



Isleta Pueblo News

Volume 6 Issue 10

October 2011

From the Desk of Governor Frank Lujan

Ma Goowam,

Good day to you all. I hope that this issue of the Isleta Newsletter finds you in good health and spirits. I can't believe that fall is already upon us and that we are nearing the end of fiesta season. I am sad to announce that we will not be having a Halloween Carnival this year.

I'd like to acknowledge and thank all of the people who hosted the feast days in August and September. Mr. & Mrs. Leonard Garcia, Mr. & Mrs. Todd Jiron, David Lente Family and Patrick Jojola Family hosted the August 28th feast day. I was very happy to see all of the children enjoy the free ride day. To Mr. & Mrs. Dominic Lente and Veronica Balenquah Family, thank you for hosting the September 3rd and 4th Feast Days.

I hope that, by now, students and parents are situated with the 2011 school routine. Please encourage your children to attend school every day and to do their best in school. Lt. Antonio Chewiwi visited Los Lunas High School to give a pep talk to the students on September 9th. I, along with Lt. Torres, were unable to attend as we had already made a commitment to a fundraiser for the Pueblo of Acoma to help raise funds for their scholarships fund. On September 16th, I visited Valencia High School students to talk with them about the importance of maintaining their grades and staying focused towards an educational goal. I also want to thank the principals and staff, at all of the schools, for their commitments to assist our children with the challenges of school. We want to make a joint effort to ensure that all of our children succeed in life and a good education is the solid foundation towards that goal.

By the time this issue of the newsletter reaches you, you may have already picked up your per capita distribution, scheduled for October 4, 2011. If you did not pick up your per capita check on this date, you will still have an opportunity to do so by going to the Treasurer's Office during regular work hours 8am-4:30pm, Monday through Fridays, until February 29, 2012. After February 29, 2012, checks will be void and no longer available for distribution. Also, tribal members requesting that their per capita check be mailed can send a notarized letter, no later than February 29, 2012 to Isleta Treasurer's Office, Post Office Box 1270, Isleta, NM 87022 (telephone number 869-1808). Mailing of checks will not begin until after October 17, 2011.

I am happy to report that we have finally hired a Human Resources Director. Mr. Douglas Calderon was hired on August 29, 2011 and comes to us from UNM Hospital. Congratulations Mr. Calderon.

The Pueblo of Isleta's Tribal Services Complex has won an architectural award and the architectural firm of Rohde, May, Keller, McNamara Architects designed the building. The departments that will be moving into the new Tribal Services Complex are Tribal Council, Isleta Police Department, Isleta Tribal Court, Isleta Fire Department, Procurement, Tribal Planning, MIS, Realty, Isleta Business Corporation, the Tribal Attorney and the Treasurer's Office. Also, the Isleta Housing Authority has been awarded by the Department of Housing and Urban Development for 2011 the Greener Homes Award for their energy efficiency and innovative use of alternative building materials.

My staff is preparing for our yearly turkey and ham distributions for the community and the tentative dates for the Turkey Distribution are November 14th & 15th, 2011 and for the Ham Distribution on December 12th & 13th, 2011. We will be sending out a bulk mailing to inform you of definite dates by the end of October.

Lastly, I need to inform you that an unfortunate incident that occurred in which Lieutenant Paul Torres was party to. I am addressing the situation as I receive the facts. In the interim, I am placing Lieutenant Torres on Administrative Leave until the outcome of his situation. There are several other incidents which will be surfacing soon and I will address these as best I can. Thank you for your patience and understanding of these situations.

Wishing you well in preparation of the upcoming holidays. Take good care of yourselves and family.

FROM THE OFFICE OF THE GOVERNOR

Beginning the week of August 29th through the summer of 2012, Representatives of the Indian Health Service (IHS) and Isleta Public Works Department (IPWD) will begin preliminary activities for a proposed 8-inch water line along New Mexico State Highway 47 from Tribal Road 12 to Tribal Road 2. Previously, a 4-inch water line was installed 5 feet outside the Right-of-way (5 feet outside fence line) of Highway 47 and this project plans to install the new water line within the Right-of-Way of the existing water line (10 feet outside fence line) within all individual property lines. These preliminary activities will include staking the alignment, conducting the archaeological survey and completing a topographical survey of the proposed water line.

Residents in the Chical area are experiencing little to no water pressure during the summer months and do not have sufficient supply for the existing water tanks. This project will resolve those issues by running an 8-inch water line along Highway 47 from the Casino water treatment plant and tie into existing water lines along TR 4 and TR 2, thereby eliminating the pressure differentials in the existing system. The project was designed to meet current and future demands of residents on the east side of Isleta (Ranchitos, Lobumtee, and Chical).

The IHS consulted with the Tribe and decided the most feasible route for the new 8" waterline is within the Right-of-Way of the existing 4" water line, due to the narrow corridor of Highway 47 and the number of existing utilities in the Highway 47 Right-of-Way.

We look forward to your cooperation, if you have any questions please contact IHS Engineer Mike Buck Elk at (505)248-7649 or mike.buckelk@ihs.gov or contact IPWD Director Michael Candelaria (505)766-6658 or POI97401@isletapueblo.com. Thank you.

Sincerely,
PUEBLO OF ISLETA
Frank E. Lujan Governor

Pueblo Housing Authority - Community Development Financial Institution

The Isleta Pueblo Housing Authority established a Community Development Financial Institution (CDFI) for the Pueblo of Isleta. The mission of Isleta Pueblo's CDFI will be to promote the economic growth of the Isleta Pueblo community by creating homeownership and small business opportunities to the Isleta Pueblo community.

The Isleta community agreed upon the name Tiwa Lending Services (TLS) for the CDFI during Isleta Pueblo Housing Authority's annual housing fair. TLS is in development and conducting a market study to determine the community's needs (ex. home loans, business loans, financial education, etc.). Your input is vital to our study, as your answer will help TLS establish products and services to meet the community's financial needs. The survey takes a few minutes to complete and will go a long way to help improve the quality of life for the Pueblo of Isleta residents.

A copy of the survey can be filled out at Isleta Pueblo Housing Authority and various entities throughout the reservation. You may also call 869-4153 and ask for Kenneth Ruthardt or Sheila Herrera to email or deliver a survey to you. Tiwa Lending Services appreciates your assistance.

Title VII Indian Education

As 2011 summer ends the start of fall begins, time passes rapidly for our students where a lot of educational events have taken place. Lt. Gov. Antonio Chewiwi, Isleta Pueblo, was here at Los Lunas High School to welcome back all our Native American students. In his welcome speech he encouraged all students to attend school daily and keep their grades up with good daily attendance. He reminded students to think about what they want to do after graduation and encouraged them to strive for their careers through education.

Parents...we encourage you to register with the LLHS counseling department for parent portal where you can monitor your student(s)' weekly grades and daily attendance. Parents will need official I.D's to register.

SPECIAL NOTE

Parent/teacher conferences will be held on Oct. 26, 27, and 28, 2011. Teachers will send or call you for your schedule to attend. Students will have half days of school during the conferences.

Dates to note..

Oct. 5th - half day of school

Oct 7th - Fall break..no school

Oct 8th - UNM High School Senior day.. to sign up..

<http://admissions.unm/senior day/>

Oct. 16th - Sunday, 36th Annual New Mexico College

Fair at Albuquerque Convention Center..401

2nd street NW...12:00 - 3:00 PM

Oct 18th-Los Lunas Title VII Indian Education

Parent/students meeting..6:00 pm @ Los Lunas

TRC building (across from L.L. Elementary

school)

Oct. 24th - Last day for LLHS senior picture day..call

Dan Morgan@ 831-6638 ASAP before this date.

Oct. 26/27/28 - Parent/Teacher/student conferences..

Half day of school for high School students.

Nov. 2nd - half day of school for LLHS students.

Nov. 11th - Veterans Day..no school

2011-2012 STUDENTS REPORT CARD DATES..

09/29/2011

11/09/2011

01/11/2012

02/23/2012

04/19/2012

05/30/2012

Please feel free to call the school @865-4646 for any educational concerns and ask for their counselors or contact Ben Analla, email..banalla@llschools.net

Valencia High School News —

From Peter Scherer & Diane Silva

We are pleased that more seniors are signing up to take the ACT. In my view, all students should take the ACT. There is more information on the ACT and other subjects that seniors may be interested in available on the VHS website if you click on "counseling", on the upper left hand side of the page.

During Open House on Monday, the 26th of September, parents were able to sign up for the Parent Portal. We urge parents and students to get on the Parent Portal and check their academic status on a regular basis.

All seniors will be taking the ASVAB/Career Exploration Assessment during the morning of October 12, 2011 in the cafeteria.

It was great to have Pueblo of Isleta Governor Frank Lujan come to VHS on to visit with our Native American students. Governor stressed the importance of getting a good education and of being involved in the community. He stressed that "it is okay to ask for help if you need it". He said that he is a lifelong learner himself, and that he gets the greatest satisfaction in life from learning new things and serving others. We appreciate his support for our mission and for our students here at VHS.

Isleta Elder Center Activities Calendar October, 2011

- October 6: Catholic Mass- Kiva Room -11:30 am
- October 6: Elder Center Field Day - Balloon Fiesta - Special Shapes Glow Leave: 3:30 pm & Return: 9:30 pm
- October 10: Commodities - 9 am - 2 pm
- October 11: Elder Center Field Day - Shopping at Wagner Farm & Wal-Mart - 10 am - 3 pm
- October 11: Isleta Cancer Education & Support - "Accessing Resources for Patients" - 10:30 am
- October 12: Elder Center Staff Meeting — 8 am
- October 18: Caregivers Training - Kiva Room - 12 noon - 2 pm
- October 20: General Meeting - "Flu Shots" w/Marla Jim, CHN - 10:00 am - 12 noon
- October 25: Elder Center Field Day - Belen Senior Center Dance - 9 am
- October 25: Advisory Board Meeting - Kiva Room - 10 am - 12 noon
- October 28: Commodities - 9 am - 2 pm
- October 28: Elder Center Halloween Carnival - 10 am - 2 pm
- October 28: Monthly Birthday Celebration!
- October 31: Happy Halloween!



Isleta Cancer Education & Support

Support the Health of Your Family

Get Educated on Cancer and Reduce Your Risk

Education and support with a speaker scheduled for each meeting.

WHEN:

2nd Tuesday of each month

Next Meeting is October 11, 2011

TIME:

10:30am to Noon

PLACE:

Isleta Elderly Center

Topic:

Accessing Resources for Cancer Patients

Deborah Openden, Breast Cancer Resource Center



Everyone welcome!

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

State and Tribal Celebration of Health and Wellness

Six of New Mexico's Pueblo communities, in collaboration with the New Mexico Department of Health and its many health partners, are offering health services and health education at the first State and Tribal Celebration of Health and Wellness Week, October 10th-15th, 2011.

The *Health and Wellness Celebration* for Isleta Pueblo will be held from 2-7p.m. on Wednesday, October 12, 2011 at the Isleta Health Center, in conjunction with the Calorie Spook Fun Walk. At 5 p.m., Governor Frank Lujan and New Mexico Secretary of Health, Dr. Catherine Torres will give opening remarks before registration for the Calorie Spook Fun Walk begins at 5:15 p.m.

Some of the services and education that will be offered:

- Project Hope will provide free screenings for diabetes, cholesterol, A1c, BMI, blood pressure, retinal eye exam, and bone density
- Flu shots
- Oral Health Program will provide dental screening, sealants, and referrals
- Chronic Disease Bureau will have materials on tobacco cessation, diabetes prevention and control, arthritis, breast, cervical, colorectal, skin and prostate cancer
- Children's Medical Services will have materials on services or children with special health care needs and genetic screening
- Vital Statistics will have information on birth and death certificates
- Family Planning will have information on various reproductive health services
- Sexually Transmitted Diseases Prevention Program will have information on services and health education
- Injury Prevention Program will have information on childhood injury prevention such as car seat, helmet and home safety, including product safety and fire prevention; youth injury prevention information on dating, driving and drug safety, bullying and violence prevention; adult injury prevention such as elderly fall and abuse prevention; sexual assault prevention information on domestic violence and sexual violence prevention
- Office of Nutrition and Physical Activity will have materials about healthy weight for adults and children
- Family Infants Toddlers Program will have information on services and health education
- Developmental Disabilities Program will have information on services available to eligible individuals with developmental disabilities and the Developmental Disabilities Waiver

For more information, contact Ron Reid, New Mexico Department of Health's Tribal Liaison at Ron.Reid@state.nm.us or (505) 827-2627.

Annual Isleta Elder Center Arts & Crafts Fair

Vendors coming from: Isleta, Santo Domingo, Sandia, Jemez, San Felipe, Acoma, Laguna, Cochiti, Taos and this year we are looking for vendors from Las Padilla's, Bosque Farms, Belen and Los Lunas!!!

Mark Your Calendar
Saturday, November 5, 2011
Isleta Recreation Center
8:00 am - 5:00 pm

CONNECTING VENDORS WITH BUYERS

Time to start thinking about that special gift for Christmas... Gifts that will be cherished for years to come! Here's what you will find at the Fair: Pottery, Jewelry, Traditional Clothing, Baskets, Paintings, Crafts, Moccasins, and many other unique gift items!

Don't forget to visit our concessions stand where we will be serving: Breakfast Burritos, Indian Tacos, Posole, Frito Pie, Beans, Red Chili, and Fry Bread - Coffee, Hot Chocolate, Soda and Water!



To Reserve Your Booth Space,
 please call
 Renee Chavez at 869-6661

Booth Space Fee:
 \$20.00 - Isleta Tribal Member
 \$25.00 - Non-Tribal Members

Bring your own table and chairs!

Due to Environment Health
 Regulations
 Outside Food Sales -
NOT ALLOWED!

Beat the mad shopping rush, savings galore, support our local artists...



Proceeds from booth and concession sales go to the 2011 Elder Christmas Party & Gifts!

Letter From Animal Control:

Low-Cost Spay + Neuter

Benefits of Spay/Neuter for your pets Isleta Animal Control is trying to compile a list of interested pet owners (tribal members) who want their pets spayed or neutered. This service is available to us, however we need more people to show interest in order to move forward with this. The approximate price would be less than half of what it would cost you at a veterinarian. If you take your animal to a veterinarian for this service, it can cost you well over a hundred dollars. This service includes the surgery as well as vaccinations for rabies and a handful of other common animal diseases. So far, we have about ten people that have showed interest.

Here are some benefits of getting your pet spayed or neutered:

- In females, there will be no heat cycle, therefore will reduce the attraction of males
- Less likely to roam around
- Will reduce the number of unwanted puppies and kittens
- Decreases aggressive behavior
- Overall, improves the quality of their life

This service would be provided by Santa Fe Animal Shelter and Humane Society.

The sooner we get pet owners to call in, the sooner we can try and set this up.

Please call Isleta Animal Control at 724-9239 and leave a message.



Call Us Today

Public Works

Public Works Office - By the time you read this newsletter, it will be Fall. We hope you had a good enjoyable and safe Summer. Here are some updates and some reminders from all the divisions of Public Works

Updates

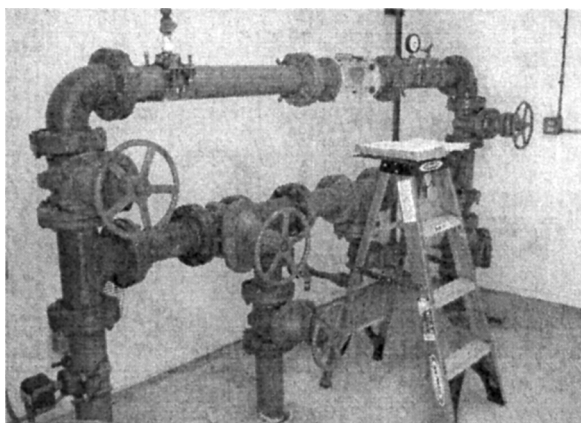
The water line upgrades for TR 4 are ready to begin construction. We are in the final stages of completing the contracts to begin installing the new 8" water line. The new line will extend from TR 10 all the way to Hwy. 47. This new line will provide much higher water pressure to the residents on TR 4. This line should also help increase pressure to all in the area.

The water line extension from the new Tribal Services Complex is now completely funded from two grant sources. Thank you EPA and IHS for providing 1.5 million dollars to extend the line from the complex all the way down Hwy. 47 to TR 2. The water tank on TR 12 will be replaced with a larger tank and water pressure will be increased and should improve pressure problems for all areas East of the river. Yes this includes the Ranchitos area. We have spent a lot of time working on this project and it is finally becoming a reality. Please see the letter from the Governor's office regarding where the new line will be installed. Once the informational letter is published, surveying will continue.

Community Center Rental

As many departments are planning to relocate to the new complex, Public Works will be preparing to permanently shut down some buildings. The community center, IPD, and Courts will be the first.

Beginning October 1st the Community Center will no longer be available. The newly renovated parish (old court house) in the village will be available in its place. If additional space is necessary the kitchen area of the Red Eye Kiva will also be available. If you wish to rent the center, call the Public Works office to make your reservation and deposit.



Work Orders

All work performed by the Public Works office requires a work order. This helps to keep track of your requests to make sure they are completed in a timely manner. Both Public Works and Natural Resources have joined together to purchase a work order system called HOT SoS. This new work order tracking system allows us to track and keep record of all pending and

completed work.

If you have a work request, please call the respective office to place your work order. Employees have been instructed to only perform work that has an issued order through the system.

The following do's and don'ts will help ensure the quickest response.

DO

- # Call 766-6658 to request work from Public Works
- # If you leave a message make sure you leave your Name, Address, Phone number, and work request.
- # Allow for time to schedule your work order
- # Call for additional work requests

DO NOT

- * Request additional work from employees working as they need a work order for all items
- * Call multiple times for the same work order, our system will not allow duplicate work orders
- * Yell at employees, as they are following policy

The Public Works office is here to help you with all your utility needs. With all the divisions of Public Works, we complete over 300 work orders per month. There are many emergency situations that come up with the many utilities the Department operates. We are happy to serve our community, we hope we can help keep you safe.

From Roads Division

The Roads Division would like to thank you for your patience during the last several months. With the lack of rain and dry conditions it takes a lot of time to grade the roads because of the lack of moisture.

Please remember to slow down when the road graders and water trucks are out on the roads. Please do not cross the windrow to pass the equipment. The operators are watching the road below the grader and may not see vehicles on the side as cars try to pass. Often the blade is extended passed the tractor and a passing vehicle can hit the blade causing severe damage to their vehicle and the equipment. Also with the large equipment it is difficult to see on coming traffic. The equipment will pull over as soon as it can safely do so to allow you to pass. Please take the extra minute to be safe. The life you save may be your own.

With the irrigating season winding down, we will be getting back to sweeping the

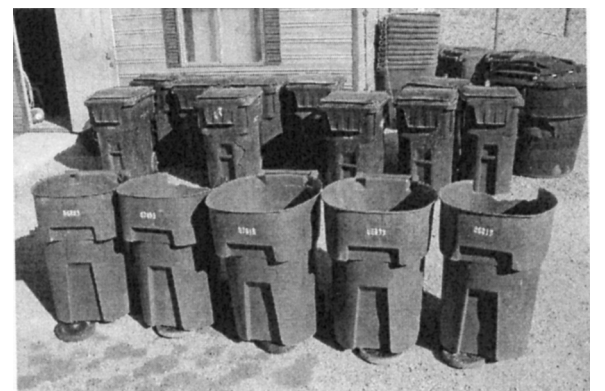


paved streets in the sub-divisions. Please do not place dirt against the curbs after the roads are swept. The dirt and gravel not only increase the risk of breaking windshields but it also affects how water flows to the proper drain areas.

We have been replacing signs that have graffiti. So far we have replaced over 40 signs that were damaged from paint and bullet holes. It can cost as much as \$100.00 to replace a stop sign. Signs that are not bent or have holes can sometimes be sent out to be refurbished which saves up to 30% of a new one. We have also found many signs being used in fields by farmers to block water or turnouts. We will report unauthorized private use of signs to IPD. Please help us keep our street signs where they belong. Also help by reporting graffiti to the Isleta Police Department. Thank you and be safe while on the roads.

From Solid Waste

There are several items that have created some confusion lately. After a recent survey we have found that the large trucks were creating some traffic hazards for morning commuters. This presents some safety issues for both motorists and the operators. To provide a safer work environment for all, we have started the trash routes earlier to keep the collection trucks out of the major flow of traffic. This means that your trash must be placed out at the road by 7:30 to ensure pick up.



If your trash carts have not been emptied it most likely has items in it that are not allowed to be placed in them. Items NOT allowed in the trash containers are:

- Ashes
- Branches
- Dirt
- Cement, Concrete, or Rocks
- Small appliances or Computers
- Lumber or Furniture
- Steel or Metal

These items can jam in the packing area of the truck and damage sensors. Last week it took over 4 hours to take out some concrete that had jammed the packer blade. These items cost the Pueblo lots of time to remove, money to repair, and also delay pick up services for other members.

Any of the items not allowed in the trash cans can be taken to the transfer station for disposal.

If you have a broken trash can, you can bring it to the transfer station and trade it for a new one.

The attendants have also been trying to separate wood and break up pallets. This wood is available at the transfer station on a first come first serve basis.

Beginning October 17, 2011 The transfer station hours will change to winter hours. Winter hours are 8:00 to 4:30 Monday through Sunday.

From Utilities

The cold winter months are coming soon. Last year there were many frozen water lines and broken pipes. Many homes received water damage from water frozen pipes. This year we would like to prevent the same from happening. We will be

removing water meters from vacant homes in the village area to help prevent your homes from serious damage. If you would like your water shut off and water heaters



drained for the winter please call the Public Works office at 766-6658 to place a work order. This free service is being offered to all Tribal members for houses located on the reservation. A few tips to remember for freezing temperatures:

- ✓ Know how to shut off the main water supply
- ✓ Let water drip from faucets to prevent freezing
- ✓ Do not turn off heat for extended periods
- ✓ Keep thermostats set at 40 F minimum
- ✓ Insulate exposed pipes and outside faucets

Health Beat

Isleta Tobacco Survey Results 2010 and 2011

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

In 2010 and 2011, the Isleta Commercial Tobacco Use Prevention and Cessation Program conducted a Tobacco Survey that was offered to people 13 years and older at the Isleta Community Health Fair. Below is a comparison between the two survey results. In comparing the two surveys, you will see that the average age of the health fair attendee that filled out the survey went down from 42 years old in 2010 to 39 years old in 2011. The gender percentage equaled out a little more, with 64% females versus 36% males attending in 2011, compared to 70% females and 30% males the year before. From this survey, we are also able to see that less people have ever smoked at least one puff of commercial cigarettes in their lifetime. In 2010, 56% of the survey responders said they have smoked at least one puff of commercial cigarettes, versus only 32% this year. Along with this decrease, there was also a decrease in the number of people that smoked at least 100 cigarettes in their lifetime. In 2010, 54% said they had smoked at least 100 cigarettes in their life, versus only 24% this year. This question can help determine if the person has ever been a "smoker". The next question determines the average length of time people were smokers and this number has also gone

down. In 2010, the survey results showed that the average smoker had smoked for 13 years, where as, in 2011 the average smoker only smoked 8 years. Both years, the survey results show that the majority of Isleta survey takers that smoked quit smoking by using the cold turkey method (69% in 2010, vs 80% in 2011). One number that has increased is the number of people that stated that someone else in their house besides them smoke. In 2010, 18% said that someone in their house smokes, but this year the number increased to 27%. The final question on the survey asked how much they think that the smoke from other people's cigarettes is harmful to them. The majority answered correctly, stating that it is definitely harmful, with 4% more answering the question correctly this year (78% in 2011 vs 74% in 2010) compared to last year.

As you can see, we can learn a lot from the 10-question survey we had at the Isleta Health Center and Head Start Community Health Fair. It is great to see that results from the survey show that LESS people in Isleta smoke and the length of time people have smoked has also decreased and education has gone increased, with more

people knowing that other people's smoke is harmful to them.

Let's keep up the good work at decreasing the number of harmful activities and increasing the number of good ones!

CALL 869-4479 TO:

Sign up for Freedom From Smoking and Quit Smoking.

Sign up for ICES (Isleta Cancer and Support) and support.

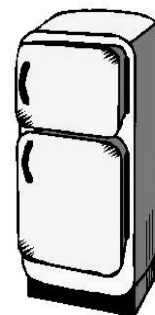
the health of your family by learning more about cancer!

Get involved with the Diabetes Programs and prevent/reduce your risk of diabetes!

**Don't Trash It !!!!
\$\$\$\$ Cash It !!!!**

Cash for Cans...70 Cents Per Pound!!!

Also wanted...junk appliances, dead or dying lawn care equipment, batteries, brass, copper, aluminum, and all other types of junk metals.



Located at 1625 Hwy 314, just north of the 1st railroad crossing. Will be open 5 days a week Wednesday — Sunday from 12 noon — 6 PM.

**Opening day is October 5, 2011.
For more info, please call 974-3429.**

| 2010 and 2011 Isleta Tobacco Survey Results | | | |
|---|---|--|--|
| | | 2010 | 2011 |
| 1 | How old are you? | Average Age 42 | avg age 39 |
| 2 | What is your gender? | 30% Male 70% Female | 36% Male 64% Female |
| 3 | Have you ever smoked, even 1 puff of commercial cigarettes? | 56% Yes 44% No | 32% Yes 59% No |
| 4 | Have your ever smoked at least 100 cigs in your lifetime? | 54% have not and 46% have | N 76% Y 24% |
| 5 | Do you currently smoke daily, occasionally or not at all? | 21%-daily 19%-Occasionally 60% not at all 79% don't smoke daily | 2%-daily 15% occasionally 84% not at all 98% do not smoke daily |
| 6 | How many years have you smoked daily? | avg length of time 13years | avg length of time is 8 yrs |
| 7 | If you have quit smoking, how did you quit? | 69% Cold Turkey 11% Freedom From Smoking 8% Medication 15% other-self control, scent of a dead smoker, realized it was not good for health, kids, no interest, family | 80% Cold Turkey 4% FFS 8% people (kid/GF) 4% nicoderm |
| 8 | Does anyone, besides you, smoke in your house? | 18% Yes and 82% No | 27% Yes and 73% No |
| 9 | Do you think the smoke from other people's cigarettes is harmful? | definitely yes 74% | definitely yes 78% |
| 9 | Do you think the smoke from other people's cigarettes is harmful? | probably yes 15% | probably yes 11% |
| 9 | Do you think the smoke from other people's cigarettes is harmful? | definitely not 6% | definitely not 7% |
| 9 | Do you think the smoke from other people's cigarettes is harmful? | probably not 5% | probably not 4% |

Isleta Pueblo News



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Asst. Editor: Beverly Piro
Published By:
Valencia Express



PUEBLO OF ISLETA
ISLETA TRIBAL POLICE
DEPARTMENT

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The following individuals have been banned indefinitely from the Lands of the Pueblo of Isleta by order of the Isleta Tribal Council and the Governor of the Pueblo of Isleta.

These individuals were found by the Tribal Council to be injurious to the peace, safety and welfare of the community members of the Pueblo of Isleta. If these individuals are found within the exterior boundaries of the Pueblo of Isleta or apprehended for any reason by the Isleta Police Department, they will be punished to the fullest extent of the law. If any Isleta Tribal member renders assistance to the Banned individual by concealing their identity, warns that person of impending discovery or provides that person with shelter could be prosecuted for:

Harboring a Fugitive (30-16-03 — Class C Misdemeanor — Pueblo of Isleta Law and Order Code Resolution #2008-192)

Help us keep your community safe

If you see these individuals on the Isleta Pueblo, please contact the Isleta Police Department at: (505) 869-3030 or (505) 724-9280



GABBY G. ANDRADE



DEMETRI GARCIA



DENNIS M. GARCIA



RUBEN R. GONZALEZ



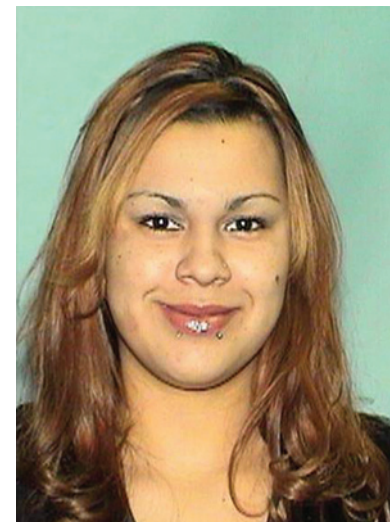
JESSICA M. VELASQUEZ



LANCE B. WILSON



TONY P. CHAPA



ASHLEY J. RAMIREZ



NATHAN G. CUARON



RONALD MOQUINO SR.

TRAFFIC DIVISION NEWS

Trick or Treat !!!!

Where has the year gone?! Fall is now here, there is a crispness in the air and ghosts, goblins, princesses, etc. will soon be traveling the roadways on that one night of tricks or treats. With that, Thanksgiving is around the corner followed quickly by Christmas and before we know it, another new year will be upon us.

The days are getting shorter and the mornings a little darker and soon Daylight Savings Time will come to an end, but not before our Trick or Treaters are out and about. The Traffic Division is asking that everyone, pedestrians and drivers be aware of all that is going on, particularly on this night when the little goblins and ghosts are more focused on what treats they may get and not so much on the traffic that may be coming up on them, so drivers please **BE AWARE!**

Trick or Treaters:

Ten Halloween Safety Tips

1. Children should be accompanied by an adult.
2. Children should wear clothing that can easily be seen at night. Retro reflective materials are best.
3. Children should trick or treat in one well-known area and not wander into unknown neighborhoods.
4. All candy should be inspected by an adult to make sure that no one has tampered with it. If it looks suspicious, the police should be contacted.
5. Children should avoid stray animals.
6. Children should wear masks that do not interfere with vision. Better yet, they can avoid masks by wearing makeup.
7. Children should watch for moving vehicles when crossing streets.
8. Costumes should be short enough that the child will not trip.
9. Trick or treaters should dress appropriately for the weather and carry a flashlight.
10. For extra safety, organize a Halloween party for children in your neighborhood.

The Traffic Division is still concentrating on traffic violators and speed has been a number one issue on the main thoroughfares throughout the Pueblo. State Road 314, particularly at the bridge is a focal point as drivers continuously fail to heed the 35 mph speed limit zone approaching and crossing over the bridge.

Another troublesome area is State Road 47. Motorists, please be aware the traffic signals at the new Tribal Services Complex are now operational. The Isleta Police Department, through specialized traffic enforcement overtime programs have been monitoring this heavily and with concern. Drivers are still being caught and cited for speeds as high as 30 miles over the posted speed limit of 45 mph. There has now been one crash that has occurred at this traffic light. Speed and driver inattention are a poor combination and the results could be potentially severe or fatal. Please help us maintain safety on the roadways and obey the speed limits here and everywhere on the Pueblo. Let's all work together to make our community a safe place to travel.

Speed, distracted driving (cell use/texting), driving under the influence, road rage are all potential dangers to everyone.

Drive smart and arrive at your destination safely!!!

CONTACT INFORMATION:

Isleta Police Department Traffic Division
Traffic Safety Officer Sharon K. Mitamura
poi06056@isletapueblo.com
(505) 724-9282 or Ext. 253

COLLABORATIVE FOREST RESTORATION PROGRAM:

Multi-Jurisdictional Landscape Analysis Project

BACKGROUND

In late 2008, the Pueblo beginning meeting with its neighbors, the US Forest Service, Kirtland Air Force Base and Chilili Land Grant as the result of the 2007 and 2008 Ojo Peak, Trigo and Big Spring wildfires to talk about the potential future threat of catastrophic wildfires in the East Mountains. The Bureau of Indian Affairs/Southern Pueblos Agency has also participated in these meetings in support of Pueblo. The result of these meetings was the decision to jointly conduct collaborative landscape analyses to reduce hazardous fuels in the forested areas on all adjoining land ownerships; a total of 8,530 acres. Before such treatments could be undertaken, each federal partner would have to comply with the National Environmental Policy Act (NEPA). It was decided that it would be more cost effective to produce one Environmental Assessment (EA) document that would capture the environmental analysis results of proposed actions on each of the partner's forested areas. Each partner could then tier to the EA by issuing landscape treatment decisions in accordance with agency specific policies and procedures.

Since each partner agreed to cover the cost of the environmental analysis on their own lands, the Pueblo leadership decided to cover its costs by pursuing grant funding under the US Forest Service managed Collaborative Forest Restoration Program (CFRP). In March 2009, the Pueblo Department of Natural Resources (DNR) submitted a CFRP grant application and was successfully awarded \$212,855 in August of 2009 to complete the first CFRP funded multi-jurisdictional collaborative landscape analysis project. The Pueblo was required to provide a grant match totaling a value of \$53,213 in labor, equipment and materials.

With the CFRP grant funding in place, the Pueblo entered into a Consultant Services Agreement with SWCA in November 2009 to complete the environmental analysis on 2,000 acres including, forest stand exams, cultural resource surveys and produce the EA document incorporating environmental analysis results from the other partners. SWCA has provided training to DNR staff in completing forest stand exams and cultural resource surveys. A Pueblo youth practicum will be designed to introduce 10-15 middle and high school students to careers in natural resources and forestry related fields. In addition, SWCA will train these youth on how to conduct forest monitoring and data collection protocols.

CURRENT STATUS

All field work has been completed for the environmental analyses for Pueblo, Forest Service and Chilili lands, except for Kirtland Air Force Base who has withdrawn from the project. SWCA will complete the draft EA by November 1st and present it to the remaining partners for review and comment. The Pueblo DNR will host a public meeting for interested tribal members around mid-November to review the draft EA and take comments for the final EA. The date, time and location of the public meeting will be announced in the October issue of the Pueblo News. For additional information contact the following DNR staff: Director, Abel Camarena at 869-5748, Environmental Response Division Manager, Steve Abeita at 724-9279 or Forestry Coordinator, Frank Jiron at 724-9287.

PUBLIC NOTICE

A Petition to Probate the Estate of Candelaria Benavidez, deceased on June 11, 2011, has been filed in the Isleta Tribal Courts. Any person claiming interest in the estate is hereby requested to notify the Isleta Tribal Court Clerk within thirty (30) days from the date of this notice being posted.

Claims must be filed in writing and filed with the Isleta Tribal Court. If you have any questions, contact the Isleta Tribal Court Clerk at (505) 869-6510.

METH : SIGNS OF USE AND ABUSE

Meth is a drug that is becoming more and more rampant in all our Native American communities in the United States and Canada. The cost to the user and the people around them is horrific and the hardships that it creates is incalculable. Speed, meth, chalk, in its smoked form, is often referred to as ice, crystal, crank, or glass. Those are all street names for methamphetamine (mAMP). Call it what you may, but meth use and its symptoms are one in the same. If it's taken in large doses, methamphetamine's frequent effects are irritability, aggressive behavior, anxiety, excitement, auditory hallucinations, and paranoia along with delusions and psychosis. Meth abusers tend to be violent. Mood changes are also common, and the abuser can rapidly change from friendly to hostile. The paranoia produced by methamphetamine abuse results in suspiciousness, hyperactive behavior, and dramatic mood swings.

Meth appeals to drug abusers because it increases the body's metabolism and produces euphoria, increases alertness, and gives the abuser a sense of increased energy. High doses or chronic use of meth, however, increases nervousness, irritability, and paranoia. The extreme paranoia that meth abusers can experience is often associated with a distorted tendency toward violence. Adverse consequences of meth abuse include the risk of stroke, heart failure, and prolonged psychosis.

Methamphetamine use has three patterns: low intensity, binge, and high intensity. Low-intensity abuse describes a user who is not psychologically addicted to the drug and who administers the drug by swallowing or snorting it. Binge and high-intensity abusers are psychologically addicted and prefer to smoke or inject meth to achieve a faster and stronger high. The binge and high-intensity patterns of abuse differ in the frequency in which the drug is abused. While the binge pattern of abuse has seven stages within its cycle: rush, high, binge, tweaking, crash, normal, and withdrawal—the high-intensity abuse pattern usually does not include a state of normalcy or withdrawal.

"Tweakers", which are referred to those who are at the most dangerous state of meth abuse, is a meth user who is tweaking. This meth abuser probably has not slept in 3-15 days and, consequently, the symptoms would be irritability and paranoia. A tweaker does not need provocation to behave or react violently, but confrontation increases the chances of a violent reaction. If the tweaker is using alcohol, his negative feelings and associated dangers intensify.

Several hours after the last meth use, the individual experiences a drastic drop in mood and energy levels. Sleep begins and may last for a long period and, upon awakening, severe depression exists that may last for days. While users are in this depressed state, suicide is a major concern. These meth abuse symptoms occur after

meth use and may be reversed by taking another dose of methamphetamine, thereby fitting the definition for a withdrawal syndrome.

Now, get out your pen and paper and take notes if you see these short term effects in your teenager or loved one. Short term meth abuse symptoms are increased alertness, sense of well-being, paranoia, intense high, hallucinations, aggressive behavior, increased heart rate, convulsions, extreme rise in body temperature (as high as 108 degrees which can cause brain damage and death), uncontrollable movements (twitching, jerking, etc...), violent behavior, insomnia, impaired speech, dry and itchy skin, premature aging, rotting teeth, loss of appetite, acne, sores and numbness.

Some of the effects that meth abuse has on the mind are also symptoms of meth use. These meth use symptoms are disturbed sleep, excessive excitement, excessive talking, panic, anxiousness, nervousness, moodiness and irritability, false sense of confidence and power, delusions of grandeur leading to aggressive behavior, uninterested in friends, sex, or food, aggressive and violent behavior, and severe depression.

After excessive meth abuse, there are long term effects as well, such as fatal kidney and lung disorders, possible brain damage, depression, hallucinations, disorganized lifestyle, permanent psychological problems, violent and aggressive behavior, weight loss, insomnia, behavior resembling paranoid schizophrenia, decreased social life, malnutrition, poor coping abilities, disturbance of personality development, lowered resistance to illnesses, liver damage, stroke and the inevitable, death. There are also withdrawal symptoms that a meth abuser will partake in when

coming off of meth or "crashing". If you see the symptoms of severe cravings, insomnia, restlessness, mental confusion or depression, chances are that the meth is exiting their system.

If you have been watching your teenager or loved one and your suspicions are pointing into the direction of meth abuse and you are seeing the symptoms of meth abuse, don't ignore them. Go with your instincts and in a loving and caring manner, let your teen or loved one know that you will help them seek the counseling they need to rid themselves of meth or any other drug abuse.. If you continue to see the signs and symptoms of meth use, you may either want to take your teen or loved one to his/her doctor or other medical professional and ask them to screen for the use of illegal substances. If you're not comfortable with revealing your suspicions to an outsider, it is also possible to screen your teenager or loved one in the privacy of your own home with home urine drug testing kits, saliva drug testing kits and hair drug testing kits.

If you have any questions concerning meth or any other drugs, please contact the Isleta Criminal Investigation division at (505) 869-3030 and leave a message of contact for you or another person for the Investigation Supervisor. Once the information is received, the Criminal Investigator will notify the appropriate resources in response to the information provided.

Vernon Alvarez, Chief of Police
Pueblo of Isleta Police Department
P.O. Box 699
Isleta, New Mexico 87022
Main (505) 869-6511 — Ext. 350
Office (505) 766-6650
Mobile (505) 514-3760
Dispatch (505) 869-3030

Freedom from Smoking

Take Back Control of Your Life!

| | |
|--|--|
| <p>8 sessions to help you STOP SMOKING!</p> <ul style="list-style-type: none"> 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) | <p>Want to Stop Smoking? SIGN UP FOR FREEDOM FROM SMOKING WITH THE ISLETA HEALTH CENTER</p> <p><i>weekly prizes!</i> <i>Help from Others that are going through the same thing!</i></p> <p><i>Nicotine Replacement Therapy for those clinic patients that attend each weekly session!</i></p> <p style="text-align: center;">Contact Stephanie Barela at 505-869-4479</p> |
|--|--|

Isleta Pueblo Housing Authority is Recruiting New Board Members for its Native Lending Institution

Are you interested in becoming a board member of a Native Lending Institution being developed by the Isleta Pueblo Housing Authority?

Native Lending Institution Mission:

The mission of the Native Lending Institution will be to promote the economic growth of the Isleta Pueblo community by creating homeownership and small business opportunities for the Isleta Pueblo community.

The board of directors shall consist of 5 persons. Directors shall consist of one community member and four professional members preferably with financial or business backgrounds. Board members must meet at least one of the following criteria: 1) be Native American, 2) live in the Isleta Pueblo community service area, or 3) work/own in a business in the Isleta Pueblo community service area.

Description of Board Duties

The Board of Directors of the Native Lending Institution will serve as the governing body of the Institution. Board members will serve 2 year terms. The Board will meet at least quarterly.

Board members will have the following roles and responsibilities:

1. Uphold the bylaws of the Native Lending Institution.
2. Define and oversee the mission of the organization and ensure that this mission is carried out on behalf of the community.
3. Ensure that the events and programs of the organization are relevant to its mission and monitor their effectiveness.
4. Provide strategic guidance to the organization.

5. Ensure financial solvency and help raise resources.

6. Ensure continuous board improvement. Each member of this board shall commit to the following:

- Fully attend at least three board meetings per year.
- Serve on one or more committee and attend at least 75 percent of the meetings.
- Understand board member roles and responsibilities and become sufficiently knowledgeable about the organization and its operations to make informed decisions.
- Read all materials sent to the board and come prepared to provide meaningful dialogue at all board and committee meetings.
- Arrive at meetings on time and stay for the full agenda unless notification is provided in advance to the board or committee chair.
- Ask for clarification on any matters or material not understood before making a decision.
- Listen carefully and respectfully to other board members and staff with objectivity.
- Actively support the policies and goals adopted by the board, speaking with one unified voice.
- Act as a liaison between the Native Lending Institution and the community.

Specific Board members will serve as overseers of the following:

1. **Overseer of Financial Management** —The overseer of the organization's financial management system. This Board member shall work with the steering committee to develop and manage an annual budget.
2. **Leader of Public Relations** —This Board member will oversee the

development of all print, web, radio, and multi-media materials pertinent to the Native Lending Institution and the events it sponsors. This board member is responsible for ensuring that all public relations material upholds the mission and standards of the organization.

3. **Overseer of Fundraising** —This board member will oversee fundraising efforts. They will help recruit and retain members for the fundraising committee and will help manage the organization's fundraising database, manage the creation and content of fundraising material and ensure that organization supporters are recognized for their contributions.

4. **Overseer of Events** — This board member will oversee community events and work with committee event chairs to ensure that the overall message of the event is consistent with the mission of the organization. This board member will also actively work with the communities and other organizations to recruit partnerships for new events.

5. **Board and Committee Recruitment** —This board member will oversee the recruitment of new volunteers and board members.

Board members will be expected to attend training on Native Lending institutions.

If you are interested in serving as a board member please send a letter of interest to:

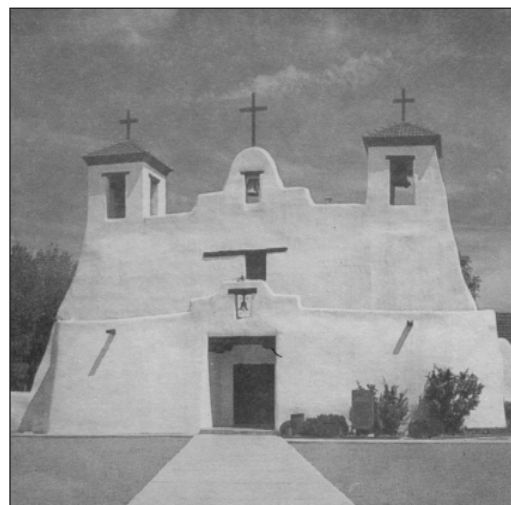
Sheila D. Herrera
Home Loan Program Manager/
Homeownership Counselor
Isleta Pueblo Housing Authority
Poi40103@isleta pueblo.com
(505) 869-4153 Ext. 378
Facsimile: (505) 869-0654

"Isleta Pueblo and the Church of St. Augustine" by Joe F. Montoya, on Sale

In commemoration of the Rededication of St. Augustine Church, "Isleta Pueblo and the Church of St. Augustine" books are on sale for \$5.00 each. The book is a history of church and its relationship to the Pueblo of Isleta, written by the late Joe F. Montoya of Isleta Pueblo.

The book is available at the St. Augustine Parish office. For more information, please contact Denise Lucero at 869-3398.

ISLETA PUEBLO and the **Church of St. Augustine**



By Joe L. Montoya

Water News from the Department of Natural Resources Middle Rio Grande Conservancy District

At the August 22, 2011 MRGCD Board meeting, the Board voted to curtail irrigation releases from El Vado Reservoir on September 15, 2011. The MRGCD wasn't allowed to capture and store spring runoff in El Vado due to Article VII restrictions under the Rio Grande Compact with Colorado and Texas. The Bureau of Reclamation was allowed to capture and store approximately 16,000 acre feet of water for use by the Six Middle Rio Grande Pueblos Prior and Paramount lands. This water will be available for use by the Tribes to supplement the Natural Flow of the Rio Grande through the rest of the irrigation season. The Natural Flow of the river and releases of Prior and Paramount water stored in El Vado should provide an adequate supply of irrigation water, but farmers will probably have to schedule irrigations times with their Majordomos. Irrigation water will stop at Isleta on November 1, 2011 in order to begin working on the Acequia Madre, Ranchitos and Chical canal systems.

Irrigation Water Quality

The Las Conchas Fire burned a total of 156,590 acres in the Jemez watershed. Santa Clara Pueblo suffered some of the greatest losses to their Ponderosa Forest with over 16,000 acres severely burned in Upper Santa Clara Canyon. The Pueblos of Cochiti, Santo Domingo, and Jemez have been greatly impacted by the monsoon runoff through their lands. The runoff has caused flooding that

would normally occur only once every fifty years because most of the burned area has absolutely no ground cover left at all, just ash. Irrigation water delivered to Isleta farmers has been blackened by ash in the runoff from the Las Conchas Fire scar since about July 22, 2011. While the irrigation water may contain elevated levels of chloride, calcium, magnesium, potassium, sodium, sulfates, nitrates and carbon compounds, it is safe to use for all crops. The stems of fresh cut alfalfa should be allowed to heal for four or five days after cutting before irrigation water is applied in order for the cut stem end to seal. This will prevent the ash from entering the stem and slowing down new growth.

Irrigation System Repair and Rehabilitation Project

Irrigation water deliveries on Isleta will stop November 1, 2011. This will allow the system to dry out prior to beginning work on the Irrigation System Repair and Rehabilitation Project. This project began last March and many critical repairs were completed prior to the beginning of water deliveries. The Majordomos on the Acequia Madre, Ranchitos and Chical canal systems have prioritized repairs to the system based on information provided by Isleta farmers. If you have discovered a new problem with a turnout, check structure, pipe crossing or other irrigation component during this irrigation season, please notify your Majordomo so they can add it to their list.

Keepseagle Settlement Claims Filing Period Opens for Native American Farmers and Ranchers

Those Eligible Must File Claims No Later than December 27, 2011

WASHINGTON, July 26, 2011 - Janie Hipp, Senior Adviser to Secretary Vilsack for Tribal Relations today reminded Native American farmers and ranchers that the period to file a claim in the Keepseagle class action settlement has opened.

"Now that the claims process is open, Native American farmers and ranchers who believe they are entitled to funds under the Keepseagle settlement must file a claim within 180 days in order to have a chance to receive a cash payment or loan forgiveness," said Ms. Hipp. "Tribal leaders may want to consider advising Tribal members of the requirement to obtain and submit a completed claims package if they wish to participate in the Keepseagle claims process."

Keepseagle v. Vilsack was a lawsuit alleging that USDA discriminated against Native American farmers and ranchers in the way it operated its farm loan program. The lawsuit was settled late last year and the settlement has been approved by the court. The filing period opened June 29, 2011 and continues for 180 days, until December 27, 2011.

Up to \$760 million will be made available in monetary relief, debt relief, and tax relief to successful claimants. There are two tracks for claims: Successful Track A claimants may receive up to \$50,000; successful Track B claimants may receive up to \$250,000. The standard of proof for Track B claims is a higher standard than what will be applied to Track A claims.

Keepseagle class counsel is holding a number of meetings in the coming months

throughout Indian Country and they will provide assistance to help Track A claimants fill out a claims package at those meetings. The dates and times of the meetings are posted on the Keepseagle claims website: www.indianfarmclass.com.

Claimant services representatives can also be reached through calling 888-233-5506. Claimants must register for a claims package (by calling the number or visiting the website) and the claims package will be mailed to claimants. All those interested in learning more or receiving information about the claims process and claims packages are encouraged to attend a meeting and contact the website or claims telephone number.

The website is: www.indianfarmclass.com

The call number is: 888-233-5506

Claims period: June 29, 2011 to December 27, 2011

This announcement does not relate to claims for African American, women or Hispanic farmers. Those claims will be subject to different processes, and information will be forthcoming in the coming months.

Under Secretary Vilsack's leadership, USDA is addressing civil rights complaints that go back decades, to usher in "a new era of civil rights" for the Department and to pave the way for new and stronger relationships with the farming and ranching community. In February 2010, Secretary Vilsack announced the Pigford II settlement with African American farmers, and in October 2010, he announced the Keepseagle settlement with Native American farmers. In February 2011, Secretary Vilsack announced the

establishment of a process to resolve the claims of Hispanic and women farmers and ranchers and he has made it a priority to resolve all of the civil rights cases facing the Department which were inherited by this Administration.

Attention Isleta Farmers and Ranchers. In the mid 1970's a lawsuit alleging discrimination against Native Americans in USDA loans was filed in North Dakota by a farmer named Keepseagle. The lawsuit has been settled and claims are being processed. If you believe you were denied a USDA loan between 1981 and 1999, you may be eligible for monetary relief. Please read the notice and follow the instructions to file a claim.

Departments of Natural Resources

PUBLIC MEETING NOTICE: The Departments of Natural Resources (DNR) and Public Works (PW) are planning to construct a new office building at the old Wal Colmonoy site. A public meeting will be held on October 7, 2011 from 5:00 to 6:30 pm at the Public Works conference room in Building 627 to provide information and answer questions on co-location, building design, construction site, funding, etc. For more information, please contact DNR Director Abel Camarena at 869-5748 or Public Works Director Michael Candelaria at 766-6658.

Parks & Recreation

September was the beginning of the Cross Country program for our elementary school children and now in the month October the weekend competitions are in full swing. Mike and Margo Jiron continue to be our volunteer coaches and are assisted by Alyssa Jojola with training drills, along with Bernadette Jojola, Patrick Jojola, Joanna Jojola and Victoria Abeita. The preliminary report is that our children are doing well and are representing our Pueblo of Isleta with their best foot forward (no pun intended). The children's jerseys for Cross Country have been ordered and should be in hopefully before it gets too cold. Also the afterschool program is now in full swing and Nana Abenita and Nana Marie are back doing the afterschool arts/crafts program and assisting children with homework as well. The afterschool program over at Old Rec. with Eugene Jojola and Constance Olguin continues to be a great benefit for those children and parents who are participating in that program. The Children involved in that program, actually get picked up at the school or bus stop and are taken home at the end of the day. Also in September, many of our children were treated to a field trip to the New Mexico State Fair where they really got to enjoy the biggest Show in the State.

Park Management

For those of you who have been by the Old Rec. Center at Pickle Heights you probably noticed the new park that was built directly in front of the building. Well that new park is now open and fully functional for anyone to use. Like all of our parks, anyone wishing exclusive usage of the parks, please call Rick Giron at 869-8557 to reserve your park. There are no park usage fees as long as you clean up after yourselves. Up to this point everyone who has used the parks exclusively has done an outstanding job in adhering to this policy and we thank you for that. On a sour note, the park directly across the New Rec. Center (Governor's Little League Complex) was vandalized to the point that sprinklers were kicked and broken while the sprinklers were on.

Those 5 sprinklers cost a little over \$375 dollars to replace plus staff time away from their normal duties of operation. Please if anyone sees or suspects anyone of vandalizing our parks please contact the Isleta Police Department immediately. Our Governors and Tribal Courts assure us they will be prosecuted to the fullest letter of the law if caught. These are your parks and when damage is done people are stealing from the tribe as a whole because it is tribal dollars that are ultimately used to fix the damage. Pictured are 2 pictures, one featuring Old Rec. Fitness Coordinator, Mike Trujillo and Park Assistant Superintendent, Robert Apodaca admiring the newest addition to our park system.



Massage Therapy

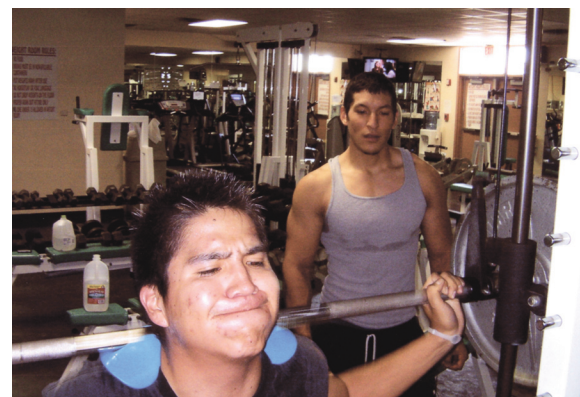
Our Massage Therapist Jonathan Lente reports that he has been kept busy with overwhelming at times, request for his services. He is diligently trying to accommodate as many people as possible and has been doing an outstanding job with those he has worked on. The over-all response from our tribal members has been nothing but positive for the service he has been providing to our members. For those still wanting a massage session please call Jonathan at 869-8557 to make an appointment. If he is not available when you do call please leaves him a message and he will return your call. Several members have come in on an emergency basis because of an injury or accident which may have put him behind schedule for regular scheduled appointments.

We apologize, but they were emergencies. Pictured is Jonathan working on a Tribal member.



Up Close and Personal with Devin Lente

Devin Lente is one of our newest members of our staff over at the New Rec. Center. He is the son of Thomas Lente and Joann Teller Lente. He has two younger brothers (Travis and Cyrus) Travis is currently serving in the Marines. Devin is 21 years old and his hobbies are playing semi-pro baseball with hopes of someday playing at the next level. He is currently working on his degree in pediatric nutrition at CNM. Working at the Rec. Center is like a dream come true because he is a big advocate of fitness and nutrition as an everyday part of life. He's one who's willing to help anyone wanting to lose weight but has a hard time doing it or who is just wanting to get in better shape and condition. Devin is at the New Rec. Center Monday through Friday from 11:30 am until 8 pm. Pictured is Devin giving instruction to Elliot Mountainsheep as he works on his leg squats.



Aquatics Program

Did you know? By Kaitlin Jaramillo

Did you know that it is unsafe for children seven years of age and older or even tall six year olds to swim in the Wading Pool? Tall six year olds and children seven years of age and older could easily hurt themselves or others while playing. Older swimmers causing waves, playing rough, and splashing can easily cause younger swimmer to lose balance and slip under water. Not to mention, older swimmers can cause serious injury to themselves while playing in the shallow wading pool. The risks are too high to allow such dangerous behaviors.

Parents, are your children too big for the Wading Pool? No worries, lifejackets are available to be used in the big pool! Just ask a lifeguard for assistance. Also, please keep in mind the pool

offers swim lessons for all ages during the year. Thank you for your time and we look forward to seeing you at the pool. Note: Our Steam-room has been closed temporarily while we seek bids for renovations to be done. Currently in its present state, it is too dangerous to allow anyone to use it. We apologize, but we are moving to fix it as quickly as possible.

Adult Basketball and Volleyball

As the adult weekend basketball league comes to an end League Director, Carl Anderson reports that for the most part the league has run very smoothly. Once the league ends, he will begin working on starting the adult volleyball league. If anyone is interested in forming a volleyball team or is interested in playing on someone's team please call Carl at 869-8557. He will try to accommodate all requests.

8 Main Diseases That Are Prevented By Childhood Vaccines.

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

Native Business: No is Not Forever

Regardless of business, it is people that make it or break it. The most successful business men and women are those that understand "No's" are the foundation to building stronger bonds. Winners grow relationships on top of a "No." No, is an opportunity to reevaluate a business plan and make it better. No, is a chance to gain clarity through feedback and collect information to work smarter.

People that push forward after receiving a "no" build a reputation on tenacity. Opportunity finds tenacious people and lenders want these folks in their portfolio. Remembering "No is not forever" is a good Indian trick when deciding to persevere.

When a lender or investor is approached with an opportunity to lend they often ask a lot of questions to gain an understanding of the business plan. The first pass of questions tests the borrower on how well they understand where their business is today and how they will get to where they want to go in the future. The second and third layers of questions challenge assumptions, surface relevant economic factors, and construct performance conditions; all the while evaluating the borrower's responses to inquiry. The way a borrower responds is as important as the information they provide. A lender or investor will remember the speed of a response and completeness of information provided. Business men and women that perform well by keeping cool and providing thorough response tend to have a higher probability of success in obtaining capital. Other times a turndown is the only result. It is impressive when a prospective borrower receives a turndown and takes the time to understand what would qualify their business for financing and then re-applies when the time is right. No is not forever.

Jim Stanley is a tribal member of the Quinault Nation, Vice President of the Quinault Nation Enterprise Board, and board member of the Northwest Native American Chamber. He is a Senior Vice President of Enterprise Cascadia, a loan fund, and freely shares his knowledge. Jim can be reached at: sovereigndevelopment@hotmail.com.

Jim Stanley submitted and requested that the above article be published in the Tribal Newsletter. The Pueblo of Isleta, nor the Tribal Newsletter is responsible for its contents.

Pueblo of Isleta Veterans Association Receive Letters of Apology

The Veterans Association received three letters of apology from the individuals who caused damage to the Robert David Memorial Park in Chical. Though there is a sense of forgiveness from the Veterans Association, this forgiveness comes with mixed feelings.

Robert David was killed in Vietnam. He never got to come home to be with his family, and the desecration of his memorial is similar to the homecoming that Vietnam Veterans received when they returned.

In case you are not aware of the destruction, there was graffiti painted over Robert David's name.

The three individual's expressed remorse and shame for their actions, and they were even thankful for the freedoms they enjoy because of the sacrifices of our veterans.

As veterans, it is hard to forgive when there is desecration done to a Memorial that is dedicated to one who lost their life in combat. And even if there is no forgiving from some of the veterans, let us hope that this was a lesson learned by the three individuals and that they will amend their ways for the good.

Pueblo of Isleta Veterans Association

Pueblo of Isleta Veterans Association Meeting

The next monthly meeting will be on 19 October 2011 at 6:30 PM. Any honorably discharged veteran may join the Association. Annual dues are \$25.00. Should you have any questions, please call Ulysses at 307-1582.

| Isleta Health Center Calendar of Events October 2011 | | | | | | |
|---|--|---|---|---|--|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | | | 1 |
| 2 | 3 *Young Leaders Youth Krew 5:30 – 7:00pm @IBHS Every Monday | 4 *PhotoVoice-5-7pm @ NEW Isleta Library Complex 5:30 Freedom From Smoking(FFS) Session 3 @ Rec | 5 | 6 *PhotoVoice-5-7pm @ NEW Isleta Library Complex Native Ways Family Program parenting group 5:30PM-7PM @ Head Start 3 rd Annual Fall Wellness Series October 6, 2011 5:30-7:30 PM Isleta Health Center (Rear West Entrance) | 7 | 8 |
| 9 | 10 *Young Leaders Youth Krew Every Monday from 5:30 – 7pm @IBHS | 11 10:30-ICES-Isleta Cancer Education and Support— "Accessing Resources for Cancer Patients" @ Elderly Center *5-7pm, PhotoVoice@ NEW Isleta Library Complex 6PM-7PM Isleta Men & Women's Diabetes Support Group, Isleta Health Center Kitchen 5:30 Freedom From Smoking- | 12 Wicked Workout Calorie Spook Fun Walk/Run State-Tribal Celebration of Health and Wellness sign in at 5:15pm Run at 5:45 @ the Isleta Health Center Parking Lot/Diabetes Prevention Wellness Center | 13 *PhotoVoice-5-7pm @ NEW Isleta Library Complex 12-1pm @ IBHS Planning Meeting for the Light the Path Memorial Walk 5:30 FFS-Session 5-Rec Native Ways Family Program parenting group 5:30PM-7PM | 14 | 15 |
| 16 | 17 *Young Leaders Youth Krew Every Monday from 5:30 – 7pm @IBHS *Family Pot Luck Every THIRD Monday of the month 5:30 – 7:00pm @ IBHS | 18 *PhotoVoice-5-7pm @ NEW Isleta Library Complex 5:30 Freedom From Smoking- Session 6 @ Rec Men & Women Diabetes Support Group Oct. 11, 2011 6:00pm - 7:00PM Isleta Health Center Kitchen | 19 Planning Meeting for the 3 rd Annual Light the Path Memorial Walk 12-1pm @ IBHS | 20 *PhotoVoice-5-7pm @ NEW Isleta Library Complex Native Ways Family Program parenting group 5:30PM-7:00PM @ Head Start | 21 <i>Isleta Diabetes & Obesity Prevention Advocacy Group Monthly Meeting 10AM-12PM Isleta Health Center</i> | 22 |
| 23 | 24 *Young Leaders Youth Krew Every Monday from 5:30 | 25 *PhotoVoice-5-7pm @ NEW Isleta Library Complex 5:30 Freedom From Smoking- | 26 | 27 *PhotoVoice-5-7pm @ NEW Isleta Library Complex Native Ways Family Program parenting | 28 2-3pm Car Seat Check at Clinic, Call 869-4479 to set up | 29 |
| 30 | 31 *Young Leaders Youth Krew Every Monday from 5:30 – 7pm @ Isleta Behavioral Health Services (IBHS) |  Isleta Health Center | | *(IBHS) Isleta Behavioral Health Services Please contact IBHS at (505) 869-5475 and ask to speak with Jennifer Padilla prior to attending the event. | Contact Stephanie Barela @ 869-4479 with any questions | |

WIC Notes

Is Your Baby's Room Safe?

Every year babies are injured and killed by accidents that occur in the home. Often times these accidents occur in the room the baby sleeps.

Here are 10 potentially dangerous situations:

1. **A crowded crib-**The safest crib has a snug fitting mattress with a tight fitting sheet and nothing more. Infants can suffocate on a blanket, stuffed animal, pillow, or any other soft objects.
2. **A drop-side crib-** The sides of these cribs are prone to coming loose and babies can get trapped between the mattress and crib. Purchase a new crib if you can. New cribs meet safer guidelines than crib even a few years old.
3. **Crib Cushion/Sleep Positioner-** These padded mats with cushions that stop a baby from rolling onto her tummy are sometimes used by parents to prevent sudden infant death syndrome (SIDS). However, babies can wiggle into various positions and suffocate on the foam.
4. **Hanging objects-** A mobile over the crib is fine IF you remove it once Baby is about 5 months old and can sit up. Remove any hanging objects near your child's bed.
5. **Baby Monitor-** Never put

a monitor in the crib. A baby can get a cord stuck around his neck or the monitor can fall and hurt Baby. Keep all monitors at least 3 feet from the crib.

6. **Night Light-** Plug in night-lights away from drapery, where they could start a fire. Better yet, buy only heat-free night-lights. (KinderGlo and Mobi).
7. **Changing Tables-** Baby can fall when a parent steps away even for a second. Keep all diapering supplies close by where you change your baby. Consider buying a changing table with guardrails on all four sides.
8. **Smoke and carbon monoxide detectors-** You should have working detectors in all bedrooms.
9. **Pets-** Never leave a pet alone with your infant; even if you think your animal is completely gentle. Animals cannot understand how fragile a newborn is.
10. **No window blind cords-** The crib should not be anywhere near a window with drapery cords that hang down. They can strangle a baby. If you have a window cord anywhere in the house shorten it and tie it up out of reach of your child.

Pumpkin Seeds

This year when carving your Halloween pumpkin save the seeds to and make a healthy treat with your child.

Although pumpkin seeds can be eaten raw, they are easier to "shell" if roasted. After cleaning seeds, spread them in a single layer on a cookie sheet. Roast seeds for a few minutes until very lightly browned. Instead of salt, try seasoning seeds with chili pepper or lime juice. Due to the choking risk, do not offer seeds of any kind to your children.

Health benefit

- Pumpkin seeds are rich fiber, vitamins, minerals and health promoting antioxidants.
- They are also high in calories however, they are especially rich in mono-unsaturated fatty acids that help to lower LDL or "bad cholesterol" and increase HDL or "good cholesterol" in the blood.
- The seeds contain good quality proteins.
- Furthermore, its seeds contain very good levels of essential minerals like copper, manganese, potassium, calcium, iron, magnesium, zinc and selenium.

Heidi Lanes WIC Nutrition Coordinator

Condensed from American Baby 9/11, Dr Gardner

ISLETA EARLY HEAD START



Early Head Start
Home-Based Option

Imagine your child two years from now, five years, ten years, as an adult. What do you want for your child? What do you want your child to learn? What kind of person do you want your child to be?

The Early Head Start home-based program option was created to help you help your child reach these goals—and others you may not have dreamed of yet. We believe in you! We are here to support you.

Once a week, a home visitor will come to your home. Your home visit will last 90 minutes. You, your spouse or partner, your child's brothers and sisters, and any other household members can all take part.

You will talk together about your child and how things are going for your family. Together, you will plan activities for you to do with your child during home visits and during the week between visits.

Over time, as you get to know one another, you will become partners in helping your child grow and learn.

Twice a month, you and your child will meet with other children and parents. You will have time to get to know one another and share interesting experiences. Your home visitor will be there too. We call these meetings "socializations."

You can also take part in the program in other ways. One of the special things about Early Head Start is that mothers and fathers are truly involved. Your program, like every Early Head Start program, is designed to meet the needs of its children, families, and the community.

Your program will look to you and other parents for ideas to help shape the program policies and experiences for children and families.

We are looking for children ages 0 – 35 months who are Isleta Native/Descendant or who reside on the reservation. We have several slots waiting to be filled by families in this community.

We also have a program option for pregnant mothers, who are Isleta Native/Descendant, reside on the reservation, or who are expectant mothers of Isleta children.

For more information or to schedule an appointment to complete an application, call us immediately at 924-3160!

Community Partner of the Month

The Pueblo of Isleta Head Start and Child Care

selects

The Isleta Health Center

As the Community Partner of the Month

September 2011

Carla Estrada-Brannock, Director

Signature

Emily Aragon, Parent & Community Involvement

Signature

9/23/11

Date

9/23/11

Date



Head Start Farmer's Market



Early Head Start Children

Tomatoes, Chile, and Hot Salsa!

Our first Head Start Farmer's Market was a lot of fun. Many community members showed up to buy fresh produce and pottery, and enjoyed lots of laughs as well.

Thank you to everyone who participated. A big thank you to the Elderly Center for visiting our Farmer's Market; we enjoyed seeing many of our community Elders there. The Early Head Start children liked tasting Martha's watermelon and seeing all the different produce. We hope to have another Farmer's Market soon.

Martha Madrid brought watermelons

Wendell Kowemy and Charlene Abeita brought beautiful pottery

October 2011

Pueblo of Isleta
Head Start

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------|---------------------------------------|--|---------------------------------|-------------------------------|-----|-----|
| | | | | | | 1 |
| 2 | 3 | 4 1/2 Day Staff Inservices | 5 No School Staff Inservices | 6 Parenting Class 5:30 pm | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 Parenting Class 5:30 pm | 14 | 15 |
| 16 | 17 | 18 Family Night 5:30 pm Fire Safety | 19 | 20 Parenting Class 5:30 pm | 21 | 22 |
| 23/30 | 24/31 Halloween Parent Comm. Mtgs. | 25 | 26 | 27 Parenting Class 5:30 pm | 28 | 29 |

Teacher Marcy

Early Head Start
Infant Room

Showing a ristra from the
Head Start Community
Farmer's Market

Head Start
Family Night Prize

FREE
OFFER



Pueblo of Isleta Head Start and Child Care

You are your child's first, and most important teacher

Head Start Family Night

Tuesday

October 18 at 5:30 pm

Expiration date: 10/18/11

Come to the Head Start Family Night to participate in hands-on fun and learning about Fire Safety.

Bring this coupon for a special surprise!



PUEBLO OF ISLETA PUBLIC LIBRARY

Greetings Pueblo of Isleta. We are well on our way moving into our new Library Complex. We finally have the keys and are in the middle of unpacking. We don't quite have all of our supplies in but we are working hard to open as soon as possible. We are excited just as much as all of you and can't wait to show you your new Library/ Educational Complex Building.

NEWS:

The library is currently open but just for computer lab use and tutoring. Our staff is here for those students who need help with their homework. Also, please remember you may still drop off any borrowed library material such as books, DVDs, and CDs. Our drop box will always be open. The new library will be opening up soon and you don't want to have borrowed material still on your account. Patrons will have to turn in all material or pay and fines before you can borrow material again. Thank you.

Since we are in the middle of moving, please be advised that the library will have some unexpected CLOSURES during the last few weeks of September and the beginning of October. Which means children/students after school will need a place other than the library to go on these dates. This is a MAJOR CONCERN for the library and we will try our best to open as soon as possible. Sorry for any inconvenience this may cause you and your family but let's work together for the safety of our youth. We will try our best to notify you ahead of time.

The way things are going now, we are hoping to open for service at the new library by the second or third week of October. The staff is working hard and is in the middle of setting up at the new library. We are waiting for some material and other technical support, but other than that we hope to be open soon. You can also turn to our Facebook page for more up to date information, which can be found at www.facebook.com/IsletaPuebloLibrary.

The library has its own Facebook page up on the web. We provide up to date information on closures, programs, news, and even deals. We have offered deals to ABQ Jump for a free admission or discount on a party, Comcast internet for \$10, or even our own giveaway prizes for concert tickets or gift cards. To get alerts about our promotions, all you have to do is simply "like" us and Facebook and the notifications appear on your Newsfeed. You can also view pictures of our patrons in the programs that we have done in the past. We appreciate those of you who visit our page and leave your comments. Your feedback is important to us.

UPCOMING:

This may be a little too soon to start thinking about Halloween but it is coming up fast and it will be the library's first program at the new complex. We will be having Halloween arts and crafts in October from the 17th-20th from 5pm-7pm. Each day will consist of a different craft. We will also have our annual Creepy Snack Week on the week of October 24th to the 27th. Hope you'll be able to join us during these weeks. We will have more information as this event comes closer.

Pueblo of Isleta Public Library Hours of Operation

Summer Hours:

Monday- Thursday: 8am-6:30pm

Friday: 8am-4:30pm

Mailing Address:

P.O. Box 610

Isleta, NM 87022

Phone: 505-869-8119 Fax: 505-869-8119

Email: poi02002@isletapueblo.com

Web Address: www.isletapueblo.com/library2.html

Facebook: www.facebook.com/IsletaPuebloLibrary

Second Hand Smoke and Your New Baby

Health Educator: Stephanie Barela, 869-4479

People (especially babies) who are exposed to second-hand smoke are more likely to get sick. Give yourself and your family a better chance for a healthy life, *by following some of these tips from the Journeyworks Publishing Brochure.*

Protect your baby from smoke during pregnancy.

- ◆ A baby could have serious health problems if their mom smokes or regularly is around smoke (second-hand smoke).
- ◆ Moms-to-be who smoke or breathe second-hand smoke are more likely to have a miscarriage.
- ◆ If the mom-to-be smokes, the baby could be born too soon or weigh too little.

When your baby is born, keep him or her safe from smoke.

- ◆ Secondhand smoke can cause people, especially babies, to have more colds, ear infections and asthma attacks.
- ◆ Babies are twice as likely to die from Sudden Infant Death Syndrome (SIDS) if they are exposed to smoke.
- ◆ Secondhand smoke causes 300,000 cases of bronchitis and pneumonia in children under 18 months every year.
- ◆ Nicotine and other chemicals in cigarettes get into breast milk of mothers who smoke or breathe secondhand smoke.

If you smoke, Quit!!

- ◆ Cigarette smoke is very dangerous to your child's health. Your child is a good reason to be smoke free.
 - ◆ If your partner or other family member smokes, ask them to quit.
 - ◆ SIGN UP FOR FREEDOM FROM SMOKING!! 869-4479
- The clinic offers a helpful quit smoking group that can assist you in stopping smoking. If you are a clinic patient and attend each weekly session, you can receive Nicotine Replacement Therapy.

Say "NO" to secondhand smoke

- ◆ Post "No Smoking" signs in your home.
- ◆ Throw away cigarettes, matches, lighters and ashtrays.
- ◆ Have gum and mints handy as alternatives.
- ◆ Choose family activities where your baby will not be exposed to commercial cigarette smoke.
- ◆ Don't allow smoking in your car or your home.

Secondhand smoke affects everyone

- ◆ 3,000 nonsmokers die each year from lung cancer caused by secondhand smoke.
- ◆ Secondhand smoke causes 35,000 heart attacks each year in nonsmokers.

Protect your baby and yourself from SECONDHAND SMOKE!!

The Johnson-O'Malley Program

N.J.O.M.A Conference Off to Tulsa We Go!

I would like to start off with a big THANK YOU to all the students who turned in their essays for the National Johnson-O'Malley Association Conference! You all did an excellent job and we were very impressed with the thought and insight that you put into your essays.

We are proud to announce that the following students will be representing the Pueblo of Isleta Johnson-O'Malley Program at the 2011 N.J.O.M.A Conference:

1. PAMELA LUJAN
2. ROXANNE LUCERO
3. DANIELLE LUCERO
4. WYGIE SEATON
5. BRADLEY VALENCIA
6. VANESSA BITSILLY
7. MARISSA NEZ
8. KYLE SALAZAR
9. MARIAH MONTOYA
10. BELINDA LUCERO
11. JENNY HOLMES
12. BRIANA ROYBAL
13. JESSICA CAMBRIDGE
14. DONOVAN JOJOLA
15. CYRUS JIRON
16. CAROL MUSKETT

Chaperones, IEC Members, and Staff attending are BRANDON TEWAHEFTEWA, DIANELUJAN, KAREN ROYBAL, GERALDINE JOJOLA, and BERNADETTE CORREA. The conference will run from October 15th to October 19th. We are looking forward to attending and spending time with so many new students!

I.E.C. Update

A Rundown of A Few Changes

For those of you who attended the I.E.C Meeting held in August, you are aware that an amendment was made to make an additional two positions on the I.E.C. This amendment has been rescinded. The I.E.C has decided to go back to having only five I.E.C Member positions.

So, your current I.E.C Members, and their positions, are: Jeanette Abeita [President], Karen Roybal [Vice President], Odessa Montoya [Secretary], Diane Abeita and Karen Olguin [Members]. All positions on the I.E.C are now currently filled.

October Field Trips/Activities

Check Out All We Have to Offer This Month!

October looks like it's going to be full of excitement for the J.O.M crew, students, parents, and guardians! We have a few activities and field trips to announce.

First, on October 1, 2011, we will be taking a group of students to El Rancho De Las Golondrinas in Santa Fe. El Rancho De Las Golondrinas is a "living museum" designed to show people what life was like back in the day. Students will see how people lived, dressed, and worked in the 18th and 19th centuries.

The next trip is going to be on October 8 2011 to the Cumbres & Toltec Railroad located in Chama, NM. Students will get to ride on an authentic 19th century train, learn NM History, and enjoy a great fall view. All ages welcome.

FOR PARENTS!!! On October 24, 2011 at 5:30pm to 6:15pm we will be having an

informational workshop for parents entitled Parent/Teacher Conference Prep. We will go over all the things you should know and the questions you should be asking when you go to meet with your student's teacher. PLEASE take advantage of this opportunity, especially if you've always wanted to ask questions at teacher conferences but do not know what to ask or where to start. Remember, the more you know about your student's education, the better!

After the Parent/Teacher Conference Prep workshop, we will be having a Halloween Activity Night (Oct 24) starting at 6:30pm and running until 8:00pm. Come join us for fun Halloween-themed food, games, activities, and arts & crafts! This event is open for all J.O.M eligible students and their families. You can even come in costume if you want to! We had a great time with you all last year and can't wait to spend a fun night with our families again!

***** Parents who join us for both the Parent/Teacher Conference Prep and the Halloween Activity Night have a chance to win a special surprise for Halloween weekend! *****

THANK YOU! To all the students who went with us to Tinkertown & Sandia Crest. We enjoyed spending time with you all. The students were well behaved, listened, polite, and parents should be very proud of them! Hope you had as much fun as we did and hope to see more of you in the future!

We hope everyone has a safe and happy October! Happy Halloween!
~ Geraldine, Beverly, and Bernadette

Action Steps for Parents to Protect Your Child and Family from the Flu this School Year

The Centers for Disease Control and Prevention (CDC) recommends 4 main ways you and your family may keep from getting sick with the flu at school and at home:

1. Practice good hand hygiene by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
2. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
3. Stay home if you or your child is sick for at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.
4. Get your family vaccinated for seasonal flu and 2009 H1N1 flu when

vaccines are available.

If flu conditions become MORE severe, parents should consider the following steps:

- Extend the time sick children stay home for at least 7 days, even if they feel better sooner. People who are still sick after 7 days should continue to stay home until at least 24 hours after symptoms have completely gone away.
- If a household member is sick, keep any school-aged brothers or sisters home for 5 days from the time the household member became sick. Parents should monitor their health and the health of other school-aged children for fever and other symptoms of the flu.

Follow these steps to prepare for the flu during the 2009-2010 school year:

- Plan for child care at home if your child gets sick or their school is dismissed.

- Plan to monitor the health of the sick child and any other children in the household by checking for fever and other symptoms of flu.

- Identify if you have children who are at higher risk of serious disease from the flu and talk to your healthcare provider about a plan to protect them during the flu season. Children at high risk of serious disease from the flu include: children under 5 years of age and those children with chronic medical conditions, such as asthma and diabetes.

- Identify a separate room in the house for the care of sick family members.

- Update emergency contact lists.

- Collect games, books, DVDs and other items to keep your family entertained if schools are dismissed or your child is sick and must stay home.

www.CDC.gov