



# Isleta Pueblo News

Volume 9 Issue 4

April 2014

## From the Office of the Governor

### SIPI Accreditation

March 12, 2014 - Albuquerque, New Mexico – Kevin Washburn, Assistant Secretary of Indian Affairs announced that the Southwestern Indian Polytechnic Institute (SIPI), a Bureau of Indian Education operated post-secondary institution of higher learning, has been awarded “initial accreditation” status by the Higher Learning Commission of North Central Association of Colleges and Schools. Under Dr. Sherry Allison’s leadership SIPI has achieved accreditation, which holds the promise of more American Indians and Alaska Natives entering competitive job training programs in Associate of Applied Science, Associate of Arts and Associate of Science degrees. This accreditation means that SIPI will be able to continue to educate a new generation of students to meet the needs of their Indian communities and Nation.

Established in 1971 at the request of the 19 Pueblo tribes in New Mexico and other federally recognized tribes to help train American Indians and Alaska Natives for employment, the Southwestern Indian Polytechnic Institute is a National Indian Community College and Land Grant Institution with a national, tribally appointed board of regents.

### Pueblo of Isleta Internship Program

The Pueblo of Isleta has never had a functional Intern Program and we are dismayed every summer when our college students return home for the summer looking for such a program or at the least some summer employment. In our experience, it takes an exorbitant amount of time to get the paperwork and background investigation accomplished before a candidate can be hired. Therefore, without prior preparation, it would already be time for them to return to school. The result is that they lose out on some gainful employment and some valuable work experience in their field of study. This year we want to be ahead of schedule.

Letters have gone out announcing our Summer Intern Pilot Program. This is a Pilot Program this year because we want to develop a program based on the needs and interest by our scholarship recipients. We also want to learn from this experience and develop the program to meet the needs of our college students for next year, and to work with those colleges to establish a more formal program that will allow them credit for the work they perform here during the summer. This experience will also provide our Governor and Tribal Council officials with some valuable feedback on our scholarship recipients.

For further information, please contact



### March 26, 2014 – Isleta Diversion Dam

*YOU CAN SEE THE RIVER WITHOUT THE TREES! The Island Removal Project which started on December 30, 2013 is to be complete by March 26, 2014. The project will help improve the ecosystem of the river while presenting a pleasing view of our river.*

Ms. Myra Garro, Human Resources Representative with the POI Human Resources Office at (505) 869-9792, or poi07001@isletapueblo.com.

### Isleta Pueblo Irrigation Ditch Cleaning

The Mayordomos for 2014 have announced the dates for cleaning Pueblo irrigation systems.

Head Mayordomo Bernard Lujan and Assistant Gary Trujillo have scheduled March 22, 2014 for cleaning of the Acequia Madre Lateral.

Head Mayordomo Brian Jiron and Assistant Kevin Schroeder have scheduled March 29, 2014 for cleaning of the Cacique Lateral.

Head Mayordomo Leonard Abeita and Assistant Leon Chewiwi have scheduled April 5, 2014 for cleaning of the Chical Lateral.

### March 25, 2014 – Isleta Hotel and Casino

The Pueblo of Isleta Law Enforcement Services hosted a multi-state BIA Indian Highway Safety Program Grant Writing/ Refresher Training on March 25-26,

2014 held at the Isleta Hotel and Casino. Section 402 Legislation/NHTSA funds are used to support countermeasure strategies and projects identified in Tribal Highway Safety Plans. This includes resources to initiate new projects and catalyze or accelerate existing projects to address major safety issues with well-planned strategies, and leverage additional State and local investment in highway safety. The training was well attended by 41 Tribal Law Enforcement administrators and grant writers for throughout the southwest. Lt. Governor Antonio Chewiwi made opening remarks and welcomed all participants.

### Pueblo of Isleta Probate Ordinance

In an effort to solicit additional public comments on the Draft Isleta Probate Ordinances, the Pueblo of Isleta Tribal Council has extended the public comment period to April 1, 2014. It is essential that you have the opportunity to provide your input on these draft ordinances which will govern future decisions which will affect us all. Please address your written comments to:

Tribal Council Office  
P.O. Box 1270  
Isleta, New Mexico 87022

( Continued next page )

(Office of the Governor, Continued)

or you may hand deliver your written comments to the Tribal Council Office located at the new Tribal Service Complex during regular business hours. Copies of the Draft Probate Ordinances are available at the Tribal Council Office and the Governor's Office. Thank you for your participation.

### BIA-Secretarial Election

On March 24, 2014, the Isleta Tribal Council sent out a bulk mailing informing the Isleta Community that the Pueblo of Isleta proposes to request the U.S. Bureau of Indian Affairs to hold a Secretarial Election to amend the Pueblo of Isleta Tribal Constitution. The bulk mail contains nine (9) proposed amendments and invites the community to a community meeting to be held April 26, 2014 (Isleta Casino & Resort Ballroom, 10am to noon) to discuss the proposed amendments. BIA officials will be present at this meeting to answer any questions from the community on how

BIA will conduct this Secretarial Election, including questions on who is eligible to vote and when eligible voters must register to vote. BIA preliminary proposes to conduct the Secretarial Election on these proposed amendments sometime during the week of September 15, 2014. To request copies of the proposed amendments, please contact the Tribal Council office.

### Community Meeting

Due to the influx of community activities during the months of March and April, I am going to schedule our Community Meeting for the second quarter. We have an extensive agenda for our meeting and I am looking forward to presenting this information to the community. I will be announcing the date of the meeting in our next new letter.

### Message from the Governor:

With the coming of spring let us all give

thanks to our mother earth for all her many blessing we share in our lives and let us enjoy and appreciate all the beauty of the first signs of spring. I pray that you all have a bountiful season. Thank you again for your continued support and confidence in allowing me to serve as your Governor.

### Isleta Pueblo News



#### Editor:

Ulysses Abeita

#### Asst. Editor:

Beverly Piro

#### Published By:

Valencia Express

## Jury Service at Isleta Tribal Court

This month's article is to inform the community of the recent Jury Summons the Court has sent out to tribal members. Since the Pueblo of Isleta hired a Prosecutor and Public Defender Attorney, there has been an increase in the requests for jury trials. The right to a jury trial is a right afforded to all Isleta tribal members in Art. III Section 1(f) of the Pueblo of Isleta Tribal Constitution, and to all Indians by the Indian Civil Rights Act of 1968 (ICRA) §1302.

In order to uphold defendants' rights to a jury trial the Court must ensure that a panel is available for jury selection when the request is made. Therefore, the Court will summons or notify tribal members that they must report for jury duty. A summons is considered a Court Order, which if not obeyed allows the Court to take action by holding individuals in contempt, including issuing bench warrants and imposing fines.

**Tribal members are randomly selected for jury service.** The Court randomly selects names, from a list provided by the Census and Enrollment Office, of enrolled tribal members who are at least 18 years of age and reside in Isleta Pueblo or any of the surrounding communities, including: Los Lunas, Peralta, Bosque Farms, and Albuquerque. These individuals must complete a Juror Questionnaire and Qualification form and return them to the Court by a specific deadline. When received, the Court reviews these forms for excusals, postponements or exemptions. If these forms are not received by the deadline the Court will issue a bench warrant.

**There are some exceptions and exemptions for jury service.** If you are 75 years of age or older you may submit an Affidavit of Age, which permanently excludes you from having to serve jury duty

at Isleta Tribal Court. Also, according to *Resolution No. 2001-134, Pueblo of Isleta Jury Trial Rules and Procedures, Section 2(A), Obtaining Jurors*, any tribal member currently serving in an elected or appointed position for the Pueblo of Isleta, employees of the Isleta Tribal Court, employees of the Pueblo of Isleta's law enforcement agencies, or persons convicted of a felony are excluded from performing jury service. However, the forms must be completed and submitted to the Court for recordkeeping purposes.

**Individuals may request a postponement or excusal.** If the date scheduled for your service will create a severe hardship, such as a scheduled vacation, doctor appointment or other obligation the Court will consider either postponing or excusing you from jury service. Also, if you have an extreme mental, physical or financial hardship, the Court may excuse you from jury service. If you request an excusal because of a medical reason you must attach a doctor's letter to your request.

**All forms must be completed and submitted to the Court.** Even if you submit an Affidavit of Age, excusal or postponement, or you are exempted from service, you must complete all forms and submit them to the Court by the deadline. You are not excused until you receive notification from the Court. If these forms are not received by the deadline the Court will issue a bench warrant.

**The Court has experienced problems notifying potential jurors.** Many tribal members have not updated their address with the Census Office, which means that the Court has incorrect addresses or in some cases we have a local address but the person does not live at that address. Also, individuals who are exempt from service

must also complete and submit these forms or risk having a bench warrant issued. The Court must receive all forms from potential jurors to ensure that the proper procedure is followed.

It is important that tribal members understand that the Court cannot fully function without the cooperation of tribal members who have a civic duty to perform jury service at the command of the Court. Tribal members must also understand that the Court will hold them accountable if they do not comply with a Jury Summons. Therefore, it is very important that tribal members check their mail regularly, update their addresses with the Census Office, and pay attention to any mail received from Isleta Tribal Court.

**Term of jury service.** For 2014, the Court will summons two jury panels to serve. The term of service for **Jury Panel #1 is from March 1, 2014 to July 31, 2014**, these summons were sent out at the beginning of the month. However, the Court will have to send out additional summons because of excusals granted for age and medical conditions. The term of service for **Jury Panel #2 will be from August 1, 2014 to December 31, 2014**. The Court plans to summon three jury panels for service in 2015, which will result in a shorter term of service for each panel. Each jury panel is required to attend a Juror Orientation and at that time will receive information about their service. The Court can assure potential jurors that they will receive notice as soon as the Court knows that a jury trial is scheduled, and at least fourteen (14) days in advance.

Please call the Isleta Tribal Court at (505) 869-9699 with any questions regarding jury service or if you receive forms that you have questions about.

Dear Tribal Member:

**The Tribal Council proposes the following amendments to the Pueblo of Isleta Tribal Constitution, based on work begun in 2010.**

- Amend Article VII entirely
- Amend Article III to conform with the current Indian Civil Rights Act
- Change voting age for general elections (and special elections) From twenty-one to eighteen years
- Remove Secretary of Interior Approval of Ordinances (and others)
- Set term limits for Tribal Council members
- Reduce Council composition
- Add Council Secretary to be Elected by Council
- Create authority for early voting for general election and special election
- Remove the Tribal Member requirement for Tribal Treasurer

Please review these proposed amendments. Your input is appreciated. Public scoping is from March 24 to April 22, 2014. Please send your comments to the Tribal Council office. There will be a public meeting on this matter to be held on April 26, from 10 am to noon at the Isleta Resort and Casino Hotel Ballroom.

Sincerely, TRIBAL COUNCIL

**DRAFT AMENDMENTS TO PUEBLO OF ISLETA TRIBAL CONSTITUTION  
MARCH 11, 2014 VERSION — APPROVED FOR PUBLIC SCOPING**

**ARTICLE VII — REMOVAL AND RECALL**

**PROPOSED AMENDMENT LANGUAGE:**

**Section 1.** Any elected or appointed officer of the pueblo who, during the term for which he is elected or appointed, is convicted of a felony, shall thereupon forfeit his office. An elected officer includes the Governor and members of council. An appointed officer includes the Tribal Court judges.

**Section 2.** Any elected or appointed officer of the pueblo who, during the term for which he is elected or appointed, is found guilty in any court of a misdemeanor involving misconduct reflecting on the dignity and integrity of the tribal government, or found guilty by the council of malfeasance in office, or gross neglect of duty, shall be removed or recalled from office in the following manner: The council shall present the accused elected or appointed officer with a written statement of the charges against him and, within ten (10) days thereafter, the council shall hold a hearing at which the accused shall be provided an opportunity to appear and be heard in his own defense.

a) Removal and Recall of an Elected Officer.

Any elected officer of the pueblo shall be removed from office following such hearing, by an affirmative vote of not less than two-thirds (2/3) of the entire council. In the event a member of council is the accused, such council member shall not take part in the vote. The council shall then vote whether to hold a referendum election to recall the elected officer by an affirmative vote of not less than two-thirds (2/3) of the entire council. In the event a member of council is the accused, such council member shall not take part in the vote. Such elected officer shall then be recalled, provided that not less than fifty percent (50%) of the registered voters of the pueblo vote in the recall election and provided that the majority of those voting cast their ballots in favor of such recall. In the event that the majority of the voters do not vote in favor of the recall, the removal shall be overturned and the accused shall resume office. In the event that less than fifty percent (50%) of the registered voters of the pueblo do not vote in the recall election, the elected officer shall resume office. Council shall not declare an elected officer's seat vacant until a referendum election for recall has been held and the elected officer has been recalled pursuant to the recall election.

b) Removal of an Appointed Officer.

Any appointed officer of the pueblo shall be removed from office following such hearing by an affirmative vote of not less than two-thirds (2/3) of the entire council. The decision by council shall be final and not subject to a recall election.

**Section 3.** Recall of an Elected Officer by Petition of the people. Notwithstanding Section 2, an elected officer of the pueblo may be recalled by petition of the people without being removed by council.

The council shall call and hold a special election for the recall of any elected officer of the pueblo within twenty-five (25) days following receipt of a petition for recall based on malfeasance or gross neglect of duty in office that is signed by at least twenty-five percent (25%) of the voters registered voting in the last preceding general election of the pueblo. Such petition shall conform to procedures enacted by council. If the majority of those voting in such a recall election cast their ballots in favor of such recall the office shall be declared vacant, provided that not less than fifty percent (50%) of the registered voters of the pueblo vote in the recall election.

**ARTICLE III — RIGHTS OF MEMBERS**

**CURRENT LANGUAGE IN CONSTITUTION:**

**Section 1.** The Pueblo of Isleta, in exercising its power of self-government, shall not:

g) Require excessive bail, impose excessive fines, inflict cruel and unusual punishment and in no event impose for conviction of any one offense any penalty or punishment greater than imprisonment for a term of six months or a fine of \$500.00 or both.

**PROPOSED AMENDMENT LANGUAGE:**

**Section 1.** The Pueblo of Isleta, in exercising its power of self-government, shall not:

g) Require excessive bail, impose excessive fines, inflict cruel and unusual punishment and in no event impose for conviction of any one offense any penalty or punishment greater than imprisonment for a term of one year or a fine of \$5,000.00 or both or in the case of a defendant who has been previously convicted of the same or a comparable offense by any jurisdiction in the United States or in the case of a defendant being prosecuted for an offense comparable to an offense that would be punishable by more than one year if prosecuted by the United States or any of the States for a term of three years or a fine of \$15,000 or both, as authorized by the Indian Civil Rights Act, 25 U.S.C. § 1301 et seq., as may be amended from time to time.

**CHANGE VOTING AGE FROM TWENTY ONE (21)  
TO EIGHTEEN (18) YEARS OF AGE**

**CURRENT LANGUAGE IN CONSTITUTION:**

**Article VI — NOMINATIONS, ELECTIONS AND APPOINTMENTS**

**Section 2.** Any enrolled member of the Pueblo of Isleta aged twenty-one (21) years or more on the date of election shall be eligible to vote in any general election of the pueblo, provided that he or she has registered to vote in accordance with Article V, Section 2., paragraph g.

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**Article XIII — AMENDMENTS**

This constitution may be amended by a majority vote of the members of the pueblo twenty-one (21) years of age or over, voting for that purpose in an election authorized by the Secretary of the Interior or his authorized representative.....

**PROPOSED AMENDMENT LANGUAGE:****Article VI — NOMINATIONS, ELECTIONS AND APPOINTMENTS**

Section 2. Any enrolled member of the Pueblo of Isleta aged ~~eighteen (18)~~ ~~twenty (21)~~ years or more on the date of election shall be eligible to vote in any general election of the pueblo, provided that he or she has registered to vote in accordance with Article V, Section 2., paragraph g.

**Article XIII — AMENDMENTS**

This constitution may be amended by a majority vote of the members of the pueblo ~~eighteen (18)~~ ~~twenty (21)~~ years of age or over, voting for that purpose in an election authorized by the Secretary of the Interior or his authorized representative.....

**REMOVE SECRETARIAL APPROVAL  
Article V - LEGISLATIVE BRANCH**

**CURRENT LANGUAGE IN CONSTITUTION**

Section 2. Subject only to the limitations imposed by the laws of the United States and the restrictions established by this constitution, the powers of the council shall include the following:

- a) To employ legal counsel, the choice of counsel, and fixing of fees subject to the approval of the Secretary of the Interior, so long as said approval is required by Federal law.
- e) To enact ordinances, subject to approval by the Secretary of the Interior, to protect the peace, safety, property, health, and general welfare of the members of the Pueblo of Isleta;
- f) To levy and collect taxes, fees, and assessments on the members of the pueblo and, subject, to approval by the Secretary of the Interior, upon nonmembers of the pueblo living or doing business on the lands of the pueblo.

**PROPOSED AMENDMENT LANGUAGE:**

Section 2. Subject only to the limitations imposed by the laws of the United States and the restrictions established by this constitution, the powers of the council shall include the following:

- a) To employ legal counsel, the choice of counsel, ~~and fixing of fees subject to the approval of the Secretary of the Interior, so long as said approval is required by Federal law.~~
- e) To enact ordinances, ~~subject to approval by the Secretary of the Interior,~~ to protect the peace, safety, property, health, and general welfare of the members of the Pueblo of Isleta;
- f) To levy and collect taxes, fees, and assessments on the members of the pueblo and, ~~subject, to approval by the Secretary of the Interior,~~ upon nonmembers of the pueblo living or doing business on the lands of the pueblo.

**CREATE TERM LIMITS FOR  
TRIBAL COUNCIL MEMBERS**

**Article V — LEGISLATIVE BRANCH****CURRENT LANGUAGE IN CONSTITUTION:**

Section 3. The term of office of all members of the council shall be two (2) years, coinciding with the term of governor and other elected officers of the pueblo.

**PROPOSED AMENDMENT LANGUAGE:****OPTION 1:**

Section 3. The term of office of all members of the council shall be two (2) years, coinciding with the term of governor and other elected officers of the pueblo. No member of council shall serve for more than two (2) consecutive terms as a member of council.

**OPTION 2:**

Section 3. The term of office of all members of the council shall be two (2) years, coinciding with the term of governor and other elected officers of the pueblo. No member of council shall serve for more than three (3) consecutive terms as a member of council.

**REDUCE TRIBAL COUNCIL COMPOSITION AND  
QUORUM REQUIREMENT**

**Article V — LEGISLATIVE BRANCH****CURRENT LANGUAGE IN CONSTITUTION**

Section 1. The Legislative Branch of the Pueblo of Isleta shall consist of a council of twelve (12) members, selected as hereinafter provided.

Section 8. Eight (8) members of the council shall constitute a quorum for the transaction of official business, and all issues shall be decided by majority vote of those members present and voting, except as otherwise provided in this constitution.

**PROPOSED AMENDMENT LANGUAGE:****OPTION 1:**

Section 1. The Legislative Branch of the Pueblo of Isleta shall consist of a council of seven (7) ~~twelve (12)~~ members, selected as hereinafter provided.

Section. 8. Five (5) ~~Eight (8)~~ members of the council shall constitute a quorum for the transaction of official business, and all issues shall be decided by majority vote of those members present and voting, except as otherwise provided in this constitution.

**OPTION 2:**

Section 1. The Legislative Branch of the Pueblo of Isleta shall consist of a council of nine ~~twelve (12)~~ members, selected as hereinafter provided.

Section 8. Seven (7) ~~eight (8)~~ members of the council shall constitute a quorum for the transaction of official business, and all issues shall be decided by majority vote of those members present and voting, except as otherwise provided in this constitution.

**SECRETARY OF COUNCIL TO BE ELECTED,  
ARTICLES V AND VI**

**CURRENT LANGUAGE IN CONSTITUTION:****ARTICLE V — LEGISLATIVE BRANCH**

Section 5. The council shall at the first meeting of the council elect amongst themselves a president and vice-president of the council and designate one of its members as council secretary as hereinafter provided, whose duty it shall be to keep the minutes of council meetings, maintain the records, files, and membership roll of the pueblo, and supervise the conduct of all general and special elections of the pueblo.

**ARTICLE VI — NOMINATIONS, ELECTIONS, AND  
APPOINTMENTS**

Section 11. On January 1, following any general election of the pueblo the council at its first meeting shall elect amongst themselves a president and vice-president of the council.

Section 13. At the first council meeting following each general election of the pueblo, the council shall appoint one of its members as council secretary and shall appoint a qualified member of the pueblo as treasurer.

**PROPOSED AMENDMENT LANGUAGE:****ARTICLE V — LEGISLATIVE BRANCH**

Section 5. The council shall at the first meeting of the council elect amongst themselves a president and vice-president of the council and ~~a designate one of its members as~~ council secretary as hereinafter provided, whose duty it shall be to keep the minutes of council meetings, maintain the records, files, and membership roll

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of the pueblo, and supervise the conduct of all general and special elections of the pueblo.

ARTICLE VI — NOMINATIONS, ELECTIONS, AND APPOINTMENTS

Section 11. On January 1, following any general election of the pueblo the council at its first meeting shall elect amongst themselves a president and vice-president of the council and a council secretary.

Section 13. At the first council meeting following each general election of the pueblo, the council ~~shall appoint one of its members as council secretary and~~ shall appoint a qualified member of the pueblo as treasurer.

AUTHORIZE EARLY VOTING FOR GENERAL AND SPECIAL ELECTIONS

CURRENT LANGUAGE IN CONSTITUTION:

ARTICLE VI — NOMINATIONS, ELECTIONS AND APPOINTMENTS

Section 7. Voting shall be by secret ballot, the form of which shall be established by the council.

ARTICLE VIII — FILLING VACANCIES AND SPECIAL ELECTIONS

Section 6(b). Each such registered voter shall re-register to vote in the special election on a date and at a place to be designated by the council, at least ten (10) days before the special election. At the time such voter re-registers he or she shall by secret ballot, nominate an eligible member of the pueblo as a candidate for the vacant office or offices. Persons receiving the greatest number of votes will fill these positions vacant at the special election.

PROPOSED AMENDMENT LANGUAGE:

ARTICLE VI — NOMINATIONS, ELECTIONS AND APPOINTMENTS

Section 7. Voting shall be by secret ballot, the form of which shall be established by the council. Notwithstanding the foregoing provisions, early voting shall be authorized for elections in conformity with an appropriate ordinance of council and this constitution.

ARTICLE VIII — FILLING VACANCIES AND SPECIAL ELECTIONS

Section 6(b). Each such registered voter shall re-register to vote in the special election on a date and at a place to be designated by the council, at least ten (10) days before the special election. At the time such voter re-registers he or she shall by secret ballot, nominate an eligible member of the pueblo as a candidate for the vacant office or offices. Persons receiving the greatest number of votes will fill these positions vacant at the special election. Notwithstanding the foregoing provisions, early voting shall be authorized for special elections in conformity with an appropriate ordinance of council and this constitution.

REMOVE “TRIBAL MEMBER” REQUIREMENT FOR TRIBAL TREASURER AND ADD 30 DAY TIMEFRAME TO APPOINT TRIBAL TREASURER

Article VI — NOMINATIONS, ELECTIONS AND APPOINTMENTS

CURRENT LANGUAGE IN CONSTITUTION:

Section 13. At the first council meeting following each general election of the pueblo, the council shall appoint one of its members as council secretary and shall appoint a qualified member of the pueblo as treasurer.

PROPOSED AMENDMENT LANGUAGE:

Section 13. Within thirty (30) days of At the first council meeting following each general election of the pueblo, the council shall appoint one of its members as council secretary and shall appoint a qualified individual ~~member of the pueblo~~ as treasurer.

April Water Outlook for the 2014 Irrigation Season

This report is based on information from the Bureau of Reclamation, the Natural Resources Conservation Service, and the Middle Rio Grande Conservancy District

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 no water in storage in El Vado. Irrigation deliveries for non-Indian farmers may be curtailed by June 15, 2014 if the current weather pattern persists. As of March 28, 2014 the Bureau of Reclamation has stored approximately 12,000 ac/ft. of P&P water in El Vado Reservoir for use by the Six Middle Rio Grande Pueblos.

The March runoff forecast of 2014 for New Mexico’s rivers continues to deteriorate. Flow on the Rio Grande at the Otowi gage upstream of Cochiti reservoir is projected at 38 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 13 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 extremely low. The forecast for the rest of the spring calls for less than normal rainfall and above average temperatures. The Bureau of Reclamation and MRGCD have cautioned farmers in the Middle Rio Grande Valley that irrigation water supplies may be used up by July 1.

The Bureau of Indian Affairs and the Bureau of Reclamation are storing 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 the spring runoff, which is extremely low. After the first of July, Prior and Paramount water will be released from El Vado for use by the Six Middle Rio Grande Pueblos only. The water may be released in large blocks to reduce carriage losses to the river system.

The PSD Resources and Environment Divisions will continue to work with the Bureau of Reclamation, Bureau of Indian Affairs, and the MRGCD to ensure adequate deliveries to Isleta farmers.

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.

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 with the Isleta Mayordomos will 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 with their Mayordomos and fellow farmers and use the limited water supply wisely.

Snowpack Data:

As of 3/5/14	
Rio Chama Basin	65%
Upper Rio Grande Basin	86%
Sangre de Cristo Basin	58%
Jemez Basin	26%
San Juan River Basin	89%

March Streamflow Forecast

Rio Grande @ Del Norte CO	435,000 ac-ft (84%)
El Vado Reservoir Inflow (Mar-July)	80,000 ac-ft (36%)
Rio Grande @ Otowi	270,000 ac-ft (38%)
Jemez R. below dam	3,300 ac-ft (10%)
Rio Grande @ San Marcial	66,000 ac-ft (13%)

**PUBLIC NOTICE**

**A Petition to Probate the Estate of Jose Edward Jojola, deceased March 30, 2010, Case No. CV-PR-0925-2013**, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days from the date of this notice being posted. A hearing in this matter has been scheduled for May 13, 2014 at 2:00 PM.

Claims must be filed in writing with the Isleta Tribal Court Clerk. If you have any questions, please contact the Tribal Court Clerk at (505) – 869 – 9699.

**SECOND NOTICE. NOTICE OF CHANGE OF NAME. TAKE NOTICE** that in accordance with Pueblo of Isleta Court requirements, the petitioner, **Elizabeth Jojola**, has to the Pueblo of Isleta Tribal Courts for an **Order for change of Name** of the minor child **Jayden Kyle Anzara to Jayden Kyle Jojola**. Any person claiming an interest in this matter may notify the Isleta Tribal Court Clerk within thirty (30) days from the date of this notice being posted.

Claims must be submitted in writing with the Isleta Tribal Court Clerk. If you have any questions, please contact the Tribal Court Clerk at (505) – 869 – 9699.

**PHYSICAL THERAPY NEWS****Isleta Health Center**

Submitted by: Leslie Herman, PT

**Changes at the Isleta Physical Therapy Clinic**

The Isleta Physical Therapy Clinic wants you to know about our Hellos and Goodbyes. We are happy to announce the arrival of our new physical therapist, Bernadette Frigerio, PT, DPT. She comes to us from the physical therapy doctoral program at UNM. She was raised in Grants, NM and is a member of the Choctaw Nation. She likes to be called Berna. Please give Berna a warm welcome if you come to the PT Clinic.

We have said good-bye to our Physical Therapy Technician, Lorraine Lucero, who has left us to care for her newborn baby girl and two sons. We send congratulations to her for her new daughter and wish her family well.

And finally I, Leslie Herman, want to say thank you to the Isleta community as I approach the end of my time as your physical therapist. My last day as Physical Therapy Clinic Manager will be April 24th. It has been a privilege to serve in my position for more than a decade. I have grown professionally and personally through this opportunity and have been made to feel welcome and cared for by your community. To those of you I have been able to help, thank you because your recoveries have given me joy and are the reason I am a physical therapist. To those of you I wasn't able to help, I hope you have found the help you needed elsewhere, and I thank you for spurring me on to learn more, gain more skill and become a better physical therapist. I am retiring but plan to continue involvement with Senior Olympics which started with Isleta as we began a program here. I also may be able to help at the physical therapy clinic if extra staffing is needed. So, I won't say a final good-bye, but "Hope to see you around," and I wish you all the very best.



United States Department of the Interior  
Bureau of Indian Education  
New Mexico South Education Line Office  
**ISLETA ELEMENTARY SCHOOL**  
1000 Moonlight Drive  
Albuquerque, New Mexico 87105  
Telephone: (505) 869-2321 Fax: (505) 869-1625

**SCHOOL BOARD MEMBERS**

Joseph Lucero, Board Chairman

Patrick Jaramillo, Member

Michelle Jojola, Member

Tricia Jojola, Member

Rebecca Meehan, Board Secretary

Tribal Council Liaisons: Larry Jaramillo, Juan Rey Abeita

April 2014

Dear parents & community,

Here we are at the beginning of another month and here are a few things that have been happening at Isleta Elementary School (IES):

**New Mexico Standards Based Testing:**

By the time you read this message, all of Isleta Elementary 3rd, 4th, 5th and 6th grade students will have completed the New Mexico Standards Based Assessment (SBA) testing. We're sure the students worked very hard during this time, so please give your child a pat on the back, and thank you parents, for making sure your kids were in school for this very important testing. Likewise, thanks also goes to the SPSP Committee for the movie fieldtrip, which was offered as an incentive for the kids to be ready and available for testing!

**School Bus Driver Shortage:**

As you are probably aware, the IES is currently down to one bus driver for student transports. In order to help get the bus schedule back on track, IES is currently recruiting for an emergency contract school bus driver. If you or anyone you know is interested and qualified (applicant will need a current CDL and have all up-to-date required training), please visit [usajobs.gov](http://usajobs.gov) for more information and to apply. Many thanks go out to Loretta Orozco (Bus Driver) and Barbara Trujillo (Community Liaison), who have kept parents and the community informed, have solicited comments/suggestion/feedback from you by hosting bus transportation meetings, and who have been doing their best schedule-wise to get our kids to school with minimal delay.

**Current Vacancies:** Registrar, Counselor, and Business Technician. You can find vacancy announcements at [usajobs.gov](http://usajobs.gov).

**Next School Board Meeting:** Tuesday, April 8th at 6:00pm at the IES library. Remember, you are always welcome to attend our monthly School Board meetings. They are held every 2nd Tuesday of the month at 6:00pm. Finally, feel free to send any comments and/or concerns to the new Isleta Elementary School Board e-mail address: [IES\\_SchoolBoard@outlook.com](mailto:IES_SchoolBoard@outlook.com) at any time.

**Public Services Department**

**Pueblo of Isleta Public Services Department Moves  
Customer Service Operations to Tribal Service Complex  
— Planning Office**

The Public Services has moved, and all business is now being conducted from the new location.

Please call the main office number at 505-869-9782 for all work orders including but not limited to, septic pumping, trash pick up, delivery of trash cans, grading of roads, water leaks outside your home, delivery of sand and gravel, etc.

If you, or a family member, needs to pick up a home site application, burn permit or wood permit, you will need to visit our office at the Tribal Services Complex — Planning Office in room C122.

For any questions, please call the above number.



## Tiwa Lending Services is Recruiting New Board Members (TLS)

**Are you interested in becoming a board member of Tiwa Lending Services? Who is Tiwa Lending Services?**

Tiwa Lending Services ("TLS") is a non-profit Native Community Development Financial Institution (CDFI) whose mission is to promote community development and the economic growth of the Isleta Pueblo community by creating homeownership and small business opportunities for the Isleta Pueblo community and other Native Americans living within the surrounding communities.

**TLS's Board of Directors consist of 5 persons. Directors consist of two community members and three professional members preferably with financial, lending or business backgrounds. Board members must meet at least one of the following criteria: 1) be Native American, 2) live or work in the Isleta Pueblo community service area, or 3) own a business in the Isleta Pueblo community service area.**

### Description of Board Duties

The Board of Directors serves as the governing body of TLS. Board members will serve 2 year terms. The Board meets monthly.

Board members have the following roles and responsibilities:

1. Uphold the bylaws of the TLS.
2. Define and oversee the mission of TLS and ensure that this mission is carried out.
3. Ensure that the events and programs of TLS are relevant to its mission and monitor their effectiveness.
4. Provide strategic guidance to TLS.
5. Ensure financial solvency and help raise resources.
6. Ensure continuous board improvement. Each member of the board shall commit to the following:
  - Fully attend all meetings of the board.
  - Serve on one or more committees.
  - Understand board member roles and responsibilities and become sufficiently knowledgeable about TLS and its operations to make informed decisions.
  - Read all materials sent to the board and come prepared to provide meaningful dialogue at all board and committee meetings.
  - Arrive at meetings on time and stay for the full agenda unless notification is provided in advance to the board or committee chair.
  - Ask for clarification on any matters or material not understood before making a decision.
  - Listen carefully and respectfully to other board members and staff with objectivity.
  - Actively support the policies and goals adopted by the board, speaking with one

unified voice.

- Act as a liaison between the TLS and the community. Specific

**Board members will serve as overseers of the following:**

1. **Overseer of Financial Management** —The overseer of TLS's financial management system. This Board member shall work with the sub-committee to develop and manage an annual budget.
2. **Leader of Public Relations** —This Board member will oversee the development of all print, web, radio, and multi-media materials pertinent to the TLS and the events it sponsors. This board member is responsible for ensuring that all public relations material upholds the mission and standards of TLS.
3. **Overseer of Fundraising** —This board member will oversee fundraising efforts. They will help recruit and retain members for the fundraising committee and will help manage TLS's fundraising database, manage the creation and content of fundraising material and ensure that organization supporters are recognized for their contributions.

4. **Overseer of Events** —This board member will oversee community events and work with committee event chairs to ensure that the overall message of the event is consistent with the mission of TLS. This board member will also actively work with the communities and other organizations to recruit partnerships for new events.

5. **Board and Committee Recruitment** —This board member will oversee the recruitment of new volunteers and board members.

Board members will be expected to attend training on Native Lending institutions and lending.

**If you are interested in serving as a board member please send a letter of interest and resume to the Pueblo of Isleta Governor's Offices or by mail, in person, facsimile or electronic mail to:**

**Sheila D. Herrera, Executive Director**  
**Tiwa Lending Services**  
**P.O. Box 1270**  
**Isleta, N.M. 87022**  
**sheila@tiwalending.org**  
**(505) 916-0556**  
**Facsimile: (505) 869-7596**

## FREE GED® CLASSES

*Through The University of New Mexico High School Equivalency Program*



GED® Classes • Tutoring • Career + Academic Advisement • Testing Fees • Books + Materials • All Free of Cost

### HOW DO YOU QUALIFY?

- Applicants must not be enrolled in high school & lack a high school diploma or GED®
- Must be at least 16 years of age or older
- Applicants or an immediate family member who lives in the home, has worked at least 75 days within the last two years in an agriculture related job



For information or to schedule an appointment

# Call: (505) 277-3020

Classes held Monday-Thursday  
at CNM South Valley Campus

Find us on Facebook  
<https://www.facebook.com/unm.hep>

Visit our webpage  
<http://hep.unm.edu/>



The UNM High School Equivalency Program is 100% federally funded five year discretionary grant under the Department of Education, Office of Migrant Education through July 1, 2012 - June 30, 2017 for the amount of \$2,260,777.



## Elder Center Activities Calendar April 2014

April 2:	POI Local Games Competition • Horseshoes – Recreation Center – 10 am	April 15:	Easter Luncheon – Elder Center – 12 noon
April 3:	POI Local Games Competition • Archery – Baseball Fields – 10 am	April 16:	Friendship Breakfast – 9 am – 9:30 am
April 3:	Catholic Mass – Kiva Room – 11:30 am	April 16:	General Meeting – 10 am – 12 noon • Silver Alert Program • Protecting Your Identity • Elder Center/Assisted Living Facility Construction Update
April 7:	POI Local Games Competition • Bowling (Singles) – Fun Connection – 11 am	April 16:	Elder Center Staff Meeting – 1 pm
April 7:	Commodities	April 21:	Commodities
April 8:	POI Local Games Competition • Soccer Kick – Recreation Center – 10 am • Softball Throw – Recreation Center – 10:30 am • Frisbee Distance – Recreation Center – 11 am	April 22-24:	All Indian Game Day (AIGD) – Senior Olympics, Inc., Santa Fe Indian School – Events/Activities, Overnight – Buffalo Thunder Casino & Resort
April 8:	Shopping Assistance: Adult Day Care - Wal-Mart & Lunch – 10 am	April 25:	Nickel Bingo – Adult Day Care – 1 pm
April 9:	NMICOA Quarterly Meeting – Acoma Sky City Conference Center – 7:30 am	April 28:	Elder Center Advisory Committee Meeting – 10 am – 12 noon (Open to the Public)
April 9-10:	Aging Network Training (ANTS) Training- Santa Fe, NM	April 28:	Sky City Cultural Center & Lunch – 10 am – 2 pm
		April 30:	POI Local Games Competition • Air Gun – Lone Mountain Construction – 145 Bosque Farms Blvd. – 9 am

## **Easter** Edible Fruit Arrangements

**The Isleta Elder Center  
Adult Day Care Program  
is having an Easter fundraiser.**

**They will be making and selling  
Edible Fruit Arrangements. Each  
arrangement costs \$15.00 and will  
contain a variety of sliced fruit.**

**To place your orders contact  
Nicole Jaramillo or Kateri Jojola  
at (505) 869-9770 or 869-9773.**

**Please place your orders  
by April 10, 2014.**

**Please help support the  
Adult Day Care Program  
as it offers a variety of  
activities to our elders that  
help enhance their  
daily lives!**



## IMPROVEMENTS AT ISLETA HEALTH CENTER

Several changes are underway within Isleta Health Center. You may have noticed construction activity as the Pharmacy is being enlarged.

The Pharmacy will soon have two windows; one for drop-off of prescriptions and one for pick-up. The working space for the pharmacy staff is also being enlarged. The pharmacy is a busy place, filling over 5,000 prescriptions every month. Less visible is an expansion of the Health Center's computer room. A larger, better ventilated space is being constructed. This will improve computer operations and allow expansion as more and more computer applications come to health care.

Preparations are also underway for the launch of Electronic Health Records in May, 2014. Exam rooms are being equipped with computers which will rapidly convey information to the various services which work to address patient needs. Information will be securely stored and only be accessible to those needing it. What does this mean for you? You'll start seeing your nurses and doctors entering more information into the computer. Paper medical charts will start disappearing. Sometimes, the movement of these paper charts has hindered services, as only one person could possess and read the chart at a time. With electronic records, once the information is entered, multiple providers can retrieve it to begin their services. For example, when a physician enters a prescription, it will be immediately transmitted to the pharmacy so that it can be filled.

Unfortunately, the conversion to electronic health records is always challenging as new software must be mastered and changes in workflow are implemented. Electronic Health Records will take some learning and adjusting. Experience in other organizations shows that visits initially take longer and glitches occur. Please be patient as we make this change.



**PUEBLO OF ISLETA  
DEPARTMENT OF EDUCATION  
LANGUAGE PROGRAM**



## 2014 Summer Language Camp 6 Week Program



**Date:** June 16, 2014 through July 25, 2014  
**Time:** 9:00am to 3:00pm Monday - Thursday  
**Age:** (Four age groups for this program)  
 Group 1: 14-18 (max # of students 20)  
 Group 2: 10-13 (max # of students 20)  
 Group 3: 6-9 (max # of students 20)  
 Group 4: 4-5 (2 sessions)  
 Session 1: 9:am to 11:30am (max 10 students)  
 Session 2: 1:pm to 3:pm (max 10 students)

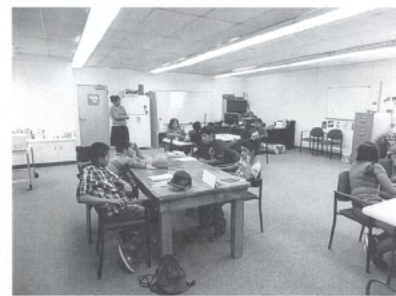
**Registration begins: April 1, 2014**

registration forms can be picked up at the Education Office

Space is limited so all applications will be accepted on a first come first serve basis.



**DEPARTMENT OF EDUCATION  
LANGUAGE PROGRAM**



P.O. Box 1270  
Isleta, New Mexico 87022

Phone: 505-869-9795  
Fax: 505.869.7573  
E-mail: poi08200@isletapueblo.com

*Preserving Language for  
culture and tradition*

## Pueblo of Isleta Department of Education

The Board of Education Committee will be having monthly meetings for the next three months, times and location are below:

**April 9, 2014 @ 5:30pm** at the Department of Educational Complex

**May 14, 2014 @ 5:30pm** at the Tribal Complex Conference Room

**June 11, 2014 @ 5:30pm** at the Department of Educational Complex

If you have any questions please do not hesitate to contact the Department of Education at 505-869-9790.

## Public Services Department

### Environment Division and Resources Division

We are pleased to announce that the Pueblo of Isleta will be hosting a spring spay and neuter event on April 26 and April 27, 2014. This is a great opportunity for Tribal Members to have their pet spayed or neutered for a low cost. This is multi-agency event along with Valencia County and Rocky Mountain Puppy Rescue. Spaces will be limited. Isleta will be given approximately 20 spaces for each day. We do want to make this as fair as possible and will limit it to 1 animal per owner/household.

#### Details of the Spay and Neuter Event:

Cost: \$20.00 — This includes the surgery, rabies shot, DA2PP shot and a microchip.

#### Drop off and pick up times:

Drop off time will be between 7:30 — 8:30 am on both days.

Pick up time for dogs will be any time after 4pm.

Pick up time for cats will be any time after 5:30pm.

If a person wants only the microchip, the cost of the microchip alone will be \$15.00 \*microchip service will be available for non-tribal members as well.

If your animal is current on its Rabies Shot, the veterinarian will need to see the Rabies Certificate. If this cannot be provided, the animal will automatically receive the rabies vaccination.

We would like to secure all our spaces by April 14, 2014.

If you are interested in this service please contact either Ruben Lucero with Environment or Animal Control Officer Esquipula Garcia. If you would like to donate used blankets for this event, please let us know.

#### Contact Info:

Ruben Lucero  
Environmental Tech.  
Office: 505-869-9819  
Mobile: 505-917-8346

Esquipula Garcia  
Animal Control Officer  
Office: 505-869-7564  
Mobile: 505-917-3506

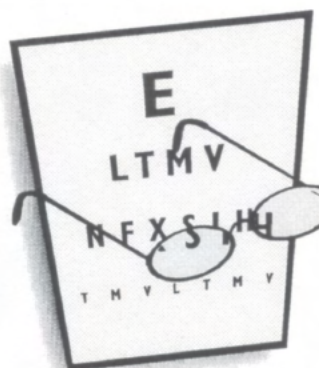
## Isleta Health Center Optometry Clinic Phone: 869-4080

### Difference Between a Vision Screening and a Vision Examination

A vision screening by a child's pediatrician or at his or her preschool is not the same as a comprehensive vision examination by an optometrist.

Vision screenings are a limited process and cannot be used to diagnose eye or vision problems, but rather indicate a potential need for further evaluation. Vision screenings may miss as many as 60% of children with vision problems. Even if a vision screening does not identify a possible vision problem, a child may still have one.

Passing a vision screening can give parents a false sense of security. Many preschool vision screenings only assess one or two areas of vision. They may not evaluate how well the child can focus his or her eyes or how well the eyes work together. Generally color vision, which is important to the use of color coded learning materials, is not tested.





## Parks & Recreation

The Pueblo of Isleta Parks & Recreation Department continue being involved in a mass array of activities that have been taking place on the Reservation. Activities and work schedules included; All Day Activities for those children who were on Spring Break from Los Lunas, Valencia, Bosque and Peralta Schools. In addition, we have been involved in setting up the activities for the Elders for the Senior Olympic Local Activities here in our gymnasium. Also our Park Management crew has been busy preparing the Little League fields for the upcoming season along with remodeling their new concession stand, installing new score-boards and installing an irrigation system for the Highway 47 Streetscape project. Also in the Aquatics Division we closed the swimming pool the week of March 10th for our semi-annual clean up campaign. Sorry for any inconvenience but it is necessary to protect your health and safety as well as your investment.

### Upcoming Events in April 2014 at New Rec.

Friday, April 11th the **Los Lunas/Valencia High School Pow Wow** from 5:00 pm to 10:00pm. Saturday, April 12th the **Child Abuse Awareness Parade** from 8:00 a.m. to 1:00 pm. Saturday, April 19th the **Annual Easter Egg Hunt** at 10:00 am. Please don't be late. It takes all of 2 minutes to complete. Saturday, April 26th the **Bernie Jojola Memorial Run** (Cross Roads) at 10:00 am.

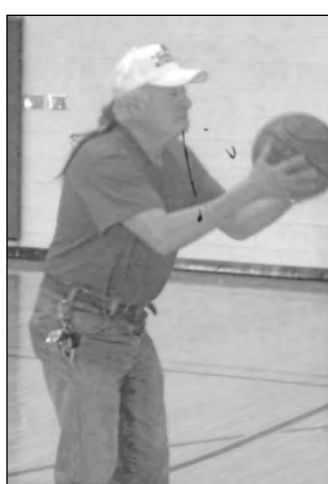
### Spring Break Activities/After-school Program

This year, because of conflicting scheduling with most of the schools in the Bernalillo, Valencia and Sandoval Counties we are having children who are on spring break at different times in March and April. This has created somewhat of a scheduling issue but our staff has done a great job in dealing with this minor problem. Kimberly Chiwewe, After-school Coordinator at the Old Rec. program reports activities for those children who have already been on spring break have included several educational field trips to the Zoo and Gravity Park along with some fun type activities to our Isleta Fun Connection, swimming, movies, and It's Family Fun Center. Other activities included; Jr. Golf lessons, Kite flying, ping pong, and some basketball shoot-outs. All in all, the children have really had a great time, and with spring fever in the air they getting excited for the upcoming summer program. Pictured are some of the children in the after-school program.



### Senior Olympics

Our Elderly Senior Olympic program, under the direction of Activity Coordinator, Renee Chavez has been busy preparing for the upcoming State Senior Olympics. At the present time they are conducting the local games for our seniors from our elderly program in hopes of qualifying for the State Senior Olympics in Santa Fe, New Mexico. Activities have included; basketball free-throws, Frisbee toss, Juachas, and shuffle board. One of the many of our elders (Pictured right) still competing and having a great time is Alberta Lente who is 92 years young. She says; "staying involved with activities like the Senior Olympics keeps her busy, moving, and young at heart". Also included is a collage of pictures with our Elders competing in different activities in the gymnasium.



### Park Management

With spring in the air, our park management division has been busy with several on-going projects. First and foremost they are preparing all of our parks for the Little League season which is scheduled to start on Saturday, March 29th, with the parade of teams and picture taking. Picture taking will begin in earnest at 8:00 am and the parade of teams will follow at 10:00 am. In addition, the crew has recently placed scoreboards on Fields #2 and #3 which required bore drilling underneath the grassed area for electrical hook-ups to the newly installed score-keepers benches. Also our new maintenance technician at New Rec. Mike Sarracino has been busy remodeling the Little League Concession stand as well as our own kitchen at the New Rec. facility. Both jobs included installing new tile, counter-tops and lighting. **Keep up the great work, Mike.** Pictured is Mike doing some prep work prior to installing the tile. Pictured are pictures depicting some of the work that is being done to get ready for the up-coming season.



### Highway 47 Streetscape Project

The new streetscape project (pictured below) directly in front of the New Isleta Tribal Complex is receiving a much needed makeover. The makeover includes tidying up the landscape rock & plants, de-weeding the medians and installing a much needed irrigation system that will take several minutes to water the foliage as compared to several hours of hand watering thus making it much safer for employees and drivers alike. All work is being done in house by the employees of the Park & Recreation Department. **Great job!**



### Aquatics/Recreation



The Parks & Recreation Department has recently added two new employees to replace two who have recently left us for new position elsewhere. Our recent departure of Kimberly Chiwewe to take on the duties of running the Old Rec. after-school program replacing Eugene (Shoobie) Jojola who went on to the Diabetes Program. Kimberly was replaced by Rochelle Zuni as our new receptionist who is pictured above. The second new employee who is also pictured right is Alonzo Romero who is our newest lifeguard replacing Jensen Hatch who went on to work in her field at the Presbyterian Hospital. For those of you who may be interested in becoming a lifeguard, we are always looking for individuals. All you have to do is apply over at the Tribal Complex with the Human Resources Department. If you like swimming and are a halfway decent swimmer we can train you to becoming a lifeguard. Also pictured center is Derrick Jiron conducting his noon time Cross-fit training class which takes place every single day early morning, noon time, or afternoon classes. If anyone is interested, please call Derrick directly, for the full listing of his class schedules. He can be reached at 869-9777. Those who attend say they love his work-out because every class is never the same routine. And he intensifies the workouts fitted to meet your individual needs. What do you say, come and try it.



## Pueblo of Isleta Library

Welcome to the month of April, where we celebrate April Fool's Day, World Autism Awareness Day on April 2, National no housework day April 7, Titanic Remembrance Day April 15, Earth Day on April 22 and recognizing the whole month of April as Child Abuse Prevention and Awareness month.

### News

The Library will be opening at 12:00pm Wednesday April 9th due to our monthly staff meeting. We will be discussing the upcoming summer reading program as well as other program ideas and incentives for the future. Stay updated on programs with flyers, Facebook and word of mouth.

The Library has recognized some flaws in our Afterschool Homework Help Registration forms. If your child is registered in our Afterschool Homework Help program, you will be getting an updated form for you to fill out and return to the Library. The new addition to our form will include a portion on emergencies with transportation options. Thank you in advance for your cooperation. The Library has been having unannounced Fire Drills and will continue with one more unannounced fire Drill. Please be advised whenever a Fire Drill goes off at the Library you are expected to evacuate the building. Our last fire we ran into patrons not wanting to leave computers. Our fire escape plans are posted throughout the building. We must take every precaution measure possible and understand that even though we have unannounced drills we never know when a real emergency may occur.

We honor this month as Child Abuse Prevention and Awareness month. A quick fact about Child Abuse: Almost five children die every day as a result of child abuse. More than three out of four are under the age of 4 ([mercyhome.org/child-abuse-and-neglect-facts](http://mercyhome.org/child-abuse-and-neglect-facts)). That statistic alone is alarming and an eye opener for everyone. The Library will be setting up a booth at the Annual Child Abuse Prevention and Awareness Parade and Community Awareness Fair, which will take place at the Isleta Recreation Center. We will be handing out our Calendar for this year's Summer Reading Program. Registration will be May 16th and the program will begin in June. Photography and Yearbook will be the theme of this summer! If you have any questions do not hesitate to call and speak with a staff member.

### Upcoming

Starting this month the Library will be introducing an exciting reading incentive open to everyone! Did you forget to bring in movies on time? Or forgot to renew? Now you have a fine on your Library account and you cannot check out any movies. Well, come to the Library and pick up your special punch card. What's the catch? Read while you are at the library for a full 20 minutes and receive a punch on your card for a \$1 off. You can earn up to \$5 off your fine with this punch card so reading for this is serious business. You may read anything you like. We have books and magazines. Sorry, reading Facebook updates and messaging



*Our costume contestants line up as the Justice League of New Mexico judge and pick the best costume!*



*Batman and Wonder Woman found Superman at our Comic Con!*

your friends do not count, although it may be like reading a newspaper, why not come read the Albuquerque Journal or other news outlets we have here at the Library. Keep a look out for the flyer posted in the Library, Facebook, and the Library website about when the starting date is. Come speak to a Library staff member today!

### Recap

The Library hosted its first Library Comic Con, which was a huge success! The Library staff would like to thank the following for their contribution to our event: Justice League of New Mexico for donating their time, Gamers Anonymous for bringing the game systems and allowing free play, Comic Warehouse for providing a complimentary Comic book to everyone that attended, Singing Wire 89.9FM for being the Master of Ceremonies, Sweet Tooth Christina Lujan for donating a Batman cake and a Spiderman cake to our free raffle, Thunder knife Singers for providing concession and also giving free meals to the Justice League and ½ prices to the Vendors, Isleta Resort and Casino (Sean Lujan) for donating tickets for Led Zeppagain and the Straits, Councilman Juan Rey Abeita for also donating VIP tickets to Led Zeppagain, Astro-Zombies for donating door prizes, Ka-Boom for donating 3 \$25 giftcards for the costume contest, Isleta Recreation Center for allowing us to

use tables and chairs for our vendors, and also our Workshop leader and Caricature Artist Paul and Peter Ziomek. If you missed the event, do not worry we are considering having this Comic Con every year! People who attended the event got to participate in our free raffle, which consisted of gift cards, a 3 in 1 game system with games, T-shirts, posters and comic books. Our Arts and Crafts perler bead art activity was a big hit with both adults and children that attended. Perler bead art creations turned into necklaces, key chains and magnets. Everyone had fun making Star Wars Light Sabers and mimicking sword moves as the Star Wars music came on. We also had tons of people come dressed up as their favorite superhero or movie character. All in all it was a Fun event! If you have any pictures to share with us or want to share your experience with us, please do! We like hearing feedback.

The Library had the pleasure of networking with Bricks 4 kidz and inviting them to do a workshop during the Los Lunas schools Spring Break. Bricks 4 Kidz are an organization that provides workshops building with Legos and applying engineering skills to make their Lego creations move. We invited 10 children to attend this 4-day workshop. The children built cars, carousels, and many others making the children excited and more interested. After the program ended, each



*Bricks 4 Kidz Lego participants working on their Lego project.*





*Bricks 4 Kidz Lego participants showing off their creations.*

child received a free T-Shirt from Bricks 4 Kidz. We would like to thank Bricks 4 Kidz for providing this fun program for the Library. They also provide their business for birthday parties. For a brochure of Bricks 4 Kidz, please come by the Library.

A quick recap on the Library Staff's First

Aid and CPR training that took place March 17th and 18th. The Library staff learned the in's and out's on what to do and when to use CPR for adults and children. We also practiced on an AED (automated external defibrillation) that is used during CPR. First Aid training was in depth and descriptive of cuts, bites, sprains, bleeding

and so on. We learned the proper way to handle and clean cuts and how to handle snakebites and insect bites. We are all knowledgeable on these subjects and are certified. Special Thanks to Vernon Abeita of the Isleta Health Center for instructing the class for the Library Staff.

#### Library Hours

Mon-Thurs

8:00 a.m. - 6:30 p.m.

Friday

8:00 a.m. - 4:30 p.m.

Saturday

9:00 a.m. - 1:00 p.m.

Closed on Sundays, all federally recognized holidays and also Isleta traditional holidays.

Please contact library for more information on closures.

Connect with us:

Website:

<http://www.isletapueblo.com/library.html>

E-mail:

[poi02002@isletapueblo.com](mailto:poi02002@isletapueblo.com)

Facebook:

<http://www.facebook.com/IsletaPuebloLibrary>

YouTube:

[www.youtube.com/user/poiLibrary](http://www.youtube.com/user/poiLibrary)

# Isleta Pueblo Public Library

## Summer Reading Program

June 9th-July 25th

### Photography & Yearbook

**Come join the Library with this years Summer Reading Program.**

**Who doesn't like taking pictures? Learn how to take pictures using different types of settings on the camera and using the environment to create works of art!**

- Lunch will be provided
- A child will be dropped if they missed more than 3 days.
- There will be no program the week of 4th of July.
- The Library does not provide transportation to or from the Library.

**Registration will be May 16th starting at 7:00am.**

**Juniors MUST BE POTTY TRAINED**  
3 years old-6 years old  
9:00am-12:00pm  
20 Spaces Available

Calendars can be picked up during the Child Abuse Awareness Fair and Parade at the Library Booth April 12th from 10am-1pm.

**Youth**  
7 years old-18 years old  
1:00pm-4:00pm  
30 Spaces Available

For more information please call the Library at 505-869-9808.

You can also find information on our website:  
[www.isletapueblo.com/library.html](http://www.isletapueblo.com/library.html)

And our Facebook page: <https://www.facebook.com/IsletaPuebloLibrary>



## E-Cigarettes: Things Everyone Should Know

Stephanie Barela, Isleta Health Educator, 869-4479

From *JourneyWorks Publishing*

### Nicotine in E-Cigarettes is Addictive

- Most e-cigarettes have nicotine, just like regular cigarettes and other tobacco products. Nicotine is very addictive. Once you start, it is very hard to stop.

### Nicotine Poisoning Risk

- Nicotine is a poison that can KILL.
- There are no rules for safety labels or child proofing on e-cigarettes or the liquid refill packs, which can really put children and pets at risk.

### Chemicals in E-Cigarettes Can Harm Your Health

- Some e-cigarette liquids have toxins such as antifreeze and other chemicals that may cause cancer.

### E-Cigarettes are Not Regulated

- Studies have shown nicotine is in some e-cigarettes that claim to be nicotine-free. People who buy them do not know what they are really getting.

### Health Effects are Not Known

- E-cigarettes are very new. No one really knows how harmful they are.
- Long term studies on the health effects have not been done.
- There is no proof that the vapor is safe for the people smoking, or for those who breathe the secondhand vapor.
- E-cigarettes contain nicotine, which changes your heart rate and raises your blood pressure.


### Can E-Cigarettes Help you Quit Smoking?

- People who sell e-cigarettes claim they can help a person stop smoking, but there is no proof this is true.
- In fact, some studies suggest they may keep smokers hooked.
- They may also cause people who have quit smoking to start again.
- E-Cigarettes are not regulated, so no one really knows if they are a safe quitting aid.
- Nicotine is NOT harmless.
- Studies show it may increase problems with diabetes.
- Nicotine replacement therapy (NRT) has been proven to help people stop smoking. NRT includes nicotine patches, inhaler, nasal spray, lozenges and gum.

You may be eligible to receive nicotine replacement therapy from the Isleta Health Center Pharmacy if you attend the Freedom from Smoking sessions.

To learn more the Isleta Health Center's *Freedom From Smoking* and *Thinking About Quitting* programs, contact Stephanie Barela at 869-4479.

2014 Schedule ICES Isleta Cancer Education & Support 2nd Tuesday of the Month 10:30-noon at the Isleta Health Center unless otherwise noted			
Date	Topic	Speaker	Organization
1/14/2014	Prevention	Joseph Toledo	Jemez Pueblo
2/11/2014	Different Cancer Treatments	Emily A. Haozous, PhD, RN Assistant Professor	University of New Mexico
3/11/2014	Evening Session 6-7:30pm Understanding Cancer Terminology	Dr. Nagaiah	New Mexico Cancer Center
4/8/2014	COME HOME Medical Home Idea	Dr. McAneny	New Mexico Cancer Center
5/13/2014	Newly Diagnosed and People Living Through Cancer	Julie Hughes	People Living Through Cancer
6/10/2014	Evening Session 6-7:30pm 3 Time Breast Cancer survivor	Wynona Holton	Personal Story
7/8/2014	Finding the Best Cancer Treatment	Dr. Naraev	New Mexico Cancer Center
8/12/2014	Prostate Seed Implantation	Dr. Guo	New Mexico Cancer Center
9/9/2014	Evening Session 6-7:30pm “Cancer Treatment: How to make informed choices about standard care and clinical trials.” DINNER SERVED	BLOOD CANCER AWARENESS MONTH Meeting in the Kitchen at the Isleta Health Center	The Leukemia & Lymphoma Society
10/14/2014	Prevention	Joseph Toledo	Jemez Pueblo
11/11/2014	Canceled due to Veteran's Day		
12/9/2014	Christmas Party/ Survivor Panel		
Topics are subject to change. CONTACT Stephanie Barela to Sign Up and to Learn More 869-4479			



## Isleta Cancer Education & Support Group

# COME HOME

## Medical Home Idea

### Dr. McAneny

### New Mexico Cancer Center


# April 8, 2014

## 10:30-Noon

## ISLETA HEALTH CENTER

## SMALL CONFERENCE ROOM

SIGN IN AT REGISTRATION TABLE AND GET VISITOR'S BADGE

**please join us!**  **Everyone welcome!**

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



# RAILROAD SAFETY

Stephanie Barela, Health Educator  
869-4479 • sbarela@islclinic.net

There are a number of railroad crossings in Isleta and that is why it is so important that we all know how to be safe in a railroad crossing. In America, someone is hit by a train every 115 minutes, often killing them. According to Operation Lifesaver, nearly 2,000 Americans are killed and injured at highway/rail grade crossings each year. Most collisions with vehicles and trains happen when trains are traveling less than 35 miles per hour. In ¼ of all collisions, the train is already in the crossing when the car hits it and since most, nearly 2/3, of all collisions happen during the day, driver not paying attention must be the mayor cause. It takes a train one mile to stop, so NEVER try to beat a train, because the train always wins! A motorist in a train/vehicle crash is 40 times more likely to die than in a collision between two vehicles.

Here are ways to help prevent yourself from being injured by a train:

- Remember that any time is train time.
- Slow down when approaching a railroad crossing and look both ways—twice!
- **Left, Right, Left!**
- Never race a train to cross the tracks.
- Never pass another vehicle within 100 feet of a railroad crossing.
- Watch out for vehicles that MUST stop at a railroad crossing, like school buses or trucks carrying hazardous materials.
- When approaching a crossing, roll down your windows, turn off your radio and air conditioner and listen for whistles or bells.
- Always yield to flashing lights, whistles, closing gates, or stop signs.
- Never shift gears on the railroad crossing, down shift before you reach it.
- If you must stop, keep a distance of 15 to 50 feet from the tracks. Since the tracks are four feet eight and a half inches wide, the train hangs 3 feet past the rails on each side, be sure to leave enough space between your vehicle and the tracks.
- Teach children that the railroad is NEVER a place to play, walk, run, bike ride or use as a short cut.
- Always cross the tracks at the designated railroad crossing or pedestrian crossing.

**REMEMBER TO LOOK, LISTEN AND LIVE! STOPPING MAY ADD 30 SECONDS TO YOUR JOURNEY, WHILE NOT STOPPING COULD PUT AN END TO IT COMPLETELY. ANY TIME IS TRAIN TIME!**

Reference:<http://www.tdi.texas.gov/pubs/videoresource/fsrailroadcross.pdf>

## How can injuries to children in motor vehicles be prevented?

[www.CDC.gov](http://www.CDC.gov)

Child safety seats reduce the risk of death in passenger cars by 71% for infants, and by 54% for toddlers ages 1 to 4 years.

- **Know the stages:**
  - **Birth through Age 2** – Rear-facing child safety seat. For the best possible protection, infants and children should be kept in a rear-facing child safety seat, in the back seat buckled with the seat’s harness, until they reach the upper weight or height limits of their particular seat. The weight and height limits on rear-facing child safety seats can accommodate most children through age 2, check the seat’s owner’s manual for details.
  - **Between Ages 2-4/Until 40 lbs** – Forward-facing child safety seat. When children outgrow their rear-facing seats (the weight and height limits on rear-facing car seats can accommodate most children through age 2) they should ride in forward-facing child safety seats, in the back seat buckled with the seat’s harness, until they reach the upper weight or height limit of their particular seat (usually around age 4 and 40 pounds; many newer seats have higher weight limits-check the seat’s owner’s manual for details).
  - **Between Ages 4-8 OR Until 4'9" Tall** – Booster seat. Once children outgrow their forward-facing seats (by reaching the upper height and weight limits of their seat), they should ride in belt positioning booster seats. Remember to keep children in the back seat for the best possible protection.
  - **After Age 8 AND/OR 4'9" Tall** – Seat belts. Children should use booster seats until adult seat belts fit them properly. Seat belts fit properly when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt fits across the chest (not the neck). When adult seat belts fit children properly they can use the adult seat belts without booster seats. For the best possible protection keep children in the back seat and use lap-and-shoulder belts.
- All children younger than 13 years should ride in the back seat. Airbags can kill young children riding in the front seat. Never place a rear-facing car seat in the front seat or in front of an air bag.
- Place children in the middle of the back seat when possible, because it is the safest spot in the vehicle.

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

Stephanie Barela  
Isleta Health Center, Health Educator

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

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

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

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

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



**Spring into Summer 2014**  
**FUN WALK AND RUN**  
**WEDNESDAY, APRIL 30TH, 2014**  
 Sign in begins at: 5:00 p.m. Walk/Run Starts at: 6:00 p.m.  
 Pre-register by April 5th, 2014 to be guaranteed a T-shirt.  
 Location: DPP Wellness Center For more information call: (505) 869-4595

### Registration Form

Sign me up for:

Print Name \_\_\_\_\_

\_\_\_\_\_ 1 m walk \_\_\_\_\_ 2 m walk \_\_\_\_\_ 3 m walk

Contact Number \_\_\_\_\_

\_\_\_\_\_ 1 m run \_\_\_\_\_ 2 m run \_\_\_\_\_ 3 m run

\_\_\_\_\_ Volunteer

T-shirt Adult size: Small \_\_\_\_\_ Med \_\_\_\_\_ Large \_\_\_\_\_  
 X-Large \_\_\_\_\_ 2XL \_\_\_\_\_

Youth Size: X-Small \_\_\_\_\_ Small \_\_\_\_\_ Med \_\_\_\_\_  
 Large \_\_\_\_\_

By submitting this form, I hereby voluntarily waive and release all rights as well as all claims for damages I may have against the event of "Spring into Summer" to be held on April 30, 2014 for any and all injuries suffered by me in this activity.

Participant Signature \_\_\_\_\_

Date \_\_\_\_\_

Staff Initials and Date \_\_\_\_\_



ISLETA DIABETES PREVENTION PROGRAMS "TOTAL BODY HEALTH"



**The 2014 Community Health Fair Is Coming Soon!**

**"Pueblo of Isleta - Partners In Your Healthcare"**

**This year's fair is scheduled for  
 JULY 12, 2014 ■ 9am-12pm  
 @ the Isleta Health Center**

**\*\*\* VOLUNTEERS NEEDED \*\*\***

**If you are interested in volunteering, please  
 contact Stephanie Barela at 869-4479.**

**Sponsored by Isleta Health Center and  
 Isleta Head Start & Child Care**

## ISLETA HEALTH CENTER Community Health Representatives (CHR) TRANSPORTATION AND MEDICATION REMINDERS

- **24 hours advance notice** is required for all transportation needs.
- Transportation is provided only to dialysis, physical therapy and medical appointments.
- We do not run errands for patients or take them to places other than their medical appointments.
- You are required to complete a **Transportation Form** that will be kept on file for your Transportation needs. It will be kept on file for only (1) one year; a new form is required yearly.
- If you are a wheelchair patient, please ensure that you have an aide to assist you.
- Patients are picked up only at their place of residence and dropped off at their residence. No changes will be made. Due to the volume of patients, we cannot make daily or weekly changes.
- Same day transport requests will not be accepted. We currently have a full schedule of dialysis and medical transports.
- Transportation will not be provided to anyone under the influence of alcohol or drugs.
- If you scheduled for transportation, you are required to call and cancel your transport request if you will not make your appointment. If you are a no call /no show three consecutive times, your transportation needs will be suspended for three (3) months.
- All patients should be ready to go when the CHR van arrives. This ensures that all patients will be delivered in time for their scheduled appointments. CHR drivers are allowed to wait only 8 minutes for pick up.
- Medication is delivered with 24 hour advance notice. A **Medication Delivery Form** is required to be filled out and will be kept on file for one year.
- Medications are delivered only from the IHC Pharmacy to people that are elderly, homebound or cannot drive themselves.
- CHR will not deliver any medications (narcotics) that require an ID for pick up at the IHC Pharmacy.
- Medications are delivered only to the patient and a signature is required upon receipt. CHR staff will not leave medications if patient is not home.

**CHR Office Hours:** 8:00 am to 4:30 pm  
 Monday - Friday

**Transportation Hours:** 8:15 am to 2:30 pm  
**No transports are made to Albuquerque after 2:30 pm.**

You can reach the CHR Office at **869-4485**. If there is no answer, please leave a message. You can also contact the Health Center receptionist at 869-3200 and leave a message.

Thank you for your cooperation,  
 CHR Program Staff



## Pueblo of Isleta Veterans Association...

Veterans Helping Veterans....

Next meeting, on Wednesday, April 16, 2014, at 6:30 PM at the Recreation Center. However, if we become daring, we may have our meeting at our future home in Los Charcos, at the Richard "Dickie" Baker Field.

The Association is still waiting for the capital outlay funds that were allocated to the Association by the 2013 NM State Legislature. The funds will be utilized to connect the utilities, i.e. electricity, gas and water, and installation of a waste water disposal unit. Once all this work is completed, the Association will have a permanent home.

Any honorably discharged Veteran may join the Veterans Association. Annual dues, which are \$10, have been waived new members. (And but as always ... donations are, always, accepted). Every member will receive a polo shirt and cap with the Pueblo of Isleta logo.

To know more about us...check out our website at [isletava.org](http://isletava.org).



Pueblo of Isleta Health Center,  
Health Education  
505-869-4479 [sbarela@islclinic.net](mailto:sbarela@islclinic.net)

## Dangers of Smoking While Using Oxygen

### SAFETY RISKS around OXYGEN TANKS:

- Fire needs oxygen to burn. The more oxygen there is in the air, the easier and more quickly everyday items — furniture, clothing, bedding — will burn.
- Normal air contains 21% oxygen, while supplemental oxygen can contain up to 100% oxygen.
- Oxygen itself is not flammable, but fires can easily ignite and burn quickly with it.
- NEVER smoke around Oxygen tanks!
- Hang No Smoking Signs/Decals in your home and on doors to inform people of oxygen in use.
- Do not use electric appliances, such as a hair dryer or electric razor around Oxygen Tanks.
- Never apply any oily substance, such as petroleum based lip products, Vaseline, Blistex or Chap Stick, to your nose, lips or lower part of your face.

### FIRE HAZARD

- Smoking while on oxygen increases the risk of fire.
- Once ignited, fires burn hotter and more rapidly in oxygen-rich surroundings. This leads to larger fires that are harder to extinguish and more difficult to escape.
- Sparks created from striking a match or lighter are enough to ignite a fire while oxygen is in use.
- Fires endanger the lives of people who are on oxygen, others in the home or surrounding area and emergency personnel who respond to the fire.
- About 45 people die each year in the United States, and more than 1,000 are burned from fires fueled by home oxygen equipment, mostly caused by smoking, according to the Quincy-based National Fire Protection Association.

### MORE RISKS

- After oxygen is turned off, increased oxygen levels still linger on the hair, skin and clothing of anyone receiving oxygen therapy. This creates the danger of serious burns on the head and face if smoking materials are brought toward the mouth and burns on the remainder of the body if clothing ignites.
- People who require supplemental oxygen generally suffer from serious heart or respiratory diseases. Continuing to smoke is likely to worsen the medical condition that necessitates oxygen.

Contact the Isleta Health Center, 869-4479, to learn more about their *Freedom From Smoking* program to help you quit smoking.

[http://www.boston.com/news/local/massachusetts/articles/2010/05/12/fire\\_officials\\_warn\\_of\\_oxygen\\_tank\\_dangers/](http://www.boston.com/news/local/massachusetts/articles/2010/05/12/fire_officials_warn_of_oxygen_tank_dangers/) L/Quality Education/Patient Education/Oxygen Safety and Care Fact Sheet Updated Sep 2010. doc

# ARSON ALERT

**WeTip! Receive a Reward of up to a \$10,000 for information leading to a conviction!**



On Saturday February 22, 2014 in the early morning hours at approximately 12:00 a.m., the West Lagoon Fire on the Pueblo of Isleta was reported off of Highway 314 between mile markers 12 & 13 in the swamps area. The West Lagoon Fire burned approximately 77 acres and was determined by fire investigators to have been the result of ARSON!

Arson fires are a threat to public health and safety, placing YOU, the public, and emergency resources at risk, as well as damaging your natural and cultural resources. In addition, these fires cost Tribal and Federal responding resources thousands of dollars to suppress.

Arson is a federal crime and is punishable by law. Fire Investigators are seeking your help in providing information to identify suspect(s) responsible for this fire.

The Bureau of Indian Affairs has partnered with the WeTip Hotline (Wildfire Crime Program Hotline) to identify suspects. WeTip is a totally anonymous hotline to report information. If your information leads to an arrest and conviction, **you could get up to a \$10,000 cash reward!**

If you have information regarding this fire and person(s) involved in these crimes, you are encouraged to call WeTip immediately. Call the WeTip toll free arson hotline at 1-800-47-ARSON (1-800-472-7766) to report your information. Operators are standing by, 24 hours a day, 365 days a year. Visit [www.wetip.com](http://www.wetip.com) for more information.

**WeTip!**  
**1-800-47-ARSON**





## WIC NOTES

### Eating Behaviors

Ellyn Satter is a leading feeding specialist and family therapy expert. She is acknowledged as a foremost authority in the area of child nutrition. Your WIC staff has been trained in, what she terms, Division of Responsibility in Feeding: The parent is responsible for what, when and where their child eats; the child is responsible for how much and whether they eat. Here is a summary of **Division of Responsibility in Feeding**.

#### 1. Responsibility

A parent's responsibility is to provide nutritious food and regular mealtimes and snack times. The child's responsibility is to decide how much to eat. It is not for you to determine how much your child eats. That is up to your child.

- ▶ Let your child make choices from a variety of good foods that you provide.
- ▶ Allow your child to determine how much to eat. Skipping a meal occasionally won't hurt a child. We all have times when we are less hungry.
- ▶ Learn to recognize when your child doesn't want more food. Even infants know when they have had enough. They will turn their heads, push the spoon or food away, or protest verbally.
- ▶ Decide where your child should eat. Give food only at the table and don't allow running around while eating.
- ▶ Avoid coaxing, bribing, playing games, or force-feeding.

#### 2. Respect

- ▶ Respect a child's need to be cautious about trying new food. Think about how you react to new foods. Do you dig right in or do you smell the food and take a tiny taste first? Children have less experience with food and may not be able to tell by at the appearance or the smell whether they are likely to enjoy it. They may need to touch a new food or taste a bite and then remove it from their mouths.
- ▶ Encourage, but never force a child to try something new. Studies show that young children may need to try a new food ten times or more before accepting it. If a new food is rejected, offer it again at a later time.

#### 3. Resist

Resist power struggles with your child.

- ▶ Don't make mealtimes a battle. Choosing to eat is your child's job. Your job is to provide healthy food and to keep mealtime pleasant and relaxed.
- ▶ Don't try to force your child to eat. That is a battle you can't win! Refusing food can be a toddler's sign of independence. Children who are pressured to eat actually end up eating less than those who are allowed to decide how much they want.
- ▶ Lighten up. When your preschooler complains about what's for dinner, say "Great, there will be more for me" and calmly start eating. This eliminates the power struggle and your child is much more likely to eat without a fuss.
- ▶ Give your child a choice between two equally healthy alternatives. For example, "Do you want an apple or a pear for a snack?" Involving children in the decisions helps eliminate power struggles because they feel they have some control.
- ▶ Don't get into a struggle about how many bites of something your child needs to take. Meals that focus on the amount your child eats become very frustrating for everyone.

#### 4. Relax

Meal time should be enjoyable for everyone. Don't talk about food. Talk about family. Provide healthy foods and a nurturing atmosphere, you can trust your child to do the rest!

If you have questions on this or any nutrition topic please give our office a call. We would enjoy hearing from you.

Heidi Lanes,  
WIC Nutrition Coordinator

## Car Seat Checkup

### Top 5 Things to DO

- ☐ **Right seat.** This is an easy one. Check the label on your car seat to make sure it's appropriate for your child's age, weight and height. Like milk, your car seat has an expiration date. Just double check the label on your car seat to make sure it is still safe.
- ☐ **Right Place.** Kids are VIPs, just ask them. We know all VIPs ride in the back seat, so keep all children in the back seat until they are 13.
- ☐ **Right Direction.** You want to keep your child in a rear-facing car seat for as long as possible, usually until around age 2. When he or she outgrows the seat, move your child to a forward-facing car seat. Make sure to attach the top tether after you tighten and lock the seat belt or lower anchors.
- ☐ **Inch Test.** Once your car seat is installed, give it a good shake at the base. Can you move it more than an inch side to side or front to back? A properly installed seat will not move more than an inch.
- ☐ **Pinch Test.** Make sure the harness is tightly buckled and coming from the correct slots (check car seat manual). Now, with the chest clip placed at armpit level, pinch the strap at your child's shoulder. If you are unable to pinch any excess webbing, you're good to go.

Please read the vehicle and car seat instruction manuals to help you with this checklist. If you are having even the slightest trouble, questions or concerns, don't worry about a thing. Certified child passenger safety technicians are waiting to help or even double check your work.

**SAFE  
KIDS  
WORLDWIDE**

Visit [safekids.org](http://safekids.org) to find a car seat inspection event in your community.

**QUESTIONS?** Please call Stephanie Barela at 869-4479 or Frances Anchondo at 869-4485.



my **VOTER**  
Information

### 2014 PRIMARY ELECTION

**Absentee begins May 6, 2014.**

**Early Voting In-person  
begins May 17, 2014 to  
May 31, 2014**

**Isleta Recreation  
Tuesday-Saturday, 8am-5pm  
Election Day  
June 3, 2014  
7am-7pm  
Isleta Recreation**

For more information, go to [www.bernco.gov/myvotecenter](http://www.bernco.gov/myvotecenter)  
or call 505-243-VOTE (8683).



## Health Beat

Health Educator:

Stephanie Barela, 869-4479 **Know Your Cholesterol Numbers - Know Your Risk - Give Yourself Some TLC**

Let's all make a point to learn our numbers and know our risk. The next time you are at the clinic ask for a lipid profile, which is a measurement of your cholesterol and triglyceride levels. All adults over the age of 20 should have a lipid profile.

Here is what your cholesterol numbers mean:

### Total cholesterol(mg/dL):

Less than 200 is desirable

200-239 is borderline high: Depending on your other risk factors, you may be at a higher risk for heart disease. Talk to your doctor about your overall risk for heart disease.

240 or higher is high: you are at risk for clogged arteries and a heart attack. See your doctor to determine your risk for heart disease.

LDL Cholesterol is BAD cholesterol. KEEP IT LOW!!

- Less than 100 is optimal or ideal.
- 100-129 is near optimal/above ideal
- 130-159 is borderline high
- 160-189 is high
- 190 and above is very high

HDL Cholesterol is GOOD cholesterol. THE HIGHER THE BETTER!

- Keep it above 40

Triglycerides are another type of fat in the blood. They come from fat that you eat and are made in the body. Triglycerides are made when you take in too many calories or eat a diet too high in carbohydrates. When you have high triglycerides, you have a higher risk for heart disease.

Here is what your triglyceride numbers mean:

Less than 150 is NORMAL.

150-199 is borderline-high. You may be at an increased risk for heart disease. To lower your level, aim for a healthy weight and be more physically active.

200-499 is high. Weight control and physical activity are very important to lower your level. Watch out for other heart disease risk factors such as overweight and obesity, diabetes, low HDL and high blood pressure.

Over 500 is VERY HIGH!! ALERT! See your doctor immediately. This level requires attention to prevent severe problems with your pancreas.

### One Bowl Chocolate Cake

By making this simple cake from scratch, you can use healthful oil, whole-wheat flour, and no-calorie sweetener.

#### Ingredients:

- 3/4 cup(s) whole-wheat pastry flour
- 2 tablespoon(s) whole-wheat pastry flour, combined with above flour
- 1/4 cup Splenda Sugar Blend for Baking OR 1/2 cup(s) sugar
- 1/3 cup(s) unsweetened cocoa powder
- 1 teaspoon(s) baking powder
- 1 teaspoon(s) baking soda
- 1/4 teaspoon(s) salt
- 1/2 cup(s) nonfat buttermilk
- 1/4 cup Splenda Sugar Blend for Baking OR 1/2 cup(s) packed light brown sugar
- 1 large egg, lightly beaten
- 2 tablespoon(s) canola oil
- 1 teaspoon(s) vanilla extract
- 1/2 cup(s) hot strong black coffee
- Confectioner's sugar, for dusting

#### Directions:

1. Preheat oven to 350 degrees F. Coat a 9-inch round cake pan with cooking spray. Line the pan with a circle of wax paper.
2. Whisk flour, Splenda (or granulated sugar), cocoa powder, baking powder, baking soda and salt in a large bowl. Add buttermilk, Splenda (or brown sugar), egg, oil and vanilla. Beat with an electric mixer on medium speed for 2 minutes. Add hot coffee and beat to blend. (The batter will be quite thin.) Pour the batter into the prepared pan.
3. Bake the cake until a skewer inserted in the center comes out clean, 30 to 35 minutes. Cool in the pan on a wire rack for 10 minutes; remove from the pan, peel off the wax paper and let cool completely. Dust the top with powdered sugar before slicing.

Heidi Lanes  
WIC Nutrition Coordinator

# VOLUNTEERS WANTED!

"Ushers" are wanted to help support the  
**Gathering of Nations Pow Wow**

All are Welcome To Sign Up

Volunteers are needed for 2 Shifts at 5 hours each.

Volunteers will get:

- To Support the Gathering of Nations Pow Wow
- Free Admission to the Event (2 days)
- Breaks and Snacks During Your Shift
- Free Entertainment!
- Free Parking



April 25-26, 2014  
Albuquerque, NM



Space is limited  
Sign up TODAY!

Call Priscilla Martin  
at (505) 922-6512

Space is limited  
Sign up TODAY!



Isleta Health Center Calendar				Questions? Call 869-3200		April 2014
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		<b>1</b> Behavioral Health Women's Group: 10-11am @ BHS. Adult Wellness: 5-6pm @ BHS.	<b>2</b> Parent Group: 9-11am @ BHS. Acu-Detox: 1-2pm @ BHS. 1-2:30	<b>3</b> Women's Path to Recovery: 1-2:30pm @ BHS. Str8 Rez: 4:30-6pm @ BHS. Grief Group: 1-2:30pm @ BHS.	<b>4</b> Early Recovery Skills: 9-11am @ BHS.	<b>5</b> SFCC High Ropes Course: Call Isleta Behavioral Health for more information.
6	<b>7</b> Early Recovery Skills: 9-11am @ BHS. Young Leaders Youth Krew: 4:30-6:30p @ BHS. ■ Spring <i>Destination Health</i> begins today at Diabetes Wellness Center! Call 869-4595 for info.	<b>8</b> Behavioral Health Women's Group: 10-11am @ BHS. Adult Wellness: 5-6pm @ BHS. Isleta Cancer Education & Support (ICES): 10:00-12pm @ Health Center; "Come Home: Medical Home Idea" with Dr. McAneny.	<b>9</b> Parent Group: 9-11am @ BHS. Acu-Detox: 1-2pm @ BHS. Anger Management Skills: 1-3pm @ BHS.	<b>10</b> Women's Path to Recovery: 1-2:30 pm @ BHS. Str8 Rez: 4:30-6pm @ BHS. Grief Group: 1-2:30pm @ BHS. I.D.O.P.A.G. Group Meeting: 1-2pm, Health Center — large conference room.	<b>11</b> Early Recovery Skills: 9-11am @ BHS.	<b>12</b>
13	<b>14</b> Early Recovery Skills: 9-11am @ BHS. Young Leaders Youth Krew: 4:30-6:30p @ BHS.	<b>15</b> Behavioral Health Women's Group: 10-11am @ BHS. Adult Wellness: 5-6pm @ BHS.	<b>16</b> Parent Group: 9-11a @ BHS. Acu-Detox: 1-2pm @ BHS. Anger Management Skills: 1-3pm @ BHS.	<b>17</b> Women's Path to Recovery: 1-2:30pm. Str8 Rez: 4:30-6pm @ BHS. Grief Group: 1-2:30pm @ BHS.	<b>18</b> Early Recovery Skills: 9-11am @ BHS.	<b>19</b>
20	<b>21</b> Early Recovery Skills: 9-11am @ BHS. Young Leaders Youth Krew: 4:30-6:30 p @ BHS.	<b>22 EARTH DAY!</b> Behavioral Health Women's Group: 10-11am @ BHS. Adult Wellness: 5-6pm @ BHS. Diabetes Alliance Group: 6-7pm, location TBA.	<b>23</b> Parent Group: 9-11am @ BHS. Acu-Detox: 1-2pm @ BHS. Anger Management Skills: 1-3pm @ BHS.	<b>24</b> Women's Path to Recovery: 1-2:30pm @ BHS. Str8 Rez: 4:30-6pm @ BHS. Grief Group: 1-2:30pm @ BHS.	<b>25</b> Early Recovery Skills: 9-11am @ BHS.	<b>26</b> Bernie Jojola Challenge Run: Big Mama Hill in Chical area. Time to be announced.
27	<b>28</b> Early Recovery Skills: 9-11am @ BHS. Young Leaders Youth Krew: 4:30-6:30pm @ BHS.	<b>29</b> Behavioral Health Women's Group: 10-11am @ BHS. Adult Wellness: 5-6pm @ BHS.	<b>30</b> Parent Group: 9-11am @ BHS. Acu-Detox: 1-2pm @ BHS. Anger Management Skills: 1-3pm @ BHS. Spring Into Summer Fun Walk/Run: Pre-registration at 5:30m at Diabetes main office.	<b>April is "Child Abuse Prevention Awareness" month!</b> Please support POI Social Services in their upcoming events: 4/12 — Child Abuse Awareness Parade, POI Rec Center @ 10:00am 4/17—Social Services Fun Walk/Run, Cottonwood @ 5:30pm 4/24 — Social Services Bingo, Old Courthouse @ 5:30pm <b>ISLETA ELEMENTARY SPRING BREAK: April 14-18</b> <b>LOS LUNAS SCHOOLS EASTER BREAK: April 18—21</b>		

# **Freedom From Smoking**

**DO YOU WANT TO STOP SMOKING?**

**IF YOU ANSWERED "YES!"  
SIGN UP FOR  
THE ISLETA HEALTH CENTER'S  
Freedom From Smoking  
PROGRAM NOW!**

GROUPS ARE SCHEDULED USUALLY TWICE A YEAR.



## Weekly Prizes!

→ Nicotine Replacement Therapy for those clinic patients who attend weekly sessions!

→ Get support from others that are going through the same thing.

**CONTACT:  
Stephanie Barela @  
505-869-4479**

**for more information or to  
reserve your spot in this class!**



Sponsored by the  
Isleta Health Center



## Thinking About Quitting

90 minute support session to increase your motivation to quit smoking whether you are ready to quit or not ready to quit.

### You will receive (free):

- The Guide to Help You Quit Smoking — your own personal workbook
- Help in identifying your barriers to quitting commercial tobacco
- Help in identifying your personal motivations for quitting
- Pack Tracks to identify the kind of commercial tobacco smoker you are

### Topics Covered include:

1. Am I ready to quit .....on a scale of 1-to-5?
2. How addicted am I to nicotine?
3. Using over-the-counter (OTC) Nicotine Replacement Therapy (NRT)
4. Free NRT & assistance @ Quit Line 1-800-QuitNow or enroll at QuitNowNM.com
5. Pros and Cons of Quitting Smoking... Identifying Barriers and Motivators
6. Closing Backdoors
7. Introduction to The Guide to Help you Quit Smoking
8. Pre-view of Pack Tracks — using them to cut back before Quit Day
9. Preparing a Quit Kit — tool for surviving the first two weeks after quitting
10. Using a Calendar to reward yourself (optional)
11. Dealing with Losing your Best Friend the Cigarette
12. How to support your friend or family member who is Thinking About Quitting
13. Other tools to help you quit: Freedom From Smoking® Online at [www.ffsonline.org](http://www.ffsonline.org)

Call Stephanie, Health Educator  
@ 869-4479 to Sign Up  
Isleta Health Center