



# Isleta Pueblo News

Volume 4 Issue 10

October 2009

## Governor's Report

As the school year enters into its third month, issues on bus transportation for our students will soon be held with the Los Lunas School District, and hopefully we can come to an agreement on what stops are in the best interest of our students. We will be asking for more bus stops so that students will not be walking too far to their bus stops. Mr. Don Padilla, Principal, Los Lunas High School, is requesting a meeting with the parents and students here at Isleta. We will inform you of the time and date of this important meeting as soon as it is scheduled. We are currently working with the Los Lunas School District on a Memorandum of Agreement, (MOA), and the current MOA with Albuquerque Public Schools is up for review in November. The MOA's will determine the types of services the schools will offer to our Isleta students, in agreement with tribal approval, and how the school districts can work together to meet the educational needs of our students.

The Isleta Department of Education has made great improvements in the last two years, such as the increase in the number of students who have graduated from high school and college, the increased number of students receiving services from K to college, etc. Unfortunately, Mr. Garry Martin,

Executive Director of Education, the person most responsible for these improvements has resigned his position effective September 18, 2009. He plans to return to his home in Virginia to be with his family. We thank Mr. Martin for all his efforts and for making our educational programs a success, and for sharing his knowledge as an educator with our tribal members. We wish him and his family the very best.

As you have probably read in the newspapers, or watched the daily news on TV, Isleta has been awarded \$22,565,088 in Tribal Economic Development Bonds, (TEDBs). Isleta applied for these bonds upon notification that the applications were being accepted by the US Treasury Department early this summer. The bonds will allow Isleta to free money from the tribe's finance loans to continue pending projects. Upon payment of these loans, interest rates for the bonds will be considerably lower, a big savings on interest rates for the tribe. Tribes are exempt from taxation by the federal government, however, this does not mean that the Internal Revenue Service will exempt the tribes from taxation that have received these bonds. Tribes throughout Indian Country are working with their and Congressional Representatives to stop

the IRS from taxing the tribes. Acoma and Santa Clara were the other tribes that received Bonds.

On Saturday September 27, 2009, Mr. Paul Torrez, Housing Director, Mr. Simon Shima, Tribal Planner for the Pueblo of Isleta, and I joined Habitat for Humanity of Valencia County on the 2009 Ride the Bosque Trail to raise money. The ride started at the Los Lunas Bridge and ended at the Isleta Lakes, where we were served a hot meal after certificates of appreciation were handed out. A country band donated their time and played good old country music. Habitat for Humanity has been working in Isleta for the past two years inspecting homes for future repair and also to build homes for the needy at no cost to the tribe or its people. Mr. Torrez advised me during the ride, that some time in the future, Habitat for Humanity will receive appliances for donation to people in need of refrigerators, stoves, air conditioners and other appliances at no cost. Habitat for Humanity is a non-profit organization and is always looking for volunteers to help with their cause. We are thankful to Habitat for Humanity for sharing their kindness and generosity, and for considering Isleta for future projects and needed resources. Thanks for all your help.

## Public Works Department

As we get ready for the weather and time change, there are several items to keep in mind so that we may provide you with the best service possible.

Call in your work orders early. As the days get shorter we have less time to complete items safely. Do not wait until your septic tanks are overflowing before calling in. Make sure your tank lids are uncovered and the weeds and path is clear to your septic tank. If your tank lids are buried or we are unable to find your tank, we won't be able to empty it.

All septic tank work orders are scheduled prior to the drivers leaving the office in the morning. Your calls will be scheduled in the order they are received. The drivers pick up their schedules in the morning. If you call in on Tuesday at 10:00 a.m., your name will not be on the list until the next day.

Public Works receives over 20 requests per day for septic service. It can take several days to get to your work order.

If your yard is muddy, the driver may not pump your tank. The driver will return when the road or yard dries out so that they don't get stuck.

Keep in mind that Public Works does not connect heaters or service air conditioners on your houses. Please call the Isleta Pueblo Housing Authority to place those work orders.

The Solid Waste Department is planning on starting a recycling program. As we look at different ways and different items to recycle, your input would be helpful. Please call us with your suggestions to provide the best program possible.

*Have a Happy Halloween and be sure to watch out for all those little ghosts and goblins searching out those sweet treats.*

## Isleta Pueblo Housing Authority

### REMINDER:

IPHA will no longer be doing weekend calls. Any problems that arise over the weekend will be taken care of by Housing or the appropriate department on the following Monday morning. IPHA will continue to respond to emergency calls that involve a life threatening situation on weekdays and weekends.

Also Housing is now servicing Heaters and turning off Air Conditioners. Elderly 62 and over, Handicapped and Disabled individuals will have priority. Other Tribal Members under 62 will be charged a service fee of \$25.00, money order or cashier's check (no personal checks), that will be due before service is provided.

Due an overwhelming workload of seasonal service, Air Conditioners will be shut off and Heaters will be turned on, on a one time basis.

**\*CALL FIRST.** Any work that is requested from Housing needs to be called in prior to someone being sent out. Employees in the field are not allowed to take work orders.

## Isleta Tribal Court

505-869-6510

### PUBLIC NOTICE

A Petition to Probate the Estate of Patricio Ralph Olguin, deceased on April 6, 1969 has been filed in the Isleta Tribal Court. Any person claiming an interest in the estate is hereby requested to notify the Tribal Court Clerk @ 869-6510 within 30 days from the date of this notice being posted.

### PUBLIC NOTICE

A Petition to Probate the Estate of Rufina Montoya, deceased on August 29, 1995 has been filed in the Isleta Tribal Court. Any person claiming an interest in the estate is hereby requested to notify the Tribal Court Clerk @ 869-6510 within 30 days from the date of this notice being posted.

## Johnson-O'Malley Program

## Fall News

*There will be an open house October 17 from 9:00 am to 12:00 pm at the Old Elementary School. Come see our new location, tutoring center, and receive information regarding services provided by JOM. Door prizes will be given away.*

## Educational Trips Scheduled:

- National Johnson-O'Malley Conference in Phoenix, AZ November 3-November 6; Two students from Valencia High School, two students from Los Lunas High School and one student from Albuquerque Public Schools have been selected to attend this conference.

- All students have received their report cards. Elementary students have received their Standards Based Assessment results, also known as the MAPS testing. What was their proficiency level? Where does your child stand as of the first grading period? Would your child benefit from 6-Week Short-Term Intense Tutoring Services? Tutoring is on going Monday and Wednesday or Tuesday

and Thursday. Jennifer Zuni primarily tutors elementary students and Bernadette Correa specializes in Math but also assists with other subjects. Space is still available. Contact the tutoring department for additional information, 924-3189 ext. 439 (All grades, High School students highly encouraged to attend.)

- We have a limited number of TI-83, TI-34, and Casio Scientific FX260 available to students. Verification forms for these items available at the JOM office. (Middle and High School Students)

- Wanted! Wanted! Wanted! Dedicated High School/Middle School students that would like to go to Washington, D.C. during Spring Break. If you are interested in attending this trip, please contact the JOM Office. This trip is based on fundraising 100%.

- We will be visiting Chaco Canyon on Saturday, November 14. Any students interested in this trip, please contact our office as soon as possible.

- For the month of December we are also planning a trip to Carlsbad Caverns, this is an overnight trip for students in 6th to 12th grade and it will take place on Saturday, December 12 - Sunday, December 13. For younger students, Kindergarten to 6th grade we will visit Explora, date to be determined.

- We have a limited amount of funds available for reimbursement. Reimbursement will cover lab fees, ACT, and SAT testing fees. Please submit these as soon as possible.

Please contact the JOM Office if interested, limited space available. (505)924-3189

Geraldine Jojola - Supervisory Academic Counselor  
Beverly Piro - Administrative Assistant

Administrative office located in the computer lab section of the Old Isleta Elementary School. (Southwest corner of main building)



### The American Legion Post 209

Veterans !!!!!

The American Legion Post 209 is (always) looking for new members. If you are a veteran with an honorable discharge...come join the American Legion.

We have been working with the New Mexico Department of Veteran Services on our big project...to build a Veterans' Center at our property in Los Charcos donated by the late Richard "Dickie" Baker. So far the property has been surveyed and an environmental study has been completed. The next step is to seek funds to start construction of the building. We will be presenting our project ideas before the NM State Veterans Legislative Committee on November 30 in Santa Fe, and hopefully we will convince the committee that this veterans' center is very important to the veterans of Isleta Pueblo and the surrounding communities and they may "somehow somewhere" find funds to help us out.

Post 209 Officers are:

- Commander Joe C. Jaramillo (Marines)
- Vice-Commander Theresa Zuni..(Army)
- Finance Officer Ken Miller..(Marines)
- Adjutant Ulysses Abeita..(Marines)
- Sgt. At Arms James Keryte..(Marines)
- Chaplain Max Zuni..(Marines)
- Historian Diego Lujan..(Air Force)

Remember, and pray for our troops who are serving in the armed forces...especially those serving in Afghanistan and Iraq.

**The next meeting which was scheduled for 17 October 2009 has been rescheduled for 24 October 2009 at 10:00 AM.**

### Important Notice

#### PUEBLO OF ISLETA 2009 SECRETARIAL ELECTION VOTER EDUCATION MEETING

SATURDAY, OCTOBER 17, 2009  
10:00AM-12:00PM  
ISLETA GOLF COURSE MEETING ROOM

The BIA Southern Pueblos Agency will be holding another Voter Education Meeting to discuss the upcoming Secretarial Election that will occur on November 21, 2009 to vote on the Proposed Amendments to the Isleta Tribal Constitution. **All tribal members are encouraged to attend this important education meeting.**

The meeting will provide specific information about the ELECTION PROCESS including important dates and deadlines, voter registration requirements, who is eligible to vote, voting by absentee ballot, and other items regarding the Secretarial Election.

If you have any questions, please contact:

Mr. Robert Lacapa, SPA Superintendant (Chair of Election Board)

E-mail: Robert.lacapa@bia.gov

Phone: 505-563-3600

**ALL TRIBAL MEMBERS ARE ENCOURAGED TO ATTEND**

### Pueblo of Isleta College Preparatory Program

Pueblo of Isleta College Preparatory Program is a grant-based program, provided by the Institute of American Indian Arts. Our main goal of the program is to notify Native American students, grades from 9-12, on what to expect following graduation and how to prepare for it during their high school career. As advisors, what we bring to the table are Knowledge, Experience, Financial Aid and Scholarship Information.



**ISLETA TRIBAL ENROLLMENT/CENSUS OFFICE**

**ATTENTION:  
INDIVIDUAL INDIAN MONEY (IIM) ACCOUNT HOLDERS**

The Office of Special Trustee (OST) for American Indians in conjunction with the Isleta Tribal Enrollment/Census Office is attempting to locate Isleta Pueblo tribal members with an Individual Indian Money (IIM) account or for whom per capita judgment funds are held.

There are two lists: one contains the names of adults whose whereabouts are unknown and their per capita share is held in a tribal trust holding account; the other is a list of individuals with an IIM account whose current address is unknown.

Minors with an IIM account may access their funds upon reaching 18 years of age, providing they are able to manage their financial affairs on their own. Individuals not able to manage their financial affairs, as defined in 25 CFR 115.002, should be reported to the BIA Social Services, Southern Pueblos Agency, at (505) 563-3748 at least 120 days prior to their 18th birthday. The Social worker will need to assess whether the individual's account should be supervised as an adult.

The Tribal Enrollment Office has the form OST 01-004/6 to give any minors who reach the age of 18 to complete for access to their

account. The account holder will need to sign and date the form on or after their 18th birthday. The account holder may request all of their IIM funds and the account will be closed or they may request a voluntary hold. Under the voluntary hold option, the account holder may request funds for a one time disbursement, indicating the amount to be disbursed, or they may schedule payments of their IIM account funds. The frequency for the scheduled payments may be disbursed monthly, quarterly, weekly or bi-weekly, indicating the exact dollar amounts. The payments may also be made to a third party.

The account holder may also choose a method of payment in the form of direct deposit or by check, which will be mailed to the address indicated on the statements that were mailed to the account holder by the OST.

For information on updating your account, or to request a form, please contact April V. Chavez, Tribal Enrollment Coordinator at (505) 766-6624 or Peter J. Fredericks, Fiduciary Trust Officer at (505) 563-3564.

**WHEREABOUTS UNKNOWN  
ADULT MEMBERS**

Isleta Pueblo Adult members whose judgment per capita share of the Isleta Pueblo Land Claims Settlement funds, is held and whose whereabouts is unknown as of September 15, 2009.

<i>Last Name</i>	<i>First Name</i>	<i>Middle Name</i>
Abeita	Joseph	Marcelino
Abeyta	Josefina	M.
Bogdanovich	Frances	Theresa
Carpio	Pedro	Pablo
Chavez	Betty	
Chavez	Flora	
Chavez	Juan	Domingo
Chewiwi	Jose	Ricardo
Chewiwi	Juan	Jiron
Collins	Michael	Lee
Correo	Mandy	Marie
Jiron	Lucas	Joseph
Jojola	David	Taylor
Jojola	Patrick	Garrett
Lucero	Jose	Rey
Lucero	Reyes	
Lucero	Jose	Seferino
Lujan	Jose	Manuel
Marujo	Jim	Wayne
Oliver	Georgia	Maria Dolores
Padilla	Marie	Prudencia
Padilla	Valentine	
Pargas	Marie	Vicentita Frances
Radford	Daisy	

**ADDRESS UNKNOWN  
MINORS**

Isleta Pueblo members with an IIM whose address is not current or is unknown as of September 14, 2009.

<i>Last Name</i>	<i>First Name</i>	<i>Middle Name</i>
Abeita	Darren	M
Abeita	Phyllis	
Abeita	Ryan	
Abeita	Terrence	M
Anzara	Shawn	C
Armenta	Adelene	M
Armenta	Alieas	C
Armenta	Marcheyelle	D
Becenti	Thomas	
Chewiwi	Dawn	
Cloud	Jordan	
Cuestas	Ray	P
Dixon	Lillian	
Espinoza Jr.	Carl	B
Garcia	Cheryl	J
Garcia	Kristy	A
Garcia	Phylcia	
Garcia	Steven	E
Jaramillo Jr.	Douglas	S
Jiron	John	
Jiron Jr.	Calvin	J
Johnson	Elizabeth	A
Jojola	Taney	M
Jojola	Travis	
Juancho	Joseph	A
Lucero	Larissa	A
Maestas	Feliciano	
Maestas	Jesse	
Montoya-Jojola Jr.	Andrew	M
Olguin	Trinity	I
Tenorio	Chelsea	R
Tenorio	Mariah	A
Tenorio-Abeita	Tracee	M
Valdez	Cody	C
Velardez-Tenorio	Abrianna	

**Isleta Pueblo News**



**Editor:** Ulysses Abeita  
**Asst. Editor:** Beverly Piro  
**Published By:** Valencia Express

ISLETA ELDERLY CENTER NEWS

The Isleta Elderly Center has completed the long-awaited program assessment with the State Area Agency on Aging, and the outcome was positive. The state assessed our program on over 200 areas of service and practices which resulted in 7 findings. I would like to thank the staff, all our volunteers, Housing Department, and Tribal Council for helping in one or more of the following areas: cleaning of our facility, painting our facility, renovations, establishing program processes and systems, and the development of policies. Here are some of the facility changes made at our center:



Administrative Assistant Office



Our staff with 7 out of 37 Alabama Coughatta Tribal members visiting NM Tribes



Repainted the Entrance



Home Services Manager Office

The Elderly Center will now have the time to focus on program services and client recruitment. As a matter of fact, the Management Team and the Advisory Board are currently involved in a project to enhance daily center activities. Two Senior Center tours are planned to gain knowledge of activities and services that we may to replicate. We recently visited the Bear Canyon Senior Center in Albuquerque managed by Kathy Black (former Isleta Elderly Center Director).



New Reception Area

The elders have been on many trips over the last two months and I was lucky to have accompanied them to the zoo, the Laguna Feast, and the State Fair. It is amazing how strong some of our elders are. I had a difficult time keeping up with them!! I was communicating with a representative of the Alabama-Coushatta Tribe from Texas. They were in the neighborhood and joined all of the elders at the fair on Senior's Day. It was very enjoyable, but as we always say, Indian Village isn't quite what we remember from the past. Nonetheless, we had a great time.



Bear Canyon Sr. Center Quilting Club



Dining room renovation



Hopi Dancers at the State Fair



Bear Canyon Activities Room



New doors and carpet in hallway



Special Appearance for the Ladies (guess who?)

Next month in October, we are scheduled to visit the Zuni Pueblo Senior Center. We have also started to engage in discussions at our General Meetings held monthly. This month the elders voiced that if possible they would like to take field trips to an apple orchard, the Pumpkin Patch, and take the RailRunner to Santa Fe and visit the new History Museum.

We talked about lack of space for holding daily activities such as sewing projects, but also offered some possible solutions.

It is very important to reach out to our elders that are homebound and offer a

variety of activities that will bring them to our center. After all, socializing is a very important healing tool for all of us.

If we are not well physically we get our strength to face another day when someone tells us to be strong. If we are sad it helps to talk to someone we trust. If we are lonely it helps if we are with others. We want to create a fun, safe and healthy environment for all of our elders.

To make many of these things happen we are going to rely heavily on volunteers. If you have even one hour to drop by and visit our elders attending Adult Day Care, or if you want to demonstrate your talents, or participate in projects, please contact us. These are your elders, these are our elders and they appreciate simple things like a hug or a hand shake.

## OCTOBER 12th — 20th IS BONE AND JOINT DECADE NATIONAL ACTION WEEK

In 2002, the U.S. officially proclaimed the years 2002-2011 as National Bone and Joint Decade Week to raise awareness and research dollars for prevention, education and treatment of musculoskeletal conditions.

Bone and joint disorders are the leading cause of disability in the U.S. and are the number one reason people visit a doctor. More than one in four Americans need medical attention for this condition. For nearly one in two Americans over the age of 18, and for many children, movement is restricted by a musculoskeletal disorder — arthritis, back pain, fracture, osteoporosis, or sports trauma. 40% of women over age 50 are expected to suffer a minimum of one osteoporotic fracture in their lifetime. Worldwide, musculoskeletal conditions are the most common cause of long-term pain and physical disability... ..an issue that is only intensifying as the population ages!

**Come JOIN THE PB & J** (no, not talking peanut butter & jelly!).... **PROTECT YOUR BONES & JOINTS MOVEMENT!!!!**

Think about it...if the bones and joints in your body are strong and flexible, they move smoothly. And that means life can be fun and appreciated fully!

**KNOW THE BONE BASICS!!!!** Follow these steps to build stronger bones and reduce your risk of osteoporosis (fragile, breakable bones):

### Be Active

Do weight-bearing and cardiovascular activities most days of the week.

### Own Your Diet

Have 8 ounces of milk OR yogurt OR 1 1/2 ounces of cheese (ideally all low fat), 3 times a day.

### Nourish Your Bones

There's no better source than dairy foods which provide needed bone-building nutrients (calcium, Vitamin D, magnesium, phosphorus, potassium and protein).

### Encourage Others

Be a role model by setting a good example! Children follow the lead of family members.

(<http://www.usbjd.org>; <http://www.medicalnewsinc.com/news.php?viewStory=246>; <http://www.health.gov/dietaryguidelines>; National Dairy Council; National Osteoporosis Foundation)

For questions or more information, contact:  
Terri P. Elisberg, RD, LD, CDE  
Nutritionist, Diabetes Prevention Programs  
Pueblo of Isleta Health Center 869-4093

Currently, the following job opportunities are available at the Elderly Center.

- Senior Companionship positions- call Patricia Lucero 869-6661
  - o 50+ years of age
  - o 20 hours / week
- National Indian Council on Aging - call our center 869-6661 for application
  - o 55+ years of age
  - o Part time or full time
- Adult Day Care Program Assistant, to apply call Tribal HR Office (869-3111)
  - o 18+ years of age
  - o 6 hrs/day

Hope everyone had a great feast day. From the Elderly Center, thank you to the Families that hosted this year's feast days!! May the spirits grant you long life...

To everyone out there, please come by and see more of the renovations we have made, and join us for lunch anytime.

Rita Jojola-Dorame,  
Isleta Elderly Center Director

## Diabetes and Obesity Prevention Community Committee Meeting

**October 26, 2009**

**6:00 PM**

**Isleta Health Center**

**869-4595**

**RSVP by October 23, 2009**

## NOTICE FOR ISLETA HEALTH CENTER PATIENTS:

The Isleta Health Center Pharmacy department is requesting your insurance, Medicaid, or Medicare information so we can bill your insurance company. This will help us serve you better and help us provide the best medicines.

You will not be responsible for any co-pays and you will not be billed for any balances that the insurance company does not pay for.

**PLEASE GIVE YOUR  
INSURANCE, MEDICAID OR MEDICARE CARD  
TO THE ISLETA PHARMACY DEPARTMENT!**

## WIC NOTES     The New WIC Foods

Hello WIC Participants,

We are excited about the new healthier WIC food package. Depending on when your next WIC appointment is scheduled, you will be getting the new foods either in October, November, or December. If you are unsure of when your next appointment is, just look at the top of your WIC check or call our office.

Regardless of when your next WIC appointment is, expect to be at our office for 45 minutes to 1 hour. That may seem like a long time, however, there is a lot of new information you will need to know.

Please keep your scheduled appointment. If you come in as a walk-in you will have to wait to be seen. This will be in addition to the 45 minute to 1 hour appointment time. If you cannot keep your appointment please call our office and we will be happy to reschedule.

Thank you for your cooperation, Your WIC Staff 924-3180

## NOTARY PUBLIC SERVICES

Sh'eh Wheef Law Offices, P.C.

Located at 400 Tribal Road 90

Is now providing notary public services.

Acknowledgements, Jurats, and Copy Certifications  
Prices:

\$1.00 - Elderly and Disabled     \$5.00 - all others

Contact person: Danette Gabaldon

Sh'eh Wheef Law Offices, P.C.

(505) 869-3836

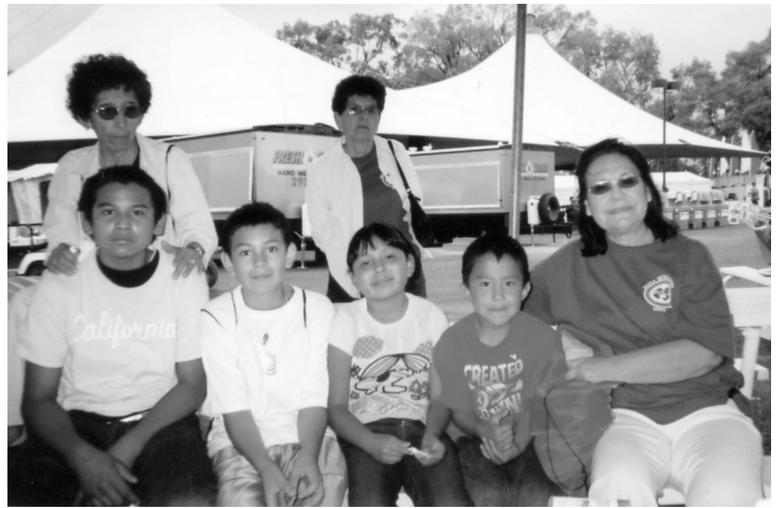
E-mail: dangabaldon@live.com

### Parks & Recreation

September 2009 was one of our slowest participated months as far as our youth were concerned. History at the New Rec Center for September has been like that over the past several years. Some parent's comments have been that they want their children concentrating a little more on their school studies and Cross Country, which we strongly agree with. Participation started slowly when the Pueblo Feast Days were going on and continued into the time that the State Fair was going on. Regardless, those children who did participate were treated to a trip to the State Fair, along with having their Arts/Crafts from our program displayed at the New Mexico State Fair, and to a couple of Movies on early release day Wednesdays. Incidentally, the Nanas will assist the children with their homework prior to engaging in Arts/Crafts activities. We too, agree with many of the parents and want our children to do well and succeed. Pictured are ieveral of our children (Phillip Sangre, Marissa Chavez, and Marissa Weldon) who participate in the Isleta Cross Country program, which is coached by volunteer parents and assisted by the Recreation program (Roberta Chavarillo) with rides to practice and to their weekly meets on Saturdays. Pictured above them are several of the children (Cody Morris, Phillip Sangre, Sara Roybal, and Michael King Jr.) who went to the State Fair with our after-school program on September 16, 2009.



*Phillip Sangre Cross Country and Craft Participant*



*Cody Morris, Phillip Sangre, Sara Roybal and Michael King Jr.*



*Marissa Chavez*



*Marissa Welden*

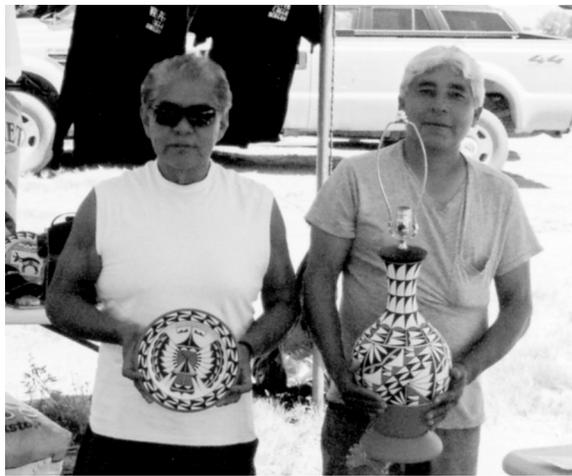
### Red Ribbon Relay Run

As part of the New Mexico State Fair, we the Pueblo of Isleta Parks & Recreation Department, once again participated in the Red Ribbon Relay Run from Bernardo New Mexico to Isleta Pueblo and then to the Bataan Park in Albuquerque and then eventually to the Indian Village at the New Mexico State Fair on "Indian Day". All in honor of promoting a healthier life style and strengthening ourselves in a complete circle: mentally, emotionally, physically, spiritually and socially. Pictured are many action pictures of our participants who braved the elements and completed the run to the Indian Village at the State Fair on September 18, 2009. Congratulations.



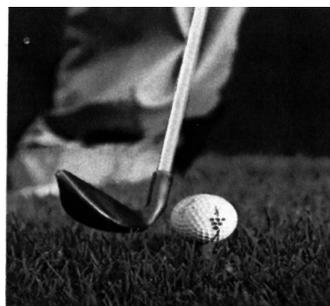
### Archery

Although the Annual Archery 3-D Shoot was reported in last month's newsletter, I chose to bring it to the forefront once again because of last month's many request from Pueblo residents inquiring on how to get their children involved in future teams and events. Also, many of the pictures that are featured in this newsletter were misplaced and not available last month. For those parents wishing to get their children to participate in future events and Club program, they must contact Club President Paul Jiron or by calling the New Rec Center at 869-8557. Pictured below are Club President Paul Jiron, and club member and volunteer Melvin Lucero displaying many of the trophies that were given as prizes for the annual shoot held at the Isleta Lakes Forest by the Rio Grande River on Pueblo property. Above them is a picture of several of the participants who commented so much about the beautiful natural setting we had for this 3-D Shoot. Next to them is a picture of Club member and volunteer Amanda Jiron compiling all of the scores as they were coming in. Once again, a Big Thanks to Club President Paul Jiron and all your volunteers who make this program a reality for all to enjoy.



### Halloween Party

With the start of October the mood at the Rec Center now starts to focus on the International Balloon Fiesta in Albuquerque and our annual Halloween Party Extravaganza (Friday, October 23, 2009) that will be hosted by the Rec. Center and assisted by just about every department on the Pueblo of Isleta. Events Coordinator Kimberly Chiwewe, assisted by Marcelina Anderson, report that the initial general meeting with those interested departments was very informative and well attended. The committee, as a whole, voted to have the annual party on Friday, October 23, 2009. Incidentally, this is one of the most attended events on the Pueblo of Isleta bringing both adults and children to the New Rec center for this outstanding event. Once again, the event will feature a costume contest for all ages from the very smallest to the adults and Senior Citizens and a humongous Cakewalk that has many of our pueblo residents taking home some of their favorite pies and cakes. Also, a contest for the best most original booth set-up and activity will once again be awarded to that deserving department. Like always, it promises to be one fantastic event. Please don't miss it.



#### Tournament Information

Friday, October 9, 2009

8:00 AM Shotgun/  
4 Person Scramble

Santa Ana Golf Course  
Santa Ana Pueblo, NM

For more information or  
registration, please call  
505.345.6289 or visit  
our website  
www.nappr.org

*Native American Professional Parent  
Resources (NAPPR), Inc.*

*Presents*

#### **NAPPR, INC. GOLF TOURNAMENT**

#### Registration Information

Individual/4 Person Team \$125/\$500

Range Balls, Round of Golf w/ cart  
(4 person scramble format)

Score/Competition Placement Calculation,  
Awards Banquet with Lunch, Player Prize Bag

NAPPR, Inc. is a 501(c)3 organization and your contribution may be tax deductible

Native American Professional Parent Resources (NAPPR), Inc.  
6916 4th Street, NW Suite 1 Albuquerque, NM 87107  
Tel: 505.345.6289 Fax: 505.345.6478  
www.nappr.org



### Park Management

The Park Management staff continues to make beautiful strides towards the completion of the park in the Mouse-town neighborhood. Although we were hoping to finish and dedicate the park by Veteran's Day of this year, realistically it will probably be by Memorial Day of 2010. Our slow down was due to the need to build a ponding or holding area for floodwaters, and the late ordering of the playground equipment that recently got installed. All of this coupled with not having too much time in this year's growing season will make it next to impossible to finish this year. Remember, we seed all of our parks which take a little more time, but in the long run become a much better structure of playing field then sod. For those of you children getting a little antsy for wanting to use the beautiful playground structure recently erected, please bear with us knowing the park is still closed and dangerous for anyone to use until its completion.

### LOS LUNAS MIDDLE SCHOOL FOOTBALL

We, the parents, family and friends would like to recognize and congratulate the Los Lunas boys who are on the football team:

- Nicholas Trujillo
- Adam Waseta
- Justin Yalcht
- Ryan Abeita
- Maichael Abeita
- Timothy Reid
- Toshi Herrera

The team is now 4-0 and are getting ready for their next win against Rio Rancho Middle School on October 8 at Los Lunas High School. Come out to the game and support your team.

"We the parents, family and friends are very proud of all you boys. KEEP UP THE GOOD WORK!!!  
Go Tigers!!!!

## Pueblo of Isleta Public Library

### Hello Everyone from YOUR Library!

September has been a month of Reading and Fun. The feast days and Labor Day have passed; meanwhile, we have done so many activities.

The library started off September with a wonderful spokesperson in Desiree Sanchez, who talked to the children about Peer Pressure from her own personal experience. Good job, Desiree, you had everyone's attention and your rice crispy treats were a smash hit among the many listeners.



*Desiree Sanchez & students during the Peer Pressure Presentation.*

We hope all the parents enjoyed their evening alone without their kids on our Parent Night. The Isleta Pueblo Library held a Parents Night out on September 10th. We had twenty participants and many happy parents who enjoyed an evening to themselves to do whatever, such as going out to dinner or staying at home without the little ones. The children did activities like bead work, while Shadi Sangre showed us all how to make fashion bracelets. After making bracelets, the kiddos painted nice pictures then made a gooey snack called "Worms in mud!" The snack was made up of crushed Oreo cookies, chocolate pudding, and gummy worms. For dinner we served them pizza, breadsticks, and juice. We also had homemade cup cakes brought in by Leslie Jaramillo, to celebrate her son, Nicolas Jaramillo's birthday. Thank you, Leslie! We played a game of bingo and our winners were Kendra Edaakie and Iris Lujan. Before the children went back to their parents, we sang happy birthday to Nicolas and had a drawing for prizes. Due to our many requests, we have planned another Parents Night out on November 5th and a Baby Night Out on November 17th. Be sure to sign your child up; space is limited and only available to the first 20.



*Singing Happy Birthday to Nicholas Jaramillo during Parents Night Out*

We want to say Congratulations to Christina Lujan and our very own wonderful boss, Nathaniel Lujan, who are parents to baby boy Korbin James Lujan, who was born on September 11, 2009. Korbin is the little brother to Layne Lujan and the second child to both Mr. and Mrs. Lujan. We wish them all the joy and happiness.

The New Mexico State Fair has come and gone and the library hosted a little program of what you would see at the State Fair. The Pueblo Fair started on September 14th and consisted of an Art Contest and a pie-eating contest. There were numerous entries for the art contest and, might I say, they were all beautiful and creative which made the judging very difficult. In the end, first place went to Briana Jojola, daughter of Marie Jojola; second place went to Clarise Jojola, daughter of Jean Gonzales; and third place to Jonelle Jiron, daughter of Juana Jiron. The three winners received \$10 gift cards to Barnes and Noble.

We like to say Thank You to our judges for taking the time to help make this program a fun and memorable event for the youth. Our judges were randomly selected from our daily patron visitors on the evening of September 21st. They were: Jerilyn Lucero, Michelle Jiron, Michael and Melanie Lente, Ulysses Abeita, Kathleen Yeppa, Caroline Dailey, Charlie Malizia and his girlfriend.

The much anticipated pie-eating contest took place on September 16th, which was held outside in front of the library (for accident purposes). As you would imagine,

there were many eager participants and just as much spectators to watch and cheer their "heroes" on to victory. The contest had three divisions: a little kid division, a middle age division, and an adult division. Bradi Lucero was victorious for the little kid division, as was Jonelle Jiron for the middle age division, and both Samuel Abeita and Chelmarye Casiquito tied for first place in the adult division. The winners were recipients of gift cards to Barnes and Noble, Sports Authority, and Hastings Entertainment. This was by far the loudest program ever held by the library; children were cheering and screaming for the parents to win. Ah, this was very fun to witness. Thank you to all who participated in the pie-eating contest.



*The lucky winners of the Pie Eating Contest. Left to Right: Samuel Abeita, Jonelle Jiron, Chelmarye Casiquito, & Bradi Lucero.*



*A few of the youth participants of the pie-eating contest.*



*The adult participants of the pie-eating contest.*

The After School Homework Program had their first incentive outing on September 25th to either Golfnoggins or Albuquerque Indoor Karting with dinner at McDonald's. The students had to earn 24 points in order to be a participant of the trip; points were earned by doing homework first and/or reading for 20 minutes. A majority of the students who met the requirements of being 51 inches tall and being older than the age of 7, strapped on the driving helmets and raced in the indoor facility at Albuquerque Indoor Karting. The other half of students went to Golfnoggins where they enjoyed 18 holes of miniature golf, snacks, and some video arcade games. When both groups met at McDonald's they could not lower their voices when explaining to the other group what they done. This trip would not have been possible without the generosity of the Recreation Center and the Department of Education for letting us use their activity vans.



*Mr. McQueen, fifth grade class, & parents @ the library.*

Ballroom. Your support is greatly appreciated by the tribal libraries of Acoma, Isleta, Laguna, Jemez, Pojoaque, San Ildefonso, and other tribes. The Dirt Road Band will be performing at the Dance held after the live auction.

The ever popular children's book, "Where the Wild Things Are" will finally be released in theaters on October 16th and the library has devoted an entire week to the book now turned major motion film. Starting October 12 thru the 15th, the library will be hosting a series of activities based on the book, such as the reading of the book, creating skits (mini play), and creating their very own personal monsters for their own keepsake. Like the Balloon Fiesta program, 20 participants who attend 3 of the 4 activities will be given the opportunity to attend the film on opening night and will receive their very own copy of the book provided by Borders Bookseller. Again, this event is open to all ages including parents, uncles, aunts, and cousins. Dinner will also be provided by the library, so be sure to mark your calendars.

Since we are on the subject of popular books made into movies, let it be known that the second installment of the Twilight Saga, New Moon will be released in theaters on Friday, November 20th. The library will take the first 20 students in the After School Homework Program who achieve the "X" amount of points to opening night. This incentive program will start on October 19th. If "twitter patted" vampires are not of any interest to you, then there will be an alternative film to watch which will be Planet 51. Planet 51 is a animated film made by the producers of Shrek and is about astronauts who land on another planet and are considered to be the "Aliens" to the inhabitants of the planet. It's a nice little twist of events which children of all ages should enjoy.

Halloween is just around the corner and, of course, that means the annual carnival at Isleta Recreation. We are always excited and enjoy putting together a fun booth that everyone will enjoy and have a great time at. We have been coming up with some great ideas and are ready to show you our secret booth. Be sure to stop by. We will have some fun games and great prizes. Hope to see you there and be sure to wear your costumes. Have a happy and safe Halloween.

Last but not least, during the last week of October the library will be making Halloween themed snacks at the library. Each library staff employee is searching for something gross and scary, yet delicious to eat. So, if you think you have the stomach muscles to hold down some interesting snacks then feel free to stop on by.

The Pueblo of Isleta Public Library hours are:

8 AM – 8 PM, Monday thru Thursday

8 AM – 4:30 PM, on Friday

The library can be reached by:

Phone at 505.869.8119

Fax at 505.869.7690

Email at poi02002@isletapueblo.com



*Gage Chavez & Bradi Lucero looking for the golf balls @ Golfnoggins (Stroke Penalty!)*



*Alex Edaakie, Harmony Johnson, Deidra Zuni, Leann Johnson, & Darren Lucero getting ready to attack the track @ Alb. Indoor Karting.*

Mr. Carlton- McQueen, a fifth grade teacher at Isleta Elementary, invited his students and their parents to a Science night at our library. He wanted to familiarize the parents with all the library had to offer, such as programs, book collections, computers, and a good place to do homework and read. He had a great turnout with most of his students and parents showing up. They did questionnaires to find out about different people. Mr. C-M had cool pictures of his students in different bodies and the students showed us all how to sing songs called *There's Only One Of You* and *Johnny B Goode*. Everyone had a good time as it was both educational and fun. We are glad to see the teachers coming over to make use of their library and plan on working with other teachers, as well.

By the time you read this newsletter our, "All About You!" program will have passed. That's alright! We hope you were able to come by the library on October 1st to be pampered with a chair massages. The Library hosted the ultimate party by having different vendors such as Avon, Mary Kay, The Pampered Chef, and Tupperware. This was the perfect opportunity for our community vendors to get additional business in this tough economic time. The program also gave community members the opportunity to earn some extra money in the form of becoming a representative for the vendors present at the program. So, it was more than getting a new look for the upcoming holidays. Door prizes were donated by the vendors and hopefully you were one of the lucky winners.

With October now upon us, it usually means it's time for the famous New Mexico International Balloon Fiesta. The library will be conducting a week-long program dedicated to the Balloon Fiesta in the form of 4 different activities throughout the week of October 5th – 8th. On the Friday, October 9th the library will be taking a group of 20 community members who attended 3 of the 4 activities to the Special Shapes Balloon Glow. Parents, if you participate with your child/children in the week long balloon activities, you will also be eligible to go the balloon glow trip. Activities will consist of making tie dye t-shirts to wear at the Glow, paper mache' hot air balloons, sand paintings, and making special shape sun catchers. Transportation and dinner will be provided by the library. The Elders Center has been gracious enough to lend us their 30 passenger bus for the event. For more information about the program, please contact the library at 505.869.8119.

Don't forget our library is still part of the Tribal Libraries Fundraising Committee and our event is on Saturday, October 10th, 2009 at the Route 66 Casino Hotel Grand

### Congratulations to the Isleta Boxing Club on their successful return from Garden City, Kansas.

Two years in the making, the Isleta Boxing Club made an impressive showing at the "Boxing in the Garden" amateur boxing show in Kansas. The Isleta Boxing Club led by coaches Judge Anthony J. Abeita and Isleta Police Officer Timothy Zuni were victorious in capturing the Best Team Trophy award for the second year in a row. The boxing club managed by Truancy Director Margaret Abeita is the first of its kind for our pueblo, and serves as an outlet for our young people to learn Olympic style boxing. Since the club's development, it has produced 3 State Silver Gloves Champions, 3 State Junior Olympic Champions, and 4 National Native American Boxing Champions.

The program is funded by the Isleta Truancy Department and allows youths to engage in a positive, yet competitive sport as an alternative to negative influences in our community. Members of the team range from 8 years old and up, and many of the boxers compete both locally and nationwide. Students of the boxing team must in lieu of training, maintain a C+ grade average, remain drug and alcohol free, have no unexcused absences from school, or have no negative contacts with law enforcement officials in order to remain on the team.



Current members of the team include Jimmie Perez, Santiago Tewahaftewa, Rae Anne Abeita, Francisco Tewahaftewa, "Smooth" Cruz Abeita, Andrew Abeita, Dawn Chewiwi, Devon Jojola, and Seferino Jojola. When asked how they feel about coaching for the boxing club, Coach Abeita says, "Watch us, support us, but don't stand in our way as we make the journey towards Olympic Gold, Isleta will have a fine champion someday soon." Coach Zuni responds, "I'm honored to be a coach for this team, the courage, discipline and dedication displayed in our young fighters is what's best in our community."

Special thanks to this year's sponsors Isleta Tribal Court, Isleta Truancy Department, Isleta Police Department, Native Alien Smokeshop, Leno's, Zuni's Smoke Shop, Chiwewe's Smokeshop, Kimo Construction, Sopa's Restaurant, and Benny's Restaurant. Once again, thank you for your support in the athletic excellence in our native children.

## Los Lunas High School and Valencia High School 2009 2010 Important Information and Dates

### LOS LUNAS HIGH SCHOOL ADMINISTRATION TEAM School Phone 865-4646

• Principal	Mr. Dan Padilla	Seniors
• Ass't Principal	Mr. Andrew Saiz	Sophmores
• Ass't Principal	Mr. Leroy Baca	Juniors
• Ass't Principal	Ms Leslie Gurule	Freshmen
• Activity Director	Ms. Pam Davis	

#### Counselors

• Natalie Saiz	A - E	Ext. 259
• Ashley Castillo	F - L	Ext. 264
• Jamie Wilson	M - Q	Ext. 263
• Etta Cavalier	R - Z	Ext. 260
• Ben Analla	Title VII Indian Education...@ LLHS on Tues/Thurs/Fri...Ext. 272	

### VALENCIA HIGH SCHOOL ADMINISTRATION TEAM School Phone 565-8755

• Principal	Mr. Mario Zuniga	Seniors
• Ass't Principal	Ms. Brenda Chavez	Freshmen
• Ass't Principal	Mr. Jasper Matthews	Sophmores
• Ass't Principal	Mrs. Kathy Hines	Juniors
• Activity Director	Mr. Kelly Lee	Ext. 3212

#### Counselors...

• Jason Scriver	Seniors	Ext. 2620
• Margo Rivera	Juniors	Ext. 2105
• Teresa Garde	Sophmores	Ext. 2510
• Peter Scherer	Freshmen	Ext. 2203
• Ben Analla	Title VII Indian Education...@ VHS Monday/Wednesday...Ext. 2603	

#### NATIVE AMERICAN CLUBS

Valencia High School	
Sponsor	Ms. Gretchen Hannum
Los Lunas High School	
Sponsor	Ben Analla

#### Student Report Cards will be issued on:

• Sept. 18	Feb. 11
• Oct. 20	Mar. 23
• Nov. 20	Apr. 26
• Jan. 11	May 28

After School Tutoring Services are Available at Isleta Pueblo JOM Program. For info call 924-3189.

For any further information on Los Lunas or Valencia High School, call Ben Analla at one of the above numbers.

## NEED A JOB?

**The U.S. Census is currently testing in Isleta Pueblo!**

- Starting Pay: \$12.75 Per Hour
- Paid Training
- Mileage Reimbursement, .55 cents per mile
- Get Paid Weekly
- Work Within Your Community

**Positions Testing For:**  
Census Takers (Enumerators)  
Office positions in Albuquerque

### Testing Session Being Conducted On:

Date: Every Monday  
Time: 9:30 AM & 1:00 PM  
Location: Isleta Recreation Center

**Required ID (2 forms):** Valid Photo ID (issued by state, tribal or federal govt.) and Social Security Card, Birth Certificate or Tribal CIB. Copy of DD-214 if claiming veteran's preference.

### PLEASE ALLOW 2 HRS AT THE TESTING SESSION

(Application process and a 30-minute basic skills test to be administered.)

**Practice test booklets are available prior to attending the Census testing session.**

Call toll-free at 1-866-861-2010.  
[www.2010censusjobs.gov](http://www.2010censusjobs.gov)

**Do something good for YOUR community...  
It's in YOUR HANDS!  
Be a part of the 2010 Census team!**

The U.S. Census Bureau is an  
Equal Opportunity Employer

**WANTED:**

**JUNK CARS**

**Will Pay Cash**

**Call Pat Jojola**

**@ 452-7980**

## 2010 CENSUS: IT'S IN OUR HANDS

### What Tribal Leaders Need to Know

*In 2010, the U.S. Census Bureau will define who we are as a nation with the decennial census population count. It is vital that the 2010 Census have an accurate count of our tribal nations and American Indian and Alaska Native (AIAN) communities. Achieving a complete and accurate 2010 Census is in our hands.*

#### The Census: A Snapshot

The U.S. Constitution requires a national census every 10 years. The census is a count of everyone residing in the United States: on tribal lands, the 50 states, Washington, D.C., Puerto Rico, U.S. Virgin Islands, Guam, the Commonwealth of the Northern Mariana Islands, and American Samoa. This includes citizens and noncitizens of all ages, tribes, races, and ethnic groups. The 2010 Census will create hundreds of thousands of temporary jobs across the nation.

#### It's in Our Hands: Your Participation in the 2010 Census Matters

Every year, more than \$300 billion in federal and state funds are allocated to tribes and states and communities based on census data. That's more than \$3 trillion over a 10-year period. Census data guide local decision makers in important community and tribal planning efforts, including decisions such as where to build child-care facilities, community centers, roads, and schools.

Tribal governments and planners rely on census data to determine where there is a need for social services. Federal and state agencies also use census data to determine vital funding for tribal development programs, education, and health-care services.

#### Completing the 2010 Census Questionnaire: Simple and Safe

The 2010 Census questionnaire asks only a few simple questions of each person — name, relationship, gender, age, and date of birth, race (and within the race question, your enrolled or principle tribe), and whether the respondent owns or rents his or her home. This simple, short questionnaire takes just a few minutes to complete and return by mail or to a census taker. Your responses are protected by law and strictly confidential. All census workers, including tribal members working for the Census Bureau, take an oath for life to protect the confidentiality of census responses. Violation would result in a jail term of up to five years, and/or a fine of up to \$250,000. By law (Title 13, U.S. Code), the Census Bureau cannot share an individual's answers with anyone, including the tribal government, tribal programs, or any other tribal, federal or state entity.

#### Frequently Asked Questions

##### Why Should Tribal Members Participate In The 2010 Census?

The 2010 Census will shape the future of your tribal community, define your voice in Congress and impact economic development and other opportunities for your tribal citizens. Federal and state agencies depend on census data to determine funding allocations for tribal programs. Census data can assist tribal leaders in their planning decisions about economic development projects and community service programs. Many researchers, the media and others use census data. Full tribal participation ensures that these data accurately portray the AIAN population. Census data are the official data used for U.S. population counts. Congress and other federal decision makers refer to census data when making political decisions.

##### Why Is Working In Partnership With Tribal Governments So Important To The 2010 Census?

The Census Bureau acknowledges its government-to-government relationship with the 561 federally-recognized tribal governments. Our commitment to work in partnership with American Indian and Alaska Native (AIAN) populations includes working with state-recognized tribes, urban and rural Indian centers and AIAN organizations. In the past there have been challenges in obtaining a full accounting of the AIAN population on tribal lands and in urban and rural areas. The U.S. Census Bureau's mandate is to provide a complete count of everyone living in America. This must include an accurate count of AIAN people wherever they live.

##### What Can Tribal Leaders Do?

- Issue a resolution in support of the 2010 Census.
- Identify concerns and partner with Census Bureau Regional Office.
- Appoint a Tribal Government Liaison to work with the Census Bureau.

##### 2010 Census Time Line: Key Dates

Fall 2008	Recruitment begins for census workers to conduct early census operations.
Spring 2009	Census employees go door to door to update our address lists nationwide
Fall 2009	Recruitment begins for census takers for peak workload in 2010.
February-March 2010	Census questionnaires are mailed or delivered to households.
March- June 2010	Enumerators visit households and collect information for areas participating in updated enumerate operations.
April 1, 2010	Census Day
December 2010	Census Bureau delivers population counts to the President for apportionment.
March 2011	Census Bureau completes delivery of redistricting data to states.

For more information about the 2010 Census, please go to [www.census.gov/2010census](http://www.census.gov/2010census)>

## FLU NEWS UPDATE

Isleta Health Center, David Antle

Flu season is arriving a little early this year, with lots of media coverage on H1N1. On average, every year 5-20% of the U.S. population gets the seasonal flu. For most, the flu is uncomfortable and annoying, but still is a relatively minor illness. Symptoms can include fever, headache, fatigue, dry cough, sore throat, runny or stuffy nose, muscle aches, nausea, vomiting and diarrhea. Most people recover in a few days, but approximately 36,000 die from seasonal flu each year in the U.S. This year, with the appearance of the H1N1 strain, there is a heightened concern.

Flu, including the H1N1 variety, is transmitted through the respiratory system via small particle aerosols and direct contact. Unfortunately, an individual can infect someone one day before symptoms develop and up to 5 days after becoming sick. Since the virus is often introduced to one's body by a contaminated hand, frequent and thorough hand-washing (at least 20 seconds with warm water and soap) is highly recommended. Cleaning hard surfaces with disinfectant, particularly counter tops, telephones and doorknobs, can also help to minimize your chances of coming into contact with the virus.

If you do develop symptoms, it is important to follow basic hygiene when coughing — cough into your elbow or into a tissue, not toward another person. If you have flu-like symptoms, stay home until at least 24 hours after your fever is gone (without fever-reducing medicines) and/or limit your travel to public places where others may become exposed to the virus.

Although most media attention is on H1N1, and most flu cases this season will be H1N1, it is still recommended that people receive both the seasonal flu vaccine and the H1N1 vaccine.

Seasonal flu shots for adults and children are currently available at the Isleta Health Center (869-3200). The priority groups for seasonal flu vaccine are:

- ◆ Children 6 months through 18 years
- ◆ Pregnant women
- ◆ People 50 years of age and older
- ◆ People with certain chronic medical conditions
- ◆ People who live in nursing homes or institutional settings
- ◆ Household contacts of persons at high risk for complications from the flu
- ◆ Household contacts or out-of-home caregivers of children less than 6 months of age
- ◆ Healthcare workers

However, the clinic has a sufficient supply of seasonal flu vaccine to accommodate even those not in a priority group.

H1N1 vaccine is not expected until mid-October and the entire allotment will arrive over several weeks, or months. The priority groups for H1N1 vaccine are:

- ◆ all people 6 months through 24 years of age
- ◆ people who live with or care for children younger than 6 months of age
- ◆ all pregnant women
- ◆ health care and emergency medical personnel
- ◆ people aged 25 through 64 years of age who have health conditions associated with higher risk of medical complications from influenza

The priorities will be adhered to until it is clear how many courses we will receive. Unlike seasonal flu, persons 65 and older are generally not at high risk.

The Isleta Health Services Department has been preparing for this flu season for several months. Staff are familiar with recommended prevention practices and treatment. Although we have had no confirmed cases yet, there have been suspect cases which have resolved without complications. We will certainly see

many cases over the coming months. Antiviral medication is on hand for treatment, as indicated. There has been, and continues to be, frequent communication with the State Health Department, Indian Health Service and CDC and a surveillance plan is in place to quickly identify outbreaks and hospitalizations. There are also contingency plans if a heavy, local outbreak occurs.

We have also been working with Headstart and Isleta Elementary School to promote hygiene practices for students and staff. Parents should also reinforce hygiene practices at home. Schools and other facilities will make their own decisions on any need for closure.



## Not Feeling Well

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

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

## Quick Care

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

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

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

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



**Cholesterol Level**

This is a wake-up call to make sure you know your cholesterol level and how to keep it under control, without medication if possible!

Cholesterol is the fatty substance in blood that can build up in the arteries that feed the heart and brain. This increases the risk of heart attack and strokes, yet you can make some healthy lifestyle changes to lessen that risk. It's not enough to know just what your total cholesterol number is (goal: less than 200 mg/dl). Your cholesterol is made up of two kinds:

- ▶ LDL ("bad") because it deposits cholesterol in the arteries (goal: less than 100 mg/dl and less than 70 mg/dl for people with heart disease or other risk factors)
- ▶ HDL ("good") helps remove "bad cholesterol" from arteries to prevent blockage (goal: greater than 50 mg/dl for women and greater than 40 mg/dl for men)

With this in mind, your heart-smart goal is obvious: maintain high levels of HDLs and low levels of LDLs. But how do you do this?

**To increase HDL cholesterol....**

- ▶ Stay physically active (at least 30 minutes most days of the week)
- ▶ Aim for a healthier weight
- ▶ Include Omega-3 fatty acids such as found in fatty fish twice a week
- ▶ If you smoke, quit!

**To decrease LDL cholesterol....**

- ▶ Reduce your fat intake, especially saturated animal fats from meats, whole milk, cheese, egg yolks, lard, butter, shortening
- ▶ Substitute with unsaturated fats, especially monounsaturated vegetable sources from olive oil, canola oil, nuts and avocados (caution: too much may cause weight gain)
- ▶ Eat less trans fatty acids found in margarine, crackers, cakes, cookies, etc
- ▶ Eat more soluble fiber: oats, barley, dried beans/lentils, vegetables, fruits

For more information, contact: Terri P. Elisberg, RD/Nutritionist, Isleta Diabetes Prevention Programs 869-4093

# Freedom from Smoking

Take Back Control of Your Life!

**8 sessions to help you STOP SMOKING!**

- Session 1  
(Thinking about Quitting)
- Session 2  
(On the road to freedom)
- Session 3  
(Wanting to quit)
- Session 4 (QUIT DAY)
- Session 5  
(Winning Strategies)
- Session 6  
(The new you)
- Session 7  
(Staying Off)
- Session 8  
(Let's Celebrate)

**Want to Stop Smoking?**

**SIGN UP FOR FREEDOM FROM SMOKING. SESSIONS HELD AT THE ISLETA HEALTH CENTER.**

**Contact Stephanie Barela at 505-869-4479**

**weekly prizes!**

**Help from others that are going through the same thing!**

**Nicotine Replacement Therapy for those those clinic patients that attend the weekly sessions!**

### 8 Main Diseases That Are Prevented By Childhood Vaccines.

Please get your child vaccinated so that they do not get sick from these diseases:

#### 1.DIPHThERIA

- Can get it from contact with an infected person
- Signs and Symptoms include a thick covering in the back of the throat that can make it hard to breathe.
- Can lead to breathing problems, heart failure and death.

#### 2.PERTUSSIS (whooping cough)

- Can get it from contact with an infected person
- Signs and Symptoms include violent coughing spells that can last for weeks that can make it hard for an infant to eat, drink or breathe.
- Can lead to pneumonia, seizures (jerking and staring spells), brain damage and death

#### 3.HIB (Haemophilus Influenzae type b)

- Can get if from contact with an infected person
- There may be no signs or symptoms in mild cases
- Can lead to Meningitis (infection of brain and spinal cord coverings); pneumonia; infections of blood, joints, bones, and coverings of the heart; brain damage, deafness and death

#### 4.POLIO

- Can get it from close contact with infected person
- Signs and Symptoms can include a cold-like illness, or there may be no signs or symptoms at all
- Can lead to paralysis or death

#### 5.PNEUMOCOCCAL

- Can get it from contact with infected person
- Signs and Symptoms include fever, chills, cough and chest pain
- Can lead to meningitis, blood infections, ear infections, pneumonia, deafness, brain damage and death

#### 6.TETANUS (lockjaw)

- Can get it from a cut or wound
- Signs and Symptoms include painful tightening of the muscle, usually all over the body
- Can lead to stiffness of the jaw, so that the victim can't open their mouth or swallow. Leads to death in 1 out of 5 cases.

#### 7.HEPATITIS B

- Can get it from contact with blood or body fluids of an infected person. Babies can get it at birth if the mother is infected, or through a cut

or wound. Adults can get it from unprotected sex, sharing needles or other exposure to blood

- Signs and Symptoms include tiredness, diarrhea and vomiting, jaundice (yellow skin or eyes) and pain in muscles, joints or stomach.
- Can lead to liver damage, liver cancer and death

#### 8.ROTAVIRUS

- Can get it from contact with other children who are infected
- Signs and Symptoms include severe diarrhea, vomiting and fever
- It can lead to dehydration, hospitalization and death

CDC Vaccine information statement  
9/2008

### Prevention is the Key to Staying Healthy

1. Wash Hands Often with Soap and Warm Water.
2. Cough into your hand, elbow, or tissue, not toward another person.
3. If you have flu-like symptoms, stay home until at least 24 hours after your fever is gone (without fever-reducing medicines).
4. Avoid touching your eyes, nose and mouth.
5. Avoid contact with sick people

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

**Stroke Warning Signs**  
**Know the signs of a stroke...**

**Stroke is a medical emergency.**  
**Every second counts:**

	Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
	Sudden confusion, trouble speaking or understanding
	Sudden trouble seeing in one or both eyes
	Sudden trouble walking, dizziness, loss of balance or coordination
	Sudden, severe headache with no known cause

If you or someone with you has one or more of these signs, don't delay! Immediately call 9-1-1.

- Come to the clinic if you have tingling or numbness.
- Come to the emergency room if you can't move your arm or leg, you have a facial droop, have slurred speech or one side of your body is paralyzed.

*Check the time so you'll know when the first symptoms appeared.*

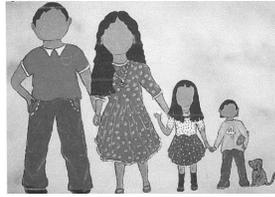
**REMEMBER STR as another way to remember ways to recognize a STRoke:**

**S-** Ask person to **SMILE**  
**T-** Ask the person to **TALK**,  
*speak a simple sentence coherently ("It is sunny out today")*  
**R-** Ask person to **Raise Both Arms**

If the person has difficulty with any of these asks or if they stick out their tongue and it is crooked, these are all indicators of a stroke and you could call 911 immediately.

## NATIVE WAYS FAMILY PROGRAM by

Isleta Behavioral Health Services  
P.O. Box 580  
Isleta, NM 87022  
(505) 869-5475



Isleta Community Members,

The Native Ways Family Program is a new addition to the many services Isleta Behavioral Health Services (IBHS) offers to the members of Isleta Pueblo. On June 12, 2009 IBHS met with Tribal Court Judges and staff, Truancy and Isleta Social Services to introduce the parent and child curriculum and brainstorm on how best to deliver appropriate and culturally relevant services to our participants.

According to Sanders (2008) family risk factors such as poor parenting, family conflict and marriage breakdown strongly influence children's risk of developing various forms of mental disorders (psychopathology). Specifically, a lack of warm, positive relationships with parents; insecure attachment; harsh, inflexible, or inconsistent discipline practices; inadequate supervision of and involvement with children; marital conflict and breakdown; and parental psychopathology increase the risk that children will develop major behavioral and emotional problems (as cited by Sanders, 2008).

Understanding such risk factors and the pertinent inclusion of Isleta's language, culture and traditions, IBHS has worked diligently on providing education focusing on healthy parenting skills, family wellness and appropriate avenues of communication from parent to child and vice versa. In addition, IBHS understands the need for a healthy community for its children to grow up in, therefore, prevention in the areas of alcohol, non-traditional tobacco and other drugs are included in both parents and child groups.

So far, the Native Ways Family Program has served and graduated over 60 parents and children from the Pueblo of Isleta. ANYONE AND EVERYONE IS WELCOMED TO ATTEND OUR FAMILY PROGRAM. Each session lasts 8 weeks and is held each

Wednesday consecutively for 2 hours. Dinner is always served at no cost to the participants. We encourage interested parents, guardians, aunts, uncles, and grandparents and their children to register beforehand by calling IBHS at (505) 869-5475 to secure your spot.

Here is what past participants stated about the Native Ways Family Program:

- "It really helped me to know that I am not the only one who has problems."
- "We were able to talk about our discipline actions with our kids and make better house and discipline rules."
- "I learned how to be a better parent."
- "I learned a lot from those who are parents - things I plan to use while raising my own child."
- "I thought it was going to be a waste of my time, but now I say it wasn't. I would feel comfortable enough to offer any help to the people I met."
- "You made me realize that I'm a good parent!"
- "I learned to get along with and listen to my children so that our lives come together as a family."

## WIC NOTES

**WIC will roll out its new food package and its new electronic card benefits card this fall.**

Here is an overview of some of the foods WIC participants will receive: Whole Grains, Fruit and Vegetables and Infant food.

### **Fresh, Frozen and Canned Fruits and Vegetables.**

Most fruits and Vegetables are allowed. Here is a list of fruits and vegetables that are not allowed:

- White potatoes (baking, Russet, Red-skinned, Yukon Gold)
- Fresh herbs and spices
- Purchases on salad bars
- Fruits and vegetable baskets,
- Party fruit/vegetable trays
- Peanuts and other nuts
- Bulk dried beans
- Vegetables used as decorations like gourds, baby pumpkins, garlic on a string.

### **Fruit and Vegetable dollar amounts per month:**

Children: \$6.00/month

Pregnant, Partially Breastfeeding, and Postpartum Woman: \$8.00/month

Fully Breastfeeding women: \$10.00/month

**What if my fruit and vegetable (fresh, frozen or canned) go over the dollar amount allowed on my WIC card?**

The checker will let you know if you have gone over the dollar amount allowed. You will have to remove an item(s) to lower the total dollar amount to the amount allowed on your WIC card.

After your WIC purchase is finished, you may purchase the item that was removed with cash, food stamps, or credit card.

If I have more than one family member on WIC will I get a separate card for everyone? No. There will only be one card for all family members.

### **Whole Grain foods.**

#### **Many whole grain foods will be allowed:**

- Whole Grain Bread- Earth Grains, Mrs. Baird's, Nature's Own, Roman Meal, Oroweat, Pepperidge Farm, Sara Lee
- Corn Tortillas-Any Brand
- Whole Wheat Tortillas-Any Brand
- 100% Brown Rice-Any Brand
- 100% Barley -Any Brand
- 100% Oatmeal-Any Brand (plain, instant or quick)
- Hamburger Buns —Oroweat, Sara Lee, Mrs. Baird's
- No hotdog buns

# November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18 Prematurity Awareness Day	19 Great American Smokeout	20	21
22	23	24	25	26	27	28
Gastroesophageal Reflux Disease Awareness Week						
29	30	American Diabetes Month	Lung Cancer Awareness Month	Pancreatic Cancer Awareness Month		

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