



# Isleta Pueblo News

Volume 10 Issue 8

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

August 2015

## From the Office of the Governor

### 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.

### Grand Re-opening of the ISLETA ELEMENTARY SCHOOL

Just one year ago, our Administration and Tribal Council discussed the feasibility of transferring the operation and control of the Isleta Elementary School from the U.S. Department of the Interior, Bureau of Indian Education (BIE) to the Pueblo of Isleta. Through the dedicated work and perseverance of a lot of supportive individuals this vision will become a reality Saturday, August 1, 2015 at 9:00am as we celebrate with the ribbon cutting ceremony for the Grand Re-opening of the Pueblo of Isleta Elementary School. The Event will be attended by guest of honor who supported our vision to include; Sally Jewell, Secretary United States Department of Interior, Kevin Washburn, Assistant Secretary for Indian Affairs, Monty Russell, PhD, Director of Bureau of Indian Education and other invited Congressional Representatives and State Officials. We are planning a fun filled day of entertainment, food and refreshments. I personally extend an invitation to each and every one to help set a milestone in education for the Pueblo of Isleta.

### 2015 New Mexico State and Tribal Leaders Summit, Santa Ana Pueblo, NM.

On July 1-2, 2015, the Pueblo of Santa Ana hosted the 2015 State-Tribal Leadership Summit. Susana Martinez, Governor of the State of New Mexico, in her opening remarks welcomed all the Tribal Leaders stating that the summit provides State and Tribal leaders with an excellent opportunity to continue to work toward collaborative solutions to the many issues of mutual concern. Governor Martinez expressed it was her desire to collaborate with each of the tribes, nations, and pueblos in our state to build a brighter future for tribal citizens and non-tribal citizens alike.

The following topics of mutual concern were discussed by tribal and state officials: Natural Resources, Education, Economic Development and Health.

Governor Eddie Paul Torres, in his opening remarks as Chairman of the All Pueblo Council of Governors, stated that the State-

Tribal Summit is a great opportunity to renew the partnership for the advancement of the state and tribal communities that we are responsible for, and encouraged state and tribal leadership to work together and realize the positive outcomes we all desire. Governor Torres placed emphasis on four main points he wanted to share with state-tribal leadership in the summit. The four points being:

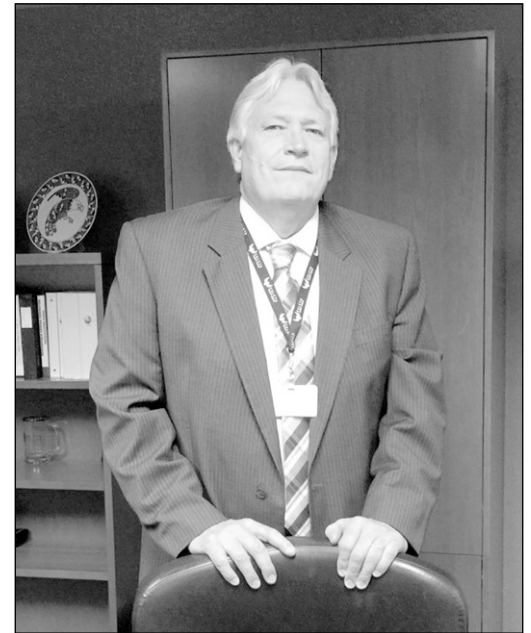
1. Pounding the table and demanding no longer works. As tribes and the State, we need to stick together and work collaboratively for the benefit of the entire State.
2. We have an incredible opportunity to rekindle the partnership of the state and tribal Governments for the benefit of all our citizens, resources and life.
3. The collaboration is not a Democratic Party issue, it is not a Republican Party issue, and it's not even an after party issue. This is an issue of collaboration and collective problem solving for the benefit of New Mexico. This requires us to talk with each other instead of talking at each other.
4. The people of this state and our respective tribes have vested trust in all of us to work on their behalf. The most fundamental way to fulfill this huge and profound responsibility is to work for the benefit of the people.

With those four points stated, Governor Torres encouraged his fellow tribal leaders along with Governor Martinez and state leadership to work in partnership for the benefit of the citizens that have placed us in these roles of leadership and responsibility.

The State-Tribal Collaboration Act (SB 196) requires the Governor of New Mexico meet annually with leaders of Indian nations, tribes and pueblos in a state-tribal summit to address issues of mutual concern.

### Chief Executive Officer (CEO) for the Isleta Resort and Casino

Governor Eddie P. Torres and the Isleta Tribal Council selected Mr. Harold Baugus to serve as the CEO for the Isleta Resort and Casino. Mr. Baugus has 26 years of management experience including 20 years in tribal gaming management. Mr. Baugus previously served as the General Manager at the Indian Head Casino, in Warm Springs Oregon. Mr. Baugus officially took over the management of IRC on June 19, 2015. We are confident in Mr. Baugus' abilities to bring the property to a highest standards in the Indian Gaming Industry.



*Mr. Harold Baugus, CEO for the Isleta Resort and Casino*

### Message from the Governor

In anticipation of our feast days, we are all looking forward to celebrating our customs and traditions that serve to strengthen our bonds as families and people of Isleta. Let us always be mindful and give thanks to our Great Spirits for their blessings they shower upon us and hold in our hearts those fond memories of our recently dearly departed love ones and their families. May the Great Spirit always guide you and look over you. Thank you, Governor Eddie Paul Torres.

### 2015 Per Capita Distribution

At a duly called meeting, the Tribal Council of the Pueblo of Isleta authorized a 2015 Per Capita distribution for Pueblo of Isleta Tribal Members. The Per Capita distribution will be in the amount of \$2,000.00 per Tribal Member and will be distributed in two installments. The first installment of \$950.00 will be on August 4, 2015 and the second installment of \$1,050.00 will be on December 8, 2015. The Pueblo of Isleta shall not withhold or garnish any amount from the first distribution from any individual. The Pueblo of Isleta will withhold up to 75% of the second distribution from individuals who have outstanding Tribal Court judgments against them for unpaid housing payments, court fines, child support, civil restitutions, ditch dues, or incarceration bills as of October 30, 2015. Distributions not picked up or requested before February 28, 2016 will be VOID and NO Longer available.

Tribal Members that are requesting for their Per Capita check to be mailed or picked up by another individual must provide an Original Notarized Letter.

The Treasurer's Office will NOT accept copies of the Notarized Letters.

## PROBATE NEWS

**FIRST NOTICE - A Petition to Probate the Estate of Janice Terecita Desselle, deceased November 22, 2014. Case No. CV-14-PRO-0008,** 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 (30) days of this notice being posted. A hearing in this matter has been scheduled for **Thursday, October 15, 2015 at 1:30 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.

**FIRST NOTICE - A Petition to Probate the Estate of Josephine Anzara, deceased April 17, 1989. Case No. CV-14-PRO-00018,** 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 (30) days of this notice being posted. A hearing in this matter has been scheduled for **Thursday, October 15, 2015 at 1:30 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 Will of Jose Tranquilino (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 within thirty (30) days of the Notice being published at the claims be forever barred. Claims must be filed in writing with the Isleta Tribal Courts 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 Priscilla R. Talahaftewa, deceased August 8, 2012. Case No. 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 (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.

**SECOND NOTICE - A Petition to Probate the Estate of Julia J. Lucero, deceased April 9, 2012. Case No. 14-PR-000017,** 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 (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.

### Isleta Pueblo News



**Editor:**

Nathaniel Lujan

**Asst. Editor:**

Tara Abeita

**Published By:**

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ENDORSED  
FILED IN MY OFFICE THIS  
MAY 29 2015  
CLERK, ISLETA TRIBAL COURT

STATE OF NEW MEXICO  
IN THE PROBATE COURT  
PUEBLO OF ISLETA  
BERNALILLO COUNTY

IN THE MATTER OF THE ESTATE OF  
**JUAN ANTONIO PADILLA** Case No. CV-PR-0193-2014

LETTER OF ADMINISTRATION

**THIS MATTER OF PROBATE** came before the Court on the undersigned date and the court being fully informed hereby issues notice that **CHRISTOPHER PADILLA** been appointed to serve as the administrator of the estate of **JUAN ANTONIO PADILLA**, and has qualified as the decedent's administrator by filing with the court a statement of acceptance of the duties of that office.

The administrator shall have all of the powers and authorities provided by law of the Pueblo of Isleta and the laws of the State of New Mexico, specifically, by Section 45-3-715 NMSA 1978.

It is so ordered on this 26<sup>th</sup> day of May, 2015

Vincent L. Knight, Sr.  
Associate Judge  
Pueblo of Isleta

STATE OF NEW MEXICO  
COUNTY OF BERNALILLO

I hereby accept the duties of administrator of the Estate OF **JUAN ANTONIO PADILLA** and do solemnly swear that I will perform the duties of administrator to the best of my abilities and in accordance with applicable law.

Christopher Padilla

Subscribed and Sworn before me this 29<sup>th</sup> day of May, 2015.

Dana E. Jiron  
Notary Public

My Commission Expires on: March 1, 2017

OFFICIAL SEAL  
DANA E. JIRON  
Notary Public  
State of New Mexico  
My Commission Expires March 1, 2017

ENDORSED  
FILED IN MY OFFICE THIS  
JUL 09 2015  
CLERK, ISLETA TRIBAL COURT

IN THE TRIBAL COURT  
PUEBLO OF ISLETA  
ISLETA, NEW MEXICO

IN THE MATTER OF  
THE ESTATE OF: **Marie E. Baca** Case No. 15PRO00082  
(DOD: June 20, 2015)

LETTERS OF ADMINISTRATION AND ACCEPTANCE

**THIS MATTER** having come before this Court on July 9, 2015 with all parties present having agreed upon the appointment of **John P. Evergreen** to serve as Administrator of the estate herein.

The Administrator have all the powers and authorities provided by the laws of the Pueblo of Isleta and by §45-3-715 NMSA 1978.

**SO ORDERED**, this 9th Day of July, 2015.

Honorable R. Lar Thomas  
Associate Judge

STATE OF NEW MEXICO  
COUNTY OF BERNALILLO

I hereby accept the duties of Administrator of the Estate of Marie E. Baca, Decedent, and do solemnly swear that I will perform the duties of administrator of the estate.

John P. Evergreen

7/9/2015

## From The Pueblo of Isleta Tribal Court

After much thought and input from the Tribal Judges and the Appellate Court Justices we now have written rules governing the admission of Attorneys and Spokespersons to practice before the Tribal Court. They are published herein in their entirety. This has been in the works for quite some time and sorts out many of the conflicts and uncertainties that the Tribal Court and practitioners have faced in the past. Attorneys and Spokespersons must now fill out a simple application form that is available from the Court and pay a \$200.00 yearly fee. This fee is waived until January 2016, but there is no fee for Attorneys or Spokespersons unless they represent more than one client per year.

The most significant changes are that the requirements are now in writing and the Court has opened up the practice of Spokespersons to civil, probate and criminal cases whereas in the past it was limited to criminal cases.

These rules set standards where there were none before and eliminate inconsistencies in the Court. This is another way that the Court is opening up to pueblo members and keeping matters simple and transparent.

From the Court,

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

### RULES GOVERNING THE ADMISSION TO PRACTICE BEFORE THE PUEBLO OF ISLETA TRIBAL COURT

These Rules are being promulgated to define standards governing the practice before the Tribal Court. To honor custom and tradition, the use of lay tribal members and descendants as Spokespersons must be expanded to include all civil, probate and criminal matters before the Court, while at the same time bringing the rules into conformity with other jurisdictions. In addition, the requirements for practice are made more uniform.

#### Rule 1. Attorneys.

A licensed Attorney who desires to practice before this Court must be in good standing with all other licensing authorities and shall submit to the Court an Attorney Application for Admission to Practice accompanied by a letter of good standing from the State Bar or Supreme Court of the State in which such lawyer is duly licensed to practice law and the Pueblo of Isleta Tribal Court and pay a nonrefundable application fee of \$200.00. Additional requirements for Attorney admission are as follows:

- (a) Must understand general principles of Pueblo law including the Pueblo of Isleta Constitution, Pueblo of Isleta Law and Order Code and Pueblo of Isleta Court Rules; and
- (b) Must know and understand Pueblo of Isleta's Court jurisdiction and the structure and function of the Pueblo Court.

#### Rule 2. Spokespersons.

A Spokesperson who desires to represent more than one client per year shall submit to the Court a Spokesperson Application for Admission to Practice and pay a nonrefundable application fee of \$200.00. Additional requirements for Spokesperson admission are as follows:

- (a) Must be at least twenty-one (21) years of age;
- (b) Must be a Pueblo of Isleta enrolled member or descendant with a census number;
- (c) Must understand general principles of Pueblo law including the Pueblo of Isleta Constitution, Pueblo of Isleta Law and Order Code and Pueblo of Isleta Court Rules;

- (d) Must know and understand Pueblo of Isleta's Court jurisdiction and the structure and function of the Pueblo Court; and
- (e) Must possess good moral character and have no felony convictions within the last 10 years.

#### Rule 3. Representation by Attorney or Spokesperson.

Any party to a civil, probate or criminal action shall have the right to be represented by an Attorney or Spokesperson of his/her own choice and at his/her own expense pursuant to the admission procedures set forth herein.

#### Rule 4. Temporary Admission.

A licensed Attorney or Spokesperson who desires to practice before this Court once per calendar year on a specific case may do so by filing a Motion in the particular case for admission pro hac vice. All requirements stated in Rules 1 and 2 herein apply. There shall be no charge for admission pro hac vice.

#### Rule 5. Approval or Disapproval of Application for Admission to Practice.

All applications shall be reviewed by the Chief Judge. If approved for admission, the Attorney's or Spokesperson's name shall be entered on the roster of those admitted to practice before this Court and they shall be provided with a Certificate of Admission. If an applicant is denied Admission to Practice before the Court the applicant shall receive written notice of the denial.

#### Rule 6. Annual Renewal.

Annual membership fees of \$200.00 are due no later than January 15th of each calendar year.

#### Rule 7. Disciplinary Procedures.

Any person admitted to practice before the Court may be disciplined for violations of the Pueblo of Isleta Court Rules. Discipline Orders from other jurisdictions shall be recognized by this Court.

- a. Any complaint received regarding a practitioner shall be forwarded to the practitioner via certified mail. The

practitioner shall have 20 days to respond to allegations in writing;

b. A hearing shall be set within 20 days of receipt of practitioner's response. Any ruling made by the Court shall be set forth in an Order and made a part of the public record;

c. Discipline may include, but is not limited to, a formal admonishment, restitution, suspension from practice or permanent disbarment from practice before this Court;

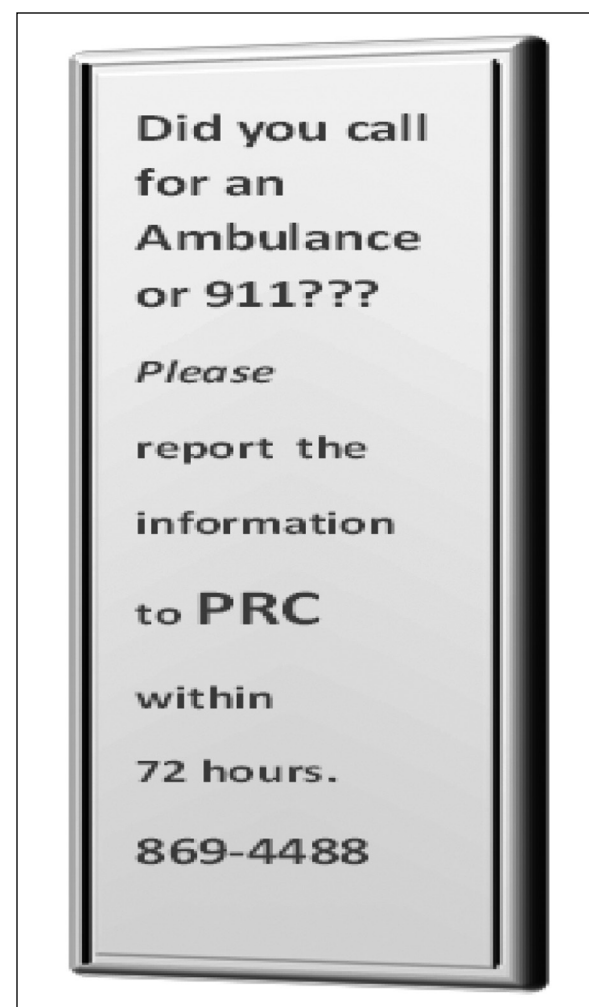
d. All decisions regarding discipline are final and non-appealable.

These Rules are hereby promulgated this 16 day of, 2015.

Rodney Jones, Chief Judge  
Pueblo of Isleta

#### Appendix

Application for Admission  
Oath of Admission  
Certificate of Admission





## LETTER FROM THE EDITOR

Deadline for the September Newsletter articles is set for Thursday, August 20 at 4:30pm. Articles may be dropped off at the Library or emailed to [poi02002@isletapueblo.com](mailto: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)



## DO YOU NEED A RIDE?

The Pueblo of Isleta Public Services Department has begun the process of evaluating the feasibility of implementing transit service in the Pueblo. We are asking the community at large to contribute opinions and feedback for this very important community investment.

Proposed transit service could provide travel options within Isleta destinations and connections outside of the Pueblo; potentially connecting to other local transit providers (ABQ Ride, RailRunner Express, etc.), shopping centers, colleges, other communities, etc... The type and extent of transit service will be defined in this study effort and we sincerely value your time and input into this process.

There are two initial outreach efforts underway. A one page survey is available on our website ([www.isletapueblo.com](http://www.isletapueblo.com)), and has been distributed to Pueblo of Isleta Departments within the Community to distribute and assist us in understanding potential transit needs. In addition, the Public Services Department will be holding two Focus Group meetings at the Elder Center to discuss the potential for desired transit service by the community, and gain an understanding of the potential demand and use of transit by community members.

The two Focus Group meetings will be held on August 18 at:

**Isleta Elder Center, Activities Room**  
**10:00am – 12:00pm; and**  
**6:00pm – 8:00pm**

Your participation in one or both of these events would greatly assist us in understanding if transit services are desired, and if so, how much transit service could be used. If you have any questions, please contact our consultant Project Manager, Jim Townsend at [jim.townsend@wilsonco.com](mailto:jim.townsend@wilsonco.com) or Kathy Trujillo, Transportation Division Manager for the Pueblo of Isleta, Public Services Department at 505-869-9683.

**ASPCA**

## It's Hot Out!

*Don't Leave Your Pet in the Car!*

**120°**

Within 30 minutes, the car's interior can climb from 85° to 120°.

**102°**

On an 85° day, it only takes ten minutes for the inside of your car to reach 102°.

**90°**

Even if the temperature outside is only 70°, the inside of your car may be as much as 20 degrees hotter!

Pets most at risk for overheating are young, elderly or overweight animals, those with short muzzles and those with thick or dark-colored coats.

A car may overheat even when the windows have been left open an inch or two.

Shade offers little protection on a hot day and moves with the sun.

Many states and local governments have laws that prohibit leaving an animal unattended in a motor vehicle under dangerous conditions, which includes hot days. Your car could be damaged or you could be charged with a crime.

**If you see an animal in a car on a hot day, try to locate the owner, or call 911! Stay by the car until help arrives.**

# NEED A RIDE?

DO YOU

The Pueblo of Isleta Public Services Department is examining the feasibility of implementing transit service in the Pueblo. We are conducting focus group meetings to understand the needs of residents. Your participation would greatly contribute to understanding transit needs for our community.

Two focus group meetings will be held at :

**Elder Center;  
Activities Room  
Building 79 Tribal Road 40  
Isleta Pueblo, NM 87022**

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

**August 18, 2015 10:00 am-12:00 pm  
and 6:00 pm-8:00 pm**  
(please participate in one or both of these)

**WILSON & COMPANY**



## New Mexico Conference on Aging

### Pre-registration Underway for 37th Annual Conference on Aging

Pre-registration is taking place for the 37th annual New Mexico Conference on Aging, which is scheduled for August 18-19, 2015 at the Conference Center at the Isleta Resort & Casino in Albuquerque. The event, sponsored by the NM Aging and Long-Term Services Department, provides older adults, caregivers and professionals who work with them an opportunity to learn and have fun in an environment that supports independence and dignity. Approximately 1,500 individuals are expected to attend the Conference, which features more than 40 workshops, 60 interactive exhibits and a health & enrichment fair. This year's theme is Supporting Active Aging Today-Tomorrow-Beyond.

#### The conference features two general sessions:

- On Tuesday, August 18th, Lynn Friss Feinberg, Senior Strategic Policy Advisor Independent Living/Long-Term Care AARP Public Policy Institute, will present Raising Awareness of Family Caregiving Issues: "The Time Has Come". In this session, Ms. Friss Feinberg will describe the looming care gap, highlight the economic value of caregiving and discuss why we need action now.
- On Wednesday, August 19th, Robert Blancato, MPA, President, Matz, Blancato & Associates and National Aging Network Leader & Advocate, will present "The Future of Aging". In this session, Mr. Blancato will discuss the future of the aging services network as we know it. How are aging services changing with the expansion of managed care, increased demand and flat or reduced federal and state funding? How does the aging network manage through this transitional period? Does it emerge stronger or does it become obsolete?

The Conference will also recognize individuals and organizations through its awards program, and will include a variety of entertainment reflecting New Mexico's cultural diversity.

#### The cost of the two-day conference is: Standard Rate:

- Pre-Registration: \$95;
- On-site Registration: \$105
- Older Adult Rate (Age 55 and older):
- Pre-Registration: \$35;
- On-site Registration: \$45
- Students:
- Pre-Registration: \$35;
- On-site Registration: \$45

#### Day registration is also available:

- Standard Rate:
- Pre-Registration: \$50/day;
- On-site Registration: \$60/day
- Older Adult (Age 55 and older):
- Pre-Registration: \$20/day;
- On-site Registration: \$30/day
- Students:
- Pre-Registration: \$20/day;
- On-site Registration: \$30/day

More information can be found on the Department's website at [www.nmaging.state.nm.us](http://www.nmaging.state.nm.us) or by calling 866-842-9230 or 505-222-4500.

## Hello from the Census/Tribal Enrollment Department!

We would like to remind the community that we are now located in Governor's office in the old Tribal Council Chambers.

#### Tribal Ids

Tribal Ids are issued on a daily basis from 8:30am to 11:30am and from 1:30pm to 4:00 pm. Tribal Ids are issued to Enrolled Tribal Members as well as Enrolled Tribal Descendants. There is no charge for new or expired Ids; however, there is a \$10.00 replacement fee for Ids which have been lost. All files must be complete and updated to receive a tribal id. Tribal Ids do expire every (5) years, this assists the Pueblo of Isleta to have current contact information for its Tribal Members and Descendants.

#### Certificate of Tribal Verifications (CIBs), BIA Form 4432

You may request a Certificate of Tribal Verification (CIB) and a BIA Form 4432 at any time; however, please allow a few days for an authorized signature. BIA 4432s for descendants will need to be taken to the Southern Pueblos Agency for signature and are only issued to descendants who possess 1/2 TOTAL Indian blood. Please do not wait until the last minute to request for these important documents.

#### Death Certificate Process

Please be informed that the Pueblo of Isleta Census/Tribal Enrollment Department is responsible for completion of death certificates for its Tribal Members,

unless they are taken to a mortuary. The death certificate process begins with the request of information from the decedent's family; these documents may be picked up from our office at any time. After the documents have been returned to our office, we will then enter the information on the State of New Mexico Dave System and request medical certification from the doctor who will then certify the cause of death, shortly after, the New Mexico State Registrar will certify the Death Certificate. The cost of each death certificate is \$5.00 and may be paid by a money order or check. Please allow up to six (6) weeks in order to receive a death certificate by mail, or once certified, death certificates may be purchased and picked up from the Santa Fe office ONLY.

#### Address Verification

There have been many requests for address verifications. Please keep in mind, address verifications can only be issued by the Census/Tribal Enrollment office. Again, please allow a day or two for the proper authorized signature to be obtained. Address verifications for non-members will only be issued to those non-members who have applied for Residency.

Should you have any questions for the Census/Tribal Enrollment Department, please feel free to contact our office at 505-869-9766. We will gladly assist best we can with any questions or concerns. May you all enjoy the rest of the summer!

## 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.

#### Religious Education Program

To our students of Isleta,

Our Religious Education Program will begin registration starting Sunday, August 16, 2015 after both Masses 8:00 and 10:00. We will continue to register Sunday, August 23 and August 30, after both Masses. Classes will start Tuesday, September 8, and Wednesday, September 9, from 4:15pm - 5:30pm at the Language Program buildings, west of the Library.

If you have any questions with regard to the classes, please do not hesitate to call either Father George at 505-869-3398 or Margaret Zuni, DRE at 505-264-7296. We will be more than happy to answer any questions.

*"With Sympathy  
In times of sorrow  
God's quiet waters  
of hope and courage flow"*



#### 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.

## From the Pueblo of Isleta Tribal Court Traffic Court

This is the second installment on how the Court works. When the Isleta Police Department issues a traffic citation and the alleged offender chooses to challenge the matter, the officer will issue a Court date.

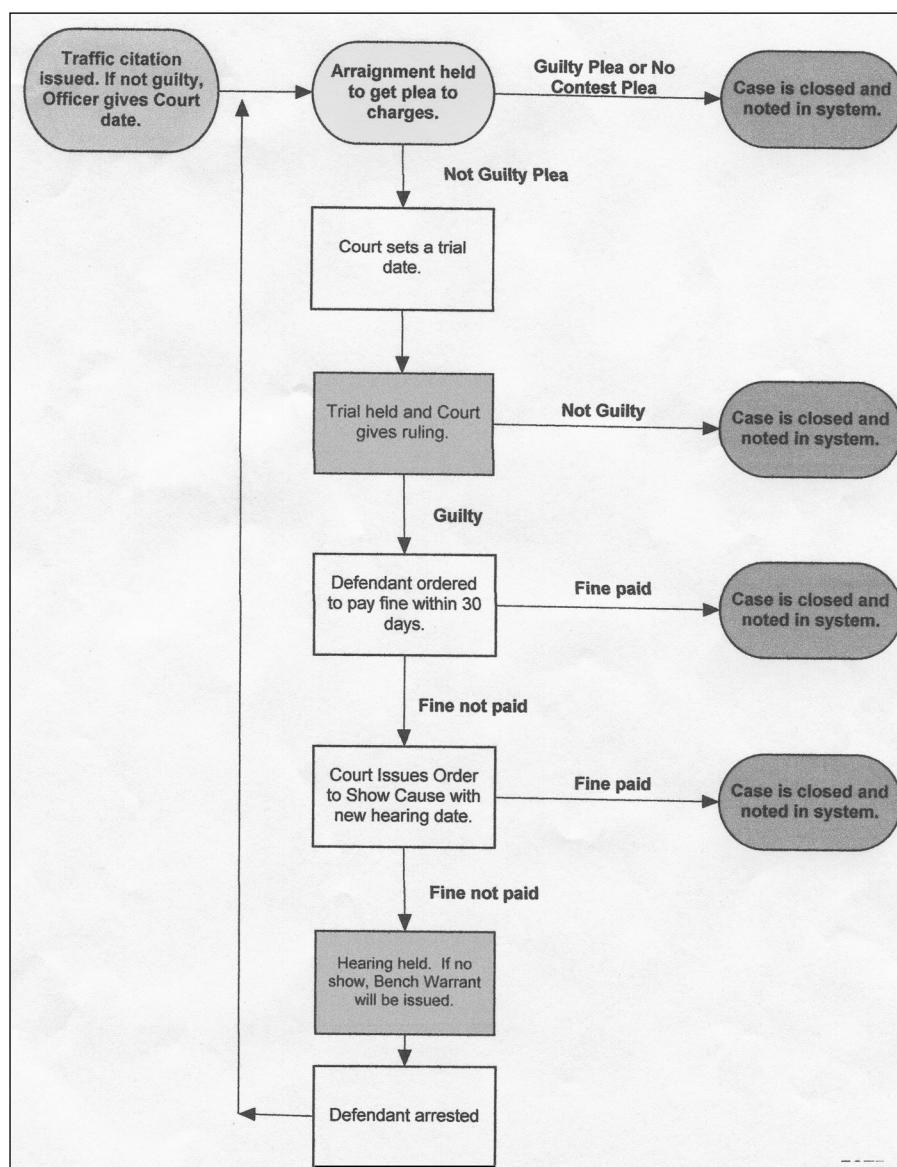
The first Court date is what is known as an arraignment and this is the point that a plea is entered. The choice of pleas are: guilty, not guilty and no contest. If a plea of guilty is entered, the Judge will assess the prescribed penalty for the offense. A no contest plea has the effect of a guilty plea, but you are allowed to explain the circumstances related to your getting the citation. If the plea is not guilty, the matter is set for trial.

At trial, the burden of proof is on the Police Department to prove the violation beyond a reasonable doubt. The trial starts with the swearing in of all those who are going to testify. Next, the citing police officer puts on their evidence and the alleged offender is then allowed to ask the police officer questions related to the case without waiving their 5th Amendment rights. The alleged offender can then testify or simply say nothing and the Judge will make a ruling. If testimony is given, thereby waiving your right to remain silent, then the Police Officer can ask questions related to the case, then the Judge will make a ruling.

If the Judge finds you not guilty, the case is over. If you are found guilty, the Court will assess the penalty which is typically a fine. You will then be given 30 days to pay the fine or work it off with community service in the same amount of time. Once the fine is satisfied, the case is over. If not, you start through the system all over again. This is also true if you fail to show for your court date.

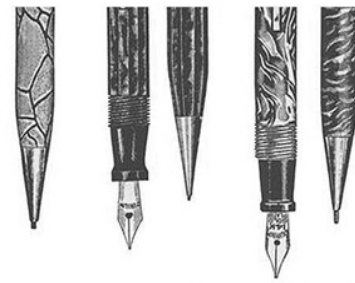
Remember, payment must be made in the form of a money order only and made payable to Isleta Tribal Court. Payments may be made in person or by mailing to PO Box 729, Isleta, NM 87022.

### Isleta Tribal Court Process for Traffic Court



The few traffic related citations that can get you mandatory jail time are: Driving on a Suspended or Revoked License and Reckless Driving. Please comply with the law and above all be safe on the roadways of the Pueblo and watch out for children and animals. We don't mind seeing you, but would rather do so outside of the Courthouse.

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



## Pencil, Pen & Ink

*When?*

August 12th & 13th, 5:30pm-7:00pm

*Where?*

Isleta Pueblo Public Library, in the Art Room

*Learn & Apply:*

Students will be instructed by Dianna Burbank, to learn the techniques of working with pen and ink then apply them & put them to the test to make a final masterpiece

Space is limited to 7 spots, first come first serve!

(Starting at ages 8 and up)

For more information please contact the library staff at (505)869-9808

Or

Dianna Burbank email: poi02007@isletapueblo.com

**Isleta Library is now  
BUILDING a LEGO CLUB**

Starting Saturday August 15, 2015  
(Every 3rd Saturday)

**ALL AGES  
WELCOME**

**10:00 am—12:00 pm**

Put Your Creative Imagination To Use

**SPACE IS LIMITED  
TO THE FIRST TEN  
PEOPLE**

**LEGO**

For More Information Contact Dianna Burbank:  
Library Phone Number: (505) 869-9808  
Email: poi02007@isletapueblo.com



GET ON BOARD



The new school year is quickly coming upon us! The first day of school for children is August 10, 2015 8:00 am. The first day of employment for the entire staff is Monday, August 3, 2015 7:45 am. Parents: You are invited to meet your son/daughters teachers!

Come join us at school between 12:00 pm and 7:00 pm.

It's time to get ready to experience new learning opportunities:

- Exciting curriculum
- Creative teachers, staff
- Small classes
- Extra sports/activities
- Better nutrition
- Improved services for students
- Computer use
- Class projects
- Parent participation
- Strong leadership

Please join us & have your son/daughter meet the new teachers on Thursday, August 6, 2015  
We appreciate your support to help make Isleta Elementary School a success!



Governor E. Paul Torres  
and the  
Isleta Tribal Council



Cordially invite you to attend the  
Ribbon Cutting &  
Grand Re-opening Ceremony for the  
Pueblo of Isleta Elementary School  
Saturday, August 1, 2015 9:00 a.m.  
1000 Moonlight Drive

Guest of Honor  
Sally Jewell, Secretary United States  
Department of the Interior  
Kevin Washburn, Assistant  
Secretary for Indian Affairs

Please join us in this community event as our school transitions to Tribally Controlled, operated by the Pueblo of Isleta. Local cultural entertainment and lunch will be provided. On-site registration for the 2015-2016 school year. Any and all Native American children in grades Kindergarten through 6th grade are welcome. The Pueblo of Isleta Elementary School and Pueblo of Isleta Department of Education will also be hosting the “Back-to-School Haircuts for Kids” event following opening ceremonies. Barbers and stylists will offer free haircuts to school age children enrolled in any school.

If you have any questions, contact the school at (505) 869-2321 or the Pueblo of Isleta Department of Education at (505) 869-9790.



The Pueblo of Isleta  
Elementary School  
A Tribal Grant School  
2015-2016



Includes Professional Development (PD) and 183 school days

2015 July						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August						
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23	24	25	26	27	28	29
30	31					

September						
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27	28	29	30			

October						
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25	26	27	28	29	30	31

November						
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29	30					

December						
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27	28	29	30	31		

2016 January						
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31						

February						
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28	29					

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April						
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May						
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22	23	24	25	26	27	28
29	30	31				

June						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
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19	20	21	22	23	24	25
26	27	28	29	30		

Students start on August 10, 2015  
Students end on May 27, 2016

Teacher In-Service Days  
All Students Released at 12:30pm

Teachers start on August 3, 2015  
Teachers end on June 3, 2015

No School for Students

Aug 28	Feast Day / PD	Nov 11	Veteran's Day	Jan 28-29	Parent Conference 2
Sep 4	Feast Day / PD	Nov 26-27	Thanksgiving Holiday	Feb 15	President's Day
Sep 7	Labor Day	Dec 21-Jan 1	Christmas Holiday	Mar 25-29	Spring Break
Oct 29-30	Parent Conference 1	Jan 18	Martin Luther King	May 5-6	Parent Conference 3

Approved on June 22, 2015

Board Chair

*[Signature]*

Principal

*[Signature]*

Back-to-School Hair Cuts  
for Kids

Back to school is just around the corner!  
Free haircuts for all students,  
enrolled in any school.

August 1, 2015  
10:00 am – 2:00 pm

Pueblo of Isleta Elementary School  
(Following the Ribbon-cutting ceremony)

Co-sponsored by:

The Pueblo of Isleta Elementary School, 505-869-2321

&

The Pueblo of Isleta Department of Education, 505-869-9790



Haircuts provided by  
New York Barber Salon



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.

**Join the Pueblo of Isleta Workforce!**  


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

(505) 869-7584 Office  
(505) 869-7579 Fax  
[poiemployment@isletapueblo.com](mailto:poiemployment@isletapueblo.com)

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

**Career Opportunities**

Location	Position Posting	Closing Date
Administration	Executive Director (Appointed Position)	Open Until Filled
Dept of Education	Supervisory Academic Counselor	Open Until Filled
Elder Center	Personal Care Service Aide	Continuously Accepting Applications
Elder Center	Veteran Support Service Program Member	Open Until Filled
Headstart	Child Care Provider	07/24/2015
Headstart	Data Clerk	07/24/2015
Headstart	Nutritionist Coordinator	Open Until Filled
Health Center	CHR Van Driver (Occasional) - NEW	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	Medical Assistant	Open Until Filled
Health Center	Physical Therapist	Open Until Filled
Health Center	PRN EMT Paramedic (Occasional)	Open Until Filled
Housing Authority	HVAC Technician	Open Until Filled
Human Resources	Background Investigation Tech - NEW	08/04/2015
Isleta Business Corporation	Food Server	Open Until Filled
Police Department	Police Officer	Continuously Accepting Applications
POI Elementary School	Education Assistant	Open Until Filled
POI Elementary School	Elementary Teacher (8-Positions)	Open Until Filled
Public Services	Irrigation Technician	Open Until Filled
Recreation Center	Lifeguard (Regular Part-Time)	Continuously Accepting Applications

The **PUEBLO OF ISLETA** is a Drug Free Employer.  
Successful completion of pre-employment drug screen and background investigation is a condition of employment.

**Pueblo of Isleta Application Process**  


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

**Contact A POI Recruiter Today!**

Carol Jiron (505) 869-7587 <a href="mailto:poi70103@isletapueblo.com">poi70103@isletapueblo.com</a>	Myra Garro (505) 869-9792 <a href="mailto:poi07001@isletapueblo.com">poi07001@isletapueblo.com</a>	Richard Garcia (505) 869-7585 <a href="mailto:poi70106@isletapueblo.com">poi70106@isletapueblo.com</a>
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Up to the minute Position Postings and Employment Applications may be obtained from the Career Opportunity Webpage at: <http://www.isletapueblo.com/careers.html>



PRC will assist with payment for medical services only.

PRC does not cover Durable Medical Equipment like Orthopedic braces, crutches, wheelchairs, hospital beds.

PRC does not cover Labs at other facilities.

PRC does not cover pharmacy, rehab services or long term care facilities.

**Call PRC for more information.**

**869-4488**



**It's that time of the year**  
**Johnson-O'Malley**  
**School Supply Distribution**

The Pueblo of Isleta Johnson-O'Malley Program has partnered to provide free school supplies and back-packs to JOM eligible students. To accommodate your schedule we have provided a list of times for the mandatory meetings. A parent or legal guardian must attend an information session to receive school supplies and a backpack, no exceptions. Supply distribution will be held at the Department of Education, JOM barrack (located behind the Library/Dept. of Ed Complex). Backpacks are available on a first come first serve basis.

Pueblo of Isleta JOM Program eligible students include all Native American students enrolled in the Los Lunas Public School District and Isleta students enrolled in the Albuquerque Public School District.

Monday, August 3, 2015 - 9:00 a.m., 11:00 a.m., 1:00 p.m., 3:00 p.m., and 5:30

Tuesday, August 4, 2015 - 9:00 a.m., 11:00 a.m., 1:00 p.m., 3:00 p.m., and 5:30

Wednesday, August 5, 2015 - 9:00 a.m., 11:00 a.m., 1:00 p.m., 3:00 p.m., and 5:30

Thursday, August 6, 2015 - 9:00 a.m., 11:00 a.m., 1:00 p.m., 3:00 p.m., and 5:30

Last chance meeting will be held Saturday, August 8, 2015 @ 9:00 a.m., 10:30 a.m., with a final meeting at 12:30 p.m.

A Certificate of Indian Blood must be on file or provided to receive free supplies and a backpack. **Per 25 CFR 273.12, eligible students are ages 3 through 12th grade enrolled in a public school. Such student must be a member of a tribe or at least have 1/4 or more degree Indian blood.** If you require further assistance or have questions please do not hesitate to contact Beverly Piro or Lisa Smith at the Pueblo of Isleta Department of Education, 505 869-9790.



**BACK TO SCHOOL**



**WALK YOUR WAY TO WELLNESS**

**FUN RUN AND WALK**

**WEDNESDAY AUGUST 5TH, 2015**

**SIGN IN BEGINS AT: 5:00 PM**

**WALK/RUN STARTS AT: 6:00 PM**

**PRE-REGISTER BY JULY 10TH, 2015 TO BE GUARANTEED A T-SHIRT**

**LOCATION: DPP WELLNESS CENTER**  
**BEHIND THE HEALTH CENTER**

**FOR MORE INFORMATION OR TO REGISTER CALL:**  
**(505) 869-4595**



SPONSORED BY THE:

ISLETA DIABETES PREVENTION PROGRAM

"TOTAL BODY HEALTH"



Isleta Career Opportunities



**\*\*PLEASE NOTE: POSITIONS ARE OPENED UNTIL FILLED\*\***  
**PLEASE SUBMIT TRANSFER REQUEST TO**  
**HUMAN RESOURCES**  
*Staffing Specialist: Mari Valenzuela 724-3920*  
**Updated: July 21, 2015**  
**(Internal Positions Noted in Red)**

Auto req ID	Title	Department	Division	Date opened
453BR	MANAGER HOTEL ANALYTICS	HOTEL CALL CENTER	HOTEL	16-Jul-2015
428BR	BARTENDER-BANQUET-(ON-CALL)	F&B CATERING BANQUETS	FOOD & BEVERAGE	11-Jun-2015
168BR	ATTENDANT CONCESSIONS - CHILI RISTA	F&B DELI	FOOD & BEVERAGE	02-Jun-2014
287BR	PREVENTION MAINT TECHNICIAN	FACILITIES MAINTENANCE	FACILITIES	07-Nov-2014
343BR	CLERK ISSUE-BINGO	BINGO	GAMING	26-Jan-2015
46BR	COOK - DELI	F&B DELI	FOOD & BEVERAGE	11-Apr-2014
160BR	CASHIER - CAGE	CAGE	GENERAL & ADMINISTRATION	20-May-2014
282BR	TIWA Cook	F&B TIWA	FOOD & BEVERAGE	31-Oct-2014
190BR	DEALER TABLE GAMES	TABLE GAMES	GAMING	09-Jun-2014
378BR	SERVER - TIWA	F&B TIWA	FOOD & BEVERAGE	16-Mar-2015
406BR	SERVER BEVERAGE	F&B BEVERAGE SERVICES	FOOD & BEVERAGE	22-May-2015
345BR	SERVER - BANQUET	F&B CATERING BANQUETS	FOOD & BEVERAGE	03-Feb-2015
449BR	GRAPHICS DESIGNER	MARKETING ADVERTISING	MARKETING	13-Jul-2015
305BR	COOK STEAKHOUSE	F&B STEAKHOUSE	FOOD & BEVERAGE	10-Nov-2014
400BR	COOK-EDR	F&B EMPLOYEE DINING	FOOD & BEVERAGE	28-Apr-2015
447BR	TEAM MEMBER-COUNT	COUNT	GENERAL & ADMINISTRATION	13-Jul-2015
264BR	DIRECTOR SALES RESORT	HOTEL SALES	HOTEL	30-Sep-2014
332BR	HVAC TECHNICIAN	FACILITIES MAINTENANCE	FACILITIES	16-Jan-2015
440BR	SPECIALIST HOTEL SALES	HOTEL SALES	HOTEL	30-Jun-2015
399BR	MANAGER SALES CATERING	HOTEL SALES	HOTEL	24-Apr-2015
435BR	REGULATORY COMPLIANCE TECH	COMPLIANCE	GENERAL & ADMINISTRATION	23-Jun-2015
439BR	DIRECTOR FACILITIES	FACILITIES MAINTENANCE	FACILITIES	24-Jun-2015
445BR	AGENT-FRONT DESK	HOTEL FRONT DESK	HOTEL	13-Jul-2015
419BR	PLUMBER	FACILITIES MAINTENANCE	FACILITIES	10-Jun-2015
450BR	SCORE PORTER	FUN CONNECTION	AMENITIES	13-Jul-2015
446BR	DIRECTOR ASSOCIATE HOTEL SALES	HOTEL SALES	HOTEL	06-Jul-2015
452BR	BARTENDER-BANQUET	F&B CATERING BANQUETS	FOOD & BEVERAGE	16-Jul-2015
448BR	COOK LINE-PALACE WEST	PALACE WEST	FOOD & BEVERAGE	13-Jul-2015

*Please present your PRC referral when you check in for your appointment. Failure to do so may result in billing errors. If you receive a bill, bring it to PRC immediately.*  
**For more information, call PRC at 869-4488.**

Isleta Head Start & Early Head Start  
NOW ACCEPTING APPLICATIONS  
For the 2015-2016 program year!!

**\*\*Head Start applications are accepted for children ages 3 years (as of August 31, 2015) up to 5 years of age**

**\*\*Early Head Start applications are accepted for families that are Prenatal up to age 30 months**

Early Head Start Center-Based option can accept children as early as 3 months (classroom age assignment may vary dependent upon the need demonstrated by applications received)

Early Head Start Home-Based option assigns a Home Visitor to each family who provides weekly activities, education, & support in the home. This option is open for Expecting Mothers and children up to age 3 years.

**\*\*The following items are needed to fill out an application:**

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

Please do not delay, call **869-9796** and schedule your application appointment today!

**There are still slots available for both programs. Please make an appointment to complete your child's application ASAP as program staff will have limited availability to take applications during the month of August due to Professional Development training.**

Head Start, Early Head Start, & Child Care

The Pueblo of Isleta Head Start & Child Care Program is wrapping up our 2014-2015 program year! Thank you to all the families that made this an excellent year!!

The last day for all Head Start children was on May 29, 2015 and the last day for the Early Head Start and Child Care children is on July 24, 2015.

The new program year will begin on Tuesday, September 8, 2015. All Head Start, Early Head Start, Child Care children will begin on this day. Parents please remember to have all of your child's health documents turned in before this date or your child's services will be delayed.

For those who have not signed up yet, the Program still has room for 3-5 year olds in the Head Start Program and room for Prenatal Mothers and children age 0-30 months old in the Early Head Start Home-Based option. The Program also has open slots for children 20 months to 4 years old in the full-day Child Care Program.

If you are interested in completing an application for any one of these programs, please call 869-9796.

## Properly dispose of your Household Hazardous Waste!

Isleta Pueblo households will be able to drop off household hazardous waste at the Transfer Station from now through Wednesday, September 9th, 2015. Solid Waste will be coordinating this special disposal event with other Pueblos and tribes in New Mexico.

When you drop off your Household Hazardous Waste at the Transfer Station, please notify the Attendant.

**REMINDER:** The Transfer Station is open 7 days a week 8:00 a.m. to 4:30 p.m. except Federal or Tribal Holidays or when closed by Order of the Governor.

By disposing of your unwanted or unused items, you will be helping to keep our community clean. We will accept:

- Drain Openers
- Oven Cleaners
- Automotive Oil and Fuel Additives
- Antifreeze
- Gasoline
- Grease and Rust Removers
- Glue and adhesives
- Bug and Weed Killers
- Mold and Mildew Removers
- Paint, Paint Thinners, Strippers and Removers
- Carburetor and fuel injection cleaners
- Air conditioning refrigerants
- Starter fluids
- Metal cleaners and polishers
- Fertilizer
- Fungicides and wood preservatives
- Batteries (all kinds), if not leaking
- Finishes and stains
- Mineral spirits
- Acetone
- Denatured alcohol
- Compressed gas cylinders
- Propane bottles, small propane tanks
- Fire extinguisher (maximum 2 per household)
- Fluorescent light bulbs or compact fluorescent light bulbs
- Lab chemicals
- Mercury
- Smoke detectors
- Cleaning supplies
- Aerosols
- Poisons
- Corrosives/Photographics
- Pool chemicals

If you would like more information about this upcoming Household Hazardous Waste collection event, please call the Environment Division at 869-7565.

## Free Pesticide Disposal Event: Saturday, August 13, 2015

LOCATION: Bernalillo County Extension Office  
1510 Menaul Blvd NW, Albuquerque NM  
TIME: 8:00 a.m. to 3:00 p.m.  
SPONSOR: New Mexico Department of Agriculture

Since NMDA started a pesticide disposal program over 8 years ago, thousands of pounds of unwanted chemicals have been collected and disposed of safely. Disposing of canceled, banned or unwanted agricultural and commercial pesticides poses a significant challenge to agricultural producers and other pesticide users due to its high cost, but proper disposal eliminates a potential threat to health and the environment.

NMDA's program provides free, safe disposal of unwanted pesticides to agricultural producers, pesticide dealers, pest control firms, golf courses, government agencies, and homeowners. Annual fees paid by manufacturers and distributors to register their pesticides in New Mexico cover all costs. NMDA rotates collections around the state, holding events in different communities each year to reach New Mexicans in all geographical areas.

### How To Participate

Only pesticides (herbicides, insecticides, fungicides, weed-and-feed products, etc.) are eligible to be disposed of under this program. After you've gathered your unwanted pesticides, try to identify any which do not have a legible label. Place any leaky or broken bags or containers in a containment bag or drum liner so they will not contaminate your vehicle. You must get them safely to the collection site so make sure your load is secure and will not shift during transport.

At the collection site trained and equipped personnel will unload your vehicle, re-package your pesticides, and load them on their trucks for transport to an approved hazardous waste disposal site. No personal information will be collected but you will be asked to fill out a brief, anonymous survey as a condition of your participation.

If you have questions please call Irene King at 575-646-2733.

### Safety Precautions

- Don't eat, drink or smoke while handling pesticides!
- Wear appropriate protective gear when handling pesticides, especially any broken or fragile containers.
- If possible, identify any pesticides whose labels are not clear with a sticky label, marker or similar.
- Leaking or broken packages, whether dry or liquid, should be placed in a sturdy plastic bag, 5-gallon bucket, plastic bin, drum or other container that will contain any leaks.
- Brace or tie down items in your truck or in the trunk of your car to prevent shifting while in route.
- Drive directly to the collection site after your pesticides are securely loaded. Drive carefully, please! You are responsible for any spills and clean up on your way to the collection site.
- Please stay clear during unloading to ensure your safety as well as that of the workers on site.



*The Environment Division would like to thank all the participants and the community for coming out to the 2nd Annual Environmental Fair on July 18, 2015. In total, there were 55 exhibitors. We had a good crowd and lots of interesting information and freebies. From hawks to snakes and everything in between, there was something for everyone to enjoy. Thank you to Governor Torres and both Lieutenants for providing lunch. We hope this event gets bigger and better as the years go on.*



## Animal Control News



Animal control would like to thank Sherry Mangold and her team of volunteers from Animal Protection of New Mexico for coming out and giving the "bite awareness" presentation to the elderly and the kids who attended the language program. The program teaches how to prevent bites from dogs and what to do when an unknown dog is loose and comes near. The program demonstrates scenarios in which dogs may have a tendency to bite, even when we know the animal. One example discussed is when a dog is eating. It is never a good idea to bother a dog while it is eating. The dog could think that you may be taking its food away and may become protective and bite. Another situation they discussed is never bother a dog when it is protecting its territory, this includes a fenced yard, a car or the area where the dog is kept. Never put your hand into the window of a car or over a fence to pet the dog or you may get bit. When a dog is sleeping, is yet again another example when a dog should not be bothered. When a dog is sleeping and suddenly awakened it may react by biting.



When a dog is loose and is unknown to whom it belongs to, it is best to leave the dog alone. If the dog sees you and comes in your direction do not run, instead stand still and act like a "tree". If you run, the dog's natural instinct to chase its prey will take over increasing the chances of getting bit. If you do come in contact with a stray dog, let the dog approach and allow it sniff you. At times it may be scary, but ignore the dog; it will eventually become bored with you and leave. If the dog is coming at you with its teeth showing and growling be as calm as possible, if you have anything in your hands or wearing a cap or sweater throw it near the dog to distract it for a few seconds so that you can back away. Once again, never run, as dogs can run much faster than we can. If a dog should begin attacking and you are knocked down, think of and be a "rock", grasp your hands behind

your head with your fingers tucked under, and cover your ears and sides of your face with your arms. Pull your legs up put your face into your lap to protect your face. Remain in the position until the dog leaves. Remember to always be calm when an unknown dog approaches, never run, and avoid shouting and screaming as it may draw the dog's attention to you.



### Summer Safety tip for your dog

We have been fortunate to have lots of rain and it has helped in keeping the days on the cooler side. With summer in full swing we still have many hot days ahead. We are asking the public to never leave your dog in your car. If you must run errands it is best to leave your dog at home. Leaving your dog in your car can be deadly. The temperature inside a car can rise up to 40 degrees higher than the temperature outside, even with the windows cracked. On a relatively warm day the temperature inside a vehicle can reach 120 degrees. Parking your car in the shade or leaving the air conditioning on does not ensure the safety of your dog. We must remember that dogs do not sweat like we do and therefore it is much harder for them to cool down, increasing the chances of having heat stroke. The best way to keep your dog safe and avoid heat stroke is to leave it at home. With this in mind let us keep our pets safe and have a great summer.

**ASPCA**  
WE ARE THEIR VOICE®

## Cool Pets on Hot Days

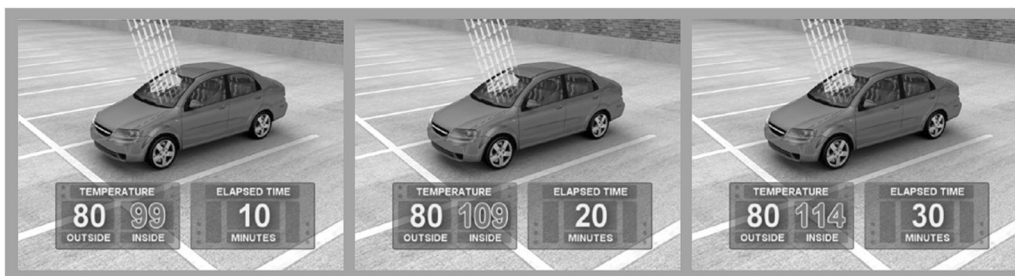
**When the temperature goes up, leave your pet at home!**



Leaving your pet in a hot car for even a short period of time can be very dangerous. Even with all windows cracked, the temperature of a car's interior can quickly rise to deadly levels.

Pets do not sweat the way we do; they cannot cool their bodies efficiently in hot temperatures. When overheated, pets can go into shock, leading to irreversible organ failure and death.

- Car temperatures can be more than 40 degrees higher than outside
- When it's 80 outside, the car temp can rise to 99 in just 10 minutes
- At that same external temp, the car gets to 109 in 20 minutes and 114 within a half-hour



Vehicle heat study diagrams courtesy of GM.

**ASPCApro.org**

Pueblo Of Isleta Elder Center:

Activities:

During the month of July 2015, the Isleta Elder Center was proud to sponsor some of our community’s amazing Senior Olympic athletes in helping them to attend the 2015 National Senior Games in Minneapolis, MN. These athletes not only represented the Pueblo of Isleta but the State of New Mexico as well. These inspiring individuals were successful in bringing back 4 metals in various age categories from the National Senior Games out of 9 participants from Isleta Pueblo. These Isleta Pueblo Athletes include:

Gloria Analla: 2nd Place Shuffleboard  
Shirley Jojola: 3rd Place Shuffleboard  
Alberta Lente: 3rd Place Shuffleboard  
Isabel Carpio: 3rd Place Shuffleboard  
Lavern Doyle: Shuffleboard  
Lillian Jaramillo: Shuffleboard  
Pauline Lente: Shuffleboard  
Lawrence Abeita: Bowling  
Theresa Padilla: Bowling  
All of these athletes did an outstanding job throughout the year and worked hard to attend these games. If you would like to know more about the 2015 National Senior Games please visit their website at NSGA.com.

Evening Hours:

The Activity Room at the Isleta Elder Center has extended our hours 3 days week to give everyone 50 years and older a chance to utilize the facility. The Isleta Elder Center’s activity room offers a variety of equipment for everyone to use such as a Pool Table, Table Tennis, Indoor Shuffleboard Court, Exercise Equipment, Outdoor patio w/Basketball half court, as well as a TV & Lounge area. Various Leagues and exercise activities will be starting in August. Evening Hour Days & Times are:

Mondays, Tuesdays, & Thursdays  
Time: 4:30pm – 7:30pm  
If you have any questions or would like to know about what the activities area has to offer please contact Eugene Jojola: Activities Coordinator at (505)869-9770.

Elder Center Cafeteria:

The Isleta Elder Center cafeteria offers a free daily lunch to those 55 years old and up. The Elder Center’s Culinary Team puts together a menu each month with a list of delicious daily meals for everyone to enjoy. Lunch is offered daily from 12:00pm – 1:00pm.

Home Delivered Meals:

Individuals who receive a home delivered meal need to please call 24 hours in advance if you are planning to cancel your meal for the next day. If you have any questions please contact the Elder Center at (505)869-9770.



PLEASE READ YOUR APPOINTMENT LETTER ATTACHED TO YOUR PRC REFERRAL. IT HAS A LOT OF GOOD INFORMATION TO GET YOU TO YOUR APPOINTMENT ON TIME.

QUESTIONS...CALL....869-4488.

August 2015

ELDERLY CENTER MENU

08/03/15	08/04/15	08/05/15	08/06/15	08/07/15
Pinto Beans Red Chile w/Torta Steamed Carrots Tortilla Fresh Apple Low Fat Milk	Tilapia Fish w/Lemon Wedge Rice Pilaf Baked Potato Salad Slice WW Bread Diced Pears Low Fat Milk	Egg Salad Sandwich on WW Sliced Bread Tomato & Cucumber Salad Carrot Sticks 2 Peanut Butter Cookies Low Fat Milk	Salisbury Steak w/Brown Mushroom Gravy Mashed Potatoes Brussels Sprouts French Bread Fresh Orange Low Fat Milk	Chicken & Rice Soup w/Peas Green Chile Whole Green Beans Tortilla Vanilla Pudding Low Fat Milk
08/10/15	08/11/15	08/12/15	08/13/15	08/14/15
Beef Vegetable Stew Steamed Broccoli Cheddar Biscuit Ambrosia Salad Low Fat Milk	Pork Tamale w/Red Chile Steam Snap Peas Salad WW Cracker Watermelon Low Fat Milk	Roast Beef & Provolone Sandwich on WW Sliced Bread w/Lettuce & Tomato Coleslaw Fresh Apple Low Fat Milk	Bean & Cheese Burrito Spinach Stewed Tomatoes Pineapple Upside Down Cake Low Fat Milk	Chicken Noodle Soup w/Carrots and Celery Garden Salad w/Low Fat Ranch Dressing WW Cracker Honeydew Cup Low Fat Milk
08/17/15	08/16/15	08/17/15	08/18/15	08/19/15
Pork Posole w/Red Chile Zucchini Kernel Corn Tortilla Fresh Orange Low Fat Milk	Baked Chicken Steamed Rice Broccoli Carrots WW Roll Plum Cup Low Fat Milk	Tuna Salad Sandwich On WW Bread Pasta Salad Vanilla Wafers Low Fat Milk	Baked Ravioli & Sausage w/Spaghetti Sauce Steamed Cauliflower WW Cracker Watermelon Low Fat Milk	Macaroni Stew w/Ground Beef Mixed Vegetable Yellow Squash WW Roll Fresh Apple Low Fat Milk
08/24/15	08/25/15	08/26/15	08/27/15	08/28/15
Green Bean Stew w/Ground Beef Salad WW Cracker Pineapple Chunks Low Fat Milk	Chicken Fajitas w/Vegetables Flour Tortilla Sour Cream, Guacamole & Salsa Banana Low Fat Milk	Grilled Cheese on WW Bread Tomato Soup Cucumber Cup Peaches Low Fat Milk	Ham & Beans Green Chile Steamed Yellow Squash Flour Tortilla Fruit Cocktail Cup Low Fat Milk	CENTER CLOSED ST. AUGUSTINE FEAST DAY
08/31/15				
Spaghetti w/Meat Sauce Asparagus Carrots Bread Sticks Fresh Orange Low Fat Milk	<u>Homebound Deliveries</u> PLEASE call the day before to CANCEL meals.	<u>CONGREGATE MEALS</u> Salad offered daily.	***Menu subject to change due to the availability of products.	***ALL meals prepared with LOW SALT AND SUGAR.



## Pueblo of Isleta Veteran's Association

The Pueblo of Isleta Veteran's Association was honored on June 22, 2015, by the presentation of an American Flag, by the Blue Star Mothers of Valencia County (BSMVC), which was flown aboard our U.S. Military Aircraft over the Middle East. The Flag was presented to the Association by Barbara Carlberg, President of BSMVC, along with an official U.S. Air Force certificate of its authenticity which was accompanied by official signatures from personnel who were responsible in securing the flag during its flight. The certificate reads as follows:

### United States Air Force

This is to certify the accompanying American Flag was flown on the 7th day of December 2014, in your honor, aboard a USAF C-130 Aircraft during combat support missions over the skies of Iraq and Kuwait.

This flag is presented to the Pueblo of Isleta Veterans Association On behalf of Blue Star Mothers of Valencia County, the men and women of the 737th Expeditionary Airlift Squadron and the crew of Chrome 63 while deployed to Southwest Asia, Supporting America's war on terrorism through Operation Inherent Resolve.

The flag was accepted by Commander Fred Lujan on behalf of the Association along with other veterans who were present at this memorable meeting. The flag will be placed in the Veteran's Association complex being constructed Los Charos off state highway 314, which is slated to be completed in 2016. The Blue Star Mothers of Valencia County is a support organization for the members of our military, both active duty and veterans. The Association thanks the BSMVC for its commitment and untiring support of our military personnel.



The following represent names of Pueblo of Isleta Veterans who were not previously listed.

Herman Lucero	USAF	Michael L. Jiron	USAF
Donald Lucero	U.S. Army	James Jojola JR	U.S. Army
John D Jojola JR	U.S. Army	Jose Abelicio Zuni	U.S. Army
Chery Michelle Valencia	US Coast Gd	Andrew Patrick Abeita	USMC
Michael Jojola JR	USMC	Elizabeth Blanchard	U.S. Navy
Shirley Blanchard	U.S. Navy	Ernest Romero	U.S. Navy
Jose Lupe Perfirio Salazar	USMC	Jose Felipe Salazar	U.S. Army
Augustine A Torrez	U.S. Army		

Cheryldine Michelle Valencia is currently serving in the U.S. Coast Guard. She is 24 years old and is stationed at East Moriches, Long Island NY. Ms. Valencia is the granddaughter of Jose L. Keryte AKA "Snookie" and Angelina Keryte. A big salute to Ms. Valencia and to all other pueblo members who are currently serving in the Armed Forces.

On June 22, 2015 Brig. General Andrew Salas, the New Mexico National Guard Adjutant General attended our meeting and thanked us for serving and also for our time and commitment for helping veterans and their families. "You have all paid a high price for protecting the freedoms and the lands that God has blessed us with". The general especially thanked the Vietnam Veterans who not only endured combat, but endured an "unwelcome homecoming". We were honored to have Gen. Salas at our meeting.

## 2015 Senior Olympic Games

M. Elaine Lujan brings Gold Medal back to Isleta Pueblo from the 2015 Senior Olympic Games held in Roswell, New Mexico. Elaine posted a scratch score of 88 in golf to capture the Gold Medal in her age category. The conditions were perfect for golf in Roswell with a pleasant temperature in the upper 80's in June 4, 2015. Elaine noted that she was very pleased with her performance and worked extra hard to be



competitive and to represent Isleta Pueblo on the challenges and demands of playing golf on a course unfamiliar to her. Elaine and her husband Diego frequently play golf at the Isleta Eagle Golf course and will continue to play for the fun, enjoyment and healthy attributes gained from such athletic activities. Elaine thanks Isleta Pueblo for supporting her and her husband during the Senior Olympic Games in which they both participated. Once again, congratulations to Elaine on a job well done.



Tribal Road 40, Building 117A  
Isleta Pueblo, NM

### ATTENTION: Pueblo of Isleta Tribal Members

For any Tribal Member interested in selling land and/or needs help with selling land within the Pueblo of Isleta Reservation, please contact Executive Director Sheila Herrera of Tiwa Lending Services at (505)-916-0556 or by email [sheila@tiwalending.org](mailto:sheila@tiwalending.org)





## PUEBLO OF ISLETA PUBLIC LIBRARY

Hello again, People of the Island. Well, it is August, which means it is Per Capita and Feast Season, so beware of them Feast Beast as they are awaking like the sleeping bears of spring. It's also time for parents and guardians to panic about school supplies and the long lines during tax exempt weekend so they may celebrate when the children return to school.

### NEWS

This school year of 2015-16 will be the Library's last year of hosting the Homework Help Program. Rather than ending the Homework Help Program "cold turkey" we will phase it out slowly. For the first half of school (August-December) we will have an open registration for twenty-five students and for the second half of school we will reduce the number of students to ten.

The Library will only be responsible for helping those enrolled students with their homework. Excess students in need of help with school work will need to take advantage of other services offered by Departments whose goals and objectives are solely on and in education.

Last school year, the Library housed an average of sixty to seventy students after school. With this amount of students we neglected our library duties as well as our teens, young adults, and adult patrons. As a Public Library we are one of few Departments on the reservation with the ability to create programs which are not limited to gender, age, class, ethnic background, or blood quantum. Therefore, we would like to take advantage of this rare circumstance and provide you with services which you may not have been able to take advantage of for whatever reasons.

We appreciate the company and the job security which your children provide us with, but that many students and very few staff members, the atmosphere can easily turn for the worse. Therefore, hopefully you understand our reasons for refocusing our goals as a Library and to allow those Departments with an Education background to take a lead with Homework Help Program. Your students are still welcome to visit, hang out, and to participate in our new programs.

This will mean the Library staff will focus more on programs geared to the general mass as opposed to primarily students. In our July staff meeting we planned and created programs to carry out the rest of the school year which you will read below in the Upcoming Programs section.

At this time, I would like to remind you that there are other Departments which offer various types of After School Programs such as Isleta Elementary, Language Classes with the Department of Education (DOE), tutoring and other educational program with Johnson-O'Malley (JOM) of DOE, the Recreation Centers, Behavioral Health with the Community Action Team (CAT), and the various seasonal sports.

Registration for our limited Homework Help program will take place the second week after the last school starts. Call the Library or follow our Facebook posts for additional information.

The Library will be closed from 8:00am-12:00pm on Wednesday August 5th for our monthly staff meeting. We will be discussing upcoming programs to finish up the year. All our programs are open to the community AND public, come take advantage of what your library offers.

### UPCOMING PROGRAMS

All programs mentioned in this section will take place during the remaining five months of the 2015 calendar. The success of each program will determine whether or not they return in the future. Detailed Library program calendars may be picked up at the Library or accessed via internet at both our website and Facebook page. Addresses for our Website and Facebook page may be found at the end of our article with our hours of operation.

Every first Thursday of the month, the Library will host a Do It Yourself (DIY) program for both adult and youth. The idea is to create a program where a parent or guardian may attend one of our programs while their children attend a similar scaled down program which will take place at the exact time as the adult program. At this time, I would like to clarify that the "adult" program is geared toward the young adults as well. Each month will consist of a different project. This month's adult DIY program will be based on creating your own lip scrub or lip balm while the youth will create a bowl made of confetti. Space is limited so visit the Library to reserve your spot. See flyers for additional details.

The second Tuesday & Wednesday from 5:30 pm to 7:00pm of each month will consist of a two day Art Program. On Tuesdays, participants will learn basic techniques and Wednesdays they will put their new found skills to test by creating a masterpiece to take home. Supplies will be provided by the Library which means space is limited. This month's Art program will be based on Pencil, Pen, & Ink. See flyer for details.

On the third Saturday of each month, the Library will host a Lego Club session from 10 am to 12 pm. The first hour will be free play with the Legos and with the second hour they will be given challenges and task. Legos will be supplied by the Library, therefore space is limited to the first ten students whom register. At the Library staff's request we ask that participants leave their personal Legos at home so they do not get lost among our Legos. See flyer for additional details.

The last Tuesday of the month is reserved for "Tech Tuesday" which will consist of some form of technology via devices, software, or applications. Unfortunately, this program will NOT start until September therefore I have no additional details to provide you at this moment. However, details will be

provided in our September article.

Of course we still plan on hosting Bi-monthly book clubs which we will revitalize in September. However, our added twist will be the formats and content of the books meaning traditional book, eBooks, graphic novels, and possible poetry. As is the case with the Tech Tuesday, you will have to wait until our September article for additional details.

### RECAP

On Wednesday, July 22 our 2015 Summer Reading Program (SRP) concluded with the students' presentations to their parents, guardians, and family members. The Juniors performed a skit on *The Very Hungry Caterpillar* by Eric Carle while the youths conducted Science Project presentation for the audience.



*A couple of Juniors enjoying Exploria.*



*More Juniors bringing their imagination to life.*





*Valeri's Youth Group w/their Space Unit which they created at Kirtland Air Force Base.*



*Youth boys testing their balloon box cars*



*One youth group showcasing their Baymax Armor after the Drop Test.*



*Youth getting messy w/the Elephant Toothpaste project.*

The Juniors SRP focused on art and drama which is why they performed a skit for their presentation. The youth focused on six subjects of science which consisted of two to three science projects on each weekly theme. For the presentations, each of the six reading groups chose a project to conduct for their family. Video footage of their final presentations may be viewed on our Library Facebook page and YouTube Page.

Before the night concluded, the Library gave out prizes to the Top Three students whom completed the most book reports as additional reading throughout the Summer Reading Program. We had a tie for first place between Layne & Isaac whom read and completed six book reports over a six and half week span. The tie breaker was Isaac submitting his sixth book report before Layne submitted his sixth. Third place went to Jayden with three book reports. Since both Alyshia and Hunter made an attempt they too received a consolation prize of two movie tickets each to Century Rio 24. As the first place winner, Isaac chose the American Express gift card to the Coronado Mall, while Layne at second place took the Samsung Tablet, leaving the Altech Lansing Bluetooth Speaker for Jayden. All students were well deserving of the prizes and I would like to reiterate our Congratulations and a job well done.



*Winners w/their prizes for completing additional readings & book reports throughout the summer.*

On Wednesday, July 29 the Library took ten students to the Museum of Indian Arts and Culture in Santa Fe for a workshop on SUPERHEROS Art Workshop instructed by Jason Garcia. The twist of the workshop was making Indigenous heroes into SUPERHEROS. The Pueblo of Isleta Public Library was one of many Tribal Libraries to take advantage of this workshop.

As a reminder, please look for our flyers throughout the community via bulletin boards, our website, Facebook page, word of mouth, and by asking us while you visit our Library.

#### Hours of Operation:

Mon-Thurs: 8 am – 6:30 pm  
Friday: 8 am – 4:30 pm  
Saturday: 9 am – 1 pm

*Closed on Sundays, all federally recognized holidays and also Isleta Traditional Holidays.*

Mailing & Physical Address:

950 Moon Light Dr SE  
Albuquerque, NM 87105

Phone: (505) 869-9808

Email:  
poi02002@isletapueblo.com

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

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

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



**LEGO CLUB**

## A Happy Ending for the Parks and Recreation Summer Program!

From the Director

This year's Summer Recreation Program has been a memorable summertime experience, and I have enjoyed my first summer as your Director of Parks and Recreation. The summer program has resulted in engaging and inspiring experiences for the youth and the staff of Isleta Pueblo Parks and Recreation. I am happy to say that the youth will be ending their summer with exciting and happy memories of spending time with friends and participating in fun and educational activities.

I truly believe and am pleased to say that the summer program has helped the youth to develop positive relationships with their peers and with the staff. Our program this summer has focused on social and academic activities, which should lead to positive outcomes for our youth as they go onto school this year. It was inspiring to see motivation among the youth wanting to learn and wanting to participate in activities, such as recreational sports, arts and crafts, money management learning, build-a-bear day, and field trips, and it was very encouraging to see how they felt a sense of belonging among their friends at the center. With the exception of a few minor disciplinary issues, the youth have conducted themselves in a respectful manner, which has made their time here at Parks and Recreation this summer, Fun, Safe and A Great Experience!

I would like to recognize all of the Parks and Recreation Staff and Volunteers for a job well done! They have done an excellent job to provide the best supervision and care possible for our youth. The Staff have worked hard to make sure that all youth participated in activities, and to make sure that youth followed rules and regulations, in order to maintain a fun and safe environment. I would also like to thank the Park Management Staff for doing a great job in maintaining and caring for our Center, parks and surrounding areas. I would like to give a special thank you to the Governor, Lieutenant Governors, Tribal Council, Isleta Pueblo Co-workers, and Parents, for your assistance, support and encouragement, this summer.

Per Capita will begin at 8:00am - 6:00 pm, on August 4, 2015, in the Gymnasium. The New Recreation Center will be closed on August 5, 2015 and will reopen on August 17, 2015. The staff will be busy cleaning and preparing for the after school program which will begin on August 17th. Please register your child/children at the New Recreation Center. For additional information, please call 869-9777.

Parks and Recreation will celebrate the End of the Summer for everyone, with an "End of the Summer Extravaganza", on Friday, July 31!

I look forward to continue working as your Director of Parks and Recreation, and I wish everyone a Safe and Enjoyable School Year.

Mike Molina, Director Parks and Recreation

*The Parks and Recreation Summer Program Staff have worked with some great youth this summer, and would like to recognize a "Girl and Boy of the Week", during the month of July. These exceptional youth have demonstrated Good Character, Respect for Others, Responsibility, and are always willing to Lend a Hand to Friends! Pictured below are the "Girl's and Boy's of the Week for the Month of July". We encourage them and all of our youth to continue to practice all of these good qualities that make them exceptional people! Congratulations!*



*Participants 4-5 year olds, Girl and Boy of the Week with staff.*

*Week of July 3 2015 Shantel Zuni & Caiden Sais*



*Participants 4-5 year olds, Girl and Boy of the Week with staff.*

*Week of July 10, 2015 Armando Garcia & Delrae Jaramillo*



*Girls and Boys of the Week of July 17, 2015*

*6 – 7 Year Olds Mikala Peshlakai & J'Den Howard, 8 – 9 Year Olds*

*Denise Jojola & Adam Madrid,*

*10 – 11 Year Olds Jenny Chavez & Damien Lente,*

*12 – Up Year Olds Natalie Jojola & Ezra James*



*Girls and Boys of the Week of July 10, 2015*

*6-7 Year Olds Sebastian Jaramillo, & 8-9 Year Olds Denise Jojola &*

*Adam Madrid, 10-11 Year Olds Jaylee Jojola & John Paul Jiron,*

*12-Up Year Olds Christien F. & Mary Alva Cherino*





*Girls and Boys of the Week of July 3rd  
6 – 7 Year Olds Mariah Fuentes & Elias Jiron,  
8–9 Year Olds Maia Martin & Samuel Sutherland,  
10–11 Year Olds Naryssa Abeita & Manuel Sanchez,  
12 – Up Year Olds Kathleen Vigil*



*Wings of America Camp  
Participants stretching out their Legs Prior to the Big Run!*



*Wings of America  
Nutrition/Wellness are Major factors in a Healthy Body*



*Arts and Crafts are Fun with the Nanas and Jen Jen*



*Build a Bear Day for the 10 – 11 Year Olds*

### **Parks Management Hard at Work**



*Our Park Management Crew hard at work preparing the  
Elementary School Grounds for the Grand opening  
on August 1, 2015.  
Outstanding Job Parks Crew!!!!*



*Is this Isleta Lakes, or Isleta Ball Fields???*  
*Our Parks Crew hard at work to prepare for the State  
Championship Girls Fast Pitch Tournament  
8 hours before the 1st Pitch.  
Great Job Guys!!*

## ISLETA POLICE DEPARTMENT

Greeting Everyone!!!

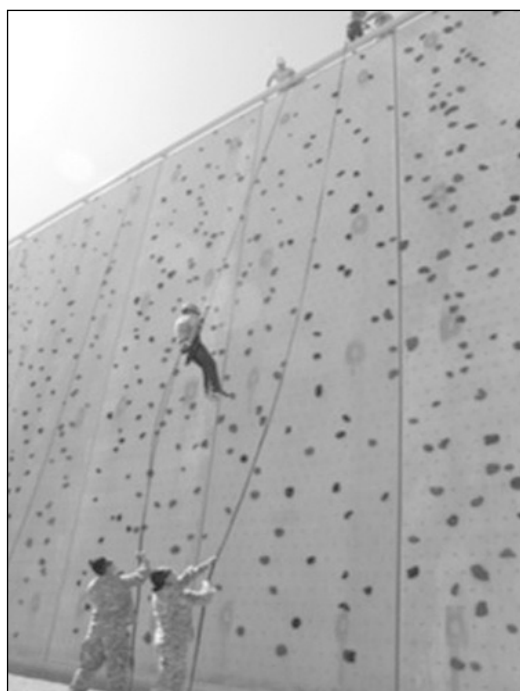
Well, the summer days are soon coming to an end. I believe most of us are glad we will be getting out of those scorching HOT days. Wow, talk about reaching a record high of 105 degrees. I hope everyone was able to still have a good and safe summer.

The Police Department shared some of those HOT, ahhh man so HOT days with our community children. We had an honor to sponsor the second year of Camp Triumph here in Isleta. Most of you are asking what is Camp Triumph. Camp Triumph is a multi-sector collaborative prevention program designed to keep OUR youth free of substance abuse and criminal involvement.



Isleta Camp Triumph was held June 22 thru June 25th. Our four day adventures consisted of bowling, swimming, a trip to the Albuquerque Biopark, a day at Kirtland Air Force Base, fishing and education classes of gun safety, bullying and substance abuse. Our goal was to build a child's self-image, enhance leadership, emphasize teamwork and teach them good decisions leading to a good life.

With the assistance of Department of Justice, Project Safe Neighborhood, Bernalillo County Sheriff Office, New Mexico State Police, United States Marshalls, Bureau of Indian Affairs, Isleta Wildland and New Mexico National Guard we were able to build a supportive and healthy relationship with our youth. We had great mentors who developed a bond with our youth. Those "high fives", words of encouragement, and small talks encouraged our youth to set higher goals and say "Hey, I can do this". Children conquered the 60 foot Repel Tower by trusting their equipment and the encouragement of teammates to get to the bottom and say "Ya!!!! Let's do it again!"



We would like to say "Her-kem" and "Haw-woo" to all our GREAT sponsorships we received: Isleta Recreation Center, Isleta Social Services, Isleta Behavioral Health Services, Isleta Truancy, Isleta Business Corporation, Isleta Police Department Administration Staff, Isleta Casino & Resort, Kimo Constructors, Lente's Painting and all the support from Governor's Office and Tribal Council. We are looking forward to another opportunity to share this great experience with our youth next year. We are anticipating two camps next year to reach out to more of our youth.

### "Drug Free starts with me"



Isleta Police Department will be continuing to strive to build the bridge with our community children and families. To view Camp Triumph's activities go to [www.isletapueblo.com/tribal-community.html](http://www.isletapueblo.com/tribal-community.html)

### PRC

Patients are responsible for notifying PRC of any follow up appointments, continued or referred care or any additional procedures the specialist may recommend.

Please provide as much notice as possible to allow us to enter the information, request the orders and mail out to you prior to your appointment.

Questions?

Please Call 869-4488



# CAMP TRIUMPH 2015




**"I AM A SUCCESS TODAY BECAUSE I HAD A FRIEND WHO BELIEVED IN ME"**

## New Mexico Law Enforcement Torch Run



Isleta Police Department Participants showed their support for Special Olympics on May 30th. Officer Lorenzo Lujan and supporters received the torch from Valencia County Sheriff's Department and ran and biked seven miles on State Road 47 onto State Road 147 and ended on State Road 45. There they passed on the torch to Bernalillo County Sheriff's Department which continued throughout the State of New Mexico.



EDUCATING THE COMMUNITY TOGETHER

### Financial Education Classes

**(Free Classes)**

**Course Duration:**  
August 11, 2015-  
October 27, 2015

**Class Times:**  
12:00pm-1:30pm  
5:30pm-7:00pm

- 1 class a week, for 12 weeks.
- Classes held every Tuesday
- Classes will take place at the Activities room of the new ELDERLY CENTER.


**Call us to register:**  
(505)-918-0556  
Sheila Herrera or Miranda Lente

Please call us to register so that arrangements can be made to order your books and supplies. Thanks!

Tiwa Lending Services will be offering financial education classes to the community. These classes will help to educate and promote financial stability and independence through group learning and outreach. The classes will consist of a variety of topics geared toward building your wealth and creating financial stability for yourself and family.

Class Topics		
• Super Saving	• Buying Smarter	• College/Tuition
• Relating With Money	• Insurance Buying	• Retirement
• Cash Flow Planning	• Negotiating Deals	• Real Estate and
• Getting Rid of Debt	• Stocks, Bonds, and	Mortgages
• Credit	Mutual Funds	

For more information on upcoming events and classes check us out at:



**tiwalending.org**

• Home Loans • New Construction • Renovations



## 5 Gallon HE *formulated* Liquid Laundry Detergent

# \$45

pump additional \$2



# Tide

Original  
w/Febreeze  
w/Downy  
Free and Clear

# GAIN

Original  
Apple Mango Tango

# DAWN

Dish Liquid

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

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



## ISLETA HEALTH CENTER

*"Did you know?"*

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

- Have you ever wondered what to do when the Health Center is closed and you aren't feeling well?
- 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!

**\* CALL 911 FOR LIFE THREATENING EMERGENCIES**  
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.

## WIC NOTES

### Cavity Keep Away

Dental health is important for everyone, including pregnant women and infants.

#### Did you know you can catch a cavity?

Cavities are made by germs in our mouth that feed on the sugar we eat.  
The germs can pass from person to person through spit.  
Keep the mouth germs away and you'll keep the cavities away!

**Here are a few ideas to keep those cavity causing germs away.**

- ✓ Visit your dentist *during* pregnancy. Dental treatment is safe.
- ✓ Wipe baby's gums *twice a day*, in the morning and right before bed.
- ✓ Clean pacifier and bottle with soap and water, *not spit*.
- ✓ Give only water in the bottle at bedtime.
- ✓ First tooth-> baby gets her own toothbrush.
- ✓ Only use a dab (the size of a *grain of rice*) of fluoride toothpaste every time you brush your baby's teeth.
- ✓ Take baby to dentist *before* his first birthday.
- ✓ Each family member uses his or her own toothbrush, spoon, fork and cup.
- ✓ Choose gum or mints that have Xylitol (Zy-lih-tall) in them.
- ✓ Health foods help keep cavities away.

(Adapted from cda foundation)

WIC Nutrition

*If you are receiving bills for medical services, bring them to PRC.*

**RED FLAG....if you are receiving the bill then PRC is not being billed!**

**Call 869-4488 for more information.**



## I can't wait to.....

Make new friends, explore new interests, be creative, earn awards, go camping, travel the world, be a leader....

## Be a Girl Scout!

Join us for a Girl Scout Information Session  
Tuesday August 18<sup>th</sup>

6:30 pm @ Isleta Pueblo Recreation Center


Girl Scouts provides fun and educational activities for girls of every age that support their development while letting them form life-long friendships and memories. Through troop activities and other council events, girls get to participate in activities that reinforce and enhance lessons they are being taught at school and often give opportunities they may not have on their own.

Girls and Adults can participate in a way that fits their schedules! **DON'T WAIT!** Volunteers are needed as Troop Leaders or to help with other events and programs.

For more information please contact your Regional Manager:

Vanessa Gutierrez  
[vagutierrez@gsnmt.org](mailto:vagutierrez@gsnmt.org)  
505-923-9526


Girl Scouts of New Mexico Trails  
4000 Jefferson Plaza NE  
Albuquerque, NM 87109  
505-343-1040 NMGirlScouts.org



## Do It Yourself Kids Workshop

**First Children's Workshop will demonstrate how to make your own Bowl out of Confetti!**

5:30 pm — 6:30 pm  
Starting on August 6, 2015  
In Library Art Room  
(Every 1st Thursday of the Month)



**SPACE IS LIMITED**  
**FIRST 10 CHILDREN**  
(Age 8 & UP)  
(FIRST COME FIRST SERVE)

For More Information: Contact Cheyenne Castillo  
Library Phone Number: (505) 869-9808  
Email: [poi02008@isletapueblo.com](mailto:poi02008@isletapueblo.com)



## TEST YOUR KNOWLEDGE

### How Much Do You Already Know About ADULT IMMUNIZATIONS?

1. Among these vaccine-preventable diseases, which one kills the most people?

- A. Pneumonia
- B. Meningitis
- C. Flu
- D. Hepatitis A

2. Exposure to bacteria in soil may cause which disease?

- A. Tetanus
- B. Diphtheria
- C. Pertussis
- D. Rubella

3. Which of these infections can lead to cancer?

- A. Human papillomavirus
- B. Hepatitis B
- C. Neither
- D. Both

4. Which groups are at high risk of complications from a pneumococcal infection?

- A. People who are alcoholic
- B. People over age 65
- C. People with a heart or lung disorder
- D. All of the above

5. Which of these infections can lead to shingles?

- A. Rubella
- B. Mumps
- C. Chickenpox
- D. Measles

6. Which of these vaccines is usually given only to travelers?

- A. Typhoid
- B. Diphtheria
- C. German measles
- D. Rotavirus

7. Which of these groups is at increased risk for meningococcal meningitis?

- A. Healthcare workers
- B. People over 50
- C. Teens and young adults
- D. People with chronic liver disease

8. What does the herpes zoster vaccine protect against?

- A. Herpes
- B. Shingles
- C. Cold sores
- D. Encephalitis

TEST YOUR KNOWLEDGE & CHECK THE CORRECT ANSWERS IN NEXT MONTH'S NEWSLETTER! Isleta Health Center, Health Educator: Stephanie Barela, 869-4479

<http://www.webmd.com/vaccines/what-you-should-know-11/quiz-adult-vaccines>

## Please Join Us At Isleta Pueblo Public Library



5:30 pm – 6:30 pm

Starting on August 6th, 2015

In Library Art Room

(Every 1st Thursday of the Month)



**Do It Yourself Workshop: First Workshop will demonstrate how to make your own Lip Scrub, and also Lip Balm.**



**SPACE IS LIMITED**

**First 10 Adults**

(First Come First Serve)



**For More Information:** Contact Valeri Schroeder

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

**Email:** poi02009@isletapueblo.com

## 4TH ANNUAL ISLETA CANCER & HEART DISEASE EDUCATION CONFERENCE

**SATURDAY • October 24, 2015**  
**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 • Cancer Screening and Early Detection •  
Coping Skills for Cancer Patients and their families and more!

**SPACE LIMITED TO THE FIRST  
75 TO SIGN UP!**

**Call 869-4479 to pre-register!**

**Registration deadline: October 9, 2015**

Conference for 14 years +

Need a Ride? Please Call!

**PRIZES & LUNCH SERVED!**

\*Cancer Treatment Options Program brought to you by the Leukemia & Lymphoma Society; sponsored by Celgene and Takeda Oncology Company.



someday is today



Pueblo of Isleta Health Center

### Thinking About Quitting

**NOT READY TO COMMIT TO A  
FULL Quit Smoking PROGRAM?**

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

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

*Notify PRC within 72 hours of  
receiving Hospital Emergency or  
Urgent Care services!  
Call 869-4488 for more information.*

## Health Beat

Stephanie Barela, Health Educator  
869-4479 □ sbarela@islclinic.net

### WE ARE SURVIVORS 1st Annual Isleta Cancer Survivor's Day Event



another, it is important to be educated on this disease and to support those around you. This was a very moving event, which can be demonstrated by the comments from the participants, which ranged from, "Love the Balloon Launch" to "Very good" to "Inspirational".

The POI Community Cancer Support group would like to thank everyone who participated and helped make this event a success! Thank you to the staff members at the Isleta Recreation Center who helped move us indoors once we realized the 100 degree weather would be too uncomfortable; thank you to Crystal Springs Bottled Water for the water donation; thank you to Smith's Grocery for the kind donation of fruit; and lastly, I especially want to thank the Pueblo of Isleta Community Cancer Support group and planning committee: Mollie Poafpybitty, Frank Martin, Carmen Martin, Pricilla Reyna Jojola, and Andrea Rockwell.

In closing, I would like to extend an open invitation to all community members to attend our monthly Cancer Support Group. We meet on the 2nd Tuesday of each Month at the Isleta Health Center beginning at 10:30 a.m. We will host our next Annual Cancer Conference on Saturday, October 24, 2015 at the Isleta Eagle Golf Course. Please call for more information or to register for the conference.


Every June, people all over the country CELEBRATE National Cancer Survivor's Day. The Pueblo of Isleta Community Cancer Support group took part and held the 1st Annual Isleta Cancer Survivor's Day event on June 23rd at the Isleta Recreation Center. We think it is vital to celebrate and be aware of cancer survivors in the community, because cancer is NOT a death sentence. The sooner you detect it, the more likely you are to survive it. IT IS POSSIBLE to survive cancer and that is what we CELEBRATED!

The event ended with a poem and then the release of the balloons. The balloons were not only an acknowledgment of cancer survivors, but also a reminder of those who have lost the battle with cancer. As we watched our dreams, hopes, prayers and words being carried up to the Creator, we also released our grief and sadness, and as the balloons disappeared out of sight, we could feel the balloons lifting away the problems, pain, and unwanted emotions that come with cancer. We let the old memories be cast into the air. A secret message of hope and renewal was heard by the wind. Because so many of us are touched by cancer in one way or




The event started out with a touching invocation by Lt. Governor Abeita, followed by acknowledgment of cancer survivors and cancer support team members. We then offered an activity where participants wrote messages, poems, and prayers on stickers that were then placed on balloons to be released at the end of the evening. Participants also wrote celebration messages on hand held fans. Member, Andrea Rockwell, shared her moving personal story of being a cancer survivor.





**Pueblo of Isleta  
Community Cancer  
Support Group**



*Support the health of your family.  
Educate yourself on cancer.  
REDUCE YOUR RISK!*

**August 11, 2015**

**10:30-Noon**

ISLETA HEALTH CENTER SMALL CONFERENCE ROOM

**OSTEOPOROSIS AWARENESS  
PRESENTATION**

**FREE BONE DENSITY SCREENING  
BY OSTEOSTRONG**

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





**AUGUST 10**

**ISLETA RECREATION CENTER**

**CO-ED LEAGUES NOW FORMING**


*Fun for All!*



FOR MORE INFORMATION PLEASE CALL  
VANESSA AT 869-9777

Isleta Parks & Recreation Center

**2015 XC**



Any Parents/guardians interested in signing up their child or children **AGES 5-12** for our new season of Cross Country are welcome to contact Antonio Garcia or Keenan Gurule at the New Rec. Center at 505.869.9777

**Practice has already started.** Monday & Wednesday we meet at the Soccer Field located at the New Rec. Center. Tuesday & Thursday we meet at Big Mama.

**Cross Country is OPEN to ALL students despite school affiliation.**

**TEST YOUR KNOWLEDGE**

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

1. If you get cancer it is usually because someone in your family had cancer. **False** – Half of men and one-third of women in the U.S. will get cancer at some point. But only about 1 in 20 cases is linked to genes from parents. The bottom line: Doctors aren't sure why some people get cancer and others don't. It's not just about your genes.

2. Heavy drinking can raise your chances of getting cancer. **True** – Drinking alcohol may make you more likely to get mouth, liver, colon, breast, and other cancers. It doesn't matter if you prefer beer, wine, or liquor. It's how much you drink that counts. The more you drink, the higher the risk. If you drink, limit yourself to two drinks a day if you're a man and one a day if you're a woman.

3. Artificial sweeteners can cause cancer. **False** – There's no evidence that the sweeteners in those little pink, blue, yellow, or green packets cause cancer. Studies don't show a link between aspartame (blue), saccharin (pink), or sucralose (yellow) and cancer in people. Newer sugar substitutes, such as sorbitol and stevia (green), also appear to be safe.

4. Antiperspirants make you more likely to get breast cancer. **False** – It's safe to use antiperspirant or deodorant. There are no strong studies and very little evidence to show that you have a greater chance of getting breast cancer if you use antiperspirants.

5. Which food is linked to colon cancer - Tofu, Lunchmeat, Oysters? **Lunchmeat** – People who eat a lot of processed meats, such as hot dogs and lunchmeat, are more likely to get colon cancer. The link isn't completely clear, but it might be because of nitrites. Those are chemicals added to food to stop bacteria and preserve color. Red meat also is linked to colon cancer. In general, limit the amount of red meat you eat. Instead choose other sources of protein, such as chicken, fish, or beans.

6. Which of these may help nausea in patients getting cancer treatment – Acupuncture, Ear candling, Magnetic therapy? **Acupuncture** can help with nausea and vomiting from chemotherapy. It can also help people who have mouth dryness from radiation therapy. If you are being treated for cancer and want to try acupuncture, let your doctor know.

7. For most cancer, a biopsy can cause cancer cells to spread. **False** – During a biopsy, a doctor takes a small sample of tissue from your body to check it for cancer. With most cancers, it's very unlikely that this procedure will cause cancer to spread.

8. What can you do to lower your chances of getting cancer? **Exercise**, along with healthy eating and managing your weight, can make you less likely to get certain cancers, including breast and colon cancer. Still, even if you are active, get any routine cancer screenings that your doctor recommends.

TEST YOUR KNOWLEDGE AND CHECK NEXT MONTH’S PUEBLO OF ISLETA NEWSLETTER FOR ANOTHER QUIZ!

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

[http://www.webmd.com/cancer/rm-quiz-cancer-myths-facts?ecd=wnl\\_wmh\\_052215&ctr=wnl-wmh-052215\\_nsl-ld-stry&mb=2W8HdR0z2R6T046jaHNUTWdEpmNqbUHL0xp%2f7tgN%2f1%3d](http://www.webmd.com/cancer/rm-quiz-cancer-myths-facts?ecd=wnl_wmh_052215&ctr=wnl-wmh-052215_nsl-ld-stry&mb=2W8HdR0z2R6T046jaHNUTWdEpmNqbUHL0xp%2f7tgN%2f1%3d)



Isleta Health Center					
AUGUST 2015					
Questions? Call 869-3200					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<div>NOTICE:→</div> The Isleta Health Center will temporarily CLOSE on Thursday, August 27 <sup>th</sup> from 8:00am to 12:00pm for our annual all-staff training.					1/2
<b>3</b> Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	<b>4</b> Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>5</b> Parent Group: 9-11a @ BHS. Anger Mgmt. Skills: 1-2p @ BHS. Diabetes Fun Run/Walk: 5:30p @ Diabetes Wellness Center.	<b>6</b> Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>7</b> Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	8/9
<b>10</b> Early Recovery Skills: 9-11am @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS.	<b>11</b> Women's Support Group: 10-11a @ BHS. POI Community Cancer Support: 10:30-12p, @ IHC Small conference room. Topic: Osteoporosis Awareness. Acu-Detox: 1-2p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>12</b> Parent Group: 9-11a @ BHS. Anger Mgmt. Skills: 1-2p @ BHS. Podiatry Education Class: 5:30-7p @ Health Center kitchen.	<b>13</b> Dental Class (DPP): 8:45am @ Small conference room. Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>14</b> Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	15/16
8/10-8/14: Destination Health Pre-Measurements all week. Stop by the Diabetes Prevention Program's Wellness Center from 8:00-4:30pm.					
<b>17</b> Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. Destination Health Begins: Call Diabetes Prevention Program @ 869-4595 for more info.	<b>18</b> Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>19</b> Parent Group: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Healthy Cooking Class: 5:30-7:30p @ Health Center kitchen.	<b>20</b> Grief Group: 1-2p @ BHS. IPHA Community Screenings: 2:30-4p @ POI Housing office. Str8 Rez: 4:30-6p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>21</b> Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	22/23
<b>24</b> Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. Destination Health Logs Due: Call Diabetes Prevention Program at 869-4595 for more info.	<b>25</b> Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>26</b> Parent Group: 9-11a @ BHS. Anger Management Skills: 1-2p @ BHS. Diabetes Alliance Group: 5:30-7:30p @ Health Center kitchen.	<b>27</b> <div>Isleta Health Center CLOSED 8am - 12pm ONLY for Annual All-Staff Training</div> Str8 Rez: 4:30-6p @ BHS. Group Exercise Class: 5:30-6:45p @ Diabetes Wellness Center.	<b>28</b> Early Recovery Skills: 9-11a @ BHS. Another Recovery Technique (ART): 1-4p @ BHS.	29/30
<b>31</b> Early Recovery Skills: 9-11a @ BHS. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. Destination Health Logs Due: Call Diabetes Prevention Program at 869-4595 for more info.	DPP = Diabetes Prevention Program. Call 869-4595 for more program information. BHS = Behavioral Health Services. Call 869-5475 for more program information.				



# Freedom From Smoking

## NEED HELP STOPPING SMOKING?

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

### SIGN UP FOR THE NEXT GROUP!

97% OF THE PARTICIPANTS THAT ATTENDED EVERY SCHEDULED SESSION QUIT SMOKING!!



### Weekly Prizes!

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

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

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



Sponsored by the Isleta Health Center

## Breastfeeding Tips for Working and Student Moms

### 1. Maternity Leave

If possible take at least 6 weeks off from work or school. It takes the first month for you and baby to learn how to breastfeed and to get a good milk supply established.

### 2. Plan Ahead

Having a plan for providing breast milk to your baby will make the transition back to work or school as seamless as possible.

- Choose a breastfeeding supportive childcare provider
- Gather needed supplies like a breast pump, storage containers or bags, cooler and ice packs, and bottles to feed your baby your expressed breast milk.
- Talk to you employer: Call your HR representative or supervisor to ask where you will be able to pump and store your breast milk.
- When your baby is about 4 weeks old start pumping to get familiar with your pump and store milk.

### 3. Time it Right

After returning to work:

- Gather and pack up all of your needed supplies the night before
- Breastfeed baby at the breast first thing in the morning and then right before you leave for work
- Breastfeed baby as soon as you get home or pick up from childcare.

Breastfeeding at the breast whenever you're with your baby is the best way to maximize your milk production.

### 4. Successful Pumping

- Pump your breast milk for every feeding you miss.
- Pump in a clean, quiet place like your employer's lactation room, an office with a door that can be locked, or an empty meeting room.

You should not have to use a restroom to pump your milk. New Mexico law and the Pueblo of Isleta protects your right to pump milk for your baby at work. NM Chapter no. 2007-18 and Tribal Resolution 2006-062

August 1-7th 2015 is World Breastfeeding Week where breastfeeding families are celebrated in communities across the world. This year's focus is supporting and helping working and student mothers to reach their breastfeeding goals.

Pueblo of Isleta WIC 505 869-2662