



# Isleta Pueblo News

Volume 10 Issue 4

Pueblo of Isleta website: [www.isletapueblo.com](http://www.isletapueblo.com)

April 2015

## FROM THE OFFICE OF THE GOVERNOR

### MA GU WAM;

Greetings from Governor Eddie Paul Torres, 1st Lt. Antonio Chewiwi and 2nd Lt. Isidor Abeita

### End of Legislative Session Report/Overview

The 2015 Legislative Session was a mixed bag for tribal affairs. It faced challenges on issues related to rights of way, public lands, and infrastructure policy. It also addressed the opportunity for a new gaming compact that will lower some of the Pueblo's costs to the state and resolve some outstanding issues.

Highlights include:

#### 2015 Gaming Compact

The Legislature approved a compact for five tribes whose compacts will expire in June. Those tribes/Pueblos are: Acoma, Jemez, Jicarilla Apache, Mescalero, and Navajo. While the compact raises revenue sharing provided by these tribes to the state, the new compact will CUT revenue sharing that the Pueblo of Isleta owes the state for the next few years. The new compact would also resolve issues that the Pueblo has had with the state over the issue of free play. Going forward this compact should resolve this matter between the state and the Pueblo.

#### Defeated efforts on the transfer of public lands

Conservatives attempted to put the state of New Mexico on record supporting the transfer of federal public lands to state control; other versions of the bill ended up dying during the session. The Pueblo opposed these bills, despite exempting tribal lands, over concerns on how the state would manage the lands and its impacts on the federal governments trust obligations to tribes.

#### Amended efforts to reduce funding for the Tribal Infrastructure Fund

The state attempted to reduce funding for the Tribal Infrastructure Fund along with other state funding programs set aside from the State Permanent Fund. The Pueblo worked with other tribes to amend HB 236 to hold the Tribal Infrastructure Fund harmless. Senator Benny Shendo authored the amendment on the Senate floor in the final days of the session.

Unfortunately, there was a lowlight as well. Despite the Pueblos successful efforts to lobby for funding for our wastewater infrastructure, a sewage lagoon, and the veterans centers, the capital outlay bill died over a partisan differences between the House leadership, Governor and Senate on how to spend statewide money. This is extremely disappointing as the Pueblo

put in a great deal of effort into securing the funding. Because of the differences in position over the funding between the two sides, no capital outlay bill will be funded this year.

### PNM Summer Engineer Internship Program

PNM is proud to announce the College Summer Engineering Internships available in Albuquerque and at PNM's San Juan Generating Station near Farmington. Interns will get a first-hand experience in providing basic engineering support to operational areas and an opportunity to be a team member for part of a larger project. The positions will also provide support to the Tribal Relations director serving as a liaison between New Mexico tribal entities, company management and governmental officials. Interns will have the opportunity to work with company executives and other stakeholders to represent Native American interest affecting the utility industry.

#### *Minimum education and/or experience:*

Students currently enrolled in four-year bachelor's of engineering degree program at an institution of higher education, or working towards a graduate degree in engineering, are eligible. A Grade Point Average 2.5 or higher must be maintained and the student must possess functional computer skills. Preference will be given to electrical, civil, mechanical engineering majors, and in Farmington, also environmental engineering.

Go to [PNM.com/careers](http://PNM.com/careers) to see a full job description, register, upload a resume and apply. Deadline is no later than April 12, 2015. PNM is an EEO/AA employer. Members of AISES, women, minorities, disabled individuals and veterans are encouraged to apply.

### Pueblo Women Governors & Congresswoman Michelle Lujan Grisham

#### Albuquerque, New Mexico – Indian Pueblo Cultural Center

In honor of Women's History Month, two of the only four women who have ever served as Pueblo governors, Verna Teller and Lela Kaskalla, discussed women in political leadership with U.S. Congresswoman Michelle Lujan Grisham on Saturday, March 14, 2015 at the Indian Pueblo Cultural Center. "Verna Teller and Lela Kaskalla made extraordinary contributions to Pueblo communities and the women of New Mexico", said Rep. Lujan Grisham. "They led the effort to bring Pueblo women's voices into the decision making process and I'm honored to be able to talk to them about their experiences." In this rare event gathering two of the most important Pueblo

Women leaders of the last 25 years, Teller and Kaskalla focused on the role of women in politics and tribal government, the responsibilities of being a Pueblo Governor and their personal experiences as Pueblo women leaders.

Verna Teller was the first woman governor of Isleta Pueblo, serving from 1987-1990. During her career as a political and community leader, she has worked to democratize tribal government, involve women in the political process, protect Isleta's environmental rights and strengthen the health of Pueblo communities through alcohol and substance abuse programs.

Lela Kaskalla served as governor of Nambe Pueblo from 1996-1997. During her term she fought against anti-tribal legislation, successfully defeating a proposed tax on tribal gasoline distribution. Kaskalla has also held positions with the National Congress of American Indians (NCAI) and the New Mexico State Fair Commission and served on IPCC's Board of Directors for nearly a decade. Kaskalla was recently featured in "A Thousand Voices," a documentary about Native American women that aired on New Mexico PBS in February 2015.

On the same note of making history, on March 13, 2015, Kelly Zunie was the first woman confirmed as Indian Affairs Department (IAD) Cabinet Secretary by the Senate, after the Senate Rules Committee voted in favor of her confirmation. She was sponsored by the first IAD Cabinet Secretary, Senator Benny Shendo, Jr., and the 100th person the Committee confirmed. There was a lot of support not only from the tribes that were present but also State Departments and Legislators wanting to work with her. Being from the Pueblo of Zuni, Governor Panteah and his administration was present for this historic event. We wish her success.



*Congresswoman Michelle Lujan Grisham and Verna Teller*

(Office of the Governor, continued)

Major Wastewater Spill into the Rio Grande at Isleta. Feb 27, 2015

The Pueblo of Isleta was notified by the Albuquerque Bernalillo County Water Utility Authority (ABCWUA) that nearly 6 million gallons of partially treated wastewater overflowed from its Southside Water Reclamation Plant on Friday, February 27, 2015. The wastewater overflowed into the Albuquerque Riverside Drain, which flows into the Rio Grande on Isleta Pueblo near the Black Bridge. The Reclamation Plant is about seven miles north of Isleta Pueblo on the east side of the River. The Chief Engineer of the Plant and the New Mexico Environment Department reported that the overflow occurred after a power surge caused switches and fuses to malfunction at the plant's primary clarifier wet well pumps.

Sampling for bacteria after the spill

The Pueblo's Environment Division collected water samples to measure the presence of E. coli bacteria after the spill. Samples were collected from the Rio Grande near the NM 147 Bridge and from the Albuquerque Riverside Drain west of Isleta Lakes. Samples were collected February 27, March 2, March 4, and March 5. Additional samples were collected at Isleta's south boundary and south of Isleta Diversion Dam on the west bank of the Rio Grande. Sample results appear in the following table:

Public health and safety alert

The Pueblo's Environment Division issued a safety advisory on February 27th for the Rio Grande on Isleta Pueblo because E. coli bacteria in water at elevated levels were unsafe and could have caused illness. Based on improvements in the sample results from March 4th and 5th, the "no contact" water quality advisory for the Rio Grande was cancelled by Governor Torres on March 9, 2015.

The community is reminded that Isleta's drinking water supply is of high quality, meets or exceeds U.S. EPA Safe Drinking Water regulations, and is monitored daily. The public drinking water source for all of Isleta Pueblo is groundwater; our public drinking water supply does not come from the Rio Grande.

Violation of the Pueblo of Isleta's surface water quality standards

The ABCWUA Feb 27th spill violated the Pueblo's water quality standards for E. coli bacteria. The most protective of the Pueblo of Isleta's water quality standards limits the concentration of E. coli bacteria in surface water to 88 colony forming units per 100 milliliters of water. There are always E. coli bacteria in the Rio Grande from non-point sources that are difficult to control. From highest to lowest, a 2005 microbial source tracking study conducted by AMAFCA in the Albuquerque Reach of the Rio Grande found that E. coli in the Rio Grande at Isleta Diversion Dam came from birds (43%), dogs (13%), human sewage from

E. coli bacteria, in colony forming units (CFU) per 100 milliliters of water

Sample collection date	Sample Locations			
	NM 147	NM 147 south of Isleta Diversion Dam	Albuquerque Riverside Drain	South Boundary
Friday, Feb. 27, 2015	410.6	not collected	greater than 2,419.6	not collected
Monday, Mar. 2, 2015	187	145	290.9	368
Wednesday, Mar. 4, 2015	187	75	70.8	201
Thursday, Mar. 5, 2015	110	120	65.1	85

poorly functioning septic systems (11%), rodents (11%), cows (9%), horses (7%), and pigs (3%) with less than 1 percent each from cats, sheep, bear, deer, and raccoon.

A six million gallon spill is major

The ABCWUA spill on February 27 violated the U.S. Environmental Protection Agency Clean Water Act. U.S. EPA Region 6 will be issuing an Administrative Order to ABCWUA and will evaluate the potential for a penalty, which could be up to \$16,000 for the one-day spill. The Administrative Order should also contain requirements for ABCWUA to develop and maintain certain preventive measures to ensure that this type of spill will not happen again. Additionally, the New Mexico Environment Department, Surface Water Quality Division has requested a detailed report of the spill from the ABCWUA.

To envision how much 6 million gallons is: think of the Pueblo's three storage tanks east of Isleta Resort and Casino. This set of tanks contains potable drinking water. The capacity of the largest of the 3 storage tanks is 1.5 million gallons. Six million gallons would be 4 full 1.5 million gallon tanks.

The ABCWUA Southside Water Reclamation Plant average daily discharge is 50 million gallons of treated wastewater. The Plant's peak flow is around 64 million gallons per day. Peak flow occurs during a major event in the City such as the International Balloon Fiesta.

Plant managers apologize, explain, and assure: "Never again"

Pueblo leadership wanted to hear first-hand what happened? ABCWUA officials came to Isleta Pueblo on March 10th to meet with Governor Torres and staff. They apologized for the spill and said they were embarrassed by it because they take a lot of pride in the work they do. Tribal Council was provided with a summary of the event and the Pueblo's response at their March 6th and March 11th meetings.

Next steps

Governor Torres has requested government-to-government consultation with Ron Curry, Region 6 Administrator of the U.S. EPA. The meeting is scheduled for March 27, 2015.

The Isleta Environment Division is improving the way we get the message out to our community that a public health risk is present. Signs will be purchased and placed as needed at appropriate locations

on each side of the NM 147 Bridge to rate water quality in the Rio Grande. Here are 3 possible samples of signs being considered:



Community members who are 16-years old or older may register to receive urgent public safety alerts and community information on their cell phone from Pueblo of Isleta Emergency Management New Mexico. Registration is available on the internet, go to: [www.isletapueblo.com](http://www.isletapueblo.com). This alert system is called Nixle.

About one week after the spill local media covered the story, but the Pueblo is considering using social media to issue health advisories during this type of event. While we do not want anything bad to happen, we encourage everyone who learns of a public health advisory for Isleta to let your family and friends know. Help us get the word out. If you have questions, a

( continued next page )

(Office of the Governor, Continued)

telephone number is always provided for Public Health Advisories, so please call the number posted on the advisory to have your questions answered.

Public Services Department staff will be meeting with the Chief Engineer and plant operators at the Southside Water Reclamation Plant in early April. To improve communication and gain a greater understanding of the plant operations and processes, Governor Torres, the Lieutenants, and tribal employees will be visiting the Plant for a thorough site visit after Easter.

#### What to do if you observe environmental conditions that are not normal

If the River or other water bodies on the Pueblo smell bad, if you see dead fish floating on the water surface, or observe a condition that you do not consider to be normal, please call the Environment Division at 869-7565 or 263-5425 and staff will investigate.

#### **Appointments 2015 Mayordomos**

March 2015, Pueblo irrigation water users held a meeting at the Isleta Elderly Center for the purpose of appointing new Mayordomos for 2015.

The following individuals have been appointed Mayordomos for 2015:

#### **Acequia Madre Lateral:**

Alvin Zuni, Head Mayordomo:

PH: 485-6442

Eddie Abeita, Assistant Mayordomo:

PH: 907-8234

#### **Chical Lateral:**

Leonard Abeita, Head Mayordomo:

PH: 908-5101

Leon Chewiwi, Assistant Mayordomo:

PH: 261-0007

#### **Cacique Lateral:**

Brian Jiron, Head Mayordomo:

PH: 259-2688

Kevin Schroder, Assistant Mayordomo:

PH: 410-4345

#### **Message from Governor**

**Eddie Paul Torres**

As we celebrate Easter Sunday, the resurrection of our Lord Jesus Christ, may this Easter bring all the hope and joy into your family and a beginning of a meaningful start for your success and well-being. Let us be mindful of and give thanks to our Great Spirits for the blessings they shower upon us and hold in your hearts those fond memories of our recently dearly departed love ones and their families. May the Great Spirit always guide you and look over you.

## **LETTER FROM THE EDITOR**

Deadline for May Newsletter articles is set for Thursday, April 23rd at 4:30pm. Articles may be dropped off at the Library or emailed to poi02002@isletapueblo.com. Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it's time to panic so call Nate at 505.869.9808.

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

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

#### **The sixteen Newsletter distribution locations are:**

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



**Newsletter Blue Boxes mentioned in above paragraph**

**Probate News:** Since Probates are a court and legal matter where spelling and information is highly critical, it is best that the family members submitting the Probate notice take the time to write the notice. Remember, it is the petitioner's responsibility to provide all information to the Isleta Newsletter. The Newsletter staff and Valencia Express should not be expected to write your article as we know nothing of the Probate Case. For questions regarding Probates, please call the Tribal Courts at 505.869.9699. Thank you for understanding.

For more information about restocking newsletters and newsletter articles, please call the Pueblo of Isleta Public Library at 505.869.9808.

## **Community Plan**

From Public Services Director and Tribal Planner, Kenneth Pin

The Planning Division of the Public Services Department has been given the task to develop a Comprehensive Community Plan. We envision a series of meetings with the community to first explain the need for planning, what the plan is designed to do and what steps we need to take to try to get there. The process is to be very interactive, with community members freely participating. Attendance is strongly encouraged and community members will be assured their input will count. We will make note of who attends these meetings in the effort to ensure participation is representative of the community. This may require separate meetings with the elders and youth or special interest groups such as the farmers and ranchers or veterans.

We must also build political support; the plan will need the support of citizens and political/community leaders alike. This will include the Tribal Council, Governor's Office and Cultural Committee. Other groups may need to be consulted to ensure buy-in into the process.

At some point a community planning committee that is representative of the community should be formed. This committee would be made up of interested and dedicated volunteers who will devote time and effort to the process. This group must receive assurances that their work, time and volunteer efforts will matter during the process. They must believe their work will not be undone by others. So with that, we are looking for volunteers.

#### **Farming**

The Planning Division is also interested in working with farmers to raise interest in setting up greenhouses to increase production and possibly interest farmers in winter growing. There are programs to assist farmers who may be interested in setting up greenhouses and Isleta's ample water supply is an asset. There has been discussion in the past of a farmer's market. Perhaps we can get something organized. We will need to work with the Conservation Manager and others to see if we can get this program going.

For both of these initiatives I can be reached at 869-4965 or poi17501@isletapueblo.com.

### **Isleta Pueblo News**



#### **Editor:**

Nathaniel Lujan

#### **Asst. Editor:**

Tara Abeita

#### **Published By:**

Valencia Express

## The Isleta Elementary School Soon to be Pueblo of Isleta Elementary School Update

The transition/conversion is moving along at a fast and steady pace. The Isleta Elementary School Transition Team (IESTT) is continuing to meet every week and has had several meetings with the Pueblo of Isleta Tribal Council, the Governor’s Office, the U.S. Bureau of Indian Education (BIE) and the Bureau of Indian Affairs (BIA). The meetings with the BIE and BIA have been particularly beneficial for the transition process to outline specific information necessary to create a quality transition.

The Transition Team wants to hear from community members and especially from parents of elementary school age children! We will be hosting more meeting sessions and now that the weather is getting warmer, we will be out at various community events to be available to answer your questions, obtain/solicit comments about the school transition. So, please stop by and visit with the Transition Team. Meeting Notices will be posted in the Isleta Newsletter and on flyers posted throughout the community.

### What follows is a Q & A about the soon to be Pueblo of Isleta Elementary School (POIES).

#### Q. How will my children benefit from this school conversion?

A. By the Pueblo of Isleta assuming the educational operations of the Isleta Elementary School, the Pueblo of Isleta’s intent is to provide an enhanced

curriculum, and to review and expand academic programs with the goal to be as competitive as any school here in New Mexico. In addition, we will be able to effectively initiate program changes. For example, we will now be able to begin to weave our traditional culture and language into the curriculum.

#### Q. Will there be any physical changes to the school?

A. No. At least not initially—changes to the buildings will only be done on an “as needed” basis. However, we are in the process of preparing to expand upgrades to computer equipment and internet infrastructure so our children will be afforded the same up-to-date technology as any other student in the United States.

#### Q. When will the information be available about the progress of the school transition?

A. The Transition Team and the POI project management team (Febasa Consulting) have been hosting information sessions for the community and parents; and, will continue to do so until the BIE officially turns over the school to the Pueblo of Isleta on July 1, 2015. Notices of these meetings will be continued to be posted in the Pueblo of Isleta Newsletter and on flyers that will be posted throughout the community.

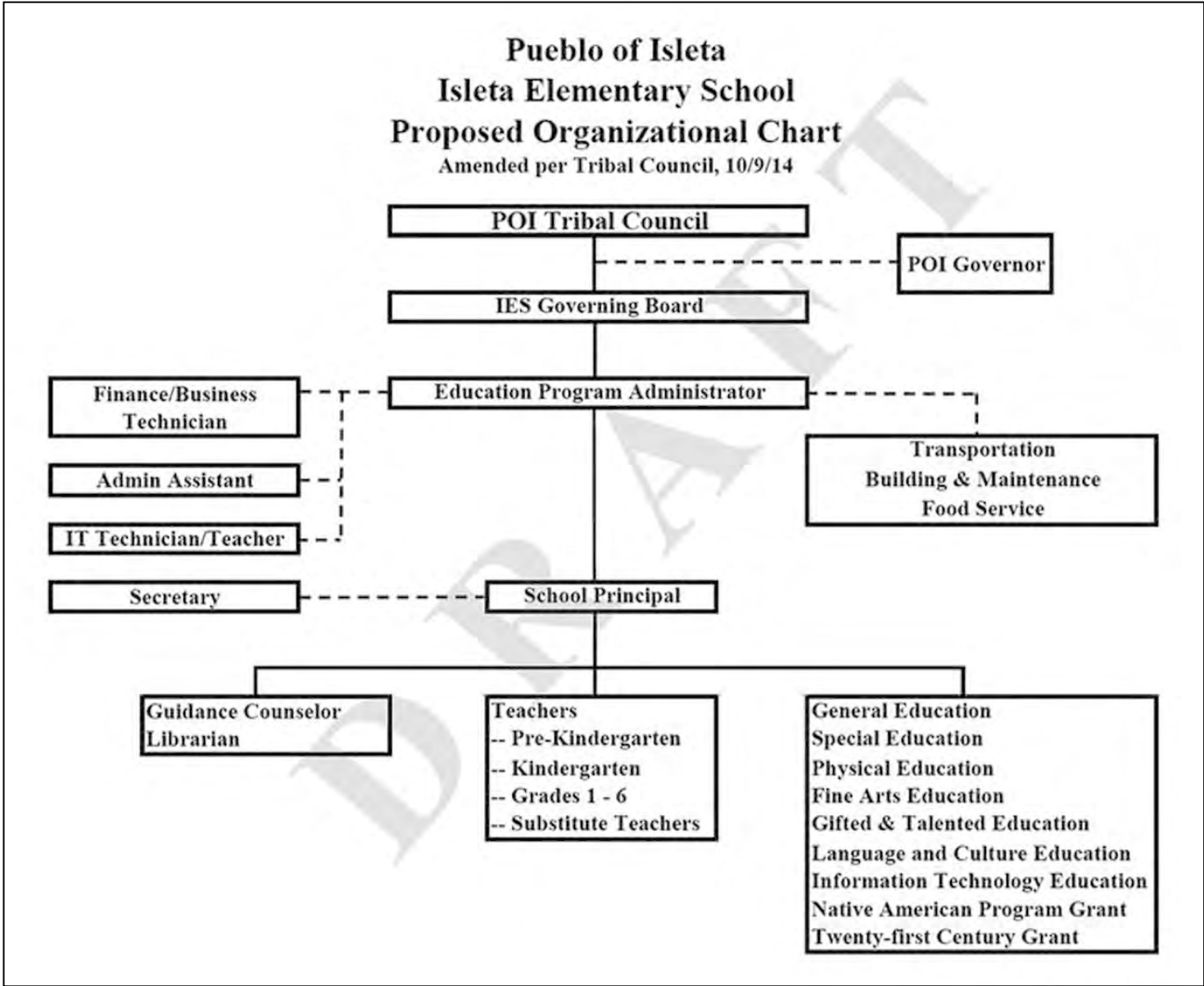
#### Q. When will the school administrators, faculty and staff be hired?

A. The Pueblo of Isleta Human Resources Department will be handling all job postings and announcements—since all employees of the new Tribally Controlled School will be Pueblo of Isleta Employees. As of March 19, 2015 (the date of submission of this article for publication) interviews for the Education Program Administrator (EPA) are being outlined with the intent of hiring the EPA by the end of April 2015. Once the EPA is hired, he/she will oversee the hiring of the remainder of the employees (i.e., Principal, Faculty and Staff).

#### Q. Which office will be responsible for controlling the school?

A. In compliance with P.L. 100-297, the Tribally Controlled School’s Act, the responsible party will be a newly established school board/Governing Board. This “Governing Board” will have the responsibility to make decisions and manage the school. The Governing Board will report directly the Pueblo of Isleta Tribal Council. The EPA will report to the Governing Board of the POIES. And, the remainder of the administrators, faculty and staff will report to the EPA.

There is much work to be done before school starts in the fall of this year. But, the Transition Team is on the right track to get this accomplished before the new School Year 2015-16 (starts/begins). Please look for flyers and future POI Newsletter articles about updates to the transition/conversion process.





## HISTORICAL ACHIEVEMENT IN EDUCATION AT ISLETA PUEBLO

ISLETA PUEBLO, NEW MEXICO – The U.S. Department of the Interior, Bureau of Indian Education (BIE) has formally authorized the conversion of the Pueblo of Isleta Elementary School from a BIE operated school to a tribally controlled Grant School pursuant to Public Law 100-297, the Tribally Controlled Schools Act. The Grant School application submitted by the Pueblo has now been formally approved and will become effective July 1, 2015.

In a public ceremony held on Thursday, March 26, 2015, at the Pueblo, Casey Sovo, Education Program Administrator for the BIE located in Albuquerque, handed a March 23, 2015 formal approval notification by the BIE in Washington, D.C., to Isleta Pueblo Governor E. Paul Torres. The approval of Isleta's Grant application concludes many months of work by the Pueblo to meet all of the strict requirements of the Federal Government to assume responsibility for control over the school.

With this final approval, the Pueblo of Isleta effectively assumes overall control and operation of the School and is now able to create and fulfill the educational aspirations for Isleta Pueblo children as the Pueblo and their parents determine. The Pueblo envisions that in addition to offering state-of-the-art classroom instruction and technology, they will compete with local communities to provide our local Educators with competitive professional salaries and will provide Instructional Programs that will preserve, honor and instill a deep sense of pride in the local culture and traditional values.


The Pueblo of Isleta Elementary School has been operated on the Isleta reservation by the U.S. Government since the late 1890's and has been the center of village life for generations of Isleta Pueblo Tribal members. The Pueblo is currently in the process of advertising a full array of professional education and support positions to staff the school. Central to the wishes of the Pueblo is that the culture and tradition of the Pueblo be incorporated into the curriculum. In that regard, the native TIWA Language Program will become a vital part of instruction at the school. Individuals wishing information or to apply for positions at the Isleta Elementary School are encouraged to contact the Human Resources Office at the Pueblo of Isleta at [poiemployment@isletapueblo.com](mailto:poiemployment@isletapueblo.com).

This approval from the Federal Government not only reflects a monumental milestone in Indian education but also a major achievement in Indian self-determination for the Pueblo.


The Pueblo also plans an elaborate Grand-Opening in a few months of a 16,527 square-foot Assisted Living Facility as well as a 16,429 square-foot Elderly Center.



(l to r)– Michelle Jojola, Isleta Elementary School Board Member; Michael Jojola, Elementary School Governance Board Member; 1st Lt. Governor Antonio Chewiwi; E. Paul Torres, Governor, Isleta Pueblo; Casey Sovo, Education Program Administrator, BIE, Albuquerque; Derek Boyer, BIE Administrative Assistant; and Andrew Casiquito, Education Program Specialist, BIE.



### Listen - Learn & Pass it on



## Adult Language Classes

Classes by: Tata Larry (Intermediate & Advanced)

Mondays: 6:pm–8:pm	Thursdays: 6:pm–8:pm
Tuesdays: 6:pm–8:pm	Saturdays: 9:am–11:am

Classes by: Carol Lucero

Tuesday: 6:pm–8:pm	Wednesday: 6:pm–8:pm
Thursday: 6:pm–8:pm	

Classes by: Bernadette Cotton

Tuesday: 6:pm–8:pm	Wednesday: 6:pm–8:pm
--------------------	----------------------


Please take advantage of these opportunities.

- ⇒ Classes for all levels
- ⇒ Offered to all those of Isleta lineage

**For more information please contact the Department of Education**

**Department of Education**  
**Tiwa Language Program**  
 P.O. Box 1270  
 Isleta, New Mexico 87022

Phone: 505-869-9790  
 Fax: 505-869-7573  
 E-mail: [poi8200@isletapueblo.com](mailto:poi8200@isletapueblo.com)



Preserving Language for culture and tradition & Generations



## Internal Career Opportunities



**ISLETA**  
resort • casino

**\*\*PLEASE NOTE: POSITIONS ARE OPENED UNTIL FILLED\*\***  
**PLEASE SUBMIT TRANSFER REQUEST TO HUMAN RESOURCES**

Staffing Specialist: *Laura Hidalgo 244-8206 OR Mari Valenzuela 724-3907*

Updated: March 25th, 2015

Auto Req ID	Title	Department	Division	Date Opened
377BR	GREENS KEEPER I	GOLF COURSE MAINTENANCE	AMENITIES	16-Mar-2015
370BR	SUPERINTENDENT ASST (Internal)	GOLF COURSE MAINTENANCE	AMENITIES	13-Mar-2015
335BR	OUTSIDE SERVICE POSITION	GOLF COURSE OPERATIONS	AMENITIES	16-Jan-2015
163BR	PORTER-CUSTODIAL	CUSTODIAL	FACILITIES	20-May-2014
28BR	SERVER BEVERAGE	F&B BEVERAGE SERVICES	FOOD & BEVERAGE	10-Mar-2014
373BR	SUPERVISOR LEAD BEVERAGE	F&B BEVERAGE SERVICES	FOOD & BEVERAGE	16-Mar-2015
374BR	BARBACK-CENTER BAR	F&B CENTER BAR	FOOD & BEVERAGE	16-Mar-2015
371BR	SUPERVISOR CENTER BAR	F&B CENTER BAR	FOOD & BEVERAGE	16-Mar-2015
168BR	ATTENDANT CONCESSIONS - CHILI RISTA	F&B DELI	FOOD & BEVERAGE	02-Jun-2014
357BR	COOK/SERVER	F&B GOLF COURSE	FOOD & BEVERAGE	06-Mar-2015
381BR	HOST - STEAKHOUSE (Internal)	F&B STEAKHOUSE	FOOD & BEVERAGE	25-Mar-2015
378BR	SERVER - TIWA (Internal)	F&B TIWA	FOOD & BEVERAGE	16-Mar-2015
282BR	TIWA COOK	F&B TIWA	FOOD & BEVERAGE	31-Oct-2014
311BR	UTILITY-F&B	F&B UTILITY	FOOD & BEVERAGE	18-Nov-2014
330BR	MANAGER BINGO	BINGO	GAMING	07-Jan-2015
328BR	ATTENDANT FLOOR-SLOTS	SLOTS	GAMING	30-Dec-2014
162BR	FLOOR TECHNICIAN-SLOTS	SLOTS	GAMING	20-May-2014
190BR	DEALER TABLE GAMES	TABLE GAMES	GAMING	09-Jun-4
368BR	SUPERVISOR FLOOR TABLE GAMES	TABLE GAMES	GAMING	16-Mar-2015
363BR	ACCOUNTANT STAFF	ACCOUNTING	GENERAL & ADMINISTRATION	09-Mar-2015
245BR	BANKER (VAULT)-MAIN CAGE	CAGE	GENERAL & ADMINISTRATION	28-Aug-2014
360BR	HOUSEMAN-HOUSEKEEPING	HOTEL HOUSEKEEPING	HOTEL	24-Feb-2015
376BR	PORTER LOBBY DAY-HOUSEKEEPING	HOTEL HOUSEKEEPING	HOTEL	16-Mar-2015
264BR	DIRECTOR SALES RESORT	HOTEL SALES	HOTEL	30-Sep-2014
250BR	SPA ATTENDANT	SPA SALON	HOTEL	05-Sep-2014

**BRING YOUR EXPIRED OR UNUSED  
PRESCRIPTION MEDICATION FOR PROPER  
DISPOSAL**

**WHEN: SATURDAY, APRIL 25, 2015**

**TIME: 10:00 AM – 3:00 PM**

**WHERE: NEW RECREATION CENTER & ISLETA  
POLICE DEPARTMENT**



## Tribal Health Reform Resource Center

A project of the  
National Indian Health Board



## Affordable Care Act (ACA) Training & Enrollment Event

*A training presented by the National Indian Health Board in partnership with the  
Albuquerque Area Indian Health Service*

**Wednesday, April 22, 2015 | 9:00 am – 3:30 pm**  
**Indian Pueblo Cultural Center | Albuquerque, NM**

### AGENDA

- 9:00 am Welcome and Introductions
- 9:45 am Affordable Care Act Overview  
April Hale, Tribal Health Reform Outreach and Education Communications Coordinator, National Indian Health Board
- 10:15 am Questions and Answers
- 10:30 am Affordable Care Act Update from New Mexico  
Amber Carrillo, Affordable Care Act Coordinator, Albuquerque Area Indian Health Service
- 11:00 am Questions and Answers
- 11:15 am American Indian/Alaska Native Exemption Waiver  
Dawn M. Coley, Director of Tribal Health Reform Outreach and Education Program, National Indian Health Board
- 11:45 am Questions and Answers
- 12:00 pm Re-cap and Close

\*Enrollment assistance is available from 1:00 pm to 3:30 pm, provided by the Albuquerque Area Indian Health Service.

## Healthy COOKING CLASS

**Wednesday  
April 15th,  
2015**

**5:00pm — 7:30pm**

Location: Diabetes Kitchen  
inside the Isleta Health Center

### What is Offered?

- ⇒ Hands on Cooking
- ⇒ Group learning activities
- ⇒ Discuss food topics
- ⇒ First 25 participants only!

Sponsored by:  
Pueblo of Isleta Diabetes  
Prevention Programs  
"Total Body Health"

For more information  
contact: Lois Coomer  
(505) 869-4595





**Join the Pueblo of Isleta Workforce!**

The Pueblo of Isleta offers a wide range of career opportunities with competitive salaries and excellent benefits. Search the current career opportunities and apply today!

(505) 869-7584 Office  
(505) 869-7579 Fax  
poeemployment@isletapueblo.com

Pueblo of Isleta  
Human Resources  
P.O. Box 1270  
Isleta, NM 87022

**Career Opportunities**

Location	Position Posting	Closing Date
Administration	Tribal Treasurer - NEW	Open Until Filled
Elder Center	Personal Care Service Aide (4 Positions) - NEW	Open Until Filled
Elder Center	Veteran Support Service Program Member	Open Until Filled
Headstart	Child Care Provider - NEW	Open Until Filled
Headstart	Disabilities Coordinator - NEW	Open Until Filled
Headstart	Nutritionist Coordinator - NEW	Open Until Filled
Health Center	Child/Adolescent Therapist - RE-ADVERTISED	Open Until Filled
Health Center	CHR Van Driver (Occasional) - RE-ADVERTISED	Open Until Filled
Health Center	EMT - Paramedic (3 Positions) - RE-ADVERTISED	Open Until Filled
Health Center	Medical Records Manager - NEW	Open Until Filled
Health Center	PRN EMT-Basic (Occasional) - NEW	Open Until Filled
Health Center	PRN EMT-Intermediate (Occasional) - NEW	Open Until Filled
Health Center	PRN EMT Paramedic (Occasional) - NEW	Open Until Filled
Health Center	Special Events Communication Assistant - NEW	Open Until Filled
Housing Authority	Carpenter - NEW	03/28/2015
Housing Authority	HVAC Technician - NEW	Open Until Filled
Housing Authority	Plumber - NEW	Open Until Filled
Isleta Business Corporation	Alcohol Beverage Sales Rep - RE-ADVERTISEMENT	Open Until Filled
Isleta Business Corporation	Food Server - NEW	Open Until Filled
Isleta Business Corporation	Licensed Agent	Open Until Filled
Isleta Business Corporation	Line Cook - NEW	Open Until Filled
Isleta Business Corporation	Sales Associate - NEW	Open Until Filled
MIS	Network Administrator - NEW	Open Until Filled
MIS	PC Technician I - RE-ADVERTISED	Open Until Filled
Police Department	Police Officer	Continuously Accepting Applications
Police Department	Police Sergeant - NEW	Open Until Filled
Police Department	Police Sergeant - Criminal Investigations - NEW	04/03/2015
Public Services	GIS Specialist - NEW	Open Until Filled
POI Elementary School	Educational Program Administrator - NEW	Open Until Filled
POI Elementary School	IES Governing Board Member (7-Seven) - NEW	Open Until Filled
POI Elementary School	Principal - NEW	Open Until Filled
Recreation Center	Mechanic (Vehicle/Equipment) - NEW	Open Until Filled
Recreation Center	Lifeguard (Regular Part-Time)	Continuously Accepting Applications
Recreation Center	Recreation Aide (14 Positions) - NEW	Open Until Filled

The PUEBLO OF ISLETA is a Drug Free Employer.

Successful completion of pre-employment drug screen and background investigation is a condition of employment.

**Pueblo of Isleta Application Process**

Interested persons who meet the minimum qualifications must submit a completed, signed Pueblo of Isleta Employment Application. A resume may be submitted with the application but not in lieu of.

**Contact A POI Recruiter Today!**

Carol Jiron  
(505) 869-7587  
poj70103@isletapueblo.com

Myra Garro  
(505) 869-9792  
poj70011@isletapueblo.com

Richard Garcia  
(505) 869-7585  
poj70106@isletapueblo.com

Up to the minute Position Postings and Employment Applications may be obtained from the Career Opportunity Webpage at: <http://www.isletapueblo.com/careers.html>



**Isleta Health Center**  
Optometry Clinic  
Phone: 869-4080

**The Effects of Blue Light on Sleep Patterns and Alertness**

Short wavelength light (blue light) has been shown to have substantial effects upon alertness, vigilance, and general wakefulness. The effects appear to be controlled by the light sensitive tissue known as the retina. Stimulation of these retinal cells by blue colored light (or from strong white light with a substantial blue component) can inhibit sleep and keep one alert. This can be beneficial to keep one alert during tedious activities, but can be unfavorable if one is stimulated right before bedtime.

Most electronic displays and our newer residential fluorescent light sources have substantially greater blue light production than traditional incandescent sources. Also, a Harvard researcher has recommended that blue-blocking sunglasses should not be recommended for night shift workers driving home from work as the early morning blue light from the sun would be advantageous to increase alertness. The same argument would apply to anyone driving with less than desired alertness.

**girl scouts**  
of new mexico trails

I can't wait to....  
.... make new friends, explore new interests, be creative, earn awards, go camping, travel the world, manage money, become a leader  
.... be a Girl Scout!

Parents and Girls (ages 5-15) welcome!

Girl Scouts will be at the Isleta Pueblo Public Library!

May - field trip, day to be announced  
June - field trip, day to be announced

**\*Join us for fun, snacks, and Girl Scout**

Registration, all at NO COST!\*

For more Information, please contact

Sarah Downing 505-923-2526 or  
[sdowning@gs-nmtrails.org](mailto:sdowning@gs-nmtrails.org)

# STARTING MARCH 2015

## EXPRESS ENDURANCE

**12 WEEK PROGRAM**

**12 CORE SESSIONS**

**18 & OVER ONLY**

At the Isleta Diabetes Prevention Programs our goal is to assist all participants in both setting & accomplishing personal fitness goals.

Pueblo Of Isleta Diabetes Prevention Programs

### WELLNESS CENTER

HOURS: MONDAY - THURSDAY 8:00am - 7:00pm  
FRIDAY 8:00am - 4:30pm  
(505) 869-4595

We look forward to having you JOIN OUR FITNESS PROGRAM and working to reach your fitness goals. Let our program help you through professional health & fitness instruction.

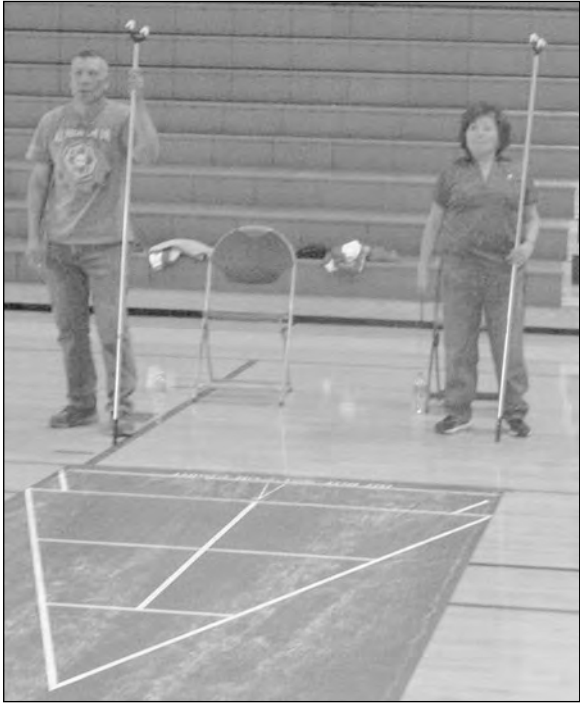


Parks & Recreation

The month of March was an extremely busy one as our staff assisted Eugene (Shoobie) Jojola from the Elderly Program with the Local Senior Olympics. Our basketball program for our Elementary age children finally came to an end with us hosting the Jemez Day School on Friday, March 20th. The Park Management staff has been busy preparing the parks for the upcoming Little League Season that opens up on Saturday, April 11th. Our Recreation staff has been busy preparing for the 2015 Cross Road Running events that begins here on April 18th. With the weather getting warmer many of our Pueblo members have been reserving park usage for small private parties i.e.; birthdays, graduations etc. Just as a reminder, if anyone reserves private park usage please make sure you clean-up after yourselves. Up to this point we have not charged any cleaning deposits because all who have used them in the past have been great with the cleanliness of the parks. Please keep up the good work.

Local Senior Olympics

As the Elders from the Pueblo of Isleta compete for the right to qualify for the State Senior Olympics later this summer in Las Cruces, NM they have become competitive in many different events. When Shoobie was asked about this year's events, he immediately responded that contrary to this being his first program while working with the Elders, everything is going fairly well despite transitioning from the old Elderly Center to the New building. Having Parks & Recreation staff that has done these events in the past has really made his job a lot easier. Pictured are Eugene (Shoobie) Jojola as the person in charge of Local Senior Olympics, followed by many of our Elders from Isleta showcasing their talents in the Senior Olympic Games.





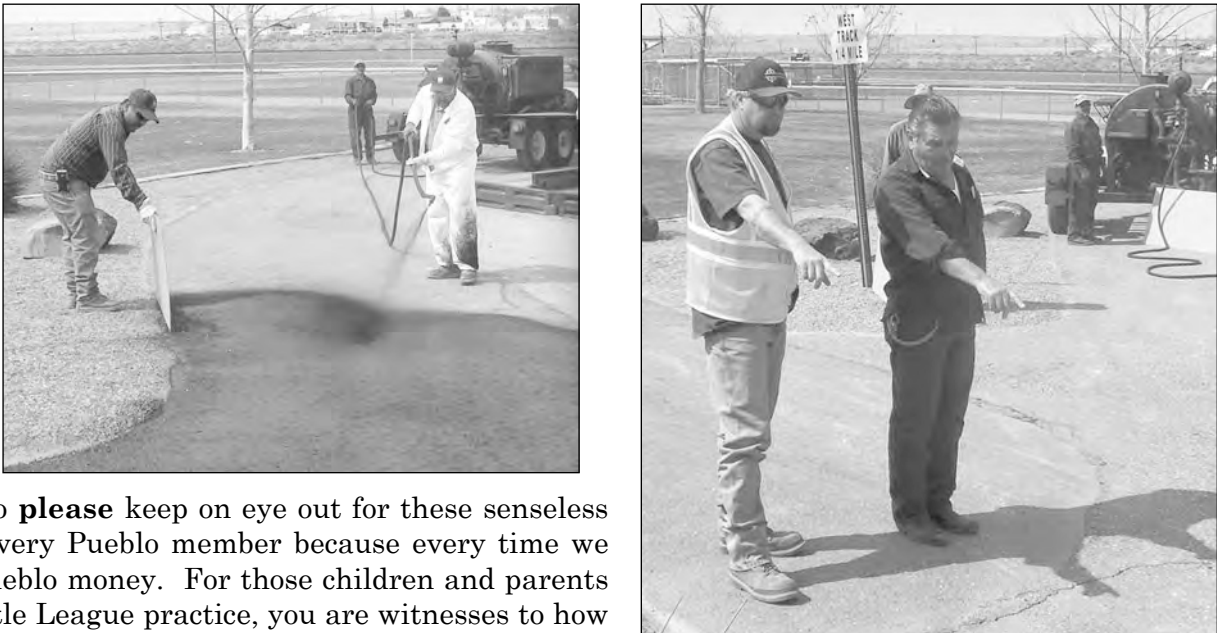


**Youth Basketball**

The basketball season came to an end for our Elementary School students as they played their final game against Jemez Day School on Friday, March 20. According to girls head coach Jonathan Lente, “It’s tough to see our 6th grade girls who were playing their last game for our Pueblo of Isleta leave this program but it’s great to see how much they learned and developed over the last 3 or 4 years”. Coach Lente continued to say, “I know these two girls; especially Natalie (Doodles) Jojola and Miyawni Curtis are going to take their game into the next level. I honestly can see them playing for their mid-schools and high schools if they so choose. They are definitely that good.” On this final day of play after the game was completed both teams, Jemez Day School and Isleta were treated to a pizza party as a show of unity in Indian Country. By the way our girls’ team from Isleta did win this final game and our boys’ team lost. Overall, both teams did very well this season and ended their seasons above .750 percentage meaning they won ¾ of their games.

**Parks System**

As mentioned earlier our park management crew has been busy preparing our parks for the upcoming growing season and sprucing up the basketball courts and shade structures with a fresh coat of paint at all parks. This brings me to **an existing problem of graffiti**. On the day that the Pueblo newsletter was being worked on, the crew was busy painting shade structures over in the Chical neighborhood. Upon the crew’s return from lunch, the shade structures which they had just painted had already been vandalized with graffiti. We are asking everyone in the Pueblo of Isleta to **please** keep on eye out for these senseless vandals. In reality they are stealing from every Pueblo member because every time we have to go out to re-paint, it is costing the Pueblo money. For those children and parents who have been out to our park system for Little League practice, you are witnesses to how beautiful our park crew already has these parks. I will again say that our parks are second to none in the southwest. Also, on the week of March 16th we had the jogging path re-sealed with a coating that will help deter cracks from developing. Park Superintendent Robert Apodaca is pictured with Randy Carter from Dismuke Construction Company pointing out the cracks in the asphalt that needed to be filled and sealed. The jogging trail across the street is looking great. Hopefully later on this year or early next year we can do the same to the track around the Soccer field.



**Volleyball League**

The adult volleyball leagues finally came to an end with the power house team coached by Melanie and Mike Lente (The Hustle Gang) taking first place over the Rec. Crew coached by Matt Jojola. All 17 teams who played in the regular season participated in this year’s finale. Unfortunately, I was hoping to provide a photograph of the winning team however a photograph was not received in a timely manner. Therefore, a picture of the volleyball bracket will have to suffice. **Congratulations** to the players of Hustle Gang (Mike, Melanie, Andrew, Taylor, and Sammie). All in all this has been the biggest number of 17 adult teams participating in the program. **Special thanks** go out to **League Director, Vanessa Martin** making this the best league to date.





## NOMINATIONS SOUGHT FOR NM ON AGING AWARDS

The New Mexico Aging and Long-Term Services Department is accepting nominations for the New Mexico Conference on Aging Awards. The awards recognize older adults and organizations whose work benefits New Mexico's aging population. As baby boomers age, New Mexico's older adult population is set to double by 2030.

"All around New Mexico, older adults are changing our communities for the better. I strongly encourage people to nominate such deserving elders for a Conference on Aging Award," said Aging and Long-Term Services Department Cabinet Secretary Gino Rinaldi. "The awards are a great way to showcase and recognize the work and dedication of older New Mexicans."

"With the rapid growth of our 65-and-older population, their contributions will do a lot to determine the success of our state overall," Rinaldi said.

The winners will be recognized at the 37th Annual New Mexico Conference on Aging, August 18th and 19th at Isleta Resort & Casino Conference Center. More than 1,400 individuals are expected to attend the Conference, which features workshops, interactive exhibits and a two-day Health & Enrichment Fair.

Nominations are being accepted for four separate awards. A description of the awards and the eligibility requirements, along with the nomination forms, are posted at the Department's website at [www.nmaging.state.nm.us](http://www.nmaging.state.nm.us). Deadline for award nominations is June 5th, 2015 by 5:00 pm.

Nomination forms can be mailed to Evone Gallegos at:

Awards Subcommittee Chair  
NM Conference on Aging  
1015 Tijeras NW, Suite 200  
Albuquerque, NM 87102 or emailed to  
[evone.gallegos@state.nm.us](mailto:evone.gallegos@state.nm.us)

They can also be faxed to 505-222-4526.

Anyone with questions about nominations can call Ms. Gallegos at 505-222-4523.

### NM CONFERENCE ON AGING SCHOLARSHIPS

The New Mexico Conference on Aging is awarding 10 full scholarships and 20 partial scholarships to assist adults age 55 or older who otherwise would not be able to attend the conference. Full scholarships include conference registration fees, lodging & meal costs. An individual must live 80 miles or more from the Conference site (Isleta Resort & Casino Conference Center) to apply for a full scholarship. Partial scholarships include registration fees & a lunch gift card.

All applications are to be sent to Evone D. Gallegos, NM Conference on Aging, 1015 Tijeras NW, Suite 200, Albuquerque, NM 87102. Questions may be directed to Ms. Gallegos at 505-222-4523 or through email at [evone.gallegos@state.nm.us](mailto:evone.gallegos@state.nm.us). Applications can be downloaded from the NM Aging & Long-Term Services Department website: [www.nmaging.state.nm.us](http://www.nmaging.state.nm.us). Applications must be received no later than June 5, 2015 to be considered.



## APRIL 22, 2015 ACA TRAINING AND ENROLLMENT EVENT

### The Affordable Care Act and Indian Country

Learn about the special provisions for American Indians and Alaska Natives (AI/AN) through the Affordable Care Act (ACA), which include:

- Special monthly enrollment status
- Zero cost-sharing plan option for household incomes at or below 300% of the Federal Poverty Level
- Limited cost-sharing plan option for household incomes above 300% of the Federal Poverty Level
- No copays, deductibles, coinsurance for zero and limited cost-sharing plans when receiving care from Indian health care providers

Come prepared with your ID card, birth certificate, Social Security card, Tribal ID or CDIB, pay stubs or W-2s, and IHS eligibility letter.

Training is FREE, but please register at:  
<https://nihbacatraining.wufoo.com/forms/nihb-aca-training-albuquerque-nm/>

Tribal Health Reform  
Resource Center  
A project of the  
National Indian Health Board

Wednesday,  
April 22, 2015  
9:00 AM – 3:30 PM

Indian Pueblo  
Cultural Center  
2401 12th Street NW  
Albuquerque, NM

Learn about  
Marketplace  
plans, Medicaid &  
CHIP eligibility

Learn about the  
AI/AN exemption  
waiver & taxes

Enrollment  
Assistors onsite

### FOR MORE INFORMATION

Contact:  
Amber Carrillo at 505-248-4218 or  
[amber.carrillo@ihs.gov](mailto:amber.carrillo@ihs.gov)

April Hale at 202-507-4077  
or [ahale@nihb.org](mailto:ahale@nihb.org)

[www.nihb.org/tribalhealthreform](http://www.nihb.org/tribalhealthreform)

## Rabies Shot Clinic



- **Free Rabies Clinic!!**
- **Tuesday April 21, 2015**
- **For residents of the Pueblo only.**
- **Be in Compliance with the animal ordinance!**
- **Dog must be on a leash!**
- **Cat must be in kennel or wrapped in a towel!**

Clinic Parking lot:  
**9:00 am - 1130 am**  
Ranchitos Park, TR 7:  
**1:00pm - 3:00 pm**  
**Isleta Animal Control**  
**505-869-7564**

**Tuesday  
April 21,  
2015**



## Isleta Pueblo Housing Authority's First ADA Compliant Home

In 2011, Mr. Rafael Anchondo was in an unfortunate motor vehicle accident which left him with a long-term disability (Incomplete Quadriplegic). Mr. Anchondo does not have complete use of his arms and legs and will always be in need of a wheel chair or a walker.

The Isleta Pueblo Housing Authority (IPHA) was able to qualify Mr. Anchondo through the United States Department of Housing and Urban Development funding. This funding is available through the IPHA which has a waiting list comprised of low-income elderly and/or disabled tribal members.

Mr. Anchondo and his family are the new proud owners of the first fully ADA compliant residence on the Pueblo of Isleta. Mr. Anchondo had the keys turned over to his new house on Friday, January 30, 2015. The Isleta Pueblo Housing Authority contracted the home out to Top Notch Custom Builders, based out of Belen, New Mexico.

Some features of Mr. Anchondo's new home include custom made kitchen and bath cabinetry for wheel-chair confined people. Also included in the residence is VA tile floors for easy wheelchair mobility, roll in shower fixtures and elevated washer/dryer for ease of access. This type of home is built with wide entry ways and a 5-foot wheel chair radius in the master bathroom.

Mr. Rafael Anchondo and his family are thankful that he does have a home now and are hoping in the future he can learn to use everything on his own. Please welcome into the community this state-of-the art home which will set the benchmark for this entire community for a higher standard for Americans with Disabilities.



### 2015 PUEBLO OF ISLETA JOB FAIR



OPEN TO ALL PUEBLO OF ISLETA TRIBAL MEMBERS

BUSINESS CASUAL

BRING PRINTED COPIES OF YOUR CURRENT RESUME

**MAY 9, 2015 | 9AM - 1PM**  
**ISLETA EAGLE GOLF CLUB**

### Health Beat

Health Educator: Stephanie Barela @ 869-4479

#### Distracted Driving Awareness Month

**Distracted driving is anything you do that could take a driver's attention away from the task of driving. All distractions endanger driver, passenger, and bystander safety. These types of distractions include:**

- Texting
- Using a cell phone or smartphone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading (including maps)
- Using a navigation system
- Watching a video
- Adjusting a radio, CD player, or MP3 player

Because text messaging requires you to not only look, but also requires you to manually do it and take your cognitive attention away, this is the most concerning distraction. Simply taking your eyes off the road for 5 seconds when you are going 55 mph is like driving the length of a football field. Could you ever imagine doing that blind folded? That is potentially what you are doing.

**Nearly half a million people are injured each year by distracted driving.**

**PLEASE KEEP YOUR EYES on the ROAD and DON'T TEXT AND DRIVE!!!**

<http://www.distraction.gov/get-the-facts/facts-and-statistics.html>



## Pueblo of Isleta Public Library

Ah yeah, People of the Island!!! The cold weather is coming to an end which reminds me of an Atmosphere song that goes, "Sunshine sunshine is fine, feel it in my skin, warming up my mind..." Which reminds me, with the warm & hot weather upon us, PLEASE DO NOT leave your children in your vehicles while visiting the Library or you may be singing the tune of the late Vincent Craig's "Candy Bar Song".

### News

In observance of Good Friday, April 3rd the Library will be closed. Library media checked out on Wednesday will be due Monday, April 6th.

Our monthly Library staff meeting will be on Wednesday, April 8th from 8:00am-12:00pm therefore the library will be closed during this time. Keep a look out for details on our 2015 Summer Reading Program. Ask a Library staff member for more details. Registration will be in May (exact day and time still to be determined).

The deadline for May's Isleta Pueblo Newsletter will be April 23rd before 4:30pm. Please call the Library for more information and details about submitting an article.

Girl Scout meeting will be Friday, April 17 from 1:00pm-5:00pm at the Library. The Girls involved have expressed how fun this program is and sharing the excitement with others. Good job girls!

Library staff members Christino, Valeri, Dianna, and Cheyenne will be attending the New Mexico Library Association Mini Conference at the K'awaika Center in Laguna Pueblo. The staff will collaborate with other libraries and share programs as well as learn different techniques and approaches to running the Library to meet the needs of the community.

### Upcoming

Breaking Bad fans are you out there? Come to the Library and sign up for our Breaking Bad inspired book club based on the book "Breaking Bad and Philosophy: Badder Living Through Chemistry" by David R. Koepsel & Breaking Bad Tour. Starting April 1st through April 29th from 5:00pm-6:00pm every Wednesday. The book club is open to the first 10 adult participants. **You must attend 4 of the 5 book sessions in order to attending the Breaking Bad Tour.** For more information please call Cheyenne at the Library 505-869-9808.

The Library Girl's Fancy Shawl class is coming to an end. The girls have been practicing footwork and learning the different songs. They have also been hard at work finishing up their custom-made fancy shawl regalia, which were designed by the girls and with the help of their families all the sewing was completed. They will be performing at this year's 14th Annual Honoring the Graduating Seniors 2015 Powwow held at the Isleta Recreation Center at 6:00pm. Come out and support them and encourage them. They have developed their own style and continue to impress their dance instructor, Tara Abeita.

### Recap

This year the Library celebrated St.



*Our Participants for the children's costume contest waiting to see who won.*



*A visitor getting a picture with batman.*

Patrick's Day March 17th, with a story from the book "Hooray for St. Patrick's day! By Joan Holub. After the story, participants made a pot of gold with a black cauldron and a rainbow handle made of pipe cleaners and rolo candy for their gold coins. For those of you that took your pot of gold home, I hope it brought some luck to your home, family and friends. Thank you Christino for creating a fun craft!

This year's 2nd Annual Library Comic Con held Saturday March 21 was a big success! We had Comic Vendors: Age of Comics, Lobo Anime and Comics, Comic Warehouse, 7000BC, Coolsville, Ty Pod Mary, Old West Comics and Toys, Gamers Anonymous,

Eric Toys, and Brandon Independent comic writer. Peter from 7000bc also did free caricature drawings for the public. Paul also from 7000bc also hosted a workshop on how to draw your own superhero/villain. We had two crafts: Wolverine Claw Craft and Domo Food Craft open to the first 30 participants. We also had a video shoot of the Harlem Shake, which was lead by Batman of the Justice League of New Mexico. A very special shout out to the Justice League of New Mexico and the 501st Star Wars Group who volunteered their time to be at our event and mingling with our visitors. Throughout the day we had a raffle of items that were graciously donated to us by the vendors.





*Looking through 50 cent comics at the Old West Comics and Toys Booth.*

Thank you to everyone who came in a costume and participated in our Costume Contest. We had 2 winners from our adult category and all children who were dressed up in a costume received a prize. Last but not least, we held a Halo Game Tournament, which was open to ages 8 years old to adult. All participants competed till the very end and we had 3 winners. We are looking forward to next year and bringing in a bigger crowd.



*Batman and Robin Adult Costume Contest winners!*



*Peter from 7000bc doing free caricature art for those who attended.*

We hosted a Spring break Youth Sports Program March 30 - April 2nd from 10:00am-3:30pm open to 10 participants. The students were able to learn and play basketball, kickball, sand volleyball, ultimate Frisbee, and bowling. Monday students utilized our basketball court here at the library and played a few games of horse, knock out and a regular game of



*Playing the classic games on the Nintendo 64, Sega and the first Nintendo console during the Library Comic Con.*

basketball. Tuesday was field trip to the Isleta Recreation Center to play kickball on one of the their fields. Wednesday was another short field trip to Heritage Park in Los Lunas to play Sand Volleyball and Ultimate Frisbee. Our last day of spring break we took students to bowl at Santa Ana's Bowling Alley and enjoyed pizza while playing a few games of bowling. Thank you Diane for putting on an active and fun program for the students.

Easter Bunny Pictures were held March 25 from 2:00pm-6:00pm with a special visit from the Easter Bunny who also made a visit to the Isleta Head Start classrooms. Pictures were taken in front of our garden background painted and put together by Library staff members Diane, Dianna and Cheyenne. Pictures were emailed out to the families and family pictures were printed. If you took a picture with the Easter Bunny please come to the Library to pick up your picture. If you are unsure if your picture was to be printed out, please call the Library and we can answer any questions you may have 505-869-9808.

### Hours of Operation:

#### Library Hours

Mon-Thurs - 8:00a.m. - 6:30p.m.

Friday- 8:00a.m. - 4:30p.m.

Saturday- 9:00a.m. - 1:00p.m.

Closed on Sundays, all federally recognized holidays and also Isleta traditional holidays.

Please contact library for more information on closures.

### Mailing and Physical Address:

950 Moonlight Drive  
Albuquerque, NM 87105

**Phone:** (505) 869-9808

**Email:** poi02002@isletapueblo.com

### Facebook Page:

[www.facebook.com/IsletaPuebloLibrary](http://www.facebook.com/IsletaPuebloLibrary)

### Web Address:

[www.isletapueblo.com/library2.html](http://www.isletapueblo.com/library2.html)

### YouTube:

[www.youtube.com/user/poilibrary](http://www.youtube.com/user/poilibrary)

## JOIN THE FIGHT HELP STOP DIABETES

### NATIVE AMERICAN DIABETES FACTS

2.3 Times Higher - Likelihood of Native American adults to be diagnosed with Diabetes compared with non-Hispanic/whites.

9 Times Higher - Likelihood of Native Americans aged 10 - 19 diagnosed with Type 2 Diabetes compared to non-Hispanic/whites.

110% Percent Increase in diagnosed Diabetes from 1990 - 2009 in Native American youth aged 15 - 19.

Diabetes just doesn't effect you  
Let's help each other

Location: Diabetes Kitchen

( Located inside the Isleta Health Center)

5:30 p.m. - 7:00 p.m.



Sponsored by: Isleta Diabetes Prevention Program (505)869-4595

April 22, 2015

ISLETA DIABETES  
**ALLIANCE**

LEARN \* LISTEN \* SUPPORT



## Rabies Vaccination Clinic

The Pueblo of Isleta Animal Control will be hosting its annual spring Rabies vaccination clinic on April 21, 2015, the morning shot clinic will be held at the Isleta Health Center parking lot from 9:00 am – 11:30 am and the afternoon shot clinic will be held at the Jose Manuel Valdez memorial park located in Ranchitos on Tribal Road 7 from 1:00 pm – 3:00 pm. Please bring your canine on a leash and cats wrapped in a towel or in a crate. There will also be a veterinarian on site to offer a low cost vaccinations and microchipping for dogs and cats. Cash only payments will be accepted by the veterinarian.

Reminder that on April 1, 2015 the amended and restated Animal Control Ordinance will go into effect; it can be viewed on the animal control website: [www.isletapueblo.com/animal-control.html](http://www.isletapueblo.com/animal-control.html).

The Pueblo of Isleta Animal Control, Valencia County Animal Control, Rocky Mountain Puppy Rescue, Spay Neuter Coalition NM and CARE would like to announce the SPAY IT FORWARD Spring Spay and Neuter Mobile Clinic to be held May 1st, 2nd and 3rd. WHY SPAY NEUTER? Spay and neutering your pets keeps them from running away, prevents unwanted litters, prevents cancer, and eliminates spraying and other negative behaviors. IT SAVES LIVES! The Clinic is open to all animals (dogs or cats) in need of a spay or neuter surgery and will include basic vaccination and a microchip. Payment is \$ 20.00 cash or credit card per animal and includes: surgery, shots and microchip.

This clinic is by appointment only. Secure your appointment now by calling the Isleta Animal Control at: 505-869-7564. Appointments will fill fast! In addition there will be a microchip and vaccine only clinic for those animals already altered (spayed/neutered), it will be held May 1st, 2nd and 3rd from 10 am until 2pm. Microchip Only Clinic- Chips are 15.00 and are open to those animals that are altered (spayed/neutered). Vaccine ONLY Clinic: Vaccines are 10.00 and include rabies and Da2pp or felocell and are open to all animals.

**SPAY IT FORWARD Spring Clinic** will be held in the Public Works Building, 06 Sagebrush, Isleta Pueblo, May 1st, 2nd and 3rd. Animal drop will be from 7am until 8:30 each day and pick up starts at 3pm until 4:30pm. All animals need a collar and leash and or crate if available. All cats need to be crated. Animals scheduled for spay or neuter should not be given food after 10pm the night before their appointments, "water is ok". For more details or assistance, please call Isleta Pueblo Animal Control at 505 869 7564. Thank you!

## WIC Program

### What is WIC?

The WIC or Women, Infants, and Children Program serves pregnant, breastfeeding, and newly post-partum mothers, as well as infants until age 1, and children until they turn 5 years old. We have a food package that includes whole grains, healthy cereals, milk, fruits and vegetables, cheese, juice, and beans. We also provide breast pumps and extra food for our breastfeeding moms, as well as infant formula for infants under 1 year. Our food packages are perfect for a family on a budget that wants to stock their pantry with healthy foods. We also help parents and caregivers to be their very best by providing information on healthy pregnancies, breastfeeding, infant feeding and nutrition tips for the entire family.

### Who is eligible?

Pregnant women, breastfeeding and newly post-partum women, infants until 1 year of age and children until they turn 5 years old are encouraged to apply for the WIC Program. There are income, residency and nutrition criteria that is screened at your first appointment and if you qualify you can get your healthy food package benefits and head right to the supermarket.

### How can I apply?

Call our office at 505 869-2662 and we will be happy to schedule you for our soonest available appointment. We will tell you what you need to bring and with our flexible scheduling times and hours of operation you can rest assured that we value your time and understand your busy schedule. Call us now for an appointment and we'll see you soon!



**FUN RUN AND WALK**  
**WEDNESDAY MAY 13TH, 2015**  
**DIABETES PREVENTION WELLNESS CENTER**

Last Day to Pre-register is  
April 17, 2015

Sign in begins at: 5:00 PM  
Run/Walk Starts at: 6:00 PM

For more information call  
(505) 869-4595

---

**Registration Form**

Print Name \_\_\_\_\_

Contact Number \_\_\_\_\_

Adult Size: ☐ Small ☐ Med ☐ Large ☐ X-Large ☐ 2XL

Sign me up for: ☐ Volunteer

☐ 1 m walk ☐ 2 m walk ☐ 3 m walk

☐ 1 m run ☐ 2 m run ☐ 3 m run

Youth Size: ☐ X-Small ☐ Small ☐ Med ☐ Large

By submitting this form, I hereby voluntarily waive and release all rights as well as all claims for damages I may have against the event of "Splash into Summer Fun Run/Walk" to be held on May 13, 2015 for any and all injuries suffered by me in this activity.

Participant Signature \_\_\_\_\_



Date \_\_\_\_\_

Staff Initials and Date \_\_\_\_\_

Sponsored by: Pueblo of Isleta Diabetes Prevention Program "Total Body Health"



# Invitation Announcement

## Pueblo of Isleta Head Start & Child Care Center

The Isleta Head Start & Early Head Start programs invite you to join our family by completing an application for the upcoming 2015-2016 program year.

Applications will be accepted beginning March 4, 2015

*Mission:* To develop the whole child in all comprehensive areas reflecting the traditional Isleta culture and language. A safe, positive, healthy, and family-centered environment is supported with: a highly competent staff; parental enrichment and enhancement of their child's education; a structured developmentally appropriate learning environment; strengthened community collaboration; & sustained stakeholder communications.

Options for you and your child:

Head Start – 3 to 5 years old

A 6-hour, 5 day-a-week program. Classrooms are equipped with hands-on, age appropriate materials and qualified teachers. Transportation services are available for this option.

Early Head Start- Prenatal to 3 years (3 options to choose from)

1. Home Based for Pregnant Mothers: Home visits from a Home Visitor who brings information and materials about pregnancy & child development.
2. Home Based for Parent & Child Birth to 3 years: Weekly 90-minute home visits from a Home Visitor who provides information and materials about parenting and child development. Bi-weekly Socialization activities in a group setting (i.e. fun walks, field trips, child development, & more).
3. Classrooms ages 3 months to 3 years: A 6-hour, 5 day-a-week program. Classrooms are equipped with hands on, age appropriate materials and qualified teachers. There are no transportation services available for this option.


We invite you to come in and fill out an application:

Call to schedule an appointment to apply.  
You need to bring ALL of the following:

- √ Tribal Identification w/CIB # (required if residence is outside of the Isleta Reservation)
- √ Proof of Residency to ensure your physical residence is within the Program's service area (New Mexico Driver's License, Utility Bill, Government/Tribal ID)
- √ Proof of income for previous 12 months (Such as: Public Assistance Award Letter, 2014 tax forms, W-2, 26 paystubs, etc.)
- √ Proof of Child's Birth (State issued birth certificate, CIB Letter, Baptismal Certificate)
- √ A copy of your child's IFSP/IEP (if applicable)
- √ For Prenatal option, Pregnant Mothers need to provide proof of pregnancy

If you have any questions, please don't hesitate to call us at 869-9796.

We look forward to working together with you and your family to make your child's learning fun and successful!



# Child Abuse Prevention & Awareness Month


"Together We Journey to Promote Healthy Relationships Between Families, Children, and Communities"

Thursday, April 9th

Family Head Start Night

Location: Isleta Head Start

Time: 5:30-7:30 PM




Saturday, April 11th

Camp Triumph, BBQ, Fair

Location: Isleta Rec. Center

Time: 9 AM- 2 PM

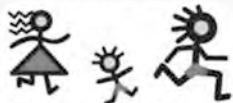


Thursday, April 16th

5K Walk/Run

Location: Isleta Social Services

Time: 5 PM




FAMILY RUN

Thursday, April 23rd


Grocery Bingo

Location: Isleta Rec. Center

Time: 5-7 PM



Join us as we bring awareness to Child Abuse and promote a healthy family relationship with these fun events!



For More Information

Please Call

Isleta Social Services

505-869-2772

All events made possible with the help of the following programs: Isleta Social Services, Tribal Administration, Isleta Recreation Center, Isleta Police Department, Isleta Library, IBC, Isleta Resort & Casino, Isleta Head Start & Child Care, Isleta Diabetes Program, Isleta Health Center, Department of Education, (All POI Departments who contributed to Grocery Bingo), Kimo Constructors Inc., City Painting Co. THANK YOU!



## TEST YOUR KNOWLEDGE

### National Infant Immunization Week Is April 19 - 25

#### How Much Do You Already Know About Infant Immunizations?

1. A pregnant woman passes antibodies to her unborn baby through the placenta to protect against certain diseases. About how long does this natural immunity last after birth?
  - A. 1 month
  - B. 2 months
  - C. 6 weeks
  - D. 3 months
2. Which vaccine is given soon after birth?
  - A. Polio
  - B. Hepatitis B
  - C. Measles, mumps, and rubella (MMR)
  - D. Varicella
3. Bacterial meningitis strikes infants more often than any other age group. Which vaccine will help prevent one previously common type of meningitis?
  - A. Tetanus
  - B. Hib
  - C. HIV
  - D. Varicella
4. What type of reaction commonly occurs after the diphtheria, tetanus, and cellular pertussis (DTaP) vaccine?
  - A. Swelling and tenderness at the injection site
  - B. Fever up to 103 degrees
  - C. Continual crying
  - D. Limp, listless behavior
5. When should an infant not be given a DTaP vaccine?
  - A. The child has a moderate or serious illness with or without fever
  - B. The child had a previous anaphylactic reaction (serious allergic reaction) to DTaP vaccine
  - C. The child had encephalopathy after a vaccination when no other cause was apparent
  - D. All of the above
6. In the combined DTP immunization used in the past, which of the three vaccine components reportedly caused severe reactions?
  - A. Diphtheria
  - B. Pertussis
  - C. Tetanus
  - D. All three when given together

**TEST YOUR KNOWLEDGE and CHECK THE CORRECT ANSWERS in NEXT MONTH'S Pueblo of Isleta Newsletter!**  
**Isleta Health Center Health Educator, Stephanie Barela, 869-4479**

<http://phoenixchildrens.staywellsolutionsonline.com/Pregnancy/Tools/40,InfantImmunizationsQuiz>

### Los Lunas & Valencia High Schools

PRESENTS

14<sup>TH</sup> ANNUAL HONORING  
THE SENIORS CLASS OF  
2015 POWWOW



**FREE  
ADMISSION**

**SATURDAY, APRIL 18<sup>TH</sup>  
ISLETA PUEBLO RECREATION CENTER  
ISLETA PUEBLO, NEW MEXICO**

**Grand Entry: 6:00pm**

**Honoring the Seniors class of 2015 at 6:30pm**

**Closing at 10:00pm**

#### Head Staff

**Master of Ceremonies: Matthew Shoulders, Oglala Lakota/Thanktown Dakota**

**Arena Director: Leonard Atcitty, Dine'**

**Host Northern: Swift Eagle, Santo Domingo Pueblo Head Singer: Larry J. Tortalita**

**Host Southern: Southern Mix, Old Laguna Pueblo, Head Singer: Bernard Duran**

**Head Man Dancer: John Henry Cummins, Crow/Dine'**

**Head Lady Dancer: Julie Rae Schonchin, Isleta Pueblo/Seminole/Muskogee Creek/Klamath**

**Concession provided by  
LLHS & VHS Native  
American Clubs**

**EVERYONE  
INVITED!!**

**Raffles  
SPECIALS & DANCE  
SPECIALS: TBA**

For more powwow information please call  
Mike Abeita at 505-553-8421.  
For Arts and Crafts Vendor information please  
call Ben Analla at 505-865-4646 EXT. 6145

This is a Drug and Alcohol free event.  
Anyone under the influence will be  
asked to leave. The Pueblo of Isleta  
and Los Lunas Public Schools are not  
responsible for any theft or accidents.

### !!!LOW COST VACCINATION CLINIC FOR DOGS AND CATS!!! TUESDAY, APRIL 21, 2015

#### DOGS

Distemper/Parvo	\$18.00
Bord (kennel cough)	\$14.00
Heartworm test	\$20.00

#### CATS:

FVRCP	\$15.00*
Feleuk	\$15.00*
Combo	\$30.00

\*Price may vary slightly

**MICROCHIP \$20.00**

**HEARTWORM PREVENTATIVE AND  
FRONTLINE AVAILABLE**

**NO CREDIT CARDS, NO CHECKS,  
CASH ONLY PLEASE**

**Open to the public**



**To be held in conjunction  
with rabies clinic**



**3rd Annual**

BERNIE JOJOLA

**MEMORIAL**  
*Challenge*

Fun Walk & Run

**SATURDAY APRIL 18TH, 2015**




On site registration starts at : 9:00 a.m.  
Location: Big Mama Hill (Isleta)

Walk/Run Starts at: 10:00 a.m.  
For more information call: (505) 869-9777

Wings Of America

Pueblo Crossroads

Pueblo of Isleta  
Parks & Recreation

**Isleta Little League**  
**OPENING DAY!**

*Come out and celebrate our 10th Anniversary of Isleta Little League Baseball and Softball!*

**When:** April 11, 2015

**Where:** Isleta Little League Fields

**Time:** 8:00 a.m. to 10:00 a.m. (Pictures)  
10:00 a.m. to 12:00 p.m. (Ceremony)

**We will have:**  
LIVE GAMES  
DRAWINGS  
FOOD  
MUSIC  
AND LOTS OF FUN!!!


**2015 FAFSA**  
**WEDNESDAY**

**April 15, 2015**  
**5:00 PM - 7:00 PM**

ASSISTANCE COMPLETING THE FREE APPLICATION FOR  
FEDERAL STUDENT AID (FAFSA)

**BRING THE FOLLOWING:**

- Student & Parent PIN(s)
- 2014 Student & Parent Federal Tax Return(s)
- 2014 Student & Parent W-2(s)



PUEBLO OF ISLETA DEPARTMENT OF EDUCATION  
PO BOX 1270  
Isleta, NM 87022  
Phone: (505) 869-9790 Fax: (505) 869-7573

**PUEBLO OF ISLETA**  
**DEPARTMENT OF EDUCATION**  
**LANGUAGE PROGRAM**

**2015 Summer Language Camp**  
**6 Week Program**



Date: June 1, 2015 through July 10, 2015  
Two sessions per class:  
Time: Monday thru Thursday  
Age: (Four age groups for this program)

**Group 1: Carol Lucero Teacher (Girls)**  
**Session 1:** 9am - 11:30am  
Ages: 11-12 (max # of students 15)  
**Session 2:** 1:00pm - 3:30pm  
Ages: 13 and up (max # of Students 15)

**Group 2: David Lente Teacher (Boys)**  
**Session 1:** 9am - 11:30am  
Ages: 11-12 (max # of students 15)  
**Session 2:** 1:00pm - 3:30pm  
Ages: 13 and up (max # of Students 15)

**Group 3: Erica Montoya Teacher**  
**Session 1:** 9am - 11:30am  
Ages: 6 - 8 (max # of students 15)  
**Session 2:** 1:00pm - 3:30pm  
Ages: 9 - 10 (max # of Students 15)

**Group 4: Bernadette Cotten Teacher**  
Ages: 3 - 5 (must be potty trained)  
**Session 1:** 9:am to 11:am (max 10 students)  
**Session 2:** 1:pm to 3:pm (max 10 students)



**DEPARTMENT OF EDUCATION**  
**LANGUAGE PROGRAM**

P.O. Box 1270  
Isleta, New Mexico 87022

Phone: 505-869-9795  
Fax: 505.869.7573  
E-mail: poi06200@isletapueblo.com

**Preserving Language for  
culture and tradition**



## Johnson-O'Malley

Happy Spring everyone! I hope this article finds everyone doing well and getting ready for the end of the school year. Here at the J.O.M Program, we are entering our busiest time of the year! To start us off, a couple of I.E.C members, a staff member, and four students will be leaving to attend the National Johnson-O'Malley Association Conference in Portland, OR from March 28th to April 1st. This is a great opportunity for students to participate in the program at a national level and to meet other Native American Students from around the country.

Also in April, the J.O.M Program's Parent I.E.C Meeting/Family Activity Night has been changed from its usual date. This month our meeting and Activity Night will be held on Monday, April 13th and starts at 5:30pm until 7:30pm. The theme for this month is, of course, Easter! We have a series of games planned, egg coloring, and a BBQ. The games are a competition of three rounds. The first round is a carrot scavenger hunt, winners go to the second round which is an egg relay race, and the third and final round is a bunny sack race. The winning family will receive the Gold Egg, a prize filled with fun family activities. Those who do not make it to the final round, have no fear, there will still be eggs to be colored and decorated and food to be eaten! The students who attended the 2015 NJMOA Conference will be presenting their trip at this meeting. All Family Activity Nights are open to our J.O.M eligible students and their families. Please remember that these are family activities and so parents, guardians, or other adult family member must accompany the students. If you have any questions about these nights or any of our other activities, events, services, or field trips, please do not hesitate to give us a call. We hope to see you there!

On April 18th the J.O.M Program will be taking a group of students (grades K to 12th) to the Santa Fe Children's Museum via the Rail

Runner. This is a trip that we have taken before and one that the students said they really enjoyed. All expenses will be covered by the J.O.M Program and lunch will be provided. This field trip runs from 8AM to 5:30PM and sign up begins on April 1st. All trip signups are first come first serve, spots will not be held due to the limited quantity, a student's spot is filled only when we have received a completed permission and transportation slip, and trips are available only to J.O.M eligible students.

To finish out the month, the J.O.M Program in conjunction with the Higher Education Department and the Department of Education, will be having its annual Graduation Banquet. Invitations for our graduating High School Seniors have been sent out and all the information needed for the banquet was included. However, if you have any questions or need clarification on anything, please give us a call, email, or stop by the office.

Parents! Please keep in mind that we are still offering reimbursements for first time ACT/SAT lab fees. I know that the deadline for registration for these tests is coming up. All you have to do is bring in your receipt and fill out the forms for your J.O.M eligible student.

If you have any questions regarding our services, activities, events, or eligibility, please do not hesitate to get a hold of us or stop by the office. We also greatly appreciate any comments or suggestions you may have that can help us improve the services to our community. We can be reached at 869-9810 or by emailing [poi08102@isletapueblo.com](mailto:poi08102@isletapueblo.com).

Our office is located at the Pueblo of Isleta Educational Complex opposite side of the Library. Have a wonderful month and hope to see you soon!



### 5 Gallon HE *formulated* Liquid Laundry Detergent

# \$45

pump  
additional \$2





Original  
w/Febreeze  
w/Downy  
Free and Clear

FABRIC SOFTENERS

Downy April Fresh  
Gain Island Fresh  
Downy Lavender

## DAWN

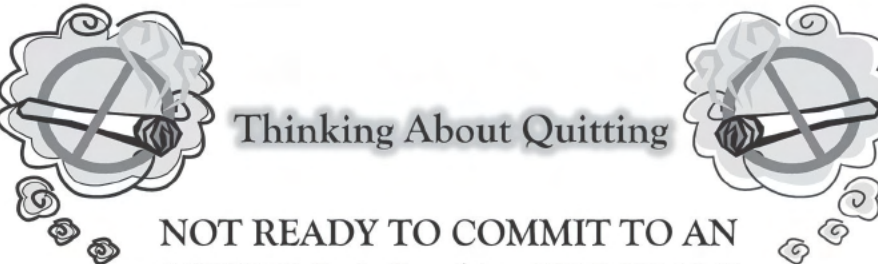
Dish Liquid

## GAIN

Original  
Apple Mango Tango

5 Gallons of Concentrated Laundry Detergent = to 640 Ounces  
1 pump of liquid detergent = 1 ounce required for 1 regular wash cycle  
*Products comparable to advertised brands*

**CONTACT: Mona 505-506-0953 Mon-Fri after 6pm / weekend aft 9am**



### Thinking About Quitting

**NOT READY TO COMMIT TO AN  
8 WEEK Quit Smoking PROGRAM?**

Take this 1 time, 1 on 1, 90 minute session to  
increase your motivation to quit!

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



## All About Parties

**TENT & PARTY EQUIPMENT RENTAL**  
505-414-2149 [www.allaboutpartiesnm.com](http://www.allaboutpartiesnm.com)

We are a local business and understand your needs in any occasion...

Every party, event or business gathering is a unique occasion. If you are looking for some professional party equipment, you have come to the right place. All About Parties offers party equipment rentals for a variety of occasions including:

- Weddings
- Birthday Parties
- Corporate Events
- School Functions
- Communion Celebrations
- Holiday Parties
- Children Parties
- Sporting Events
- Graduation Parties

View our specials online and reserve today! [www.allaboutpartiesnm.com](http://www.allaboutpartiesnm.com)



TEST YOUR KNOWLEDGE

ANSWERS to last month’s “How Much Do You Already Know About Kidney Disease?”

1. The only purpose of the kidneys is to filter blood: **FALSE** – the kidneys have several major functions. They remove waste materials and excess fluid from the body and help to maintain a good balance of electrolytes and minerals in the blood. They also help regulate blood pressure.

2. True or False: Urine is made in the kidneys: **TRUE** – normal kidneys process about 200 quarts of blood per day resulting in removal of waste products and excess water which comprise urine. About two quarts of urine are produced per day. Urine flows from the kidneys through ureters to the bladder. The bladder stores urine until a person urinates.

3. Medically speaking, which term refers to the kidney function? a. Hepatic b. **RENAL** c. Dialysis d. Urinary  
**B: Renal** – The term "renal" refers to the kidneys, so "renal function" and "kidney function" are interchangeable terms. Renal function, when used by medical professionals, usually refers to how efficiently the kidneys filter blood. For example, two healthy kidneys in a person have 100% renal function.

4. Common non-specific symptoms of chronic kidney disease include: a. Increased urination at night b. Loss of appetite c. Swelling of hands and feet d. **ALL OF THE ABOVE**  
**D. All of the above** – There are a number of nonspecific symptoms that may occur with kidney disease. The following is a list of some of these nonspecific symptoms:  
-Swelling of the hands and feet -Puffiness around the eyes -Shortness of breath -Fatigue -Increased nighttime urination -Frequently passing small amounts of urine -Urine-like odor to breath -Increased blood pressure -Loss of appetite -Pale skin and/or dry itchy skin -Children may show increased fatigue and sleepiness, a decrease in their appetite, and/or a poor growth pattern.

5. A person can have chronic kidney disease without symptoms: **TRUE** – Unfortunately, people can have renal disease for long periods of time before noticing any symptoms. Although it may seem like the symptoms come on quickly, they actually have been slowly progressing over a number of years. The slow progression is often seen in chronic kidney disease. Another term for chronic kidney disease is renal insufficiency. Over time, renal insufficiency can be followed by determining the creatinine level in the blood with a test that is readily available to most physicians. A rising creatinine level is an indicator that renal insufficiency is getting worse.

6. Which kidney disease is known to be inherited: a. End-stage renal disease b. Protein disease c. Autoimmune kidney disease d. **Polycystic kidney disease**  
**D. Polycystic kidney disease is an inherited renal disorder.** In this disorder, some normal kidney tissue is replaced by fluid-filled cysts of various sizes in both kidneys as the disease progresses, the cysts become larger and the functional kidney tissue decreases. Other organs like the lungs may also be affected by this disease.

7. Hemodialysis is the only treatment for kidney failure: **FALSE** – Hemodialysis is not the only treatment for kidney failure. However, hemodialysis is usually done before the other two options are tried. The other two options are peritoneal dialysis and kidney transplantation; however, not every patient with kidney failure may be a candidate for all of these options.

8. A doctor who specializes in kidney diseases is called a: a. Urologist b. Endocrinologist c. **Nephrologist** d. Immunologist  
**C. A nephrologist** specializes in the diagnosis and treatment of kidney diseases. Such specialists may help patients avoid renal failure for years and can help a patient determine the best treatments if renal failure does occur.

9. How many stages of Kidney Disease are there? a. 3 b. **5** c. 6 d. 7  
**B. There are five stages of chronic kidney disease.** These stages indicate increased severity from mild stage I (one) to stage V (five) when the kidneys fail. Stage I indicates slight kidney damage while stage II (two) indicates a mild decrease in kidney function. Stage III (three) represents a moderate decrease in kidney function and stage IV (four) is a severe decrease in kidney function. Stage V indicates kidney failure.


10. Patients with kidney diseases must manage fluid intake because fluid can... a. Retention can cause swelling and weight gain b. Affects blood pressure c. Overload can result in heart trouble d. **All of the above**  
**D. All of the above** – People with kidney diseases have to be very careful about their fluid intake. Kidney disease alters the body's ability to balance fluid intake so patients who do not monitor their fluid intake can gain weight and develop edema (swelling) because they are retaining water. This extra fluid can cause higher blood pressure, breathing difficulties, and/or heart problems.

TEST YOUR KNOWLEDGE and CHECK NEXT MONTH'S Pueblo of Isleta Newsletter for ANOTHER QUIZ!


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

[http://www.medicinenet.com/kidney\\_disease\\_quiz/quiz.htm](http://www.medicinenet.com/kidney_disease_quiz/quiz.htm)

In Loving Memory of  
Kenneth Ryan Martinez  
One year Anniversary



What does it look like in heaven  
Is it peaceful is it free like they say  
Does the sun shine bright forever  
Have your fears and your pain gone away  
Cause here on earth it feels like everything  
Good is missing, since you left  
Here on earth everything is different, there is an emptiness  
I hope your dancing in the sky  
I hope your singing with the angels choir  
I hope the angels, know what they have  
I bet it's so nice up in heaven since you arrived  
Tell me, what do you do up in heaven  
Are you're days filled with love and light  
Is there music? Is there art and invention  
Tell me are you more alive.  
In Loving memory of our brother, son, grandson,  
nephew, cousin, friend and father.  
We miss you Ken and Love you so much.



Song by Dani & Lizzy  
Dancing in the Sky



Isleta Health Center APRIL 2015 Questions? Call 869-3200						
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	<b>April is National Child Abuse Prevention Month and National Distracted Driving Month</b> ♦ National Public Health Week: April 6-12 ♦ World Health Day: April 7 ♦ National Youth HIV and AIDS Awareness Day: April 10 ♦ National Infant Immunization Week: April 18-25 ♦ Every Kid Healthy Week: April 20-24 ♦ World Immunization Week: April 24-30 ♦ World Meningitis Day: April 24		<b>1</b> Parent Group: 9-11a @ BHS. DPP Elderly Walking Club: 1:30p @ REC. Anger Management Skills: 1-3p @ BHS.	<b>2</b> Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>3</b> Early Recovery Skills: 9-11a @ BHS. DPP Elderly Walking Club: 1:30p @ POI Rec Center.	<b>4</b>
<b>5</b>	<b>6</b> Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. DPP Elderly Walking Club: 1:30p @ POI REC. Young Leaders Youth Krew: 4:30p @ BHS. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>7</b> Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>8</b> Parent Group: 9-11a @ BHS. Anger Management Skills: 1-3p @ BHS. DPP Elderly Walking Club: 1:30p @ REC. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>9</b> Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>10</b> Early Recovery Skills: 9-11a @ BHS. DPP Elderly Walking Club: 1:30p @ POI Rec Center.	<b>11</b>
<b>12</b>	<b>13</b> Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. DPP Elderly Walking Club: 1:30p @ POI REC. Young Leaders Youth Krew: 4:30p @ BHS. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>14</b> Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center. Isleta Cancer Education & Support (ICES): 10:30-12p, 'River of Life Activity' @ Health Center, small conf. room.	<b>15</b> Parent Group: 9-11a @ BHS. Anger Management Skills: 1-3p @ BHS. DPP Elderly Walking Club: 1:30p @ REC. Healthy Cooking Class: 5-7:30p @ Diabetes Kitchen. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>16</b> Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>17</b> Early Recovery Skills: 9-11a @ BHS. DPP Elderly Walking Club: 1:30p @ POI Rec Center. Diabetes Fun Run/Walk: Last day to Pre-register! Call 869-4595 for info.	<b>18</b>
<b>19</b>	<b>20</b> Early Recovery Skills: 9-11am @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. DPP Elderly Walking Club: 1:30p @ POI REC. Young Leaders Youth Krew: 4:30p @ BHS. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>21</b> Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>22</b> Parent Group: 9-11a @ BHS. Anger Mgt. Skills: 1-3p @ BHS. DPP Elderly Walking Club: 1:30p @ REC. DPP Alliance Support Group: 5:30-7:00p @ Diabetes program. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>23</b> Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>24</b> Early Recovery Skills: 9-11a @ BHS. DPP Elderly Walking Club: 1:30p @ POI Rec Center.	<b>25</b>
<b>26</b>	<b>27</b> Early Recovery Skills: 9-11am @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. DPP Elderly Walking Club: 1:30p @ POI REC. Young Leaders Youth Krew: 4:30p @ BHS. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>28</b> Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>29</b> Parent Group: 9-11a @ BHS. Anger Management Skills: 1-3p @ BHS. DPP Elderly Walking Club: 1:30p @ REC. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>30</b> Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Express Endurance Class: 5:30-6:45p @ Diabetes Wellness Center.	DPP = Diabetes Prevention Program (869-4595 for more information). BHS = Behavioral Health Services (869-5475 for more information).	



# Freedom From Smoking

**NEED HELP STOPPING SMOKING?**

**SIGN UP FOR THE ISLETA HEALTH CENTER'S Freedom From Smoking PROGRAM NOW!**

**SIGN UP FOR THE NEXT GROUP!**  
**97% OF THE PARTICIPANTS THAT ATTENDED EVERY SCHEDULED SESSION QUIT SMOKING!!**



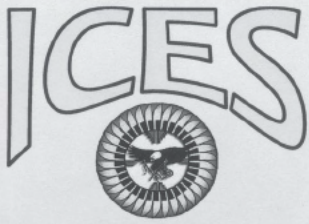
## Weekly Prizes!

→ Nicotine Replacement Therapy for those clinic patients who attend weekly sessions!

→ Get support from others that are going through the same thing.

**CONTACT:**  
**Stephanie Barela @ 505-869-4479**  
**for more information or to reserve your spot in this class!**

Sponsored by the Isleta Health Center



# ICES

Isleta Cancer Education & Support Group


## River of Life Activity

### April 14, 2015

### 10:30-noon

ISLETA HEALTH CENTER • SMALL CONFERENCE ROOM

PARTICIPATE IN THIS ACTIVITY TO CREATE YOUR RIVER OF LIFE

Please join us!  Everyone Welcome!

**For Info Call**  
**Stephanie Barela @ 869-4479**