



Pueblo de San Ildefonso Bulletin July 2021

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Council Meeting Dates

Tuesday, July 13, 2021 at 5:10 pm
Wednesday, July 28, 2021 at 5:10 pm

Food Distribution

Starting in July, distribution will only occur once a month. The date for this month is to be announced.

Office Closed

In observance of Juneteenth, the Tribal Offices will be **closed** Friday, July 2nd. Also, in observance of Independence Day, Tribal Offices will be **closed** Monday, July 5th. Have a wonderful weekend!

Food Sale Requirements

Please submit Food Sale Applications at least 7 days before the sale date. This gives the COVID team and the Governor time to review and approve the application. Also, remember to include a written request and a copy of your Food Handlers Certificate.

Contact Us:

2 Tunyo Po, Santa Fe, NM 87506
Phone: (505) 455-2273
Fax: (505) 455-7351



Pueblo de San Ildefonso
Office of the Governor

SANTIAGO DAY NOTICE

Governor and Council have decided that there will be no community activity for Santiago Day “St. James Day.” As we make plans, adjustments and modifications to the Pueblo’s Executive Order and Policies, we need to take into account all aspects of Vaccination rates, COVID cases, and safety for all. For some, it can’t happen soon enough, for others, it is happening to fast and others feel that there is need to be cautious in all areas with an appropriate amount of balance. We ask that each family recognize and pay their respects within their households, gather in a safe manner, and be aware of your surroundings. It is our hope that next year this time we will not be hindered by the current pandemic. But our losses and impact will remain slim, as well as practicing our traditional ways with everyone.

Thank you for your continued effort and sacrifice on behalf of your Tribal Members. Stay up to date with upcoming notices and changes on the Executive order, monitoring stations and project implementations.



Updated: 06/30/21

Pueblo de San Ildefonso

Office of the Governor

PUBLIC NOTICE

Due to the current extreme drought, wind conditions, and low humidity, the Pueblo de San Ildefonso is implementing FIRE RESTRICTIONS on all Pueblo Lands. These restrictions are necessary to prevent wildfires from occurring. To ensure the protection of all Pueblo health and safety, natural resources, residents and property, the following acts are PROHIBITED:

1. Building, maintaining, attending, or using an open fire.
2. Outside trash burning.
3. Operating a chainsaw or other equipment powered by an internal combustion engine.
4. Open burning of cropland, fields, rangeland debris, slash piles, wood chips, or weeds.
5. Smoking of cigarettes outside of vehicles in wildland, and Bosque areas.
6. Discharging or using any kind of fireworks.

EXEMPTIONS:

1. Traditional fires such as outdoor ovens, outdoor cooking, and firing pottery are allowed; provided extreme caution be exercised to ensure open flames are never left unattended and are 100% completely extinguished.
2. Traditional and ceremonial kiva activities are allowed; provided extreme caution be exercised to ensure open flames are never left unattended and are 100% completely extinguished.
3. **Fireworks will ONLY be permitted on July 4th. Due to the moisture, these restrictions will be eased, however, continued monitoring will be observed.**

Restrictions are effective IMMEDIATELY and will remain in effect until weather conditions allow or the restrictions are lifted.

The Bureau of Indian Affairs Law Enforcement, Pojoaque Pueblo Police Department, and Tribal Rangers will be enforcing these restrictions. If you have any questions you may contact the Governor's office at (505) 455-2273.

To report a wildfire within the Pueblo Boundaries, call the Santa Fe Dispatch for the "Northern Pueblo's Agency Fire Recourses" @ (505) 438-5600.

Or call the Tribal Rangers: **Jerome: (505) 470-7338 or Jose: (505) 219-7552**

Internet

All internet will be carried for another year up to the end of June 2022. NMSURF contracts will be paid directly and for other carriers continue to submit for reimbursement.

Artists

The Pueblo will have a new website by September. Artists who would like to have a portion of the website showing their work or a link to their website, please contact the Tribal Services Department at 455-4105 or tsd@sanipueblo.org.

Free Computers

The Tribe has 10 All-in-One (Monitor, CPU, Hard drive all in one case) computers that are surplus and can be given to any tribal member.

Please submit a written request to the Tribal Services Department by dropping by or by email (tsd@sanipueblo.org). If more than 10 request are submitted, the names will be put in a pool and 10 people chosen at random will receive one.

These will have Windows 7 on them, unless you want a Linux distribution installed. Linux like windows, is an operating system. It will have an email client, a web browser for internet access, some games, and an office suite (documents, spreadsheets, etc.). The ram memory on the machine is only 4 GB. It has a 500 GB hard drive, 20-inch monitor, keyboard, and mouse. To get on the internet, you must have an Internet Service provider like NM Surf at your house. To print, you must have a printer.

If you have any questions or would like more information, please contact William Christian, Tribal Services Director.



LEGISLATIVE UPDATE

JULY 2021

Council Meeting Dates

Tuesday, July 13, 2021, 5:10pm

Wednesday, July 28, 2021, 5:10 pm

Council Working Session Dates

Wednesday, July 7, 2021, 5:10 pm

Thursday, July 22, 2021, 5:10 pm

Committee Meetings

None Scheduled.

Senior Meetings

Wednesday, July 21, 2021, 10:30 am

Additional Meetings are scheduled as necessary.

Lt. Governor Raymond Martinez
(505) 455-4127

rjmartinez.tc@outlook.com

Council Secretary Terrence Garcia
(505) 455-4113

sec.tc@outlook.com

Legislative Manager Brandi Martinez
(505) 455-4150

brmartinez.tc@outlook.com

Tribal Distribution Incentive

Last month The Governor, Tribal Council and Administration have worked together to ensure a one-time tribal distribution to all enrolled members of the Pueblo with an a \$100 incentive for those that have been vaccinated. Again, this is to encourage vaccinations in order to slow the spread of the virus. As the state slowly begins to open up its doors we must all continue to do our part to protect our community and one another.

There is still time to get your COVID-19 vaccination. Deadline is September 30, 2021

Update on the FY 2021-2022 Annual Budget

We have begun our FY 2021-2022. During this process we have met with the Governor and Administration hoping to align each departmental goals and needs to the proposed budget. The annual budget process has been acted on and approved at the June 10, 2021 Council Meeting.

Celebrate Independence Day

Independence Day, also know as the 4th of July, is a day of family celebrations with picnics and barbecues, showing a great deal of emphasis on the American traditional freedom.



The Legislative Office would like wish everyone a safe and Happy 4th of July.

Santiago Day

July 25th is Saint James Day. We would like to wish the community many blessing to you and your family.



PUEBLO DE SAN ILDEFONSO
Human Resources Office
02 Tunyo Po
Santa Fe, NM 87506

EMPLOYMENT OPPORTUNITIES

June 25, 2021

Administrative Assistant (Full Time)

Assistant Controller (Full Time)

Education Director (Full Time)

Facilities Manager (Full Time)

GIS/GPS Specialist (Full Time)

Healthy Kids Coordinator (Full Time)

Natural Resources Director (Full Time)

Tewa Language Instructors (Contractual)

Tribal Historic Preservation Officer (Part Time)

*All Positions Open Until Filled
Native American Preference*

Please Contact Human Resources for additional information by position.

APPLICATION: A job description and employment application are available in the Human Resources office or via email, or fax. Please call ahead to schedule an appointment for in person assistance. Please feel free to call 455-4155 with any questions.



Inviting applications for a Summer Database Administrator intern at our Department of Environmental and Cultural Preservation. The internship is open to college students, recent high school graduates and high school seniors with interest in the field of Computer Technology with a minimum of one year of experience in networking or computers.

The internship offers exposure to the many facets of Database Administration, such as working with a computer server, creating and designing software that will read and write data to and from the data base.

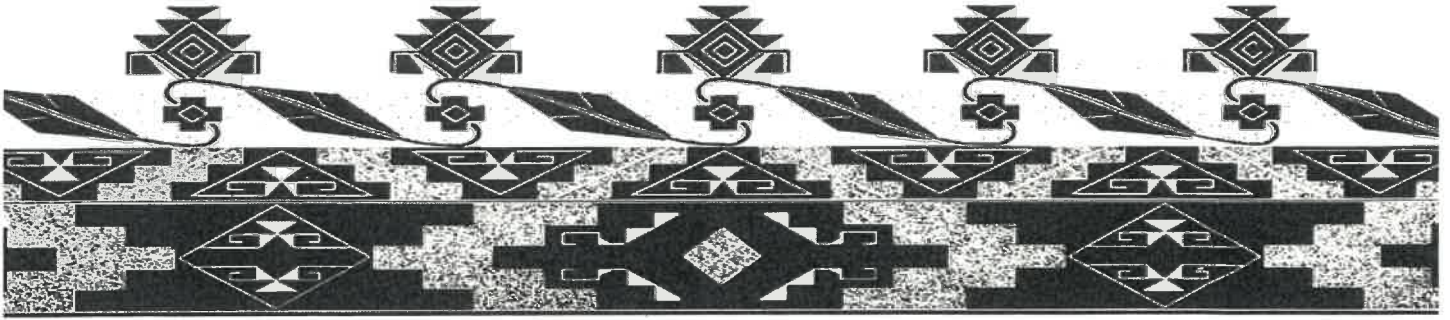
The Database Administrator intern will work with the Database Manager to assist in the day-to day administration, support and ongoing enhancement of DECP's database Infrastructures.

Summer Internship will last through August/September.

Tribal and Native American Preference

Applications for Summer 2021 Internship must be received by Thursday, July 8, 2021.

Please email your resume and application to karquero@sanipueblo.org



THPO Presentation

Learning About Human Health from the Ancient Human Gut

By

Meradeth Snow, Christina Warinner, Alexander Kostic and Marsh Wibowo

Tuesday, July 20th, 2:00 pm

(Rebroadcast at 7:00 pm at the same link)

Zoom Link:

Join Zoom Meeting

<https://us02web.zoom.us/j/81107181124?pwd=anZpaVI5SXZsYVRpQlZrRXhSaU9nUT09>

Meeting ID: 811 0718 1124

Passcode: SaniTHPO

Description: "The microorganisms that live in our guts are a vital part of our health and wellbeing, but they've changed a lot in recent human history because of our diet and environment. By studying the preserved DNA in paleo-feces (ancient poop) from the past, it's possible to better understand how these bacterial communities have changed, which will hopefully allow for better health and treatment for health issues like diabetes and obesity today. Paleo-feces from three archaeological sites (Boomerang Shelter (Utah), Rio Zape in Mexico, and an unknown site in Central Utah) were analyzed for their microbial DNA in order to look at the diversity of the bacteria from the guts of people living in the past and better understand how it compares to today."

This event is brought to you courtesy of the Tribal Historic Preservation Office (THPO) and Governor Moquino. The THPO works on and advocates for the preservation of the cultural and traditional sites, resources and practices of the Pueblo de San Ildefonso as well as consults with community, state, federal and tribal governments on projects that have the potential to affect cultural resources within the ancestral domain. If you have any questions or requests for additional information or presentations please contact the office at 505-455-4148 or thpo@sanipueblo.org, or feel free to come visit and learn more about what the office does for you. We are located in the DECP building.



Transfer station closed - Tuesday and Wednesday

WE DO NOT TAKE OIL OR TIRES

ONLY RECYCLABLE ITEMS GO INTO RECYCLED BIN

Thank you

We have blue trash bags for recycling if you need any.



**Happy fourth of July
Be safe**



From the Transfer Station



Senior News

Senior Thank You

The Senior Program thanks all of the staff and all the seniors who helped with the Fishing Lake outing. We had about 15 people fishing and about 8 trout were caught. A special thanks to Jose and Jerome for having the lake so clean and attractive for the fishing outing!

The BBQ went well with more than enough food. So thanks to those who got the food, the cooks, servers, and those who cleaned up afterwards. And thanks to the Education Department for hosting the BBQ at the Learning Center!

We also give thanks to Myra Garcia and Jasmin Gonzales for transporting the Seniors to the Isotopes game.

Chama Train Ride

Everyone was disappointed that the train ride was cancelled. We are being permitted to reschedule the trip. We have asked the Chama group sales person to provide us with some tentative dates that would be the least inconvenient for them for us to go. When we get that, we will share it with the Seniors by email and on the Senior portion of the website www.sanip.org.

Senior Outings for Fiscal Year 21-22

Please submit suggestions for senior outings starting in July to next June. Send these suggestions to the Tribal Services Director, William Christian, at 455-4105 or tsd@sanipueblo.org. Also send suggestions as to the items the seniors can purchase for use by seniors when on outings like T-shirts, caps or what have you.

Senior Meeting

The Seniors will meet at 10:30 on July 21 via Zoom.
<https://us02web.zoom.us/j/89643595994>

Meeting ID: 896 4359 5994
Passcode: 560514
Phone: 1-346-248-7799 or 1-669-900-6833.

Please remember to check www.sanip.org and click on the menu "Seniors" for more information about activities and other items.

We will be discussing the activities for the new fiscal year, so come with suggestions. We will also talk about any possible items we could purchase such as T-Shirts, jackets, etc. We will also review the senior logo. There will be some discussion as to our separation from ENIPC and what that will mean for Seniors. And we will talk about food (menu items).

Tribal Services Director:
William Christian
(505) 455-4105



Senior News

Isotopes Baseball



On June 8, 2021, some of the seniors took a trip to watch the Albuquerque Isotopes play the Las Vegas Aviators. Although the Isotopes lost (5-4), everyone had a great time watching the game. In attendance was Renee and Leon Roybal, Marie Kalahi, Hummingbird Calabaza, Annie Martinez, Robert and Barbara Gonzales, Pauline Cata, Corn Martinez, Walter Honyktewa, Eva and Denise Moquino, Evelyn Naranjo, and Paul Rainbird. Guests: Jorden Tenorio, Brittney Garcia, Al Cata, Jerome Martinez, Galen Martinez, Myra Garcia (Driver) and Jasmin Gonzales (Driver)

Fishing Day/Senior BBQ



On June 18, 2021, staff helped set up a Senior Fishing Day. There were about 15 seniors in attendance and those with the first catch, biggest, and smallest fish were awarded a prize. Those winners were Rachael Martinez with the First catch and smallest fish. Robert Gonzales won the prize for the biggest fish. Later the Seniors were welcomed to the Learning Center for a BBQ. We hope that everyone that attended both the fishing day and the BBQ had a great time.



CHR Program

Transportation:

Transportation is provided for those who have no means of transportation within the household, for eye appointments, or medical conditions that prevent anyone from driving. Please call the CHR office at least 72 hours in advance to schedule transportation arrangements. We also ask that you notify us within 72 hours of the scheduled transportation appointment to cancel a transport.

Medication Pick-ups & Delivery:

- We continue to assist the community who need medication (s) ordered or picked-up from PHS, SCHC, Smiths, Walgreens, Walmart, etc. Should you have any questions, please feel free to contact the CHR staff.
- Reminder: Any types of medication (s) that are picked up and delivered cannot be left on doors, mailboxes, or with children. If you are not planning on being home during possible delivery time, please make arrangements with family that we may leave medication with or make arrangements with CHRs.
- Medication pick up days are on Tuesdays and Thursdays. Days may change due to holidays or closures.
- When calling in your medication refills to Santa Fe Indian Hospital or Santa Clara Clinic, you have five (5) days to pick up your order or it will be placed back into stock. If you miss the time frame you will need to call again for refills.

After Hours Medical Advise:

If you are a Santa Fe IHS Service Unit Patient and need to speak with a nurse between 8pm -8am, please call our dedicated toll free number:

FONEMED NURSE ADVICE LINE
1-844-233-8438

COVID-19 vaccines are still available:

If you are interested in receiving the Covid-19 vaccine, below are a few ways you can receive it:

- ⇒ Santa Fe Indian Hospital on Fridays. Call to schedule an appointment @ 505-946-9203
- ⇒ Santa Clara Health Clinic on Wednesdays. Call to schedule an appointment. @ 753-9421
- ⇒ **Vaccine Clinic: Wednesday, June 30, 2021 from 1:00 to 2:30pm** at the Santa Fe Indian School. Please call CHR office to be placed on the list.

Alzheimer & Dementia Presentation Via Zoom:

Alzheimer & Dementia Presentation via zoom during July & August 2021 Monthly Senior meetings. Zoom information will soon follow through San I HHS Facebook page and email (Senior Listing).





SMALL BIRD HOUSE PAINTING CONTEST FOR SENIORS CITIZENS AGE 50 YEARS AND OVER

Here is how it works!



1. You must be 50 years and older
2. HHS staff will provide you with a small bird house to paint
3. You must allow HHS staff to provide weekly screenings during this contest (Blood pressure, sugar check, oxygen, etc.) from July 1 through July 25, 2021. This can be done in your home or at the CHR/H&W office. If you wish the staff to continue your screenings after this contest, we will be more than happy to do so.
4. Bird house will be due on Friday, July 25, 2021 by 3:00pm. It can be drop off with any HHS staff or we can pick up. We ask that you not write your name on the bird house, we will keep track of who it belongs too.
5. The bird houses will be judged, and there will be five (5) 1st place and five (5) 2nd place winners.

Thank you all in advance, and good luck.



The DIRTY DOZEN and The CLEAN FIFTEEN

Since 2004, the Washington-based nonprofit Environmental Working Group (EWG) has been publishing an annual Shopper's Guide to Pesticides in Produce, based on its analysis of more than 40,000 samples of 47 popular fruits and vegetables tested by the U.S. Department of Agriculture and the Food and Drug Administration.

The aptly named Dirty Dozen are the foods that contain the highest concentrations of pesticide residues; the Clean Fifteen are just that — foods relatively uncontaminated by pesticides. EWG suggests that shoppers who want to reduce the amount of pesticides they ingest invest in organic options of the Dirty Dozen; the conventionally grown Clean Fifteen, in contrast, pose little risk.

As might be expected, the usual suspects appear on both lists year after year, with only small changes in their ratings. Strawberries, spinach and kale remain the dirtiest of the Dirty Dozen. "On average," EWG reports, "kale and spinach samples had 1.1 to 1.8 times as much pesticide residue by weight than any other crop tested," while "multiple samples of kale showed 18 different pesticides."

Some updated information about contamination in strawberries appears on EWG's website this year. "The average American," the organization says, "eats about eight pounds of fresh strawberries a year — and with them, dozens of pesticides, including chemicals that have been linked to cancer and reproductive damage, or are banned in Europe." The toxic

load comes from poisonous gases injected to sterilize the soil before planting (which also endangers farmworkers and nearby fields) and pesticides later applied to crops. We appear to be paying a high health and environmental price for a large supply of relatively cheap, year-round berries.

But perhaps the most disturbing addition to the 2020 Shopper's Guide to Pesticides in Produce is the finding that raisins, which had not been tested by the USDA since 2007, "are one of the dirtiest produce commodities on the market." A full 99 percent of conventionally produced raisins were contaminated with more than 13 pesticides. Organically grown raisins did not fare much better: 91 percent tested positive for two or more pesticides.

This finding is disturbing because raisins are popular snacks for children, whose developing brains and reproductive systems are most vulnerable to the harmful effects of the kinds of toxins commonly found in raisins. EWG suggests substituting equally sweet, shelf-stable prunes for the dried grapes. "The average conventional prune," they report, "tested positive for just one pesticide . . . and 50 percent of conventional prunes were free from detectable pesticides, compared to only one percent of conventional and organic raisins." An even better snack choice, the organization says, would be fresh fruits and vegetables from the Clean Fifteen list.

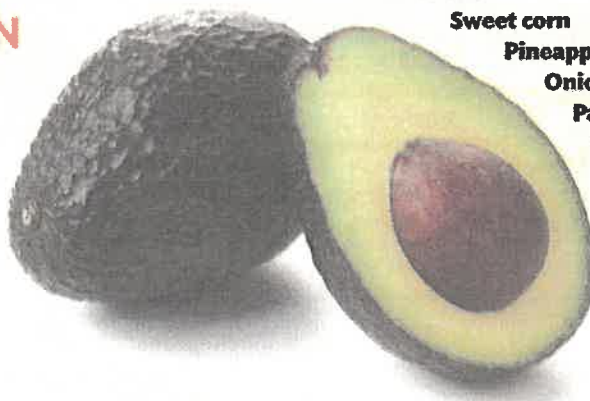
For more detailed information on EWG's methods, lists, apps and advisories, go to ewg.org.

— PATRICIA WEST-BARKER



The DIRTY DOZEN

Strawberries
Spinach
Kale
Nectarines
Apples
Grapes
Peaches
Cherries
Pears
Tomatoes
Celery
Potatoes



The CLEAN FIFTEEN

Avocados
Sweet corn
Pineapples
Onions
Papayas
Frozen sweet peas
Eggplant
Asparagus
Cauliflower
Cantaloupes
Broccoli
Mushrooms
Cabbages
Honeydew melons
Kiwi

The DIRTY DOZEN

Numbered in order
from most contaminated
to least contaminated





Fighting inflammation with

FOOD

BY STEPHANIE NAKHLEN

FOOD AS MEDICINE. It's a catchy idea, but what does it mean? What is the "disease" that food-as-medicine is meant to cure?

Research has indicated that an underlying problem behind many of the ailments plaguing Americans today — such as Type 2 diabetes, rheumatoid arthritis, heart disease, some cancers, even Alzheimer's — is chronic inflammation.

There are two types of inflammation: acute and chronic. Acute is the kind you get after an immediate injury, like swelling or redness. "In contrast, when inflammation gets turned up too high and lingers for a long time, and the immune system continues to pump out white blood cells and chemical messengers that prolong the process, that's known as chronic inflammation," according to a Harvard Medical School publication on the topic. Unlike acute inflammation, chronic inflammation is often invisible. "How do you know if you have chronic inflammation?" the article continues. "A blood test measures a protein produced by the liver, C-reactive protein (CRP), which rises in response to inflammation." Unfortunately, another sign of chronic inflammation is disease.

Food can contribute to both the cause of, and cure for, chronic inflammation. The wrong kinds of foods can exacerbate

as MEDICINE

the condition, while the right kinds of foods can dramatically decrease the markers for it — and that's what an anti-inflammation diet aims to do.

Although scientists are still working out the exact causes and effects, research has shown that sugary and processed foods are associated with high levels of C-reactive protein, while whole, unprocessed foods are associated with lower levels of that same inflammation marker.

There is no one trademarked "Anti Inflammation Diet" with a book and strict rules. Although you can find cookbooks that help with specifics, following an anti-inflammatory diet is more about learning about foods to avoid and foods to choose. And the principles are simple.

"I know it's not sexy, but it's really just increasing the fruits and vegetables in your diet," says Jared Purcell, a registered dietitian and owner of JP Nutrition in Santa Fe. "It also means decreasing or eliminating really processed foods. And, although this is not always popular, limiting red meats."

"With fruits and vegetables, a lot of them are loaded with antioxidants, so they help fight free radicals in your body," says Purcell. "Those free radicals can lead to

cancer and other chronic diseases like heart disease and Type 2 diabetes."

People may be tempted to keep on with the cheeseburgers and take a vitamin pill — because multivitamins are also full of antioxidants — but Purcell recommends against that. "Food is the cheapest way to help prevent a chronic disease like diabetes, kidney failure and arthritis, so the first reason to avoid pills is your pocketbook." Another reason is that the antioxidants in pill form are not nearly as easily absorbed by the body as the naturally occurring antioxidants in food. And a third reason is that the way multivitamins are packaged can make them useless, or even dangerous. "With a vitamin pill, one mineral or vitamin can inhibit another mineral or vitamin. And the amounts are excessive. More is not always better with vitamins. There's a limit to how much you can have each day," Purcell says. "With food, it's very hard to overconsume a mineral or vitamin. You'd have to eat an insane amount. Why not just start with a balanced diet?"

Asked who would benefit most from switching to an anti-inflammatory diet, Purcell answers, "Every single person. It's a preventative tool for people — you may be able to prevent disease by eating this way. And if you already do have a chronic disease, it may help out... It's equal opportunity."

One of the struggles people have when adjusting to a diet higher in unprocessed foods is the shock to the system from the increased fiber intake. The switch can



cause temporary bloating and discomfort, which can make some people decide, “Veggies are not for me” and give up. “The important thing is to take it slow,” says Purcell. “You don’t want to flip a switch. You want to slowly increase each day, each week. That’ll help adapt to the change. You also want to drink plenty of water, plenty of fluid. Fiber absorbs water so you need more of it. Those are the two key ways to make it work.”

Purcell advises against getting too caught up in complicated rules of what is allowed and not allowed on an anti-inflammatory diet. Even small changes can have a big impact. “Look, If you’re used to drinking a six-pack of Coke each day, it’s a great change just to substitute a few Cokes with a few servings of vegetables,” he says. But beyond that, he recommends “staying away from processed foods, staying away from fruit juices and sodas: any sugary drink. Fruit juices have as much or more sugar as pop. Adjust your red meat intake, instead go for fish and lean poultry.” When in a hurry for a quick portable snack, “Grab a fruit, they are easy and quick: peaches, apples, pears, a banana.”

Or grab a hundred-calorie pack of nuts: portioned packages of nuts are available on the snack aisle of every store. Because nuts are high in healthy fats, they also keep you full longer, so a snack like an apple with a handful of cashews or almonds will not only fight inflammation, but satiate hunger for a whole afternoon. “Try peanut butter. Peanut butter is great, they have some peanut butter at Natural Grocers [and other local natural food markets] that is just fresh ground peanuts with nothing else added,” Purcell suggests.

As simple as the diet can be, people who crave more rules and a solid cookbook are in luck. Many popular diets, simply because they promote fresh, unprocessed foods, are anti-inflammatory. Whole30, Paleo, Mediterranean, DASH, even the so-called “Eco-Atkins” diet are all improvements on the Standard American Diet (SAD) and likely to be a positive change for many people.

“The Mediterranean diet has been studied extensively so that is one we can look at and say with confidence is very beneficial to our health, especially with cardiac disease,” says Purcell. “The DASH diet is another one. These sound fancier than ‘increase fruits and vegetables,’ but they aren’t really that different; and they aren’t, in fact, all that different from each other. Each promotes lean poultry and fish, nuts, whole grains and fruits and vegetables.”

Dairy is another question. “The Dairy Association is a pretty organized lobby and tends to fund the research,” said Purcell. “But in theory it makes sense that plant milk could be a better option.” Plant-based drinks have come a long way since soy milk, and there’s a huge array of options with no added sugar, from cashew to oat to almond to flax, many of them fortified to be as nutritious

as cow’s milk. “But even lower-fat cow’s milk is not a horrible thing,” Purcell adds.

For most people, just replacing a beef burrito with an extra serving of frozen vegetables could make a difference. “I’m dealing with people who are eating fast food three times a day, you’re trying to get them to eat an apple. Small changes add up. “One of the failures of my profession” he says. “is we’ve complicated things too much. Keep it simple.”

While it’s easy to make some positive changes on your own, people interested in overhauling their diet completely should consult a healthcare professional, such as your family doctor or a certified dietitian. Unlike a nutritionist, a registered dietitian is a licensed professional. (Some nutrition experts use both titles.) The benefits of making even small dietary changes can add up to life-saving health improvements: Food may not only be medicine, it could be the best medicine.

Stephanie Nakhleh is a freelance writer and editor based in Los Alamos. When she’s not writing, she’s cooking, exploring the nooks and crannies of the local canyons and walking her geriatric dog.

Fresh fruit, including blueberries, apples, peaches and pears
Brightly colored vegetables like beets, tomatoes, onions and members of the brassica family such as broccoli and Brussels sprouts
Leafy greens, such as spinach, kale and arugula
Plant-based proteins, such as chickpeas, lentils, seitan and tempeh
Fish rich in omega-3 fatty acids, such as anchovies, herring, mackerel, sardines and salmon
Omega-3 fatty-acid-rich foods, such as avocado and olive oil
Whole grains, including oatmeal, barley, brown rice and farro
Anti-inflammatory spices, such as turmeric and ginger
Nuts, including walnuts, cashews, pecans and almonds
Seeds, such as chia seeds and flaxseed
Coffee, green and white teas rich in anti-inflammatory compounds

Refined carbohydrates, such as white bread, pastries and cereals
Sugary drinks, including soda and fruit juice
Red meat
Processed meat, such as hot dogs and sausages
Fried foods
Dairy products

Area Farmer's Markets

CONTACT: JOSH@MOGRO.NET

Pojoaque Farmers' & Crafts Market (Farmers' Market)

78 CITITES OF GOLD RD, PUEBLO OF POJOAQUE, SANTA FE, NEW MEXICO 87321

2021 - MONDAY: 10 AM - 2 PM

JUNE 2 - OCTOBER 27

CONTACT: AEMARTINEZ@POJOAQUE.ORG

Santa Fe Farmers' Market - Railyard (Farmers' Market)

FARMERS' MARKET PAVILION IN THE RAILYARD - 1607 PASEO DE PERALTA AT GUADALUPE, SANTA FE, NEW MEXICO 87505

2021: SATURDAYS (YEAR-ROUND)

7 OR 8 AM - 1 PM (7 AM JUNE - SEPTEMBER)

TUESDAYS: HOURS SAME AS SATURDAYS

WEDNESDAYS: 4 - 7 PM (JULY 1- SEPTEMBER 30)

CONTACT: MARKET@SANTAFEFARMERSMARKET.COM

Santa Fe Farmers' Market - Tuesday Del Sur (Farmers' Market)

4801 BECKNER ROAD, PRESBYTERIAN HOSPITAL PARKING LOT, SANTA FE, NEW MEXICO 87507

2021 - TUESDAYS: 3 - 6 PM

JUNE 30 - SEPTEMBER 29

CONTACT: MARKET@SANTAFEFARMERSMARKET.COM

The Fruit Basket - Rancho De Santa Fe (Farm Stand)

1413 Highway 68, Velarde, New Mexico 87582

Everyday: 8 AM - 6 PM

June - November

Contact: ranchodesantafe3@yahoo.com

Santa Fe Farmers' Market - Railyard (Farmers' Market)

FARMERS' MARKET PAVILION IN THE RAILYARD - 1607 PASEO DE PERALTA AT GUADALUPE, SANTA FE, NEW MEXICO 87505

2021: SATURDAYS (YEAR-ROUND)

7 OR 8 AM - 1 PM (7 AM JUNE - SEPTEMBER)

TUESDAYS: HOURS SAME AS SATURDAYS

WEDNESDAYS: 4 - 7 PM (JULY 1- SEPTEMBER 30)

CONTACT: MARKET@SANTAFEFARMERSMARKET.COM

MoGro Mobile Grocery - Espanola (CSA)

1217 S. RIVERSIDE, ESPAÑOLA VALLEY EAGLES - BETWEEN SONIC AND DREAMCATCHER, SANTA CRUZ, NEW MEXICO 87567

2021 DISTRIBUTION THURSDAY:

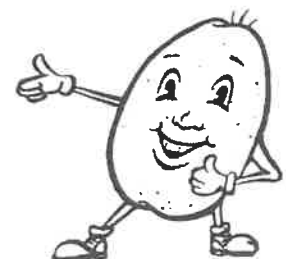
3 - 6 PM

Los Alamos Farmers' Market (Farmers' Market)

SUMMER - ASHLEY POND PARK 2300 TRINITY DRIVE, WINTER - FULLER LODGE 2132 CENTRAL AVENUE, LOS ALAMOS, NEW MEXICO 87544

Stretch your food dollars with Double Up Food Bucks. Get more fruits and vegetables when you spend your SNAP EBT Card dollars at participating farmers' markets. It's easy with Double Up Food Bucks! For example, if you spend \$10 from your SNAP EBT Card at a participating farmers market, we give you another \$10 to buy fresh fruits and veggies grown in New Mexico. If you spend \$25 from your SNAP EBT Card, we give you another \$25 for fresh New Mexico-grown fruits and vegetables. It's that easy!

The Women, Infant, Children Farmers' Market Nutrition Program (WIC FMNP) offers WIC clients \$30 worth of checks that can be used to purchase fresh fruits and vegetables at participating New Mexico farmers' markets between July 1st and November 15th of the current market season. Checks come in \$6 increments and no change can be given. To find out which markets accept WIC FMNP checks, look for the WIC/ Senior check symbol



Worried about your fruits and vegetables? Here's how to wash them

The Alliance for Food and Farming (AFF), which represents organic as well as conventional farmers, also drives home the point of consuming more fruits and vegetables.

"A recent column on the Environmental Working Group's list of fruits and vegetables with the most and least pesticides generated some reader comments. Most wondered if washing eliminates any pesticides residue.

While the EWG said washing doesn't remove the fruit and produce from their list, it's still recommended to wash all fruit and vegetable.

What's important to is that the overall goal is for Americans to increase their consumption of fruits and vegetables for a healthy, well-balanced diet. While the EWG's list is based on USDA data, the USDA says the residues detected are below "benchmark levels established by the Environmental Protection Agency (EPA)."

Washing vegetables

The Federal Food and Drug Administration (FDA) recommends wash fruits and vegetables before eating. Not only is good practice, but, they say, can reduce and often eliminate residues.

Here are a few preparations listed at www.fda.gov.

Begin with clean hands. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.

Cut away any damaged or bruised areas on fresh fruits and vegetables. Produce that looks rotten should be discarded.

All produce should be thoroughly washed before eating. Wash fruits and vegetables under running water just before eating, cutting or cooking.

Many precut, bagged produce items like lettuce are pre-washed. If the package indicates that the contents

have been pre-washed, you can use the produce without further washing.

Even if you plan to peel the produce before eating, it is still important to wash it first.

Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended.

Scrub firm produce, such as melons and cucumbers, with a clean produce brush.

Drying produce with a clean cloth towel or paper towel may further reduce bacteria that may be present.

On a separate note, with highly perishable berries, one method for helping them stay fresh longer is to soak them in a vinegar bath. And don't worry, they won't taste like vinegar. This reportedly helps destroy bacteria and mold spores. Cared for this way, strawberries can last up to 2 weeks and raspberries a good week.

Here's what you need to do:

Make a solution of 3 cups water to 1 cup white vinegar.

Place the berries in a bowl and cover with the water/vinegar solution.

Let sit 5 minutes. Drain and rinse the berries.

Place on paper towel to dry.

To store, line a container with paper towel and place the berries in the container. This will absorb any more moisture.



Contact food writer Susan Selasky at 313-222-6872 or sselasky@freepress.com. Follow @SusanMariecooks on Twitter.

<https://foodandfarming.info/about-us/>

Day School Students Complete 21 Day Challenge!!

Congratulations

Taniya Aguilar, Kameron Joe, Aleister Duran,
Ali Paige Martinez Roybal , Lacey King



Yazzie Bear:
"Eat **5** or More
Fruits and
Vegetables a Day!"



Carlita Coyote:
"Trim Screen
Time to **2** Hours
a Day"



Betty Bobcat:
"Move More:
Be Active for at
Least **1** Hour
a Day!"



Hop Rabbit:
"Drink Lots of
H₂O
Every Day!"



Dinky Raccoon:
"Just Try It!"

The 5 2 1 0 program, which is endorsed by the American Academy of Pediatricians, aims to have children:

- Consume 5 fruits and vegetables a day;
- Limit recreational screen time to 2 hours or less per day;
- Engage in at least 1 hour of active play; and
- Drink 0 sugar-sweetened beverages.

For more information go to
<https://5210.psu.edu/> <https://www.nmhealth.org/about/phd/pchb/hknm/>



Have a happy summer!





Pueblo de San Ildefonso

COVID-19 THANK YOU



On behalf of the Administration, COVID Response Team (CVR-T), Council, and myself, we are happy to be able to hit a milestone for COVID-19 vaccinations. Because of the hard work and dedication of the CVR-Team, our outside partnerships with IHS, Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC), New Mexico Department of Health (NMDOH), and other Pueblos, we have been able to weather the storm and overcome many hurdles and obstacles. Although we are not out of the woods yet, by any means, we must each be sure to do our part to maintain the health and safety of our Community and our members. Our loss has been minimal compared to other tribal nations, but one loss is one too many. The COVID-19 virus variants having been recognized and identified, are taking their toll on communities with low vaccination percentage rates. We highly encourage you and your families to trust the science and do your part to encourage those who are unvaccinated to get vaccinated.

The challenges surrounding a safe reopening, going back to school/work, navigating outbreaks, and practicing our religious beliefs are some of the factors that we are working to manage to ensure we take the next best next steps toward being implemented. We can successfully and safely do these with our internal Pueblo partnerships, communication, and sharing of information. As hard as it may seem, these are daily thoughts and discussions that are occurring regularly. Allowing more activities for and in our community is a priority.

The creation of health, mental health, and wellness access is a priority for the administration and these processes will continue. The administration has these services in place and hopes that members in the community take advantage of them as we make efforts to expand them, increasing access and availability. We look forward to increasing our vaccination numbers, especially as more age groups in the community become eligible to receive the vaccine. We can achieve many things together. Know that you are not alone and feel free to reach out if you need assistance, need someone to talk to, or you have ideas that we may not be aware of or may be missing.

Thank you for your patience and continued support.

Governor Moquino



Pueblo de San Ildefonso

COVID-19 VACCINATION INCENTIVE

You have taken an important step in protecting yourself & the community from reducing the risk/spread of COVID-19.

Fully Vaccinated enrolled Tribal members age 12 years & older will receive a \$50 Mastercard Tribal & Non-Tribal members will be entered into a drawing to win prizes valued up to \$300.

**WEDNESDAY
JULY 7, 2021**

**DRIVE-THRU PICK UP
@ SENIOR CENTER
9-11AM & 4-6PM**

WHAT YOU NEED TO KNOW:

- Eligible individuals must pickup their own Mastercard (Exceptions will be made for 12-17 year olds.)
- Contact a COVID Response Team member prior to event if you cannot make the above date & time
- All Mastercards that are not picked up at event, will be mailed at a later date.. (Cards will be mailed to the address provided for the latest Pueblo Distribution.)
- Not responsible for lost or stolen gift cards
- If you have received your vaccine after June 30th, please contact a COVID Response Team member for verification and to ensure you are entered for drawing

**For additional information, please contact
a COVID Response team member**

COVID RESPONSE TEAM:

Thelma Gonzales

(505)455-4114 (505)690-1024 cell

Claudia Lente

(505)455-4115 (505)231-9401 cell

Raelene Martinez

(505)455-2395 (505)660-8927 cell

DRAWING WILL BE HELD VIRTUALLY ON JULY 14, 2021 @ 4PM



2021 SUMMER PROGRAM

Program will be on FIRST
COME, FIRST SERVE BASIS.
once capacity is reached, we
will establish a waiting list

ALL COVID PROTOCOLS WILL BE
FOLLOWED. MASKS WILL BE
REQUIRED UNLESS EATING OR
DRINKING. 6 FEET DISTANCING
WILL BE ENFORCED

PROGRAMS SCHEDULE

Kindergarten-2nd Grade:
July 13th-15th

3rd grade-4th grade:
July 20th-22nd

5th grade-6th Grade
July 27th-29th

Drop-off will begin at 9am, pick
up will begin at 1:30pm
NO TRANSPORTATION WILL BE
PROVIDED

DEADLINE TO REGISTER IS
JULY 7TH, 2021
505-455-2635,
education.sanip@gmail.com



ENROLLMENT OPEN TO EVERYONE

Eight Northern Indian Pueblos Council (ENIPC)

Ages 3 to 5 at San Ildefonso and Nambe Pueblo Sites

- . Email: enipc.org**
- . ENIPC Head Start Office: 327 Eagle Drive
Ohkay Owingeh, NM 87566**

Phone: 505-747-1593, Ext. 100



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ENIPC Child Care and Development Fund (CCDF) Program offers financial assistance for obtaining child care service for qualifying Native American families residing within the Eight Northern Pueblos. Parents have the choice of selecting their own child care provider.

Provider must be 18 years of age or older. Parent(s) must be working (income eligibility required), in school or in job training. Child(ren) must be between the ages of birth to 12 years old and eligible for tribal enrollment or enrolled within one of the 6 Northern Tribes. (Ohkay Owingeh, Santa Clara, San Ildefonso, Nambe, Picuris, and Pojoaque)

Due to Covid our child care program has new resources available. We are now accepting applications if the parent(s) are **essential workers** and do not qualify with our income requirements (**Call for Additional Information**). We are going by appointment only at this time. If there are any questions about our program and if you would like an application or learn more contact us at (505)-852-1381 ext. 424.

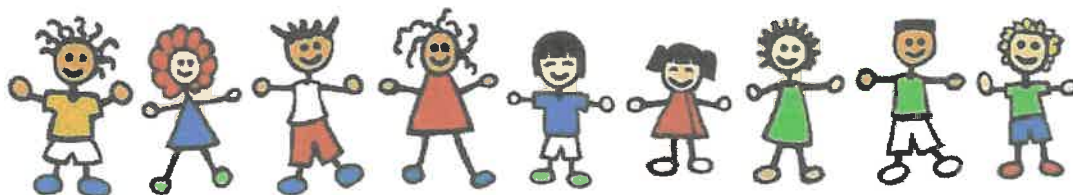
Thank you, CCDF Staff

346 Eagle Dr. Ohkay Owingeh, NM 87566

(505)852-1381 ext. 424 or 422

agipson@enipc.org

daisha@enipc.org (505) 927-5603





pathways

NATIVE ARTS FESTIVAL

BUFFALO THUNDER RESORT & CASINO | AUGUST 20, 21 & 22, 2021

CALL FOR! ARTISTS!

500
ARTIST
BOOTHS

200
OUTDOOR
FREE

300
INDOOR
PREMIUM

Opening Our Doors to 500+ Artists During 2021 Indian Market

The three-day public event is free to all visitors. Native Artists interested in showing have two tiers of representation; free outdoor tented booths, and premium indoor booths for a fee. There will be a variety of food trucks and entertainment throughout the weekend. Parking is free and plentiful.

POEH
CULTURAL
CENTER

Information & Artist Sign Up
www.poehcenter.org/pathways