Santa Ana Pueblo Submission

Dialog submittal

Slide 2: Carla Garcia introducing herself in the Keres language

“Welcome everyone, I am a woman of the Fox clan and my Indian name is “Has Arrived”. I am here to share my story of how I raise my children and how my teachings guide them on the path of respect. Thank you for listening to my story, good blessings to all.”

Slide 3-7: Carla “This could be a story about a single mom and all of the things she needs to keep her healthy…but its not. This is a story about how a single mom successfully raises her children. This is a story about how family, faith, and culture can grow a healthy family. This story is not about diabetes, substance abuse, heart disease, or any of the other health issues that affect Santa Ana. This story focuses on the lessons Carla has to teach us about health.”

Slides 11-15: Carla “I grew up…I ah with my grandmother being here so I was exposed to a lot of stuff, she did everything she cooked, she sewed. She canned, um everything and made pottery. She really was strong in both her catholic faith and traditional faith and she really blended the two. There was nothing, no distinction, she just raised us to always know that there was a greater spirit, there is that respect.”

Slides 17-20: Carla “Uh, right now what keeps us healthy and happy is really having that big family, having lots and lots of people in that having opportunities to not just have to be with one person but a whole bunch of people.”

Slides 22-23: Carla “I’d like to say just don’t give up, its hard but don’t give up because that has to be your focus is to prioritize your child.”

Slides 24-26: Carla “Know your family, get to know your family get to know your culture and traditions learn the language, cause that’s where the lesson come.”

Slides 27-30: (Natowa Garcia speaking, Carla’s oldest son) Our mom was the one that made us try different things and made us who we are today because we do some pretty outrageous things that not a lot of other people do , so we took risks and now we are the men we are because of that so thanks mom.

Slides 31-34: (Keitzecume Garcia speaking, Carla’s second son) “She has taught me discipline respect and faith and by discipline I mean that you know, she was a strict mother but I really appreciate everything she taught me.”

Slides 35-37: (Kawehtewa Garcia, Carla’s youngest son) “One thing I learned from my mom is to behave and listen and to stand up for myself.”

Slides 38-41: Narrator, “This story is a story of success, because what we need is more success stories that we can learn from. We need to learn about healthy families from an indigenous perspective…from a perspective of strength…and from empowerment.

Slide 42: Carla closing in Keres language: “This is my story, thank you for listening. Wishing good blessings and prayers throughout life.”