



Isleta Pueblo News

Volume 16 Issue 2

Pueblo of Isleta website: www.isletapueblo.com

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February 2021

Governor's Report

Ma-Guwam,

I would like to thank everyone who registered and voted for the new 2021-2022 Tribal Administration and Tribal Council. It is very important to exercise your right to vote and have your voices heard. I, Vernon B. Abeita, am deeply honored to have been elected as your new Governor. I would like to introduce my 2021-2022 administration: 1st Lieutenant Governor Virgil Lucero, 2nd Lieutenant Governor Blane Sanchez, Sheriff Daniel (Donnie) Jiron, and Undersheriff Kyle Wade. We look forward to serving our people and providing the best services we can to the community.

I would also like to announce the War captains for this year. James Jojola, Mark Dixon, Kenneth Jaramillo, Brian Jojola, Norman Abeita, Jacob Valdez and Anthony Jiron will continue to serve another year. We look forward to working together with the War Captains this year.

As part of my duty as the Governor, I have re-appointed Chief Judge Verna Teller, Associate Judges Christopher Schultz and Veronica Hill. I feel that keeping continuity in our justice system is a crucial part of our community. The Judges were presented to the tribal council and were confirmed to continue to serve our community as part of the Judicial Branch of government.

Our community as a result of the global pandemic is experiencing a different time. It's difficult to fathom the current state that we are experiencing which has put a stop to a lot of events, functions, work flow, the economy, and celebrating our many different traditional ceremonies. As we took office, along with Tribal Council, we are faced with the many challenges surrounded by COVID and the effects it has caused within the community and the Pueblo departments. We have to keep in mind the health and safety of our community and the economic impact that we are faced with. Together, along with the Tribal council, we are working to make the best decisions for our community.

Utilizing all of our resources available, we have developed a COVID Mitigation team to assure consistent information is being provided and efforts are beneficial for the community. This team is comprised of different Pueblo departments and the Isleta Casino and Resort. We are working diligently to provide up to date information about COVID-19 and keeping our community safe.

On January 11, 2021 and January 18, 2021, the Mitigation Team posted notices about COVID on the "Isleta Pueblo Office of the Governor and Tribal Council" Facebook page. The Information included active positive cases, hospitalizations, and total positive cases, households in quarantine or isolation, and close contact or cases being monitored. We plan on making weekly announcements with this information.

The Isleta Health Center has received COVID vaccines and vaccinations are

being given based on the phases outlined by the Public Health Officer, Kristyn Yepa. Currently, we are in Phase 1c which is persons aged 65-74 years of age. If you wish to receive the vaccine, please call the COVID hotline at 869-9720 to pre-register or to ask questions you may have.

As we all work to keep our community safe I want to remind everyone to continue wearing a mask, social/physical distancing, and good hand hygiene. Working together we can keep the virus from spreading and affecting our community further. If you have any questions concerning COVID or want to pre-register for the vaccine, please call the COVID hotline at 505-869-9720.

As we move forward we need to pray and ask our creator to keep our families and our community safe. May our creator bless each and every one of you with a long and healthy life.

Haw-wuh.

Vernon B. Abeita
Governor

Telemedicine Now Available at the Isleta Health Center

Health Educator: Stephanie Barela,
BS CHES CSST

During the COVID-19 Pandemic the Isleta Health Center is working hard at keeping the Isleta community healthy and safe by offering Telemedicine. Telemedicine is a pre-scheduled appointment that allows patients and healthcare providers to communicate via phone call. These appointments will allow you to speak with your provider and ask basic medical questions. Based on your medical needs your provider may schedule an in office appointment. Patients are still being required to schedule an in office visit for Well Child Visits and Sports Physicals.

With this new technology and in the interest of keeping our patients safe the Isleta Health Center is working towards offering video visits that will allow Providers to see the patient over a cell phone, tablet or computer.

**Please contact the Isleta Health Center at
(505) 869-3200 to find out more.**



**PUEBLO OF ISLETA
COVID-19 MITIGATION TEAM UPDATE
January 18, 2021**

Reporting numbers for the Pueblo of Isleta Community:

ACTIVE CASES

4

**CURRENT
HOSPITALIZATIONS**

1

TOTAL CASES:

March 2020 - January 18, 2021

315

*Data Source: NMDOH report dated 1/17/21

**HOUSEHOLDS IN
QUARANTINE OR ISOLATION:**

7

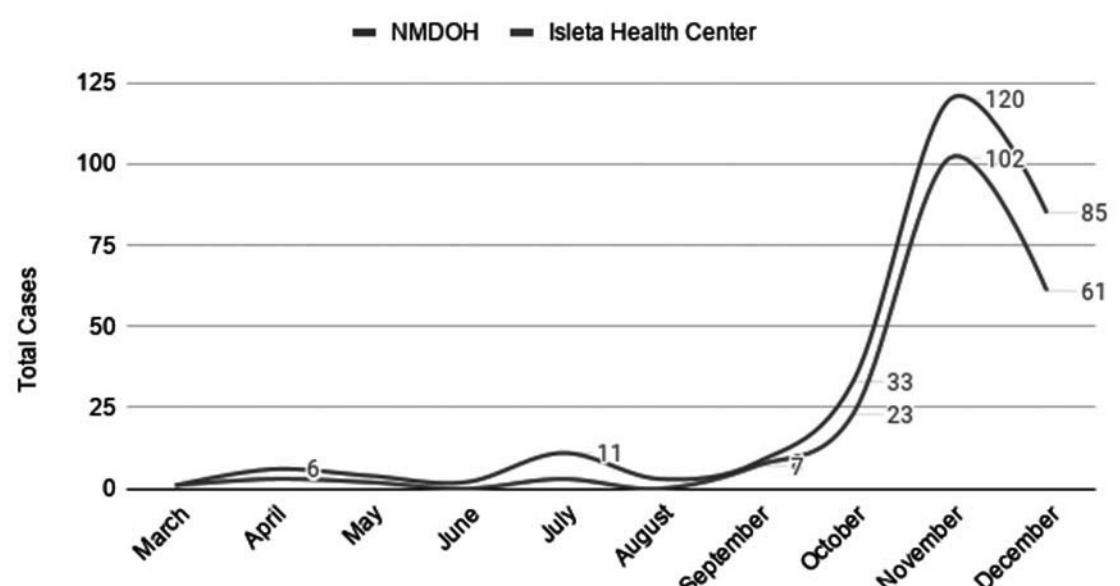
**NUMBER OF CLOSE CONTACTS OR
CASES BEING MONITORED:**

16



**PLEASE STAY HOME, LIMIT CONTACTS, WEAR YOUR MASK, AND WASH YOUR HANDS.
CONTINUE TO KEEP THE ISLETA COMMUNITY SAFE FROM COVID-19**

Cases by Month - Pueblo of Isleta



LETTER FROM THE EDITOR

DEADLINE for March Newsletter articles is set for Wednesday, February 17, 2021, at 4:30 pm. Articles may be dropped off at the Library or emailed to Nathaniel.Lujan@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 fifteen 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 fifteen Newsletter distribution locations are:

1. TR 2 & TR 22 - Chical SE of Community Hall
 2. TR 10 - Behind the old 47 Sales
 3. TR 1 & TR 5 – Ranchitos / Bosque Farms Reservations Line
 4. Ranchitos Park
 5. Post Office - Big Tree
 6. TR 82 & TR 84 - Teller Road
 7. TR 78 & TR 82 - Carlos Trujillo Sr.
 8. TR 90 @ Y - CF Padilla
 9. Mouse Town Park –
 10. Health Center – South end of Health Center Parking lot
 11. Library Sunlight & Moonlight Intersection
 12. TR 6 - 47 Intersection
 13. TR 12 - 47 & 147 intersection (Old Smoke & Save)
 14. TR 71 & TR 54 @ Y - Holiday Robot / Paved Road / Railroad Tracks
 15. TR 45 & TR 40 @ Y - Tata Mel (POI Signage)
- 

IN THE TRIBAL COURT
PUEBLO OF ISLETA
ISLETA, NEW MEXICO

Isleta Social Service,
Petitioner,

v.

Monique Abeita and
Jared Coriz,
Respondents.

Case No. CV-CH-0053-2020

NOTICE OF HEARING

TAKE NOTICE that a **Fact Finding Trial for Respondent Jared Coriz** is set for **Wednesday, February 10, 2021 at 9:30 AM**. Respondent J. Coriz is ORDERED to appear before the Isleta Tribal Court and should contact the Court at (505) 869-9699 on information on how to appear for the said hearing.

In the Matter of the Estate of:
Lupita Avila (DOD: 9/29/2019)

Case No. CV-PR-0325-2019

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Lupita T. Avila**, deceased **09/29/2019**, has been filed in the Pueblo of Isleta Tribal Court. **Joseph L. Avila**, has been appointed to serve as the Administrator of the Estate. Any person claiming an interest in the Estate is hereby advised to notify the Isleta Tribal Court. Claims must be filed in writing, by form of a Motion. If you have any questions, please contact the Isleta Tribal Court at (505) 869-9699.

CALL for APPLICANTS

Any tribal member interested in serving on the following Boards/Committees is encouraged to submit a Letter of Interest, along with a resume to the Tribal Council Office.

- Isleta Health Board
- Tribal Enrollment Committee
- Isleta Pueblo Housing Authority Board of Commissioners

The deadline for submittals is no later than February 5, 2021.

If you have any questions, please contact the Tribal Council Office at 505-869-9746.

Please Note: The Tribal Council Office kindly requests that all Letters of Interest and Resumes be mailed or emailed to the following addresses:

MAILING ADDRESS
ATTN: Tribal Council
P.O. BOX 1270
Isleta, NM 87022

EMAIL ADDRESS - poitribalcouncil@gmail.com

OFFICE OF THE GOVERNOR
MEMORANDUM

DATE: January 13, 2021
TO: Pueblo of Isleta Community Members
FROM: Vernon B. Abeita, Governor
SUBJECT: Fire Restrictions and Burn Permits

We have received news that fire restrictions have been lifted by the Bureau of Indian Affairs Fire Management. All burn permits which were issued in 2020 are no longer valid. You must get a new burn permit for 2021.

Burn permits will continue to be issued through the Open Space Department at 505 869-7564. Permits will only be issued by appointment due to the COVID-19 Pandemic. Issue days will be Mondays and Fridays between the hours of 8:00am and 12:00pm (noon). Permit holders are to follow all rules on the permit. We emphasize to please call the Isleta Police Department at 505 869-3030 to determine if it is a “burn” or “no burn” day.

Thank you for your cooperation and please be fire safe.

LOOKING TO PURCHASE
Isleta, New Mexico

looking to purchase a home located on the reservation in Isleta, New Mexico Serious sellers please contact me at orjiron@yahoo.com

PUBLIC WORKS DEPARTMENT

Exposed Water Lines

It is that time of year when everyone should be prepared for these colder temperatures. Any exposed water lines need to be protected from freezing. Swamp cooler lines hooked up to spigots or frost frees should be removed from the fixture, the line drained and the frost free or spigot shut-off.

Any exposed water lines, such as a water service line, coming out of the ground and going into a modular home need to be protected. Properly installed heat tape is one of the best methods to protect piping. Insulation can also be used to “wrap” the exposed piping and help prevent it from freezing. Keep in mind, any exposed water or sewer lines under your home are subject to freezing. Installing heat tape or wrapping the pipes with insulation combined with keeping the skirting in good repair, will go a long ways to helping protect your pipes from freezing.

Locate the water shut-off to your residence. In the event you have to call Public Works (505-869-5170) to shut off your water due to any kind of leak, the crew will need to know exactly where the exterior shut-off is located. There is no “magic” tool to enable staff to locate your isolation valve. If you don’t know where it is, staff will have to spend time attempting to locate the valve. Once the valve is located the crew will attempt to close the valve. If the valve is in-operable for any reason, water will continue to flow through to your home, potentially causing flooding. Public Works is NOT liable for any damages caused by a water leak. Each homeowner is responsible to know where their isolation valve(s) are located at and ensure they are in working condition. There should be an interior isolation valve for your use in the event of a water leak inside the home. These valves are sometimes located near the hot water heater. Knowing if you have an interior isolation valve and keeping it in working condition could prevent a lot of damage in the event of a water leak inside your home. If Public Works arrives to shut-off your exterior water isolation valve(s), the residence will be out of water until repairs are completed. Public Works does NOT do any work inside the home or on the spigots attached to the house. Housing or an independent plumber would have to be contacted to handle any interior leaks.

Some homes may have more than one service line to supply water to the home. If there are multiple water supply lines, there should also be multiple isolation valves. Some homes may have a separate isolation valve leading to a frost free or an irrigation system – these valves won’t work to stop the flow of water to the residence. The valves are useful to isolate your irrigation system or frost free units during the colder temperatures. Become familiar with your exterior water service lines and isolation valves. Public Works has work Emergencies that are always a priority; other service calls are handled as time and staffing allow.

CUSTODIAL AND MAINTENANCE TEAMS

The Department of Public Works Custodial and Maintenance teams have been putting in extra effort to help prevent the spread of COVID-19. Using germicidal spray to wipe down door handles and other commonly touched areas in offices. The Custodial team has taken on the extra responsibility to protect employees and visitors. The team also “fogs” buildings with products known to be effective against the COVID-19 virus. The “fogging”

procedure covers a much larger area than employees are able to reach by wiping areas down, providing better potential protection from viruses.

Constructing stands to hold the hand sanitizer dispensers and quickly supplying individual departments with supplies requested, the Custodial team continues to work hard to keep up with the extra work required during the pandemic.

The Facilities Maintenance crew has built Plexiglass shields, installed wireless doorbells, and kept up with all the other requests for assistance received on a daily basis. Having the Plexiglass shield and doorbells allow office staff and visitors an extra measure of protection from potential exposure to the Coronavirus.

The Department of Public Works will continue to work hard to do what we can to protect employees and visitors to the Pueblo of Isleta buildings.

TWO UPCOMING PROJECTS

The Public Works Department is excited to announce TWO utility projects that are expected to begin construction in mid-February, 2021.

The first project will be the Village Sewer Improvement Project. The existing sewer main lines throughout the Village will be slip-lined in areas where possible. The slip-lining process will eliminate the need to excavate all the existing sewer main lines and sewer service lines. Slip-lining material can be installed inside the existing sewer lines, using existing manholes to gain access to the piping. Sewer Service tie ins will be excavated.

Where the sewer main has dropped, creating a sag in the line, the piping will have to be excavated and replaced. There may also be a few other problem areas that will need to be dug up and replaced. Sewage manholes will either be replaced or rehabilitated as condition warrants. All residential sewer service lines will be replaced, including clean-outs.

The contractor will be working closely with the Pueblo of Isleta staff and residences. There will be times where streets will need to be closed for the contractor to perform the work. Sewer service lines will be out of service while the service piping from the home to the main line is “slip lined” and tied into the sewer main. Each homeowner will know in advance when this type of work will be done in their area and the contractor will discuss how the process will work prior to connecting your home to the sewer line.

If you have any questions about the project, please feel free to contact the Public Works Department at 505-869-5170.

The second project involves replacing the existing water main line from Highway 314 and TR 90, along the length of TR 90 to Highway 45; then along the shoulder of Highway 45 to TR 76. There will be new fire hydrants installed along the way and the new water line will be connected to all the existing water lines along the route.

Homes in this area will benefit from having a more reliable water source, increased water pressure and additional fire hydrants in the event they are needed. Public Works employees will be installing the new water lines, saving the Pueblo the cost of a Contractor performing the installation. The project is expected to be underway sometime in Spring 2021. Please be careful where any road construction is occurring. Plan extra

travel time and be patient as there will be delays while the work is being performed.

SEPTIC PUMPING SERVICES IS YOUR HOME ON A SEPTIC SYSTEM?

If so, here is some important information for you.

The Public Works Department provides a septic pumping service to residents living on the Pueblo of Isleta. Routine pumping of a septic tank can be scheduled through our office. Please call our office at 505-869-5170 to have a work order entered into our work order system. Depending on the size of your septic tank and the number of people living in the home, your tank may only require a routine pumping once a year or once every five years.

Calls for septic pumping services increase around the holidays. Once you call and ask for a septic pumping, a work order is created. Due to the amount of calls we receive we can rarely have the tank emptied the same day so plan accordingly. It can take a day or two before the tank is serviced. Some septic tanks have a filter installed inside the tank. This filter should be cleaned out at least every six months. If it’s not cleaned, the sewage water cannot flow from the primary tank area to the secondary tank, causing the tank to overflow. It is the homeowner’s responsibility to check and clean the filter.

Help prevent potential back-ups by keeping grease, flour, feminine products, baby wipes, flushable wipes, rags and other trash out of your sewer. Throw these items into the trash and do not flush them down the toilet.

The Public Works Department realizes there are some septic systems that have on-going issues. The leach field may be saturated due to either ground water, drainage pipe damage, clogged with tree roots or other problems. The Department has a list of the systems we know have some type of issue and each system is routinely pumped out to help prevent an overflowing septic tank or the backing up of sewage into a home.

The Department currently has over 30 systems that have issues of some kind. As time and staffing allows, each one of these systems will be inspected to find the issues that need to be repaired. If needed, excavation of the leach line area is performed to help troubleshoot the issues. Once the facts are known, a staff member will go over the results with the homeowner and discuss the needed repair work and options available to pay for the repairs.

The Department realizes that every work order received is important and needs to be taken care of. COVID-19 has caused some staff members to be quarantined or isolated. The Department receives numerous calls for septic related issues, from back-ups to failed systems. Calls are responded to on a priority basis. Emergencies are taken care of first. Work orders are entered into our work order system to ensure we take care of the issue. The septic driver will routinely pump out the septic tank until the entire septic system can be evaluated. Our goal is to have all Pueblo septic systems evaluated and then repairs taken care of. Until the Department has the time and staff to inspect each system, routine septic pumping will continue. Please be patient as the Public Works Department has numerous calls for service on a daily basis and takes care of emergency issues first.

If you have any questions, please call our office at 505-869-5170.

Pueblo of Isleta Career Opportunities

Position Posting	Office Location	Closing Date
ADMINISTRATIVE ASSISTANT III	Department of Education	01/28/2021
ACCOUNTANT	Health Center	Open Until Filled
ANIMAL CONTROL OFFICER	Police Department-Open Space	Open Until Filled
ANIMAL CRUELTY INVESTIGATOR	Police Department-Open Space	Open Until Filled
ASSISTANT CRIME VICTIM ADVOCATE-REPOSTED	Prosecutor	Open Until Filled
ASSOCIATE GENERAL COUNSEL I	Legal Department	Open Until Filled
ASSOCIATE GENERAL COUNSEL II	Legal Department	Open Until Filled
BAILIFF	Tribal Court	Open Until Filled
BEHAVIORAL HEALTH MANAGER- REPOSTED	Health Center	Open Until Filled
BUS DRIVER- PART TIME	Head Start	Open Until Filled
CAREGIVER I	Assisted Living	Open Until Filled
CERTIFIED FITNESS INSTRUCTOR	Health Center	Open Until Filled
CHILD CARE PROVIDER	Head Start	Open Until Filled
CHR VAN DRIVER (Part Time)	Health Center Within Only	Open Until Filled
CLINICAL THERAPIST	Health Services	Open Until Filled
COOK I	Elder Center Within Only	Open Until Filled
COVID-19 TEST COLLECTOR	Health Center	Open Until Filled
DIRECTOR, GAMING REGULATORY	Gaming Regulatory	01/22/2021
EXPERIENTIAL EDUCATOR I	Health Services	Open Until Filled
FAMILY SOCIAL WORKER	Social Services	Open Until Filled
FEDERAL PROJECT MANAGER	Isleta Pueblo Housing Authority	Open Until Filled
GENERAL COUNSEL	Legal Department	Open Until Filled
GROUPS MAINTENANCE WORKER	Public Works	Open Until Filled
HELP DESK TECHNICIAN	Treasury-MIS	Open Until Filled
HEAVY EQUIPMENT TECHNICIAN	Construction Operations	Open Until Filled
HOME CARE ATTENDANT-PART TIME	Elder Center Within Only	Open Until Filled
HOME OWNERSHIP COUNSELOR	Isleta Pueblo Housing Authority	Open Until Filled
HVAC TECHNICIAN	Public Works	Open Until Filled
LABORATORY ASSISTANT	Health Center	Open Until Filled
LANGUAGE TEACHER	Language Director	Open Until Filled
MAINTENANCE TECHNICIAN	Public Works	Open Until Filled
PERSONAL CARE SERVICE AIDE (2 Positions)	Elder Center Within Only	Open Until Filled
PHYSICIAN-AMENDED	Health Center	Open Until Filled
PHYSICIAN/PEDIATRICIAN	Health Center	Open Until Filled
PLUMBER	Housing Authority	Open Until Filled
PAINTER	Housing Authority	Open Until Filled
POLICE OFFICER-CERTIFIED	Police Department	Open Until Filled
PRINCIPAL / EPA	Isleta Elementary School	Open Until Filled
REGISTERED NURSE	Health Center	Open Until Filled
RECORDS CLERK / RECEPTIONIST- REPOSTED	Elder Center Within Only	Open Until Filled
RESIDENTIAL PROJECT MANAGER	Housing Authority	Open Until Filled
ROADWAY MAINTENANCE WORKER II	Construction Operations	01/18/2021
SALES ASSOCIATE-REPOSTED	C-Stores	Open Until Filled
SCHOOL COUNSELOR	Elementary School	Open Until Filled
SHIFT LEAD	C-Stores	Open Until Filled
SHOP-MOTOR POOL SUPERVISOR	Construction Operations	Open Until Filled
SYSTEMS TECHNICIAN	Isleta Elementary School	Open Until Filled
TREASURER	Treasury	01/22/2021

White Eagle Electrical

Services LLC

(505)917-6933

(505)259-4178

Jpirowees@gmail.com

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Happy

Valentine's

Day

whiteagleelectricalservices.com

Isleta Health Center Program Cancellations

Health Educator: Stephanie Barela, BS CHES CSST, 869-4479

The Isleta Health Center (IHC) is doing our part to encourage social distancing, by continuing to cancel all of our programs until further notice:

The IHC Programs below are canceled:

- In person Isleta Behavioral Health activities
- ICAP Sewing Class on Thursday evenings
- ICAP Moccasin Making Class on Tuesday evenings
- Isleta Diabetes Prevention Exercise Classes (Eagle HIIT) held Mondays and Wednesdays
- Isleta Diabetes Weight Training held Tuesdays and Thursdays
- Isleta Health Support Group, 2nd Tuesday of the month, 2/9/21 CANCELED

ANIMAL CONTROL

Happy February everyone,

Animal Control is hoping everyone in the community is healthy and safe.

In our communities, Animal Control is working with community members and tribal departments with the removal of nuisance animals, enforcing the Animal Control Ordinance, networking and creating relationships with pet organizations, and other County Animal Control agencies. Pets in our communities have been enduring cold weather days and nights. Please keep in mind, pets and animals that remain or live outdoors must have adequate food, water and shelter from all-weather elements.

Some animals are either unwanted or are strays - wandering in search of the necessities. Animal Control serves these animals too by picking them up and transporting them to the nearest animal shelter. If a pet owner cannot provide the necessities to any animal or if the animal is too much of a hassle, an Animal Owner Surrender can be requested to have the animal(s) removed from the property. There is some paperwork that is required, it must be completed and signed by the owner of such animal(s).

As a pet owner, it is important to have a clean and livable space for your animals. Animal Control will be observing and visiting animals in their livable space as well as talking with the pet owner about the current situation. Pet owners, please be responsible and observant with all your animals and their needs especially with fencing, dug up holes that animals use to escape confinement, and look for any defects on their collars and run lines. Having an unclean living environment is a violation of the animal control ordinance.

This year, we have one Animal Control Officer working full-duty within the program. At times, arriving on-scene to a complaint or other scheduled arrangements may be a bit longer than normal. If there are any services that you would like to address, we recommend calling ahead of time to have your service scheduled.

Due to the existing pandemic restrictions, Indian Health Service and Isleta Animal Control are not hosting a Rabies clinic anytime soon. A Rabies clinic is currently being discussed with the anticipation being in spring or early summer, 2021.

It is required that all domestic mammals i.e. canines, felines received a Rabies vaccine for the protection of itself, everyone else, and every animal.

Local pet clinics are available to administer the Rabies vaccine. Please call your local clinic for details. Approximate cost is about \$14.00 per animal/year. A 3-year series vaccine is also available along with Canine Parvo Virus, Distemper and Feline Panleukopenia to name a few others.

Spay and neuter clinics are also postponed until further notice. This simple surgical treatment also helps with the control of your pets from roaming or having an unexpected visitor in your yard.

We will continue to work with our partners to obtain reduced rate vouchers for tribal members. Please call for more information. As Bob Barker used to say, "Help control the pet population. Have your pets spayed or neutered".

Animal Control encourages all pet owners to read the Isleta Animal Control Ordinance which can be found on the Pueblo of Isleta website, under the Programs drop-down tab located at the top of the page.

Straw-hay is still available for outdoor pets, call to schedule your delivery.


Animal Control office hours are from 8 a.m. to 4 p.m., Monday-Friday. Our office telephone number is (505) 869-7564. We are located at the Tribal Services Complex.

If you have any concerns, questions or would like to know about what type of services we provide, feel free to contact us at the number listed above.

Have a wonderful, safe, and prosperous New Year.
Isleta Animal Control



LAST DAY of enrollment for Pueblo of Isleta Youth is
February 28,2021.

Join Today!



JOIN 4-H
TODAY!

With over 100 adult volunteers and more than 400 youth members, the Valencia County 4-H Program supports young people from elementary school through high school with programs designed to grow confident, capable, and caring youth with the life skills to thrive in today's world and succeed in their boldest dreams for tomorrow. Working in partnership with New Mexico State University, 4-H programs are research backed and offer life changing experiences to youth in Valencia County and around the world!



BOSQUE FARMS 4-H CLUB

Enrollment is open for the 2020-2021 4-H Year

Contact: Toma Shaver (505)307-2273

toma.l.shaver@gmail.com

or



For more information contact:

Valencia County CES Office

404 Courthouse Road | Los Lunas, NM 87031

valencia@nmsu.edu

505-565-3002



BE BOLD. Shape the Future.

College of Agricultural, Consumer
and Environmental Sciences

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

To Join 4-H in
Valencia County:


1. Enrollment is completed at the club level. Review the club list and choose a club that meets your family's schedule. Contact the volunteer club leader and attend the meetings. Open Enrollment period is October 1st through January 15th for youth ages 9-19. Children 5-8 years of age are encouraged to enroll in a special introductory program called Cloverbuds.

2. Next, select your 4-H Projects. We require all new members to take the "Welcome to NM 4-H" project. A wide variety of projects are available to youth of all ages. Review the 4-H Project Short List: https://aces.nmsu.edu/4h/projects/documents/nm-4-h-proj-and-lit-materials-short-list-2017-2018_200b-3b.pdf.

3. Club leaders will have enrollment and combined release forms available at club meetings. Forms can also be found: <https://aces.nmsu.edu/4h/forms.html>.

4. Turn in your filled out forms to your club leader.

5. Congratulations! You are now a Valencia County 4-H member!



Continuing our well wishes and that you remain safe for a Wonderful 2021! **Tiwa Lending** would like to remind everyone that our programs are available for all your financial needs. We are ready to help with financial support throughout the New Year of 2021!

Home Loans

- New Construction
- Renovation
- Remodel
- Home Purchase
- Refinance

Happy New Year

Consumer Loans

- Personal
- Credit Builder
- Debt Consolidation
- Credit Repair
- Holiday
- Emergency

Homebuyer Education & Counseling

Credit & Budgeting Counseling

Department of Education Bulletin

February Family Night for PreK-12 Grade Students-

Throughout this pandemic, many are experiencing different types of emotions that they may or may have not felt before. These particular emotions could be caused by stress and/or anxiety. The best way for us to maintain our health and to protect our hearts is by keeping our stress levels low. Yoga is a great technique to improve heart health by increasing circulation and blood flow. Yoga is also proven to decrease stress, reduce risk of heart disease, build muscle, and improve sleep.

For the February Family Night, we will have a guest Yoga Instructor to display techniques on yoga poses. The instructor will show the movements and breathing techniques of yoga. These yoga techniques will assist students and parents on relieving stress during this difficult time. The family night event will be on **Wednesday, February 17, 2021 @ 5:30pm via Zoom**. Call (505) 869-9810 to RSVP. The Zoom link will be sent to families on Monday, February 15, 2021. Yoga mats are provided by DOE.

Remember to wear red for National Heart Month!

Advice for Virtual Learning Parents-

- Discuss with your child what they are learning, the timing for this learning, and identify progress and success that go beyond grades.
- Make learning extend beyond the school curriculum and into their everyday life.
- Ask your child to explain their thinking and learning—not only what the answer is, but how they found the answer.
- Help your child with alternating between school-directed expectations and self-expectations.
- Take the time to sit with your child and ask them to share something they are learning, what it means to them, or how it connects to their personal experience.
- Recognize when it might be time to introduce other material and new approaches to learning. Provide new ways of thinking.
- Find ways to build in connection, even if in-person contact is limited, where your child and a few friends or family members could gather virtually.
- Encourage your child to share what they are learning with others.
- Engage your child in other kinds of learning and projects where they can sustain their engagement in the learning process.
- Ask your child where they are stuck and identify ways in which they could learn more about the topic.

If you would like additional support on how to navigate your child's remote learning, visit: cnmingenuity.org/virtual-education/

American Institutes for Research. (2020).Building Positive Conditions for Learning at Home, 5-8.AIR. ORG

For additional tips on COVID stress relief, **Tune in to the Wellness for Culture Podcast:** <https://www.wellforculture.com/podcast/2020/3/28/indigenized-wellness-stress-relief-in-quarantine>

This podcast provides thoughts on the current global pandemic and discusses ways to stay grounded through Indigenous teachings by using the Seven Circles of Wellness. This short guided session of emotional freedom technique serves as a tool to reduce stress and anxiety.

Attention High School and College Seekers -

The Department of Education will be hosting virtual College Engagement Nights for high school juniors and seniors. This event is to provide students with an opportunity to gain information from and speak with different college representatives. There will be an ongoing series of sessions beginning late February and thru the month of March. These sessions are held every other Wednesday at 4:30pm-6pm. The first session is on **Wednesday, February 24, 2021**. The schools participating for the first session are Central New Mexico Community College, University of New Mexico, and Institute of American Indian Arts. Interested juniors and seniors, preregister here:

<https://isletapueblo.formstack.com/forms/college-engagement-night-preregistration-form>

**Preregistration is encouraged, however if you are unable to preregister prior to session, zoom link will be provided on the DOE webpage the day of session.*

College Horizons, a non-profit organization that supports the higher education of Native American students, is administering college and graduate admissions workshops for American Indian students, **FREE** and **REMOTE** for the 2021 spring and summer sessions. Visit: <https://collegehorizons.org> to apply. Please take advantage of this offer, typically College Horizons charges \$450.00.

**If you need support in registering for these events, contact DOE at (505)869-9790.*

Are you interested in learning about careers in Public Health? Here's a podcast for you!

<https://www.drchhuntley.com/post/episode-141>

This podcasts consists of interviews with the Urban Indian Health Institute (UIHI) and others, who discuss Tribal Epidemiology Centers (Indian Health Services) who manage public health information systems, investigate diseases of concern, manage disease prevention and control programs, respond to public health emergencies, and coordinate these activities with other public health authorities. In this podcast, you will learn about the journey these health professionals take inside Tribal Epidemiology Centers. Tune in!

College Scholarship Opportunities-

The American Indian Graduate Center's (AIGC) All Native American High School Academic Team (ANAHSAT) will honor ten American Indian high school students who have outstanding academic achievements, leadership in school, civic and extracurricular activities, and motivation to serve and succeed. The key element will be a student's outstanding original academic, artistic or leadership endeavor. Students are judged on their ability to describe an outstanding endeavor in their own words.

Selected students will be honored in their local press and in The American Indian Graduate, AIGC's biannual magazine. Additionally, American Indian Graduate Center will present students with a certificate of honor. To be considered, nominees must have a minimum 3.25 GPA with an outstanding academic record; have demonstrated leadership and community service activities; and plan to be enrolled as a full-time degree seeking college freshman in the fall. Teachers or community members will nominate student applicants. If you need support in the nomination process, please contact the Department of Education at (505) 869-9790. **The deadline for application submission is May 1, 2021.** To apply, visit: <https://www.aigcs.org/scholarships-fellowships/high-school-students/>

The Indian Health Service (IHS) offers scholarships for American Indian students to educate and train future health professionals to staff Indian health programs. IHS goal is to strive towards a meaningful career in Indian health attainable for American Indian students. The Indian Health Service program is now accepting scholarship applications for the 2021-2022 academic year. **The deadline for application submission is February 28, 2021.** To apply, visit: <https://www.ihs.gov/scholarship/apply/>

Calling All Poets!

Any and All students who are lovers of poetry writing, whether it is prose, free verse, haiku, limerick or even a rap, please submit your poetry to https://isletapueblo.formstack.com/forms/j_o_m_submission_uploads . We will provide incentives for students who submit their poetic work to the program. Poetry may be displayed for others to view.

I'm Glad to Be Me Unknown Author

I look in the mirror and what do I see?
I see the me that no one else could be.
I am precious, I am glad to be me.
My hair, my face, my personality
My size my shape, the color of my skin.
All make up me, outside and in.

It's Trivia Time!

Smokey Bear is a native New Mexican. He was found in a mountain range that is unique in New Mexico because it trends east-west instead of north-south. Which mountain range is this?



Students may contact 505-869-9810 with the correct the answer to the trivia and receive an incentive from the Department of Education. The last day for trivia is Friday, February 12, 2021.

Attention: The Higher Education Board will hold their next meeting on Thursday, February 18, 2021. This meeting is open to the public. Contact DOE (505) 869-9790 for more information and for the Zoom link.

Tutorial Support

The Department of Education is providing tutorial supports for all pre K-12 grade students. The sessions are virtual and individualized for each student. If your student is need of an academic tutor, please submit the tutor registration form to the Department of Education.

<https://isletapueblo.formstack.com/forms/tutoring>

The Native American Community Academy (NACA) is holding Wednesday Wows and Wonders every Wednesday from 8:30am-10am. NACA teachers and NACA support staff are available every Wednesday to provide students with homework help, counseling, and other fun activities. NACA students can access the link on the Schoology middle school student page.

The Los Lunas School District is also providing tutorial supports for middle school and high school students. Each session is content and school specific. Please see the schedule below for dates and times. Students are encouraged to join the sessions provided.

► Century High School – Math and ELA Tutoring

Topic: After School Tutoring Zoom Meeting
Time: Tuesdays from 3-5 pm
Zoom link:
<https://lsschools-net.zoom.us/j/93708015532?pwd=c2NyMElQUzBVMkZMSEdZVEVGWExTUT09>
Meeting ID: 937 0801 5532 Passcode: chsrocks

► Valencia High School ELA Tutoring

Topic: VHS ELA Tutoring
Time: Mondays and Thursdays 4-5pm
Zoom Link: <https://lsschools-net.zoom.us/j/85771970851>

► Valencia High School Math Tutoring

Topic: VHS Math Tutoring
Time: Tuesdays and Thursdays 3-4pm
Zoom Link: <https://lsschools-net.zoom.us/j/85771970851>

► Los Lunas High School Math Tutoring

Topic: Mr. McKenney's Algebra 1 & 2
Time: Tuesdays and Thursdays from 4-5pm
Zoom Link:
<https://lsschools-net.zoom.us/j/98021786756?pwd=RitWZFY5SDcvYnV3SnoybWZqZnMxdz09>
Meeting ID: 980 2178 6756 Passcode: 011051

◻► Valencia Middle School Math Tutoring

Topic: Mr. Patton's Tutoring Zoom
Times: Available any weekday from 4-6pm by appointment – email Mr. Patton directly at bpatton@lsschools.net
Zoom Link: <https://lsschools-net.zoom.us/j/98754724053> Meeting ID: 987 5472 4053

► Los Lunas Middle School Math Tutoring

Topic: LLMS Math Tutoring
Time: Tuesdays and Thursdays 3-4pm
Zoom Link:
<https://lsschools-net.zoom.us/j/99100080513?pwd=Sk1TakNheW5pcTc4YmhlTkx2N2FIZz09>
Meeting ID: 991 0008 0513 Passcode: 066262

Isleta Youth Receives Outstanding 4-H Member Award

Bosque Farms 4-Hers led the way in County Awards this year. Kree of Isleta Pueblo was selected by our state 4-H office. As a recipient of the Outstanding 4-H Member Award reflecting on her continued support of our front-line workers by making masks and distributing them with thank you letters. Also helping out the less fortunate by handing out blankets masks and essentials as community service projects.



Kree has received the "Valencia County 4-H Member of the Year Award"

We are proud of you Kree for your accomplishments...

4-H Grows "Community Engagement In Me "

Wood & Burn Permits

Wood permits will be given out by appointment only.

Please call 869-7564



Burn permits are not being issued at this time due to

STAGE 1

Fire

Restrictions.





BOSQUE FARMS 4-H CLUB

Toma Shaver, Organizational Leader 505-307-2273 or toma.l.shaver@gmail.com

This awesome 4-H Club meets the 2nd Wednesday of every month (ZOOM until further notice) at the Bosque Farms Community Center. Bosque Farms 4-H is a family oriented club and encourages participation from parents. We welcome Cloverbuds!

LIVESTOCK~BAKING~ARTS & CRAFTS~SHOOTING SPORTS~WELDING~ROCKETRY~DOG TRAINING. and more

This club chooses to participate in many community service activities ranging from food baskets during holiday seasons to preparing cards and care packages for deployed servicemen. We visit with residents (and decorate for the season) at Sierra Vista Assisted Living Center throughout the year.



PUEBLO OF ISLETA PUBLIC LIBRARY



Summer Reading Program 2021

JUNE 6TH - JULY 23RD

JUNIORS

3yrs-6yrs

Road Trip U.S.A

9am to 12pm

Open to 20 students

YOUTH

7yrs-14yrs

Multiple Curriculum

1pm to 4pm

Open to 25 students

Registration

May 7th @ 7am!

Registration must be completed by PARENT or GUARDIAN NO EXCEPTIONS!

For more information please call the Library @ 505.869.9808

Department of Cultural and Historic Preservation

Hello and a belated happy new year from the Yonan An Cultural Center!

Although the temps outside remain chilly, the days are getting longer, and spring will be here before we know it. As you may recall from our last letter, the Department of Cultural and Historic Preservation has hopes and plans to establish a Pueblo of Isleta community heritage garden this season and is asking that all interested community members reach out to us as we begin to make our plans. If you are a farmer, gardener, or other community member who is knowledgeable about plants, or would just like to learn more, we welcome your participation! Tribal youth are especially welcome.

A central focus of the work we do here at Yonan An is the creation of an accessible tribal archive. The Pueblo of Isleta archival collection currently includes a wide array of photographs, maps, archaeological materials, memorabilia, and other items of cultural and historical significance. Not only do we look forward to sharing the collection with the Isleta community, we look forward to learning more about items in the collection from tribal members and doing our part to ensure that those stories will be available to future generations. In other words, the role of the archive at Yonan An is not only to preserve the past, but also to prepare for the future and the continuation of Isleta’s cultural practices. Through a shared focus upon traditional farming techniques and crops, we believe that the Pueblo of Isleta community heritage garden achieves some of these goals.

To participate or learn more about the Pueblo of Isleta community heritage garden, please call POI Archivist Cassandra Smith at (505) 869-5376 or email her at cassandra.smith@isletapueblo.com. We look forward to hearing from you!



ISLETA POLICE DEPARTMENT
FEBRUARY – 2021

The first month of 2021 has come and gone. For now it appears to be a continuation of 2020, but never fear there may be a break on the horizon. Yes, we are still under curfew and several Tribal Roads remain blocked, some with concrete barriers. COVID-19 is still at the forefront of challenges for the Pueblo but we believe the strides undertaken are helping to drive the numbers downward. Precautionary measures, rapid testing and the COVID-19 vaccine made available and administered will continue.

CONGRATULATIONS TO ALL!



L-R: Capt. D. Mallon, Chief S. Stanley, Det. Sgt. K. Lucero, Ofcr V. Lucero, Ofcr L. Martin,

Though recognized in previous newsletters, family members and police officers were able to finally gather for a small ceremony in December 2020. Honored were two members who graduated from the Federal Law Enforcement Training Center in October, 2020 and a Sergeant’s promotion that same month. Leon Martin, Isleta Police Department and Virgil Lucero former Open Space Officer and now 1st Lieutenant Governor were honored for their successful completion of training at FLETC. Officer Martin has also completed his Certification by Waiver at the New Mexico Training Academy in Santa Fe and is in his final phase of Field Training.

Kathleen Lucero was promoted from Criminal Investigations Detective to Detective Sergeant of the division. She stepped in as the Acting Sergeant since the departure of Denise Billy and has served in that capacity well, but now officially heads the Division.

INDIAN HIGHWAY SAFETY PROGRAM

IHSP Traffic Division continues to monitor and enforce the roadways throughout the Pueblo of Isleta maintaining safety for all with traffic enforcement. This division is four-strong and are dedicated to enforcing traffic laws, investigating crashes, and provide

traffic control during special events as well as participate in community functions.

The Division has been monitoring the Highway 47 construction area frequently and have caught many violators. Please take note of the reduced speeds in both directions extending from Milemarker 38 south and from approximately the 37 milemarker north. Southbound speeds reduce to 45 mph near the 38 milemarker and reduce again to 35 mph a short distance later. The 35 mph speed is observed until the next speed limit sign near Tribal Road 11 which increases to 45 mph and remains 45 mph to Bosque Farms city limits. Northbound side is 45 mph from the reservation boundary and reduces to 35 mph near the 37 mm prior to the orange construction barrels. Temporary speed limit signs are set along the roadways and visible to all traffic. The Traffic Division is active in the area and though there is a slight reduction in violations there are still too many who fail to observe the speed limits. These reduced speed limits are determined by the NM Highway Department for the project and is for the safety of the motoring public as well as those who are working on the project.

COMMUNITY RESOURCE OFFICER/ D.A.R.E. PROGRAM

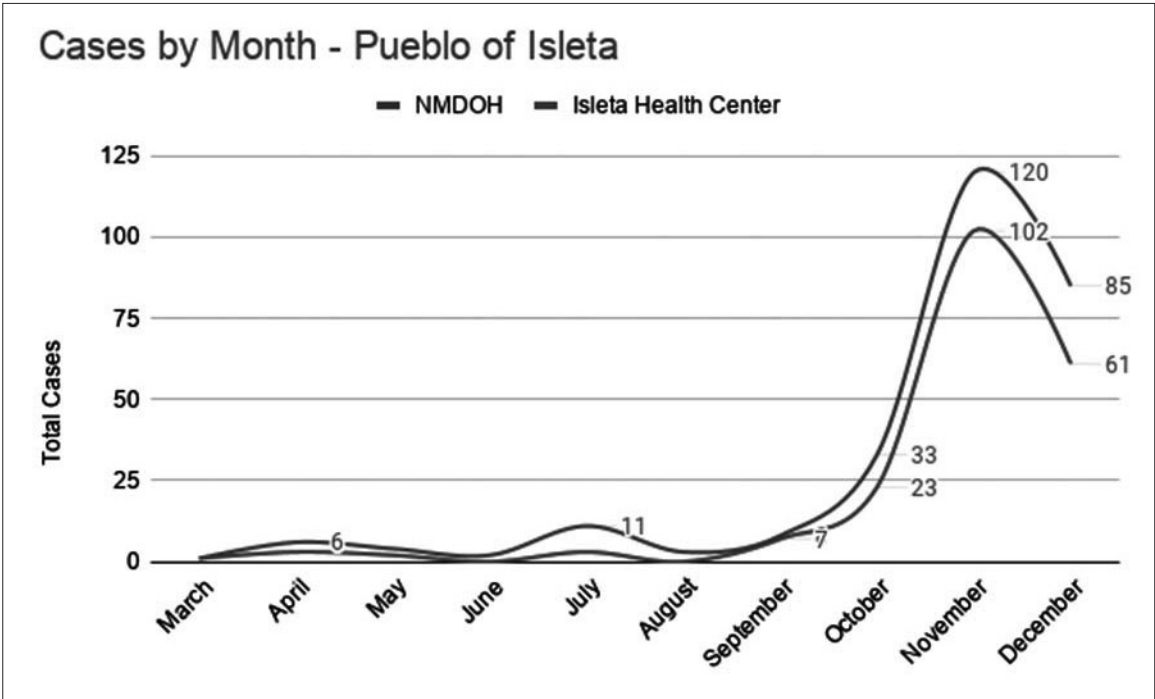
Community Resource/D.A.R.E. Officer H. S. Powers continues his endeavors to educate the children at the Isleta Elementary School with virtual presentations and will soon have in-person instruction when students are allowed back into the classrooms tentatively this month.

COVID-19

Although the Pueblo and Statewide COVID-19 numbers are starting to decrease as evidenced in the graph published on the Pueblo website, we still must continue safe practices.

The curfew remains in effect and we urge everyone to abide by these restrictions. Those who are non-Tribal and are not registered with Census to live on the Pueblo cannot be in the Pueblo between the hours of 9:00 p.m. and 6:00 a.m. Though not as frequently as before, there are still violations being committed. It is posted throughout the Pueblo and there are no excuses – PLEASE abide by the restrictions. We do not want to see another spike in our COVID-19 positive numbers or deaths.

Hopefully we are getting closer to suppressing this virus and we need everyone’s help. Testing and consideration in taking the vaccine are methods to help curb it. If you have tested positive for the virus, PLEASE STAY HOME AND QUARANTINE! Reports of the “new strain” of this virus found in New Mexico are troubling and we must continue safety precautions.



**STAY HOME – MASK UP – SAFE
DISTANCING – WASH HANDS FREQUENTLY
– AVOID GATHERINGS PLEASE!**



Pueblo of Isleta Public Library

Goodbye January, Hello February! We hope the year is treating you right so far! This February brings more programming and Summer Reading Program Planning. The year has just begun, but here at the library we already have so much to plan for the upcoming year and we couldn't be more excited about it. Stay up to date with the latest news by following us on Facebook, Instagram and Snapchat!

News

Library Closures: The library will be closed on Monday, February 15th in observance of President's Day. All library media checked out on Thursday, February 11th will be due on Tuesday, February 16th. Enjoy your three-day weekend!

Library staff will be meeting once a month for a staff meeting. During this time we plan for upcoming programs, and address any questions or concerns the library staff may have. For the time being, the library will stay open to help any patrons that come during that time.

The library returned back to normal business hours on Monday, February 1st.

Below are our updated hours...

Monday-Thursday: 8am to 6:30pm

Friday: 8am to 4:30pm

Saturday: Closed until further notice

Sunday: Closed

We will also be re-starting our LIVE in-house After School Program from 3:30pm to 6:30pm. We have divided the students into two groups of ten (A & B) so they may come in on Monday & Wednesday or Tuesday & Thursday. This is an attempt to meet the social distancing regulations while offering in-house services.

The library would like to thank everyone who applied for our Part-Time Library Aide Position. Interviews are currently in the process and we will soon be welcoming the newest member to the library team. Keep a lookout in next months article, as we will introduce the new library staff member!

Tax season is upon us once again! Please make sure and schedule your computer appointments to get any essential business you need done before you miss any important deadlines. The library also received the 2020 New Mexico Personal Income Tax form packets. To pick one up you can use our curbside service, just give us a call and a library staff member will bring one out to you.



The After School Program Students getting their hands dirty making slime, we hope it didn't cause too much of a mess! Students have been meeting virtual with library staff for the After School Program.



Another After School Program student enjoying and showcasing his lantern.

The library staff would like to remind our patrons that we are here to assist and help in any way we can. If at anytime you are unsure or have a question about our services please don't hesitate to ask. Just give us a call and we can help to the best of our abilities or lead you in the right direction. Continue reading for more information about the services that we are currently offering at this time.

Join us for our Virtual Family Story Time every Wednesday at 10:30 am. Story time will take place over Zoom and is open for ages 16 months- 5 years old. For each month a calendar will be available with the schedule of books and crafts. For the month of February crafts will include a Groundhog Pudding Cup, Love Monster Puppet, Dragon craft and Bee Mine craft. Supplies for the crafts will have to be picked up prior to the

Story Time through our curbside service. If you would like to sign up, please call the library at 505-869-9808 or email Cheyenne at Cheyenne.Castillo@isletapueblo.com.



Older brother helps little brother with Library Virtual Story Time Craft.

Virtual Story times are every Wednesday via Zoom at 10:30 am and is open to the general public. Please call the library for details.

The Library is offering a contactless curbside service as well as computer use by appointment only for essential use. Curbside services will be Monday-Thursday from 10am to 5pm and Friday 10am to 4pm. To check out material please download our mobile app Librista.

To make a computer appointment please call the library to set up a time, as space is limited. Appointments will be based on one-hour increments so please come prepared. When visiting the library please remember to wear a mask at all times, patrons' temperatures will be taken before entering the library. Sanitation stations have been set up throughout the library, and computer workstations must be disinfected before and after use. Patrons will enter at the front entrance of the library and will exit on the north side of the library. We greatly appreciate your patience at this time as we are adjusting to a new normal. If you have any questions or concerns feel free to contact the library at 505-869-9808.

To drop off any library materials please use our drop off box, which is located in the front of the library. Drop off material will be quarantined for three days, disinfected and then checked in.

Library Access from Home

During this time we encourage the use of our digital services. If you ever have questions or need help accessing our online services, please call us at the library at 869-9808 during regular business hours or message us on social media (FB, Snapchat, & Instagram).

The Library's digital services give cardholders 24/7 free access to eBooks, audiobooks, music, and periodicals (NY Times), so you can maximize your reading, and listening experience at home. We've got you covered.

The library online services will ask you to enter your library barcode number which is located on the back of your library card



and a pin or password. If you do not have a pin or password set up with us, you can call the library during business hours and a staff member can help you set that up over the phone.
Below is a list of the digital services the library has to offer.

To search our library collection and view your account you can download the Librista app on your iPhone, Android and Kindle devices. This feature will let you see what library material is available, let you search our library collection and view your account. New York Times online is now available to our library patrons for FREE. Find breaking news, multimedia, reviews & opinions on Washington, business, sports, movies, travel and so much more. New York Times will be available on library computers, library Wi-Fi or if you are at home you can access through the library website and click on the icon located on the general library section.

The library now has Lynda.com, which is FREE online training on various computer software and programs. The Lynda.com Online Training Library is a massive online training resource. Using their thousands of videos, members are able to learn – self-paced and on-demand – topics ranging from Google, Zoom and so much more. Members must have a Library card in order to utilize the Lynda.com site. The link to Lynda.com may be found on our Library website at <http://isletapueblo.com/library.html>. Just click on the “Start Learning Click Here” button to start your digital continuing education.

Download the mobile app Libby to start borrowing and reading ebooks and audiobooks for FREE. Put your library in your pocket with Libby. To access this app you will need your library barcode and password.

Free Music! Take advantage of our Freegal Music service. Log on with your library card number and pin to start downloading and streaming music. Library patrons receive 3 free downloads each week and UNLIMITED streaming of music with NO

AD interruptions. Log on to freegalmusic.com or download the Freegal Music app. If you have any questions about this service or would like to set up a password please give the library a call at 505-869-9808. For additional help and information, library staff members have made YouTube videos featuring the library’s digital services and how to utilize them. Check them out by visiting the library’s YouTube page at www.youtube.com/user/poilibrary.

Upcoming

The library staff is currently working on coming up with new programs for children, teens and adults. Currently all programs will have to be done in a virtual setting. As days go by we are hoping that we can once again have in-person programs. If you have any suggestions or ideas about any programs that you would like to see, please feel free to give us a call at 505-869-9808 and share any thoughts or ideas. Library staff has been busy weeding the media section of the library. This means we get rid of any material that is outdated, not popular or damaged, which also means the Library’s media collection will be updated with newer titles for patrons to check out. To see what is current check out the library’s website or follow us on social media, we post New Movies on Wednesdays.

Recap

On January 6th and 7th the library staff started the process of planning for our Summer Reading Program. 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. As to be expected, planning was a little different this year and as we have set a plan in place for this summer we realize things are not certain. Whatever changes or adjustments we will need to make we will do so. One thing is for certain; there will be a Summer Reading Program in some form or fashion.

This year our Juniors (3-6 years old) will have a curriculum based on traveling the

USA as our Library Summer Reading theme. The Juniors will be exploring different states around the USA as they take a road trip to each state. We will learn about state symbols, landmarks and history for each state. Each day we will have story time, activities and crafts. They will also have field trips and fun water days. The Junior calendar is currently being filled in and hopefully finalized. Calendars should be ready in April.

The Youth (7-14 years old) will consist of 4 curriculum-based programs. Each library staff member will have a different theme, mini field trips, and activities. Descriptions coming soon!

More details of each program and calendars will be available in April. If you have any questions about our Summer Reading Program please give the library a call at 505.869.9808.

Take Notes Like A Pro took place on January 20th and 21st. This program was geared towards college students and high school students but was open to all adults 18 and over. Participants learned how to utilize their devices and what apps to use to organize their notes. We would like to thank everyone who participated in this program and would like to wish good luck to all the students taking classes this semester.

The After School Program is getting back on schedule after the winter break and in the beginning of February we welcomed students back into the library, switching from a virtual setting to in person. We are happy to have them back and we hope in the near future we can open our program up to more students.



Isleta Pueblo News

Editor:
Nathaniel Lujan

Asst. Editor:
Diane Abeita

Published By:
Valencia Express

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
	1	 VIRTUAL FAMILY STORY TIME 3 BOOK GROUNDHOG PUDDING CUP CRAFT	4	5	6	
7 	8	 VIRTUAL FAMILY STORY TIME 10 BOOK LOVE MONSTER PUPPET CRAFT	11	12 CHINESE NEW YEAR 	13	
14 VALENTINES DAY 	15	 VIRTUAL FAMILY STORY TIME 17 BOOK DRAGON CRAFT	18	19	20	
21	22	 VIRTUAL FAMILY STORY TIME 24 BOOK SEE MINE CRAFT	25	26	27 	
28						

VIRTUAL FAMILY STORY TIME CALENDAR



Isleta Historical Society

Protect the Land • Preserve the Culture • Honor the Ancestors

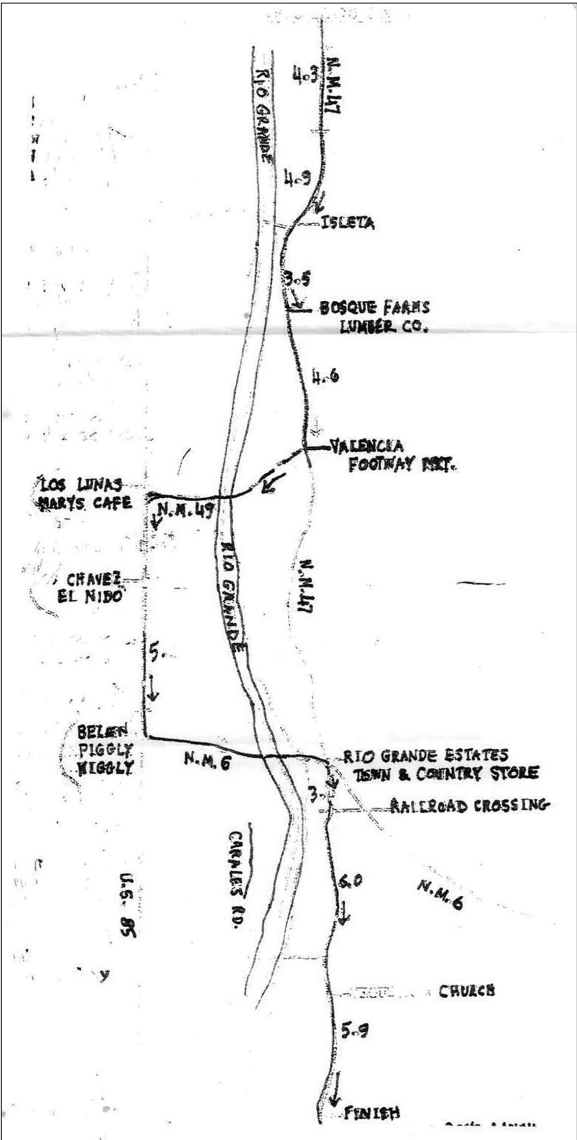
This continues a monthly series of articles about historic Isletans and significant happenings at Isleta. The Isleta Historical Society is an independent, inclusive group looking to broaden understanding through vigorous research, interviews, visits to museums and other historical sites etc. We are interested in your reaction to these stories and encourage you to contact us with ideas for future publications. Visit us on Facebook and Instagram @isletahistoricalsociety or email us at isletahistoricalsociety@gmail.com. We will not use any information without your permission. Thank you!

Members: Randy Jiron, Kateri Jojola, Malcolm Ebright, Valentino Jaramillo, Rick Hendricks, and Ted Jojola

Sports and Games at Isleta: Part 2

The Pony Express Relay Race

The Pony Express relay race was a timed horse race with about nine riders starting in Albuquerque and heading south for about thirty miles. The course was divided into nine segments, each rider carrying a pony express mail pouch he would pass to the next rider when he finished his portion.



Pony Express Relay Race Route

The race was run in April during the 1960s. The last race was run in April 1970. Randy Jiron helped organize an Isleta team in 1968. The other teams were non-Indian, including sheriff's posses from Valencia and Bernalillo, a search and rescue group that wore uniforms, including chaps with their logos on them. All the non-Indian teams rode big, beautiful quarter horses, "the Cadillac of horses." When the Isletan team unloaded their smaller rez horses, the white guys laughed at them. But the Isleta team had the last laugh because their horses always beat those quarter horses, every time. Perhaps because the rez horses were used to the rough terrain and carried light tack. Mostly, however, it was because they were faster and had the will to win.

During the final race in April 1970, Randy was riding "Paint," a cross between a full-blooded Palomino Arabian stallion and a Navajo paint mare, during the next-to-last leg of the race. At one point the riders in front of him turned west off the course, but Paint wanted to go straight and fast. So, Randy just held on. He soon saw the

reason the others had turned off the course: a deep arroyo that had been rideable in recent years but had since been carved into an eight-foot-deep gully, eight to ten feet across. Randy tried to turn Paint to the right at the last minute but to no avail, so Randy decided to give him his head and let Paint choose whether to stop or jump. Paint hardly slowed as he approached the arroyo, but then decided to jump. "We were in the air for quite a while," recalled Randy. But Paint made it, just barely, as the far edge of the arroyo gave way as Paint's back legs scrambled to make purchase. Paint continued to ride hard as the other riders who had turned west now saw Randy's dust. The Isleta team won the Pony Express race handily and brought home the three-foot-tall, gold trophy for the fourth year in a row.

The year of 1970 was the last for the Pony Express relay race because, sadly, one of the horses died after the race. Donald Jojola was riding a huge thoroughbred cross that he was having trouble keeping on the course because the horse wanted to turn off at every entry. After winning the race, the horse succumbed to exhaustion and overheating. Saddened by the horse's death, the organizers decided against holding the Pony Express relay race again. Nevertheless, Randy Jiron and the other Isletan riders remember the excitement of those days with warmth and pride at the superior horsemanship of the Isleta team.



Randy Jiron's Trophies earned during the Pony Express

Pátol

Pátol was a popular game that could last for hours. The field of play was a circle of stones broken on the north, south, east, and west by four gaps or rivers. In the center was a flat striking stone, three to four inches square. Played throughout the southwest, it was said that the striking stone represented the island through which the ancestors emerged from the underworld, the ring of pebbles represented the sacred mountains in the four directions, and inside the ring of stones lay the great body of water that flowed through the breaks in the ring of stones as rivers. There were usually three or four players, each of whom had their own carved horse, two or three inches tall, and three pátol sticks. The pátol sticks, after which the game was named, were three to

four inches long, about an inch in diameter and often made from a broom handle. If you were to cut a three-inch cylinder piece from the handle, and then split that piece in half, you would have two pátol pieces. Then you would make another because you needed three pátol sticks to play.



*Pueblo Indians Playing Pátol, 1890
Charles F. Lummis, photographer,
Courtesy of the Autry
Museum of the American West, negative no.
P5595.1*

The game began when the first player threw his three pátol sticks on the striking stone. If all pátol sticks fell with the flat side down and the round side up, that player received a score of ten which corresponded to the ten stones between each gap or river. Starting at the east river and moving counterclockwise, the first player moved his horse ten stones to the river on the north. It is said that he had come to the northern river to "water his horse." Then the next player threw his pátol sticks, moving his horse according to his score. If the second player's horse landed on the horse of the first player, it is said that he "killed the first player" and he had to go back to the last river he crossed. The first player who arrived at the river where he started—the east river—won. Though it might have lasted hours, the game usually generated a lot of interest and excitement. People also placed lots of bets which they placed under the striking stone.

Teja

Teja was similar to pátol, but less complicated. A circle about a foot in diameter was drawn in the dirt, and a corncob was placed upright in the center. Bets, usually in the form of coins, were placed atop the corncob. The corncob is cut off at the top about an inch. Ther first player throws his stone at the coins atop the cob, trying to scatter them outside the circle. The first player collects the coins outside the circle as his winnings. The coins inside the circle are added to the pot and placed on the

corncob with the next round of bets. In another version of Teja, each player had a small, flat rock which he pitched toward the corncob in turn. The goal was to have the stone land as closely to the corncob as possible. After everyone had pitched a stone, someone measured, and the player whose rock landed closest to the cob won. If the corncob was knocked over and the money scattered, only the coins that fell within the circle were collected by the winner. When the money fell outside the circle, the players allowed the kids who were hanging around to collect it. Like pátol, teja was hotly contested. Some players even made larger bets such as a horse or jewelry, or even a house. This was considered a side-bet different to the bets the players made. Today Isletans no longer play these games. Anyone with the urge to gamble can go to the casino (not recommended during the COVID 19 surge).

The Rooster Pull

On San Juan Day (June 24th) and San Pedro Day (June 29th) in June, Isletans participated in the Rooster Pull, a contest adapted from the Spanish. A group of thirty or so young men would ride over to the church and ask the priest for the six-foot poles with red, green, and blue flags that signified the respective saint. The lead riders held the poles. Other riders would go and get some corn stalks from the fields and carry those. They rode around the village

and visited the homes of people named Juan or Juana and, on the following week, the homes of those called Pedro or Paula. These people offered the riders bread and food. Randy Jiron, who used to participate, remembers Nana Lupe who baked round sweet bread with bread crosses on top, known as gallo pan. The riders tied the bread to their belts or pierced the bread onto their saddle horns. When they left the houses, people would be waiting on the roof and throw water at them; others had water hoses and doused the riders.

Once they got to the plaza, the riders rode around several times in the grand entry. It was a festive affair, with some riders taking the time to braid their horses' manes and put ribbons on them. After the parade it was time for the rooster pull. Someone buried the roosters in the sand with their heads and necks above ground in the middle of the plaza. Riding fast, the contestants leaned off their horses to grab the bird. Once someone pulled the rooster, other riders challenged him by trying to take it from him. The person who held the rooster would fend off the attacks in any way possible. Initially, six or seven riders challenged the man with the rooster. But at some point, it was decided that there should be only one challenger. By the end, the riders were covered in their blood and the roosters' blood. It was exhausting; but thrilling. Randy remembers driving home,

pulling the trailer with his horses, his shirt stiff with blood and hands shaking from exhaustion. He loved it all.

For further reading see Kathryn Gabriel's *Gambler Way: Indian Gaming in Mythology, History and Archaeology in North America* and Stewart Culin's *Games of the North American Indians*, volumes 1 and 2.

• • •

Again, we want to thank everyone who has been reading these articles. We invest a great deal of time and energy into these articles and we do so because we are interested and passionate about the topics we cover. We believe that by sharing these stories with the community it may instill a sense of confidence in who we are as Isletans. We are grateful for all of our readers and have been receiving feedback from the community. Some of you have even reached out with ideas about what topics to cover next or areas of interest for the Historical Society to dig deeper into. We thank you for your interest in the stories we are telling about the Pueblo and the people and encourage you to reach out to us with any information, ideas, or comments that you feel would be helpful to us. We will soon be publishing on our social media platforms so be on the lookout for that content. Again, any information is greatly appreciated and will not be used without your permission. Thank you!

WHAT IS ADDICTION?



Addiction is a chronic disease when left untreated causes lasting damage to the person with the addiction as well as to family and community.

Addiction is also known as chemical dependency. People can develop an addiction or chemical dependency to many substances that include alcohol, methamphetamine, cocaine, marijuana, and opiates such as heroin and pain pills. Alcohol is also considered a drug and people can and do become addicted to alcohol.

Addiction is classified as a brain disease because abuse of alcohol and/or drugs changes the brain. Addiction is dependence on something that is physically or psychologically habit-forming. It is difficult for the addict to stop using alcohol/drugs because of the withdrawal that happens when the use stops. A hangover or withdrawal is a severe physical and psychological shock.


People with addictions have an intense focus on using certain substances such as alcohol or drugs until the addiction takes over their lives. The changes in the brain cause addicts to have powerful cravings and make it hard for them to stop using alcohol and/or drugs, even when they know continued use causes problems.

The destruction of the disease of addiction is real and the changes to brain chemistry are frightening. Sobriety or recovery often seems impossible to the alcoholic/addict, family, friends, and community. Untreated addiction is a tragedy that has a devastating ripple effect on children, parents, communities, and nations.

Services to help treat addictions include, individual weekly counseling, Ripple Effect-IOP Group (3 days a week), Medical Assisted Therapy-- utilization of Vivitrol injections and inpatient residential treatment referrals.

Remember there is no shame in having an addiction – the shame is in doing nothing about it!

Isleta Behavioral Health 505-869-5475



American Heart Association




Go Red for women

8th Annual Drum to the Beat of a Healthy Heart

Go Red for Native Women®

Heart Health Summit

Digital Experience




February 5, 2021 – 10:00am

Please register at

https://heart.zoom.us/webinar/register/WN_gxAchtGISPuFDLIyQAQbFA

Life is Why Sponsor



JOIN THE ISLETA HEALTH SUPPORT GROUP IN VIRTUALLY ATTENDING THE

8TH ANNUAL GO RED SUMMIT.

REGISTER ONLINE AT THE ADDRESS BELOW. IF YOU NEED ASSISTANCE WITH REGISTERING

PLEASE CONTACT STEPHANIE BARELA, HEALTH EDUCATOR, AT 869-4479.

https://heart.zoom.us/webinar/register/WN_gxAchtGISPuFDLIyQAQbFA

THANK YOU!

ISLETA PARKS AND RECREATION

Happy February to everyone! This year is moving along rather quickly or so it seems. We here at the Parks & Recreation Department just keep plugging away.

SPORTS SECTION

Hope everyone is doing well and staying safe. We held a double elimination H.O.R.S.E. Challenge in January 2021.

In the 6yr-10yr old we had M. Toya, K. Toya, and L. Sutton for the younger kids. We had M. Toya and L. Sutton play for the championship with M. Toya claiming the championship.



For the 11yr-17yr old division, we had C. Jojola, E. Zuni, D. Carraso, G. Zuni, K. Lucero, I. Brooks, E. Jiron and A. Anderson. The championship was between D. Carraso and A. Anderson. In order for D. Carraso to become the champion, he had to beat A. Anderson twice, which he did.



The adult division participants were Joseph Pacheco, Dan Winston, Cubs Montoya, Michael Toya, and Michael Wilson. Cubs and Dan played for the championship, with Cubs having to beat Dan twice to say he was champion.



Congrats to all the participants. It was awesome to see an event start the New Year with a good turnout. We are trying hold activities at the Rec while stay safe. Our next event is a Hot Shot challenge, so lace up your sneakers and come out and have fun. It's going to be on January 28th 29th and 30th.

The Annual Bernie Run is scheduled for April 24th, so come and pick-up your registration forms. We can also email them to you as well.

We will be scheduling a family fun run for parents and kids to run as many miles as they can within 3 weeks. Parents will have to keep track on the Nike App.

All events are open to Tribal members and POI Employees. Let's make 2021 a Healthy and Happy Year! Please keep in mind that we are taking all the necessary precautions to make sure that everyone is safe, which is why all these events are more individual events. PLEASE SEE ATTACHED PICTURES FROM THE HORSE TOURNAMENT!

AQUATICS SECTION

Greetings, let me begin by introducing myself. My name is Joshua Roybal and I am the new Aquatics Coordinator for the Isleta Recreation department. I have been in the aquatics industry for over 15 years. I am excited to bring my experience as an Aquatics Coordinator to the Pueblo of Isleta and work with the community to create fun, inclusive programming for all ages.


The Pool is currently in the process of being re-surfaced, which is the process of removing the old tile and plaster and applying new materials. At this time the contractor has already chipped away the old tile and plaster. They have begun installing fresh tile for the lane markers and turning targets. The next steps will be applying the new plaster, filling the pool and curing the plaster at the appropriate

chemical levels and temperature to ensure the plaster hardens correctly and lasts as long as possible.

In the meantime, we are currently looking to hire and train lifeguards in the coming weeks. For more information on lifeguard training, please contact me at 505-869-9777 ext.9783. We are looking forward to keeping you all informed with the renovation process until we are able to resume aquatic programming as we look toward to a fun healthy summer! PLEASE SEE ATTACHED PICTURES ON THE PROGRESS OF THE POOL!



Spring Break



Sponsored by: Pueblo of Isleta Parks & Recreation Department

March 15th-19th, 2021

The Isleta Pueblo Recreation Center will be offering a Spring Break Program for children from the ages of 6 years to 14 years old. Spring Break will be filled with fun activities (physical fitness, crafts, baking, games, etc.). There will be a lottery drawing **for 15 participants** for this program. Lottery information and rules are attached, please make sure and read them thoroughly if you are interested in entering your child(ren) into the lottery to be selected for this program.

ACCEPTING LOTTERY ENTRIES FORMS: February 22nd — February 26th, 2021

Lottery Information:

Only 15 participants will be selected to participate in the program.

All participants must be entered into lottery drawing to be eligible for the drawing.

Lottery Drawing will take place on **Monday, March 1st, 2021 at 9 a.m.**

Requirements for the Children:


- Follow Covid-19 Safe practice guidelines
- Wear mask at all times
- Must bring a sack lunch for each day.

Spring Break Date:

March 15th-19th, 2021

Time: 9:00 am-3:00pm

Eligibility: Ages 6 years to 14 years old



For more information about this program, please contact the Recreation Center at 505-869-9777.

FITNESS SECTION

2021 has begun with many challenges but not the obvious challenges that come first to mind. 2020 is gone but has left us with that quarantine weight, the sluggishness of being inactive, and lack of motivation to get things done.

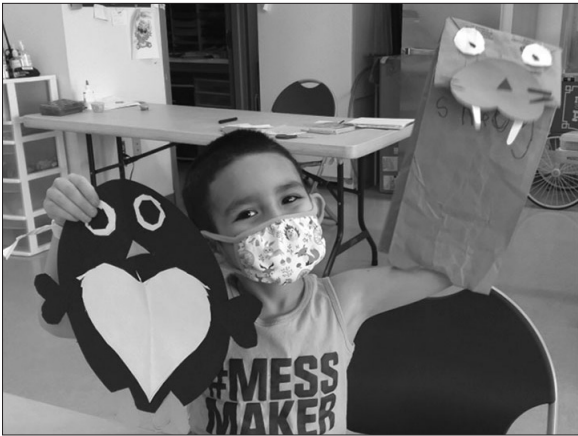
The Recreation Center is here for you, you the community! We are happy to assist you with your health goals and to keep your immune system fighting those unforeseen viruses thru exercise. This is the time to do something not just for yourself but for your families, your elders, your children, and all your loved ones.

Our fitness facilities have never been cleaner; with friendly staff who know how to help you with questions on exercises or health in general. We continue to operate at 25% following the CDC and DOH guidelines. Group classes such as spinning and aerobics are on hold, with hopes of starting in the near future.

We hope to see new faces in our facilities soon and throughout the year. Remember we are all in this together. See you soon.

YOUTH RECREATION PROGRAM

Our Youth Program is back in session with online schooling and recreation activities. The children are very creative with their imagination here at the recreation center.



They used forks to paint polar bears, made walrus puppets with recycled brown paper bags, and decorated a wall with penguins! At this time we have expanded our participation to 5 more students into the program. At the beginning of the 2020 school year, we started with 15 students to participate and have a waiting list for quite some time now. So for this 2021 New Year, we added 5 more students to receive

distance learning services through the youth program.

SPRING BREAK WEEK AT THE NEW RECREATION CENTER

Spring Break is just around the corner! The Youth Recreation program will do a Spring Break Lottery program for 15 children to participate in. Come by the New Isleta Recreation Center to fill out the entry form starting the week of February 22nd through February 26th, 2021. This program is open to Isleta Tribal youth from the ages of 6 years old to 14 years old. The Lottery Drawing will take place on March 1st, 2021 for the 15 eligible participants. The program will only be available for the week of March 15th — March 19th here at the recreation center. Activities will consist of physical fitness, craft making, nature walks, baking and much more!!

Summer Recreation Program:

We are in the planning stages at this time. This year the Summer Recreation Program is also a Lottery Style Entry program with 112 slots available. We would like to give every Isleta Youth a chance to participate in our Summer Youth program this summer. Tentative Dates for the Summer Program: June 7th through July 30th. Please feel free to contact us at the Parks & Recreation Department for more information about upcoming activities (505) 869-9777.

COVID-19: Why is Testing So Important?

Isleta Health Center,
Stephanie Barela, 869-4479

TESTING IS THE BEST WAY TO HELP PREVENT THE SPREAD OF COVID-19

- Testing lets you know your status of COVID-19 at the time of testing although results may take longer.
- It identifies positive COVID-19 cases quickly. This allows people to get treatment early and inform the person they must stay away from others and isolate in order to reduce the risk of spreading the virus.
- It helps investigators determine who might be a close contact of the infected person so that those people can quarantine and get tested to potentially prevent the spread.

PLEASE ANSWER ALL CONTACT TRACER PHONE CALLS AND ANSWER QUESTIONS HONESTLY.

20% OF CORONAVIRUS INFECTIONS ARE ASYMPTOMATIC, BUT ARE STILL CONTAGIOUS.

- That is, 1 in 5 people with COVID19 have no symptoms at all, but can infect others. So, even though you might feel completely fine, you could still be getting others sick, which is why it is important to get tested even if you feel normal.
- You could also spread the virus if you are pre-symptomatic, meaning that you might feel fine right now, but you could be COVID19 positive and still spread the virus before you start to feel any symptoms. Because of this, it is very important to always wear a mask when around others, wash your hands often, not touch your eyes, nose, or mouth, and stay at least 6 feet away from others. Simply being near someone who is COVID19 positive can infect you with the virus, even if the person feels normal!

Help Keep Isleta Healthy, get tested for COVID19!

Environment Department

Hello everyone,

In mid-January, Environment Department staff completed our annual radon testing in tribal buildings. These kits were kindly donated by the Radon Outreach Program at New Mexico Environment Department. In previous years, radon levels were below the mitigation level and required no further action. Expect an update in the next newsletter.

Now is a good time to set out a test kit due to cold weather. If you would like a short-term radon test kit for your home or would like to know more about radon, please contact the Environment Department at 505-869-9814. Radon kits will be given out on a first come first serve basis. Please contact our department in advance to schedule a pick-up time and date. Environment Department

RADON

FREQUENTLY ASKED QUESTIONS

What is radon?

Radon is a naturally occurring radioactive gas that can cause lung cancer in humans. Radon gas is inert, colorless and odorless. Radon is naturally in the atmosphere in trace amounts.

Where does radon come from?

Radon is a by-product of radioactive elements such as uranium which comes from erosion of soil and rocks.

How does radon get into your home?

Radon typically moves up through the ground to the air above and into your home through cracks and other holes in the foundation. Your home traps radon inside, where radon can build up.

How does radon affect your health?

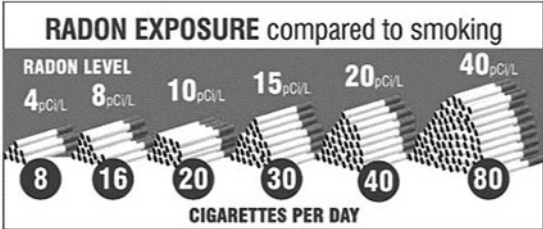
When you breathe in radon, it gets into the lining of your lungs and gives off radiation. Over a long time, it can damage the cells and lead to lung cancer.

Does your home have a radon problem?

Testing is the only way to know if you and your family are at risk from radon. Radon sampling kits are EASY and INEXPENSIVE. Do not test when operating a swamp cooler.

WHAT THE RESULTS MEAN

- 0.4 pCi/L = Average outdoor radon level.
- 1.3 pCi/L = Average indoor radon level.
- ≥2 pCi/L = Mitigation level, consider fixing below 2 pCi/L.
- ≥4 pCi/L = Action level, fix your home.



NOTE: Smoking combined with radon exposure can increase your risk at developing lung cancer by 10 times.

HOW TO FIX YOUR HOME

Lowering high radon levels requires technical knowledge and special skills. We suggest you use a contractor who is trained to fix radon problems. A qualified contractor can study the radon problem in your home and help you pick the right treatment method.

Immediate radon mitigation: Increase air flow in the building by opening windows and using fans and vents to circulate air. Seal cracks in floors and walls with plaster, caulk, or other materials designed for this purpose.



Smoking Increases Your COVID-19 Risk

While the past year has not brought an end to the coronavirus as we would have hoped, we do know more about the virus that can help us protect ourselves. Of course, wash your hands, wear a mask, and social distance – but did you know it is now proven that **smoking increases your risk of severe illness from COVID-19?**¹

That’s right, the U.S. Centers for Disease Control and Prevention (CDC) stated that “being a current or former cigarette smoker increases your risk of severe illness from COVID-19.”

Here’s what you can do to help mitigate your risk:

- If you currently smoke, quit. If you used to smoke, don’t start again. If you’ve never smoked, don’t start.
- For help quitting, call the New Mexico Quitline at 1-800-QUIT NOW or visit www.QuitNowNM.com.
- Get support. Counseling from a healthcare provider and use of FDA-approved nicotine replacement therapy like nicotine patches, lozenges, or gum can double the chances of quitting smoking.

It’s not too late to prioritize your health.
Quit smoking today.

¹ <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medicalconditions.html#smoking>

Telephone:(505) 837-2104 •Fax: (505) 837-0575 •2700 San Pedro Dr. NE Albuquerque, NM 87110•www.SmokeFreeSignals.com



New Isleta Recreation Center presents:



BERNIE JOJOLA

MEMORIAL

Challenge

F U N W A L K & R U N

Saturday, April 24th, 2021

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

Pick-up Registration forms at New Recreation Center

Only 150 shirts, must pre-register by March 26, 2021

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 24th, 2021, 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”



PRESIDENT’S DAY SERVICE SCHEDULE

Monday and Tuesdays trash will both be collected on Tuesday February 16th. Have carts out by 7AM and have a Happy President’s Day!



KEEP ISLETA BEAUTIFUL!
869-4106

Dental Tips for the New Year

Hello to all!


IHC’s Dental Team has a brief message to bring in the New Year!



We are all anticipating a New Year where we can begin to feel that “new normal” shaping up. We can all do our part to make healthy habits a permanent New Year’s resolution. It is probably safe to say that none of us has ever washed our hands as often as we have learned to do in 2020! However, with everyone home most of the time, there is also an increase in snacking on sweets and other foods that can cause tooth decay and toothaches. Until more elective dental care and cleanings are back on the table, it is more important than ever to have good home care to maintain your dental health in between cleanings, to prevent having dental emergencies like toothaches. We would like to recommend electric toothbrushes, and regular flossing or water flossing.

If you have questions, we are here to help, please call us at 869-4499. The dental clinic staff is happy to answer questions on how to get the most out of your oral health habits.

Sincerely
The Isleta Dental Clinic



ISLETA PUEBLO HOUSING AUTHORITY


LOTS FOR SALE

By "LOTS" we mean REAL ESTATE

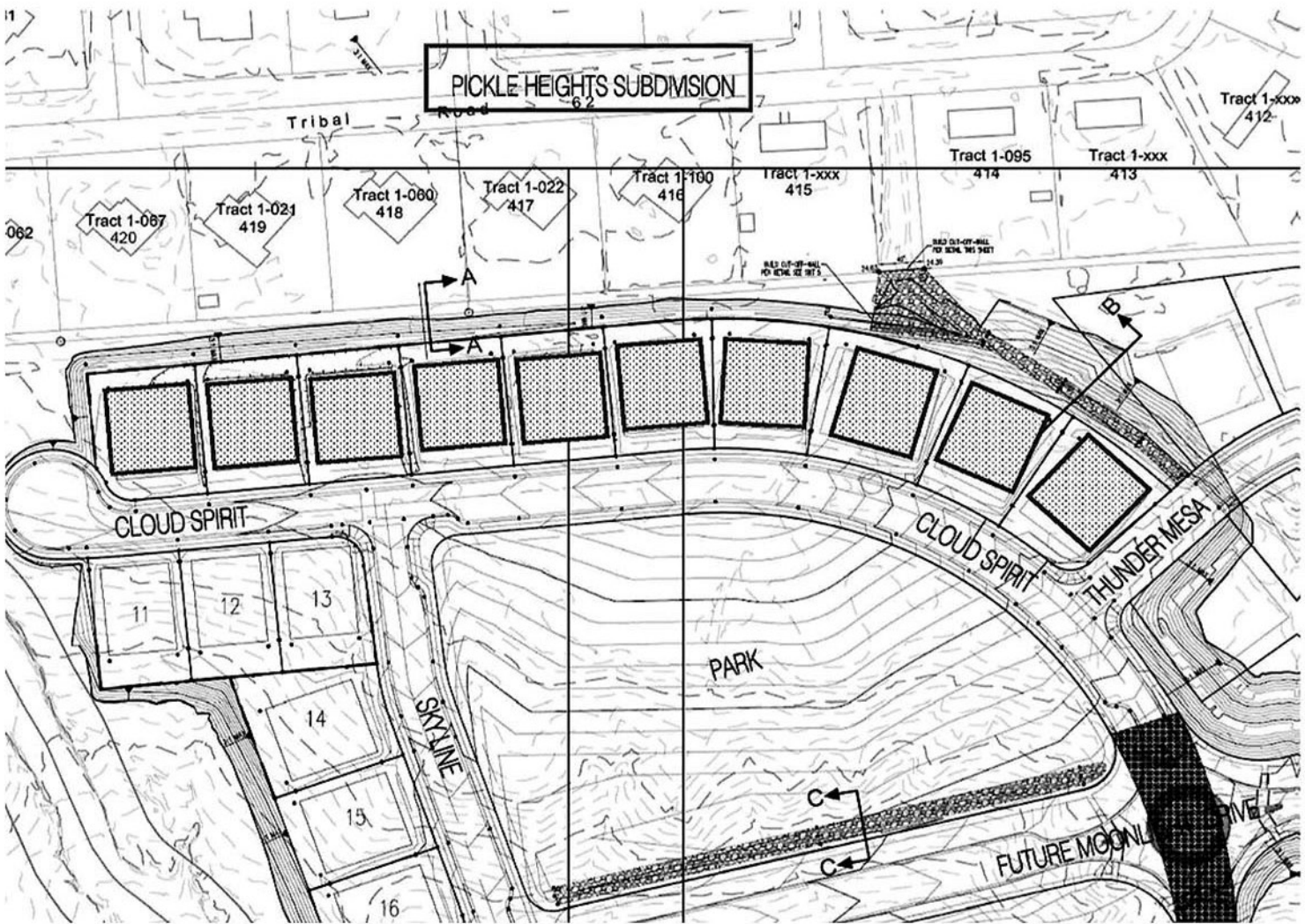
IPHA is currently building Phase 1 of "Moonlight Development", a housing development on the west mesa adjacent to the Pickle Heights neighborhood. This development of new infrastructure will include paved roads, sidewalks, a park area and all required utilities (electrical power, natural gas, water and wastewater systems and drainage control). The IPHA intends to make available for sale 10 of the lots for private financing and will sell individual lots for \$14,000 each. If you are a tribal member and do not have a Land Assignment, this would be an ideal place for your new home. Here are a few features:

- Similar lots in the project have been appraised by a licensed professional and valued at \$55,000 - \$60,000.
- The lots average in size approximately ¼ Acres.
- Building pads for home construction are already completed (Built and tested) and are 70' X 80' in size.
- Each lot has a utility easement aligned with the front of the property for utility services.
- Some lots include a 6' high textured and colored block wall along the back side of the lot.
- Beautiful scenic views!

For information contact Barbara Sanchez, Executive Director of Isleta Pueblo Housing Authority (305) 869-4153.



Moonlight Development



Thinking About Quitting

Cooped up at home? Maybe this is the right time to Quit Smoking.
Take this 1 time, 1 on 1, 90 minute session over the phone, to increase your motivation to quit and give you some Tips and Tricks to help you do this!

Call Stephanie, Health Educator
@ 869-4479 learn more
Isleta Health Center



NM Poison Control



During the Pandemic, we should be cleaning and disinfecting more often. It is important that you do not inject or ingest these chemicals into your body. Please remember to keep ALL chemicals out of children's reach. If any cleaning or disinfectant solution is swallowed or injected, please contact the NM Poison Control immediately.

1-800-222-1222

A HEARTFELT MESSAGE OF GRATITUDE

On behalf of the entire family of the late Martha Lucero (Au-oo) we express and extend our sincere gratitude to each and every person who expressed their condolences and sympathy during our most difficult time. Your kindness and generosity shown to the family means more than you will know.

On January 01, 2021 we lost our beloved, Au-oo. As her passing was unexpected, we believe that our Creator needed her more. We believe that Au-oo went to her eternal resting place guided by her faith in our Creator and by the light of all our loved ones already home.

Au-oo was a devoted mother to her children; Jennifer, youngest of the children, suffering from an illness was also called by our Creator only days before. We can only imagine and believe that Jennifer greeted and welcomed her mother at the gates of heaven. We pray for their eternal peace and for all those that have left our community.

In addition to our loss, Au-oo’s eight (8) grandchildren lost their amazing Na Na. Everyone knows that Au-oo valued and treasured her family above all else. Along with the grandchildren, Au-oo is survived by her eldest, Michelle, Mark (Shawn) and Christina. Thank You again for showing your support and comfort to our family. In honor of Au-oo, it is our prayer that we all live every day with the kindness and loving warmth that she shared with us all.

Isleta Health Center
Purchased Referred Care (PRC)

PRC’s current process during the COVID-19 Pandemic:

- PRC staff are not meeting with patients in person.
- Patients are required to call PRC for any ER/Urgent Care notifications within 72 hours of admission.
- Patients are required to call PRC for all scheduled appointments.
- Referrals are being directly faxed to the requested facility. If a patient is requesting for a referral, it will be mailed to the address listed in the patient’s chart.
- Patient bills may be faxed, emailed, mailed or dropped off at the clinic drive thru area.

The PRC department is extremely busy during this time of COVID-19 and may be difficult to reach. You are encouraged to leave a detailed message, include your name, date of birth and phone number of where you can be reached. Please be assured that your call will be returned in a timely manner.

Phone numbers for PRC staff:

Erin Coeeyate, Manager
Phone: 505-869-4488

Renee Lujan (A-K), Clerk
Phone: 505-869-4862

Antoinette Peralta (L-Z), Clerk
Phone: 505-869-4396

Andrena Martin, AP Clerk
Phone: 505-869-4381

PRC Fax Number: 505-869-4881



Isleta Tribal Court & POI Partnerships

Isleta Youth Peacemaking Collaborative:
2021 Series

In Partnership with POI Departments, Pueblo partner- ships, and Isleta Peacemaking Program the Isleta Tribal Court is offering a Youth Prevention/Intervention Project,

The 2020 Fall Series began October 15th and continued throughout the end of the year. The Fall Series included Educational and Awareness Building around prevention topics. With an emphasis on building Cultural Knowledge through ISLETA HISTORY, CULTURAL STORYTELLING, SITE VISITS AND CUSTOMS & TRADITIONS.

Continuing January 5th, we will be meeting virtually to work on the ‘Culture and Drugs Don’t Mix’ curriculum for youth. To examine what Drugs can do to a person, a family and community, while engaging with the Tribal Court Peacemakers. These are issues that we face within our community.

For more Information call Isleta Behavioral Health.

Open to Youth Ages: 10-18 yrs.

Incentives for Continued Attendance

Weekly drawings to be held

Isleta Tribal Court & POI Partnerships
Prevention /Intervention Program

ISLETA HEALTH CENTER

February is Teen Dating Violence Awareness Month
Isleta Behavioral Health Clinic

The month of February is Teen Dating Violence Awareness Month. Unhealthy relationships can start early and last a lifetime. In a recent national survey, nearly 10% of high school students reported physical violence and 11% reported that they experienced sexual violence from a dating partner (Information obtained from the Centers for Disease Control-cdc.gov-teen violence). What can be done? Teaching healthy relationship skills and changing norms about violence can help prevent teen dating violence. Teens often think some behaviors, such as teasing and name-calling are a “normal” part of a relationship. However, these behaviors can become abusive and develop into more serious forms of violence. Talk to teens about the importance of developing healthy, respectful relationships. For more information about dating violence, getting help and staying safe please call: STRONGHEARTS Native Helpline at 1-844-7NATIVE.

Let’s break the cycle and teach teens to not stay silent. It’s time to speak up. You may not know if you are in an abusive relationship because you are used to your partner calling you crazy or making you feel like all your problems are your fault. Even if teen dating violence doesn’t happen all the time it is important to tell someone you trust about what you feel, and are experiencing, to be alert to these signs of a problem. Don’t wait to take action and break the cycle. Here are a few ways to know if you’re in an abusive relationship (information taken from Teen Dating Violence: What Parents and Teens Should Know-2017).

- Your partner has hit you, beat you, or strangled you in the past.
- Your partner is possessive (wondering where you are, getting mad for hanging out with others).
- Your partner is jealous.
- Your partner threatens you or your family.
- Your partner makes put down remarks (a certain look of disgust towards you, blaming you for the outburst, and tells you no one will want you if you leave).
- Your partner physically and sexually abuses you (push, shove, or hit, and or unwanted sexual relationship).

ISLETA HEALTH CENTER

CONGRATULATIONS ISLETA CHR DRIVERS

Article below was submitted by Frances Anchondo to the New Mexico Transit Association and was published in their Fall 2020 Newsletter Edition! If you see the drivers, we hope that you will smile, wave and congratulate them for a Job Well Done!



"I would like to say Thank You to my CHR Drivers, who transport our community members. My drivers are out there on the front line caring and transporting our Dialysis and Cancer patients. Drivers are transporting only 3 days a week for Dialysis and Cancer patients. The other two days, drivers are out delivering groceries, medications and cleaning supplies to the people that are in quarantine due to COVID-19. I appreciate all the extra work they are doing for our community. Big hugs to each of my drivers."

-Frances Anchondo

Isleta Behavioral Health Clinic Services for the Community

Are you someone who believes that Isleta Behavioral Health can only help people who have alcohol or drug problems or who are ordered to get counseling by the Tribal Court? If so, then there is a whole part of Isleta Behavioral Health that you have yet to discover.


The term behavioral health is used to describe the connection between how we behave and the overall health of our mind, body, and spirit. Sometimes life can be a little overwhelming, especially now more than ever. And would it be nice to just have someone listen? Our goal at Isleta Behavioral Health is to help people lead healthier, happier, and fuller lives. If you are struggling with on-going stress, depression, anxiety, anger, relationship problems, grief, or other challenges in life, perhaps we can help.

This is a service that is available to children, adult and elderly community members of the Pueblo of Isleta. We are located in the Southwest corner at the Isleta Health Clinic.

We Are Here To Serve
Call us today at 505-869-5475

Virtual Programs Offered to Date:

- Ripple Effect-Intensive Outpatient Program,
- Grief/Loss Support, Wellbriety and Youth Prevention Groups



PUEBLO OF ISLETA

COVID-19 VACCINATION PLAN

PHASE 1A

- Health Care Personnel
- Residents at Long-Term Care Facilities

PHASE 1B

- Frontline Essential Workers
- Isleta Tribal Members 75 Years & Older

PHASE 1C

- Isleta Tribal Members 65-75 Years of Age
- Other Essential Workers
- Isleta Tribal Members 16 - 64 Years of Age with Underlying Health Conditions

CALL TODAY TO PRE-REGISTER 869-9720

Vaccine clinics will be scheduled as the vaccine becomes available. Once you pre-register, you will be contacted with a scheduled date and time to receive your vaccine.

Currently we are implementing Phase 1A, Phase 1B & Phase 1C if you meet any of the criteria.

Well Child Visits

"Well child visits help give your child the best chance to grow into a healthy adult."


A Key to Healthy Kids

Naturally, we bring our kids to the clinic when they're sick. Did you know it's important to bring them in when they are well, too?

Well child visits help:

- PREVENT PROBLEMS**
The clinic team will:
 - ❖ Find health problems early
 - ❖ Make sure shots are current
 - ❖ Review healthy eating.
 - ❖ Check on the child's safety
- TRACK GROWTH AND DEVELOPMENT**
The doctor will measure:
 - ❖ Height and weight
 - ❖ How your child learns and grows
 - ❖ Milestones
 - ❖ Mental and social health
- BRING UP CONCERNS**
You can talk to your doctor about your child's:
 - ❖ Behavior
 - ❖ Sleep
 - ❖ Eating
 - ❖ Growth
 - ❖ Ability to get along with others
 - ❖ Learning, thinking and problem solving
 - ❖ Physical activity
- CREATE A TEAM APPROACH**
You and the clinic team can:
 - ❖ Build trust in each other
 - ❖ Help when well and help when sick
 - ❖ Work together for your child and family needs
 - ❖ Find other resources to help your child

Source: www.healthychildren.org







We are Here to Serve
Isleta Health Center Team
(505) 869-3200

Now, more than ever, it's important to keep up with your children's vaccination!

WHEN SHOULD I BRING MY CHILD FOR A WELL VISIT?

BIRTH TO 15 MONTHS OLD	
2-5 DAYS OLD	1 mo. 2 mo. 4 mo.
	6 mo. 9 mo. 12 mo. 15mo.
18 MONTHS to 3 YEARS OLD	
3 to 6 YEARS OLD	
3 yr.	4 yr. 5 yr. 6 yr. 8 yr.
PRETEEN AND TEEN	
9-12 yr.	13-16 yr. 17-20 yr.

****CONTINUE YEARLY WELL VISITS INTO ADULTHOOD****

FEBRUARY 2021 ISLETA HEALTH CENTER Questions? Call 869-3200					
SAT/SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 The Ripple Effect : 9:00 - 12:00pm Virtual Session. For more information please call: 869-5475	2 Virtual Youth Group: 3-4:30pm For more information please call: 869-5475	3 The Ripple Effect : 9:00 - 12:00pm Virtual Session. For more information please call: 869-5475 Wellbriety Group: 11:00 -12:00pm > Virtual Session. For more Information please call: 869-5475 Virtual Youth Group: 3-4:30pm For more information please call: 869-5475	4 CLINIC OPENS AT 9:50am	5
6/7	8 The Ripple Effect : 9:00 - 12:00pm Virtual Session. For more information please call: 869-5475	9 The Ripple Effect : 9:00 - 12:00pm Virtual Session. For more information please call: 869-5475 Virtual Youth Group: 3-4:30pm For more information please call: 869-5475	10 The Ripple Effect : 9:00 - 12:00pm Virtual Session. For more information please call: 869-5475 Wellbriety Group: 11:00 -12:00pm > Virtual Session. For more Information please call: 869-5475 Virtual Youth Group: 3-4:30pm For more information please call: 869-5475	11 CLINIC OPENS AT 9:50am	12
13/14	15 Clinic Closed Presidents' Day 	16 The Ripple Effect : 9:00 - 12:00pm Virtual Session. For more information please call: 869-5475 Virtual Youth Group: 3-4:30pm For more information please call: 869-5475	17 The Ripple Effect : 9:00 - 12:00pm Virtual Session. For more information please call: 869-5475 Wellbriety Group: 11:00 -12:00pm > Virtual Session. For more Information please call: 869-5475 Virtual Youth Group: 3-4:30pm For more information please call: 869-5475	18 CLINIC OPENS AT 9:50am	19
20/21	22 The Ripple Effect : 9:00 - 12:00pm Virtual Session. For more information please call: 869-5475	23 The Ripple Effect : 9:00 - 12:00pm Virtual Session. For more information please call: 869-5475 Virtual Youth Group: 3-4:30pm For more information please call: 869-5475	24 The Ripple Effect : 9:00 - 12:00pm Virtual Session. For more information please call: 869-5475 Wellbriety Group: 11:00 -12:00pm > Virtual Session. For more Information please call: 869-5475 Virtual Youth Group: 3-4:30pm For more information please call: 869-5475	25 CLINIC OPENS AT 9:50am	26
27/28	<div>February is:</div> <div><div>Teen Dating Violence Prevention Awareness Month Start Talking About Healthy Relationships</div><div><div>Dental Health Month<ul style="list-style-type: none">Brush your teeth 2 times a dayFloss DailyEat a balanced dietGet a check-up every 6 months</div><div>Heart Health Month Learn your Numbers:<ul style="list-style-type: none">Blood PressureTotal CholesterolBlood SugarBMI - Body Mass Index</div><div>DPP=Diabetes Prevention Program: 869-4595 BHS=Behavioral Health Services : 869-5475</div></div></div>				

Isleta Health Center


WELCOMES YOU BACK!

PATIENTS CAN NOW SCHEDULE APPOINTMENTS WITH THEIR PROVIDER

ALL ISLETA Health Center Providers are offering either Telemedicine (Over the Phone) or in Person Visits, CALL NOW to learn more and to schedule an Appointment

(505) 869-3200

Most General Health Appointments can be Done Over the Telephone



ON-GOING GRIEF & LOSS SUPPORT GROUP

ON-GOING THROUGHOUT 2021 EVERY MONDAY 2:00 PM – 3:00 PM

The purpose of the group is to provide information about the grief process, to share experiences, and to alleviate feelings of isolation. We hope to provide a safe environment for sharing in our loss, how it has affected our life and improving our tools in dealing with our emotions. Please join us as we support each other and discuss some of the ways the loss of someone or something special can affect our lives.

FOR MORE INFORMATION AND TO REGISTER, PLEASE CALL: ISLETA BEHAVIORAL HEALTH CLINIC @ 505-869-5475