramillo, Isleta Veterans Association also presented a check to the VHS ROTC. Governor Eddie Paul Torres, Sr. participated by opening the event with a blessing and prayer and encouraged all “To continue to care for one another in this special community we live in”. People were given the opportunity to donate \$1.00 for a name tag memorializing their loved ones and the tags were placed on the luminarias bags.

The Isleta Community Action team decided that the proceeds from the sale of the name tags would go to a bereavement fund, as a way of offering a gift to families who are suffering a loss. We will dispense these funds until they are exhausted and start again for the 2013 memorial walk. Thank you to all that make this such a special event and to all the participants. If you want to be a part of the Community Action Team to help in planning this event for 2013 or any other supportive community events, please contact Jennifer Sandoval, Prevention Coordinator at (505) 869-5475.



### Invitation Announcement Pueblo of Isleta Head Start & Child Care Center



The Isleta Head Start & Early Head Start programs invite you to join our family by completing an application for the upcoming 2013-2014 program year.

We provide a learning environment that respects and reflects the traditional culture and values of our children, families, and community. We incorporate skills necessary for kindergarten readiness, as well as all other areas of development: physical, social-emotional and language development.

#### Options for you and your child:

##### *Head Start - 3 to 5 years old*

A 6-hour, 5 day-a-week program. Classrooms are equipped with hands-on, age appropriate materials and qualified teachers.

##### *Early Head Start-Prenatal to 3 years (3 options to choose from)*

1. Home Based for Pregnant Mothers: Home visits from a Home Visitor who brings information and materials about pregnancy and child development.

2. Home Based for Parent and Child Birth to 3 years: Weekly 90-minute home visits from a Home Visitor who provides information and materials about parenting and child development. Bi-weekly Socialization activities in a group setting (i.e. fun walks, field trips, child development, and more).

3. Classrooms ages 3 months to 3 years:

A 6-hour, 5 day-a-week program. Classrooms are equipped with hands on, age appropriate materials and qualified teachers.

#### We invite you to come in and fill out an application:

**Call to schedule an appointment to apply.**

**You need to bring ALL of the following:**

- ✓ Tribal Identification w/CIB #
- ✓ Proof of Residency  
(New Mexico Driver's License, Utility Bill, Government/Tribal ID)
- ✓ Proof of income for previous 12 months  
(Such as: Public Assistant Award Letter, 2012 tax forms, W-2, paystubs, etc.)
- ✓ Proof of Child's Birth
- ✓ A copy of your child's IFSP/IEP (if applicable)
- ✓ For Prenatal option, Pregnant Mothers need to provide proof of pregnancy

If you have any questions, please don't hesitate to call us at **869-9796**. We look forward to working together with you and your family to make your child's learning fun and successful!

## Los Lunas Title VII Indian Education

### Los Lunas High School

We would like to thank all students/parents/community members who attended the annual College/Career Day sponsored by the Pueblo of Isleta Department of Education and Los Lunas Title VII Indian Education held at the Isleta Pueblo Recreation Center on Saturday, January 19, 2013. For those who attended and signed in with the colleges that were present, you should be receiving educational information to help you decide which college you may attend. We want to thank all the colleges and local businesses that attended and we look forward to next year's College/Career Fair. We also want to thank Governor Eddie Paul Torres, Lt. Gov.'s Antonio Chewiwi and Isidor Abeita for attending and their welcoming address, and words of encouragement to our students in their pursuit of higher education and employment. Also, thank you to Mr. Rick Giron and the entire Recreation staff for use of their facilities and for setting up tables, clean-up etc., and to the Hard Rock Casino for providing drinks and cake for our event.

Parent/Student conferences were held at both LLHS and VHS in January, and parents/students should have received updated information on the status of your student. Please note that if your child needs extra help with class work, tutoring services are available at the Pueblo of Isleta JOM Program. Please call 869-9778 or 869-9810 to set up tutoring services.

Seniors...check with your counselors to make sure that you are on schedule towards completing all your classes and that you will have the required credits for graduation...also check on updated scholarship information and apply before deadline dates.

#### LLHS February Calendar of Events

- 2/6 .... Early Release. Dismissal at 12:30 PM. In-service for teachers and staff.
- 2/8 ... Gov. Torres will speak to students at 1:00 PM. ASVAB Test for students who signed up.
- 2/11 ... Pre-AP/Parent Night @ 6:00 PM
- 2/12 ... FAFSA Night for all Seniors/Parents @ 6:00 PM
- 2/18 ... President's Day...No School
- 2/19 ... Los Lunas Title VII Indian Education Meeting.@ 6:00 PM @ the TRC Building (across from Los Lunas Elementary School)
- 2/21 ... Pre-AP/Parent Night @ 6:00 PM
- 2/22 ... FFA Pie Auction @ 7 PM
- 2/25 ... FAFSA night for Seniors/Parents @ 6 PM
- 2/28 ... Drama Production @ 6 PM

Please call for any student education concerns or request for parent/student/teacher conference. Ben Analla @ 865-4646, email: banalla@llschools.net.

### New Assistant Principal at Los Lunas High School

My name is Alfonso Otero, and I am filling the vacancy of Assistant Principal at Los Lunas High School for this spring semester 2013. I am from Los Lunas, and am a graduate of Los Lunas High School, class of 1986. My wife Carolyn Otero (Jojola) is also a graduate of Los Lunas High, and is a tribal member of the Pueblo of Isleta. We have four children, Cecilia (22), Issac (18), Isabel (10) and Madelynn (8). We currently reside in Council Grove, Kansas, and are slowly making our way back home to Los Lunas.

I received my administrative license at Emporia State University in 2009 and have been teaching at the secondary level at Council Grove High School for the past thirteen years, with a certification in Visual Arts K-12. I am also a Veteran having served four years in the U.S. Army, in the Military Intelligence Field at Fort Riley, Kansas, and was involved in Desert Storm and Shield. After my honorable discharge in 1992, I attended Emporia State University and received a bachelor's degree in teaching in 1997.

Aside from my family and our transition back to the Los Lunas area, I make an attempt, with time permitting, to enjoy various activities, namely traveling and the arts. I look forward to being back home, and am excited about working in the Los Lunas School district.

### Valencia High School

We want to thank all students and parents who attended the College/Career Day at the Isleta Pueblo Recreation Center. Governor Torres, Lt. Gov. Chewiwi, and Lt. Gov. Abeita had encouraging advice for all students to continue and graduate from high school and seek further education through college. We thank them for their supporting advice and invite you to visit Valencia High School.

Seniors had the opportunity to meet with several college representatives during the college fair at Isleta Pueblo. On behalf of the Valencia HS staff and counseling Department we want to congratulate you on being a Senior! If you have not decided what you plan to do, we encourage you to sit down and consider your options. The earlier you make your decision, the easier it is to utilize the services available from our Counseling Department. College admissions representatives will continue to visit our campus throughout the year. Applications for most colleges in New Mexico can be accessed online. In addition, NMSU, UNM, Eastern, NM Highlands, NM tech and Central NM Community college provide on-site registration at our school. The application fee is waived only at this time. Take advantage of this opportunity.

**FINANCIAL AID ...** Money to help pay for college comes in many forms. There are scholarship federal grants, federal loans, state loans, co-op programs, and college work study. College scholarships and financial aid forms are available directly from the college. The Free Application for Federal Student Assistance (FAFSA) will be available in the Counseling Office. The recommended deadline to complete this form is March 1, 2013.

**EVERY SENIOR APPLYING TO A COLLEGE OR TECHNICAL SCHOOL MUST FILL OUT THE FAFSA.** The Counseling Department will make every attempt to assist you with your plans, forms, or scholarships applications. Please take advantage of the resources and the people helping to guide you through this process. Besides your counselor, teachers and advisors are also a wonderful resource. Don't forget to sign up for the ACT and SAT tests.

#### VHS Calendar

- 2/6 ... Early Release
- 2/8 ... Isleta Pueblo Governor Torres and his staff presentation to all VHS Native American Students
- 2/11 ... **ADVANCED PLACEMENT NIGHT** will be held at 8:00 PM at the the School Library. AP exams, syllabi, summer reading requirements, college credit and other related topics will be covered. All students and parents interested in AP classes and AP exams are encouraged to attend.
- 2/18... President's day ...No School.
- 2/21 ... **VHS EXPO** at 6:00 PM in the cafeteria. All Departments will have displays and be available for questions and discussions of course offerings and activities.
- 2/27 ... Report cards issued.

**VHS COUNSELING DEPARTMENT**  
565-8755

Ms. Veronica Montero	A - F .... Ext. 6237
Ms. Teresa Garde	G - M .... Ext. 6206
Mr. Peter Scherer	N - Z .... Ext. 6222
Ms. Kim Griego, Registrar	.... Ext. 6220
Mr. Ben Analla, Title VII Indian Education ....	Ext. 6232

## NEED EXTRA CASH ????

### Buying Junk Cars and Scrap Metal !!!

### Will Pay Cash !!!!

### Call Pat Jojola at 220-2359



## Congratulations to Isleta Graduates

Sincere congratulations from the Isleta Higher Education Program! All the hard work you put into and effort and many sacrifices you made do not go unnoticed by this department.

To the community of Isleta, when you see these individuals please congratulate them as this is a HUGE accomplishment. It won't hurt to guilt them into working for their community 0 ... our home should be where every Isleta graduate is warmly welcomed to exercise the competence, skill and education they rightfully earned as a student. Graduates - next stop...the Isleta Human Resources Department!!!!

We need you!!

Sincerely, Isleta Higher Education Program

## CONGRATULATIONS FELLOW GRADUATES!!!

### Karen Jaramillo

Bachelor of Science,  
Information Systems Security  
ITT Technical Institute  
September 2012  
Employed with Pueblo of Isleta,  
MIS Department  
Lead PC Technician-1

### Brianna Padilla

Bachelor of Science,  
Nursing (BSN)  
University of New Mexico,  
College of Nursing,  
Fall 2012

### Theodore Edaakie

University of New Mexico,  
School of Architecture and Planning,  
Bachelor of Arts, Architecture  
Fall 2012

### Jessica D. Martinez

Associate of Applied Science,  
Radiologic Technology  
& Nursing Assistant Certificate  
Central New Mexico Community College  
August 2012

### Timothy Zuni

Associate of Applied Science,  
Criminal Justice  
Central New Mexico Community College  
Fall 2012

### Leslie Velardez-Jaramillo

Associate of Applied Science,  
Surgical Technology  
Brown Mackie College  
October 2012



## 2013 Graduation Banquet



Calling all graduates! Graduation is just around the corner and the Department of Education would like to celebrate with you. The Department of Education will host the 2013 Graduation Banquet in honor of those students who have completed/will complete High School, College, or have received/will receive their GED within the 2012-2013 graduation years. To keep our database up to date, we are asking that you contact Leona or Evangeline at the Department of Education, so you can be added to the list! We look forward to seeing you all!

**Department of Education**  
P.O. Box 1270  
Isleta, NM 87022  
Phone: (505) 869-9790

# class of 2013



## PUEBLO OF ISLETA ISLETA POLICE DEPARTMENT

3950 Hwy 47 Albuquerque, New Mexico 87105  
P.O. Box 699, Isleta, NM 87022  
Office: 505.869.9705

The Pueblo Of Isleta Police Department has three new Cadets which will be sent to Basic Law Enforcement Training. The Cadets have been going through FTO Training (Field Operation Training) which includes Classroom and Field Training with their Training Supervisors. The Cadets are Marrissa Martin, Jeffrey Jiron Jr. and Gabriella Bustamante, please welcome them into the community.



*Officer Devin Trujillo receives a Commendation Award for services rendered beyond the call of duty.*



*Pueblo of Isleta Police Officers renew their Oath of Office on January 18, 2013. Lt. Antonio Chewiwi did the swearing in of all Isleta Police Officers. Isleta Police Officers renew not only their Oath of Office, but their Code of Ethics and State Commissions. All of our 23 Officers including Command Staff are included.*

FROM THE OFFICE OF  
JUANA M. JIRON  
ISLETA POLICE DEPARTMENT

## Pueblo of Isleta Veterans' Association

The next monthly meeting will be on Wednesday, 20 February 2013 at 6:30 PM at the Natural Resource Center located behind the Fun Connection. (The old Treasurer's office)

The association members have been spending a lot of time in Santa Fe talking to legislators about a submitted capital outlay capital proposal, requesting for funds to construct a Veterans' Center at our Los Charcos property.

We will discuss the above and a few other things... and maybe trade war stories...

All honorably discharged Veterans are welcome to join the association for a mere \$25 per annual fee. ... and any person interested in veterans issues is welcome to attend the meetings.

For more info ... call Joe L. Jaramillo (Commander) at 916-4404, or Ulysses (Adjutant) at 307-1582





## Isleta Public Library

### Greetings to you all! Happy February!

Great News!

The Library will be getting a new website. It is in the works right now and will be coming to the internet real soon.

#### News

Here are a few upcoming closures. The Library will be closed on February 7th and closed on Presidents Day February 18th, 2013. Sorry for any inconvenience.

We are in the mist of planning this year's Summer Reading Program. Keep your ears open for registration dates and a calendar of events.

#### Upcoming

Our next incentive field trip will be starting February 11th for all students. Come earn points to go to Hinkle Family Fun Center/ Paintball. Students earn points by doing 30 minutes of reading or doing homework. Space is limited to go on the field trip so come in and earn your points right away before space fills up.

Valentine's Day is fast approaching. We will be having activities for the whole family (all ages). We will be making Valentine's Day Cake Pops and Valentine's Day cards from 4:30pm- 5:30pm on February 13th and 14th and make a gift for that special someone.

Dr. Seuss's Birthday is coming up in March and the Library will be celebrating with fun filled activities and reading Dr. Seuss books. Come join us! Keep a look out for the flyer!

#### Recap

During winter break we hosted another anticipated Video Game Tournament for all ages. We featured two game tournaments with Black Ops II and Capcon vs. Marvel, and the other tournament they competed

with the games Mario Kart, Wipeout and Mario Bros on the new Wii U. It was a close one between all participants to win prizes. Congratulations to all the winners: 1st Place(\$30 giftcard)- Desirea Abeita and Gabriel Velardez, 2nd Place (\$20 Gift card) Layne Lujan and Angel Gallegos, 3rd place (\$10 Gift Card) Anthony Otero-Riley and Joshua Abeita. Keep your ears open for the next game tournament!

Kudos goes out to Gabriel Velardez for helping out the Library Staff fold the United States flag during closing time. Thank you! For the most recent news and updates with the Library, "Like" and check out our Facebook page.

#### Pueblo of Isleta Public Library

Hours of Operation:

Monday-Thursday: 8:00am-6:30pm

Friday: 8:00am-4:30pm

Saturday: 9:00am- 1:00pm

Mailing and Physical Address:

950 Moonlight Drive  
Albuquerque, NM 87105

Phone: (505) 924-3192

Email: poi02002@isletapueblo.com

Facebook Page:

[www.facebook.com/IsletaPuebloLibrary](http://www.facebook.com/IsletaPuebloLibrary)

Web Address:

[www.isletapueblo.com/library2.html](http://www.isletapueblo.com/library2.html)



Gamers competing for the top prize of a gift card!

### Child Safety Car Seat Clinic

➔ **WHEN: Saturday, February 23, 2013  
1-3pm**

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

➔ **CALL 869-4482 OR 869-4479 FOR  
INFORMATION**

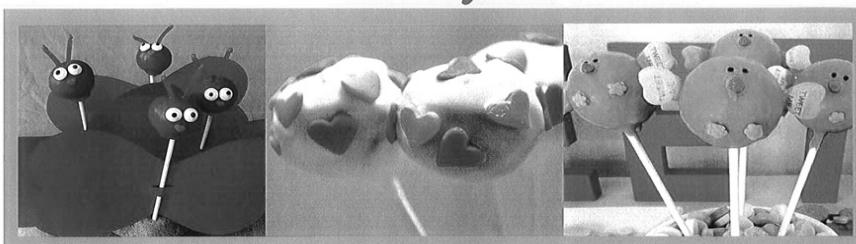


**Learn How to Properly Install Your Child's Car Seat  
to Keep Them Safe!**

**Must Have Child and Car Seat Present**



### Valentine's Cake Pop Craft



**Wed, Feb. 13th & Thurs, Feb. 14th  
4:30pm - 5:30pm**

*Come join the library in making 3 Valentine-themed Cake Pops for your or a friend.*

*Wednesday: Making of the Cake Pops*

*Thursday: Designing & Taking home the Cake Pops*

*There will be 3, 30-minute sessions for 15 people. 4:30pm, 5pm, & 6pm*

*Those same people will return the next day to finish and  
take home their cake pops to share.*

*For more information call the Library and Speak  
to a staff member @ 869.9808*





## Parks & Recreation

As January 2013 comes to an end and we now start focusing on February 2013, I will do a quick re-cap of activities that took place in January at the Rec. Center. Now that we are the home court for the Native American Community Academy High School (NACA) we did host many of their practices in early January. Also on January 19th we hosted our first High School game that featured NACA against the Walatowa High School from Jemez Pueblo in which both varsity squads (Boys & Girls) played. If anyone is interested in watching any of these games you can for a nominal fee. Several of our high school students are represented in both teams. The next games that we will host will be on the following dates: Saturday, February 9th at 4:00 and 5:30 pm, Tuesday, February 12th at 5:30 and 7:00 pm, and then again on Saturday, February 19th at 4:00 and 5:30 pm. Also in January we were the host site for the Los Lunas High College Career Day which was held on Saturday, January 19th from 9:00 am until 12:00 pm. Although numbers were down because of traditional dancing taking place in the Pueblo of Isleta, those parents and students who did attend had some valuable information disseminated to them. Also on Friday, January 25th we hosted one of our girls youth basketball games that involved our Elementary Students versus that Pueblo of Cochiti and on Wednesday, January 30th all of our 4 youth teams will play a home game against Tohajiilee. This activity was all inclusive of the additional traffic that we saw as people in high numbers have once again been showing for work-outs to honor their New Year's Resolutions.

### Basketball

As I mentioned earlier, our youth girls team from the Elementary School had their first home game against neighbors from the north Cochiti Pueblo. Although our girls from Isleta led most of the game they eventually were over taken by Cochiti Pueblo and lost the game by 2 points in a nail biter. Although Coach Jonathan Lente was saddened by the loss, and hates to make excuses for it, he went on to say, "our girls played their hearts out and losing one of his star players (Brianna Mariano) in the 2nd half to an ankle injury really affected the outcome". The girls will have to make some adjustments because she may not be able to come back the rest of the season pending the MRI that was scheduled to ascertain the extent of her ankle injury. The next games scheduled for February are as follows with all 4 teams playing: Friday, February 1st at Jemez Pueblo, Saturday, February 2nd at home versus Jemez Riverside, Friday, February 8th at Cochiti Pueblo girls only, Saturday, February 9th at Tohajiilee, Friday, February 15th at San Felipe Pueblo, Saturday, February 16th at home versus Jemez Day School, and February 22-



24th the Jemez Day School Eagle Classic Tournament 5th and 6th grade Boys and Girls only. So as you can tell our children will be very busy with basketball this whole month of February and we hope that many of you parents and family members can come and support our children as they continue to hone their skills. Our 4 coaches, Brittany Benavides, Phillip Abeita, Jonathan Lente and Head Coach Carl Anderson have doing an outstanding job preparing our children for all these games. Pictured is our girls team playing their first home game against Cochiti Pueblo in which they lost a nail biter.

### Jujitsu

After several months of preliminary interest in classes of Jujitsu, we now have made it a regular part of our program. Instructor Matthew Zuni has really done an outstanding job in recruiting students and he reports some good numbers in students who are participating in the program. If anyone is interested they can come by and talk to him any time after 5:00 pm Monday through Friday.

### Native American Fitness Council

On Monday, March 11th through Friday, March 15, 2013 we will be the host site for 2 Native American Fitness Council Certification Classes. In the first 2 days (Monday and Tuesday) of the week the training certification will present Walking Strong Trainer Program and the next 3 days (Wednesday through Friday) the Medical Conditions & Exercise Certification Course will be presented. The whole idea behind the programs is that they empower native people to improve their fitness through a variety of cutting-edge programs. They will have highly skilled instructors use hands-on practice, storytelling, simple language, and visual demonstrations to teach exercise principles. In fact, they have used these same principles successfully with top fitness companies, Olympic athletes, and professional sports teams. If anyone is interested they can get on line at [www.nativeamericanfitnesscouncil.com](http://www.nativeamericanfitnesscouncil.com) and look at cost associated with this program. The Pueblo of Isleta will have a minimum number of 4 of our employees take these classes and possibly more.

### Parks Division

If any of you tribal members live next to one of our 8 parks you may have witnessed our park employees busy trimming trees, bushes and cleaning up the parks from all the litter and leaves left by our winter season. Parks Superintendent, Robert Apodaca reports that we are about a month away from fertilizing the parks and cranking up the watering schedule to insure that we have lush, beautiful parks for everyone to enjoy especially our Little Leaguers who will be the first to use them as practice times are just weeks away. Incidentally, Little League registration is ongoing for anyone 4 years old to 18 years old. Please see attached flyer regarding the Little League Program. Once again Virgil Lucero will be at the helm and he can be reached at 505 507-6912. Please don't delay in getting your children registered. Although it seems months away from practicing and playing games, it is really just around the corner.

### Aquatics Program

If we have any tribal members 16 years and older who may be interested in becoming a lifeguard for the Pueblo of Isleta, please call and ask for Aquatic Coordinator, Lindred Onsaie or Head lifeguard, LeeAnn Lente at 869-8557. We periodically host training classes that can prepare you for such a fulfilling and rewarding job whether it is part-time or even full-time. Take advantage of our award winning instructor, LeeAnn Lente who is our Head Lifeguard and outstanding teacher of the necessary aquatic skills to become an outstanding Lifeguard and teaching instructor. Some fees are charged for classes in order to have those really serious about making lifeguard for the Pueblo of Isleta or possibly making the Aquatic industry a career. It's also another opportunity to have a part-time job while working your way through College. Why not come out and give it a shot?

## SAVE THE DATE

April 2013 marks the 15th Annual Child Abuse Prevention and Awareness Campaign for the Pueblo of Isleta! Join us this year! The following are upcoming events inviting the entire community to participate and show support in promoting child abuse awareness.

### Fun Walk & Run:

THURSDAY, APRIL 4, 2013 at 5:30 PM  
Isleta Social Services Walk Path  
*Registration information to follow*



### Child Abuse Prevention/Awareness Parade:

SATURDAY, APRIL 20, 2013  
More information to follow

Sponsored by  
**Isleta Social Services**







## 2013 REGISTRATION

TO BE HELD AT LITTLE LEAGUE TRAILER

### DIVISIONS/AGES

BASEBALL & SOFTBALL  
TBALL, ROOKIES, MINORS, MAJORS, JUNIORS, SENIORS  
AGES 4-18  
(MUST BE 4 YRS OLD ON OR BEFORE APRIL 1ST)

### DATES/TIMES

JANUARY 19<sup>TH</sup> 10AM - 2PM  
JANUARY 26<sup>TH</sup> 10AM - 2PM  
JANUARY 30<sup>TH</sup> 6PM - 8PM  
FEBRUARY 2<sup>ND</sup> 10AM - 2PM  
FEBRUARY 9<sup>TH</sup> 10AM - 2PM

### REGISTRATION FEES

\$30 PER CHILD  
\$5 OFF EACH ADDITIONAL CHILD  
LATE REGISTRATION FEE AFTER FEB 9<sup>TH</sup>  
WILL BE \$50 PER CHILD

### WHAT TO BRING?

3 PROOFS OF RESIDENCY AND BIRTH CERTIFICATE

### PARENTS....WE ARE LOOKING FOR VOLUNTEERS AND BOARD MEMBERS

- SECRETARY
- COACHES
- COORDINATOR
- BOARD MEMBER AT LARGE
- COACHES
- TREASURER
- CONCESSIONS COORDINATOR
- HEAD UMPIRE
- INFORMATION OFFICER

IF INTERESED OR FOR MORE INFORMATION  
PLEASE CONTACT VIRGIL LUCERO (505) 507-6912

## 2013 Isleta Little League

### REGISTRATION

Isleta Little League Concessions Trailer  
Tribal RD 40 across from the Recreation Center.  
We are also looking for volunteers to serve as board members, coaches and umpires.

### DATES/TIMES

Every Saturday through February  
10 am - 2 pm  
Including Wednesday January 23  
6:30 pm - 8 pm

### REGISTRATION FEES

\$ 30.00 DOLLAR PER CHILD  
\$25 for 2nd child or more  
Late Registration Fee will be \$50.00

### DIVISIONS/AGES

Ages 4 through 18  
(Must be 4 years old by April 31)

### WHAT TO BRING?

All parents/guardians must bring a birth certificate and 3 documents proving residency.

### FOR MORE INFORMATION CONTACT

Virgil Lucero 505-507-6912



Those of you 50+ years of age: members, residents and your sweethearts, what are you doing on Valentine's Day?

Well, here is a idea! Why not attend the Sweetheart Dance and Social! It will be fun; we plan to have snacks, sweets, and live music and a dance. Do not sit at home alone; come join your family, neighbors and friends.

Where: Isleta Elder Center When: February 14, 2013

Time: 6:30pm - 10:00pm Music by: Dirt Road Band

No reservations needed...



## WIC NOTES

### Baby Brain Growth

Here are some ideas to help you encourage your baby/toddler's brain development.

#### Age: Birth to 4 months

Read; make silly faces; tickle the body; slowly move objects in front of your baby's eyes, like a brightly colored rattle; sing simple songs and nursery rhymes with repetitive phrases; narrate everything you and your baby will do, such as "We are going in the car now; we are putting you in the car seat; Mommy is getting into the car."

#### Age: 4 to 6 months

Help baby hug stuffed animals; stack things (like plastic blocks) and let your baby knock them down; play music with different rhythms; show your baby books with brightly colored pictures; let your baby feel objects with different textures.

#### Age: 6 to 18 months

Talk and interact face-to-face to increase connections between sounds and words; point to familiar people and objects and repeat names; sing songs with repetitive verses and hand motions; play hide and seek.

#### Age 18 to 24 months

Play simple recognition games like "spot the yellow car" or "the red flower," or put three objects in front of your child and say "Give me the ..."; talk directly to your baby as much as possible; introduce your child to writing tools such as crayons and paper; ask "where and what" when reading to your child; encourage some independent play with favorite toys.

#### Age: 24 to 36 months

Lavish your child with praise and encouragement as he or she perfects motor skills; bolster your child's imagination by encouraging new ways to use toys; help your child incorporate 'real life' activities into play, such as pretending to talk on the phone, drive a car, have a tea party; when reading, incorporate your child into the story by asking questions; point to words while you read to your child; encourage identification of words on the page or their sound.

#### Ages 3 to 5:

Teach sharing by example; play simple board games to foster learning rules and skills; limit TV/video watching to one to two hours per day, and watch with your child to make it interactive. As children advance, offer simple choices (read a book or do a puzzle); limit the use of the word "no" and encourage exploration and natural curiosity; give your child respect and attention and show patience as your child tries to explain his or her new experiences; make time each day to sit with your child and discuss what he or she did that day, encouraging your child to explain and explore new experiences.

Taken from WebMd article: How Your Newborn Grows: Infant Development How to Raise a Smart Baby

### Breastmilk and Brain Power

- Evidence shows that there are nutrients in breastmilk that enhance brain growth
- Children who were breastfed have I.Q. scores averaging seven to ten points higher than formula-fed infants
- Studies have shown that children who are breastfed get higher grades in school, even after other influences on school performance are taken into account.
- The intellectual advantage gained from breastfeeding is greater the longer the baby is breastfed.

Taken from Dr Sears evidence based article.

Heidi Lanes WIC Nutrition Coordinator.



Isleta Elder Center  
Activities Calendar  
February 2013

February 1: Elder Field Day: NM State Legislature - "Native American Day" & Lunch in Santa Fe  
Leave: 7:30 am/Return: 3:00 pm

February 5: Shuffleboard @ Manzano Mesa — Lv: 10:30 am/Return 4:00 pm

February 7: Commodities

February 13: Ash Wednesday

**February 14:Elder Valentine's Day Dance - Elder Center  
6:30 pm — 10:00 pm**

**February 18:Center Closed — President's Day**

February 19: Shuffleboard @ Manzano Mesa — Lv: 10:30 am/Return 4:00 pm

February 21: General Meeting — POI Tribal Council — "Wills and Processes"

February 25: Advisory Board Meeting — Elder Center  
10:00 am — 12 noon

**February 25:POI Senior Olympic — Local Games**

**March 4: (See Schedule of Events)**

February 28: Early Bird Registration Deadline for 2013 National Senior Olympics

February 28: Commodities

- Local Games:**  
Local Games are held in various counties throughout New Mexico to qualify local athletes for the Annual Summer Games.
- Rules:
- Any senior age 50 or older by December 31 who resides in the area/county where a local game is held is eligible to participate
  - Registration Fee(s) — range between \$5 and \$20
  - Local game partner and group events allow participants from other counties
  - If an event is not available in a county, participants can compete in a neighboring county's local games.
  - Local Game playing rules are adopted by the state office.
  - Local game exhibition is required if there is no competition in your age division.
  - Navajo Elders are eligible to compete in San Juan, McKinley and Cibola county games.

**WE WOULD LIKE TO EXTEND A PERSONAL INVITATION TO ALL ISLETA ELDERS 50+!**  
*"You don't stop playing because you grow old,  
you grow old because you stop playing."*

Pueblo of Isleta — Senior Olympics  
LOCAL GAMES COMPETITION — All Age Groups  
February 25 — March 8, 2013

Monday, February 25: (Fun Connection) Bowling (Singles)  
– 10:00 am

Tuesday, February 26: (Fun Connection) Bowling (Doubles)  
— 10:00 am

Wednesday, February 27: (Isleta Recreation Center)  
Basketball (Free-throw/3 pt.) – 9 am  
Frisbee Accuracy – 10:00 am  
Table Tennis – 11:00 am  
8-Ball Pool – 11:30 am

Thursday, February 28: (Isleta Recreation Center)  
Soccer Kick – 10:00 am  
Softball Throw – 10:30 am  
Frisbee Distance – 11:00 am

Friday, March 1: 400K (est. walk) – 9:00 am  
(Baseball Fields)  
800K (est. walk) – 9:30 am  
(Baseball Fields)  
Huachas (Washers) – 10:00 am  
(Isleta Recreation Center)

Monday, March 4: (Recreation Center) Horseshoes  
– 10:00 am

Tuesday, March 5: (Baseball Fields) Archery – 10:00 am

Wednesday, March 6: (Recreation Center)  
Shuffleboard (Singles ) – 9am  
(Recreation Center)  
Shuffleboard (Doubles) – 9 am

Thursday, March 7: (Recreation Center)  
Shuffleboard (Doubles) – 9 am

Friday, March 8: Make-Up Day

- Note(s):**
- Golf (Must qualify within two-week game period) – Isleta Eagle Golf Course
  - Off-Site Events: Air Gun; Archery; Badminton; Cycling; Dance; Field Events (Javeline, Discus, Shot Put, High Jump, Long Jump, and Pole Vault); Pickle Ball, Raquetball, Road Race, Talent Show, Tennis, Track, and Triathlon
  - Contact Renee Chavez, Local Coordinator at 869-9770 for information or scheduling assistance.



Pueblo of Isleta  
Senior Olympics  
Local Games Practice Schedule

**400K/800K Est. Walk** — Mondays & Wednesdays-9:00 am  
(Baseball Fields)  
\*Contact: Gloria Analla

**Shuffleboard** —Fridays-10 am (Recreation Center)  
\* Contact: Priscilla Reyna-Jojola  
and/or Elsie Lucero

**Basketball/Ping Pong/8-Ball Pool/Frisbee Accuracy/  
Washers** Tuesdays & Thursdays-10am  
(Recreation Center)  
\*Contact: Seferino Lucero

**Bowling** —Mondays-10 am (Fun Connection) -  
"Senior Day" \$2.25 per game  
\*Contact: Renee Chavez

**Horseshoes/Soccer Kick/Softball Throw/Frisbee Distance**  
Tuesdays & Thursdays —1:00 pm  
(Recreation Center)  
\*Contact: Seferino Lucero

*"You don't stop playing because you grow old,  
you grow old because you stop playing."*



**Isleta Health Center**  
P.O. Box 580 / 1 Sagebrush St.  
Isleta, NM 87022  
Phone: 505-869-3200

**TO: Patients of the Isleta Health Center**  
**RE: Form and Letter Requests to Providers**

In order to serve you better, the Isleta Health Center's Medical Clinic is changing the process for completing paperwork such as PNM/Gas Company forms, letters for housing, handicapped placard applications, jury duty letters, and FMLA.

We request your assistance so we may understand why you need us to complete your paperwork. When you call or bring in paperwork, we will now ask for information regarding the reason you need the paperwork completed. In addition, you will need to complete your section of the paperwork in advance, such as your name, date of birth, address, and phone number.

We will complete your paperwork within 2-3 business days after submission. Thank you for helping us to complete your important forms and letters. If you have questions, please feel free to call the medical clinic.





**Pueblo of Isleta  
Senior Olympics  
Local Games Practice Schedule  
Recruiting Tribal Members 50+**

A signed agreement with the New Mexico Sr. Olympics Organization authorizes the Pueblo of Isleta Elder Center to hold and coordinate Sr. Olympic sports events and activities. Generally, we average 25-30 athletes per year competing in various sports. Every other year, the athletes compete statewide to qualify for the National Finals. This year in July 2013, a group of 17 will represent the Pueblo of Isleta in Cleveland, Ohio. We encourage you to come out and join them, starting with practice sessions, participating in Local Games to qualify for State Summer Games in Roswell, NM. Please note the following schedules and mark the dates. Overall, the focus of this program is to promote your emotional and physical wellbeing.

*"You don't stop playing because you grow old,  
you grow old because you stop playing."*

**WEEKLY PRACTICE SCHEDULE**

**Mondays & Wednesdays—9:00 am (Baseball Fields)**

400K/800K Est. Walk

**Fridays—10 am (Recreation Center)**

Shuffleboard

**Tuesdays & Thursdays-10 am (Recreation Center)**

Basketball/Ping Pong/8-Ball Pool/Frisbee Accuracy/Washers

**Mondays—10 am (Fun Connection) - "Senior Day" \$2.25 per game**

Bowling

**Tuesdays & Thursdays —1:00 pm (Recreation Center)**

Horseshoes/Soccer Kick/Softball Throw/Frisbee Distance

**LOCAL GAMES COMPETITION**

**February 25 – March 8, 2013**

<b>Monday, February 25: (Fun Connection)</b> Bowling (Singles) – 10:00 am	<b>Tuesday, February 26: (Fun Connection)</b> Bowling (Doubles) — 10:00 am
<b>Wednesday, February 27: (Isleta Rec Center)</b> Basketball (Free-throw/3 pt.) – 9 am Frisbee Accuracy – 10:00 am Table Tennis – 11:00 am 8-Ball Pool – 11:30 am	<b>Thursday, February 28: (Isleta Rec Center)</b> Soccer Kick – 10:00 am Softball Throw – 10:30 am Frisbee Distance – 11:00 am
<b>Friday, March 1:</b> 400K (est. walk) – 9:00 am (Baseball Fields) 800K (est. walk) – 9:30 am (Baseball Fields) Huachas (Washers) – 10:00 am (Isleta Rec Center)	<b>Monday, March 4: (Isleta Rec Center)</b> Horseshoes – 10:00 am
<b>Tuesday, March 5: (Baseball Fields)</b> Archery – 10:00 am	<b>Wednesday, March 6: (Isleta Rec Center)</b> Shuffleboard (Singles) – 9am
<b>Thursday, March 7: (Isleta Rec Center)</b> Shuffleboard (Doubles) – 9 am	<b>Friday, March 8:</b> Make-Up Day

Note(s):

- **Golf (Must qualify within two-week game period) – Isleta Eagle Golf Course**
- **Off-Site Events (not held in Isleta but available): Air Gun; Archery; Badminton; Cycling; Dance; Field Events (Javelin, Discus, Shot Put, High Jump, Long Jump, and Pole Vault); Pickle Ball, Racquetball, Road Race, Talent Show, Tennis, Track, and Triathlon**

Contact Renee Chavez, Local Coordinator at 869-9770 for information or scheduling assistance.



We wish to express our most sincere appreciation and heartfelt Thank You to our family, friends and community for the outpour of love and support during the recent loss of our dearly beloved Sherry Abeita. She was a loving wife, mother, grandmother, daughter, sister, aunt, friend and so much more to many. She has joined our dear son and brother, Robert Gene; we ask that you continue to keep their spirits in prayer. May the Creator bless you all with an abundance of health and happiness, and may he always keep you in his safety.

Ha wu/Her kem,  
Adrian, Natasha and Timothy  
Abeita & Santana Routzen

**The Family of  
Jose Robert Benavides**

The Family of Jose Robert Benavides would like to express our sincere thank you and gratitude to everyone who supported us during the loss of our mother-grandmother Judy Benavides.

Our mother-grandmother was a very special person devoted to her husband Robert, children, grandchildren and great grandchildren. Although we miss her very much...we have some comfort knowing that she is now at Peace in Heaven.

**WIC Breastfeeding Corner - Women, Infants, and Children Program**

**If a breastfeeding mother is ill, can she still breastfeed? YES!** Basically if mom is ill, her baby has already been exposed to the virus. Breastmilk helps your baby's body fight the virus and because breastmilk has anti-inflammatory properties, it can help diminish symptoms like fever, body aches, and chills. Since it is influenza season, breastfeeding mothers can be vaccinated if they desire. However, the 'flu' vaccine doesn't protect us from the stomach bug (norovirus). Mothers who become ill should continue breastfeeding, stay hydrated, and get extra rest.

**Here are some tips from CDC to prevent the spread of viruses and bacteria.**

**Practice proper hand hygiene**

Wash your hands carefully with soap and water, especially after using the toilet and changing diapers and always before eating or preparing food. If soap and water aren't available, use an alcohol-based hand sanitizer. These alcohol-based products

can quickly reduce the number of germs on hands in some situations, but they are not a substitute for washing with soap and water.

**Take care in the kitchen**

Carefully wash fruits and vegetables, and cook oysters and other shellfish thoroughly before eating them.

**Do not prepare food while infected**

People with norovirus illness should not prepare food for others while they have symptoms and for 3 days after they recover from their illness.

**Clean and disinfect contaminated surfaces**

After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces by using a bleach-based household cleaner as directed on the product label. If no such cleaning product is available, you can use a solution made with 5 tablespoons to 1.5 cups of household bleach per 1 gallon of water.

**Wash laundry thoroughly**

Immediately remove and wash clothing or linens that may be contaminated with vomit or stool. Handle soiled items carefully—without agitating them—to avoid spreading virus. If available, wear rubber or disposable gloves while handling soiled clothing or linens and wash your hands after handling. The items should be washed with detergent at the maximum available cycle length and then machine dried.

Source: CDC-Centers for Disease Control and Prevention-website

**The Pueblo of Isleta WIC office is open to the public!**

**We have a breastfeeding peer counselor and a lactation consultant on staff!**

**WIC Office Hours**

Monday, Wednesday, Thursday, and Friday:  
8 to 4:30 pm

**Tuesday 8 to 6 pm**

Call WIC at #869-2662.



Health Beat

Project Heart Start

Health Educator: Stephanie Barela,869-4479

The Isleta EMS Manager and an Isleta EMT, Vernon Abeita and Brian Hernandez, put on a Project Heart Start CPR program for Isleta Head Start’s Parent Night on January 16th, 2013. Project Heart Start is a new way to give CPR. This is a compression only CPR, which is easy to remember and does not require mouth-to-mouth resuscitation. The rescuer now is required to do only two things after establishing that an individual is unresponsive: Call 911 and compress on the center of the chest 100 times a minute at a depth of around 2 inches, not stopping until the paramedics arrive or an AED is utilized to shock the heart back to normal rhythm. It is no longer necessary to check for a pulse or perform mouth to mouth breathing. Studies have shown CPR attempts rose from fewer than 30% to nearly 80%, with the use of this new method. It is always important to do what you can if you are present when someone collapses.

For an adult who suddenly collapses, Remember:

1. Quickly determine unresponsiveness and call 911—Don’t Wait! .
2. Pump “Hard and Fast” 100 times per minute in center of chest and don’t stop until EMS arrives.
3. Call for an AED: use it even if you are not trained

What to do for a Heart Attack:

Signs:

- Chest discomfort that may spread to arms, neck or jaw
- Aching, burning, squeezing or heartburn
- Unexplained shortness of breath
- For symptoms that persist more than 10 minutes, call 911 and chew one regular aspirin

If you are interested in learning Project Heart Start Compression Only CPR, then call Stephanie Barela at the Isleta Health Center at 869-4479 to SIGN UP for the 2nd Annual Isleta Cancer Education Conference that will be on March 2, 2013 from 9am-4:30 at the Isleta Old Court House, which will have this 45min training as a part of the educational day.



2013 Meeting Schedule			
(2nd Tuesday of the month from 10:30-noon at Isleta Health Center, Small Conference Room)			
Date	Topic	Speaker	Organization
1/8/2013	The Big C, It's Not a Secret Any More	Leslie Kaufman	PLTC
2/12/2013	Tips for Supporting People with Cancer	Mary Ellen	PLTC
3/12/2013	A caregivers experience with death and dying	John Barton	Breast Cancer Resource Center
4/9/2013	To Be Determined (TBD)	TBD	TBD
5/14/2013	People Living Through Cancer	Mary Ellen	PLTC
6/11/2013	Stress Management	Anjie Cureton	UNM
7/9/2013	"Fun with Cancer-Fighting Foods."	Deb Openden	Breast Cancer Resource Center
8/13/2013	TBD	TBD	TBD
9/10/2013	TBD	TBD	TBD
10/8/2013	Clinical Trials	Sydney Goosing	New Mexico Cancer Care Alliance
11/12/2013	Nutrition and Cancer	Amber Abhold	Isleta Health Center
12/10/2013	Survivors Panel	Cancer Survivors	TBD
CONTACT Stephanie Barela to Sign Up and to Learn More 869-4479			
Topics are Subject to Change			



## Isleta Health Center Calendar Questions? Call 869-3200 **February 2013**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Tobacco Use Prevention Session 4 4th graders 10:30-11:30	2
3	4 Freedom From Smoking Session 4 QUIT DAY At Clinic	5 Freedom From Smoking Session 5 at Clinic	6 Dental Health Presentation at Isleta Head Start Parent Night	7 REGISTER FOR 2nd Annual Isleta Cancer Education Conference, Call 869-4479	8 Tobacco Use Prevention session 5 4th graders 10:30-11:30	9
10	11 Freedom From Smoking Session 6 at Clinic	12 Isleta Cancer Education and Support 10:30-12 "Tips for Supporting People with Cancer"	13	14	15 Tobacco Use Prevention session 6 4th graders 10:30-11:30	16
17	18 Presidents Day CLINIC CLOSED NO CHR Transports	19 Freedom From Smoking Session 7 at Clinic	20	21 Great American Spit Out NEED HELP QUITTING SPIT? Call 869-4479	22 Tobacco Use Prevention session 7 4th graders 10:30-11:30	23 <b>Child Safety Car Seat Clinic</b> at the Isleta Health Center from 1-3pm call 869-4482 or 869-4479
24	25	26 Dental Health Presentation at Isleta Head Start Parent Night	27	28		

### 2<sup>ND</sup> ANNUAL ISLETA CANCER EDUCATION CONFERENCE

**SATURDAY • MARCH 2<sup>nd</sup>**  
9am-4pm @ the Old Court House

#### LEARN ABOUT CANCER

- What is Cancer?
- Cancer among Native Americans
- Cancer risk and risk reduction
- Isleta specific cancer numbers
- And more!

Door Prizes

16yrs old & over

**Call Isleta Health Center to REGISTER @ 869-4479**

Learn  
Heart Saver  
CPR

Must  
Pre-Register  
by Feb. 8, 2013!

Lunch  
Served!

SPACE LIMITED FOR THE FIRST 75  
WHO PRE-REGISTER!

**PRIZES, Tshirts, FOOD and More!**



### Isleta Cancer Education & Support Group

#### WHEN:

2<sup>nd</sup> Tuesday of Each Month  
*Next Meeting is February 12, 2013*

#### TIME:

10:30am to Noon

#### PLACE:

**ISLETA HEALTH CENTER SMALL CONFERENCE ROOM**

Speaker: Mary Ellen, People Living Through Cancer

*Tips for Supporting People with Cancer*

**please join us!**



**Everyone welcome!**

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