



Isleta Pueblo News

Volume 15 Issue 2

Pueblo of Isleta website: www.isletapueblo.co

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February 2020

Governor's Report

Ma Gu Wam,

First, I would like to thank everyone for attending and assisting with the events held in January. The Saint Reyes Day Dances were beautiful and I am glad the weather cooperated for the sake of the dancers. The Blessing of the Canes was held on Sunday, January 19. Thank you to all who attended the event. I hope you enjoyed the mass and watching the Buffalo Dancers. I would especially like to thank my family for their support for the past several years while I have been in office. It would be very difficult to meet any of these responsibilities without family support, the support of my administration and their families. Thank you.

Traditional appointments

Congratulations to our new War Captains for 2020, they are: James Jojola, Mark Dixon, Jacob Valdez, Kenneth Jaramillo; Anthony Jiron, Brian Jojola, and Norman Abeita. We wish them and their families the strength and wisdom to fulfill the newly appointed positions.

Mayordomo Meeting

The meeting to select Mayordomos was held on January 25, 2020. Information will be provided in the March 2020 Newsletter on who was appointed.

Chical Reception Hall

Details for rental of the Chical Reception Hall are complete. We now have three facilities that we rent to tribal members (Old Courthouse, Traditional House and Chical Reception Hall). If you wish to rent the facilities listed, please call Administrative Assistant Marie Peterson, at 505 869-5295, for additional information or to book a rental.

Valencia County Voting

Voting for **Valencia County** residents for the 2020 elections will continue to be held at the Pueblo of Isleta Veteran's Center. Early voting is not offered at the pueblo, however, there are voting locations in nearby Bosque Farms at the Library. Additional information can be found on-line at **Valencia County** Bureau of Elections or by calling the county office at 505 866-2080. The New Mexico Secretary of State is a great resource to check the status of your voting status, you can go on-line at New Mexico Secretary of State website or call 505 827-3600.

Pueblo of Isleta Community Meeting

The next Community Meeting is scheduled for Saturday, February 1, 2020, 9:00am to noon, in Ballroom C of the Isleta Casino and Resort.

Motor Pool

A ground breaking ceremony was held on Monday, January 27, 2020 for a motor pool. The motor pool and construction is scheduled to begin on January 29, 2020 at the site of the Tribal Services Complex.

Wishing you all a healthy and prosperous year.
Governor Max A. Zuni

Agriculture Grants Workshop

Belen Business Center, 719 S Main St, Belen, NM 87002

FREE WORKSHOP!

FIND FUNDING TO EXPAND OR DIVERSIFY YOUR FARM OR RANCH

Tuesday, February 13, 2020, 9:00am-Noon

Participating Agencies:

- USDA NRCS:** EQIP
- USDA FSA:** NAP, Loan Programs
- NMDA:** Healthy Soils, Ag Workforce and Specialty Crop Grants
- USDA Rural Econ Development:** Value Added, Rural Energy
- VSWCD:** Community and Agriculture Financial Assistance

For Information Call 505-565-3002



BE BOLD. Shape the Future.
College of Agricultural, Consumer
and Environmental Sciences
Cooperative Extension Service

If you are an individual with a disability and need auxiliary aid or service contact Newt McCarty 505.565.3002 by January 21, 2020.

New Mexico State University is an equal opportunity employer. All programs are available to everyone regardless of age, color, disability, gender, national origin, race, religion, sexual orientation or veteran status. NMSU and the USDA cooperating.

Pueblo of Isleta Water Resources Department

In support of the Pueblo of Isleta (POI) groundwater rights, the Bureau of Indian Affairs (BIA) and the POI constructed and developed a monitoring well network in the Paquita Range Unit in November and December 2019. The well network is approximately one-half mile north of the south boundary and 100 yards east of the PNM 130KV transmission line serving the Facebook, Inc. server facility in Los Lunas.

The wells are constructed with steel casing and include:

one eight-inch diameter 1220' deep well, one four-inch diameter 1220' deep well, and one four-inch diameter 250' deep. The two deep wells are screened from 600' bgl. to 1120' bgl. with 0.030" slotted steel casing, and the shallow well is screened from 180' bgl. to 230' bgl. with 0.030" slotted steel casing.

After the wells were constructed, they were swabbed with a steel brush and airlifted for 48 hours to remove fines and residual bentonite clay using in the drilling process.

Pump testing of the wells will be completed in February 2020 to determine pumping rates and well recovery. Groundwater level transducers will be deployed in the wells by the BIA, and monitored for a minimum of one year. The transducers will measure changes of the static water level of the aquifer over time. Static water level changes over time may include drought, high precipitation and infiltration of surface water, and pumping of the aquifer by surrounding communities.

Once the BIA monitoring is completed, the wells may be used for economic development or agricultural land expansion this area of Isleta Pueblo.

LETTER FROM THE EDITOR

DEADLINE for March Newsletter articles is set for Wednesday, February 19, 2020, at 4:30 pm. Articles may be dropped off at the Library or emailed to poi02002@isletapueblo.com. Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it’s time to panic, so call Nate at 505.869.9808.

People who wish to submit an article or flyer are responsible for generating their own article or flyer. Should you need help, please call the Library at 505.869.9808 and set up a date and time to sit down with a Library staff member who will help you throughout the process. The Library will NOT accept notes dropped off at the Library or information over the phone to generate your article.

PROBATES need to be published in the Newsletter for two consecutive months. Probates are considered court documents, therefore, all submitters must provide: 1) Name of Deceased, 2) Date of Deceased 3) Court Case # and 4) Date of Court Date. A Probate form can be found on the Newsletter Archive page at <http://www.isletapueblo.com/newsletters.html> .

CLASSIFIED ADS: The new administration has requested that the Newsletter start a Classified Ad section for Tribal members selling land, houses, mobile homes, vehicles, and farm equipment. Leasing of houses and mobile homes will be accepted. Smaller items which can be sold at the local flea markets or weekly yard sales will NOT be accepted.

Currently, this service is FREE to Tribal members. Land, houses, and mobile homes must be within the reservation boundaries. Ads must meet the 160 character limit. Ads that exceed the 160 characters will NOT be submitted into the Newsletter. A single picture may be submitted with the ad. Submitters of classified ads are responsible for generating their own ads as this is a FREE service.

As a reminder, Tribal business owners may submit a small flyer at no charge. Like the classified ads, business owners are responsible for generating their own flyers as this is a FREE service.

Classified ads and business flyers will be posted no more than two consecutive months. In the event where the Newsletter may exceed the 24-page limit, classified ads and business flyers will be “bumped” for newsletter articles. Again, this is a FREE service for Tribal members.

The Isleta Newsletter is owned and operated by the Pueblo of Isleta. Therefore, the Governor of the Pueblo of Isleta has the final say of all articles and contents within the Isleta Newsletter.

For additional questions, you may call the Library and speak with Nate or Diane at 505.869.9808.

Thank you,
Nathaniel Lujan

Newsletters may be found at the sixteen distribution locations listed below. Remember, Digital copies of the Newsletter may be obtained from the Newsletter archive at <http://www.isletapueblo.com/newsletters.html>

The sixteen Newsletter distribution locations are:

- 1) The Administration Building (Governor’s Office): Receptionist Desk
- 2) Census Office: Receptionist Desk
- 3) Health Center: Lobby(Newsletter Stand)
- 4) Housing Department: Receptionist Desk
- 5) Department of Education: Receptionist Desk
- 6) New Recreation Center: Newsletter Stand
- 7) Old Recreation Center: Front Desk & Breakroom (Newsletter Stand)
- 8) Tribal Service Complex: Receptionist Desk
- 9) Tribal Service Complex: I.P.D. Dispatch Window
- 10) Tribal Service Complex: Tribal Courts Window
- 11) Elders Center: Receptionist Desk & Lunch Delivery
- 12) Head Start: Receptionist Desk
- 13) Library: Newsletter Stand
- 14) Ranchitos Park: Blue Box (see picture for example)
- 15) Intersection of Tribal Road 82 & Tribal Road 84: Blue Box (see picture for example)



Appellate Court

The Appellate Court has issued new rules that effect how appeals are processed.

Here are some highlights:

- The new rules now allow 30 days for a party to file an appeal of a tribal court decision. The old rules only allowed five days.
- The new rules now provide new forms that a party can use for an appeal. The old rules did not provide any forms.
- The new rules allow a party to file an appeal when there is no final tribal court order, but only if the appeal involves a controlling legal question that hasn’t been addressed by the Appellate Court before and if the case can be resolved quicker by resolving that controlling legal question.
- The new rules require the appellant—the party who is appealing—to file a statement supporting his or her case and appellee—the party who is responding to the appeal—to file a statement opposing the appellant’s statement.
- The new rules allow a party to put the tribal court’s final judgement on hold—called a “stay”—until the Appellate Court resolves the appeal. A form entitled “ Motion for Stay Pending Appeal—is now available for that purpose. If a party does not file the Motion for Stay or the reasons for the Motion are not sufficient, Pueblo law will make the tribal court’s final judgement effective as soon as it is issued.

To review the Resolution and the new revised Rules of Appellate Procedures, please follow the link provided:

<https://www.isletapueblo.com/wp-content/uploads/2020/01/RevisedRulesofAppellateProcedure-Revised121819.pdf>

PERMANENCY PLACEMENT HEARING NEWS

SECOND NOTICE – A Notice of Permanency Placement Hearing for Social Services vs. Ashton Abeita and Daniel L. Lucero, Case No. 17CHI00002, has been filed with the Pueblo of Isleta Tribal Courts. A hearing on the matter is scheduled for **Tuesday, March 17, 2020 at 2:30 p.m.** at the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

PROBATE NEWS

FIRST NOTICE – A petition to Probate the Estate of Richard T. Jojola Sr., deceased September 09, 2019. Case No. CV-PR-0285-2019, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Wednesday, February 12, 2020 at 9:30 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

FIRST NOTICE – A petition to Probate the Estate of Prudence Maria A. Lente, deceased May 05, 2019. Case No. CV-PR-0282-2019, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Wednesday, April 1, 2020 at 9:45 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

FIRST NOTICE – A petition to Probate the Estate of Augustine Delano Jiron, deceased June 04, 2019. Case No. CV-PR-0304-2019, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Wednesday, April 08, 2020 at 9:00 a.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

SECOND NOTICE – A petition to Probate the Estate of Lex Jaramillo, deceased April 28, 2019. Case No. CV-PR-0251-2019, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate may notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. A hearing on the matter is scheduled for **Monday, January 27, 2020 at 2:15 p.m.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A, Albuquerque, NM. Any questions regarding the matter may be directed to the Isleta Tribal Court Clerk at (505) 869-9699.

NOTICE FROM THE TRIBAL COURT

DETENTION & DRUG TESTING BUDGETS

The Tribal Court would like to share information regarding the costs for 2019 for Detention, Soberlink Alcohol Monitoring, Global Positioning System (GPS) Monitoring and Drug Testing with the Community. Detention and drug testing costs are funded by the Pueblo of Isleta.

DETENTION BUDGET \$200,000

The Pueblo contracts with the following detention facilities: Valencia County (\$95 per day per adult); Southern Ute (\$70 per day per adult); and Bernalillo County Juvenile Detention Center (\$135 per day per juvenile). A total of \$272,944.76 was expended on detention costs, resulting in an overage of (\$72,944.76). This line item also covers the cost associated with the following:

Sober link Alcohol Monitoring

The Court utilizes Sober link Devices which monitor alcohol use and serve as a deterrent. The cost of a Sober link device is \$7.00 per day.

Global Positioning System (GPS)

GPS devices are utilized to monitor Probationers who have no Contact Orders or Restraining Orders issued by the Court from accessing restricted areas. The cost of a GPS device is \$5.00 per day.

DRUG TESTING BUDGET \$3,000

Drug tests are administered to all probation clients on a scheduled or random basis. Drug testing is a very important function of probation monitoring services. Probationers report to the Probation office and undergo drug tests to ensure they are compliant with the terms and conditions of probation. A number of civil cases also require drug testing. The cost is \$5.50 per drug test, and if further confirmation is required for testing of a specific drug an additional fee of \$12.00 is charged. A total of \$5,077.99 was expended on Drug Testing, resulting in an overage of (\$2,077.99).

TRAFFIC PENALTY ASSESSMENTS

If you are a Tribal Member and/or of Native American Descent and have been cited for a Traffic Violation by the Isleta Police Department and have chosen to pay the “Penalty Assessment”, your payment shall be made directly to the Isleta Tribal Court, and NOT the State of New Mexico Motor Vehicle Division.

Payment can be made Online, in Person or by Mail

Online at www.citepayusa.com, you must have your citation number and date of birth to access your payment.

In person or by mail – You must make a Money Order or Check payable to: Isleta Tribal Court
PO. Box 729
Isleta, NM 87022

As a reminder please review Courtroom Rules and Procedures as they will be enforced and adhered to.

COURTROOM RULES

- **NO WEAPONS** of any kind are allowed in the courtroom including: sharp objects such as knives, metal nail files, razor blades, scissors and certain types of cigarette lighters (torch lighters).

- **NO** bags, purses, backpacks, etc.
 - **NO ELECTRONIC DEVICES** capable of recording audio/video.
 - **NO CELL PHONES ALLOWED** in the courtroom, unless you are an attorney/advocate, or it is being presented as evidence (i.e. picture, voicemail or text message). Cell phones must be on “silent” mode.
 - **CHILDREN** are not allowed in the courtroom. Please arrange for childcare. The court staff will not provide childcare.
 - **NO REVEALING OR INAPPROPRIATE CLOTHING.** You may be asked to leave the courtroom and/or required to change your clothes prior to your hearing.
 - **NO FOOD**, drinks, or gum chewing in the courtroom.
 - **NO HATS/CAPS OR SUNGLASSES** may be worn in the courtroom.
 - **NO TALKING WHILE COURT IS IN SESSION** unless you are addressing the Judge or testifying as a witness.
 - **NO CONTACT WITH INMATES** present in the courtroom, including hand gestures or verbal contact.
 - Anyone suspected of being under the influence of **DRUGS AND/OR ALCOHOL** may be tested and/or removed from the courtroom and may face contempt proceedings, including possible jail.
 - Any **INAPPROPRIATE BEHAVIOR** will result in removal from the courtroom and possible contempt proceedings, including jail.
- NOTE: Anyone who fails to comply with any of these rules will be removed from the courtroom and/or face contempt proceedings.**

COURT PROCEDURES

- Persons with criminal cases must remain seated in the gallery until the Judge calls your case. When called proceed to the podium.
- Parties present for civil matters may

be seated at the tables.

- Parties must ensure that their witnesses are given notice of the date/time of the court hearing. The court does not personally serve or subpoena witnesses to appear in court.
- If copies are needed for your hearing you must have them available **BEFORE** the hearing so as not to delay court proceedings.
- If you are presenting document(s) to the court, you must give a copy to the opposing party.
- Copies can be made at the clerk window at 50 cents per page. If the court clerk makes copies for you during your hearing, the cost will be added to your court costs/fees.
- Hearings regarding minors/juveniles are CLOSED proceedings (not open to the public) and only parties necessary to the matter are allowed in the courtroom. All others will be asked to leave.
- If you are a witness you will be asked to leave the courtroom during the proceedings until you are called upon to testify.
- If you are served with a subpoena, and fail to appear for a hearing a bench warrant may be issued and/or you could be held in contempt.
- Before you leave the courtroom you will receive a Notice of Hearing with the date and time of your next hearing. Do not leave until you receive your notice and all paperwork from the court clerk.
- You must make sure the court has your current contact information, including mailing address, physical address and telephone number. The court will notify you by mail and/or telephone if your court date is rescheduled, continued, vacated, etc.
- Subpoenas may be signed by a judge upon request and approval. However, the requesting party is responsible for serving their own subpoenas.

Caring for Your Glasses

- To avoid scratching, never lay your lenses face down on any type of hard or abrasive surface.
- Be sure to use two hands when putting on or removing your glasses. This will keep the glasses in better adjustment.
- To avoid scratching lenses, never wipe them when they are completely dry. Always use a little warm water with a soft tissue. If your lenses are treated with anti-reflection coating, use an approved cleaner or cloth.
- Ultra-fine, machine-washable microfiber lens cleaning cloths trap dirt and dust. So try to avoid rubbing prescription lenses with rags, facial tissues or paper towels or your tie or scarf as all of these can scratch your lenses. Also, avoid using household cleaners, acetone or soaps with cream—as chemicals may damage your frames, your lenses.
- When in the bathroom, remember: A sink or vanity top subjects your glasses to all manner of spatters, sprays and cosmetic products which can quickly soil or even damage your lenses.
- Never leave your glasses or sunglasses lying out in the hot sun or on the dash or console of your car.
- Take off your glasses before applying hair spray, perfume, or cologne. Not only can it damage the lenses, but it can also dirty the lenses and nose pads.
- Don't sleep with them!

Notice: Removal and Proper Disposal of Deceased Animals

The Isleta Animal Control (IAC) hope all is well with you and your families this New Year.

We would like to call attention to information pertaining to the disposal and removal of all **deceased livestock and animals within the Pueblo boundaries.**

Isleta Animal Control and Solid Waste have made some changes in regards to **All Animal Owners** for proper removal and disposal of a deceased animal. First step, is for the Animal Owner to contact Isleta Animal Control. Once IAC is notified, we will contact Solid Waste for the removal and disposal of the deceased animal. It will be up to the animal owner to decide how the carcass will be removed and disposed of.

If the owner decides to remove the animal themselves, they will have to stop by the office at the Transfer Station and check-in for instructions of disposal by an employee at the facility. There will be “no charge” if owner transports the animal to the waste facility. However, if Solid Waste has to perform removal and disposal service, there will be a fee in the amount of \$100.00. The payment (cash, money order, personal check) must be paid in full at the Isleta Treasury Office before carcasses can be removed by Solid Waste.

Keep in mind, there will be no services for the removal of deceased animals on Saturday and Sunday for the Treasurer’s office is closed.

If you have any questions regarding this notice, please feel free to contact Isleta Animal Control at (505) 869-7564 or Solid Waste at (505) 869-4106.

Your cooperation is greatly appreciated and may everyone have a Safe and Prosperous New Year! Thank You, Isleta Animal Control

A message from Animal Control & Solid Waste:

ANIMAL PICK UP



MUST CONTACT ANIMAL CONTROL BEFORE BURIAL.

\$100 service fee / Mon-Fri

Effective immediately any animal transported to the Transfer Station for burial must be inspected by Animal Control before burial. This is in an effort to insure proper care of our pets and livestock, insuring they are not neglected. Solid Waste can haul and bury your animal for a \$100 fee, Monday through Friday. Please take care of your pets, livestock and game animals, their life is precious. Contact Animal Control or Solid Waste for more information.

ANIMAL CONTROL	SOLID WASTE
(505)869-7564	(505)869-4964

Pets and Livestock are NOT TRASH! Respect them.


2020 Fire Season beginning soon.

Isleta Pueblo Fire Department

Fire Season coming soon! The Fire Department will be available to assist residents with agricultural burns. Burn permits still required, instructions must be followed on burn permit.

For more info contact the numbers below, burn permits available at Isleta Natural Resources Department located by the Isleta Health Center.

**For more info call
505-869-9725 OR
505-401-5119**



Take the NEW AARP Smart Driver™ Course and you can save money on your car insurance!*

Drive smart. Save smart.

- Refresh your driving skills and know the new rules of the road.
- Learn research-based driving strategies to help you stay safe behind the wheel.
- Plus, there are no tests to pass. *Sign up today!*

CLASSROOM COURSE
\$15 for AARP members \$20 for non-members
To FIND ADDITIONAL COURSES IN YOUR AREA:
Call 1-866-955-6301 or visit www.aarp.org/driving36

TOYOTA
CASH OR CHECK MADE OUT TO AARP

There's a course near you!

Date:


February 14, 2020

Location:

ISLETA ELDERLY CENTER

To Register:

CALL: 869-9770



Pueblo of Isleta Career Opportunities

PositionPosting	OfficeLocation	ClosingDate
ARCHIVIST	Cultural & Historic Preservation	01/24/2020
BIOLOGIST	Water Resources	Open Until Filled
CUSTODIAN - AMENDED	Public Works	Open Until Filled
EMT-Intermediate PPM	Health Center	Open Until Filled
GROUNDS MAINTENANCE WORKER	Public Works	Open Until Filled
HEAVY EQUIPMENT TECHNICIAN	Construction Operations/Motor Pool	01/22/2020
HVAC TECHNICIAN	Public Works	Open Until Filled
MAINTENANCE TECHNICIAN	Public Works	Open Until Filled
MUSIC TEACHER	Isleta Elementary School	Open Until Filled
NURSE EDUCATOR - REPOSTED	Health Center	Open Until Filled
OPTOMETRIST-AMENDED	Health Center	Open Until Filled
PARAMEDIC PT	Health Center	Open Until Filled
PC TECHNICIAN I	MIS	Open Until Filled
PERSONAL CARE SERVICE AIDE	Elder Center	01/23/2020
PHYSICIAN-AMENDED	Health Services	Open Until Filled
PHYSICIAN/PEDIATRICIAN	Health Center	Open Until Filled
PLUMBER	Public Works	Open Until Filled
POLICE OFFICER CERTIFIED - AMENDED	Police Department	Open Until Filled
POLICE SERGEANT (2 Positions)	Police Department	02/07/2020
REGISTERED NURSE-AMENDED	Health Services	Open Until Filled
SECURITY OFFICER	Police Department Within Only,	01/24/2020
SPECIAL EDUCATION TEACHER	Isleta Elementary School	Open Until Filled
SYP AQUATICS AIDE (3 Positions)	Parks & Recreation	02/17/2020
TEMP-PART TIME		
SYP RECREATION AIDE (16 Positions)	Parks & Recreation	02/17/2020
TEMP-PART TIME		
SYP WEED & LITTER WORKER (6 Positions)	Parks & Recreation	02/24/2020
UTILITY WORKER	Public Works	Open Until Filled
VETERAN SUPPORT SERVICE	Elder Center	Open Until Filled
PROGRAM MEMBER		
VOCATIONAL EDUCATION COORDINATOR	Department of Education	01/23/2020



**HOW TO PRUNE
HANDS ON INSTRUCTIONAL
WORKSHOP**

NMSU Los Lunas Agricultural Science Center, 1036 Miller Rd, Los Lunas, NM

FREE WORKSHOP!

Saturday, February 8, 2020

9:00 am – 12:00 noon

Provided by
Valencia County Extension Master Gardeners, Valencia County Cooperative Extension Service
NMSU Extension Plant Sciences Agricultural Science Center at Los Lunas

BRING YOUR TOOLS FOR THIS HANDS ON WORKSHOP

Workshop Instructors:

Gill Giese, NMSU Extension Viticulture Specialist
Marisa Thompson, NMSU Extension Horticulture Specialist
Curtis Smith, NMSU Extension Horticulture Specialist, retired
Joran Viers, City of Albuquerque City Forester



****FREE garden tool sharpening provided by Extension Master Gardeners* ***
(limit 2 tools per person)



BE BOLD. Shape the Future.
College of Agricultural, Consumer
and Environmental Sciences
Cooperative Extension Service

If you are an individual with a disability and need auxiliary aid or service please contact
Newt McCarty at 505.565.3002 by January 24, 2020

New Mexico State University is an equal opportunity/affirmative action employer an educator.
NMSU and the U.S. Department of Agriculture Cooperating.



Office of the Inspector General

Social Security Administration

Please Share

FOR IMMEDIATE RELEASE

January 8, 2020

The Inspector General of Social Security, Gail S. Ennis, is warning the public that **telephone scammers** may send faked documents by email to convince victims to comply with their demands. The Social Security Administration Office of the Inspector General (OIG) has received reports of victims who received emails with attached letters and reports that appeared to be from Social Security or Social Security OIG. The letters may use official letterhead and government “jargon” to convince victims they are legitimate; they may also contain misspellings and grammar mistakes.

This is the latest variation on **Social Security phone scams**, which continue to be widespread throughout the United States. Using robocalls or live callers, fraud-sters pretend to be government employees and claim there is identity theft or another problem with one’s Social Security number, account, or benefits. They may threaten arrest or other legal action, or may offer to increase benefits, protect as-sets, or resolve identity theft. They often demand payment via retail gift card, cash, wire transfer, internet currency such as Bitcoin, or pre-paid debit card.

See the full advisory at the [OIG website](#)

Isleta Elder Center
505-869-9770

CONSTRUCTION OPERATIONS DEPARTMENT
PO BOX 1270
ISLETA, NM 87022



PHONE: 505-869-4964
FAX: 505-869-9732

TRANSMITTAL

January 15, 2020

Nathaniel Lujan, Librarian
Pueblo of Isleta Public Library
950 Moonlight Drive,
Albuquerque, NM 87105

Please include the following article and attached graphic in the upcoming Newsletter:

UPCOMING CONSTRUCTION PROJECT:

A roadway construction project to improve traffic safety is NM Highway 47 is anticipated to begin on or about May of 2020. The project consists of adding a 14’ two-way left turn lane, and 8’ wide shoulders along three (3) NM 47 road segments:

- NM 147 to Tribal Road 10
- Tribal Road 6 to Tribal Road 7
- Tribal Road 4 to Tribal Road 2

In addition, MRGCD structures will be extended as required to accommodate roadway widening.

Construction is anticipated to take approximately 9 months, and will be completed in six phases. One southbound lane and one northbound lane will be maintained for traffic at all times, and access is to remain open to all properties throughout the duration of construction. Phase I & II will construct the roadway widening on the East and West sides of NM 47 within segments 1 and 2. Phase III - V will construct the MRGD structure extensions and the roadway widening on the East and West sides of NM 47 within segment 3. Phase VI will place Open Graded Friction Course on the roadway and complete the Permanent roadway striping.

Interested Parties will be informed of the project at the Community Meeting scheduled on February 1, 2020 at 9:00am. The location will be advertised in the near future.



Housing Authority

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

January 17, 2020

Isleta Pueblo Housing Authority
P.O. Box 760
Isleta Pueblo, NM, 87022
(505) 869-4153

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

REQUEST FOR RELEASE OF FUNDS

On or about February 4, 2020 the Isleta Pueblo Housing Authority will submit a request to the U.S. Department of Housing and Urban Development (HUD), Office of Native American Programs for the release of Indian Housing Block Grant funds under 24 CFR Section [1000] of the Native American Housing and Self Determination Act, as amended, to undertake a project known as the Moonlight Development for the purpose of construction of Phase 1 of the development (Infrastructure and 39 homes) for an estimated total development cost of \$13.4 million located on the Isleta Indian Reservation 6 miles north of Los Lunas, NM.

FINDING OF NO SIGNIFICANT IMPACT

The Isleta Pueblo Housing Authority has determined that the project will have no significant impact on the human environment. Therefore, an Environmental Impact Statement under the National Environmental Policy Act of 1969 (NEPA) is not required. Additional project information is contained in the Environmental Review Record (ERR) on file at Isleta Pueblo Housing Authority, Tribal Road 6, Isleta Pueblo, NM and may be examined or copied weekdays 8 A.M to 4:30 P.M.

PUBLIC COMMENTS

Any individual, group, or agency may submit written comments on the ERR to the Isleta Pueblo Housing Authority, P.O Box 760 Isleta Pueblo, NM 87022. All comments received by February 3, 2020 will be considered by the Isleta Pueblo Housing Authority prior to authorizing submission of a request for release of funds. Comments should specify which Notice they are addressing.

ENVIRONMENTAL CERTIFICATION

The Isleta Pueblo Housing Authority certifies to HUD that Governor Max Zuni in his capacity as Governor of the Pueblo of Isleta consents to accept the jurisdiction of the Federal Courts if an action is brought to enforce responsibilities in relation to the environmental review process and that these responsibilities have been satisfied. HUD’s approval of the certification satisfies its responsibilities under NEPA and related laws and authorities and allows the Isleta Pueblo Housing Authority to use Program funds.

OBJECTIONS TO RELEASE OF FUNDS

HUD will accept objections to its release of funds and the Isleta Pueblo Housing Authority’s certification for a period of fifteen days following the anticipated submission date or its actual receipt of the request (whichever is later) only if they are on one of the following bases: (a) the certification was not executed by the Certifying Officer of the Isleta Pueblo Housing Authority; (b) the Isleta Pueblo Housing Authority has omitted a step or failed to make a decision or finding required by HUD regulations at 24 CFR part 58; (c) the grant recipient or other participants in the development process have committed funds, incurred costs or undertaken activities not authorized by 24 CFR Part 58 before approval of a release of funds by HUD; or (d) another Federal agency acting pursuant to 40 CFR Part 1504 has submitted a written finding that the project is unsatisfactory from the standpoint of environmental quality. Objections must be prepared and submitted in accordance with the required procedures (24 CFR Part 58, Sec. 58.76) and shall be addressed to the HUD office at 500 Gold Avenue SW, 7thFloor, Suite 7301 Mailing Address: P.O. Box 906, Albuquerque, NM 87103-0906. Potential objectors should contact HUD to verify the actual last day of the objection period.
Max Zuni, Governor

White Eagle Electrical Services LLC



HAPPY NEW YEAR FROM WHITE EAGLE ELECTRICAL! IT'S 2020 LET'S GO GREEN. WE CAN HELP! NOW OFFERING AND PROVIDING ALL YOUR SOLAR POWER NEEDS ANY BUSINESS INQUIRIES ESTIMATES OR SERVICE CALLS. PLEASE FEEL FREE TO CALL OR EMAIL. OFFICE:(505)259-4178 CELL:(505)917-6933


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100% NATIVE OWNED LICENSED AND BONDED ELECTRICAL CONTRACTOR EE-98 LICENSE #397349

LICENSED AND QUALIFIED LOCAL ELECTRICIANS NEW COMMERCIAL, RETAIL, AND OFFICE ESTIMATES PROPERTY MANAGEMENT MAINTENANCE AGREEMENTS TROUBLESHOOTING SIGN REPAIR INCLUDING NEON CODE UPGRADES OFFICE AND EXTERIOR LIGHTING INCLUDING PARKING LOT LIGHTING ENERGY SAVING HOOKUPS FOR APPLIANCES AND AIR CONDITIONER UNITS CEILING FAN AND LIGHTING REPAIR 24-HOUR ON CALL SERVICES FREE QUOTES AND ESTIMATES



Isleta Head Start, Early Head Start, & Child Care Center





February 5, 2020– Professional Development Day (NO SCHOOL)

February 7, 2020– Family Night: Valentine’s Sweetheart Dance at the Isleta Recreation Center at 5:30pm-7:30pm

February 17, 2020– President’s Day (NO SCHOOL)

February 19, 2020– Policy Council Meeting at 5pm (Dinner and Child Care Provided)

February 20, 2020– Parent Committee Meeting at 5pm





ISLETA POLICE DEPARTMENT NEWSLETTER



The first month of the 2020 has passed and hoping all of your New Year's Resolutions are still on track. The children are back in school and settled into their routines. As for the Isleta Police Department, changes are in motion and we hope the community will begin to see the effects and benefits of these changes.

One of the changes is the introduction of the new Community Resource Officer who will not only be making contacts and appearances within the community, but will also serve as the chief resource for presenting D.A.R.E. into the schools here in Isleta. Officer Harry Powers has been placed into this position and he is no stranger to the community as he has served in the Police Department since July 2000. Officer Powers recently attended and successfully completed training at the Federal Law Enforcement Training Center (October 28 through November 8, 2019) and is D.A.R.E. certified as well as a School Resource Officer. Detective Kathleen Lucero, who also attended the training, will also be active in D.A.R.E. activities and teaching in the schools with Officer Powers.



SUMMER YOUTH CAMP

Planning for the upcoming youth camp (formerly known as Camp Triumph) this summer is beginning with upcoming meetings. The organizing group will be searching for a new name for the camp being sought. This program has been in existence since 2014 serving the youth of the community.

“Summary: *Camp Triumph is a week-long camp for children ages 10 – 16 who have been, or may be exposed to gangs, family trauma, or illegal drugs. It is a mentor-style camp run by the Isleta Police Department that encourages community building between campers and local law enforcement. Its goal is to provide kids the skills they need to make the right choices, while also building their self-esteem and sense of belonging. It offers both cultural education and physical activity to get kids moving and learning in a healthy and safe way. Camp Triumph is based off the Albuquerque Police Department's GREAT project. It was introduced to the Pueblo through the Isleta Police Department as a way to address gang related issues. Isleta*

Police Department worked closely with Isleta Truancy, Isleta Social Services, and Isleta Behavioral Services to oversee the program. Since then, the model program has evolved into a full camp, now known as Camp Triumph.”
~As taken from Tribal Access to Justice Innovation

EMPLOYEES OF 2019 FOURTH QUARTER

Congratulations to the Officer and Civilian who were selected as the Employees of the Fourth Quarter.



Officer Alissa Paquin was employed in June, 2108 and attended training at the Federal Law Enforcement Training December 2018 and the State Certification by Waiver training in Santa Fe in March of 2019. Officer Paquin was commended for being “a team player always willing to assist other officers when needed despite the type of call or situation. She takes each situation in stride and takes charge of the situation regardless of who she is dealing with and treats everyone as a person. She takes responsibility admitting when she is wrong and accepts criticism to better herself. Her work ethic and integrity are prime examples of what a “great officer” should be.



Laura Abeita has been with the Department since December 2014 and is the Executive Administrative Assistant. Her duties are many and Laura was nominated and chosen for the award because of her continued diligence and dedication to ensure payroll documents are submitted to the Payroll on time in spite of hardships she suffered earlier in the year. She also set a standard of compliance to all POI and IPD Policies and Procedures for herself and the Department as well while continuing to carry out other duties assigned.

CHILD SAFETY

Most often we discuss leaving children alone in hot cars but in essence leaving them in a car during the winter months can put them at risk as well.

It is never really okay to put your own convenience above the safety of the children

we are responsible for. Therefore, parents and caregivers should never leave a child behind in their vehicle, cold or hot. Children left alone in cars are at risk for hypothermia or hyperthermia.

As taken from an article “Dangers of Leaving Children in Cars” published by BabyGooRoo

Understanding hypothermia versus hyperthermia

Hyperthermia, or overheating of the body, is a serious risk in warm temperatures. Temperatures rise quickly in a stopped car, and leaving a window cracked makes little difference. The temperature in an enclosed car can rise about 19°F in a matter of minutes, 34°F in half an hour, and 43°F in 1 hour. Imagine it's 80°F outside, within minutes of parking, your car's internal temperature could rise to 99°F. A child's body overheats three to five times more quickly than an adult's, meaning babies and children are at much higher risk for hyperthermia and heatstroke than adults.

The danger of ***hypothermia—the body losing heat faster than it can be produced—is also a serious risk.*** Children's smaller body size and subsequent inability to make enough body heat through shivering put them at higher risk for hypothermia and frostbite, which can happen all too quickly in cold conditions. Signs of hypothermia include shivering, confusion, memory loss, drowsiness, exhaustion, poor coordination, slurred speech, and numbness. Children may have trouble communicating these symptoms.

But in cold temperatures, leaving your child in a car with the motor running and the heater on can be equally dangerous. While it may reduce the child's risk of hypothermia, it increases the risk of hyperthermia. One expert notes that many cars don't have a built-in temperature-control system, and young children, particularly those strapped into car seats, can't adjust the temperature.

So the best rule of thumb:

NEVER LEAVE YOUR CHILDREN UNATTENDED IN A VEHICLE REGARDLESS OF THE WEATHER

FROM THE DESK OF CHIEF STANLEY

The Isleta Police Department is recruiting Tribal members who have an interest in starting a career in law enforcement. The following requirements must be met to become a cadet:

1. Must be able to pass a physical agility test
2. Must pass a written exam consisting of math, reading comprehension and spelling, etc.
3. Must appear before an oral interview board
4. After completion of these steps you will need to pass a psychological examination

If you need additional information, please contact the Stephanie Wilson in the Human Resources Department (869-7584).

The Law Enforcement Training Academy is 13 to 26 weeks dependent upon the academy you attend.

Isleta Historical Society

Historic Isletans Known and Unknown

This continues a monthly series of articles consisting of photographs of well-known Isletans coupled with photos of unknown Isletans (at least to us) whose names we may or may not know, but whom we cannot connect with any families or descendants. If anyone has information or photos that might help to identify these Isletans, please email us at isletahistoricalsociety@gmail.com, call the Governor's office at (505) 869-3111 (mention the Isleta Historical Society) or visit us on Facebook and Instagram @ [isletahistoricalsociety](https://www.facebook.com/isletahistoricalsociety). We will not use any information without your permission. Thank you!

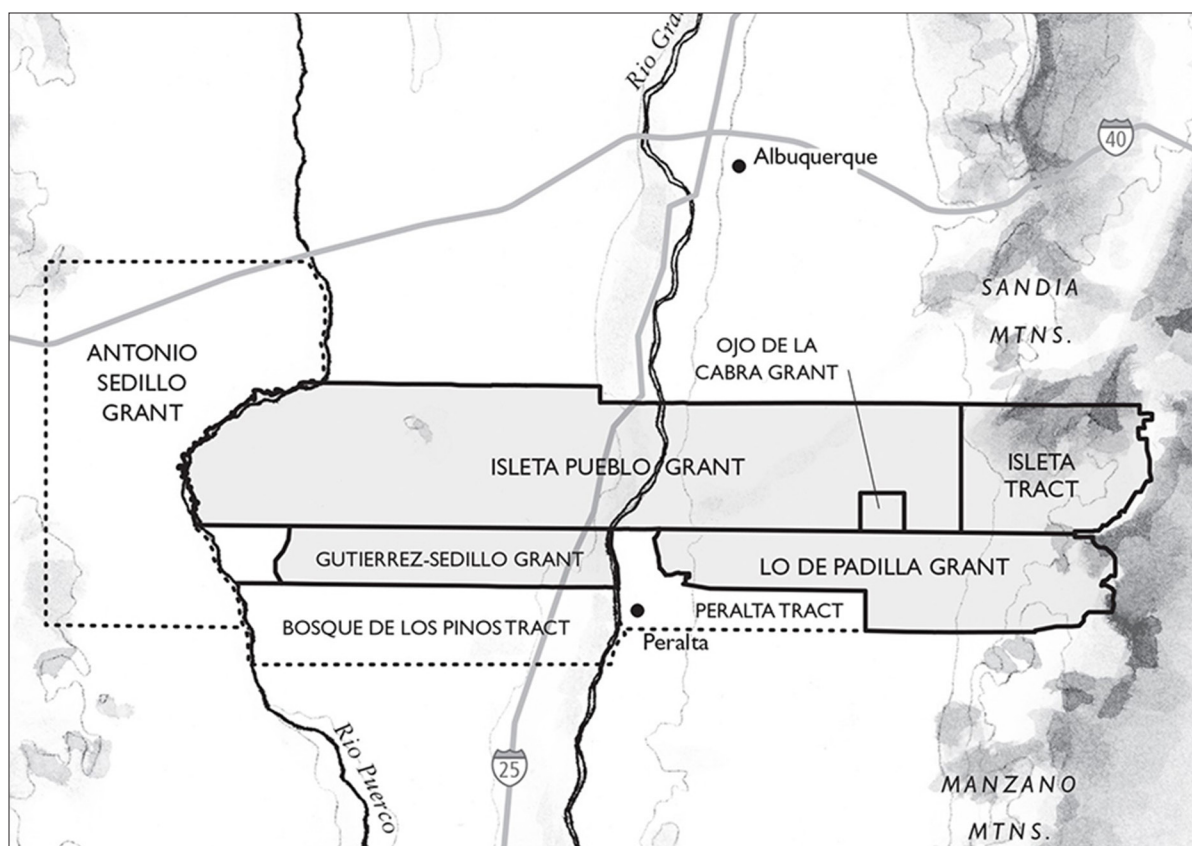
This month's article will feature part one of a two-part series on Pablo Abeita.

Isleta Historical Society: Randy Jiron, Kateri Jojola, Malcolm Ebright, Valentino Jaramillo, Rick Hendricks, and Ted Jojola



Pablo Abeita — 1871-1940

Pablo Abeita was perhaps the most widely known Pueblo Indian in the Southwest from the early 1900s until his death in 1940. Abeita served Isleta Pueblo as lieutenant governor in 1894, 1900, 1929 and 1935. He never served as governor, however, preferring to work behind the scene. He served on the tribal council as a principale for most of his adult life, beginning in the early 1890s when he was in his early twenties. Abeita was called a progressive in his political life, as he advocated working with the federal Indian agents in gaining assistance from the government to protect Isletan lands from encroachment and in obtaining farming implements. Although labeled a progressive, Pablo Abeita was a conservative in religious affairs, particularly in his view that Pueblo religion and ceremonialism should remain secret and that the Indian Service should avoid meddling in these matters. The main issue that separated the progressives from the conservatives was the conservative's view that the pueblo should avoid dealing with the Indian agent and other government officials as much as possible, based on the view that these officials could not be trusted. After all, they represented a government whose avowed principle was the removal and acculturation of all Native people in the U.S. Pablo, on the other hand, believed that it was important to work with the Indian agent, other government officials,



and the special attorney for the Pueblo Indians for the good of Isleta Pueblo and the other pueblos. In a letter to the Bureau of Catholic Indian Missions regarding a position for which he was applying, Pablo said, "my ambition is not so much for what money may be in it, but for any good I can do ... for my people."

Pablo Abeita descended from a prominent Isletan family. His grandfather, Ambrosio Abeita served as Isleta governor in 1862 when he is said to have loaned the U.S. government the huge sum of \$18,000 to pay Union soldiers who had successfully defeated the Texas Confederate Army that attempted to invade New Mexico. Ambrosio kept good records of the transaction and was repaid by the government in full with interest.

Pablo began his schooling in the Pueblo Day School and, for a short period, at the Albuquerque Indian School. Beginning in 1886 Abeita attended the Jesuit Holy Family Select School for Boys, held in the home of Albuquerque businessman Ambrosio Armijo. Then in 1879 he entered St. Michael's College (actually a high school) in Santa Fe as part of a separate department consisting of twenty-two pueblo boys. Abeita returned to the pueblo in 1887 and lived at Isleta, except for periods of employment, all his life. In 1889, the day before he turned eighteen, he married his second cousin, Maria Dolores Abeita, daughter of Juan Reyes Abeita and Maria de los Reyes Zuni. The couple had five children beginning in 1893: Juan Rey, Jose Simon, Remijio, Jose Augustine Ambrosio, and Jose Andres. In the early 1900s he worked in Albuquerque as a typesetter for what is today the Albuquerque Journal and in Santa Fe in a hardware store. When he returned to Isleta for good, he operated a general merchandise store like his mother Marcelina Lucero had done for many years. Intermittently, Pablo operated the Isletan post office out of his store.

Abeita's greatest accomplishment was obtaining a resurvey of the eastern boundary of the Isleta Grant adding over 21,000 acres to Isleta's land base, including primarily the slope leading to the crest of the Manzano Mountains. Isleta's

boundary on the east was the spine of the Manzano Mountains, but the government surveyor surveyed the foothills as the eastern boundary, not the crest. Pablo Abeita fought for three decades to obtain a resurvey to the crest of the Manzanos. In 1899 Pablo wrote to the recently appointed Special Attorney for the Pueblo Indians George Hill Howard, pointing out the surveying error and asking for Howard's help without success. Undaunted Pablo Abeita petitioned Francis Wilson, special attorney for the Pueblo Indians, and many others to get the government to take action. But nothing changed until Isleta sent a delegation to Washington consisting of Bautista Zuni, Pablo Abeita, and Pablo's brother, Marcelino, specifically for the purpose of obtaining a resurvey. Finally, in August of 1919, a surveying party arrived at Isleta to correct the mistaken survey. Pablo thought that victory had been achieved but the General Land Office still dragged its feet in preparing a patent. After continuous prodding by Abeita and other advocates for Isleta, such as Richard Hanna, the GLO finally issued a patent to Isleta Pueblo for 21,415 acres of the Isleta tract in October 1933. It is largely through Abeita's efforts that Isletans now have free access to the mountain for hunting, natural resource gathering, and ceremonial usage.

Another of Pablo Abeita's accomplishments was getting bridges built across the Rio Grande in 1911 and 1912 with the help of William Ketcham of the Bureau of Catholic Indian Missions (BCIM) and Indian Agent Ruben Perry. Pablo was able to get a funding bill for two bridges, one at San Felipe and the other at Isleta, before Congress. In 1911 Congress passed an appropriation of funds to construct the bridges. These were the first major bridges across the river near Isleta, and they were a huge improvement, especially for Isletan farmers. Prior to this time people crossed the river either on foot bridges (which were often washed out during floods) or by means of boatmen or barqueros who ferried passengers and their cargo across the river for a fee. This practice proved hazardous as farmers lost their crops and horses, and more tragically, some women and children drowned. Farmers who lived on the west

side of the Rio Grande had many of their fields on the east side where they cultivated about 4,000 acres of alfalfa, corn, wheat, and melons which had to be brought across the river for use and for shipment by train. By December of 1911 less than two years after the idea was first hatched, the bridge was completed. Pablo Abeita also succeeded in getting jobs for Isletan workers on the project. Today the bridge stands, with modifications, as a monument to Pablo Abeita's foresight and perseverance.

Pablo Abeita was uncompromising in his many speeches in Washington D.C. before the Senate Committee on Indian Affairs. He often spoke of the injustices of federal policies regarding Indian land as he did in 1923: "You never gave us any land. The land that we have was always ours. You gave us the paper only, you never gave us any money, nor do now, never any cattle or sheep, not even a wagon... We did not kill any white man, but instead, fed them and protected them when they were in need, and now that we are in need, the Government wants to take away our last bite, to take away according to law what land we have left, and turn us into the wrath of our neighbors." To be continued in March's newsletter...



UNKNOWN GIRL - Please help us identify the above girl photographed with Pablo Abeita (65 years old at the time). It was taken in 1936. Any information is greatly appreciated and will not be used without permission. Thank you!

Department of Education College Career Fair

During the month of January, the Pueblo of Isleta along with the Los Lunas Public Schools hosted a College/Career Fair at the Pueblo of Isleta Golf Course. Attendance was great! During this event attendees were able to meet representatives from various colleges and universities in and out of New Mexico. Students also met with various employers including the amazing United States Armed Forces. We would like to thank Los Lunas Public Schools, Tribal Programs, college representatives, students and parents that came out and participated in this event. It is through the hard work and dedication of the Department of Education staff that we are able to provide quality educational support and services to Tribal members.

If your student is graduating from high school this Spring 2020, and they will be interested in attending college in Fall 2020, please do not hesitate to contact the Isleta Higher Education Program to obtain information about supplemental financial assistance. We look forward to helping students with their transition into their post-secondary educational careers.



2020 Graduation Banquet

It's that time of year...

If you have a high school student that will graduate this year, a college graduate, or if you are a GED/HiSET recipient please contact the Department of Education at 505-869-9790 and confirm your graduation. Each year, the Department of Education hosts a Graduation Banquet which allows us to honor all graduates! It is your student's time to shine!

Los Lunas Schools Middle School Na-Khaa-chaa

I would like to start off by re-introducing myself. I am Michael Valdez or some may also know me as Buzzy. I am the Native American Liaison for the Los Lunas Schools and my concentration is with the middle school students. In my position I am able to support all Native American students, but being from Isleta Pueblo I keep a closer eye for my community member students. I am at Valencia Middle School on Mondays & Tuesdays and at Los Lunas Middle School on Wednesday, Thursday, & Fridays, but I make myself available with appointment for both schools during the week. My schedule allows me the flexibility to travel to both schools when I am needed as well as attend meetings off campus if that may also be the need.

As mentioned in the last newsletter, most of these students are starting to understand the grading concept now and have a better understanding on what and how these teachers grade. Daily classroom participation also plays a role on their grades and may not be made up at a later time. This is where I am encouraging students to work harder now so when the time comes that they need to be absent then it would not put them to far back that they struggle to keep up. Since we are always running on Indian time, it's hard for us to plan ahead, so please push your student to keep on top of their assignments and grades. In the event that you do know your student will be absent try to have your student talk with their teacher about homework. I am also here if you need help with this.

During traditional events, please encourage your student to participate as much as they can. I have talked with my Principals at both schools to let them know that Isleta students tend to be absent for a day or periods at a time, not because they don't like school, but because it's our way of life that we need to be there to support our village, and I am happy to say they are all in full understanding of this. I am only asking that our traditions are not used as an excuse for your student to stay home and do nothing. We all participate in our own ways, so please be mindful of how you use traditional excuses. Believe it or not, I have heard some excuses from the schools that make no sense to me in regards to traditional excuses and the schools honor it because they don't know our traditions and they will not question it out of respect.

I have seen much growth with these students since I started here. We have made great strides with our Homework Help program provided by POI JOM Program. Homework Help is at both schools for one day every other week and is also available afterschool at JOM. When these students first started they loved to have their random conversations and had a slow time getting started, but now they still talk the talk, but they also

talk with one another about homework and different ways to get it done. They developed their own peer tutoring and they don't even know it. It's amazing!! Keep up the great work, students and JOM.

Bus Safety

New year, same old concerns. I am still hearing that students are being disrespectful in conversations as well as showing signs of inappropriate behavior towards one another or themselves. All buses have cameras in them, so it's pretty disturbing when I see these types of behaviors going on in the bus. Remember if you can't do that stuff in front of grandma or grandpa, then please don't do it on the bus either. Please remember, with the upcoming months schools often go on more field trips and I would hate to see you stay behind because you're suspended off the bus. Stay safe on the bus and keep it clean. I will still make my rounds and check in and ride the bus just to make sure all is cool and to save my gas in my car. Just kidding, just wanted to make sure you're still reading this.

Native American Clubs

I would like to thank the Isleta Sponsorship Committee for your support. I will be working with our club Treasures and school Admin to start utilizing these funds to support our clubs. Thank you I have started to plan several trips for our students, so please remind them to check in with me or attend our meetings for further information as space is limited. Also, if you can please encourage these students to start utilizing the services we provide. I am noticing that most students do not like to come in for help or to talk with me and that is fine, but we are offering free services with free incentives for different items just to come in and meet. I do have my regulars at one school and none at the other school, so I just sit there all alone, eating my delicious snacks, enjoying my hot food, drinking my refreshing drink

Sports / Activities

In reference to last month's newsletter article about the School Attendance Zone and the boundaries for sports, I have been asked by Governor Zuni to work with POI Dept. of Education to survey the families and see if they would like to have all of Isleta Pueblo under the Los Lunas School District or leave it as it currently is, part Albuquerque Public Schools (APS) and part Los Lunas Schools (LLS). Please be on the lookout for further information on this as you are the ones to make this change. It is a lengthy process to change said boundaries, so Governor Zuni wants to make sure this is what the people want before he can request for the change. The Pueblo of Isleta has an agreement in place between LLS and APS for transportation, so this should not be affected. This

agreement was established back in 1996 under the support of former Governor Alvino Lucero.

With spring approaching, that means we are going to be starting our spring sports (baseball, softball, golf, tennis, track and field) they will be looking at the G3 grades (report card from Jan 10, 2020) for eligibility. So, make sure your student has the grades, which is NO F's & a 2.0 or higher in order for them to play. Now if they do not meet this as of now, have them talk with the coach and Athletic Director at the middle schools to see what they can do, because G4 (report card from Feb 20,2020) is just around the corner and they will be looking at those grades for eligibility when those are released. Please encourage them to work hard and play smart. I have always told my students/players that the first part of being a Student Athlete is the student. You will need this first and the other part will fall into place, as long as you work for it and want it and when you get it you have to find balance to maintain it.

I would also like to congratulate the students that do participate in school band, clubs, or sports. You are showing people that you are committed to your school and the activity you are participating in. I would also like to thank all the family and friends that are there to support and cheer for them. A student performs so much better when they know they have an audience behind them, even if it is just one person. Students please also take the time to thank these people as well. Win or lose they are always in your corner ready to pick you up from practice, drop you off early in the mornings or pick you up late at night, they bring you lunch, give you money, buy you new equipment and so on. These things we all often take for granted and don't give much appreciation for our efforts, but a simple "Thank you" is all that is needed, unless you really want to say thank you, then you can do the dishes, take out the trash, laundry, feed your animals, and so on, just be the reason those ladies are talking positive about someone around the ovens when baking bread.

Starting this new adventure I didn't know what to expect. I didn't know if I could make a difference with these students and half way into the school year I know I made the right choice in being here. I have seen grades come up and attitudes change in these students as well as some parents, you may not all see it, but I do. With your continued support and understanding I think we can help these students start appreciating life and where they came from, so they can start to respect where they want to go.

Respectfully,
Michael Valdez,
LLS Middle School Native American Liaison

With great pleasure and excitement the
Pueblo of Isleta
Department of Education
announces the:

Class of 2020
Graduation Banquet


Thursday, April 16, 2020
Isleta Resort & Casino
Doors will open at 5:00 pm
Individual parties will not be seated until all their guests are present.

Please contact us by March 13, 2020 if you or your student is
graduating from high school, college or has successfully completed
the GED/HISET requirements.

Graduates: Please submit (3) photos (1-baby, 1-elementary/middle
school, and 1- graduate portrait).
Deadline for photos will be March 13, 2020

Each graduate is welcome to bring three guests to the banquet.
Due to limited seating, additional seating will not be provided.
**Please contact the Department of Education at
505-869-9790 to RSVP.**

Pueblo of Isleta Adult Education




RESUME
BUILDING
WORKSHOP


Come join us and get helpful tips, or
update and polish up your current
resume.
Dinner will be provided!

FEBRUARY 26, 2020
5:30 PM- 7:30 PM

For more information contact:
Valerie Keryte - Adult Education
Coordinator
(505) 869-9790
poi02001@isletapueblo.com



Building A
Resume



Health Beat: Heart Disease

Stephanie Barela, Health Educator
www.CDC.gov
www.webmd.com
www.goredforwomen.org
Phone: 505-869-4479

*February is HEART DISEASE
AWARENESS MONTH. Heart Disease,
also known as cardiovascular disease,
is the leading cause of death in the
world, and accounts for one in three
deaths among women each year and
more than ½ of the deaths in men.
Here are things we can do to LOWER our
Risk of Heart Disease:*

QUIT SMOKING COMMERCIAL TOBACCO.

Contact Stephanie Barela (869-4479) to learn about
the Isleta Health Center’s quit smoking programs.

EAT HEALTHY.

Eat more

- Healthy fats, such as raw nuts, olive oil, fish oils, flax seeds, or avocados
- Colorful fruits and vegetables—fresh or frozen, prepared without butter
- High-fiber cereals, breads, and pasta made from whole grains or legumes
- High-quality protein, such as fish, poultry, and lean meats
- Organic dairy such as eggs, skim or whole milk, or unsweetened yogurt

Eat less

- Trans fats from partially hydrogenated or deep-fried foods; saturated fats from fried food, fast food, and snack foods
- Packaged foods, especially those high in sodium and sugar
- White or egg breads, sugary cereals, refined pastas or rice
- Processed meat such as bacon, sausage, and salami, and fried chicken
- Yogurt with added sugar, processed cheese

GET ACTIVE

Get moving and increase your heart rate. Try for 30 minutes a day, 5 days a week.

MANAGE YOUR STRESS

- o Deep Breath
- o Take a Break
- o Exercise
- o Write in a Journal
- o Talk to someone (Friends/Family)
- o Make an appointment with Isleta Behavioral Health (505-869-5475)

KNOW YOUR NUMBERS

BLOOD PRESSURE

- Keep it below 120/80.

BLOOD SUGAR

- Keep it below 6% (100mg).

BLOOD CHOLESTEROL

- LDL is “bad” Cholesterol--Keep it less than 100mg.
- HDL is “good” Cholesterol--Keep it higher than 60mg.
- Triglycerides--Less than 150mg.

BODY WEIGHT

- Keep your Body Mass Index between 18.6 and 24.9.



Pueblo of Isleta Public Library

February is upon us and there is only one more month of winter. We hope the year is treating you right so far and encouraging everyone to stick to those New Year’s resolutions. We are currently in the stages of planning for our upcoming 2020 Summer Reading Program, continue reading for more details!

News

The library will be closed from 8am-12pm on Friday, February 7th for our monthly staff meeting. During this time we will discuss potential programs and services for adults, teens, and children for the upcoming months. We will also finalize our Summer Reading Program Details. If you have any questions or concerns please give the library a call at 505-869-9808 and speak with a library staff member.

The library will be closed on Monday, February 17th in observance of Presidents Day. All library material checked out on Thursday, February 13th and Friday, February 14th will be due on Tuesday, February 18th. We apologize for any inconvenience this may cause.

Stay up to date on closures due to traditional dances and weather related closures with signs posted throughout the library and updates on the Library’s Facebook, Instagram and Snapchat.

Upcoming

Family Story Time has officially started for the 2020 year and is open to the community and to the public.. Library staff member Ashley will read a story every Wednesday at 10:30 am along with a small activity or craft. No need to sign up for this program just show up. If you have any questions please call the Library and speak with Ashley at 505-869-9808.

Our Summer Reading Program will be here before you know it. Just to give you a quick overview, the Youth Program will be open to 25 students ages 7-16 years old. Our Junior Program will be open to 20 students ages 3-6 years old. Toddlers must be potty trained. **Registration for both programs will be Friday, May 8th starting at 7am.** Space is limited and will be on the first come first serve basis. Registration will stay open and a waiting list will also be available. Library staff members have been busy planning the 2020 Summer Reading Program and finalizing calendars for both the Youth and Junior Programs. The flyer and calendars will be released shortly, so please keep a look out on our Library Facebook, Instagram, and Snapchat. Flyers will be posted throughout the community.

Recap

On January 9th and 10th the Library was closed for our Summer Reading Program Planning. Each year we start extra early on our planning so we can get the information and calendar to you so you may review and make the best decision on where your child/children will go for the summer.

Our Fitness Frenzy Program was a success with a big turn out. On January 15th we started off with our Breakfast Meal Prep session and participants got to make overnight oats with fruit in a mason jar and a healthy egg muffin. Unfortunately due to the weather our first Dance Fit class was canceled and was rescheduled at a later date. The Lunch Prep session was on January 21st with participants making

Quinoa Salad and a Smoothie. The Dance Fit was held on January 23rd with a packed class getting their workout on in the general area of the library. The Dinner Meal Prep session was a full class and participants made a Build-a-Bowl with chicken and roasted vegetables. Lastly the program ended with the Dance Fit class on January 30th. We would like to thank everyone who participated in the Fitness Frenzy program. The library staff would like to encourage everyone to continue with a healthy life style, with the Diabetes Prevention Program and the Isleta Recreation offering a variety of workout programs to serve the community.



Meal Prep participant adding that sprinkle of garnish!



Fitness Frenzy Dinner Meal Prep Group.



Alyssa Jojola Leading the class in decision about healthy eating.



Chinese New Year Candy Art!



Chinese New Year Program.

On January 22nd and January 29th the library celebrated the Chinese New Year, as 2020 is the year of the Rat. Library staff member Cheyenne showed participants how to make traditional Chinese New Year desserts. This program was broken into two sessions one for adults and one for children. The adult session made Candy Animal Art and the children session made “Tanghuru” which is a candied fruit kebab. The desserts were easy to make and everyone enjoyed making something new.

The Holiday Movie and Pajama Party kicked off the Month of January with Isleta Scout Pack 1572 fundraising for their group. Families got to enjoy a movie after the busy holidays and show their support to the Isleta Scout Pack 1572. We would like to thank everyone who showed up, making another successful movie night.

A Movie Night is a great opportunity to fundraise for your group or organization. If you would like to know more about a Movie Fundraiser at the Library please call the library at 505-869-9808. Please note that we will need advance notice to help us better prepare for a fundraiser event.

Isleta Recreational Center

As January 2020 comes to an end we turn our focus on February 2020. This is the month that we officially start our planning for the upcoming 2020 Summer Program. This means finding staff, planning summer field trips, setting up training dates, finalizing summer program dates and summer program registration dates, etc. One very important item for our summer program is finding the right individuals to fill our vacant Part-Time Temp summer positions. We are looking for responsible, dedicated, reliable, safety conscious individuals who enjoy working with children to fill our summer part-time temp positions. The positions we are looking to fill this summer are the following:

- **16 Summer Youth Program Aides – These positions close on February 17th, 2020.**
- **6 Weed & Litter Positions – These positions close on February 24th, 2020.**
- **3 Summer Youth Program Aquatic Aides – These positions close on February 17th, 2020.**

We encourage tribal members 16 years of age and older to apply for these positions. If any of you are interested in applying for any of these positions please make sure and apply on-line as soon as possible. You can apply at the following website <http://www.isletapueblo.com/careers/> Please make sure to apply before the positions close.

If anyone wants more information about the positions we have available for the summer, please feel free to contact me at 869-9777.

FITNESS OPPORTUNITIES

I know that many of you have started new work out routines for the year and we want to help you stay on track with your routine, so the following are some of the classes that we are offering at the new recreation center:

- **Aerobics/Light Weight Training – Tuesday and Thursday 9:00 am to 10:00 am**
- **Spin Classes – Monday and Wednesday 6:00 pm, Tuesday and Thursday at 12:00 noon and Friday at 5:00 pm**

Keep in mind that we have fitness instructors available at both facilities (Old Recreation Center and New Recreation Center). These individuals will help you develop a workout routine/plan tailored for your specific needs. For more information contact either facility.

- New Recreation – 869-9777
- Old Recreation – 869-5741

From our Sports Coordinator’s (George Waquie) Desk

Happy New Year, the Isleta Recreation Center basketball teams have been playing and are having a great time with it. The coaches are in the gym working with the kids and helping them learn the game and making sure they are having a good time doing so. On January 24th the team played Jemez Riverside and they did well. The recreation center hosted the Isleta Pueblo Round Robin tournament on January 25th.

We are hoping that this will be the first of many tournaments to come that we will be hosting. The boys and girls had a blast playing the different teams from Los Lunas, Albuquerque, and Santa Ana Pueblo. On February 1st the team will be playing Zia Pueblo for the first time. The teams have also been invited to to play in a tournament in Dulce on February 8th. This tournament is only for the 5th-6th grade boys and girls.

I think it’s important to let everyone know who the members of this year’s teams are:

- The 3rd-4th grade boys basketball team members are – Antonio Jaramillo, Kobe Martin, Michael Toya, Damian Garcia, Yahnozha Abeita, Jacob Silva, Anthony Flores, and Korbin Lujan
- The 3rd-4th grade girls basketball team members are – Taloa Abeita, Kendall Peshlakai, Arianna Garcia, Illiana Padilla, Sophia Padilla, more girls are needed for this age group.
- The 5th-6th grade girls basketball team members are – Makhaila Peshlakai, Sienna Flores, Ayshia Jojola, Emilia Jojola, Zaiyah Hawley, Kaylanie Abeita,

Janelle Esquibel, Madison Vanderlaan, Enrique Jojola, and Isabella Padilla

- The 5th- 6th grade boys basketball team members are – Ohitika Martin, Gavin Abeita, Elias Jiron, Michael Padilla, Tino Jojola, Aaron Abeita, Nicholas Zuni, and Kyllen Nez

The kids have been a lot of fun to coach and are getting better as the season moves along. The coaching staff is as follows- George Waquie, Cubs Montoya, Bubba Jiron, and Kyle Wade. We would like to thank all of you for your continued support.

The Adult Volleyball league ended in January and we wanted to thank all the teams that joined this year. It was a lot of fun and we hope that all the teams that were involved had a good time. This year’s first and second place teams were, The Sicarios (1st place) and The Net Ninjas (2nd Place). Thank you all for a great season. It was lots of fun, we are looking forward to next year and we are hoping to make it even better next year.



New Isleta Recreation Center presents:



BERNIEJOJOLA

MEMORIALChallenge

F u n W a l k & R u n

Saturday, April 25th, 2020

On Site Registration Begins at 8AM •Walk/Run Starts at 9AM

Location: Big Mama Hill (Isleta) Tribal Road 10

For more information please call: (505) 869-9777

Only 150 shirts, must pre-register by March 30, 2020

REGISTRATION FORM

Print Name_____Contact Number_____

1 Mile Fun Walk____ 3 Mile Challenge Run____ Email Address:_____

Shirt Sizes: S _ M _ L _ XL _ XXL _ Youth: S _ M _ L _

By submitting this form, I hereby voluntarily waive and release all rights as well as all claims or damages may have against the event “Bernie Jojola Challenge” to be held on April 25th, 2020, for any and all injuries suffered by me in this activity.

Yes____ No____ I give Isleta Recreation authorization to take and use my photo for use in the monthly Pueblo Newsletter.

Participant Signature_____Date_____

“Building a Healthy Community”



Isleta Recreation Dry Sauna

Our Recreation Center dry sauna is up and ready for daily usage. Come enjoy some relaxation

DO's and DON'TS

DO's:

- STAY HYDRATED! Drink plenty of water while in sauna to avoid dehydration
- Make sure water is being poured on hot rocks to provide humidity
- Limit your use to avoid complications such as dizziness, dehydration and even worse heat stroke
- Ideal use is 10 mins sauna, step out 5 mins, go back in for another 10min and step out 5 min.
- If you start to feel tired, dizzy and or nauseous STEP OUT IMMEDIATELY!
- Cool down slowly after sauna use, such as a warm shower. AVOID shocking the body by taking a cold shower.
- Consider a healthy snack after leaving sauna to restore sodium that was lost during use.

PLEASE keep sauna door open after every use

DON'TS

- Use of drugs and alcohol is prohibited
- Do not wear metal jewelry inside of sauna
- Do not over water the hot rocks
- No gum, food, candy is allowed in sauna

Health Benefits:

Detoxification, increased metabolism, weight loss, increased blood circulation, improved cardiovascular function, improved sleep, stress management, and relaxation

Pool and Fitness staff are available to help with sauna use

If you have any questions or concerns please do not hesitate to call the Recreation Center: 505-869-9777



Baseball/Softball

2020 Season

ONLINE REGISTRATION NOW OPEN!

Boy and Girls Ages 4 and up
Kids of all skill levels welcomed

Register at:

YuccaLL.com

Visit us on Facebook:

YUCCA Little League

Registration Fee: \$85

\$75 for additional siblings

In-person Registration 2/1/20

Peralta Elem. 10am-1pm

Registration Ends February 29th!!!

Call 505.250.8140 or email yuccalittleleague@gmail.com



New Isleta Recreation Center Presents:

Summer Registration for Summer Rec!!

Starting March 23-April 20th, 2020!!

*Only **112 Slots** Available!!

*Ages 4yrs to 18 yrs

*Must be Potty trained

*Tribal Youth residing within Isleta Reservation boundaries

Summer Recreation
Program begins June 8
-July 31, 2020

On-Site Registration only!



Highlights of Summer Activities

- *Swimming *Hiking *Movies *Exploring State Parks *Cultural Activities
- *Basketball/Running Camps *Arts & Crafts *Cooking *Fitness

Space is limited to All Age Groups!! For more information, please contact LeeAnne Zuni, Summer Recreation Coordinator at 505-869-9777.


ISLETA JOHNSON-O'MALLEY PRESENTS



S.A.T.
BOOTCAMP

FEBRUARY 1, 2020

9am-4pm

LUNCH WILL BE PROVIDED

JOM WILL PROVIDE ONSITE SPECIALIST TO ASSIST STUDENTS WITH MATH & READING
ALL SUPPLIES WILL BE PROVIDED BY JOM

Contact 505-869-9810 for more information

DEPARTMENT OF EDUCATION/JOM

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PUEBLO OF ISLETA
DEPARTMENT OF EDUCATION
COMPUTER LAB TRAINING

February

February 13, 2020

Word

9:00am – 12:00pm

Location:
950 Moonlight Dr. SW
Albuquerque, NM
87105

Space is
Limited to 10
individuals
Per Session

March

March 12, 2020

Excel

9:00am – 12:00pm

For more information or to register for classes call
Kathy Jojola at (505) 869-9790 or via email at
poi08003@isletapueblo.com
Training provided by: Kathy Jojola, DOE

Quit Smoking in 2020

Stephanie Barela, Health Educator
www.fda.gov
Phone: 505-869-4479

HAPPY NEW YEAR!! Did you make a New Year’s Resolution? If you smoke, chances are you thought about quitting smoking. According to the US Food and Drug Administration, nearly 70 percent of current adult smokers say they want to stop. But how, you ask? There are a number of approved products that can help. In fact, data has shown that using an “FDA-Approved cessation medication can double your chances of quitting successfully”. As the saying goes, Never Quit Quitting. If at first you don’t succeed, try and try again!! It may take you several attempts to quit smoking, but each attempt you take will get you closer to actually quitting. Keep at it and you will continue to learn what works for you and eventually you will be successful!

When quitting smoking the FDA wants you to remember these 4 quitting tips:

1. Know your reasons for quitting.

Everyone wants to quit for different reasons (health, lifestyle, money, family, etc.). Whatever motivates you, get clear on it when you decide to quit. Make a list so that you can read it when you get the urge to smoke as advised by the Centers for Disease Control and Prevention.


If you want to quit for your health, remind yourself that cigarette smoking is still the leading cause of preventable disease and death in the United States, causing 480,000 deaths every year. If you quit, not only will you lower your risk of getting various cancers, including lung cancer, you’ll also reduce your chances of having heart disease, a stroke, emphysema, and other serious diseases. Quitting also will lower the risk of heart disease and lung cancer in nonsmokers who no longer have to be around your secondhand smoke. Also know that no matter how much you smoke—or for how long—quitting will benefit you.

2. Be kind to yourself.

Quitting smoking can be hard, especially because of a highly addictive chemical in tobacco products called nicotine. Tobacco users who are addicted to nicotine are used to having nicotine in their bodies. And because you’re used to it, you can go through symptoms of withdrawal (like cravings, trouble sleeping, and anxiety) when you try to stop. These withdrawal symptoms can make it harder to quit, but they also disappear over time as your body readjusts to being nicotine-free. When you try to quit, you may have to try a few times before you’re successful. Just know that you can do it, and don’t be too hard on yourself. The FDA say the more times you try to quit, the more likely you are to quit. It may take you a number of tries, but keep at it and you will eventually get there.


3. Know that FDA-approved products can help you quit.

You don’t have to quit all on your own. FDA-approved smoking cessation products can help. For instance, nicotine replacement therapy (NRT), which supplies controlled amounts of nicotine, can help you quit by reducing withdrawal symptoms and cravings. The FDA has approved three types of over-the-counter nicotine products (a gum, transdermal patch, and lozenges). Most of these products have been approved for at least 20 years. And while their effectiveness can vary by type, these products can double your chances of a successful quit attempt. Other FDA-approved, prescription drug products that do not contain nicotine also are available.



American Heart Association.


February's Isleta Health Support Group will be attending this Go Red Summit in place of our Monthly Meeting. Please call to register and meet us at the Hyatt Regency. If you need transportation, please contact 869-4479.



7th Annual Drum to the Beat of a Healthy Heart

Go Red for Native Women®

Heart Health Summit




February 7, 2020 - 8am

Hyatt Regency Albuquerque

Please contact Josh Martinez at Joshua.Martinez@heart.org for more information.

Life is Why Sponsor



Call Charlene Gabaldon at 869-4864 to register or go to <http://NMforNativeWomen.heart.org>. Thank you!

Isleta Health Center

Behavioral Health Clinic: Prevention Program

Phone: 505.869.5475

Substance Use: Difference of Abuse and Dependence

This short article is to look at the differences of Substance Abuse and Dependence; more importantly, what is the impact among the two. The question is, is there a difference between substance abuse and substance dependence. Yes, but one characterization is not less impactful than the other is.

Addiction – or compulsive use (of a substance) despite harmful consequences, which can be characterized by an inability to stop using a drug; failure to meet work, social, or family obligations, legal issues, continued use despite consequences. Alternatively, sometimes the withdrawal symptoms. The latter use can be reflective of the physical dependence.

Dependence is in which the body adapts to the substance, requiring more of it to achieve a certain chemical effect in the brain (tolerance) and eliciting drug-specific physical or mental symptoms (withdrawals, which can be life threatening if use is ceased).

Physical dependence can develop with the chronic use of many substances, which can include alcohol or illicit drugs (cocaine, methamphetamine, heroin, and opioids - many prescription drugs). Even if taken as instructed, prescriptions can lead to dependence. Thus, physical dependence in and of itself does not constitute addiction, but it often accompanies addiction.

Nevertheless, if any one person - a loved one, a neighbor, or a stranger, are having issues with Substance Use, and they abuse or become dependent, they need help!

Pueblo of Isleta

Veterans Association

Our association held our annual elections on January 9, 2020. The following were elected : Fred Lujan Commander , Michael B Lucero Vice Commander ,Ulysses Abeita Adjutant , James Keryte Finance Officer , Mark Lujan Sgt at Arms , Doug Meskimen Judge Advocate and Robert K. Abeita Chaplain .

David Carlberg our former Finance Officer and wife Barbara have relocated to another State. They have both been very involved with our association. Barbara was chairperson of the Valencia County Blue Star Mothers organization. We wish them the best at their new home.




Veterans who are service connected (enrolled at the VA) and currently receiving compensation who are in need of grab bars in showers or tubs, ramps or other medical equipment that will assist them toward improving their level of independence may contact Tony Munoz at 505 948 8635.

We are still collecting Pueblo member veteran photos. Photos may be dropped off at the Governor’s office.

The following is the 2019 honor guard report;

HONOR GUARD ACTIVITIES 2019		
DATE	ACTIVITY	SITE
January 12, 2019	2019 Tribal Collaborative Training	Isleta Resort and Casino
January 29, 2019	Tribal Region #8 Housing Alliance	Isleta Resort and Casino
February 28, 2019	Cemetary Detail - Charles Jojola	Isleta Cemetary
March 19, 2019	Southwest Consortium of Indian Head Start	Isleta Resort and Casino
March 28, 2019	Native Language Tiwa Group	Isleta Elementary School
April 2, 2019	Native Youth Empowerment Symposium	Isleta Resort and Casino
April 13, 2019	Set Headstone Detail	Isleta Cemetary
April 24, 2019	Meet and Greet-Military Church Group	St. Augustine Church
May 4, 2019	Class of 2019 Graduation Banquet	Isleta Resort and Casino
May 13, 14, 2019	National Tribal Health Summit	Albuquerque Convention Center
May 14, 2019	Tribal Community Development Group	Isleta Resort and Casino
May 16, 17, 2019	American Native National Behavioral Health	Albuquerque Convention Center
August 13, 2019	Conference on Aging	Sandia Resort & Casino
September 29, 2019	Semi-Pro Basketball	Isleta Recreation Center
October 5, 2019	Semi-Pro Basketball	Isleta Recreation Center
October 10, 2019	Violence Against Women	Isleta Resort and Casino
October 12, 2019	WONCA Conference	Albuquerque Convention Center
October 17, 2019	New Mexico Independent Auto Dealers	Isleta Resort and Casino
November 4, 2019	Advanced Measured Progress	Crown Plaza Hotel - Albuquerque
November 8, 2019	2019 Native American Health and Wellness Synoisum	Isleta Resort and Casino
November 22, 2019	Government to Government Indian Education	Isleta Resort and Casino
December 14, 2019	Community Building Dedication	Chical - Isleta Pueblo



Beef Cattle Reproduction Anatomy and Endocrinology

Isleta Casino: 11000 Broadway Blvd SE, Rio Bosque Ballroom

Tuesday, February 11, 2020, 6:00pm - 8:00pm

FREE WORKSHOP


**Gain greater understanding of the reproductive
and endocrine systems with hands on practice
in assisting calving difficulties**


Presented by
Dr. Marcy Ward, NMSU Extension Livestock Specialist
Dr. Craig Gifford, NMSU Extension Beef Specialist


Provided by
Valencia County Cooperative Extension Service


Sponsored by
Isleta Pueblo Natural Resources Department

For Information Call: (505) 565-3002










If you are an individual with a disability and need auxiliary aid or service contact Newt McCarty 505.565.3002 by January 27, 2020. New Mexico State University is an equal opportunity employer. All programs are available to everyone regardless of age, color, disability, gender, national origin, race, religion, sexual orientation or veteran status. NMSU and the USDA cooperating.

Orientation Session
March 7th from 9am-11am

Pueblo of Isleta
Department of Education
950 Moon Light Dr.
Albuquerque, NM 87105



This orientation will:

- Give a brief outline of the CNM Ingenuity CDL program and its requirements
- Discuss options for CDL class B and Passenger endorsement training

ARE YOU INTERESTED IN GETTING YOUR CDL?

The Pueblo of Isleta and CNM Ingenuity are partnering to offer a customized CDL Class A training.

Class A:

Students will receive theory instruction to prepare them for the written exams at the MVD. Once you have received your permit, you will attend behind the wheel training with a CNM Ingenuity CDL instructor. Instruction is based on the New Mexico CDL Manual and the Federal Motor Carriers Safety Administration requirements including airbrakes, vehicle inspection, manual transmission, backing skills, and over the road driving.

CDL Skills Exam: (Included with CDL Training)

ABQCDL can conduct your CDL skills exam, administered by a state-certified examiner in accordance with New Mexico state regulations. This exam fulfills the state and federal requirement to obtain a Commercial Driver License (CDL). The exam includes: a pre-trip vehicle inspection, basic control skills testing and behind-the-wheel road observation.

For more information or to
RSVP contact us at:
abqcdl.org or
(505) 224-4CDL

**ABQ Commercial
Driver's License**
powered by CNM Ingenuity

With age comes wisdom, specifically wisdom teeth.

Your mouth goes through many changes in your lifetime. One major dental milestone that usually takes place between the ages of 17 and 21 is the appearance of your third molars, historically these teeth have been called wisdom teeth because they come through at a more mature age.

When they come through correctly, healthy wisdom teeth can help you chew. It’s normal to feel a little discomfort when your wisdom teeth appear, but if you have pain, see your dentist immediately.

Room to Grow?

Wisdom teeth can lead to problems if there isn’t enough space for them to surface or they come through in the wrong position. If your dentist says your wisdom teeth are impacted, he or she means they are trapped in your jaw or under your gums.

As your wisdom teeth make their way through your gums, your dentist will be monitoring your mouth for signs of the following:

- Wisdom teeth that aren’t in the right position can allow food to become trapped. That gives cavity-causing bacteria a place to grow.
- Wisdom teeth that haven’t come in properly, which can make it difficult to floss between the wisdom teeth and the molars next to them.
- Wisdom teeth that have partially come through can give bacteria a place to enter the gums and create a place for infection to occur. This may also lead to pain, swelling and stiffness in your jaw.
- Wisdom teeth that don’t have room to come through are thought by some to crowd or damage neighboring teeth.
- A wisdom tooth that is impacted can form a cyst on or near the impacted tooth. This could damage the roots of nearby teeth or destroy the bone that supports your teeth.

Why You Might Need to Have Your Wisdom Teeth Removed.

Every patient is unique, but in general, wisdom teeth may need to be removed when there is evidence of changes in the mouth such as:

- Pain
- Infection
- Cysts
- Tumors
- Damage to neighboring teeth
- Gum disease
- Tooth decay (if it is not possible or desirable to restore the tooth)

Your dentist may also recommend removal of wisdom teeth as part of treatment for braces or other dental care.

Before making any decisions, your dentist will examine your mouth and take an x-ray. Together, you and your dentist can discuss the best course of treatment.

Keeping Your Wisdom Teeth?


Wisdom teeth that are not removed should continue to be monitored because the potential for developing problems later on still exists. As people age, they are at greater risk for health problems—and that includes potential problems with their wisdom teeth. Be sure to floss around your wisdom teeth and visit your dentist regularly. Regular dental visits allow your dentist to evaluate your wisdom teeth and your overall dental health.

Attention

2020 Burn and Wood Permits

Permits are now being issued at the
Department of Natural Resources Office ONLY.
All 2019 Burn and Wood Permits expire
December 31, 2019.
You must have a burn permit before you burn.

NATURAL RESOURCES



CALL BEFORE YOU BURN

505-869-3030

Pueblo of Isleta
Department of
Natural Resources

6 Sagebrush St.
(Across from the Clinic)
Office Hours:
M-F 8:00 am - 4:30 pm
(505) 869-9817

JOM FAMILY NIGHT
EVENT

11TH FEB 2020
500PM - 730PM
AT
ISLETA ELEMENTARY SCHOOL
1000 MOON LIGHT DRIVE ABQ NM 87105

JOM WILL PROVIDE SUPPLIES FOR
STUDENTS TO MAKE VALENTINES
CARD BOXES

DINNER WILL BE PROVIDED

GAMES, CAKE WALK, & MORE

FOR MORE INFORMATION CALL:
505-869-9810

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WE ARE HERE TO SERVE
Isleta Health Center Team

When Counseling Helps

Talking to others is always helpful and talking with a professional therapist can really help. If emotional or mental health issues did not have such a stigma, people would see a therapist as regularly as they see any other health professional. Is there a special time or circumstance that makes it the “right” time to talk with a counselor?

- * Perhaps a loved one was diagnosed with a serious health problem or a loved one passed away. Maybe an important relationship ended.
- * Perhaps there is tension at work, home, with family, or with friends.
- * You have been “blue” or “down” for a while but do not really know why. You do not have to have a specific reason to justify talking to a professional...if you’ve been sad for a significant period of time - every day, for two weeks or more — it’s time to get help.
- * You are avoiding other people – just want to be left alone – while some alone time can be good; avoiding other people can also be a sign of depression.
- * You have little or no energy, have difficulty concentrating or remembering, and little motivation for everyday tasks – these could be signs that you have depression – depression is one of the most common mental health issues in this country.
- * You worry too much about what might happen or you feel guilty about what has already happened in your life. These emotions can be overwhelming and cause anxiety. Anxiety can really disrupt your regular routine and can even result in panic attacks.
- * You feel as though family, friends, and your job all have something negative to say to you and it may feel as though the whole world is against you.
- * You are self-medicating to improve or change your mood - maybe one drink or a shot leads to drinking the entire bottle...or you cannot seem to get through the day without a little something. If you’re relying on something to numb yourself or change how you feel – food, alcohol, drugs, gambling, or otherwise — it’s definitely time to talk to someone.

Call 869-5475 and schedule an appointment to meet with a therapist to see if counseling could help you.

There are times you cannot wait for an appointment to get the help you need, if you or someone you know is having a mental health crisis, call the **National Suicide Prevention Lifeline** at 1-800-273-8255, you can also contact the **Crises Text Line** by texting HOME to 741-741 for 24-hour support, it is free.

Give time and attention to all your health needs physical, emotional, and mental.



Isleta Social Services The K'ea-Wah Supervised Visitation & Safe Exchange Program



Isleta Social Services, The K'ea-Wah Supervised Visitation and Safe Exchange Program along with other POI departments would like to wish you all a Happy New Year. We are starting the new year with a number of awareness raising events for the community. To begin with the month of February, we are sharing this Newsletter Article on healthy relationships and safety planning. Program staff would like to inform the community that we have an open door policy for any questions you may have regarding the array of services that are available and how to access them. The program in partnership with other service providers embrace a healthy and united community which supports one another when dealing with or experiencing challenging situations.

What is a Healthy Relationship?

Different people define relationships in different ways. But in order for a relationship to be healthy, it needs a few key ingredients!

Healthy Communication

Open, honest and safe communication is a fundamental part of a healthy relationship. The first step to building a relationship is making sure you both understand each other's needs and expectations—being on the same page is very important. That means you have to talk to each other! The following tips can help you and your partner create and maintain a healthy relationship:

- **Speak Up-** In a healthy relationship, if something is bothering you, it's best to talk about it instead of holding it in.
- **Respect Each Other-** Your partner's wishes and feelings have value, and so do yours. Let your significant other know you are making an effort to keep their ideas in mind. Mutual respect is essential in maintaining healthy relationships.
- **Compromise-** Disagreements are a natural part of healthy relationships, but it's important that you find a way to compromise if you disagree on something. Try to solve conflicts in a fair and rational way.
- **Be Supportive-** Offer reassurance and encouragement to each other. Also, let your partner know when you need their support. Healthy relationships are about building each other up, not putting each other down.
- **Respect Each Other's Privacy-** Just because you're in a relationship doesn't mean you have to share everything and constantly be together. Healthy relationships require space.

Healthy Boundaries

Creating boundaries is a good way to keep your relationship healthy and secure. By setting boundaries together, you can both have a deeper understanding of the type of relationship that you and your partner want. Boundaries are not meant to make you feel trapped or like you're "walking on eggshells." Creating boundaries is not a sign of secrecy or distrust — it's an expression of what makes you feel comfortable and what you would like or not like to happen within the relationship. **Remember, healthy boundaries shouldn't restrict your ability to:**

- Go out with your friends without your partner.
- Participate in activities and hobbies

you like.

- Not have to share passwords to your email, social media accounts or phone.
- Respect each other's individual likes and needs.

Healthy Relationship Boosters

Even healthy relationships can use a boost now and then. You may need a boost if you feel disconnected from your partner or like the relationship has gotten stale. If so, find a fun, simple activity you both enjoy, like going on a walk, and talk about the reasons why you want to be in the relationship. Then, keep using healthy behaviors as you continue dating.

If you're single (and especially if you're a single parent), don't worry if you need a boost too! Being single can be the best and worst feeling, but remember relationships don't just include your significant other and you. Think about all the great times you've had with your parents, siblings, friends, children, other family members, etc.

Try going out with the people you love and care about the most — watch movies together, go out to eat, take a day off from your busy life and just enjoy being you! If it helps, also talk about your feelings about the relationships in your life. If you just want them to listen, start by telling them that. Then ask what makes relationships good and what makes them bad? Along the way, if you need advice, feel free to contact us. We're here to help 24/7.

And don't forget, the relationship you can always boost up is the one you have with yourself!

What Isn't a Healthy Relationship?

Relationships that are not healthy are based on power and control, not equality and respect. In the early stages of an

abusive relationship, you may not think the unhealthy behaviors are a big deal. However, possessiveness, insults, jealous accusations, yelling, humiliation, pulling hair, pushing or other abusive behaviors, are — at their root — exertions of power and control. Remember that abuse is always a choice and you deserve to be respected. There is no excuse for abuse of any kind.

If you think your relationship is unhealthy, it's important to think about your safety now. Consider these points as you move forward:

- Understand that a person can only change if they want to. You can't force your partner to alter their behavior if they don't believe they're wrong.
- Focus on your own needs. Are you taking care of yourself? Your wellness is always important. Watch your stress levels, take time to be with friends, get enough sleep. If you find that your relationship is draining you, consider ending it.
- Connect with your support systems. Often, abusers try to isolate their partners. Talk to your friends, family members, teachers and others to make sure you're getting the emotional support you need. Remember, our advocates are always ready to talk if you need a listening ear.
- Think about breaking up. Remember that you deserve to feel safe and accepted in your relationship.

Even though you cannot change your partner, you can make changes in your own life to stay safe. Consider leaving your partner before the abuse gets worse. Whether you decide to leave or stay, make sure to use our safety planning Tips to stay safe. Remember, you have many options — including obtaining a domestic violence restraining order. Laws vary from state to state so chat with a peer advocate to learn more.

Child Safety Seat Clinic

SAVE THE DATE



**Tentatively Scheduled for
February 25, 2020 from 1:15-4:15 at the
Isleta Casino and Resort.**



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

**CALL 869-4479 FOR
MORE INFORMATION**



Must have child and car seat present!




Menu

Isleta Elder Center



IMPORTANT REMINDERS!!				
<div></div> <div>Please call ahead of time to cancel Home Delivered Meals. This saves time and money. Thank you.</div> <div>Congregate meals age 55+ free of charge. Persons ages < 55 the suggested donation is \$5.00 however any donation is appreciated.</div>				
2/3/2020	2/4/2020	2/5/2020	2/6/2020	2/7/2020
Chili Con Carne Pork 3 oz Kidney beans 1/2 c Diced tomato 1/4 c Corn bread = 2g Mixed veggies 1/2 c Fruit cup 1/2 c	Chicken Adovada Chicken 3 oz Red chile puree 1/2 c Chateau vegetables 1/2 c Spanish rice 1/4 c Fruit cup 1/2 c	Kale Soup Sausage crumble 2 oz Sliced potato 1/2 c Kale 1 c Sweet rice with raisins 1/4 c	Grilled Chicken Harvest bowl Grilled chicken 3 oz Brussel sprouts 1/2 c Tri colored potatoes 1/4 c Brown rice 1/4 c Cranberry topping 1/4 c Teryaki sauce 1 oz	Fideo Ground beef 3 oz Pasta bits 1/4 c Diced tomato 1/4 c Steamed cabbage 1/2 c Fresh fruit 1/2 c
2/10/2020	2/11/2020	2/12/2020	2/13/2020	2/14/2020
Soup and Sandwich Cream of broccoli soup 1/2 c Half turkey sandwich w/cheddar Fruit cup 1/2 c	Chicken Teriyaki Bowl Diced chicken 3 oz Steamed rice 1 c Oriental vegetables 1 c Fortune cookie SF gelitan w/fruit 1/2 c	Baked Ham Ham slice 3 oz Mashed sweet potato 1/2 c Steamed broccoli 1/2 c Cherry cobbler 1/2 c	Build your own Frito Pie Pinto beans 1 c Frito chips 1/4 c Red chile puree 1/2 c Shredded cheese .5 oz Lettuce/ tomatoes 1/2 c Fruit cup 1/2 c	Meatloaf Ground beef 2 oz Stuffing 1/2 c Gravy 1 oz Corn 1/2 c Ambrosia salad 1/2 c <i>Happy Valentines Day</i>
2/17/2020	2/18/2020	2/19/2020	2/20/2020	2/21/2020
<div></div> <div>Center Closed</div>	Egg Salad Sandwhich Diced eggs 3 oz WW bread slice = 56g Steamed carrot coins 1 c Sliced cucumber 1 c Grapes 1/2 c	Salisbury Steak Ground beef 3 oz Gravy 1 oz Mixed vegetable 1 c WW roll = 56 g Fruit cup 1/2 c	Spaghetti w/ Meat sauce Ground beef or pork 3 oz Marinara sauce 1/2 c WW noodle 1 c Italian vegetables 1/2 c Fruit cup 1/2 c	Loaded Cauliflower Soup Ground pork or bacon bits 3oz Caulilflower 1 c Shredded cheese 1 oz WW cracker = 24g Green onions and sour cream .5 oz Fresh fruit 1/2 c
2/24/2020	2/25/2020	2/26/2020	2/27/2020	2/28/2020
Chicken and Rice Diced chicken 3 oz Rice 1/2 c Peas and carrots 1 c WW crackers= 24g Fresh orange	Taco salad Ground beef 2 oz Shred cheddar 1 oz Corn tortilla chips 1 oz Squash/zucchini 1 c Fresh fruit	Beans and Chicos Pinto beans 1 c Chicos (dried corn) 1/4 c Shredded cheddar .5 oz Red chile puree 1/2 c Green beans 1/2 c WW roll = 56g Fresh apple	Green Chile Enchiladas Chicken 3 oz Shredded cheddar .5 oz Green chile 1/2 c Stewed tomato 1/2 c Corn tortilla 2 oz Fruit cup 1/2 c	Baked Fish Fish filet 3 oz Vegetable medley 1 c Wild rice 1/4 c Fruit cobbler 1/2 c <i>happy Birthday</i>


Based on the availability of ingredients/produce or other unforeseen circumstances, menus are subject to change.



Isleta Elder Center


505-869-9770

Did you know that the Isleta Elder Center is an agency site for Commodities – Five Sandoval Indian Pueblos Food Distribution Program?



The Food Distribution Program is a federal program that provides USDA food assistance to Native American & non-Native American households living on a reservation & to households living in designated areas near a reservation that contain at least one person who is a member of federally-recognized tribe.

Commodities Distribution is scheduled twice a month here at the Isleta Elder Center—call the Center for Commodity Distribution dates. Intakes are done in our Activities Room from 9 a.m. to 2:30 p.m. If you or someone you know is interested & would like to apply for Commodities, come by & I can assist you with the application process.




For more information, please call **Pauline, Benefits & Billing Manager, Monday-Friday 8 a.m. to 4:30 p.m.**

Isleta Health Center


Dental Department News

Dr. Andrea Eicker, DMD

Andrea Eicker is so excited to be at the Pueblo of Isleta! She is a New Mexico native, and attended dental school at Midwestern University outside of Phoenix, AZ. She returned shortly after and has worked in dental clinics in Cuba, Torreon, and Bernalillo. She says that our Health Clinic is one of the friendliest places she has been! Outside of caring for your teeth, she loves to run, read, and spend time with her two young children and husband. She is thankful you will trust her with your care, and she looks forward to meeting you!



Ripples
























The chronic condition of alcoholism/addiction has a devastating *ripple* effect on children, parents, communities, and nations. If you or someone you know has a problem with alcohol or drugs, remember that this chronic condition requires ongoing attention to minimize the damage and help improve the overall quality of life.

There is help...505-869-5475

Activities Isleta Elder Center

February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Transportation is available for All events/activities Isleta Elder Center (505) 869-9770 Please call the Elder Center with any questions regarding the calendar or to sign-up for activites. Activities are offered to those 50years & older unless otherwise noted.				
2/3/2020	2/4/2020	2/5/2020	2/6/2020	2/7/2020
	Shuffleboard 9am-12pm 1pm-3pm Elder Center Activities Room 	Commodities Distribution #1 8:30am - 3pm 		Shuffleboard 9am-12pm 1pm-3pm Elder Center Activites Room 
2/10/2020	2/11/2020	2/12/2020	2/13/2020	2/14/2020
Beachball Exercise Activities Room 1pm-2pm 		The Wangui Wolf Fund and Rescue 1PM-3:30pm Activities Room 	Mass 11:30am Activities Room 	9AM-12PM Haircut,Style,Manicure or Massage 1pm-1:30pm Golden Eagle Presentation BINGO 1:30PM - 3:30PM 
2/17/2020	2/18/2020	2/19/2020	2/20/2020	2/21/2020
Closed 	Shuffleboard 9am-12pm 1pm-3pm Elder Center Activities Room 	Friendship Breakfast 9am General Meeting 9:30am Topic:Natural Resources & Public Works Department Presentations Afternoon Walk 1pm-2pm		Early Lunch 11am Caregiver Support Services Training Begins @ 11:30am Topic: Dental Care Presentations By: Isleta Health Center AARP 1pm-5pm Isleta Elder Center Conference Rm
2/24/2020	2/25/2020	2/26/2020	2/27/2020	2/28/2020
Beachball Exercise Activities Room 1pm-2pm 		Commodities Distribution #2 8:30am-3pm 	Scavenger Hunt 1pm 	Birthday Celebrations 

Activities and Events are Subject to Change



The Pueblo of Isleta
Environment Department and
Elder Center Welcomes

The Wanagi Wolf Fund and Rescue



COME EXPERIENCE A SPECIAL EVENT
AND MEET THE WOLVES.

STORIES ABOUT THE WOLF BY ELDERS IN OUR LANGUAGE

WHEN: WEDNESDAY, FEBRUARY 12, 2020

WHERE: ISLETA ELDER CENTER ACTIVITIES ROOM

TIME: 1PM - 3:30PM

THIS SPECIAL EVENT IS OPEN TO THE COMMUNITY!

TRANSPORTATION IS AVAILABLE UPON REQUEST BY THE ELDER CENTER (24-HOUR ADVANCE SIGN-UP REQUIRED)

Do you or someone you know have a drinking problem?

Alcohol use is not a problem for everyone but it can become a problem if you are not aware of the signs so you can do something about it before it does. An alcohol use disorder is diagnosed when someone is drinking to the point it causes harm or distress. If you are curious as to whether or not your alcohol use might be a problem, take a moment to answer the questions below.

In the past 6 months to a year, did you:

- Drink longer or more than you intended?
- Try to cut down or stop drinking but instead continued?
- Drive a car or operate heavy machinery while drinking or feeling “buzzed”?
- Have to drink more than you used to in order to get the same effect?
- Continue to drink even though it makes you feel depressed, anxious, or guilty?
- Continue to drink even though you have had health problems because of alcohol?
- Continue to drink even though it causes problems with family, friends, and/or your job?
- Spend a lot of your time figuring out how you would get your next drink?
- Experience hangovers that get worse each time you drink?
- Ever have a drink the following day just to “steady your nerves”?

-Isleta Health Center Behavioral Health
Clinic 505-869-5475

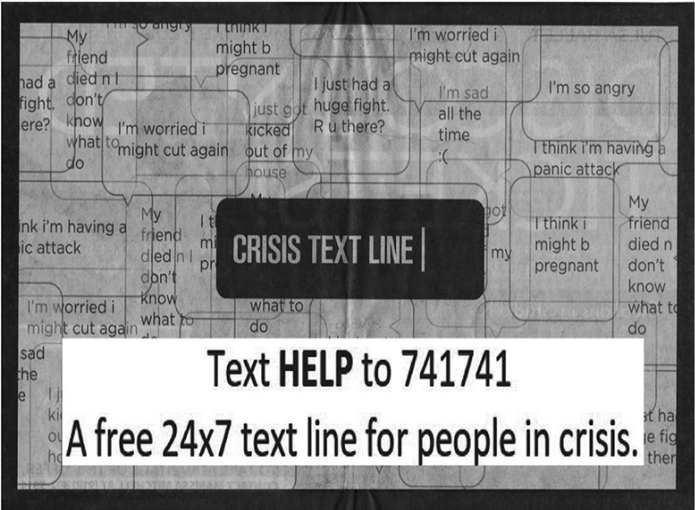
HOW TO USE CRISIS TEXT LINE

Crisis Text Line serves anyone, in any type of crisis, providing access to free 24/7 support and information via a medium people already use and trust: text HELP 741741

How It Works

Text HELP to 741741 from anywhere in the United States, 24/7. You can text about whatever is a crisis to you – addiction, anxiety, assault, bullying, depression, eating disorders, self-harm, suicide, and emotions. The Crisis Counselor listens without judgement, invites you to share more, and helps you move from a hot moment to a cool calm. You'll text back and forth, sharing only what you feel comfortable. The goal of the conversation is to help you find calm. That may mean sharing resources for you to check out for more help; sometimes it means listening. Conversations usually end when you and the Crisis Counselor feel comfortable that you are in a “cool,” safe place. The Crisis Counselor provides support, but not medical advice.


This information comes from <https://www.crisistextline.org/texting-in>



Community Health Assessment Surveys

In 2019, the Isleta Health Center prepared, disseminated and collected 549 Health Assessment Surveys at over 21 different program sites throughout Isleta. In reviewing all of the responses, we are aware there is a need for more education on the Isleta Health Center and our services. In 2020, we plan to offer a quarterly newsletter as a way to provide this information to the community, along with a range of information on health. We will initially distribute the IHC Newsletter out to the community at different locations throughout the Pueblo, however, if you would like this Quarterly Newsletter mailed or emailed directly to you, please contact Lorraine Lucero at (505) 869-4595 and specify that you would like to be on the Isleta Health Center Newsletter list.

Please feel free to contact Stephanie Barela at (505) 869-4479 if you have any suggestions on Health Education topics.
Thank you.



**Isleta Heath Center
Pharmacy**

We would like to remind everyone that the IHC Pharmacy will be closed:

➤ **Monday, February 17, 2020 – Presidents' Day**

Please remember you can use the refill line for your refills by calling 869-4590

If you have any questions or concerns please do not hesitate to call us at 869-4473 and we will be happy to answer them.

THANK YOU

Isleta Behavioral Health Clinic:



Isleta

CULTURAL ARTS

Program

RE-STARTING: FEBRUARY 2020

TUESDAY EVENINGS (MOC'S) TIME: 5:00—7:00 &

THURSDAY EVENINGS (SEWING) TIME: 4:30—7:30

In collaboration with POI Community members, knowledgeable in certain craft areas, participants will be provided Cultural Arts activities to gain skills, confidence and a sense of cultural identity.

AGES: 17—24 & 25+ YEARS OLD

SEWING & MOCCASIN CLASSES

Sign-ups on a first come first served basis

Tools and basic materials are provided

CALL IBHC FOR MORE INFORMATION OR SIGN UP: 505.869.5475



**PROTECT
YOURSELF & OTHERS
THIS FLU SEASON**

1. It is not too late to get your flu shot.
2. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
3. If possible, stay home from work, school, and running errands when you are sick, this will help prevent spreading your illness to others.
4. Cover your mouth and nose with a tissue when coughing or sneezing, it may prevent those around you from getting sick.
5. Washing your hands often will help protect you from germs, if soap and water are not available use an alcohol-based hand rub.
6. Avoid touching your eyes, nose or mouth as germs are often spread when a person touches something that is contaminated and then touches his or her eyes, nose, or mouth.
7. Practice other good health habits such as cleaning and disinfecting frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

For more information <https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm>

-IHC Medical



Thinking About Quitting

Is this the year you are going to Quit Smoking?

Take this 1 time, 1 on 1, 90 minute session to increase your motivation to quit and give you some Tips and Tricks to help you do this!

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



Isleta Health Center
Behavioral Health Clinic:
Prevention Program
Phone: 505.869.5475

Teen Dating Violence Awareness Month

Two young teens became involved in a romantic relationship that was something new to both of them and left them with feelings of excitement and happiness. As their relationship progressed, their excitement started to fade, and became filled with negativity. The foundation of the relationship was now built around control, and that control was expressed through psychological manipulation and emotional abuse that later developed into physical violence. The boyfriend's behavior was now conditioned to slap, punch, kick, and make unwanted sexual advances towards the girlfriend whenever he wanted to. She feared her boyfriend but did not know how to escape his power over her. He made her promises of being a better boyfriend in hopes that she would accept him and forgive him. She did but the promises were broken as he continued to control her and abuse her until one day she was hospitalized. How could she stay in this relationship, jeopardize her life, and lose the many people and things she loved?

The IBHC youth prevention program submitted their feedback on a survey about teen dating violence (TDV). ***Every single one of the youth knew a friend or family member that was involved in a violent relationship and not one of the youth reported that their parents taught them anything about teen dating violence.*** Teen dating violence (TDV) is prevalent and universal and affects millions of teens in the U.S. each year. Approximately 1 in 9 female teens and 1 in 13 male teens report physical dating violence in the prior two years. According to statistics obtained from the Center for Disease Control,

Prevention Youth Risk Behavior Survey and the National Intimate Partner and Sexual Violence Survey, about 1 in 7 female teens and 1 in 19 male teens have reported sexual dating violence in the last two years. Alarmingly, 3 in 4 parents have never talked to their children about domestic violence. Sadly, violence – physical, sexual, or psychological, is highly under-reported. The teen stages of life are common to have an emergence of romantic relationships and these early romantic encounters are the foundation for future development of learned intimacy skills and the development of one's identity. TDV is a nationwide public health issue that needs recognition in order to process future change for a healthy development of our youth.

Domestic violence does not just apply to adults, the statistics and real life situations apply to teens too. TDV has longstanding effects on the life of an individual. Prior research has found that teens that undergo violence in romantic relationships have been associated with serious physical and mental health consequences such as depression, substance use, eating disorders, school failure, early pregnancy, suicidality, and injuries requiring medical attention caused by experiences from TDV. Continuous TDV reinforces interactional patterns; these patterns then carry on into adulthood as risk factors for a trajectory of increased abuse and possible future exposure to adult intimate partner violence. Violence is a learned behavior; ***each youth in the IBHC Prevention Program was witness or knew someone who was in a violent relationship. One of the youth stated that, "relationships should not have so***

much control, and if domestic violence is coming your way, you should get help right away". ***The youth involved expressed their stress and hardships at school and home in regards to violent relationships. They are concerned with the cycle of violence that is continuing in our community and throughout the entire nation.*** Although TDV is common, prevention efforts are available for future generations and eradicated for teens that currently undergo dating violence. TDV exposure can be limited through parental responses and communication about dating violence. Open and healthy adolescent-parent communication is a protective factor against adult domestic violence (ADV) and research has supported the idea that adolescents do seek advice, opinions, and support from their parents or guardians. Supporting the development of healthy, respectful, and nonviolent relationships can prevent and reduce harmful effects on the individual, their family, and their community. It is vital for youth to learn and begin early on in life. The skills needed to be aware that dating violence is common and is NOT acceptable and how to effectively behave and react to situations that are harmful to them. If you feel like your partner is violent towards you in any way, talk to someone you can trust who will help you escape the abusive relationship and seek help to mend the situation. Prevention and change is possible, and it begins by teaching our children that violent relationships are never acceptable and that the cycle can have an end.

**Isleta Health Center is having a blood drive
Thursday, March 5, 2020- from 8:30am-12:00pm**

You can sign up on the www.bloodheroes.com website and look for the Isleta Health Center event or call Stephanie Barela at 869-4479 if you need help.



**In 2018, the Isleta Health Center had a Blood Drive, where
14 employees made lifesaving donations that potentially
helped 54 people!!**

**WAY TO GO!! Let's beat last year's numbers.
Please sign up to DONATE and
HELP SAVE LIVES!!**



Optometry Services



Patients in need of Optometry Services:

Due to the Optometrist vacancy the IHC Optometry Department and PRC are working together to schedule Optometry services outside of the Isleta Health Center. Please be advised that services that are coordinated require an authorized referral from PRC in advance. Patients who schedule their own Optometry appointment without an authorized referral will be financially responsible for payment.

Optometry Services available to IHC Patients:

- Frame and lens selection
- Frame repair and adjustment
- Ordering glasses and contact lenses

Optometry will accept prescriptions for glasses and contacts from outside providers as long as the prescription is not expired.

**If you have questions or concerns please
contact Optometry services @869-4080**

THANK YOU
-Isleta Health Center Optometry Department

Food Pantrys Near By:

South Albuquerque Cooperative Ministry
3907 Isleta SW
Albuquerque, NM 87105
505-414-4902
3rd Friday of every month from 9 to 10:30am.
Please bring valid ID and proof of address.
Please bring your own box and/or bags if possible.

Knights of Columbus council #14124
1400 Arenal Ave SW
Albuquerque, NM 87105
719-650-1289
Third Saturday, 7:00 am

Holy Family SVDP Food Pantry
562 Atrisco SW
Albuquerque, NM 87105
505-385-8598
Every Tuesday and Thursday from 9:30-12:00pm
Clients have to live in 87105 or 87121 zip codes only. Utility bill or other proof of address (does not have to show name just address)

The Storehouse
106 Broadway SE
Albuquerque, NM 87102
505-842-6491
<http://www.thestorehouseabq.org/>
Wednesday/Friday/ Saturday
9:00am-12:00pm* Third Thursday
9:00am-12:00pm Closed on the 1st Saturday of the month. Caseworkers Only Wed. & Fri., 1:00pm - 3:00pm* Please bring bags if possible.

SVDP-San Clemente
960 E. Main Street
Los Lunas, NM 87031
565-1218M-Th 12-1; photo ID plus utility or phone bill;

First Baptist Church
914 Los Lentos Rd SE
Los Lunas, NM 87031
505-865-7957
Thursdays 2:30PM-3:30PM. Serves 87031

St. John’s Episcopal Cathedral Food Pantry
318 Silver SW
Albuquerque, NM 87102
505-247-1581
Every Tuesday from 9-10am Picture ID required. Clients with homes in the 87102 Zip code may come once a month. Must show electric, gas, water bill, or other mailing with name and current address. Others may come one time to get food and a list of RRFB agencies near where they live. Only the first 25 families will be served. Bring re-usable bags, if you have them.

Steel Bridge
525 2nd St SW
Albuquerque, NM 87102
505-346-4673
Pantry: Monday, Thursday, Friday
9:15 AM - 11:15 AM, 12:15 PM - 3:00 PM
No requirements.

SVDP - St. Francis Xavier Conference
820 Broadway Blvd.
Albuquerque, NM 87102
505-243-5201
Third Friday, 12:00 pm

Alamosa Health and Social Service Center
6900 Gonzales Rd SW
Albuquerque, NM 87121
505-836-8800
Monday, Wednesday and Friday 10 am - 12 pm; Tuesday and Lease Agreement (dated within the past 30 days.)

Family Worship Center
7311 Glenrio Rd NW
Albuquerque, NM 87121
505-831-5365
2nd Thursday of the Month
10:00am-12:00pm
Photo ID with proof of residency

Isleta Community Health Needs Assessment

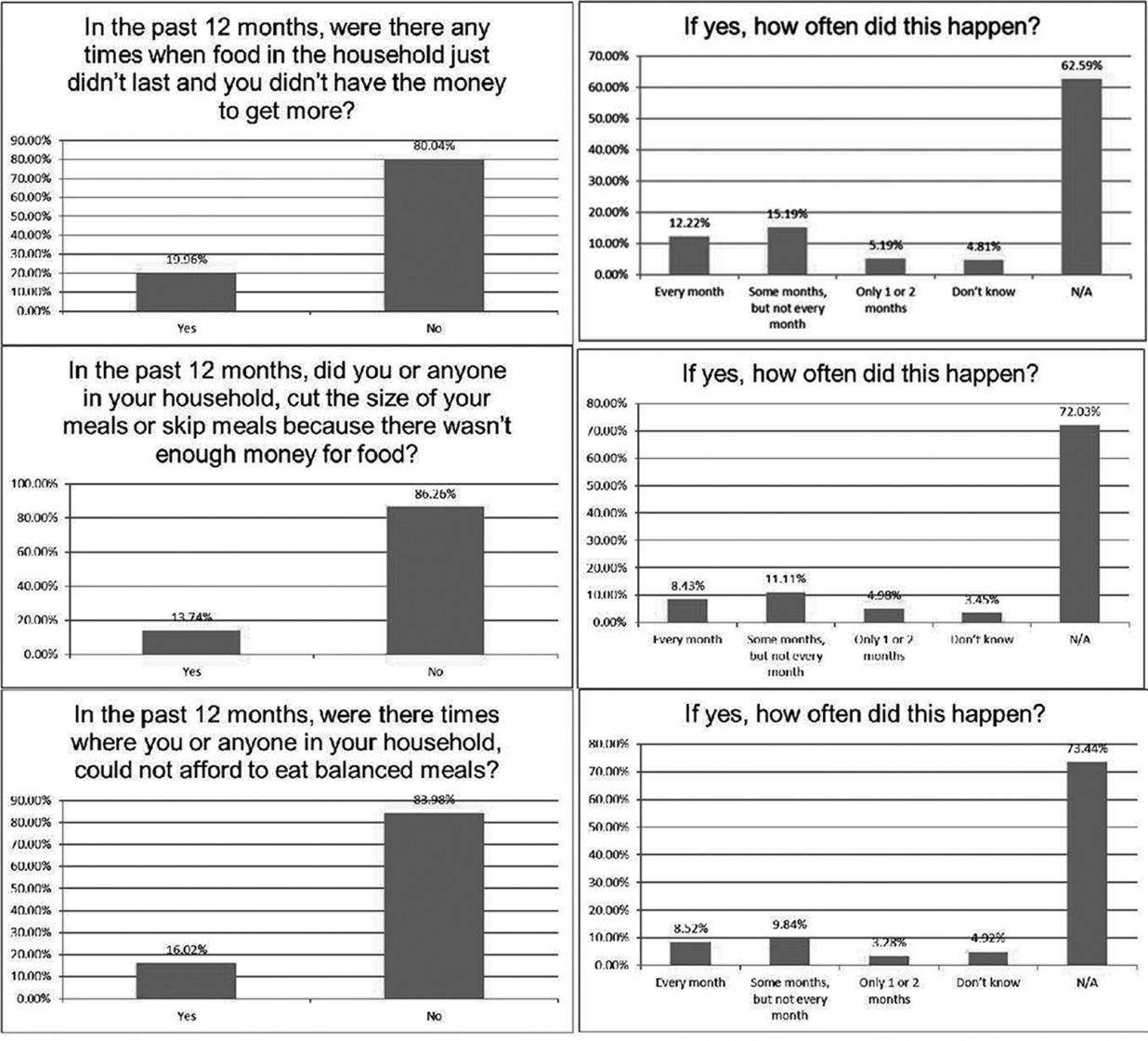
FOOD INSECURITY

Stephanie Barela, BS CHES, 869-4479
<https://hungerandhealth.com>

From April 13, 2019 through July 15, 2019, the Isleta Health Center distributed and collected Community Health Needs Assessments, to better understand and address the concerns in Isleta. These assessments contained a few questions about food insecurity, “lack of consistent access to enough food for an active, healthy life.” In 2018, the USDA estimated 1 in 9 Americans were food insecure, however, according to the Isleta Health Needs Assessment, 1 in 13 people in Isleta are food insecure.

The Isleta Health Center plans to address this concern by creating more awareness of the available resources, such as food pantries. Food pantries are organizations or groups that sort and package donated food for distribution directly to people in need. There are a number of food pantries nearby to assist anyone who is in need, however, some food pantries have stipulations, so please contact these resources to see how they can help you.

Below are some results to the Community Needs Assessment questions related to Food Insecurity:



Rio Grande Food Project
600 Coors NW
Albuquerque, NM 87121
831-3778
MWF 10-2; photo ID for adults; proof of parenthood for children under 18 *Will be closed December 22nd through January 1st for food distribution*

Visions Unlimited Ministries
7701 Zuni SE
ABQ, NM 87108
505-232-6770
4th Sat. of the month and as needed.

SVDP-Holy Ghost
833 Arizona SE
Albuquerque, NM 87108
505-346-1500
Every Saturday 9AM - 12PM

SVDP - Peralta
3674 Hwy 47
Peralta, NM 87042
505-866-1984
Tuesdays 10-11:30

Peralta Memorial UMC
25 Wesley Road
Peralta, NM 87042
505-865-9334
Mon 10am-12:30pm

There are a number of food resources throughout the state to assist people with food. To find other foodbanks near you, go to www.feedingamerica.org and click on finding a food bank. If you do not have computer access, go to the Isleta Library or contact Stephanie Barela at 505-869-4479 to locate a food pantry near you.

Isleta Health Center's Community Health Fair 2020

@ the Isleta Rec Center

SAVE THE DATE
August 8, 2020
10am-1pm

FOR IMMEDIATE RELEASE

Call to Sign Up: Isleta Behavioral Health Clinic
505.869.5475



Adult ‘Mental Health First Aid’ Trainings
Similar to traditional ‘First Aid’ and CPR, ‘Mental Health First Aid’ teaches individuals how to help those experiencing mental health challenges or crises

WHO: Community Members- 30 community members at a time (per training session)

WHAT: Training on mental health first aid in Isleta (Youth Curriculum available upon request)

WHEN: Thursday & Friday, March 5th/6th,
8:00 – 12:00 each day (8-hr Certification Course)

WHERE: Isleta Health Center; Training Center (Modular Building on Westside of Clinic)

WHY: Mental health challenges – such as depression, anxiety, psychosis and substance use – are shockingly common in the United States. In fact, *more than one in five American adults will have a mental health problem in any given year*. The National Council for Behavioral Health certifies individuals throughout the nation, including IBHS, to provide Mental Health First Aid courses to prepare their communities with the *knowledge and skills to help individuals who are developing a mental health problem or experiencing a mental health crisis*. Identified on SAMHSA’s National Registry of Evidence-Based Programs and Practices, the training helps the public better identify, understand and respond to signs of mental illnesses. For more information on Mental Health First Aid, visit www.mentalhealthfirstaid.org.

Adult Mental Health First Aid: Program Overview

- [What is Mental Health First Aid \(MHFA\)?](#)
- [Mental Health Problems in the United States](#)
- [Mental Health First Aid Action Plan](#)
- [Understanding Depression and Anxiety](#)
- [Mental Health First Aid Action Plan for Depression and Anxiety](#)
- [Mental Health First Aid Action Plan for Depression and Anxiety](#)
- [Panic Attacks](#)
- [Traumatic Events](#)
- [Symptoms of Anxiety](#)
- [Understanding Psychosis](#)
- [Mental Health First Aid Action Plan](#)
- [Psychosis](#)
- [Disruptive or Aggressive Behavior](#)
- [Understanding Substance Use Disorders](#)
- [Mental Health First Aid Action Plan](#)
- [Overdose](#)
- [Withdrawal](#)
- [Substance Use Disorders](#)
- [Using your Mental Health First Aid Training](#)

What Is Addiction ?

Alcohol, heroin, cocaine, Methamphetamines, ecstasy, pain pills, spice, marijuana and others, they’re all out there. We hear about it every day on the news, social media, in the community, nothing drives it home as the loss of a friend or loved one due to this epidemic known as “addiction.”

As an individual, family and community it is important to understand what addiction is and what it is not, in order to even begin the healing process. Too often addiction is misconstrued as a lack of moral values, weak, and no will power. The fact is addiction is a complex disease that requires much more than willpower and good intentions. Addiction is chronic disease such as diabetes, asthma, or heart disease. Compulsive drug/alcohol seeking and use despite negative consequences characterize addiction. Initially it is an individual choice whether to engage in substance use activity. Unfortunately, continued use can lead to changes in the brain chemistry that can make it difficult for the individual to control, limit or resist the powerful urge to use. Because these brain changes are continual, addiction is referred to as a “relapsing disease” and those in recovery are at constant risk even after lengthy periods of sobriety.

The brain contains a chemical called Dopamine. Dopamine is necessary for survival by sending pleasurable messages to the reward center of the brain in order to repeat behaviors that are necessary to thrive such as eating, quenching thirst, sex, exercise, etc. Use of drugs and alcohol causes surges of dopamine in the brain that result in pleasurable and memorable experiences reinforcing the negative behaviors. As a person continues to use, the brain adapts as a protective measure by essentially limiting the dopamine into the reward center. When this happens, a person no longer feels the same euphoria as they once did with the same amount of alcohol or drug, resulting in what is called tolerance. With tolerance comes increased use in search of the same “buzz” they once had. This can lead to loss of enjoyment of normal activities such as food, sex, and social activities. Other long-term effects of the brain include learning, memory, judgement, decision-making, stress, and behavior.

No one factor can indicate whether a person will become addicted to drugs and or alcohol. Two primary factors to consider are “Biological” and “Environmental”. Biological factors such as genetics, gender, ethnicity and other mental health disorders may influence the risk for addiction. Biological factors account for about half of the person’s risk for addiction. Environmental factors such as family, friends, social economic status, peer pressure, physical and sexual abuse, stress, trauma, historical trauma and parental guidance can also influence drug use and addiction.

The only sure way to avoid addiction is to avoid the first drink, hit, bump...!

Self-Care Saturday

The Child Abuse Awareness Planning Committee would like to invite you and your family to our “Self-Care Saturday”.

Come pamper yourself with a manicure, get a haircut and release that stress with a yoga class. We will also have a yogurt parfait bar, bath bomb making for the kids.

Any inquiries contact Reyes Abeita or Greg Vicente at the Isleta Social Services Office 505-869-2772

Location: Isleta Recreation Center
60 Tribal Road 40 Isleta Village Proper

Saturday, March 7th

8 am - 12 pm

Brought to you by: The Child Abuse Awareness Planning Committee

Isleta Pueblo News

Editor:




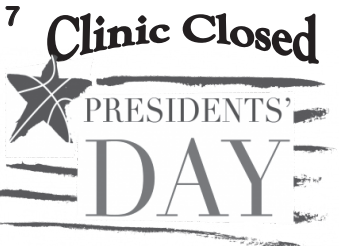
Nathaniel Lujan


Asst. Editor:

Diane Abeita

Published By:

Valencia Express

FEBRUARY 2020 ISLETA HEALTH CENTER					
MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DPP=Diabetes Prevention Program: 869-4595 BHS=Behavioral Health Services : 869-5475		 Annual Drum to the Beat of a Healthy Heart Go Red for Native Women Heart Health Summit February 7, 2020—8am Hyatt Regency Albuquerque Please contact Charlene Gabaldon, CHN at Isleta Health Center at 869-4864 to register or go to http://		 Child Safety Seat Clinic Tentatively Scheduled for: Tuesday, February 25, 2020 1:15 - 4:15 Isleta Casino and Resort  For more Information or to make an appointment Please Call 505-208-5508	
3 Morning Medicine Exercise : 6-7am @DPP Wellness Podiatry Clinic: 12:30-4:30 pm Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique - 10-11am @BHS Nurturing Parenting Group: 1-3pm @BHS Youth Life Skills 4:30-6:30pm @BHS Eagle HIIT Week 1: 5-6:30pm @DPP Well-ness		4 Morning Medicine Exercise : 6-7am @DPP Wellness Bringing Peace to Relationships Group: 11:30-12:30 @ BHS Another Recovery Technique (ART): 1-3:30pm @ BHS. Pueblo Men Rising Group: 2-3:30pm @BHS Moccasin Class: 5-7 @BHS Weight Training: 5-6:30pm @DPP Well-	5 Morning Medicine Exercise : 6-7am @DPP Wellness DM Clinic w/Medical: 8:30-12 pm Youth Life Skills: 4:30-6:30pm @BHS Wellbriety Group: 5-6pm @BHS Eagle HIIT Week 1: 5-6:30pm @DPP Wellness	6 CLINIC OPENS AT 9:50am Morning Medicine Exercise : 6-7am @DPP Wellness Podiatry Clinic: 8:00-4:30pm Weight Training: 5-6:30pm @DPP Wellness Sewing Group: 4:30-7:30pm @BHS	7 Morning Medicine Exercise : 6-7am @DPP Wellness Early Recovery Skills: 9-10am@ BHS. Another Recovery Techn-ique (ART): 10-11am @ BHS.
10 Morning Medicine Exercise : 6-7am @DPP Wellness Podiatry Clinic:: 8:00-4:30 pm Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique - 10-11am @BHS Nurturing Parenting Group: 1-3pm @BHS Youth Life Skills 4:30-6:30pm @BHS Eagle HIIT Week 2: 5-6:30pm @DPP Well-ness		11 Morning Medicine Exercise : 6-7am @DPP Wellness Bringing Peace to Relationships Group: 11:30-12:30 @ BHS Another Recovery Technique (ART): 1-3:30pm @ BHS. Pueblo Men Rising Group: 2-3:30pm @BHS Moccasin Class: 5-7 @BHS Weight Training: 5-6:30pm @DPP Well-ness	12 Morning Medicine Exercise : 6-7am @DPP Wellness Youth Life Skills: 4:30-6:30pm @BHS Wellbriety Group: 5-6pm @BHS Eagle HIIT Week 2: 5-6:30pm @DPP Wellness	13 CLINIC OPENS AT 9:50am Morning Medicine Exercise : 6-7am @DPP Wellness Podiatry Clinic: 8:00-4:30pm Weight Training: 5-6:30pm @DPP Wellness Sewing Group: 4:30-7:30pm @BHS	14 Morning Medicine Exercise : 6-7am @DPP Wellness Early Recovery Skills: 9-10am@ BHS. Another Recovery Techn-ique (ART): 10-11am @ BHS.
17 		18 Morning Medicine Exercise : 6-7am @DPP Wellness Bringing Peace to Relationships Group: 11:30-12:30 @ BHS Another Recovery Technique (ART): 1-3:30pm @ BHS. Pueblo Men Rising Group: 2-3:30pm @BHS Moccasin Class: 5-7 @BHS Weight Training: 5-6:30pm @DPP Well-ness	19 Morning Medicine Exercise : 6-7am @DPP Wellness Youth Life Skills: 4:30-6:30pm @BHS Wellbriety Group: 5-6pm @BHS Healthy Cooking Class: 5-7pm @Health Center Kitchen Eagle HIIT Week 3: 5-6:30pm	20 CLINIC OPENS AT 9:50am Morning Medicine Exercise : 6-7am @DPP Wellness Podiatry Clinic: 8:00-4:30pm Weight Training: 5-6:30pm @DPP Wellness Sewing Group: 4:30-7:30pm @BHS	21 Morning Medicine Exercise : 6-7am @DPP Wellness Early Recovery Skills: 9-10am@ BHS. Another Recovery Techn-ique (ART): 10-11am @ BHS.
24 Morning Medicine Exercise : 6-7am @DPP Wellness Podiatry Clinic:: 8:00-4:30 pm Early Recovery Skills: 9-10am @ BHS. Another Recovery Technique - 10-11am @BHS Nurturing Parenting Group: 1-3pm @BHS Youth Life Skills 4:30-6:30pm @BHS Eagle HIIT Week 4: 5-6:30pm @DPP Well-ness		25 Morning Medicine Exercise : 6-7am @DPP Wellness Bringing Peace to Relationships Group: 11:30-12:30 @ BHS Another Recovery Technique (ART): 1-3:30pm @ BHS. Pueblo Men Rising Group: 2-3:30pm @BHS Moccasin Class: 5-7 @BHS Weight Training: 5-6:30pm @DPP Well-ness	26 Morning Medicine Exercise : 6-7am @DPP Wellness Youth Life Skills: 4:30-6:30pm @BHS Wellbriety Group: 5-6pm @BHS Eagle HIIT Week 4: 5-6:30pm @DPP Wellness	27 CLINIC OPENS AT 9:50am Morning Medicine Exercise : 6-7am @DPP Wellness Podiatry Clinic: 8:00-4:30pm Weight Training: 5-6:30pm @DPP Wellness Sewing Group: 4:30-7:30pm @BHS	28 Morning Medicine Exercise : 6-7am @DPP Wellness Early Recovery Skills: 9-10am@ BHS. Another Recovery Techn-ique (ART): 10-11am @ BHS.
					29
					1/2
					8/9
					15/16
					22/23



THE IMPORTANCE OF
DENTAL HEALTH FOR SENIORS

Isleta Elders Center

Dental Care Presentation

Presented by: Isleta Health Center Dental Dept.

February 21, 2020


11:30-12:30

Contact Emma Abeita, 869-9770

GOOD DENTAL CARE IS POWERFUL
and
CAN LEAD TO BETTER HEALTH.

Learn about Good Hygiene and taking care of
your mouth, gums, teeth and dentures to avoid
tooth aches, sore gums and illness related to
poor dental care.

Contact Emma Abeita at the
Isleta Elders Center, 869-9770
with any questions.



Presented by
Isleta Health Center

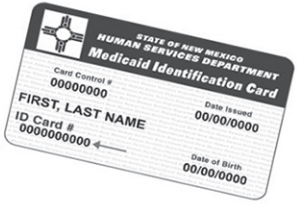

Do you need help with dental care?

Do you need help with dentures or false teeth?

Do you need help with eye glasses or hearing aids?

Do you need transportation to your doctors?

Do you need health care products like vitamins, allergy medicine, cough medicine, adult diapers, walkers, life alert necklace & much more?



If you have Medicare Part A & B & New Mexico Medicaid we
may be able to help @ **NO COST TO YOU!**

Contact Zach Trujillo, United Health Care Rep at 505-440-6913 for
more information. Zach is here at the Isleta Elder Center 2x a
month during Commodity Distribution Days. Call the Isleta Elder
Center for dates.

You may contact *Pauline*, Benefits & Billing Manager,
Monday thru Friday 8 a.m. to 4:30 p.m. for more infor-
mation at 505-869-9770 ext. 9339

