Isleta Pueblo News

Volume 10 Issue 7

Pueblo of Isleta website: www.isletapueblo.com

July 2015

MA GU WAM;

I pray that this Newsletter finds all of you in good health. This month has been very busy for the Administration and Program Services. First of all, on behalf of the Administration, I extend our sincere condolences to the families of the loved ones that have passed away recently, our prayers are with you.

Isleta Head Start & Child Care Program

On Friday, May 29, 2015 the Isleta Head Start & Child Care Program celebrated the "School Readiness" of 39 children and families in its 2014-2015 Rite of Passage Ceremony/Family Fun Day. The amount of support for these little ones from their families was phenomenal. Each of the transitioning classrooms sang a song for their parents/families and was presented with a Certificate of Achievement by their teachers and Lt. Antonio Chewiwi. The other children, who are staying on with the program for another year, celebrated their peers by performing traditional dances and singing songs.

The program received a great deal of support from the Governor's Office, the Isleta Library, and the Department of Education – Tiwa Language Department to help make this event a huge success. We can't forget the generous parent/family volunteers who helped with the grilling, decorations, setup, and take down. Not to mention each family member and friend that came out to celebrate each and every child. Thank you all!!

The following children have demonstrated their "School Readiness" and have said Good-Bye to Head Start and Hello to Kindergarten:

Classroom 3:

Teacher Andrea **Teacher Jennifer** Luciano Boyce Elfonzo Perea Isaiah Chavez Alonzo Garcia Tarynn Gonzales Antonio Jaramillo Caleb Jaramillo Delrae Jaramillo Jocelyn Jiron Amyiah Jojola Christian Lujan Korbin Lujan Isaiah Martin Ashlyn Mendez Abrion Montoya Ali Panteah Koda Wade-Poston

Classroom 5: Teacher Laura

Teacher Laura Teacher RoseAnne Kassie Tewaheftewa

Classroom 4: Teacher Lorraine Teacher Shelly Leonard Abeita

Leonard Abeita Yahnozha Abeita Aidan Blevins Damien Candelaria Adam Castillo Zayden Chiwewe Armando Garcia Scotty Gonzales Chamuel Jaramillo Gianna Jaramillo Brooke Jiron Emilia Jojola Raymond Jojola Kellyn Lucero Illiana Padilla Jordan Peterson Michael Toya, III

Classroom 6:

Teacher Loisa Teacher Alex Emmanuel Garcia Tasai Garcia Ethan Jojola

Grand Opening of the Assisted Living and Elderly Center



Our Elders participation in the Ribbon Cutting ceremonies of the New Assisted Living and Elderly Center

ISLETA PUEBLO --- On Saturday, May 30, 2015, Isleta community members along with State, local and tribal leaders gathered to celebrate the Grand Opening of Isleta Pueblo's new multi-million dollar complex which will house the Assisted Living and Memory Care Facility along with an Elder Center for the tribe's senior community. In addressing approximately 200 attendees, Governor Torres re-emphasized his philosophy that "The elders are the most prized, cherished, and respected members of our tribe," and that "This complex was built for them so that they can be taken care of and enjoy their golden years."

We are very fortunate and proud to be able to make this facility and services possible for our tribal elders. Thank you for your support and participation in making this endeavor a reality.

Pueblo of Isleta opposes Santolina Development

In a letter dated May 28, 2015, from Governor Eddie P. Torres, Bernalillo County commissioners were placed on notice of the Pueblo of Isleta's position in opposing the Santolina 13,800-acre development due to concerns about the area's future water supply and the project's water rights.

Governor Torres expressed concern that the project had inadequate water rights and the local water authority didn't have the ability to provide additional services for the master-planned community located southwest of Albuquerque. The Governor plans to attend meetings with County Commissioners and Bernalillo County Water Authority to continue to address the Pueblo's concerns.

28th Annual NAFDPIR Conference

On June 15-19, 2015 the National Association Food Distribution Program on Indian Reservations (FDPIR) held a one week conference at the Sheraton Albuquerque Hotel, Albuquerque, NM. The conference was attended by tribes from throughout the Southwest to address issues of concern and call upon the U.S. Department of Agriculture (USDA) to immediately and completely restore FDPIR food packages and to ensure that food shortages are immediately remedied for the FDPIR.

The FDPIR was authorized under the Food Stamp Act of 1977. In establishing the FDPIR, Congress cited concerns that the FSP might not adequately meet the food assistance needs of low-income American Indian households living on or near reservations. The primary concern was that the remote location of many reservation made it difficult for American Indian households to participate in the FSP. In many instances, the distance between the reservation and the local FSP offices was substantial and /or food stores where FSP coupons could be redeemed were scarce or far away. Thus, the FDPIR was designed to provide an alternative to the FSP for lowincome American Indian households living on or near reservations.

Governor's Report (continued) Concerns expressed by tribal leaders included:

• Inefficient Computer Systems within Indian Tribal Organizations to efficiently administer the program at the tribal level.

• Food Availability: FDPIR food packages must be stocked with food that is approved by USDA

• Lean Warehouse Implementation: The Food and Nutrition Service (FNS) recently implemented this policy for FDPIR without consulting with Tribes or Indian Tribal Organizations who administer FDPIR. This policy does not work for FDPIR, which already struggles with periods where many foods are unavailable.

• FDPIR STUDY: FNS authorized a private, urban consulting firm to conduct a nationwide study of all FDPIR participants and sites. NAFDPIR was not consulted or allowed to provide input

LETTER FROM THE EDITOR

Deadline for the August Newsletter articles is set for Thursday, July 23 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 other the phone to generate your article.

Newsletters may be found at the sixteen distribution locations mentioned below. Remember, Digital copies of the Newsletter 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 Recreation 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)



in the study's methodology.

• MATCHING FUNDS REQUIREMENT: Each tribal feeding site must provide a 25% match in order to participate in the FDPIR program. Waivers are available, but his often produces problems for the sites that request the waivers from FNS.

• CARRY FORWARD UNUSED FUNDS: Because of federal mismanagement and delays in food shipments, there are frequently unused funds in the FDPIR budget at the end of each fiscal year. At present those funds are captured and reused elsewhere by the federal government even though there are long lists of outstanding needs for such unused funds within FDPIR.

• SUPPORT FOR TRIBAL NUTRITION EDUCATION: Currently, the federal budget only allocates \$1.25 million or less in nutrition education dollars for Indian Tribal Organization (ITO) administering FDPIR. Over 100

Notice of Availability



The Pueblo's drinking water quality reports for the 2014 calendar year (known as Consumer Confidence Reports or CCRs) for each of our community drinking water systems are available at the Public Services Department, Environment Division located at 6 Sagebrush Street across from the Health Center and at the Governor's Office.

Yearly CCRs on drinking water quality in our community are required every calendar year by the Safe Drinking Water Act. The

reports show results of regular sampling, compliance with drinking water regulations, and educational information.

If you have any questions about the reports or would like someone to interpret or read a report to you, please contact Ramona Montoya, Environment Division Manager at 6 Sagebrush Street across from Isleta Health Center or by telephone at 869-7565.

If you have concerns with the operation of your water system or if you have concerns with your household's drinking water or want to be more aware of the decisions being made that affect drinking water quality, please contact Edwin Jaramillo, Utilities Division Manager at 869-9781.



- ITO's across the country must compete for this small pot of money.
- TRADITIONAL FOODS: Congress has instructed FNS for three consecutive Farm Bills that traditional foods are authorized to be in the FDPIR food package, yet this is still not happening.

Tribal leadership had the opportunity to voice their concerns and provide innovative solutions to afford the FDPIR meet the nutritional needs for low-income American Indian households. Governor Eddie P. Torres attended this important meeting to voice the Pueblos concerns.

MESSAGE FROM THE GOVERNOR:

In closing, I sincerely appreciate your participation and support during the Governor's Feast, only by us working together can we continue to lay a solid foundation for our people and our future generations to enjoy our customs and traditions for a healthy prosperous life. Eddie Paul Torres, Governor, Pueblo of Isleta. FIRST NOTICE — A Petition to Probate the Will of Jose Tranqulino (Levi) Zuni, deceased on April 8, 2015 has been filed in the Isleta Tribal Courts, (Case No. : 15 PRO 000555). Any persons claiming to be an heir or having an interest in the estate are required to present their claims with thirty (30) days of the Notice being published at the claims shall be forever barred. Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal courts Clerk at (505) 869-9699.

FIRST NOTICE — A Petition to Probate the Estate of Priscilla R. Talahaftewa, deceased August 8, 2012. Case: CV-PRO-00034-2015, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court within thirty (30) days of this notice being posted. A hearing in this matter has been scheduled for Wednesday, August 26, 2015 at 9:00 AM. Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal courts Clerk at (505) 869-9699.

PROBATE NEWS

IRST NOTICE — A Petition to Probate the Estate of Julia J. Lucero, deceased April 9, 2012. Case#: 14PR000017, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court within thirty (30) days of this notice being posted. A hearing in this matter has been scheduled for Wednesday, July 22, 2015 at 2:30 PM. Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal courts Clerk at (505) 869-9699.

SECOND NOTICE — A Petition to Probate the Estate of Vencente & Ramona Correo, deceased November 4, 1986 & June 24, 2003. Case. CV-PRO-00037-2015, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court within thirty (30) days of this notice being posted. A hearing in this matter has been scheduled for Wednesday, July 22, 2015 at 3:30PM. Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal courts Clerk at (505) 869-9699.

(505) 869-7584 Office

(505) 869-7579 Fax

ent@islet

Pueblo of Isleta

Human Resources P O. Box 1270

Isleta. NM 87022

ate

Applications

Applications

TAKE NOTICE – That in accordance with notice requirements A Petition to Probate the Estate of Priscilla R. Talahaftewa, deceased August 8, 2012.

Case: PRO-00034-2015 has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court within thirty (30) days of this notice being posted. A hearing in this matter has been scheduled for **Wednesday, August 26, 2015 at 9:00am.** Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal courts Clerk at (505) 869-9699.



St. Augustine Parish – Isleta Pueblo Ministry of Consolation

MISSION STATEMENT

We are a ministry of consolation at St. Augustine Parish to offer spiritual comfort and support to families who have experienced the loss of a loved one. We will continue to honor and respect our traditional teachings.

OBJECTIVES:

1. To assist our spiritual leader in Christ with his duties to render pastoral care and/or services.

2. To assist families with hospitality and Christian fellowship after the liturgy and burial services when requested.

3. The bereavement group will offer informal continuing support.



ST. AUGUSTINE PARISH NEWS

St. Augustine Bereavement Committee will meet in the church on August 12, 2015 at 6:00 p.m. Come join us as we remember loved ones gone before us. Tell us of treasured moments shared. Although they are no longer with us, we will never forget them. Everyone is welcome. Call Father George at 869-3398 if any questions. Light refreshments.

Join the Pueblo of IsLeta Workforce!



Isle Isle Isle

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

	Career Opportunities	Isieta. Ivi
Location	Position Posting	Closing Da
Administration	Executive Director (Appointed Position)	Open Until Filled
Appellate Court	Court Clerk	07/02/2015
Assisted Living Facility	Cook (RPT)	06/24/2015
Dept of Education	Adult Education Coordinator	Open Until Filled
Dept of Education	Scholarship Coordinator	Open Until Filled
Elder Center	Veteran Support Service Program Member	Open Until Filled
Headstart	Head Start Teacher	Open Until Filled
Headstart	Nutritionist Coordinator	Open Until Filled
Health Center	EMT Paramedic	Open Until Filled
Health Center	EMT Intermediate (3 Positions)	Open Until Filled
Health Center	Fitness Instructor	Open Until Filled
Health Center	Physical Therapist	Open Until Filled
Health Center	PRN EMT Paramedic (Occasional)	Open Until Filled
leta Business Corporation	Alcohol Beverage Sales Rep	Open Until Filled
leta Business Corporation	Food Server	Open Until Filled
leta Business Corporation	Licensed Agent	Open Until Filled
leta Business Corporation	Line Cook	Open Until Filled
leta Business Corporation	Recycle Associate	Open Until Filled
leta Business Corporation	Sales Associate	Open Until Filled
Police Department	Police Officer	Continuously Accepting
POI Elementary School	Business Accountant	Open Until Filled
POI Elementary School	Elementary Teacher-MUSIC	Open Until Filled
POI Elementary School	Elementary Teacher (8-Positions)	Open Until Filled
POI Elementary School	IES Governing Board Member (7-Seven)	Open Until Filled
POI Elementary School	School Counselor	Open Until Filled
POI Elementary School	School Librarian	Open Until Filled
POI Elementary School	School Maintenance Technician	Open Until Filled
Public Services	Fence Crew Foreman - NEW	06/30/2015
Public Services	Irrigation Technician - NEW	Open Until Filled
Recreation Center	Fitness Instructor	06/24/2015
Recreation Center	Lifeguard (Regular Part-Time)	Continuously Accepting
	The PUEBLO OF ISLETA is a Drug Free Employer.	

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 Isl	eta Application Process			
	Interested persons who meet the minimum qualifications must		Contact A POI Recruiter Tod	ay!
	submit a completed, signed Pueblo of Isleta Employment Application A resume may be submitted with the application but not in lieu of	Carol Jiron (505) 869-7587 poi70103@∎sielaoueblo com	Myra Garro (505) 869-9792 poi07001@isletapueblo.com	Richard Garcia (505) 869-7585 <u>poi70106©isletapoueblo.com</u> .com

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

From the Pueblo of Isleta Tribal Court

The Judges and Court Staff are beginning new programs designed to provide pueblo members information on how the Court processes work. We are starting this series with traffic citations that are issued as penalty assessments. When the Isleta Police Department issues a traffic citation, the alleged offender may choose to sign the "Penalty Assessment" section of the ticket or the officer will issue a Court date.

If the Penalty Assessment is signed, this is an admission of guilt and a promise to pay the fine for the listed offense. The flow chart herein illustrates the pathway that is followed to complete the Penalty Assessment case and to close it out.

Payment for Penalty Assessments must be made in the form of a money order only and made payable to Isleta Tribal Court. Payments may be made in person or by mailing to PO Box 729, Isleta, NM 87022.

Isleta Tribal Court Process for Traffic Penalty Assessments



If the alleged offender wants to challenge the citation, a Court date is set and the details of that process will be discussed in the next article. Please be safe when out and about on the Pueblo and practice courtesy and respect.

From the Court,

Rodney Jones, Chief Judge Vincent Knight, Associate Judge R. Lar Thomas, Associate Judge

Pueblo of Isleta Tribal Court

The Tribal Court would Like to introduce the new Judges: Rodney Jones, Chief Judge; Vincent Knight, Associate Judge; and R. Lar Thomas, Associate Judge. Judge Thomas is the newest addition to the Tribal Court, and we'd like to welcome him to the Pueblo of Isleta. We are also reconstructing our website and will be posting articles in the newsletter. The Tribal Court Staff is willing to assist you with any questions or concerns that you may have, however please note that we are unable to give legal advice. Thank you for your cooperation.

Isleta Tribal Court Staff



Call Stepnanie, Health Educator @ 869-4479 to Sign up Isleta Health Center

2015 New Mexico State Senior Olympics Results:

First, I would like to state that I was honored and privileged to have witness various Olympic Games during the week of June 3rd - 6th, 2015, in Roswell, NM. Each of these athletes have proven that practice, dedication, and determination is well worth the hard work. These athletes are the leading example of staying active and living a healthy lifestyle. Thank you for allowing me to be a part of these games as your coordinator, I was proud to see each athlete represent the Pueblo of Isleta with true sportsmanship and respect for fellow athletes. During my experience I learned that true love for a sport and a person's competitive spirit never ends. You are all truly an inspiration for our community.

Eugene "Sho-Bee" Jojola Activities Coordinator, Isleta Elder Center

During the week of June 3rd – 6th, 2015, the Pueblo Of Isleta community had 14 athletes compete in the 2015 New Mexico Senior Olympic Games in Roswell, NM. During the week, these athletes competed in various events such as bowling, air rifle/pistol events, shuffle board, track events, golf, and more. Despite the high level of competition and scorching heat, all of these athletes represented our community with determination, ambition, and outstanding sportsmanship. Our athletes were able to bring back 18 New Mexico Senior Olympic metals, placing in the top three in various events. Listed below are the results of athletes:

Athlete's Name:	Age:	Gold:	Silver:	Bronze:	Events:
Abeita, Lawrence	60	1	1		Bowling ingles(5th)/doubles(1st),
					Basketball Free Throw(2nd)
Analla, Gloria	68		2		Shuffleboardsingles/doubles(2nd),
					Basketball Free Throw(2nd)
Doyle, LaVern	70	1	1		Shuffleboard singles(1st)/
					doubles(2nd)
Jaramillo, Lillian	68	1			Shuffleboard singles, Frisbee
					Accuracy, Soccer Accuracy(1st)
Johnson, Mary Ann	82			1	400M EST. Run/Walk(3rd)
Reyna-Jojola, Priscilla	68		1		Shuffleboard singles/double,
Frisbee 100m(4th)					Accuracy, & 200m(2nd)
					race.
Kirk, Marie	61		1		Air Rifle Supported, Air Pistol
					Standing, 8-ball Pool(2nd)
Lente, Alberta	93	3			Shuffleboard singles(1st)/
					doubles(1st), Soccer Accuracy(1st)
Lente, Herman	65			1	Archery Compound Release(3rd)
Lente-Burch, Sharon	69	1			Bowling singles/doubles(1st)
Lucero, Elsie	65			1	Shuffleboard singles(3rd)/doubles
Lujan, Deigo	65				Bowling singles/doubles, Golf
Lujan, Elaine	64	1			Bowling singles/doubles, Golf(1st)
Velardez, Josephine	80	1			Shuffleboard singles(4th)/
					doubles(1st)

Congratulations to all the 2015 Pueblo of Isleta Olympians with all their success in Roswell this year. Some of the athletes listed will also be competing with 2015 Pueblo of Isleta National Senior Olympic Team during July 2nd-16th, 2015 in Minneapolis, MN. The National Senior Olympic Games are sanctioned by the US Olympic Committee. Top athletes from around the USA who qualify in their state are invited to attend these games. Weekly practice schedules as well as event schedules are available in the Elder Center Newsletter every month. If you are interested in any of the Senior Olympic Games listed above or would like more information about various monthly activities, please contact Eugene Jojola (505) 869-9770.



enior Olymp

8-ball Pool Tournament 2nd place Winner Marie Kirk

The Pueblo of Isleta Elementary School will have a Grand Opening and Ribbon Cutting Ceremony on August 1, 2015

Please celebrate with us at the school as we become a Grant operated by the Pueblo of Isleta. More information will be coming including times and activities. If you have any questions contact the school at (505) 869-2321.

Pueblo of Isleta Elementary School

Hello Pueblo of Isleta! We hope that you are enjoying the summer and staying cool. Here's an update from your new Principal, Mr. Frank Fast Wolf and Education Program Administrator, Ms. Eileen Montoya. New and exciting educational opportunities are in the works for your elementary school children. On July 1, 2015, the Pueblo of Isleta officially takes control of the school from



the Bureau of Indian Education. The first day of school will be Monday, August 10, 2015. The last day of school will be Friday, May 27, 2016. There will be at least 180 days of instruction. Look for the school calendar next week.

Our new staff are highly qualified, enthusiastic, and parentfriendly. The Governor, the Tribal Council, the new Board of Education, and the Pueblo of Isleta Administrative staff have been involved with the transition of our new school! These individuals are committed to improving education for the children of Isleta Pueblo, in an enriching and safe learning environment. Our goal is to make the Pueblo of Isleta Elementary School a true Community School that everyone will be proud of.

Please contact the principal or education program administrator with any questions you may have regarding our new school. The contact number is (505) 869-9833, and after July 1 2015 it is (505) 869-2321 at the school. We look forward to meeting the students and parents of the community. We encourage you to get your child enrolled as soon as possible. Together we can work to achieve ultimate academic and personal success for all!

Will reopen on August 10, 2015 under New Management

ART CONTEST!

Create a new design for the school eagle logo and win a prize! More information to follow!

Gabriella Pargas

Gabriella Pargas, granddaughter of Andy and Rita Padilla, has earned a position on the New Mexico State National Junior High rodeo team. She will be traveling with fellow teammates to Des Moines, Iowa on June 21-27 to compete at the 11th Annual National Junior High Finals Rodeo in the Pole (NJHFR) Bending and Ribbon Roping competitions. The competition is the world's largest Junior High rodeo, with roughly 1,000 contestants from 42 states, five Canadian provinces and Australia vying for more than \$75,000 in prizes. NJHFR



contestants will all compete for more than \$100,000 in college scholarships and the chance to be named NJHFR champion.

Gabriella is 11 years old sixth grader and has been competing in rodeo since she was 4 years old. Her Mom and Dad are Gloria and Dominic Pargas. Gabriella would like to say thank you to her family who supports her rodeo dreams. We wish her luck at Nationals.



Girl Scout Parent Information Meeting!

Who: The Girl Scouts of New Mexico Trails, parents, and girls who want to either Volunteer or join Girl Scouts!

What: An information session for parents and girls, letting you know how to join the Girl Scouts, a place where we "Build girls of Courage, Confidence and Character, who make the world a better place!"

Where: Isleta Youth Recreation Center Travel Rd 60 Building 40 Isleta, NM 87022

When: Tuesday, July 21st at 6:30pm.

Why: Because Girl Scouts helps girls gain independence, and leadership skills that will help her grow as an individual, while contributing positively to her peers and community.

If you need any further information or have any questions, please feel free to contact Regional Manager Vanessa Gutierrez at (505)923-2526 or at vagutierrez@gs-nmtrails. org

COME JOIN US!

Snacks and refreshments provided



Time: 9:00am to 4:00pm Location: Isleta Tiwa Language Program Ages 13-18 **Registration: June 15, 2015 thru July 17, 2015** Registration forms can be picked up at Department of Education

In this program, lead by Native College students from Columbia University, we will be engaging in Native Issues, Histories, and Governments. We will be discussing the College Process and developing the leadership skills needed to create change in Native communities. Participants will further be partnered with a college mentor.



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Indigenous Research Methodologies

In the last few years there has been a major change in approaches to research in tribal communities. Research has previously been seen as primarily something done by academic institutions partnered with governmental funding and designed to meet some national or state research agenda. But with the rise of indigenous researchers in academia, there has become more of a focus on the actual needs of the tribal community and in using research methodologies that resonate more with the culture and world-view of the community. Thus Indigenous research is coming to be seen as research that is defined, controlled, and conducted for the benefit of the indigenous community. We will look at what makes indigenous research methodologies indigenous and why that matters.

LOCATION IAIA- CLE CC- Rm114 83 Avan Nu Po Road Santa Fe, NM 87508 www.iaia.edu

DATES/TIMES 5 June 2015, Friday 1:00 PM-5:00 PM

FEE \$75 CEU .4 REGISTRATION / INFO 505.424.2308 ContinuingEd@iaia.edu

THE INSTRUCTOR

Stephen Wall is an enrolled member of the Minnesota Chippewa Tribe/White Earth Reservation. Stephen was born in Roswell, New Mexico and was raised on and near the Mescalero Apache Indian Reservation in southern New Mexico. After graduating high school he attended Fort Lewis College in Durango, Colorado. Upon completing his B.A. in Anthropology, Stephen attended law school at the University of New Mexico. Stephen has worked with the American Indian Law Center as a research analyst, worked with the Albuquerque Area Indian Health Board as a community development specialist and served as Behavioral Health Coordinator for the Tohono O'odham Health Department. In Mescalero, New Mexico, he served for 11 years in the Mescalero Apache Tribal Court as the Prosecutor and Chief Judge. In May of 2006, Stephen was appointed Department Chair for the Indigenous Liberal Studies Program at the Institute of American Indian Arts in Santa Fe, New Mexico, where he continues to teach.



Isleta Business Corporation Employment Opportunities

The following IBC subsidiaries are looking for talented and driven individuals who are seeking to work for a business corporation that promotes, encourages, and values professional growth and development; and, who is guided by the Pueblo of Isleta's (POI) culture, traditions, and values of adaptability, integrity, honor, and leadership.

Isleta Grill @47 Restaurant: Open Until Filled and Always Accepting Applications

Line Cook:

The Line Cook is responsible for working in a team-oriented, high-volume, fast-paced, guest-centric environment to fulfill our customers' craving for a Pueblo of Isleta and Hispanic traditional eating experience. The Line cook is directly responsible for preparing high quality food order for guests by way of accurately and efficiently cooking hot food products/orders and preparing and portioning food products prior to cooking. Additional responsibilities include, but are limited to, following recipe and presentation guidelines to meet or exceed customers' expectations; coordinating food orders to support timely and efficient delivery to each table; plating and garnishing cooked items and preparing appropriate garnishes for all hot and cold menu items/plates; ensuring proper food safety and sanitation standards to ensure guest safety and meeting special guest requests while ensuring same high quality standards.

Core Competencies:

In order to successfully perform as a line cook one must possess the following core competencies: Greet, Teamwork, Professional Development, Product Knowledge, Promotions Knowledge, Procedures, Policies, Loss Prevention, and Inventory.

Qualifications:

- High School Diploma or General Educational Degree (GED), required.
- Associates Culinary Degree, preferred.
- Two (2) years previous cooking experience, required.
 Must possess and maintain or be able to obtain, within the first 30 days of employment, and maintain a valid Food Handlers Card (FHC), New Mexico Alcohol Server's License (NMASL), Pueblo of Isleta Alcohol Server Permit (POIASP) or be able to obtain a FHC, NMASL, and POIASP within one (1) month of employment, required.
- Must be dependable and be able to work a varying and flexible work schedule to include days, evenings, nights, weekends, and holidays.
- Must be able to perform basic mathematics to include, but is not limited to, adding, subtracting, multiplying, and dividing in all units of measure, using whole numbers, common fractions, and decimals.
- Must be able to keep abreast with updates to policies and procedures and must be able to perform all duties and responsibilities in a timely and professional manner, at all times.
- Must be able to communicate, in English, in an effective courteous manner. Must have good interpersonal skills. Second language, preferred.
- Must exhibit and promote good customer service skills to include a high level of integrity, confidentiality, and respect for all customers and IBC.
- Must possess strong organization, time management and planning skills and be able to take direction and feedback well.
- Must be able to work a flexible and varying schedule to include days, evenings, weekends, and holidays.
- Must be able to work cooperatively and professionally both with others and independently.

Native American Insurance Group (NAIG): Open Until Filled and Always Accepting Applications

Native American Insurance Group (NAIG) offers a broad range of insurance products to include Health, Dental, Vision, Supplemental and Property and Causality products. NAIG is seeking qualified, driven, team oriented, and enthusiastic Licensed Agents to promote and develop organizational growth.

If you are interested in applying, submit your resume to IBC Human Resources (HR) at 3950 Highway 47 SW Suite C127A Albuquerque, NM 87105 either in person or via traditional mail, or via email at HR@isletabc.com. If you have questions or would to obtain further information please contact IBC HR at HR@isletabc. com, by phone at (505) 869-7568, or in person. For a listing of all open positions for the above subsidiaries please visit the POI career page at http://www.isletapueblo.com/careers.html.

Velocity Build, LLC: Always Accepting Applications

IBC, doing business as Velocity Build, LLC is a Native American owned construction company specializing in water and sewer utilities and earthwork.

Heavy Equipment Operators:

This individual is responsible for operating all heavy equipment, as needed and directed.

Qualifications:

1. Applicant should have a minimum of 2 years verifiable experience as a Heavy Equipment operator; and

2. Applicant should be able to operate excavators, loaders, rollers, dozers, motor graders, and scrapers as used on construction projects.

Pipe layers:

This individual is responsible for direct installation and fabrication of materials for construction projects.

Qualifications:

1. Applicant should have a minimum of 2 years of experience as a pipe layer, in all types and facets of water and sewer utilities.

Laborers:

This individual is responsible for performing labor intensive work for various construction projects, as needed and as directed. **Qualifications:**

- 1. No prior experience necessary;
- 2. Applicants should possess basic skills working with hand tools; and

3. Applicants should be willing to take and apply direction and guidance.

If you are interested in applying complete a Velocity Build or IBC application and submit it in person to Velocity Build, LLC at 62B Tribal Road 90 Albuquerque, NM 87105, via fax at (505) 869-4112, or via email at HR@isletabc.com. If you have questions or would to obtain further information please contact Velocity Build, LLC at (505) 916-0436.

Isleta Health Center

Does your child need a physical for school?

Call us today at 869-4089 to make a summer appointment for your child's physical exam. Please bring all required forms to the appointment. Patients under 18 years of age must be accompanied by a parent or legal guardian.

THE MEDICAL CLINIC DOES NOT ACCEPT WALK-IN PATIENTS FOR PHYSICALS.

Thank you for your cooperation.

Pueblo of Isleta Public Library



Our Summer Reading Program is coming to an end. We would like to thank you for your patience as this is our busiest time of the year with students. Hopefully, you all are enjoying your summer up to this point. With the hottest month of the year upon us, we encourage you all to stop by the Library to relax and enjoy our air conditioned facility. After all, there is no better environment to catch up on a book or movie series, read a magazine, log onto the internet to catch up on the latest celebrity and Tribal gossip.

News

The Library will be closed from 8:00am-12:00pm on Wednesday, July 1, 2015 for our monthly staff meeting. The Summer Breakfast and Lunch Program will still be served. During this time we will be discussing upcoming programs for adults, teens, and children and set up a calendar of events to finish off the year.

In observance of Independence Day, Fourth of July, the library will be closed on Friday and Saturday July 3rd and 4th. Safe travels to those that are traveling near and far this Holiday weekend. To all you "Grill Masters" PLEASE BE SAFE with your Grills because no one wants to be a Human Firework.

The next newsletter deadline will be July 23rd at 4:30pm. For any questions on submitting an article, flyer or picture, please contact the Library at 505-869-9808. The Library staff is also here if you need help with scanning pictures or documents and helping with formatting articles. Call us and set up an appointment.

Upcoming

Our Summer Reading Program students will be engaging in their last weeks of Summer Program. Our youth groups will be attending Kirtland Air Force Base where they will be participating in an engineering experiment. The junior group will be going to see the new minion movie. Summer Reading Program final presentation will be Wednesday, July 22.

As for their Final projects, our Youth group will be doing group presentations on a science experiment of their choice. They will chose from science experiments they conducted throughout the Summer Reading Program. While our junior group will be performing a short play on the book called "The Hungry Caterpillar" by Eric Carle. Students will be in fruit costumes and a caterpillar costume to depict the book. To end such a hot but fun summer, we will be taking our juniors to Hotel Cascada Water Park. Our youth group will be going to Cliff's Amusement Park and Water Mania.

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.				

Mailing and Physical Address:

950 Moonlight Drive Albuquerque, NM 87105 Phone: (505) 869-9808 Email: poi02002@isletapueblo.com Facebook Page: www.facebook.com/IsletaPuebloLibrary Web Address: www.isletapueblo.com/library2.html YouTube: www.youtube.com/user/poilibrary



Summer Reading Program youth group having a blast participating in our NO TALK team building challenge.



Each youth group member representing their age group presenting their planets they made up as a group. Starting from the left which is closest to the sun and with the last planet on the left being the furthest away from the sun.



Measuring out the distance between Jupiter and the sun. For each toilet paper square = about 60 million miles away from the sun.

Parks & Recreation

From the Director; Mike Molina

All youth want to have fun, especially in the summertime, and that is what the youth are doing at Isleta Pueblo Parks and Recreation! The summer program is in full swing with plenty of children attending our program on a daily basis. We currently have 275 youth enrolled.

The youth have been having fun going on field trips, swimming, participating in sports activities, arts and crafts, games and much more. Our major field trips on Fridays continue to be very popular. So far, we have taken major field trips to Cliff's Amusement Park, Starlight Lanes, Itz and Century Rio. Our 4 and 5 year old program under the direction of Kimberly and Connie is also off to a great start. Our 4 and 5 year old program is the only one that has a registration limit of 25 children. The rest of our programs are open to all of our tribal members and descendants.

Our summer arts/crafts program under the leadership of our three Nanas, Abenita Abeita, Gloria Abeita, and Marie C. Lucero, continues to be very popular with our youth. Our Nanas are great teachers and role models. They are helping our youth to realize their own talents and capabilities, in the beautiful arts and crafts that they are making. Thank you, Nanas!

Now that the weather is getting hotter, don't sweat it! Our youth have the opportunity to participate in scheduled swimming and water activities, with their Rec. Leaders, either in the morning (10:00 am through 11:30 am) or afternoon (1:00 pm through 2:30 am). Please remember the pool is open as early as 5:30 am for lap swim until 7:30 pm Monday through Thursday, and on Fridays until 7:00 pm, and on Saturdays from 12 pm until 3:30 pm. For more information, please call the swimming pool at 869-9783.

Come and enjoy the "Fun Exercise Classes" of Aqua Zumba on Tuesdays and Thursdays from 11:30am to 12:30pm.

As we continue to serve youth ages 4 through 16, we know that we need to provide activities that are not only fun, but activities that also promote the importance of teamwork, respect, and friendship. As your Director of Parks and Recreation, I am pleased with the staff of Parks and Recreation, and am confident that we will continue to provide well organized and supervised activities for our youth. My goal this summer is to provide our youth with a variety of new activities that meet their interests, while also maintaining a disciplined environment where our youth feel safe, comfortable, and happy, and they look forward to participating on a daily basis. There is fun for everyone here at Isleta Pueblo Parks and Recreation!



July 24, 2015

July 27, 2015

July 28, 2015

8-9

July 29, 2015

6-7

July 30, 2015

July 31, 2015

Isotopes 6-7

Isotopes 10-11

Isotopes 12-Up

Cienega 6-7

TBA 12-Up

TBA 12-UP

Build A Bear 8-9

Major Field Trip Cliffs

Swimming/ Rec Center

Swimming/Rec Center

Movie/ Rec Center 8-9

Dollar Movie 10-11

Major Field Trip????

Gravity Park 10-11

Summer Recreation Program Calendar All Ages Group Activities for July 2015 Subject to Change

July 1, 2015

- Swimming/Rec Center 6-7
- Putt-Putt 8-9
- Putt-Putt 10-11
- Dollar Movies 12-UP

July 2, 2015

 Major Field Trip Century 24 Movies

July 3, 2015

CLOSED

July 6, 2015

- Swimming/Rec Center 6-7
- Dollar Movies 8-9
- Stone Age 10-11
- Dyna theater 12-Up

July 7, 2015

- Build A Bear 6-7
- Swimming/ Rec Center 8-9
- Jemez Springs 10-11
- Zoo 12-Up

July 8-9, 2015

Wings of America

July 10, 2015

• Major Field Trip Santa Bowling

July 13, 2015

- Swimming/ Art& Crafts 6-7
- Dollar Movies 8-9
 Swimming/ Rec Center
- 10-11
- Ice Skating 12-Up

July 14, 2015

- Dollar Movie 6-7
- Bio Park 8-9
- Cochiti Feast 10-11
- Swimming/ Rec Center 12-UP

July 15, 2015

- Ice Skating 6-7
- Swimming /Rec Center
- 8-9 Ice Skating 10-11
- Doc Longs Sandia Mountains 12-Up

July 16, 2015

- Putt-Putt 6-7
- Kick Ball/Rec Center 8-9
- Swimming/ Rec Center 10-11
- Swimming/Rec Center 12-Up

July 17, 2015

Major Field Trip Roller Skate City

July 20, 2015

- Swimming/Rec Center 6-7
- Swimming/Rec Center 8-9
- Planetarium 10-11
- Dollar Movies 12-Up

July 21, 2015

- Gravity Park 6-7
- Swimming/ Rec Center 8-9 Violabell/ Rec Conter 10
- Kickball/ Rec Center 1011
- Swimming/Rec Center 12-Up

July 22, 2015

- Swimming/ Arts & crafts 6-7
- Swimming/West Mesa 8-9
- Build A Bear 10-11
- Aquarium 12-Up

July 23, 2015

- Hiking/Sandia 6-7
- Dollar Movies 8-9
- Swimming/Rec Center 10-11
- Swimming/Rec Center 12-Up

EVERYONE WELCOME

End of Summer

"Extravaganza" -

Food and Games

Isleta Pueblo News

Summer Time is Summer Fun!!!



Additional Programs/Activities New Recreation and Old Recreation

- Cross training and Kettle bell Classes now forming Monday through Friday 5:00am
- Kettle bell Basics Class Monday and Wednesday 5:00pm
- Mobility Classes Contact Derrick at New Recreation Center
- Cross Country Sign Ups are beginning in July Ages 5-12yr.
- Adult Mush Ball Co-Ed Leagues now Forming "Fun, Fun Fun" Contact Vanessa at New Recreation Center
- Spin Class Schedule: Monday and Wednesday 12:00- 100pm; Tuesday and Thursday 5:10pm & 6:10pm

Saturday 1:00pm; Sunday 11:00am

- Karate Class Beginners Class
- 5:30pm 6:30pm 6:30pm – 7:30pm
- Advanced Class 6:30pm 7:30pm • Zumba Classes (Old Recreation Center) Monday, Wednesday, Friday 5:30 – 6:30am
- Spin Classes (Old Recreation Center) Monday, Tuesday, Wednesday 5:00 – 6:00pm

Aquatics Schedule of Activities/Programs

Enjoy Open Swim, Water Aerobics, and **Adults Only** Lap Swim in Pool Area

- Water Aerobics Schedule Monday and Wednesday 5:30 – 6:15am
- Adults Only Lap Swim Schedule Tuesday and Thursday 6:30 – 8:00am
- Aqua Zumba "Fun Fun Fun" Tuesday and Thursday 11:30am – 12:30pm

Park Management





With children out of school we are once again asking for everyone's cooperation in helping us keep our park system free of vandalism and especially graffiti. If anyone witnesses any type of vandalism you are encouraged to call our Isleta Police Department or report it directly to our Parks & Recreation office at 869-9777. Once again we have been assured by our Governor's Office and our Courts system that anyone caught will be prosecuted to the full intent of the law. Remember, anytime vandalism takes place they are stealing from you tribal members. Anything that is broken or replaced must be paid for with Pueblo of Isleta dollars. Ultimately that comes out of your pocket books as tribal members.

Note: Anyone wishing to use a park inclusively for a private party or gathering, please call Mike Molina at 869-9777. All we ask is you reserve the park, and please clean-up after yourselves. At the present time everyone has done a wonderful job in keeping our parks clean, let's continue this process.









Pueblo of Isleta Veteran's Association

Greetings: The following is a name list of Veterans submitted from last month's roster.

We would also like to have the names of service men and women who are currently serving in the armed forces. The names along with a short bio will be printed in future newsletters.

Please send this information to: POI Veterans Association PO Box 338 Isleta, NM 87022. Thank you kindly!

U.S. Army

Bobby Lucero John D. Jojola David Lente Ramon Lente Sr. Richard Thomas Lente Delano Papuyo Marcelino Piro Jose Carlos Sangre Jose Patricio Sangre August Shattuck Joseph E. Shattuck Jose A. Tafoya Andrew Teller Jose (Joe) M. Trujillo Jose B. Valdez Jose D. Valdez Paulette Valdez Manuel Valdez Jose M. Valardez Jerry Waseta Steven Waseta Elaine J. Zuni Charles Van Zuni Fred Zuni

Gilbert Zuni Joe E. Zuni Joe L. Zuni Jose Alvino (Abe) Zuni Jose Remijo Zuni Myron Zuni Robert Zuni Theresa Zuni

U.S. Air Force Grant Edwin Trelor

U.S. Marine Corps Charles A. Zuni Casey A. Zuni James E. Zuni Johnny Trujillo Timothy M. Zuni

U.S. Navy Jeremy M. Zuni Levi Zuni Lisa Abeita Smith

U.S. Coast Guard John C. Lucero Phillip Montoya

ISLETA GOLF CLUB



JULY 6 & 7 · 8am - 12pm

Professional Instruction Prizes to be awarded Lunch provided Daily

Ages 7-17 Years To Register Call 505.848.1900 Please see Isleta Golf Shop for complete details





Did you know about the 24-hour Nurse Advice Line?

- Have you ever wondered what to do when the Health Center is closed?
- Have you ever wondered if you were in an emergency situation and should call 911?
- Have you been unsure if you needed to visit the walk-in clinic or make an appointment?

If you need answers to health related concerns and aren't sure if you need to visit the walk-in clinic or call 911, use the toll-free NURSE ADVICE LINE*. When you speak with a Registered Nurse, please follow the nurse recommendations for home care or the need for health facility care.

NURSE ADVICE LINE 1-877-752-2552

This line is available 24 Hours A Day, 7 Days A Week, 365 Days A Year and is available for FREE to ALL Isleta Health Center patients!

<u>* CALL 911 FOR LIFE THREATENING EMERGENCIES</u> This includes, but is not limited to: chest pains, severe injury and/or bleeding, and severe breathing problems.

NOTE: You must notify Purchased/Referred Care staff (formerly CHS) within 72 hours if you are seen at any facility other than the Isleta Health Center.

TEST YOUR KNOWLEDGE

How Much Do You Already Know About Cancer?

Answer True = T or False = F

- ΤF
- If you get cancer it is usually because someone in your family had cancer.
- 2. Heavy drinking can raise your chances of getting cancer.
- □ □ 3. Artificial sweeteners can cause cancer.
- □ □ 4. Antiperspirants make you more likely to get breast cancer.
 - 5. Which food is linked to colon cancer (choose one):
 - □ A. Tofu
 - B. Lunchmeat
 - C. Oysters
 - 6. Which of these may help nausea in patients getting cancer treatment? (choose one)
 - A. Acupuncture
 - B. Ear Candling
 - C. Magnetic Therapy
- 7. For most cancer, a biopsy can cause cancer cells to spread.
 - 8. What can you do to lower your chances of getting cancer?
 - □ A. Avoid stress
 - □ B. Nothing
 - C. Exercise

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://www.webmd.com/cancer/rm-quiz-cancer-myths-facts



Head Start & Early Head Start 2015 Child Find Recruitment Fair

- Fill out your child's 2015-2016 application
- Have your child's hearing & vision screened
- Receive a book for your Early Head/Head Start Child for your participation
- Come enjoy food, face painting, & jumpers

To complete an application, the following documentation must be submitted:

- Proof of physical address
- Child's Tribal Identification/CIB
- Proof of Income for last 12 months/2014 Taxes
- Child's proof of birth
- Copy of IEP/IFSP
- Proof of pregnancy
 for expecting moms

Saturday, July 18, 2015 9:00am-2:00pm Isleta Head Start Building

One Bowl Chocolate Cake

By making this simple cake from scratch, you can use healthful oil, whole-wheat flour, and no-calorie sweetener.

Ingredients:

- 3/4 cup(s) whole-wheat pastry flour
- 2 tablespoon(s) whole-wheat pastry flour, combined with above flour
- 1/4 cup Splenda Sugar Blend for Baking OR 1/2 cup(s) sugar
- 1/3 cup(s) unsweetened cocoa powder
- 1 teaspoon(s) baking powder
- 1 teaspoon(s) baking soda
- 1/4 teaspoon(s) salt
- 1/2 cup(s) nonfat buttermilk
 1/4 cup Splenda Sugar Blend for Baking OR 1/2 cup(s)
- packed light brown sugar
- 1 large egg, lightly beaten
- 2 tablespoon(s) canola oil
- 1 teaspoon(s) vanilla extract
 1/2 aur(a) het strang black soff
- 1/2 cup(s) hot strong black coffeeConfectioner's sugar, for dusting

Directions:

1. Preheat oven to **350** degrees F. Coat a 9-inch round cake pan with cooking spray. Line the pan with a circle of wax paper .

2. Whisk flour, Splenda (or granulated sugar), cocoa powder, baking powder, baking soda and salt in a large bowl. Add buttermilk, Splenda (or brown sugar), egg, oil and vanilla. Beat with an electric mixer on medium speed for 2 minutes. Add hot coffee and beat to blend. (The batter will be quite thin.) Pour the batter into the prepared pan.

3. Bake the cake until a skewer inserted in the center comes out clean, **30 to 35 minutes**. Cool in the pan on a wire rack for 10 minutes; remove from the pan, peel off the wax paper and let cool completely. Dust the top with powdered sugar before slicing.

WIC Nutrition



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:
 - Runny nose
 - Sneezing
 - $\circ \ \ {\rm Mild \ cough}$
 - \circ 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 if you think your child has whooping cough.

Prevention is the Key to Staying Healthy

1. Wash Hands Often with Soap and Warm Water.

2. Cough into your hand, elbow, or tissue, not toward another person.

3. If you have flu-like symptoms, stay home until at least 24 hours after your fever is gone (without fever-reducing medicines).

4. Avoid touching your eyes, nose and mouth.

5. Avoid contact with sick people

TEST YOUR KNOWLEDGE -- ANSWERS How Much Do You Already Know About Hepatitis C?

1. Hepatitis C is rare. False, some 3.2 million Americans have hepatitis C, and about 17,000 more are infected each year. Hepatitis C is the most common infection in the U.S. that is spread through blood. Hepatitis B is also commonly spread through blood. Hepatitis A is usually spread through food or water. All three forms are caused by a virus. Hepatitis can also result from overuse of drugs or alcohol, illnesses, medications, or even an immune disorder. Certain things can raise your risk of catching the hep C virus, such as overuse of drugs or alcohol, illnesses, medications, or even an immune disorder.

2. The liver is the body part most affected by hepatitis **C**. True, "Hepatitis" means inflammation of the liver. The liver's job is to clean your blood, help digest fats, and store energy. A liver that's swollen and damaged by hepatitis C slowly stops working as it should. Hepatitis C can stay active in your body and slowly damage the liver over time. This is called chronic hepatitis C. You may develop cirrhosis, a condition in which most of the liver has been destroyed and becomes scar tissue.

3. The first symptoms of hepatitis C is a high fever. False, Hepatitis C usually doesn't cause any symptoms. If it isn't diagnosed, it can take as long as 30 years for serious signs of liver damage to develop. Some people can have symptoms like nausea and vomiting. Because these can be signs of so many other things, it's best to ask your doctor to test you. If you have hepatitis C, you can spread the virus even if you aren't having symptoms.

4. Teenagers are most likely to have hepatitis C. False, Baby boomers -- people born from 1945 to 1965 -- have the highest rates of hepatitis C. It may be that they became infected in the '70s and '80s when hepatitis C rates were high and blood wasn't screened as well as it is now. The CDC says all boomers should be tested, along with anyone who ever used illegal drugs, had blood transfusions before 1992, or has HIV or liver disease symptoms. If you think you've been exposed to hepatitis C, talk to your doctor about getting tested.

5. You can get hepatitis C by having sex. True, it isn't easy to get infected with hepatitis C through sex, but there's still a chance. If you have multiple partners or if you or your partner has the disease, it's a good idea to use a latex condom. You're most likely to get hepatitis C from a needle injury in a hospital or doctor's office, or if you share needles or other equipment to inject drugs.

6. Getting Tattoos or piercings can put you at risk for hepatitis C. True, your chances of having problems at a licensed, commercial facility are slim. But tattoos or piercings done with non-sterile instruments can spread hepatitis C. If you get a tattoo or piercing, look for a facility that has all single-use items like gloves, needles, and ink pots. The shop should properly dispose of all items that have touched blood, use a disinfecting solution to clean the work area, and sterilize reusable tools.

7. A vaccine can prevent hepatitis C. False, there is a vaccine for hepatitis A and B, but there isn't one for hepatitis C. To keep from getting infected, avoid contact with other people's blood. Don't share personal items like razors and toothbrushes, especially with someone who has hepatitis C. Hepatitis C can't be spread by hugging, kissing, coughing, sneezing, or breastfeeding. Unlike hepatitis A, you can't get hepatitis C from food or water.

8. Hepatitis C usually goes away on its own. False, A few people's bodies will clear the virus without any treatment, but 75% or more won't. If you have hepatitis C, it often lasts your whole life. The sooner your hepatitis is diagnosed and you can begin treatment, the better your chance to prevent more liver damage.

9. Hepatitis C can be treated with medication. True, Medications called antivirals are most often used to treat hepatitis C if you've had it a long time. A new drug that combines ledipasvir and sofosbuvir (Harvoni), is a once-daily pill that cures the disease in most people in 8-12 weeks. Other options include a combination of the drugs sofosbuvir (Sovaldi), simeprevir (Olysio), interferon, and/or ribavirin (Rebetol). Ask your doctor what's best for you, based on your medical needs and insurance coverage, since these medications are pricey. If you have hepatitis C, ask your doctor before taking any prescription or nonprescription medicines, supplements, or vitamins. And don't drink alcohol because it can speed up liver damage.

10. Hepatitis C can be treated with medication. False, even after successful treatment, you can still be infected again with hepatitis C. The chance is lower, but it's still there.

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

http://www.webmd.com/hepatitis/rm-quiz-hepatitis-c-myths-facts

5 Gallon Liquid Laundry Detergent 2X ultra HE formulated Works in hard water, residue free.

residue free, eliminates odor, fresh scent or Unscented Allergen reducer

Grease-fighting dish soap CITRUS cleanser DEGREASER cleaner Lavender scent Limited Time 5 gallon Hair Shampoo Hair Conditioner

\$50 w/pump

Pump additional \$2

FABRIC SOFTENERS

April Fresh scent

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

Contact: MONA 505-506-0953

Mon-Fri aft 6pm / weekend aft 9am

PREVENT OR REDUCE YOUR RISK FOR SKIN CANCER CHECK YOUR SKIN ONCE A MONTH FOR:

- A sore that doesn't heal
- A growth you haven't noticed before

• Change in the border of a spot: spread of color, redness or swelling into surrounding skin

- Itchiness, tenderness or pain from a mole
- Change in sensation (painful, tender)
- A brown or black colored spot with uneven margins or a new mole
- A small, smooth, shiny, pale or way lump that may bleed
- Large areas with oozing or crust
- A flat red spot or a lump that is scaly or crusty

When looking at a mole, remember the ABCDE Rule:

Asymmetry • Border irregularity Color that is not uniform Diameter greater than 6mm (about the size of a pencil eraser)

Evolving size, shape or color

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

9	Isleta Health Center JULY 2015 Questions? Call 869-320						
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			1 Parent Group: 9-11a @ BHS. Anger Management Skills: 1-3p @ BHS. DPP Walking Group: 10:15a @ REC. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	2 Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Group Exercise Class: 5:30- 6:45p @ DPP Wellness Center.	3 OBSERVED Health Center Closed	4 Happy Fourth of July	
5	6 Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. DPP Walking Group: 10:15a @ REC. Young Leaders Youth Krew: 4:30p @ BHS. Group Exercise Class: 5:30-6:45p @ DPP Wellness Center.	7 Women's Support Group: 10-11a @ BHS. POI Community Cancer Support Group: 10:30-12p, @ Health Center, small conference room. Acu-Detox: 1-2p @ BHS. Group Exercise Class: 5:30-6:45p @ DPP Wellness Center.	8 Parent Group: 9-11a @ BHS. Anger Management Skills: 1-3p @ BHS. DPP Walking Group: 10:15a @ REC. Group Exercise Class: 5:30-6:45p @ DPP Wellness Center.	9 Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Group Exercise Class: 5:30- 6:45p @ DPP Wellness Center.	10 Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS. DPP Walking Group: 10:15a @ REC.	11	
12	13 Early Recovery Skills: 9-11am @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. DPP Walking Group: 10:15a @ REC. Young Leaders Youth Krew: 4:30p @ BHS. Group Exercise Class: 5:30-6:45p @ DPP Wellness Center.	14 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. DPP Alliance Group: 3-4p @ Dia- betes program. Group Exercise Class: 5:30-6:45p @ DPP Wellness Center.	15 Parent Group: 9-11a @ BHS. Anger Management Skills: 1-3p @ BHS. DPP Walking Group: 10:15a @ REC. Healthy Cooking Class: 5:30-7:30p @ Diabetes program. Group Exercise Class: 5:30-6:45p @ DPP Wellness Center.	16 Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Group Exercise Class: 5:30- 6:45p @ DPP Wellness Center.	17 Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	18	
19	20 Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. DPP Walking Group: 10:15a @ REC. Young Leaders Youth Krew: 4:30p @ BHS. Group Exercise Class: 5:30-6:45p @ DPP Wellness Center.	21 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Group Exercise Class: 5:30-6:45p @ DPP Wellness Center.	22 Parent Group: 9-11a @ BHS. Anger Management Skills: 1-3p @ BHS. DPP Walking Group: 10:15a @ REC. Group Exercise Class: 5:30-6:45p @ DPP Wellness Center.	23 Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Group Exercise Class: 5:30- 6:45p @ DPP Wellness Center.	24 Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS. DPP Walking Group: 10:15a @ REC.	25 Car Seat Clinic 9am to 11am @ Isleta Health Center. Learn how to proper- ly install your child's car seat. Must have child and car seat present!	
26	27 Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. DPP Walking Group: 10:15a @ REC. Young Leaders Youth Krew: 4:30p @ BHS. Group Exercise Class: 5:30-6:45p @ DPP Wellness Center.	28 Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Group Exercise Class: 5:30-6:45p @ DPP Wellness Center.	29 Parent Group: 9-11a @ BHS. Anger Management Skills: 1-3p @ BHS. DPP Walking Group: 10:15a @ REC. Group Exercise Class: 5:30-6:45p @ DPP Wellness Center.	30 Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Group Exercise Class: 5:30- 6:45p @ DPP Wellness Center.	31 Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS. DPP Walking Group: 10:15a @ REC.		



11:30 - 4:30pm @ Isleta Eagle Golf Course

This is your chance to learn about Cancer and Heart Disease • Cancer Treatment Options* • Find out if you are you at risk for Heart Disease • Learn about Project Heart Start (Hands Free CPR) and much more!





Freedom From Smoking PROGRAM NOW!

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



Nicotine Replacement Therapy for those clinic patients who attend weekly sessions!
 Get support from others that are going through the same thing.

