

Volume 7 Issue 7

From the Desk of Governor Frank Lujan

The weather is hot, hot, hot and will probably stay this way for the rest of the summer. It is therefore critical that make sure we take care of our elders, your moms, dads, grandpa, grandmas, and all others to assure they are taken care of and doing well to endure this heat. Visit your loved ones often and if anything needs fixing, repair, replace, and so on, let us know and we will send help. Be reminded that Public Works and/or Housing will respond to the needs of the elders, who are our first priority, low income, and handicapped. All others will be charged a small fee for services.

Thank you for coming out to the Governor's Feast on Saturday, June 23. Everything went well and we were visited by several representatives from the NM State Legislative offices, including State Senator Michael Sanchez, State Representative Ken Martinez, State Representative David Chavez, who will be seeking the State Senate seat in the November elections, and our lobbyist, Drew Setter, who accompanied us on the pilgrimage and blessing of the fields. Congressman Martin Heinrich and his family also attended the feast.

At the June 12th Isleta Tribal Council meeting, Public Service Company of New Mexico (PNM) presented a check to the Pueblo of Isleta Scholarships fund in the amount of \$10,000. We have been working closely with Kathy Newby, Tribal Liaison with PNM and other senior staff members from PNM on various issues that affect the Pueblo of Isleta and PNM. We are presently working on tax issues with regard to Right of Ways and Possessory Tax. Thank you

ORGANIZING FOR AMERICA NM (OFA NM)—

Debra Haaland, of Laguna Pueblo, received the first presidential appointment as Native American Vote Director. Ms. Haaland's installation to her position was celebrated this past April in Gallup, NM. The goals set forth by Ms. Haaland is to get as many Native Americans to register to vote and TO GET OUT TO VOTE for the General Election this November. The deadline to vote for the General Election is October 9, 2012.

The Pueblo of Isleta is happy to assist OFA NM in registering voters here within Isleta and getting out the Isleta vote. You may see Debra and her volunteers around the Pueblo between now and November 6. I encourage all tribal members to take the opportunities to REGISTER TO VOTE!! If you would like to learn more about the voting process and registration, do not hesitate to contact Debra directly at 505-358-1008 or e-mail at dhaaland@ ofanm.com.

PRESIDENT OBAMA'S RE-ELECTION

For your information, on December 14, 2011, the Pueblo of Isleta Tribal Council officially endorsed President Barack Obama for reelection. This decision was based upon the unprecedented commitment President Obama and his Administration have shown in fulfilling the campaign promises he made to Indian communities here in New Mexico and across the country, including but not limited to the areas of jobs, education, healthcare, and tribal justice systems.

PUBLIC NOTICE

The Probate Hearing for the Estate of Maria Rose Garcia, Deceased on October 22, 2010 in the Isleta Tribal Court. Any person claiming interest in the estate is hereby requested to notify the Isleta Tribal Court Clerk before Thursday, July 12, 2012. Probate hearing will be on July 12, 2012 at 11:00 AM

PNM for your generous contribution to the scholarship program. The 2012 State — Tribal Leaders Summit was held at the Inn of the Mountain Gods, Mescalero, NM on June 8, 2012. Governor Susanna Martinez and her Cabinet Secretaries and the majority of the Pueblo Governors, Presidents of Mescalero, Jicarilla, and the Navajo Nation were present. I was not able to attend due to our ceremonies during that time here at home. Council President Fred Lujan and the Tribal Council members represented us at this very important meeting.

As I feel that there were many important issues presented at the Summit that will have a profound effect on the relationship between New Mexico's tribal governments and the state of New Mexico, I am including the entire "Proposed Solutions & Commitments" that were presented at the Summit. (see attachment pages 2-3).

I was informed by President Lujan that during the Summit, Isleta was mentioned and we were congratulated for submitting the best Tribal Infrastructure Funding Proposal and it was rated number one out of fourteen (14) submitted. The Tribal Infrastructure Funding Proposal is for start up funds for the new Long Term Care Facility which will be located where the old community center site.

I am sorry to report that at the June 22, 2012 tribal council meeting, former Governor J. Robert Benavidez submitted his resignation as a member of the Isleta Tribal Council. We wish him and his family well and will greatly miss his positive contributions and experience to help guide us.

2012 Per Capita Distribution

The per capita distribution for 2012, has been officially extended to (2) days, Tuesday, August 7, 2012 and Wednesday August 8, 2012, from 8AM to 6PM each day at the Recreation Center.

It is mandatory that a W9 Form be completed and presented before a Per Capita check will be issued. Completed forms maybe turned into the Census Office in the Village or Treasury Offices located at the Tribal Services Complex before the distribution dates. You will need information to verify the accuracy of the information being provided on the W9 Forms.

Please make sure the information is correct and current as we are planning on making distributions in the future if any using the U.S Mail/Post Office system.

We will be mailing out the forms in the next few days, for your convenience to complete the information to be presented when a check is being picked up at the distribution center or at Treasurer's Office at the Tribal Service Complex after August 10th.Duplicate copies may be made; additional forms may be picked up at the Governor's Office, Census Department, Treasurer's Office and at the Recreation Center on the days of the distribution.

FIRE RESTRICTIONS

Due to the extreme drought which has resulted in extreme fire conditions, Governor Lujan has implemented the following fire restrictions, effective immediately:

Fire Restrictions include:

- 1. Full closure of the Bosque and Mountains; this includes Off Highway Vehicles (OHV) & all-terrain vehicles (ATVs).
- 2. **Use of aerial fireworks & Firearms** (i.e. Roman candles, bottle rockets, anything over 10 feet)
- 3. **All open burning:** (Debris burning, ditch cleaning and Agricultural field burning) with the exception of traditional fires such as outdoor ovens and outdoor cooking fires. Suspension of burn permits until further notice.

Frank Jiron - Acting Department of Natural Resources Director



2012 State-Tribal Leaders Summit

Proposed Solutions & Commitments

New Mexico Indian Affairs Department

State-Tribal Leaders Summit held at Inn of the Mountain Gods Mescalero, NM June 8, 2012



Indian Education

Issue Statement

Tribal Leaders identified the following concerns relating to Indian Education:

- Impact Aid funds are not used to directly address the known Achievement Gap. Request Public Education Department (PED) to report specifically how Impact Aid dollars are used and consider changes to the state equalization formula.
- Request PED to create an administrative code in consultation with Tribes to ensure execution of the Indian Education Act (IEA). If school districts are not in compliance with IEA, PED should provide for sanctions.
- Abolish the earmarking of funds for non-Native American entities.
- Ensure adequate funding for indigenous language instruction.
- Increase consultation with school districts regarding Indian Policies & Procedures.
- Not all teachers who teach Native students are competent in culturally appropriate ways, directly resulting in lower student achievement and higher drop-out rates. Could be addressed through cultural sensitivity trainings.



Indian Education Commitments

Governor Martinez and the State have committed to:

- PED will coordinate with IAD to begin the process of offering cultural competency training for educators who work with Native American students.
- A budget questionnaire will be administered to districts which addresses compliance with Indian Education Act, IPPs, and bilingual programs.
- PED will provide further information to Tribal and Pueblo Leaders on Impact Aid and Indian Set-Aside Funds.
- Close the Achievement Gap by directing \$8.5 million of next year's budget toward meaningful, early reading initiatives for all students, as well as nearly \$1 million will be dedicated toward college and career readiness for all students.
- Creation and unveiling of New Mexico's "Reads to Lead" program.
- Open the Teaching Support and Rural Literacy for RFP so all entities can utilize these valuable set-asides.



Water Rights and Natural Resources Issues Continued

- Protection of sacred sites and access to public lands for cultural purposes.
- Clean energy initiatives.
- Protection of legislation appropriations for the Indian Water Rights
 Settlement Fund from being waived or used for other purposes.
- Meaningful consultations and technical assistance needed regarding natural resources.
- More information regarding the Abousleman case.
- More aggressive prevention methods against wild fires.



2012 Summit Priorities

- Indian Education
- Water Rights and Natural Resources
- Tribal Infrastructure and Economic Development
- Implementing State-Tribal Relations



Indian Education Proposed Solutions

Tribal Leaders made the following recommendations to the State:

- Direct PED to convene a task force to create an administrative code to ensure the implementation and accountability for the Indian Education Act, the Bilingual Multicultural Education Act, and the statutes governing teacher certification.
- Direct PED to provide clarification on how Impact Aid dollars are used and consider changes to the state equalization formula.
- Consider amending appropriate statutes to: (1) Support and include instruction for proficiency in indigenous languages, and (2) Require teachers to demonstrate competency in culturally appropriate teaching methods.
- Direct state agencies to prioritize a greater amount of current funding to improve academic achievement and graduation rates through supplemental and enrichment programs
- Mandate that educators who work with Native students complete cultural competency training facilitated by IAD.



Water Rights and Natural Resources Issue Statement

Tribal Leaders identified the following concerns relating to Water Rights and Natural Resources:

- Urge the State to fully fund the State's cost share obligations agreed upon for the recently approved Taos, Aamodt, and Navajo settlements.
- Work with the State to improve the negotiation process so that future water settlement negotiations can proceed in a more timely manner.
- Improvements to the process of obtaining a State Engineer permit authorizing the transfer of a water right.
- Coordination of environmental regulations.
- Opportunity for co-management of resources.



Water Rights and Natural Resources Proposed Solutions

Tribal Leaders made the following recommendations to the State:

- Seek resources and/or legislation to fully fund the State's cost share obligations in the three pending Indian water rights settlements (Navajo, Aamodt, and Taos).
- Make known the State's position of pursuing settlement as opposed to litigation on current and future Indian water rights disputes.
- Request OSE review and discuss with Tribes the current methods utilized by OSE to determine hydraulic impacts of ground water pumping on aquifers and rivers and ensure the use of the best available science.
- Request OSE review and discuss with Tribes the statutorily required process surrounding the issuance of water transfer permits.
- Inform Tribal officials of the Jemez, Santa Ana, and Zia Pueblos on the progress or lack of progress regarding the Jemez River Adjudication.



Water Rights and Natural Resources Commitments

Governor Martinez and the State have committed to:

- Governor Martinez supported \$15 million toward the Indian Water Rights Settlement Fund, but the appropriation did not make it through the legislative process. OSE will continue to keep the legislature educated on these issues and highlight that the State's cost share of current water settlements will be used to fund those portions of water projects that serve non-Indian communities.
- OSE will continue efforts to keep the Indian water settlements moving forward so as to minimize the risk of funds in the Indian Water Rights Settlement Fund being taken and reallocated.
- Collaboration with OSE on ensuring the use of the best available science.
- Increase efforts to work with Tribes, Nations, and Pueblos to keep the state safe from wildfires



Tribal Infrastructure and Economic Development Proposed Solutions

Tribal Leaders made the following recommendations to the State:

- Continue and advance current efforts to develop an environment within the State that is conducive to local business creation.
- Direct IAD to facilitate the revival of the Tribal Economic Development Advisory Council.
- Direct IAD to collaborate with appropriate state agencies, tribal governments and corporations, and Native American organizations to enhance state government support for tribal economic development ventures.
- Begin discussions with Tribal leadership to explore developing a mechanism to equitably afford a return to tribal communities for economic dollars generated through tourism.



Tribal Infrastructure and Economic Development Issue Statement

Tribal Leaders identified the following concerns relating to Tribal Infrastructure and Economic Development:

- Request the State to ensure that tribal communities receive some return from dollars generated on tribal lands.
- Tribal leaders stress the importance of maintaining the valuable funding source of the Tribal Infrastructure Fund to face such problems as water development, waste water development, housing, energy development, and transportation infrastructure.
- The Tribes request the assistance of the State in effectively navigating the State funding processes, including the Capital Outlay process.
- The Tribes, Nations, and Pueblos continue to encounter obstacles with utilizing existing tax and economic development incentives.
- Forest fires have taken a toll on Indian lands. Tribes are looking for a development opportunity to deal with forest fires and to add jobs.



Tribal Infrastructure and Economic Development Proposed Solutions Continued

- Ensure funding to the Tribal Infrastructure Fund remains at current levels.
- Increase efforts to offer technical assistance training to the Tribes, Nations, and Pueblos with regard to identifying funding sources for infrastructure and economic development ventures.
- Support the Tribes' right to tax on tribal lands. Clarify the position of the Executive
 that any revisions to the tax code that impact tribal communities should begin with
 consultation as opposed to legislation.
- Continue to stress that government-to-government consultations are a high priority between the State and Tribes.



Tribal Infrastructure and Economic Development Commitments

Governor Martinez and the State have committed to:

- Veto every measure that will hurt businesses.
- Working with the Balloon Fiesta to bring Indian dancers to the annual event.
- Continue to work with travel companies that will develop packages exclusively for Tribes
- Continue to work with Governor Quetawki and the Zuni Pueblo to establish the first Native American MainStreet Program.
- Advocate against a reduction in TIF funding.
- IAD's Economic Development Division Director willing to meet with each Tribe to develop Economic Development initiatives and provide technical assistance.



Implementing State-Tribal Relations

Issue Statement

Tribal Leaders identified the following concerns relating to Implementing State-Tribal Relations:

- Request tribal consultation on health care, especially regarding the New Mexico Centennial Care Plan.
- Reaffirm the existing tax policy on economic activity on tribal land. Tax issues involving activity should be addressed through negotiation, not through litigation.
- Reaffirm the state's government-to-government relationship with the Tribes.
- Zia Sun Symbol issue.
- Effective and better communication between Tribal Leadership and state officials.
- Advocate and promote public policy for Tribes.
- Gaming Compacts.



Implementing State-Tribal Relations

Proposed Solutions

Tribal Leaders made the following recommendations to the State:

- Reaffirm the commitment to developing effective communications with Tribes by requesting one on one meetings with tribal leaders.
- Accept as many invitations as possible to join tribal leadership in the celebration of each Pueblo's feast days.
- Direct state officials to engage in the necessary follow up to continue addressing the issues presented at the 2012 State-Tribal Leaders Summit.
- For effective and better communication, ensure that each State agency maintains a tribal liaison who will establish a working relationship with Tribes.
- Direct State agencies to review and reaffirm their tribal collaboration policies and begin dialogue with Tribes.



Implementing State-Tribal Relations

Commitments

Governor Martinez and the State have committed to:

- Have an open door policy in her office regarding when Tribal Leaders wish to discuss areas of mutual concern.
- The Indian Affairs Department (IAD) commits to the necessary follow up to the 2012 State-Tribal Leaders Summit.
- IAD will continue to provide cultural competency trainings to State employees.
- IAD will work to improve interagency coordination to facilitate consideration of Native American concerns and recommendations in state policymaking, resource allocation and service provision.

Thank You

New Mexico Indian Department, Wendell Building 2nd Floor Santa Fe, NM 97505 Phone: 505 476-1600 www.iad.state.nm.us

Law Enforcement Torch Run®

What is the Law Enforcement Torch Run?

The mission of the Law Enforcement Torch Run®, in partnership with our communities, is to support Special Olympics Programs through raising funds and public awareness, while enhancing the quality of life of our Special Olympians athletes.

The History: The Law Enforcement Torch Run® began in 1981 when Wichita, Kansas Police Chief Richard LaMunyon saw a need to raise awareness of and funds for Special Olympics. He conceived the idea of the Torch Run as a way to involve local law enforcement with their communities and Special Olympics, by running the torch in intra-state relays that converge at their local Summer Games.



L-R — Officer Robert Abeita (Escort unit) -Monica Sanchez IPD runner, IPD Chief Vernon Alvarez — Gerald Maestas SRO IPD runner -Kenneth Martin IPD runner, Thomas Guiterrez IPD Runner — Captain Kevin Mariano IPD runner — Jennifer Martin Valencia Co. Sheriff's Office J. Martin boys 1 and 2.

Today: Celebrating its 30th Anniversary in 2011, the Law Enforcement Torch Run® for L to R - Criminal Investigator / School Special Olympics is the movement's largest grass-roots fundraiser and public awareness vehicle. The Torch Run raised over \$38.2 million for Special Olympics Programs around the world in 2010. More than 85,000 law enforcement officers carried the Flame of Hope across 35 nations, raising awareness and funds for Special Olympics. Thousands more supported the runners' efforts through "Adopt-A-Cop" runner sponsorships, local fundraising events, corporate sponsorships and Torch Run T-shirts (more than 400,000 sold) and other merchandise sales to fellow law enforcement officers, families, friends and the public.

The Pueblo of Isleta Tribal Police Department

Represented the Pueblo of Isleta by carrying the torch from the South reservation line of the Isleta Pueblo, to the North end on Highway 47 (Isleta Fun Connection) On May 16, 2012 4.5 miles



Resource Officer Gerald Maestas, Captain Kevin Mariano, Chief Vernon Alvarez, Officer Monica Sanchez, Officer Kenneth Martin - Escorted across the Pueblo by the Isleta Police Department and the Valencia County Sheriff's Department Incident Command Vehicle

New Mexico: Over 700 Law enforcement personnel from Federal, Military, State, Tribal, County and Local agencies participate in the Torch Run. Funds are raised through a variety of activities and fund raisers, with the highlight being the 1,600-mile statewide run culminating at the Special Olympics New Mexico Summer Games in Albuquerque in May. The New Mexico Law Enforcement is proudly presented by Wells Fargo.

PUEBLO OF ISLETA GAMING REGULATORY AGENCY

6/26/2012 Greetings:

We at the Pueblo of Isleta Gaming Regulatory Agency would like to acknowledge Mr. Ronnie Lente, our co-worker and friend, for the many years of service he has provided to our Agency.

Ronnie has taken his retirement and is no longer with our Agency; however, we want to recognize his hard work, loyalty, and dedication to maintaining compliance over the gaming floor and overall safety of the facilities.

Ronnie has been with the Regulatory Agency for the past seven years as a Compliance Inspector. He is a very personable man, and as long as he has worked for the Agency, he's treated everyone with kindness and respect. He has always enjoyed visiting with everyone, so we called him our "Social Butterfly".

Ronnie; we want to thank you for the "war stories", the "high school stories" and the laughter that brightened our days! It will be difficult to fill your shoes! May you have a fun filled and adventurous retirement!

POIGRA Staff

Letter of Apology to all Tribal Members:

Just about everyone knows that I got a DWI citation in Bosque Farms last year in September. I pleaded not guilty, but was found guilty in February of this year. I have gone thru the first offenders program and have completed all of the orders given to me by the courts. I am very sorry for the bad choices I made on that day. I apologize to my family, Administration, Tribal Council and to all of you Tribal Members. I will continue to work for all of you as the 1st Lt. Governor for the rest of this term.

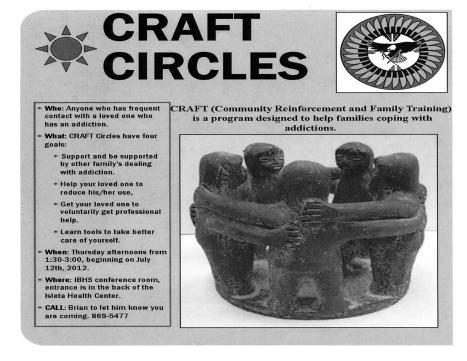
Thank you for your understanding and May the Great Spirit Bless All of You.

E. Paul Torres

Attention to all Pueblo of **Isleta Grazing Members**

Due to the extremely dry conditions on the Rangelands and lack of feed we will be conducting cattle counts on all grazing pastures. It is very important to make sure the pastures are not overgrazed. It takes a long time for damaged range lands to recover. The number of cattle should not exceed the carrying capacity. If the pastures are real bad the permittee will be required to bring their cattle down and feed them and take care of them. We will pick pastures in no particular order. We will pick a pasture and do a rough count first and that will tell us where that pasture stands with the carrying capacity. Anyone found over their carrying capacity will be fined a penalty rate of \$32.00 a head and will be ordered to remove excess livestock from the range immediately. If you have any questions you can call (505) 869-7566. Thank you, for your cooperation on this matter.

Randy Lujan, Resource Protection



ISLETA POLICE DEPARTMENT TRAFFIC DIVISION NEWS



The Isleta Police Department Traffic and Patrol Divisions participated in the National "Click It or Ticket" Mobilization from May 21 through June 3, 2012. The statistics for the department were impressive in that a total of 420 citations were issued by the seven officers who participated. A quick breakdown is as follows:

No Seatbelts 175 Child Restraints 16 Speed Citations 103 All Others: 126

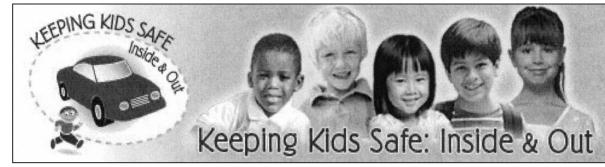
In addition, three warrant arrests and two DWI arrests were effected during this period. The Traffic Division's four officers worked twelve hours shifts specifically targeting the CIOT Saturation Patrols from May 28 through June 1, 2012 and the work was worthwhile. Four Patrol Division officers also contributed to this project and a total of 273 hours were expended making the project quite successful.

Although this mobilization officially ended on June 3, please take note the Traffic Division will continue in their efforts for safe travel enforcing seatbelt and child restraint laws, so a reminder everyone needs to BUCKLE UP!

100 DAYS AND NIGHTS OF SUMMER

Traffic Division will now concentrating and participating in the "100 Days and Nights of Summer" Mobilization, a DWI Enforcement Campaign which runs June 21 through September 30, 2012. During this time, patrol saturations and checkpoints will be conducted in an effort to not only apprehend impaired drivers but to also provide educational information to the community. According to some recent statistics released on a local news media station, approximately 150 people are killed in New Mexico in DWI crashes and although the number has come down over the past few years, the numbers are still too high. What is alarming is the fact that repeat drunk drivers are causing more and more of the deaths which according to the news release has doubled from 30% to 60% over the past few years. This is alarming and the Traffic Division will be out in concerted effort with the Patrol Division to seek out these impaired drivers. So fair warning to all who travel the roadways through and around the Pueblo of Isleta we will be watching.

Slow Down, Buckle Up & DON'T DRINK & DRIVE!!!!



INFORMATION FROM NHTSA: National Highway Traffic Safety Administration

Problem: Children die each year from heatstroke, after being left alone in a vehicle.

You live by your daily routine and it helps you get things done. Be extra careful, though, if you have to change any part of that routine. This is more likely to happen when you, your spouse/partner, or caregiver who helps with your children, forgets that a child is in the back seat. This can and does happen when you break a well-established routine.

Disasters Happen Quickly



At other times, you are on your way home and realize you need to stop in at the store and pick up one or two things for dinner. So, you leave your child unattended,

thinking, "I'll just run into the store for a minute," which is illegal in many states. Even cool temperatures in the 60s can cause the temperature to rise well above 110° Fahrenheit inside your car. The inside temperature can rise almost 20 degrees within the first 10 minutes.

Some children die in hot cars after climbing into an unlocked vehicle without an adult's knowledge. Once in the vehicle, they may become confused by the door opening mechanism or trapped in the trunk, and unable to get out before heatstroke occurs.

Prevention Tips

- Never leave a child unattended in a vehicle.
- Do not let your children play in an unattended vehicle. Teach them that a vehicle is not a play area.
- Never leave infants or children in a parked vehicle, even if the windows are partially open.
- Make a habit of looking in the vehicle front and back before locking the door and walking away.
- If you are dropping your child off at childcare, and normally it's your spouse or partner who drops them off, have your spouse or partner call you to make sure the drop went according to plan.
- Ask your childcare provider to call you if your child does not show up for childcare.
- Always lock vehicle doors and trunks and keep keys out of children's reach. If a child is missing, check the vehicle first, including the trunk.

- If you see a child alone in a hot vehicle, call the police. If they are in distress due to heat, get them out as quickly as possible. Cool the child rapidly. Call 911 or your local emergency number immediately.
- Do things to remind yourself that a child is in the vehicle, such as:
 - Writing yourself a note and putting the note where you will see it when you leave the vehicle;
 - Placing your purse, briefcase or something else you need in the back seat so that you will have to check the back seat when you leave the vehicle; or
 - Keeping an object in the car seat, such as a stuffed toy. When the child is buckled in, place the object where the driver will notice it when he or she is leaving the vehicle.

What you need to know, now

- Vehicles heat up quickly even with a window rolled down two inches, if the outside temperature is in the low 80s° Fahrenheit, the temperature inside a vehicle can reach deadly levels in only 10 minutes.
- Children's bodies overheat easily, and infants and children under four years of age are among those at greatest risk for heat-related illness.
- Children's bodies absorb more heat on a hot day than an adult. Also, children are less able to lower their body heat by sweating. When a body cannot sweat enough, the body temperature rises rapidly.
- In fact, when left in a hot vehicle, a young child's body temperature may increase three to five times as fast an adult. High body temperatures can cause permanent injury or even death.

Dangers of Extreme Heat

- Symptoms of heatstroke: Warning signs vary but may include: red, hot, and moist or dry skin, no sweating, a strong rapid pulse or a slow weak pulse, a throbbing headache, dizziness, nausea, confusion, being grouchy, or acting strangely.
- If you see a child alone in a hot vehicle, call the police. If they are in distress due to heat, get them out as quickly as possible. Cool the child rapidly. Call 911 or your local emergency number immediately.

CONTACT INFORMATION:

Isleta Police Department Traffic Division Traffic Safety Officer Sharon K. Mitamura poi06056@isletapueblo.com

(505) 869-9722 (505) 382-1518

PUEBLO OF ISLETA HUMAN RESOURCES DEPARTMENT P.O. BOX 1270, ISLETA, NM 87022 PHONE: (505) 766-6621 FAX: (505) 869-7579 EMAIL: poi70103@isletapueblo.com www.isletapueblo.com "Careers"

A/R BILLING CLERK

ISLETA HEALTH CLINIC #035

Processes third party billing and collections, maintains patient accounts and performs data entry and reconciliation activities. High School Graduate or GED. Minimum of two (2) years medical billing and accounts receivable experience. Knowledge of CPT-4, ICD-9 HCPCS and CDT coding a plus.

INVESTIGATOR — GAMING REGULATORY AGENCY: (Hard Rock Casino) #036

Responsible for the development, implementation, and maintenance of all policies and procedures for the licensing of employees and commercial vendors who are employed by or contemplating business with the Hard Rock Albuquerque Enterprise and Place West Casino (Gaming Enterprise). To include investigating suspected/known fraudulent and/or material activities, which have been committed by employees or patrons on the Hard Rock Albuquerque Enterprise and Place West Casino (Gaming Enterprises). High School graduate or equivalent. Certificate, diploma or degree preferred in the areas of the investigative processes and/or area of Criminology. A minimum of five years of verifiable and successful experience in the area of background investigations and related processes is required. Will be required to obtain certification from an accredited agency(s) in the investigative process required by the Pueblo of Isleta.

ELDERLY COMPANION/OUTREACH COORDINATOR ELDERLY PROGRAM #037

Provide home-based companionship and provides opportunities for socialization and support services to elders and families. Perform outreach in community in identifying elders in need of assistance and/or services with referral to appropriate Tribal resources. High School Graduate or Equivalent. Six (6) months demonstrated experience. Obtain a CPR Certification within 30 calendar days of hire. Must have a valid NM Driver's License, Tribal Member to speak TIWA preferred and must be 18 years or older.

HOME SERVICE TRANSPORTER ELDERLY PROGRAM #038

Provide prompt, courteous transportation services to Home Service Program Clientele as needed for medical appointments, shopping, errands and other appointments. Ensures adheres to policies, procedures and regulations to ensure the safety of the elders. High School Graduate or Equivalent. Six (6) months demonstrated experience. Obtain a CPR Certification within 30 calendar days of hire. Must have a valid NM Driver's License, Tribal Member to speak TIWA preferred and must be 18 years or older.

HOME HEALTH ATTENDANT (TWO (2) POSITIONS) ELDERLY PROGRAM #039/#040

Cares for elderly, convalescent, or handicapped persons within an individual's place of residence, performing in activities of daily living (ADL). High School Graduate or Equivalent. Six (6) months demonstrated experience. Obtain a CPR Certification within 30 calendar days of hire. Must have a valid NM Driver's License, Tribal Member to speak TIWA preferred and must be 18 years or older.

To be employed with the Pueblo of Isleta we require a valid NM State driver's license and must be insurable under Pueblo of Isleta's auto insurance. All required certificates and licensures must be valid and current prior to employment. Positions are closed when filled, unless otherwise noted.

DRUG TESTING AND CRIMINAL BACKGROUND CHECK COMPLETED PRIOR TO EMPLOYMENT



 $\begin{array}{c} {\rm JOB\; ANNOUNCEMENT - Executive\; Director} \\ {\rm Open\; until\; Filled} \end{array}$

Salary — Commensurate with experience

Executive Director

Tiwa Lending Services, Inc.(TLS), a Native American CDFI located on the Pueblo of Isleta, is seeking a qualified candidate for the position of Executive Director. TLS is a non-profit focusing on providing lending products to the Isleta Pueblo community. The qualified candidate should possess the following:

- A minimum of 10 years progressive experience in management and/or leadership preferably in the finance industry.
- A minimum of 5 years progressive responsible experience in management and leadership roles in private business. May substitute up to 5 years Tribal and other Government experience for private business experience.
- Ability to administer private, nonprofit corporations, including an understanding of the legal responsibilities and constraints of such corporations.
- Experience in grant writing and managing grants, contracts, and donations.
- Experience in financial management, fund accounting and reporting including automated processing systems.
- Excellent communication skills including strong writing, speaking, and listening skills.
- Ability to lead meetings and delegate responsibilities.
- Experience in establishing and maintaining effective working relationships with tribal, federal, state, regional and local agencies/corporations, community leaders, and the general public.
- Ability to work with people from varied cultural, economic and educational backgrounds, specifically rural American Indian reservation communities and tribal members.
- Knowledge of the principles and practices of financial analysis, mortgage and credit loans, and auditing procedures and terminology.
- Candidate must obtain or possess a New Mexico driver's license and be willing to submit to a criminal background check upon hire and pass standard drug tests.

Interested persons should submit a resume and two professional references to the Board President, Ted Pedro, at tedpedro@nmnabec.org. Questions regarding this announcement may also be directed to Mr. Pedro at (505) 243-6775.

IMPORTANT NOTICE FROM ISLETA CONTRACT HEALTH SERVICES

Please be aware the telephone lines were down June 12th and June 13th at the Isleta Health Center.

If you or a loved one were seen at an Urgent Care or Emergency Facility and you tried to call Contract Health to provide your 72-Hour Notification and were not able to leave a message or talk to a representative at Contract Health, please call us immediately so that we may help assist you with this matter.

We apologize for any inconvenience this may have caused.

Isleta Contract Health Services (505) 869-4488 Jenny Davis or (505) 869-4862 Wendi Abeita

Isleta Elder Center Activities Coordinator July 2012

*All Activities Open to Elders 60+

July 3: Elder Field Day: Rio Grande Zoo - 9am - 2pm

July 4: Center Closed - Fourth of July Holiday

July 5: Catholic Mass - 11:30 am

July 10: Commodities

July 17: Enhanced Fitness Program- Meeting for Required Paperwork - 10 am

July 18: Elder Field Day: Bingo - Hard Rock Casino - 10:30 am

July 19: Friendship Coffee and Breakfast - 9 am -9:30 am

July 19: General Meeting - Special Event (TBA) - 10 am-12 noon

July 20: Enhanced Fitness — Physical Assessments- 10 am

July 23: "Gorgeous Grandma Day" - Lunch with the Rio Grande Bells - Red Hat Ladies Club - 12 noon

July 24: Commodities

July 26: PNM Good Neighbor Fund Fair- Time?

July 24-29: New Mexico Senior Olympic State Games - Las Cruces, NM (Travel Dates for Olympians)

- Please note that Center Activities are limited in July due to Elder participation in the NM State Senior Olympic Games in Las Cruces, NM. We are very proud and pleased to announce that 28 Isleta Elders will be competing in various events. If the Elder is ranked First Place Fourth Place (with some exceptions) at the State Games, they will be qualified to represent Isleta Pueblo at the National Games which will be held in Cleveland, Ohio in June 2013. Please remember to recognize our athletes and their many accomplishments.
- A very special "Thank You" to:
 - o Recreation Center for assisting with Local Game qualifications and providing practice time and assistance.
 - o Hard Rock Graphics Department for designing our Local Game posters (they were recognized across the State)
 - o Fun Connection for assisting with Bowler qualifications.
 - o Event Coordinators and Volunteers for assisting with local game activities and events.

The Isleta Elder Center will host a PNM Good Neighbor Fund Forum to get our qualified seniors financial assistance to help pay for their PNM electrical bill. The event will be held at the center on July 26, 2012 from 9 am to 3 pm. Please bring your identification and proof of income for PNM review.

Veterans Savvy Caregiver Program

FREE TRAINING - The Alzheimer's Association, New Mexico Chapter, is offering free Caregiver classes, specifically designed for Veterans and their families. Each Veterans Savvy Caregiver Program course meets once a week for three consecutive weeks and covers the signs, behaviors and pathology of Alzheimer's disease. Sessions teach effective techniques for interacting with loved ones with Alzheimer's or other dementias, and coping with associated stresses. The course imparts burnout-avoidance methods to a population under chronic emotional duress. Did you know that more than 60% of family caregivers for people with Alzheimer's disease and other dementias rate their emotional stress from care giving as high or very high, and about 33% of Alzheimer's and dementia caregivers report symptoms of depression. Participants may be reimbursed for the cost of having others tend to their loved one while they attend the classes, as well as for all travel expenses, up to \$600 over the three week course. Each training course is 4 hours in length. Reimbursement provided only if your loved one has been diagnosed with Alzheimer's and/or Dementias. To register, or for further information, please contact the Alzheimer's Association, New Mexico Chapter at 1-800-272-3900, or email myles.copeland@ alz.org. The Veterans Savvy Caregiver Program is made possible

by a grant from the US Administration on Community Living through the Aging and Long-Term Services Department. Next training schedule is noted below.

July 9-23, Alzheimer's Association Office, 9500 Montgomery Blvd, NE, Suite 121, Albuquerque, NM 87111

Submitted by Isleta Home Service Program Patricia L. Lucero, Home Services Manager

Elders! Pack Your Bags



HERE WE GO!

Out of State Trip — via Herrera Coaches Sponsored by Isleta Elder Center

Dates: September 9 — 12, 2012 (Sunday — Wednesday) Cost: \$119 per person Double Occupancy/Single Occupancy - \$149

Includes:

- Transportation
- Hotel Room 3 nights at the Tropicana Express Hotel & Casino
- (1) Breakfast
- (1) Dinner
- See Itinerary for detailed information!

 Deadline for Registration and Fee
 Friday, August 17, 2012

For More Information Contact Renee Chavez at 766-6644

The Family of Julia Lucero

Would like to express our sincere thanks and gratitude to all who supported us during our difficult time. Our family deeply appreciates all the generous donations, food, and flowers that were brought. Our mother was a very devoted, kind, and loving mother and Chee-ee that will always be in our hearts. Her beautiful smile will always be remembered by those who knew her. Thank you all again for keeping us in your thoughts and prayers. May the Lord bless you all.

God Saw You Getting Tired

God saw you getting tired And a cure was not to be. So he wrapped his arms around you And whispered, "Come with

And whispered, "Come with me."

With tearful eyes we watched you

And saw you pass away and
Although we love you dearly
We could not make you stay.
A golden heart stopped beating
When he gave you rest.
God's garden must be beautiful
He only takes the best.

-Anonymous



Parks & Recreation

With the start of July 2012 that means that 1/2 of our summer program is now over but yet lots of activities are still planned. So far this summer our children have been treated to 4 major field trips that took us to Cliff's Amusement Park, Santa Ana Star for Cosmic Bowling and Pizza Party, Roller-skating and to Century 24 Movie Theatres in Albuquerque for the movie "Brave". These are just a few of things our children have done this summer. Most groups have also been taken to a number of educational field trips that included i.e.; Story Telling with Tata's Joe D. Lucero and Celestino Lucero, Albuquerque Zoo, Natural History Museum, Explora Museum, American International Rattlesnake Museum, and the Rio Grande Nature Center just to name a few. Also, on Wednesday June 27th the 8 year olds and up all participated with a Basketball, Football and Soccer Camp put on by the athletes from the University of New Mexico Lobos. When all is said and done there are lots more fun activities still being planned to make our summer program enjoyable and a memorable one that our children will definitely brag about once they get back to school in early August. Also new this month is the start of our Isleta Pueblo Power Lifting Club being spearheaded by Fitness Specialist Juan Jojola and Devin Lente. They will be having their first meet on Saturday, June 30th at the New Rec. Center. I will report on the results next newsletter.

Story Telling

On Wednesday, June 20th our 8 & 9 year olds were treated to a couple hours of story telling by two of our Elder Statesmen, Tata's Joe D. Lucero and Celistino Lucero. On this particular morning you could definitely hear a pin drop once they began with their stories of way back when.

Pictured from Left to Right is story-tellers, Joe D. Lucero and Celistino Lucero along with all the children, who were as attentive as anyone could be.

Thank-you gentlemen for sharing your wealth of knowledge and stories with many of the children who may never get to hear and learn from many days and years gone by.



On Wednesday June 27th the children all participated in a Lobo Camp that involved the players from the Soccer, Basketball and Football programs from the University of New Mexico. Many of the children's comments were about how big and fast many of the players were. After the children had the opportunity to participate in all three sports they had the opportunity to get their autographs and also some were picked (by Lobo athletes) to receive t-shirts for being outstanding campers through their involvement. Pictured is a collage of pictures depicting all three camps.























Weight-Room

With the approval of our new budget, Tribal Council has approved the replacement (much needed) of most of the cardio-equipment at the New Rec. Center. Our equipment was not only old and outdated but had an enormous amount of miles in each machine. Incidentally, when we



Marisa Martin

had breakdowns it was getting to a point that parts were no longer available for these aging beasts that have definitely served their time and purpose. All 6 new machines are state of the art computer generated with I-pod hook-ups. The old machines were traded in, which reduced our over-all costs. Pictured is Marissa Martin being the first person to try the new treadmills. When asked about the new treadmills her comments were, "these are so advanced and incredible and it is nice that we can now listen to our own music without bothering anybody else. Thank you Tribal Council and our Governors for such a must-needed upgrade".

Park Management

With the incredible amount of high summer temperatures our park system at times has become strained. We ask help from all of our Pueblo members, if we are adding time to the watering schedule during the day, the sprinklers are not for children to run under or play with. Although this sounds like a great idea, the problem starts when a sprinkler is on because they are pop up sprinklers, they are very easily broken if they are accidentally kicked or stepped on. If this happened especially on a weekend, when all staff members are gone, we could easily lose a park to these high temperatures. Please help us keep them as lush and beautiful as they have been so we all can enjoy them for many years to come. **Thank you Park Management Staff,** for doing such a great job in keeping our park system as beautiful and green as anyone could. As I have said before and because of your hard and dedicated work, I honestly believe no one in this State of New Mexico has a more beautiful park system then we have here at the Pueblo of Isleta.

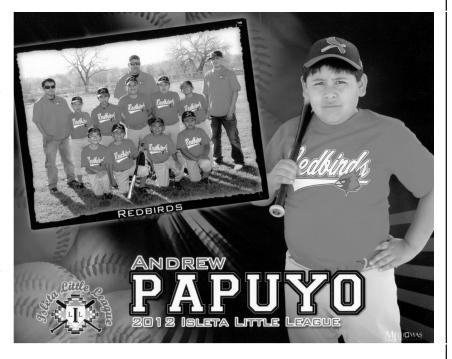
New Summer Events being planned?

At the present time we are looking at the possibility of doing a movie night under the night sky here at one of our beautiful parks. We are currently working on trying to bring in a hit movie that all children and families can enjoy together along with concession sales. Please keep your eyes and ears open for this event to come prior to the end of our summer program. If all goes well, it would probably take place on a Friday or Saturday night. Also our end of summer barbecue will be on Thursday, August 2nd beginning at 11:00 am to 12:30 pm. Everyone is welcomed. This is our summer playday for our children to enjoy a dunk tank, jumpers, and lots of other fun activities.

ISLETA LITTLE LEAGUE

As some of you know, baseball season was here...and now it's gone...such a short summer we had. It was a great season for all the teams that participated. We do have a couple of teams that will continue to play, the Redbirds and the Pythons. These two teams will play in the in the All-Star Tournament which will take place the weekend of July 6 at the South Valley Baseball Field. If they win, they will go on to Portales for the finals.

We, the parents of the Isleta Redbirds Team want to wish Andrew "Himi" Papuyo, Lucas "Fatboy" Jiron, Luke Benavidez, Patrick Mariano, Damien "Shubby" Lente, Jared Lente, Travis Jojola, Jordan Cloud, Karlo O'Reily, and Issac Gonzales, all the best luck. We want to thank Timothy "Bubba" Jiron, Ryan "Frog" Jojola, and Sosten Lucero, Jr. for doing a good job coaching the boys. They have had so much fun. Hope all the family and friends of both teams get a chance to come and support these boys. Best of Luck to the "Redbirds and "Pythons".





Wed 4th CLINIC and CHR will be Closed.

Call 1-877-725-2552 with Health

Concerns.

> (ICES) 10:30-noon at Clinic Diabetes Support Group Meeting

6pm-7pm at Clinic

Wed 11th Crossroads 50's Fun Walk/Run

6:30, Onsite Registration, 7:00 Event Starts, Giggles the clown will be here

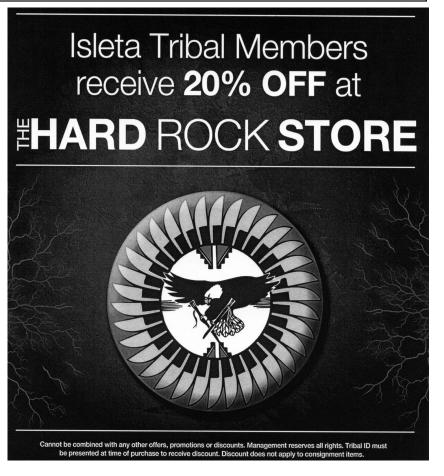
to do Face Painting - DPP Plaza behind Health Center

Sat 14th Isleta Health Center and Head Start

Community Health Fair @ Rec

Center 9-noon

Fri 27th IDOPAG 10-noon at the Clinic



Pueblo of Isleta Public Library



The library and its summer program students have reached the halfway mark. All of July and the first week of August, the library will be busy with our 50 students. Please

remember to be patient with us from 9am-3pm, as our staff is tending to the students. We apologize in advance for any delay in our services, but please work with us as we try to accommodate everyone. Thank you.

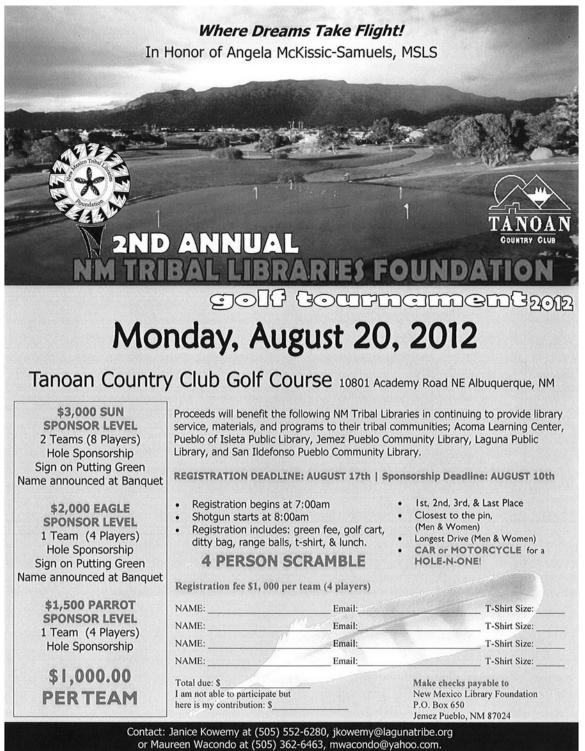
Due to a Summer Program field trip the Library will be CLOSED Friday, July 13th. This also means no Summer Lunch Program.

Just a reminder, the library does provide FREE lunch to those children under 18, all week from 11:30am to 1pm. It is not just for our Summer Program students, so please come by and enjoy this free service offered to you.

This year's summer program was different than years before due to the decision of combining both Toddler and Youth groups at the same time. We did so to get a Big Brother/ Big Sister kind of feel. The first half of our calendar is over. We spent the first couple of weeks letting the students warm up to each other and come out of their shells. They then did different activities around acting, the main one being advertisement commercials. They made up their own product to advertise, wrote their lines, were the actors and directors, and then edited their commercial. We had items from jumping shoes to Bubblelishious soda. Their videos can be seen on Youtube. The POI Library URL is m.youtube.com/user/ poiLibrary. They are in the processes of shooting their music videos. Please look out for those on our Library Facebook page, the URL is below. We are enjoying our summer with the kids and are looking forward to their final production/performance in August.

It is that time for our annual Tribal Library fundraising. Like last year we are having a Golf Tournament to help raise money to support Tribal libraries. The proceeds help us purchase library materials and fund programs. We are grateful to those who donated and helped in last year's event and we anticipate a bigger crowd this year. This tournament will take place at Tanoan Country Club in Albuquerque on Monday, August 20th. Registration includes the green fee, golf cart, ditty bag, range balls, T-shirt, and lunch. It is four people per team. Prices

range from \$1,000 to \$3,000. Registration deadline is August 17th. Please take a look at the flyer for more details. If you would like to make a contribution, but not golf, we will kindly accept any donation. Contact Nate Lujan at 505.924.3192 or Janice Kowemy at 505.552.6280, also Maureen Wacondo at 505.362.6463 for more details.



Floripa Reyes Olguin...first Graduating Class from Native American Community Academy

Floripa Reyes Olguin graduated from the Native American Community Academy, the first graduating class for the school on May 19, 2012. Floripa attended the Pueblo of Isleta Headstart and Elementary Schools.

Floripa is the daughter of Ron and Karen Olguin, Her grandparents from Isleta were the late Joe Ray and Caroline Olguin, and on her Navajo side, Herman and Elizabeth Spencer of Indian Wells, Arizona.

Floripa grew up in Isleta with five siblings. She has always thought of other people's well-being before her own. When she was eight years old, she saved money and filled a carton container for the homeless. When she was at Isleta Elementary School she won the top prize for the Library Reading Contest. Floripa has always been a high achiever and she maintained a 4.0 GPA throughout high school.

Floripa is involved in the summer Policy Academy run by the Leadership Institute at Santa Fe Indian School. She also attended the Phillips Academy in Andover, Massachusetts; was awarded the Gates Millenium Scholarship and was valedictorian of her graduating class.

Floripa would like to thank the community for all the support given to her.



WIC Breastfeeding Corner Women, Infants, and Children Program

Tips for getting breastfeeding off to a great start...

- Learn all you can about breastfeeding! The Isleta WIC Program offers all new mothers a prenatal education bag which includes a book and a DVD about breastfeeding. You can also find good information online at www.kellymom.com, www.breastfeedinginc.ca, www.secretsofbabybehavior.com, and the World Health Organization website. Mothers in our community who may not be receiving WIC, but would like a book or DVD about breastfeeding can contact our office.
- Make a commitment to breastfeed your baby! Set a goal and talk to your family and friends about how they can help to support you.
- Breastfeed your newborn as soon as possible after birth! Tell the hospital staff that you want to keep your baby with you-skin to skin- for the first hour after birth. Healthy full term babies can find the breast all by themselves, usually within the first hour after birth. Let your baby nurse as often as he wants in the early days.
- *Fill your newborn's tiny tummy often*. Watch your babynot the clock- for signs of hunger. Your newborn will want to eat often.

- Avoid Infant Formula! Don't be fooled by the label on the can--Infant formula is **NOT LIKE BREASTMILK.** Sometimes doctors and hospitals give out samples of formula as `free gifts'. You can tell your health care provider that you do not want the samples.
- Get Help if you need it. If you feel like breastfeeding isn't going well, call the WIC office and speak to the peer counselor or the lactation consultant. We can help you get through the challenges many mothers face in the early weeks after your baby is born.

If you want more information about breastfeeding, contact the WIC office!

The Pueblo of Isleta WIC office is open to the public! WIC Office Hours

Monday, Wednesday, Thursday, and Friday: 8 to 4:30 pm. **Tuesday 8 to 6 pm** Call WIC at #924-3180.

Health Beat:

Health Educator: Stephanie Barela (505) 869-4479

What is Whooping Cough?

- Whooping cough is known as pertussis
 One of the leading causes of vaccine-preventable deaths and there have recently been cases of this in Valencia County.
 - In May 2012, there were **three** hospitalizations and one death
- The Valencia County Pertussis death was a 3 year old.
- Most deaths occur in children under the age of one
- Caused by either the bacteria B. pertussis, or B. parapertussis
- Severe cases lead to malnutrition.
- The coughing fits gradually stop over one to two months.
- First symptoms:
 - o Runny nose
 - o Sneezing
 - Mild cough
 - o Low-grade fever
- Then after one to two weeks the **cough changes** into a fit of coughing with a "whooping" sound when the person breathes in.
- It is highly contagious, through sneezing, coughing and laughing.
- It is most contagious during the earliest stages of the illness up to about 2 weeks after the coughing begins.
- Prevention:
 - Pertussis vaccine, which is a part of the DTaP immunizations which are usually given in 5 doses before the child's 6th birthday. It is also recommended that kids age 11-18 get a booster shot called the Tdap, ideally around 11 or 12 years of age.
 - 80% of nonimmunized family members will develop whooping cough if they live in the same house as someone infected.
 - Anyone with close contact with someone infected by this disease, should receive antibiotics to prevent the spread

Make a doctor's appointment-869-3200 if you think your child has whooping cough.



On June 26, 2012 these two animals were reported to Isleta Animal Control because they were poisoned in the area of the Sun Circle mobile home park. The toxicology report came back positive for Ethylene Glycol, which is the ingredient found in Anti-freeze. This was done deliberately by someone to harm and kill the animals.

Isleta Animal Control with the Help of Animal Protection of New Mexico, is offering a \$10,000 reward with any information leading to the conviction of the person(s) responsible for this. All callers will remain anonymous. Please call New Mexico Attorney General's Cruelty Task Force at

1-877-5HUMANE



Isleta Animal Control 869-7564



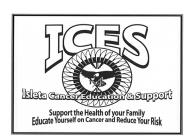
06/27/2012



WHEN: July 10, 2012
TIME: 10:30 am to Noon
PLACE: ISLETA HEALTH CENTER (SMALL
CONFERENCE ROOM)
TOPIC: GROUP SUPPORT/IDEAS FOR GROUP

Please contact Stephanie Barela @ 869-4479 if you have questions.

Support the Health of Your Family
Get Educated on Cancer and Reduce Your Risk!
Everyone Welcome!
Please join us!



REDUCE YOUR RISK

Get Smart. Get Fit. Get Checked.

Health Educator: Stephanie Barela 869-4479

Isleta Health Center

(Information from the "Guide to Preventable Cancers")

The key to leading a long healthy life is to get smart, get fit and get checked! We can all play a part in reducing our risk for cancer by choosing a healthy lifestyle that avoids commercial tobacco and includes healthy food choices, exercise, and protection against too much sun, moderate alcohol consumption and regular cancer screenings. Learn about ways to PREVENT OR REDUCE YOUR RISK FOR CANCER in this section in the Newsletter and come to the Isleta Cancer Education and Support Meeting, which are the 2nd Tuesday of the Month from 10:30-noon at the Isleta Health Center.

PROSTATE CANCER

Prostate Cancer is the MOST COMMON cancer in American Indian/Alaska Native men and it is the 2nd leading cause of death for Native men (after lung cancer). Most prostate cancers are diagnosed in men over the age of 65. As a group, the rate of prostate cancer is lower in NI/AN men than among white men.

RISK FACTORS

- All men over age 50
- Men with a family history of prostate cancer. If you have a father or brother with prostate cancer, you risk is more than doubled.
- African American males have the highest risk of developing prostate cancer.

Not Feeling Well

- 1. Call Nurse Advice Line 1-877-725-2552
- 2. Follow Recommendations of Nurse
 - a. If he/she recommends you see a physician within a time span and the clinic is not open during that time and you do not have other insurance coverage which requires you to go somewhere else, go to NM Quick Care and present your Tribal ID.
 - b. If he/she recommends you see a physician within a time span that the clinic is open, then go to the clinic.
- 3. Contact the Contract Health (CHS) office (869-4488) within 72 Hours

If you do not follow these 3 requirements, you may be held Financially Responsible for any charges incurred at Quick Care.

Quick Care

Located: 1400 Main Street, Suite D in Los Lunas at the intersection of Main Street and Los Cerritos in the shopping center behind Quizno's.

Open: Monday through Friday until 9pm and Saturday & Sundays 10am -6pm

Need: Pueblo Census ID Card, which shows "I" Number (Financial Assistance can only be provided to enrolled tribal members and their Native American [minor] children and spouses.)

QUICK CARE is an URGENT CARE Service and should not be used for routine medical needs; it is not an emergency room. If the Nurse Advice Line recommends you go to an emergency room, then do so and report it to Contract Health within 72 hours. Individuals with insurance coverage should follow the rules of their coverage and may not be eligible for this Quick Care service.

RISK REDUCUTION AND EARLY DETECTION

- Eat foods containing lycopene: tomatoes, tomato products, red grapefruit, watermelon or apricots.
- Eat foods containing selenium: light tuna, cod, beef, oatmeal or whole wheat bread.
- Watch your intake of calcium: diets high in calcium may increase your risk.
- Talk to your health care professional about screening. Some experts encourage men at average risk to have these tests annually, beginning at age 50.
- PSA (prostate-specific antigen) blood test.
- DRE (digital rectal examination)

SYMPTOMS

- Urinary Problems (not being able to urinate, having trouble starting or stopping urine flow, having a weak or interrupted urine flow, feeling pain or a burning sensation while urinating).
- Blood in the urine
- Painful or difficult erection
- Pain in low back, pelvis or upper thighs (urinary symptoms may also be caused by other health problems, including an enlarged prostate or benign prostatic hyperplasia)

TREATMENT

Treatment options vary, depending on the stage of the cancer and other medical conditions of the individual.

• Surgery, radiation or hormone therapy (sometimes there is a combination of those)

SUPPORT THE HEALTH OF YOUR FAMILY EDUCATE YOURSELF ON CANCER AND REDUCE YOUR RISK

