



Isleta Pueblo News

Volume 6 Issue 4

April 2011

From the Desk of Governor Frank Lujan

Spring has sprung and comes with it many outdoor activities. Spring is the beginning of baseball, camping, fishing, picnics, and so forth. Also, coming with the spring season are the many fire dangers and the dangers around our water areas. The Rio Grande River will be running full, as well as the irrigation canals, and therefore we are advising that children not be allowed to be around these areas without adult supervision.

Fires have become a major concern, and lately there have been some fires in the Bosque, but thanks to our professional fire crews, they were immediately contained. I decided to put emphasis on our fire situation because of the many calls our office has received asking us to respond to uncontrolled fires. Our volunteer fire department, the Natural Resources Department, and the Bureau of Indian Affairs have been spending a lot of their time responding to uncontrolled fire calls. Please read the article concerning fires and what the Pueblo has experienced in recent days. We ask each and everyone to PLEASE take all necessary precautions when and if you plan to burn weeds, trash or even plan on a backyard barbeque.

An investment opportunity presented itself recently to the Pueblo of Isleta. The Indian Pueblo Marketing Inc. (IMPI), a company owned by the Nineteen Pueblos, asked the Pueblos to invest in property associated with the Albuquerque Indian School. The Pueblo of Isleta responded with a loan to IPMI of \$2 Million, under terms and conditions which will financially be favorable to our community. This loan was made by Pueblo of Isleta as an investment opportunity for our community, with an expected return of \$5.08 million after fifteen years.

The fuel prices have skyrocketed in recent days. We're not sure when the prices will settle. As a result, the Pueblo will begin scheduling of certain services to curtail our fuel costs. The Public Works Department has begun to ascertain the number and types of work orders received to look at various ways of providing services in a more efficient and cost effective method. Last year, Public Works spent approximately \$100,000 in fuel, whereas, this year it is expected to increase by at least \$60,000 if the fuel prices remain at current prices. I am sure the price of other goods and services will increase as well.

Sunset Hills Subdivision is scheduled for completion in January, 2012. This project is employing about 30 tribal members who have done an excellent job in utilizing their job skills to help meet the Pueblo's housing needs. This is another great example of how far housing has come since the adoption of the cinder block construction. Below are

photos of the housing project. In addition to this project, the new Tribal Complex is moving into the finishing stages. Though it may not look like it's nearing completion as you drive by, but let me assure you that completion of the project is very near. Since we are so close to completion, the final selection for furnishings and colors have already been made. Expected completion for this project is July, 2011 and move in is scheduled for August, 2011. We believe this project is a benefit to our community as most of the programs will be located under one roof.



It will eliminate the need to drive from one location to another and make it more convenient for tribal members to conduct business. It will save on energy costs, as well. The St. Augustine Church project has been met with unexpected complications and the completion date has been moved to July or early August. This has to do with a portion of a wall that came down. The north wall has been removed and replacement is now being done. Once this portion of the work is finished, then other components of

the project will be scheduled [i.e., roofing, HVAC, lighting, and furnishings]. I know we all can't wait for the completion of our church. Ed Crocker, Ltd., contractor, is continuing to do excellent work.

Future 2011 road projects include permanent realignment and aggregate surface course of Tribal Road 33, from Tribal Road 40 to NM 147; Tribal Road 78 from NM 314 to NM 45; the extension of Tribal Road 97 [gravel road] from the Wastewater Treatment Plan to the new intersection at Highway 47 (across the highway from the Tribal Services Complex).

April is Child Abuse Awareness Campaign.

New Mexico Legislature — Efforts to defeat the existing tribal cigarette tax exemption failed in committee. In fact, it never made it out of committee thanks to our lobbying efforts by the Setter Group. Also, there is potential for new funding for watershed restoration.

NEWSLETTER MAILING

This will definitely be the last month that the newsletter will be mailed. We had planned that the last month for mailing would be with the March 2011 issue; however, Governor Frank Lujan decided that we should mail the April 2011 issue.

The May 2011 issue will be available for pick-up at the Governor's Office, the Old and New Recreation Centers, Health Clinic, Tribal Library, Department of Education, and Headstart. Newspaper boxes will be set up at the Ranchitos Park, Veterans Association (the Old Headstart Building) in Chical, and a location to yet be determined, north of the Pueblo in the 87105 zip code area.

We have received but a handful of name suggestions for the Newsletter. We would like to change the "Isleta Pueblo News". Remember...there is dinner at the Tiwa for the best name.

For any questions concerning the Newsletter, call Ulysses Abeita at 307-1582 or 869-2680.

The Isleta Pueblo Public Library Presents:

Cultures Around the World

This year's Summer Reading Program will be based on learning about the different cultures from around the world. We will cover the European, Egyptian, Oriental, and Polynesian cultures. All of our activities will be incorporated into each of these from making the food to their landmarks.

The program will begin June 6th and run thru June 30th
Registration begins Monday, May 16th
 Spots available on a first come, first serve basis
 For more information please come by or give us a call (505) 869-8119

<p>Toddlers Ages: 3-7 Monday-Thursday 9:00am-12pm 20 Spaces Available</p>	<p>Youth Ages: 7-18 Monday-Friday 1:00pm-4:00pm 25 Spaces Available</p>
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Johnson-O'Malley Program

Greetings from the Johnson-O'Malley staff! March has been a busy month for us here in our program from attending a conference in Denver to planning a month full of activities for April. We have tons of activities in the works and hope to see each and every one of you here. We have some great news to share with you. We have a young man by the name of Brandon Tewaheftewa that will be assisting the JOM program with tutoring, student activities and other duties. If you get a chance stop by and meet our new worker. He has assisted in preparing for upcoming activities and events. We are excited to have him working with JOM.

During March, Bernadette and Geraldine attended a workshop titled, "Save the Children, Save the Teenager" during this conference they met several people from other Native and Indigenous communities. They discussed many issues that our Native children face, social issues including drug and alcohol abuse, drop out prevention, poor attendance, family support, as well as test-taking skills.

Did you know that the amount of involvement a father has in the education of a child impacts how well a student will do in school? Did you know, by expanding your child's vocabulary they will be more successful academically? It is simple things such as these that we tend to overlook. How many of you believe that there is a huge issue with drug abuse? Here at the JOM program have been told by your students that there are many of our children involved in Marijuana, Meth and Cocaine usage. That's right! You heard it here!

Some children from our community have begun using these types of drugs. Since December, we have contacted the bus compound in Los Lunas on several occasions because we have had several students inform us that they do not want to ride the bus because students on the Middle and High school buses are smoking marijuana on the bus to and from school. I would suggest you begin talking to your students about their journey to and from school. Something needs to be done. It is the school district's responsibility to ensure that our students are transported to and from school in a safe and healthy manner. We can only do so much as individuals but when we stand together and demand change, change must follow.

In January, we had a "Parent Forum". We wanted to discuss the good, the bad and the ugly! If you had any concerns regarding your students we wanted to hear from you. These issues could pertain to social development including coping with bullies, dealing with peer pressure, supporting academic growth and perhaps making our community better. Not sure about you, but we're kind of tired of seeing all the graffiti around our community, and it's getting worse. We have also heard that there have been break-ins involving some teens. At the beginning of the school year we had over 500 students receive school supplies. During this time we

collected contact information from parents such as email and mailing addresses. We sent out several emails and mailers to inform parents of the "Parent Forum" and various activities. Take a guess at how many parents came to discuss concerns..... Absolutely zero! Not one parent came to express any concerns or issues at all! Please remember, the JOM program is here to work collaboratively with everyone that has a student enrolled in a public school. Parents and students give our program direction when it comes to the types of services and support that we provide.

March 2: Read Across America

On March 2, we gave away books! We had quite a few parents and students come in and select free books to build literacy skills at home. Everyone that attended received a list of books that are appropriate for their



student. Students also celebrated what would have been Dr. Seuss' Birthday with a wonderful cake made by Bernadette. We had approximately 30 students plus their parents. They completed fun Dr. Seuss activities and games.



March 24: Pizza and a Puzzle

On March 24, we held an event called Pizza and a Puzzle. Did you know that by encouraging students to make puzzles



the brain becomes more active in problem solving and critical thinking also known as cognitive skills? Parts of the brain are unlocked as the students use visualization, logic and memory retrieval. Engaging in problem solving exercises creates new connection in the brain while strengthening old ones. Students were able to select from over 20 different types of puzzles to make. Students were also given the opportunity to create their own puzzles. Not only will puzzle making support the development of metacognition, but it is a great way to relieve stress!

Cognitive Skills is the mental process of perception, memory, judgment, and reasoning, as contrasted with emotional and volitional processes. (<http://dictionary.reference.com/browse/cognitive>)

Metacognition is the process of thinking of thinking and having an awareness of how our brains process. Also defined as having an understanding of when and how to use particular strategies for learning or problem solving. (Flavell, J. H. (1979). Metacognition and cognitive monitoring: A new area of cognitive-developmental inquiry. *American Psychologist*, v34 n10 p906-11 Oct 1979)

Ysleta del Sur College Fair

On April 1— April 4 we were invited to take a group of students to the College Fair in El Paso, Texas to visit Ysleta del Sur. We have been working over the past couple of years to create a working relationship between our two communities. This will be the first visit for students. We anticipate making the most of this visit and learning more about the similarities and difference between our Isleta Pueblo and that of Ysleta del Sur. It is important to understand the history between our community and theirs. The College Fair component will allow students to apply to different colleges in southern New Mexico, as well as Texas. This will provide students and parents the opportunity to meet with the local college representatives. Our goal is to create a lasting relationship with the Ysleta del Sur community including the students and staff of the JOM Program. We strongly believe this will be a positive learning experience.

Activities Scheduled for the Month of April:

Mark your calendar! These activities are scheduled for the benefit of your student. We hope to have more parent and student involvement. When we have more people in attendance it assists our ability to justify additional activities and events that support your child's education.

• April 9 — Up...Up and Away! This activity begins at 9:00am and ends at 2:00pm. Participants will watch the movie, "Up" followed by a kite making competition. We will also test the theory of aeronautics in an attempt to lift objects from the ground using helium filled balloons. Lunch will be provided.

• April 13 — In celebration of "National Garden Month" students can come and learn about planting flowers or gardens. The participants will plant seeds or seedlings, discuss the life cycle of a plant, and complete arts and craft activities.

• April 21 — "Easter Egg Decorating" It's that time of the year when Peter Cottontail comes hopping down the bunny trail. This year we are going to help him out a bit with decorating papier-maché eggs, plastic eggs, and possibly real eggs. There are many other surprises in store. This same evening the Indian Education Committee will be hosting a parent meeting. Parents are strongly encouraged to attend. We will be planning summer activities, back to

school, and other business.

• April 30 — Can you hear the rumbling of the drum? This year we will be taking students to the Gathering of Nations Pow-Wow. This activity is for middle and high school students and is limited to 12 students. If you know your student is interested in attending this activity, please contact the JOM office as soon as possible to complete a parent permission form. **We will not hold spaces for students.** Once again, you must complete a parent permission form and have it submitted to the JOM Office. Parents wishing to attend will be required to pay for their own admission. We will require that all students attending this activity remain with the group and travel to and from the event with staff from the JOM Program. We will not allow parents to retrieve their students at the site of this event.

• April 29 Staff Development **Building Mathematical Foundations: Basic Math and Pre-Algebra Workshop** presented by The Alliance for Education and Community Development Inc. (Bernadette, Geraldine and Brandon were approved to attend this workshop to boost the effectiveness of the tutoring program.)

Congratulations Class of 2011 Graduate!!!

Wow! It's almost that time of year again, a time when our students transition into young adults. The closing of one life

chapter and the beginning of another as they march down the aisle to the tune of "Pomp and Circumstance". The cost of preparing for this splendid celebration with ceremony and fuss can be overwhelming... and expensive. Well, we have some great news for all students that are planning their graduation. The JOM IEC approved the reimbursement expenses for cap and gown. Please bring your receipt to the JOM office located at the Old Elementary school as soon as possible. If you ordered a special "Graduation Package" you will only receive the reimbursement for the cost of cap and gown. Generally this can range from \$40.00-\$60.00. We will need original receipts to process a reimbursement and all checks will be made directly to the student. This can take up to three weeks to process.

JOM Parent Meeting

We will be having a parent meeting on April 21 during our Easter Egg Decorating Activity. Please bring your thoughts, ideas and concerns for the rest of the school year. We will also discuss the budget and back to school activities.

If you have any question or need additional information about any activities or events, please do not hesitate to contact the JOM office at 505-924-3189 or our new general e-mail: isletajom@hotmail.com.

Looking forward to seeing you, Geraldine, Beverly, Bernadette and Brandon



Native American Fish and Wildlife Society

8333 Greenwood Blvd. • Suite 260, Second Floor

• Denver, CO 80221

Phone: 303.466.1725

• Fax: 303.466.5414

17TH ANNUAL AMERICAN NATURAL RESOURCES YOUTH PRACTICUM

Sponsored By

SW Region Native American Fish & Wildlife Society, U.S. Fish and Wildlife Service, Region 2 and
Turner Enterprises, Incorporated

When: June 20 - 24, 2011

Where: Ladder Ranch, Located Approximately 15 miles Northwest of Hillsboro,
New Mexico (Ladder Ranch is Owned By Turner Enterprises, Incorporated)

Open To: Incoming 10th, 11th, & 12th Grade Students

The Practicum is open to Native American high school students from Arizona, Colorado, Nevada, New Mexico, southern California, and Utah who have an interest in pursuing a career in fishery and wildlife management, forestry, range management, watershed management, hydrology, or other natural resources related field. The Practicum provides a "hands-on" learning experience in natural resource management and combines classroom with field sessions that enables students to learn concepts and techniques used to manage natural resources.

Summer temperatures in the area during June/July range from the 50's to 105 degrees Fahrenheit. Some strenuous hiking will be involved. For more information, contact Jeanne Lubbering at 505/281-7694; or Norman Jojola at: (office) 505/753-1451 or (cell phone) 505/927-3494.

COMMUNITY CONTEST "Rename the POI Elder Center"

Why Change the Name?

- People turning 55 or 60 years of age may be a little shy about going to a place that categorizes them to aging or as elders.
- The name may turn people away thinking that they must be using a cane to take advantage of services.
- When people hear the word "center" they may think that our services are only provided at the center. However, the majority of our services are provided in the home (respite care, homemaker, home-chores, personal care, meal delivery, etc.).
- Due to the "Baby Boomer" era, we are anticipating a significant increase to the older adult population. Therefore, we should think about a name that will associate a positive perception on aging; taking into consideration the benefits of emotional and physical wellbeing plus the possibilities of offering diverse programming (e.g., hiking, traveling, sports, arts, music, dance, community involvement, etc.).

Who Can Participate?

- Residents of Isleta Pueblo All ages

How to Participate:

- On form below submit your idea(s) to Renee Chavez, Activities Coordinator, Isleta Elder Center.
- Deadline for your submission - May 27th, 2011(close of business)

Winner Package: Isleta Enterprise "Escapade" - Hard Rock Hotel Stay, Fun Connection Package, Isleta Lakes Package, Isleta Eagle Golf Package and \$100.00 in cash!!

"Rename the Elder Center" Contest

Name: _____

Phone Number: _____

Address: _____

Idea(s): _____

For more information contact Renee Chavez,
Activities Coordinator (869-6661 ext. 359);
email poi23002@IsletaPueblo.com

Pueblo of Isleta Veterans Association

The next meeting will be on Wednesday, 20 April 2011 at 6:30 PM. There will be a presentation on the recent Memorandum of Agreement between the Veterans Administration and Indian Health Services. As a Native American veteran, this is important information.

The Association is always looking for new members. If you would like to join the Association, be at the meeting and sign up. Any veteran with an honorable discharge is eligible to join the Association. Annual dues are \$25.

If there should be any questions...call Ulysses Abeita at 307-1582...Refreshment will be served.

Isleta Elder Center - Senior Olympics 2011 ALL INDIAN GAME DAY

Every year, the Senior Olympics organization requests that each Tribal Senior Center recognize an athlete for their participation in Senior Olympics. This year the staff elected Josephine Valardez. Josephine is the daughter of the late Tata White Corn (English name/Jesus) and Nana Thu-de (English name/Gertrude). She is one of 6 children who were brought up by very traditional parents. As a matter of fact, her parents wore native clothing throughout their lives well into the 1970's. Josephine lives in the home where she grew up and was the primary caregiver for her parents and sister Cecelia. Josephine is like a mother to her 12 nephews and nieces and is loved and respected by everyone. By trade she worked as a housemaid and house sitter, and because of her loyalty to her employers they treated her like family. She has many interesting stories about the vacations she took with her employers throughout the 42 years of employment.



STAR ATHLETE
JOSEPHINE VALARDEZ

Like many elders, she has a medical set back with arthritis, but you would never know it. Her determination to overcome her set back is reflected in her choice to participate in Senior Olympics every year. She plays shuffle board, frisbee distance and accuracy, soccer kick accuracy, and loves to bowl. Throughout the years Josephine has won many competitions. Most importantly, she is an inspiration to all elders who may be reluctant to participate in Sr. Olympics for health reasons. In Josephine's words "I stay involved in Senior Olympics because it helps me stay involved with my friends and physically it has really helped me improve the movement of my hands and legs." Josephine was honored at the AIGD Banquet on March 23rd where she was accompanied by many members of her family. Congratulations Josephine, keep up the great work!!

This year's AIGD event drew more than 420 participants from the various New Mexico tribal communities. Look for results and pictures in next month's Tribal Newsletter!!!

Isleta Elder Center Activities Calendar April 2011

- April 5: Shuffleboard - Manzano Mesa - 12:30 pm
- April 7: CHR - Eye glass and hearing aid Cleaning & Information - 10 am
- April 7: Mass - 11:30 am
- April 7: Commodities
- April 8: Railrunner to Santa Fe - Lunch/Shopping in the Plaza
- April 11: Chile Cook-Off (Red/Green) - 10 am - 12 noon
- April 12: Belen Senior Center Dance/Bingo - 9:30 am
- April 12: Isleta Cancer Education & Support - 10:30 am
- April 14: Easter Activities/luncheon - 10 am
- April 15: Spotlight on Volunteers Conference-Sheraton Uptown 8am
- April 19: Caregivers Training - 12 noon
- April 19: Shuffleboard - Manzano Mesa - 12:30 pm
- April 20: AARP Meeting - 1 pm
- April 21: General Membership Meeting - 10 am
- April 22: Good Friday
- April 24: Happy Easter
- April 25: Commodities
- April 26: Board Meeting - Open to Public - 10 am
- April 28/29: Build Froat for Child Abuse Prevention and Awareness Parade. Volunteers Needed - 9 am
- April 29: Gathering of Nations - "The Pit" - 10 am
- April 30: Child Abuse Prevention and Awareness PARADE!

TRAFFIC DIVISION NEWS

Isleta Police Department Traffic Division is asking everyone to

BUCKLE UP!

Traffic Safety Officers Darryl Chavez and Tim Zuni recently completed training in Child Seat Safety and are now certified technicians. Officers Chavez and Zuni attended a forty-hour training class, as well as participated in a car seat clinic set up for trainees. Both wasted no time in becoming active in the community by participating in the Car seat Clinic held at the Health Clinic on March 26, 2011. Traffic Supervisor, Sergeant Sharon Mitamura, has been a Child Seat Technician for two years, recently renewing her certification, and was also in attendance at the clinic.

Sergeant Mitamura also attended the Buckle Up Conference held March 23-24, 2011, presented by the NM Department of Transportation Traffic Safety and Safer NM Now. The conference provided updates, new information, and the bringing together of ideas/concepts of keeping our most precious assets, our children, safe while traveling in a motor vehicle. A session was also provided on non-traffic related safety for children in and around motor vehicles.

According to the American Academy of Pediatrics (AAP), "motor vehicle crashes represent the leading cause of death for children and youth older than three (3) years in the United States. Each year, more than 5000 children and adolescents under the

age of twenty-one (21) years die in crashes, which represents approximately 15% of people killed each year in crashes. Fatalities represent only the tip of the motor vehicle crash problem for children and youth. For every fatality, approximately eighteen (18) children are hospitalized and more than 400 receive medical treatment for injuries sustained in a crash".

Another fact presented by the AAP "in the United States, motor vehicle traffic-related mortality rates are the highest for black and American Indian/Alaskan Native children, lowest among Asian/Pacific Islander children, and intermediate for Hispanic and white children".

Child seat restraints, properly installed, are absolutely critical for the protection of our children when in a motor vehicle. However, everyone needs to know the proper restraint for children as well as proper installation of infant carriers, carseats, booster seats, etc. Always follow the manual instructions provided with the carseat, but also ensure that you refer the your vehicle owners' manual, as well. Both together will assist parents, grandparents, aunts, uncles, friends, etc., on making the mode of transportation for our young passengers as safe as possible.

If you are not absolutely comfortable with your own installation, there are other avenues of assistance you may seek. Not only can you contact the Traffic Division of the Isleta Police Department, but Frances Anchondo and Stephanie Barela are also technicians and instrumental in the carseat clinics that have been made available on the Pueblo of Isleta. Please take advantage of the skills and knowledge available to you and your children in making sure everyone is safe when traveling in a motor vehicle.

Parents, please take note the Traffic Safety Division is quite concerned with your children's safety, but we are equally concerned for yours, as well. What better way to teach your children the importance of using seatbelts than setting the example. The Isleta Police Department Traffic Safety Division is asking everyone upon getting into a motor vehicle

BUCKLE UP FOR SAFETY!

Or

CLICK IT OR TICKET!

CONTACT INFORMATION:

Isleta Police Department Traffic Division
Traffic Safety Sergeant Sharon K. Mitamura

poi06056@isletapueblo.com
(505) 724-9282 or Ext. 253



PUEBLO OF ISLETA ISLETA POLICE DEPARTMENT

Criminal Investigations Unit

Fraud Prevention Tips For Elders

With Spring time fast approaching, the Isleta Police Department cautions everyone to keep watch over our elders who live alone, with focus on "Fair Weather Foes"; the door-to-door scam artists. Here are some tips to help reduce elder exploitation in our community.

Never participate in sweepstakes offers either through the mail or over the phone. The odds of winning are terrible and many are out and out scams.

Never buy anything over the phone unless you initiate the call. If a stranger calls you and asks you to buy or invest or donate, hang up the phone.

Shop in your own backyard. Decide what products you want and then find local merchants in the yellow pages to buy from.

Never make a buying decision based upon emotion. Don't let a salesperson convince you to "do it for your kids, or your grandkids."

Before buying from a business, find out:
The age of the business. Where is it located and for how long. Who has done business there before and talk to them about the business. If any complaints have been

filed with the Better Business Bureau or the attorney general's office. You may call IPD to assist with this endeavor.

Never buy anything from a door-to-door salesperson, especially someone purporting to be a contractor or a yard worker.

Never make a buying decision at the time of the sales pitch. Have your own personal rule that you have a three day cooling off period before deciding whether or not to buy,

Before making a charitable contribution, ask for and review written financial reports of the charity to find out where your money is going.

Ask for advice from a friend or family member before deciding to buy something. The most successful fraud pitch in the United States today is: CONGRATULATIONS, YOU'VE WON! Don't fall for it. There is nothing free in the marketplace and if someone tells you otherwise, the person is lying.

Any suspicious persons selling products, offering to do yard work, or soliciting donations should be reported to the Isleta Police Department at: 869-3030.

MRGCD News from Board Member Abeita

Irrigation season is here again within the Middle Rio Grande Conservancy District.

Water availability looks decent this season with possibility of shortages during the late summer. The 2012 irrigation season water supply does not look very promising. Competition for our river water is great even during a good year.

Keep June 7, 2011 open on your calendar for the upcoming MRGCD election. Three seats on the MRGCD board are up for election. These are position No. 1 - At Large, Position No. 2 — Bernalillo County, and Position No. 5 — Valencia County, all which impact Isleta Pueblo. Early voting will be available two weeks prior to the June 7, 2011 election date. At least one early voting site will be available in each county. It is still not too late to run for the board if anyone is interested. It is important that pueblo members participate in the election process. Potential candidates will be circulating petitions for signatures to become eligible.

Negotiations on the Operations Maintenance and Betterment Agreement between the MRGCD and BIA are ongoing. This agreement covers routine maintenance on MRGCD works on Pueblo lands. This agreement expired in 2010. A stop gap agreement has been submitted to BIA for their consideration. Meanwhile the district will continue water deliveries and routine maintenance.

It is very important that we attempt to use all our farm lands. This use of farmlands will reinforce pueblo water quantifications in future claims for Rio Grande water.

Everyone is invited to attend our bi-monthly board meetings. The MRGCD follows the Open Meeting Act. Meetings are open to the public with an agenda item allowing members from the public to present their concerns to the MRGCD Board. Please visit our website at www.mrgcd.us to get an update on MRGCD news.

Please feel free to contact me regarding MRGCD issues. I will do my best to find you an answer. My phone number is 934-6538.

Have a successful irrigation season.
Eugene Abeita

Native Ways Family Program



Isleta Behavioral Health Services

5:00PM - 6:30PM

*Beginning April 20, 2011
Ending May 8, 2011*

Isleta Behavioral Health Lobby

Every Wednesday for 8 Weeks

- ❖ Parenting Group
- ❖ Meals Provided

Call for more information at (505) 869-5478

Update on the Cacique Ditch Work on March 12, 2011

We, the Cacique Mayordomos (Kenneth Jojola and Michael Lucero) had our Ditch work on March 12th. We had support by the Isleta Fire Department and the Southern Pueblo Agency BIA fire crew to control and safeguard the ditch workers from any harm or any damages to property. Thank you for your presence, devotion and dedication to your job. We appreciate your help.

"REGULATION AND BY-LAWS FOR THE CACIQUE DITCH MEMBERS APPROVED AND ADOPTED IN 1947: Article I-Membership: Under the customs and traditions of the Pueblo of Isleta; **any** land owner within the Cacique District **are** considered to be a member of the Cacique Irrigation District".

Having read the By-Laws, every effort was made to contact each Cacique member through billboard posters and a Newsletter announcement. Some notices were delivered personally to over 120 known residences with a turnout of 35 members who showed up for ditch work on Saturday. We spent a large amount of time cutting, burning, and shoveling the inside ditch from start to finish. Control burning takes time and requires safety issues. The wind grew strong at the half way point and started to burn in to personal fields. The Fire crews helped a lot and ditch workers also helped to control some of the fire. The conditions were not safe for the ditch workers and fire fighters to continue. Due to the lack of unattended members, the tiredness, struggling of the workers present, and for everyone's safety we adjourned for the day. This resulted in another day of work on Sunday in which 26 members showed up on this day.

The weeds are growing faster than we can attempt to control. For this reason, we may need to have another Ditch cleaning/weed control day(s) in the upcoming months ahead. Due to the price of gas and the delinquent fines, there are no funds available to personally notify all members with notices door to door and it was very difficult to locate some Cacique members and/or their addresses. The response we received from delivering notices for the Ditch work was unsuccessful based on the number of attendance.

Due to the cement falling in to the ditch which could cause stoppage of the waterflow, the water will not run until the repairs to the ditch have been completed.

If you have any questions and/or concerns, please feel free to present them to the Cacique members and the Mayordomos at the next Public ditch meeting.

**COME JOIN US FOR ANOTHER
TEEN TALK FORUM!!
JOIN US FOR FOOD, INFORMATION
AND LIVELY DISCUSSIONS!**

**WEDNESDAY
APRIL 27, 2011
6:00 PM AT THE ISLETA REC. CENTER
(IN THE GAME ROOM)**

**WE WILL WATCH A VIDEO AND DISCUSS
THE DANGERS OF YOUTH PARTIES,
INCLUDING VIOLENCE, ALCOHOL POISONING,
DATE RAPE, AND DRIVING WHILE INTOXICATED
FOLLOWED BY AN INTERACTIVE DISCUSSION ON
RESPONSIBLE WAYS FOR TEENS TO GATHER.**

**DINNER WILL BE PROVIDED,
SO CALL AHEAD AND
RESERVE YOUR SPOT.**

*Hosted by Isleta Social Services
505-869-2772*

Parks & Recreation

With the end of March 2011, hopefully comes the end to the nasty winds we have been experiencing as of late. The month of March was a very different one as far as activities were concerned. We were the host site for several WIA and AmeriCorps meetings that were held in our games-room. Also this month we were the host site for the last of a four year contract with the All Indian Day Senior Olympics. We had just about every Pueblo from the State of New Mexico and several chapters of the Navajo Nation representing their respective tribes. Approximately 450 athletes were on hand and about a 135 volunteers (the most ever) that helped make the event such a joyous occasion for all participants. Also this month we were fortunate enough to fill the vacant position of the Massage Therapist since Ramona B. Teller vacated because of her illness. We wish Mona all the luck in the world and thank you for serving our Pueblo of Isleta. The Aquatic Program is once again open after doing some extensive clean up work that included emptying, scrubbing and power washing both the big pool and the kiddy pool, along with working on the heaters that warm the water in the pools and Jacuzzi. Also with the beginning of April, that means the growing season for our Parks, along with the beginning of the Little League Program that will be in full swing with the Grand Opening of the 2011 Season on Saturday, April 2nd. The grand opening will include the parade of teams, team pictures and barbecue prior to the participants beginning their full slate of scheduled games that commence on Monday, April 4th.

Senior Olympics

On Wednesday and Thursday, March 23rd and 24th the Pueblo of Isleta was the host site for the last of a four year contract having our Pueblo as the venue site for All Indian Game Day Senior Olympics from the State of New Mexico. Although it has been an honor and a pleasure for us to host and run the games, it really has become a very expensive and labor intensive program that needs to be shared by other tribes from throughout the State of New Mexico. As Rita Jojola, Director for our Elderly Program for the Pueblo of Isleta said: "it is time for our seniors to go visit other Pueblos or programs where we can concentrate on getting more involved with participating in activities rather than hosting the activities." Because of the nature of the activities and the set-up that took place for all the sports and activities it was necessary to close the New Rec Site to our Pueblo members for those 2 days. We did however make provisions for everyone to use the Old Rec Center at Pickle Heights. It has been fun and a great challenge that will be hard to measure up to by whoever may host the next All Indian Games, but one that we as a Parks & Recreation Staff will be willing to assist with rather than being in charge of, in less of a financial and labor intensive role. As a result of these games, we had several of our tribal members qualify for the National Senior Olympics that will be held in Houston, Texas in mid-June. Congratulations to all Participants. You are all winners. Pictured is a collage of pictures depicting the many activities that took place which included the 100 meter dash, the 400 meter run/walk, the 800 meter run/walk, archery, basketball free throw, bowling, Frisbee accuracy, Golf-9 holes, huachas, shuffle board, soccer accuracy kick, softball distance throw all held on these 2 days of games. Also included as fun events were bowling, chair exercise, golf putting indoors, talent show, health screening, chair massages, arts/crafts fair, and a social dinner at the Hard Rock Casino and Resort. The Olympics ended with the Parade of Teams and the carrying of the Torch by three of our Tribal members whose pictures were misplaced at the time of print.





Massage Therapist

On Monday, March 21, 2011 we were fortunate enough to be able to hire one of our own Pueblo members to be our newest Massage Therapist, Jonathan Lente. After he does some minor upgrades and painting, he will begin taking on new clients as early as the first week of April, 2011. Upon being notified that he was the person selected for the position, he said; "it will be his honor and



distinct privilege to be serving his people, the people of this great Pueblo of Isleta". He went on to say that throughout his travels, experiences, and education, he has been fortunate enough to have been taught by exceptional and inspirational mentors and I look forward to applying efficient techniques of massage therapy and health science for the betterment of our people as individuals, as well as for the community as a whole. By the way, he is our first male Massage Therapist since the program's inception back in 1996. For more information about the program or for his schedule of appointments, he can be reached at 869-8557, Monday through Friday from 10:00 am until 6:30 pm. Welcome Jonathan and we wish you great success with the program. Pictured is Jonathan Lente, after being indoctrinated to the program, during the Senior Games with chair massages for the many athletes.

Summer Program

The summer program is right around the corner and we will begin with the hiring of our summer youth staff in early April. Hopefully our youth who are interested in working with children applied with the Pueblo of Isleta Human Resources Department. The posting was held for 4 weeks. As a reminder, we will begin taking registration for all participants beginning Monday, May 2nd. The 4 and 5 year old program will be held at Old Rec with the 6 year old and up will be at the New Rec. Center. Our anticipated opening day is Monday, June 6, 2011 which could change pending any make-up dates for our school system. We will keep everyone posted as we find out more information.

Park Management

Our Park Management Division has begun to put the final touches on the World War II Memorial Park known to many as the Chical Baseball field. We will, by the time this newsletter reaches most of you, have about 10 new trees planted along with an automatic drip system and 2 new shade structures. The shade structures will take some time to finalize but they will be completed before the season begins. Pictures of the upgrades will be shown in next month's newsletter.

ISLETA POLICE DEPARTMENT PROFESSIONAL STANDARDS AND TRAINING

This is to inform the residents of the Isleta Pueblo that on **March 16, 17th 2011**. The

Isleta Tribal Police Department held open recruitment for Entry/Lateral Tribal Police Officers positions. The following photograph depicted the P.E.B. Selection and Fitness Recruitment process. As demonstrated by our **Lead Instructor/**



Fitness Specialist Admin/Officer J. Reyes, included were the IPD Instructor Cade Team, Sgt. Sharon Mitamura, Sgt. Linda Milane, Traffic Officers, Darryl Chavez, and Tim Zuni. We also included our Administration personnel, **Mrs. Juana Jiron, Executive Secretary to Chief Alvarez, and Lt. D.J. Miller, Commander of Operations.**

Police Chief Vernon Alvarez gave our applicants words of support and encouragement and a brief history on our agency and the new physical fitness requirements. Kudos to all IPD personnel for a great job done in preparing and administering the selection process and testing.

All Police candidates were required to participate in P.E.B. physical fitness exams to include, but not limited to, running 1.5 mile, 300 meter run, pushups, sit-ups, and flexibility testing. These tests are used nationwide for testing an applicant's physical ability to become Police Officers. The Isleta Tribal Police Department uses the Cooper Institute Standards for testing of Public Safety personnel.

The Isleta Tribal Police Department is committed to serving our community and maintains the highest standards of Tribal Law Enforcement. To better serve our needs and provide our community with the best trained and physically fit Police Officers. We attempt to recruit Isleta Tribal Members/Native Americans and Non-Tribal applicants, who can best serve our diverse community. If you are interested in serving your community, please make an application with Isleta Human Resources or call IPD Admin/Officer J. Reyes at 505-869-6511 ext. 353 for details on becoming **"Isleta's finest proud to serve"**.

Submitted By: Admin/Officer, J.Reyes

Professional Standards and Training Section, Isleta Police Department



Pueblo of Isleta Public Library

Spring is here, spring is here! We hope all of you had a nice, fun, and relaxing spring break. For those of you who haven't had it yet, don't worry, Easter is around the corner. We wish you the best of luck finding all of those Easter eggs and may you get many goodies in your basket.

NEWS

We want to apologize to those of you who submitted an essay for a free computer and have not heard anything yet. There were many essay entries and we are still reading and going thru them. We will be making our decisions soon and we will inform those winners as soon as possible.

The library has been granted permission on March 29, 2011, to shelve both the Pueblo of Isleta Law and Order Code and the Civil and Criminal Ordinance for check out purposes for the public. In the past, we were only allowed to shelve such material on our Reference shelf without borrowing privileges. At this time, no official word has been given to us about making copies; however, individuals may purchase a copy from the Tribal Courts (see Tribal Courts for prices).

The library's Tribal Newsletter Archive via library's web site (www.isletapueblo.com/library2.html) is now fully functional, thanks to Norman Lucero and the rest of the M.I.S. Department. With this service you may view or download both current and previous Newsletters at your will. Another option of getting the Newsletter is joining our Digital Newsletter Email List Serve. All you have to do is send your full name and email address to poi02002@isletapueblo.com and we shall send you PDF Version of the Newsletter. If you are not receiving the newsletter via email it could be that attachment is too large, you do not have enough space in your email account, or wrong email address. Of course, you can always come into the library to pick up a hard copy of the Newsletter, as well.

Our supervisors informed us that we need to start informing our patrons of the handicap parking. Only those cars with an official handicap parking permit are allowed to park there. If there is no parking permit, violators will receive a warning, but if there is a second warning, violators will be towed and are responsible for any towing fees.

Jane's Construction Company wants us to inform our community members that they have a drain at the south end of the school, at the bottom of the hill. So ATV riders, runners, and those who live in the area please be cautious. There is no barricade or warning sign up but will be shortly, so look out for the drain and be careful.

The staff here will be attending the New Mexico Library Association conference in Albuquerque, the last week of April, so our schedule is a little different. We will be **closing at 6:30 on Thursday, April 28th** and we will be **closed all day Friday, April 29th**.

Lastly, the New Mexico Tribal Libraries Fundraiser Committee will be hosting a Golf Tournament at your local Isleta Eagle



The Library/Education Complex from the Southeast Side (Parking Lot).

Golf Club, on Friday, July 22nd. Proceeds will be divided evenly to the participating Tribal Libraries (Isleta, Laguna, Acoma, Jemez, and San Ildefonso) to help cover the cost of library operations in their communities during these tough economic times. If you, your business, or perhaps you know of a business that would like to Sponsor a hole or enter a team, please call the Library at 505.869.8119 and ask to speak to Nathaniel Lujan for further details.

UPCOMING:

In honor of Earth Day, we will be planting chili seeds on April 11th. Each student will have his or her own planter that will stay here at the Library, until Earth Day, April 22nd, when they can take them home.

We hope that you have already saved the date for Easter Bunny pictures at the Library. If not, here is another reminder. Pictures will be taken on Tuesday, April 19th from 2:30 to 6:30. They will be available for pick up that Friday after 12pm. Please remember that these pictures are free and you receive two 3x5's. We look forward to see all your smiling faces, and families are more than welcome.

Be on the lookout for the Library's float on Saturday, April 30th for the Annual Child Abuse Parade. During the parade, the staff will be handing out Isleta Pueblo Public Library buttons. Receive one and bring it to our booth for a free snow-cone. One snow-cone per button brought to us. The parade starts at 10am then continues into a fair at the Recreation Center. Stop by our booth for information about the library and also the Summer Reading Program. All of the information regarding the Summer Program will be available during this time.

We are looking for suggestions for the Library's End of the Year Incentive Program. The date to go on this fieldtrip will be Friday, May 20th but we are leaving it up to the kids to decide where they want to go. We have a suggestion box here at the Library for the students to give their input.

RECAP:

For Dr. Seuss' Birthday bash, we could not leave out a special thank you to Christina Lujan for donating the delicious birthday cake and also to Alex Wood, from Molina Health Care for donating all of the goodies inside of your gift bags. The kids enjoyed it



The Library/Education Complex from the Northwest Side (Back of Library).

and we had many "Things" who showed up. Those lucky students who received all their points to go to the movies Friday night, had fun. Both movies we watched were funny and the kids enjoyed it. They got free kids pack plus dinner afterwards. They worked hard and they deserved it. We appreciate all the hard work and reading that the students do. We hope to see more of you on our next trip. Continue to study hard! Also, thank you to both the Department of Education and the Isleta Recreation Center for lending us your vans.



Christina Lujan & her Donated Cake for Dr. Seuss's Birthday.



Mary Jane reading to a HUGH group during Dr. Seuss's Birthday Party @ the Library.

We always enjoy having visits from our Elders. They gave us a special visit Monday, March 28th. They planted spinach with our staff, which they got to take home. They looked at many books but paid particular attention to our garden and planting section, maybe because planting season is coming up. We hope to see them again soon.



Isleta Elders transplanting Spinach during their Library Visit.



The 14 Students who earned their Movie Madness Points.

Pueblo of Isleta Public Library Hours of Operation:
Monday-Thursday: 8am-8pm Friday: 8am-4:30pm • Saturday & Sunday CLOSED

Mailing Address: PO Box 610 Isleta, NM 87022

Phone: 505.869.8119 • Fax: 505.869.7690

Email: Poi02002@isletapueblo.com • Web Address: www.isletapueblo.com/library2.html

Facebook: www.facebook.com/IsletaPuebloLibrary



Easter Bunny Picture Day

Thursday
April, 19, 2011



2:30-6:30pm

HOP on in to get your picture taken with the Easter Bunny. He will be here from 2:30- 6:30pm. You will receive to free 3x5's. Families are welcomed. Hope to see you here at your local Isleta Pueblo Public Library!

For more information, come in and see a staff member or call. 869-8119.



Note from Isleta Pueblo Housing Authority (IPHA):

Please be advised that the IPHA will be accepting requests for Seasonal service to include but not limited to turning on Air Conditioners and turning off heaters.

Isleta Pueblo Housing Authority Resolution No.2010-010

Approving Amendments to the Isleta Pueblo Housing Authority Renovation, Emergency Home Repair and Maintenance Policies and Procedures

Adopted July 19, 2006
Amended December 16, 2009
Amended November 24, 2010

Routine heating, ventilation and air conditioning services, where IPHA's cost of labor is equal to or less than twenty-five (\$25.00) dollars. This includes but is not limited to, lighting of furnace pilot lights, changing of air filters, seasonal setting up and taking down of evaporative coolers, and installation or replacement of weather stripping. The charge for the services will be twenty-five (\$25.00) dollars plus the cost of material and labor time, provided that the tribal member must make payment for such services immediately or agree to do so within fifteen (15) days of billing. Payments will be accepted in the form of Cashier Check or Money Order only.

Persons receiving assistance under these Policies will be required to repay IPHA for the assistance, except that repayment will not be required in the following instances:

1.the person receiving the assistance is both a) low income and b) elderly or disabled (to qualify under this provision, the person who is elderly or disabled must be a Isleta tribal member), unless the emergency situation or situation which required the renovation was caused by the gross negligence of the person receiving the assistance, his or her family members or an invited guest; or

Elderly person. A person who is at least 62 years of age

Disabled person. Any person who:

- 1) has a disability as defined in Section 223 of the Social Security Act, or
- 2) has a physical, mental or emotional impairment which is expected to be of long-continued and indefinite duration, substantially impedes his/her ability to live independently and is of such a nature that such ability could be improved by more suitable housing conditions, or
- 3) has a developmental disability as defined in Section 102 of the Developmental Disabilities Assistance and Bill of Rights Act.

A statement from a medical doctor or certified Social Services worker verifying that a person meets one of the above definitions of disability shall be sufficient.

Low income family. A family whose income does not exceed 80% of the median income for the area as determined by the IPHA using federal guidelines. The income of all household members shall be used in determining whether an applicant is low income.



SAVE THE DATE...

APRIL 2011 marks the 13th Annual Child Abuse Prevention & Awareness Campaign for the Pueblo of Isleta! Join us this year in honor of Family Unity and Preservation! The following are upcoming events inviting the entire community to participate and show support in promoting child abuse awareness.

FUN WALK & RUN:
WEDNESDAY, APRIL 6 at 6:00 pm
Isleta Recreation Center Walk Path
Registration info to follow



FAMILY FUN NIGHT:
WEDNESDAY, APRIL 13 at 5:30 pm
ALL Families INVITED
Isleta Head Start & Child Care Center

CHILD ABUSE PREVENTION/AWARENESS PARADE:
SATURDAY, APRIL 30 at 9:30 am
Route begins at Recreation Center going north along Tribal Road 40.
SEEKING float participants e.g., individuals, families, departments, teams

VOLUNTEERS needed, welcomed and appreciated!!

Like to volunteer? Participate? Have questions?
We can be reached at 505.869.2772



Sponsored by
ISLETA SOCIAL SERVICES

Temporarily Located at 71 Tribal Road 40, Suite 622 (behind the old Isleta Elementary School)

New Higher Education Students

The Pueblo of Isleta Scholarship Program is currently planning for Summer 2011/Fall 2011 funding. In order to be considered, you will need to submit a complete scholarship application packet.

Your scholarship packet must contain the following documents:

1. POI Scholarship Application
2. Certificate of Indian Blood
3. Class Schedule
4. 2010-2011 Student Aid Report (Summer 2011)
5. 2011-2012 Student Aid Report (Fall 2011)
6. Financial Needs Analysis
7. Degree Plan
8. High School Diploma or GED
9. Acceptance/Admission Letter

Continuing Higher Education Students

Your scholarship packet must contain the following documents:

1. Summer 2011 Class Schedule
2. Spring 2011 Official Transcript

Deadlines

Summer 2011 June 15, 2011.
Fall 2011 September 15, 2011.

Please submit document(s) to:
Pueblo of Isleta Higher Education
P.O. Box 1270, Isleta, NM 87022

SAVE THE DATE

Isleta Health Center
and Head Start's
Annual Community Health Fair
July 30, 2011
at the Isleta Rec Center
9 am-Noon

CAR SEAT CLINIC

Health Beat

Isleta Health Center Health Educator:
Stephanie Barela, 869-4479

The Isleta Health Center held a Car Seat Clinic Saturday March 26, 2011 from 9am-11am at the Health Center. **We'd like to say a BIG THANKS** to all the families that came and got their car seat checked, got to see if it was properly installed, and the correct size for their child, and to make sure their car seat was not recalled. It is very important to make sure your child is in the appropriate car seat and make sure the car seat is safe.

The below chart explains 4 Easy Steps to protect our children, by putting children in the appropriate car seat:

4 Easy Steps to Protect American Children



1 REAR FACING SEATS in the back seat from birth to at 2 years old, following the car seat weight guidelines.



2 FORWARD-FACING TODDLER SEATS in the back seat from age 2 to about age 4 and 40 pounds.



3 BOOSTER SEATS in the back seat from about age 4 to at least age 8, unless 4'9" tall.



4 SAFETY BELTS at age 8 and older or taller than 4'9". All children age 12 and under should ride in the back seat.

If you were unable to make it out to this event, but would like to get your car seat checked, then call me (869-4479) or Frances Anchondo (869-4482) to set up an appointment and take an important step in keeping your child safe!!



Freedom from Smoking

Stop Smoking in 8 Sessions

CONTACT Stephanie Barela at 869-4479 to sign up for Freedom From Smoking. Be the next Isleta Tribal Member to take back control of your life and sign up now!!

SIGN UP NOW

CALL 869-4479

Free Nicotine Replacement Therapy for Isleta Health Center patients who attend every session.

Isleta Pueblo News



Editor:

Ulysses Abeita

Asst. Editor:

Beverly Piro

Published By:

Valencia Express

Interested in receiving emails regarding up-coming events at the Isleta Health Center?

Email

Sbarela@islclinic.net

to get on the list

OR Call 869-4479

Great Job Charlie!!!

Charlie Jojola, son of Cynthia and Joseph Jojola, and sixth grade student at Bosque Farms Elementary School, recently competed in the 2011 Central New Mexico Science and Engineering Research Challenge held at UNM in Albuquerque. With his Engineering Division Project entitled, "Which Bridge will Hold the Most Weight?", he placed first in the Bosque Farms Elementary School Science Fair and placed second at the Los Lunas District Science Fair which was good enough to qualify him for the Central New Mexico Science and Engineering Research Challenge.



Charlie was one of four students who earned the opportunity to represent Bosque Farms Elementary School in the Central New Mexico Science and Engineering Research Challenge. Although he did not place in the Challenge, his hard work paid off as he gained valuable experience at this level of competition. As a sixth grade elementary student, this is the highest level of competition that Charlie can compete in this year. But that is not stopping him, as he is now motivated to do a much more in-depth science project for next year's competition, and he is determined to reach the next level of competition; the New Mexico State Science Fair.

Your parents and extended family are very proud of you and your accomplishments, Charlie!!! Great job!!!

Your parents and extended family are very proud of you and your accomplishments, Charlie!!! Great job!!!

Family values

"Alternatives to Physical Discipline"

It is not easy to be a parent in today's fast moving world that interferes with family values. Family values start with parents (and grandparents) as the role models for teaching family rules. This is what holds the family together and helps the children understand what is expected and appropriate behavior in the home.

In making family rules you may start with 4 to 5 specific rules you want in your home. Choose rewards, privileges and consequences that you are willing to enforce, rather than using physical discipline. Explain to your child or teenager the rules, privileges and consequences. Some common family rules are given below, with an example provided;

Rules

Chore to feed dog in AM Before you leave for school.

Privilege Play after school.

Consequence Can't play and must feed dog.

- Chores
- Homework
- Bedtime
- Respectful language
- No fighting

Family rules help with the development of positive values. You may want to minimize your family's overexposure to TV and other media forms. And increase more family time together with going for walks, eating and cooking together, spending time together like playing board games, attending church, working out in the gym, participating in cultural activities, and having family talking

circles to improve family communication. It is important to be a parent advocate by getting involved with your child's or teenager's extracurricular school activities and/or community youth-serving organizations like "Project Vent" at Isleta Behavioral Health Services. The Project Vent program provides youth leadership development activities like camping, snowboarding, hiking, ropes courses and other fun filled adventures activities for ages 10 and up.

Another form of discipline technique is using "time out," for younger age children. Many of us have probably watched the TV show "The Nanny." Her show demonstrates active parenting skills to decrease children's negative behaviors using the "time out." The TV show also emphasizes, "quality play time" with parental interaction with their children.

The purpose of "time out," is to give children one warning using a firm voice, to remind the child to listen and obey. If the child continues with the misbehavior like biting, hitting, and destructive behavior then a time out is used as a consequence.

Many parents mistake the time out as only the beginning of a consequence. And, they may remove other privileges for the consequences from the child. If so, the child may give up on responding appropriately to a time out. Below, explains how a time out is to be used.

"TIME OUT"

- Use a firm voice, and give one warning. "If you don't stop, you will go to time out."
- Remove child to a safe boring place (not in the bathroom).

- Tell the child to stay for the given time (age of child) by using a timer.
- If the child gets out of the time out place, escort the child back and reset the timer. You keep doing this till the child responds appropriately.
- When child has completed their time. You explain at their eye level, the reason for time out. Ask the child to say, "I'm sorry." Then give a hug and praise. The child is not given another consequence other than the time out.

It is important for parents to have patience and to not rely on yelling, hitting (spanking), or shaming as discipline strategies. These strategies only create fear in children, which does not result in lasting change. Whereas the other approaches create self-regulation and improve the child's self esteem as their time outs become shorter and less frequent. Also, hitting the child could easily result in physical abuse leaving visible marks or bruises on the child.



To learn about parenting skills or stress management, contact Isleta Behavioral Health Services 869-5475.

Article written by Lisa Cherino, IBHS Therapist

"Our Children are Keepers of Our Songs and Traditions"

We are all responsible for what we do in keeping children safe. The month of April is recognized as National Child Abuse Awareness and Prevention. It is about promoting awareness to voice concerns about community messages of safety for all children. Child abuse occurs in every community.

Child abuse often involves family members and usually the abuser is someone the child knows and trusts, not a stranger. Also, many children do tell an adult who are not willing report the abuse. Child abuse takes many forms and can be defined briefly in four common categories listed below:

- Emotional Abuse: by feeling threaten or verbally abusive.
- Physical Abuse: by hitting, biting or shaking.
- Sexual Abuse: by sexual contact with a child
- Neglectful Abuse: is when a parent or guardian fails to provide a child with love and attention, food, clothing, medical care, supervision, education and medical care.

How do we prevent abuse and neglect? One way is to use traditional stories to communicate to children prevention messages to teach children about safety. Isleta Behavioral Health Services is using a story called, "Bear Hugs" which will be presented as a puppet show which will be performed on April 30, 2011 at 11:00AM at the Isleta Recreation Center as part of the Isleta Social Services Child Abuse Awareness event.

Below, is an illustration from one of the scenes from the "Bear Hugs" story. The story helps to tell children what to do if they are touched inappropriately by using three puppet characters (bear, raccoon and the alert bird). The animals in the story teach children to tell adults, and keep telling until someone believes them.



Our children are keepers of our songs and traditions. That is why it is important to listen if a child talks of being abused, whether emotionally, sexually, physically or by neglect. People who abuse children need help to overcome their problem and most of them are survivors of their own abuse. They need help but are not likely to do it on their own, which is why reporting is so important.

If you suspect child abuse, or to learn more about child abuse, contact Isleta Social Services at 869-2772.

If you would like to learn more about the puppet show or other prevention activities at Isleta Behavioral Health Services call us at 869-5475.

Article written by Lisa Cherino, IBHS Therapist

Commercial Tobacco Use Prevention Art Contest!

Lisa Cherino and Stephanie Barela

Isleta Behavioral Health staff Lisa Cherino, who was representing the Native Ways Family Program, was accompanied by the Health Educator, Stephanie Barela, in assisting with the Commercial Tobacco Use Prevention Art Contest.

The Isleta Elementary 5th graders and Dr. Shutiva and Mrs. Welbourne, were visited on March 3, 2011, for a classroom presentation reviewing what they learned last year about Commercial Tobacco Use Prevention and how it is advertised. The students seemed excited as they were commenting to each other, "It was about not smoking." They were asked about how Commercial Tobacco has been advertised, and how they will design a T-shirt for commercial tobacco use prevention. Many students eagerly raised their hands and responded positively providing many suggestions of visual designs for a T-shirt.

The students were informed there will be a first, second and third place prize awarded for the selection of the T-shirts. The students were given two weeks to submit their penciled outlined and colorful drawings. The design that is selected will be used for the upcoming T-shirt for the "Every Breath Counts, Stay Smoke Free" awareness event. This event will be held on July 30, 2011, at the Isleta Health Fair, which will be from 9-noon at the Isleta Rec Center.

NEW MEXICO INDIAN LIVESTOCK DAYS

MAY 10 & 11, 2011



McKinley County Cooperative Extension

Tuesday, May 10th, 2011

- 8:00 am — Registration
- 8:30 am — Welcome
- 9:00 am — Managing Fertility in Cows & Bulls
- 10:00 am — Break
- 10:30 am — Trich
- 12:00 pm — Lunch (with speakers)
- 1:00 pm — Feral Horse
- 2:00 pm — Beef Council
- 2:45 pm — BREAK
- 3:15 pm — Grass Feed & other markets
- 5:00 pm — Adjourn for Dinner
- 6:30 pm to 8:00 pm — Bull Session

Enjoy your evening

Wednesday, May 11th, 2011

- 8:00 am — gather to travel to hands-on workshops. We will depart the parking lot at 8:20 am.
- 8:30 am — 10 am Rotate between these groups — **please circle two choices**
 - 1. Grp #1 — Range and Water
 - 2. Grp #2 — Proper Vaccination & Proper Handling Techniques
 - 3. Grp #3 — Horse
 - 4. Grp #4 — Business Planning
- 10 am Break (30 mins)

- 10:30 am to Noon Rotate between these groups — **please circle two choices**
 - 1 Grp #1 — Range and Water
 - 2. Grp #2 — Proper Vaccination & Proper Handling Techniques
 - 3. Grp #3 — Horse
 - 4. Grp #4 — Estate Planning
- 12:30 pm Lunch back at the Casino
- 1:30 pm Water Quality Presentation
- 2:30 pm NRCS — Norman Vigil
- 3:30 pm Adjourn
- 3:30 pm to 4:30 Bull Session

Hotel Information

Rt. 66 Casino and Hotel

Deadline for special room rate is April 25th, 2011
1-866-352-7866
Ask for the Livestock 2011 group rate of \$69



New Mexico State University is an equal opportunity employer. All programs are available to everyone regardless of race, color, religion, sex, age, handicap, or national origin. New Mexico State University and the U.S. Department of Agriculture cooperating.

Planning Committee:

- Kathy Landers, McKinley County Extension Agent
- Pat Romero, Laguna Natural Resources
- Pat Melendrez, Livestock Specialist
- Wayne Franklin, Crownpoint Extension Agent
- Jesse Jim, Crownpoint Extension Agent
- Elena Bowers, McKinley County Home Ec Agent
- Bob Alexander, Laguna Natural Resources

- John M. Romero, Sedillo Cattle Assoc.
- Joseph Garcia, NMSU CES Southern Pueblos
- Steve Lucero, Sandoval County 4-H Agent
- Jesse LeFevre, Jicarilla Extension Agent
- Mike Larsen, San Juan County Extension Agent
- Chase Elkins, Cibola County Extension Agent
- Gerald Moore, Tri-State Extension Agent
- Manny Encinias, Livestock Specialist

REGISTRATION INFORMATION

Mail this brochure/form to: McKinley CES
Star Rt. 2, Box 59 Gallup, NM 87301

Registering is important to ensure that adequate seating space and meals are available. **Please circle your registration option.**

- Full Program (2 day, lunch & breaks) \$50
- Tuesday Only (lunch & break) \$30
- Wednesday Only \$30

DEADLINE for Program Registration is April 22, 2011

Please make money orders out to McKinley CES

Amount Paid: \$ _____

Name: _____

Address: _____

Phone: _____

Email: _____

Please go to the following website Indianlivestock.nmsu.edu to do online registration and for credit card payments. Questions please call McKinley CES 505-863-3432

If you are an individual with a disability who is in need of an auxiliary aid or service to participate in any event, please call (505) 863-3432 at least one week in advance.

Department of Natural Resources 2011 Fire Awareness

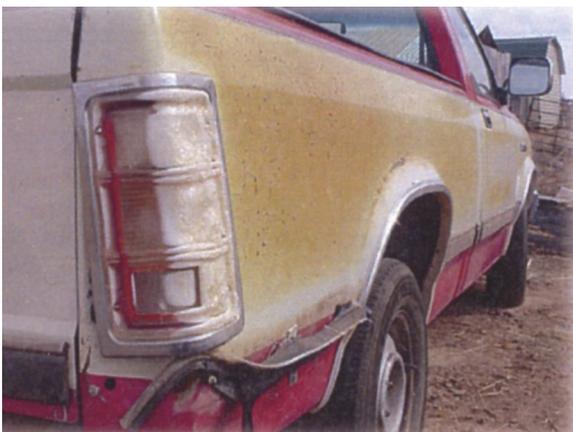
As we all know, this is the time of year that the Pueblo starts to ready itself for spring planting and irrigating. One of the tools that we use to accomplish this is fire. While fire is a great and useful tool, it is also highly dangerous and destructive and it comes with great responsibility. I know that fire has been used for generations, but the Pueblo today is not the Pueblo of twenty or even ten years ago and there are now homes and infrastructure spread across the valley.

In the past month and a half, there have been out of control field/yard fires practically every day and most of these have been extinguished by the quick action of the Volunteer Fire Department and the Wildland Fire Crew in the Department of Natural Resources. However, with the larger and/or more aggressive fires, our



tribal resources have had to call in the BIA-SPA Fire Crews for back up and for extra patrols. In fact, this year alone BIA-SPA has responded to fifty fires on the eight tribes they patrol and unfortunately 27 of them have been on Isleta — more than half, and these aren't counting the ones that our Volunteers and Natural Resources Crews put out themselves. These are only the statistics from this year and really most of them have happened in the past two months and we still have nine more months to go. Fires are costly - an out-of-control fire that spreads to a home, the bosque or mountains, could easily run into the hundreds of thousands, if not millions and the person who lit the fire could be hit with the bill. Also, anyone who damages property that belongs to the Power, Gas, Telephone or Railroad could be sued for the monies - a gas meter replacement alone is approximately \$1000.00.

We have been very lucky, lucky in the sense that no one has been seriously hurt in any of these fires. Unfortunately, we have lost



at least two sheds, two corrals, a truck, a camper, two homes were also severely damaged and one abandoned mobile home was completely destroyed. We have damaged infrastructure such as telephone and power poles, burned cable and electrical lines - all during the same sixty days. We also have had dozens of close calls with fires and many of these were averted because of the excellent work of our fire personnel - many of them volunteers or employees serving on their own time. Contrary to popular belief, the fire personnel don't get paid danger pay, many are salaried and when you see them out at night or on weekends, they are in fact "donating" their time or getting their regular pay, if any, to fight these fires. Fire personnel respond at all hours, in all types of weather and stay as long as needed to ensure you are protected. They sacrifice time off and time with their families, risk their health and even lives for their fellow tribal members. Also, I would like to note that all of our fire personnel are highly trained and all of them are certified fire fighters, either through the Volunteer Fire Academy or the BIA-SPA Federal System, or both.

Remember, no one is trying to outlaw burning or the use of fire as a tool. In fact, the majority of Tribal members are very conscientious and responsible when they burn, but accidents do happen and our emergency responders are there to help. In fact, should you be worried about a field



burn or think you may need assistance, you can request help by calling beforehand through the Department of Natural Resources (869-2710) or by contacting the Volunteers - either way we will work together to try and help you. We only ask that you please stop by the Dept. of Natural Resources and get a burn permit, follow the list of instructions, such as creating a fire break, having water on hand to extinguish it and most importantly— calling the Police Department (869-3030) before you burn to see if it is a burn day. While it may look and feel like a nice day, we all know the weather here can change at any moment and if the winds pick up it could be catastrophic for you and your neighbors.

A minority few however, do refuse to abide by the tribal council approved resolution: requiring the use of burn permits, burning on non-burn days, leaving fires unattended and/or put others lives and/or property at risk —to those few I feel the need to remind you that you could be charged with the

following:

- **30-12-17 Unlawful burning**

A. Any person who sets a fire or allows a fire to escape, leaves a camp fire burning unsupervised, or causes a fire to be started by means of a lit cigar, cigarette, match or firework causing damage to any vegetation, forest, or structures is guilty of unlawful burning.

B. Any person found guilty of unlawful burning is guilty of a Class D Misdemeanor

- **30-12-18 Arson**

A. Any person who intentionally and willfully starts a fire or causes an explosion with the purpose of destroying or damaging any structure or property, to collect insurance, or to cause damage to any public property, utility line, or railway structure, or injure any person or animal is guilty of arson.

B. Any person found guilty of arson is guilty of a Class B Misdemeanor

- **30-07-01 Public Nuisance**

A. Any person who unlawfully endangers the health or safety of another or interferes with another's enjoyment of property by willfully or negligently causing a hazardous, unsightly or unhealthy condition to exist on public property, or a premise, or place where persons are known to gather for purposes of engaging in lawful conduct is guilty of a public nuisance.

B. Any person found guilty of a public nuisance is guilty of a Class E Misdemeanor

- **30-12-05 Criminal Damage to Property**

A. Any person who defaces, damages, or tampers with the property of any person, organization, corporation, government, or other entity in such a manner that their action impairs its functionality or value is guilty of criminal damage to property.

B. Any person found guilty of criminal damage to property is guilty of a Class D Misdemeanor

On top of these separate charges which include fines, community service and so forth, the damage could be such that a person could find themselves being charged with a felony if someone is hurt, killed or if the value of the property is significantly high. The person could also be charged with aggravated charges if cultural sites are damaged.

Again, no one is trying to ban burning or regulate it to death — we would just like our community members to respect it as the dangerous tool that it is, and to help us protect our tribal residents, neighbors and our beautiful natural resources.

*****A house can be rebuilt, a field replanted, but we can never get someone's life back... so let's all watch out for each other.** Thank you.

Health Beat

HELMET SAFETY

Health Educator: Stephanie Barela, 869-4479

The 4th grade students at Isleta Elementary School learned about bicycle and helmet safety. The Isleta Health Educator teamed up with Albuquerque Parks and Rec to offer the 4th grade students a presentation on bike safety and then the opportunity to try out their newly learned skills through participating in a BIKE RODEO. A bike rodeo is a skills course, which provides a fun and safe environment for a class to learn various bike safety skills and practice them. This rodeo consisted of a bike riding course designed to simulate actual road conditions, a stop sign to help practice their starting and stopping, as well as using their directional signals, a chance to practice their skills when they are approached by a dog and many other important bike safety skills.

Bike riding is a lot of fun, but accidents happen. Every year, about 300,000 kids go to the emergency room because of bike injuries (www.kidshhealth.org). Some of these injuries are so serious that children die, usually from head injuries. A head injury can mean brain injury and as the 4th graders learned; **OUR BRAIN IS THE MOST IMPORTANT PART OF OUR BODY,**



so we need to PROTECT IT!! That's why it is so important to wear your bike helmet. Wearing one doesn't mean you can be reckless, but a helmet will provide some protection for your head and brain in case you fall down.

The most important skills the 4th graders learned were:

- STOP and Look Left, Right, Left, before crossing the street
- Use your hand signals when turning

Hand Signals. (Use Left Hand.)



left turn

right turn

stop

- If you are ever chased by a dog while you are riding your bike, you should stop peddling and coast (continue to move forward without using your peddle). If the dog continues to chase you, get off your bicycle and put it between you and the dog and back up slowly.
- ALWAYS WEAR A HELMET!!

Thank you Albuquerque Parks and Rec, Chuck Malagodi and the Isleta 4th grade classes.

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