



# Isleta Pueblo News

Volume 5 Issue 10

October 2010

## Governor's Report

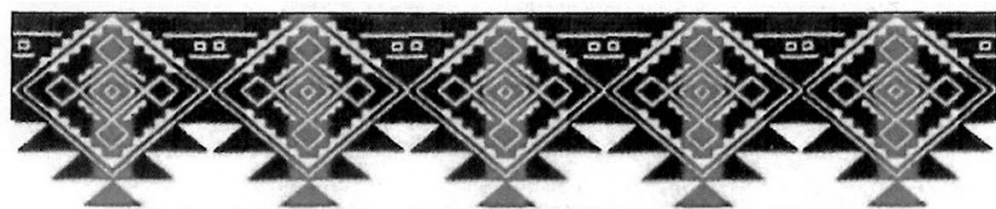
Notices have been posted for the 2011-2012 Tribal Election for Governor and Tribal Council. Your vote is important, so please register and vote. Along with tribal elections, notices for the state and federal elections are also being posted. This is a critical year for elections as the elections for state and federal elections are very close, as "every vote counts." Isleta has not yet endorsed any candidates. We will inform you of the candidates supporting Native American issues in New Mexico.

The Pueblo leaders are meeting with the Native American Voters Alliance in hopes of getting our people to go out and vote. They are asking for volunteers from each pueblo to assist in getting the vote out. If you are interested in being a volunteer, contact Carmella Sutherland at 869-3111.

Isleta was chosen to host a rally for Lt. Governor Denish, Democratic Candidate for New Mexico Governor, in August. Lt. Governor Denish presented a platform on Native American issues. Susanna Martinez, a Republican Candidate for Governor, for the State of New Mexico, will meet with tribal leaders of New Mexico. Isleta will host the meeting in October. Susanna has promised to prepare a platform on issues pertaining to Native Americans in New Mexico.

Your vote can make a difference, so please vote. The State of New Mexico is struggling with the economy, and the jobless rates are at the highest they have ever been. The state is looking at ways to cut the state deficit which puts the Indian Affairs Department at risk of losing positions and funds. These funding cuts may affect funding for programs that are vital to tribes in New Mexico. Funding for programs such as health care, education and many others supporting Native Americans in New Mexico will be limited.

On September 1, 2010, I along with Mr. David Mielke, Attorney for Isleta, attended the Valencia County Commissioners Board meeting. On the agenda was the Marble Quarry Road, a portion of which runs through the Comanche Ranch. The Commissioners voted unanimously to abandon the road. The road is now in the ownership of Isleta Pueblo. Mr. Mike Machenbier, and Travertine will use the road for its mining of the rock quarry. Isleta has notified the Bureau of Indian Affairs to start the process of putting the Comanche Ranch under trust status. The litigation over the years were very costly for both sides ranging in the millions. Along with the litigation costs, Isleta pays state taxes and will continue to do so until the time the land is put under trust status.



WHERE DREAMS TAKE FLIGHT  
3RD ANNUAL TRIBAL LIBRARIES FUNDRAISER

NEW MEXICO TRIBAL LIBRARIES  
REQUEST THE PLEASURE OF YOUR COMPANY AT THE

*Native Fashion Show &  
Art Auction*

SATURDAY NOVEMBER 6TH, 2010  
at FIVE O'CLOCK

**Hard Rock**  
CASINO

HARD ROCK CASINO  
ALBUQUERQUE, NEW MEXICO

FOR MORE INFO CONTACT: MAUREEN WACONDO (505) 362-6463  
JANICE KOWEMY (505) 977-3978



## OFFICIAL PUBLIC NOTICE

### For Declaration of Candidacy for 2011-2012 Tribal Governor and Tribal Council

**Declaration of Candidacy** for the 2011-2012 Term are now being accepted at the Tribal Council Office, in person, until **Monday, October 18, 2010 at 4:30pm. According to Resolution 2006-157, registering Candidates shall be given the opportunity to be tested for illegal drugs, at the Pueblo's expense, with results of such testing, and whether any Candidate failed to undergo such testing shall be posted at the polling place.**

**A List of All Eligible Candidates** running for Tribal Council and Governor will be made available to the Pueblo on **October 21, 2010** via bulk-mailing and posting of Official Notice.

**Registration and Nomination** (Primary Election) will be held on **Saturday, October 30, 2010 and Sunday, October 31, 2010, from 8:00a.m. to 7:00p.m.** at the Elderly Center — Kiva Room.

**Voting for Tribal Council and Governor** will be held on **Saturday, November 27, 2010, from 8:00a.m. to 7:00p.m. — ONE DAY ONLY —** at the Elderly Center — Kiva Room.

## NOTICE FROM THE TRIBAL COURT 2010 PER CAPITA

Requests for garnishments must be filed in writing with the Court **NO LATER** than Friday, October 15, 2010.

**No Exceptions!**

*You must attach a copy of your Court Order*



Consumer Information on Drinking Water Quality

The Pueblo of Isleta regularly tests for the presence of contaminants in our drinking water supply. Water samples were collected in September 2010 in some households in the Los Charcos and Westside Public Water Systems and these will be analyzed for the presence of lead and copper. Samples were also collected in the Casino & Resort Public Water System.

If you would like to know which of the Pueblo's water systems your home is served by, you may contact the Public Works Department at 766-6658. The Pueblo is required by law to prepare Consumer Confidence Reports (CCRs) each year to keep us informed of our drinking water quality. In 2008, the Department of Natural Resources began publishing CCRs in the Newsletter and will continue to do so each year. If you have any questions about your water quality, you are encouraged to contact the Public Works Department which operates the Pueblo's drinking water systems. Both Public Works and the Department of Natural Resources receive and carefully review copies of laboratory reports on drinking water quality throughout the year. If you have any questions about drinking water quality, you may contact the Department of Natural Resources at 724-9240.

The U.S. Environmental Protection Agency pointed out that the Pueblo should have published two informational statements in the CCRs for 2009. One of these statements is about lead and the second statement contains important information regarding vulnerable populations. Please read them carefully and contact the Public Works Department at 766-6658 if you have any questions or need to have the statement(s) explained to you.

*If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. The Pueblo of Isleta Public Works Department is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline (1-800-426-4791) or at [www.epa.gov/safewater/lead](http://www.epa.gov/safewater/lead).*

*Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (1-800-426-4791).*

Third Press Release -  
September 15, 2010

**Pueblo of Isleta Tribal Natural-Hazard Mitigation  
Plan: Community Meeting**

The Pueblo of Isleta Office of Emergency Management will convene a community meeting on October 26 at 6:00 pm at the Recreation Center. The purpose of the meeting is to discuss the tribal hazard mitigation plan that Isleta Emergency Management Services is preparing.

A hazard mitigation plan assesses the risks and hazards of natural occurring events such as flooding, severe wind, and wildfire. The HMP proposes mitigation actions such as flood control measures or vegetation-fuels management projects to reduce the impacts of flooding and wildfire to human welfare.

Based on the information obtained at the public meeting and other information gathering process, Walsh Environmental will develop a draft tribal HMP. Walsh Environmental has been collecting information on natural occurring hazards that occur within the Pueblo. Various projects have been proposed that will help reduce the overall impacts of these hazards on Isleta business and residences. The draft HMP will be made available for community review at the Recreation Center, Office of Emergency Management Services, and the Isleta website (<http://www.isletapueblo.com/>) under the tab labeled "Hazardous Mitigation Docs".

The public meeting is opened to all those that wish to attend. Representatives of the project will be available to talk about the HMP planning process and appropriate practices to reduce the risk of property loss from naturally occurring events. For more information, please contact Vernon Abeita, Pueblo of Isleta Emergency Manager at (505) 869-4486 or Jerry Barker, Walsh Environmental, at 303-443-3282.

**Higher Education  
Scholarship Program**

Spring 2011 is the next funding cycle for Higher Education. Please note the following deadlines:

**New Applicant**

Application due.....November 1, 2010  
Supporting documents due.....January 31, 2011

- CIB
- High School transcript/GED or latest Official Transcript
- Acceptance Letter
- Degree Plan
- Class Schedule
- Student Aid Report
- Financial Needs Analysis

**\*\*Note new applicant, must have FAFSA completed prior to November 1, 2010.**

**Continuing Student**

Supporting documents due.....January 31, 2011

- Class Schedule
- Official Transcript with Fall 2010 grades

Deadlines will be enforced; therefore, please allow enough time to gather your supporting documents. New and continuing students are required to submit all supporting documents as a complete packet. If there are any missing documents, the packet will be returned. Please visit our website at [www.isletapueblo.com](http://www.isletapueblo.com), and select Higher Education. For any assistance or questions, please call our office at 505-869-2680.

ISLETA ELDERLY CENTER - MAH KUH WAHM

Special points of interest:

• NEW CENTER EMPLOYEES:

Proud to have every one of our new employees on board; they are all doing a fantastic job with our elders:

- Lynette Chewiwi,  
Adult Day Care Manager
- Nicole Jaramillo,  
Adult Day Care Assistant
- Alouise Jojola,  
Food Service Regulatory Monitor
- Karla Trujillo,  
Homemaker
- Carol Lucero,  
Respite Worker
- Andrew Jojola,  
Emergency Hire-Home Chores

• THANK YOU TO OUR FAITHFUL VOLUNTEERS

- Priscilla Jojola
- Dorothy Becenti
- Lita Chewiwi
- Theresa Jaramillo
- Alexandra Harris

• ADVISORY BOARD MEMBER RECOGNITION

- Nick Montoya,Chair
- Seferino Lucero,V-Chair
- Priscilla Jojola, Treasurer
- Lorenzo Jojola, Member
- Eugene Jojola, Member
- Lupita Jiron, Member
- Rose Papuyo, Member
- Ruth Johnson, Member
- Marie Kirk, Member
- Lupita Chewiwi, Member
- Rose Zuni, Member
- Clem Romero, Member
- Frances Kowice, Member
- Barbara Jiron-Sanchez, Tribal Council Liaison
- Diane Peigler, Tribal Council Liaison

- Meals served daily at 12:00 at the center \*free to 60+ of age \*under 60 years of age, suggested meal cost is \$3.00
- See monthly Elderly center newsletter for monthly menu and activity calendar

Isleta Elderly Center  
(505) 869-6661

Greetings to our community:

The Isleta Elderly Center is always very busy, and this summer was no exception. This summer has come and gone, and we are starting to prepare for the cold winter months with plans for various activities and projects.

This summer we have been busy filling positions and introducing our staff to the work that the Elderly Center provides to the community. It is exciting to see that so many people are taking an interest in working with our elders. We encourage all young people in our community to consider pursuing higher educational opportunities towards a career in the field of Gerontology, Geriatrics or other related fields. As you may be aware the tribe has made a commitment to establishing an **Assisted Living Center** for our elders who need 24/7 care. We are hoping that the construction will begin within a year or so. So, with this new facility in the making, many new jobs and opportunities will be afforded to community members.

Waiting for all feast days to happen, we finally had an opportunity to hold a special event to acknowledge our Senior Olympic Medalists and Winners from the “Summer Games” in Las Cruces. During the past year, seniors age 50+ have been working hard to hone their sport, and it paid off. Out of the 26 who participated in Cruces, 24 came away with a medal, 4th and/or 5th place. This is an amazing feat since there were over 1500 seniors from around the state competing in the various sport and fun events. Please note the names of our winners listed in the Special points of interest section. The year round Senior Olympic Events and activities are sponsored by the “Hard Rock Casino,” and we want to **THANK THEM** for their continued support !

We are hearing more about memory loss impacting the lives of our members, and we are committed to learning more about the cause and affect. By doing this we can better prepare family members and our staff in supporting one another for the benefit our loved ones. To further this objective, we are working

closely with representatives of the “Heart Mind Study,” group. This community elder survey project is led by Dr. Deborah Gustafson, MS, PhD, and the Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC). Forty (40) elders were randomly selected to participate in the survey study designed to gather information about healthy aging in our community. More specifically, according to TEC the study; “will help determine: 1) the prevalence of dementia and cognitive impairment, and 2) to explore the role of vascular risk factors that may precede cognitive impairment and dementia.” The results of the research study will be presented in public talks and/ or published for community view, *the names of survey participants will not be used at anytime.* Along with the study, the Elderly Center will be hosting talks, presentations and specific training utilizing the expertise of this study group. Please watch for announcements to these events at the various tribal buildings or Elderly Center ‘s Monthly Newsletter.

This summer we had a very prestigious dignitary from Washington, DC visit the Elderly Center. Kathleen Sebelius, Secretary of the Department of Health and Human Services (HHS) joined us for lunch and had this to say about her visit “Hearing about the priorities and history of the Pueblo during the rich discussion with Isleta Elders at lunch deepened our understanding of the issues and concerns that affect Isleta.”

As always, we encourage all elders to take advantage of the services. We would love to see more elders participating in center activities and the various field trips. Do not say “**ehh-de-ehh.**” You’re really missing out, the participants are having a great time, and we are so happy to see all of our newcomers...Blessing from the Staff and our Elders.



## TITLE VII INDIAN EDUCATION - LOS LUNAS / VALENCIA HIGH SCHOOLS

Parents...you are now able to monitor your student's attendance, grades and assignments from any web connection. You will also be able to stay current on happenings at school by reading the online school bulletin for events and activities. You will need to come to the school and sign up for this Internet access. **YOU WILL NEED A PICTURE I.D. IN ORDER TO ACCESS.** I would recommend ALL parents to sign up for this important educational access.

### MEET OUR COUNSELING STAFF

Los Lunas High School (505)865-4646  
Mr. Dan Padilla, Principal

Debra Selisky, Secretary ext. 6028  
*Counselors Students*

Natalie Saiz A-F ext. 6027

Ashley Aragon G-M ext. 6006

Etta Cavalier N-Z ext. 6007

Rhonda Flores First time Freshman  
ext.6016 - Room F-13A

Ben Analla Title VII Indian Education  
ext. 6145 - Library

Cindy Giron, Registrar ext. 6008

### STUDENT CREDITS EARNED YEARLY

9th 6 credits graduate...2013

10th 14 credits graduate...2012

11th 22 credits graduate...2011

12th 30 credits graduate...2010

### GRADUATION REQUIREMENTS

Twenty-eight (28) credits are required for graduation. These credits must be earned in the required core areas. Counselors have been checking credits BUT, ultimately, it is your responsibility to meet with your counselor and ensure all credits are correct and accounted for. There are **LIMITED CREDIT RECOVERY OPTIONS**. Schedule an appointment with your counselor as soon as possible. The counseling department will make every attempt to assist you. Please take advantage of the many resources and helping people to guide you through this process. Besides your counselors and parents, there are your Advisors, teachers, coaches, and other school and community people who are willing to help you. **NATIVE AMERICAN SENIORS** also have the assistance of Mr. Raymond Archibeque, Educational Advisor, New Mexico Educational Opportunity Office, (505) 867-5195...rayarch@qwestoffice.net who is at Los

Lunas and Valencia High Schools. Please contact Mr. Analla, to set an appointment for you to see Mr. Archibeque.

### ATTENTION SENIORS AND PARENTS

Don't forget to take your **SENIOR PICTURES** for the 2011 school yearbook. The final day is **OCTOBER 15, 2010**. **DAN MORGAN**, official studio photographer for Los Lunas High School..call for a appointment at 831-6638. You also need to see Ms. Thomas in room D-6 if you need a senior ad in the yearbook. **DON'T DELAY —PLACE YOUR AD AND RESERVE YOUR YEARBOOK BEFORE THE DEADLINE.**

### NEW!!! LLHS CAREER CENTER

Please visit our **CAREER CENTER** located next to the Counseling Office before school, during lunch, after school and during an appointment with your Counselor. Our fantastic **CAREER CENTER** provides centralized information to all students. This is where we post Scholarships, College Applications, Service Academy information, Job listings, Job Shadow, Occupational information and interest inventory assessments. The **CAREER CENTER** is equipped with computers and internet access to facilitate applying to colleges, scholarships, financial aid and to explore careers.

### ATTENTION CLASS OF 2012

Gear Up is sponsoring an **ACT PREP** class for the students of the graduating class of 2012. It will be October 5th, 12th, and 19th from 3:30 to 6:00 pm at Los Lunas High School. This is a great opportunity for students to receive personalized instruction in a small group setting and increase a student's test score. All New Mexico colleges and most colleges throughout the nation accept the ACT. If you are interested, please sign up with Ms. Aragon in the counseling office. There are 20 available slots, and it will be on a first-come, first-serve basis. Gear-Up is also considering taking all interested students from the class of 2012, to attend the college fair at the Albuquerque Convention Center. It will be on **SUNDAY, OCTOBER 12th**. We have funding for this trip, but we want to get an estimate of students who are interested in attending before we start

planning for it. See counselor Ms. Aragon to sign up for the trip.

### UPCOMING EVENTS

Sept. 29th..Report card issued to all students. Parents, please check to see that your child took the report card home.

Oct. 4th...6:00 pm -8:00 pm - school library.. **"SELECTING YOUR COLLEGE"** ..for juniors and sophomores and parents..What to ask at a college fair; PSAT & Scholarships; Preparing for the ACT/SAT. **PLEASE PLAN TO ATTEND.**

Oct. 6th..early release for all students.

Oct. 8th...7:30 am- 9:00 am..LLHS **COLLEGE DAY**...Seniors will have an opportunity to pick up admissions and scholarship applications from most New Mexico and some out-of-state colleges.

Oct. 10th...**SUNDAY**.. 12 noon- 3:00 pm **RMACAC COLLEGE FAIR**, Albuquerque Convention Center.

Oct. 13th...Wednesday..PSAT for all Sophomores & Juniors..

Oct. 19-21..**PARENT/TEACHER CONFERENCES**..early release..Parents you will be notified of the date and time.

Oct. 22nd...Fall break. No school.  
Nov. 1st, 6:30 pm - 7:45 pm, Library **"NAVIGATING THE COLLEGE PROCESS"** for juniors and parents  
Nov. 3rd, Early release all schools  
Nov. 11th, Veteran's Day - no school

**PARENTS..** please monitor your student's educational progress and encourage daily attendance. Students with excessive, more than 10 (ten) absences from any period for the year, will be referred to Truant Officers and placed on an **ATTENDANCE AGREEMENT**. **EXCESSIVE ABSENCES COULD RESULT IN THE STUDENT FAILING THEIR CLASSES.** Parent/teacher/student conferences can also be set up to have a better working relationship in order to help a student's educational progress. If you have any concerns, feel free to contact Mr. Analla, 866-3811..ext. 6145, or banalla@llschools.net.



**UNM** Valencia  
Campus

### GED CLASSES

### ISLETA EDUCATION CENTER

Tuesdays and Thursdays 5:30-7:30 PM

Contact Carl Hott 610-1176

**Earn your Diploma!**

## Flu Shots 2010

**Isleta Health Center is expecting to receive flu vaccine middle to late October.**

The vaccine will be available to our established patients only. There may be initial priority patient groups.

We will have special morning and afternoon hours in the medical clinic to administer the vaccine.

The days and times will be announced.





## News from Valencia High School

### College Day

College Day will be held on October 8, in the gym, 10:00-11:15 AM. This is for all seniors to meet college, technical and vocational schools, as well as financial staff, to discuss post-secondary school possibilities.

There are also to be 300+ colleges and schools at the Albuquerque Convention Center on Sunday, October 10, 12-3 PM. Everyone is invited.

### Sports

Valencia is with different schools this year in the District 6 4A category. The schools include Valencia, Los Lunas High, Belen, Grants, Gallup and Miyamura (Gallup's second high school). Larry Padilla (the Los Lunas Cross-Country Coach of twenty years) now has his own children coaching the Valencia Cross-Country. Coach Lynette Padilla and Aaron Padilla, now have their girl's team being rated third in the district. Junior Nisa Rascon continues to run well, usually placing in the top ten of every girl's race. Justin Morris and Belinda Lucero are two local runners readers may know. They both are running well, are beginning to show promise, and have a great year ahead of them! The cross-country team will be raising money by having their first annual community 5K, Saturday 10/2 8:00 AM at Valencia's first cross-country meet.

### PSAT

The Preliminary Scholastic Aptitude Test will be given at Valencia High School free to all 10th and 11th grades on Saturday October 16th. Students need to sign up with their counselors. The test will last approximately two and one-half hours. The PSAT is a preliminary test to the SAT. The SAT registration deadline is 10/30 for the November test. Valencia's high school code is 320-412 LA 94 DZ.

### ACT

The Aptitude College Test should be taken by all juniors and again as an option to repeat the test by seniors. All New Mexico Colleges will accept the scores from ACT and all applications across the US request some test scores, either ACT or SAT. The ACT registration deadline is 11/5 for the December test. Valencia high school code is 320-412.

### ADVID and GEAR-UP

For students involved with ADVID or GEAR-UP, there will be night set aside for students to be able to learn more about the program and sign up for the parent portal, a internet accessibility program so that parent/guardians can see students' grades and daily progress. This will be held October 7, in the cafeteria at 6 PM.

### JAG

Jaguar Advisory Groups will be held during school on 10/06 and again on 10/11. Students will meet their advisor and review need to sign up for Parent Conferences.

### Parent Conferences

In order to maintain communication regarding your student's academic progress, Valencia High School will be hosting parent conferences beginning on Tuesday October 19 at 12:30 pm. The following guidelines have been created to maximize this opportunity:

- **Conference Appointment:** Your student's JAG teacher will serve as the contact point, or advisor for the conference. Please return the sheet with your three choices for a conference appointment. All appointments will be assigned based on your immediate response. On Monday, October 11, your student will be assigned a parent conference slip confirming your appointment.
- **Conference Format:** During your student's conference, the teacher will provide you with your student's progress report, credit recovery information, and a complete faculty email list. If one is available, please provide a working e-mail address where you can be reached (space provided at bottom of

form), as this will help your student's JAG teacher as well as their counselor in communicating with you for future needs.

- **IEP:** Students: Students with IEP's will be contacted by their individual case managers and these teachers will be conducting the parent conferences.

Again this is an opportunity to communicate with you regarding your student's academic progress.

Please list your three choices on the sheet and have your student return it to his/her JAG teacher by Friday, October 8th. If you have any questions, please contact the following grade level counselor at 565-8755 for additional information:

- 9th / 10th last names A-L:  
Peter Scherer...pscherer@llschools.net
- 11th / 10th last names M-Z:  
Teresa Garde...tgarde@llschools.net
- 12th, Margo Rivera  
mjrivera@llschools.net

We look forward to seeing you at parent conferences!

# Freedom from Smoking

## Take Back Control of Your Life!

<p><b>8 sessions to help you STOP SMOKING!</b></p> <p>Session 1 (Thinking about Quitting)</p> <p>Session 2 (On the road to freedom)</p> <p>Session 3 (Wanting to quit)</p> <p>Session 4 (QUIT DAY)</p> <p>Session 5 (Winning Strategies)</p> <p>Session 6 (The new you)</p> <p>Session 7 (Staying Off)</p> <p>Session 8 (Let's Celebrate)</p>	<p style="text-align: center;"><b>Want to Stop Smoking?</b></p> <p style="text-align: center;"><b>SIGN UP FOR FREEDOM FROM SMOKING. SESSIONS HELD AT THE ISLETA HEALTH CENTER</b></p> <p style="text-align: center;"><b>NEW CLASS STARTING ON OCTOBER 13 @ 5:30 @ THE CLINIC</b></p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p><b>Contact</b> <b>Stephanie Barela</b> <b>at 505-869-4479</b></p> </div> </div>
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**weekly prizes!**

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

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



## Pueblo of Isleta Public Library



I hope you all enjoyed the September Dances this year because we rarely get to witness and partake in it. Congratulations to all the families and little ones who got their clan name during the dances. I must say, it feels good to see the community coming together for an event, especially after all the craziness which took place early September. Way to go, people of the "Island"!

### NEWS

As of Friday, September 17, the library now has Wi-Fi. In order to take advantage of the Wi-Fi, the user(s) must have an account (library card) with the library. A staff member will grant patron(s) access by assigning them a password for whichever device for a limited amount of time. Each device needs its own password. The library director will have the ability to view and terminate patron(s) Wi-Fi if they should misuse the Wi-Fi by violating the library's computer/internet policies. For more information, please visit the library and speak with a staff member.

Starting, Monday, October 5, the library will be a little busier during the morning hours due to the daily visit from the Head Start & Child Care classes for story time. Which means the front half of the library will be a little more crowded and noisier. Staff members will be reading to the classes while maintaining their daily library duties, so please be patient with us. Also, we ask patrons who visit the library during story time to be on their best behavior and be respectful.



*Linda & Nate reading the 3 Little Pigs.*

Attention all you computer savvy people, the library now has 6 desktops with Adobe CS5 Photoshop. Lately, there has been a high demand for the software from the collegiate crowd who visit the library and the library is also collaborating with Project Venture in a Photoshop program. Three of the Photoshop programs will be installed on PCs and three will be on the Macs, this way patrons are exposed to both PCs and Macs. The library highly suggest that patrons taking advantage of the Photoshop program, invest in an external drive or flash drive to save photos because all photos saved on the units will be erased daily.

Starting, Tuesday, October 12, the 6 units



*Story Time Live Children making Bird Feeders.*

with the Photoshop software mentioned in the previous paragraph will be reserved for the participants in Project Ventures Photoshop program. Those particular units will be reserved from 4pm to 7pm every Tuesday evening starting Oct. 12 through late November.

Since we are on the topic of department collaboration, the library, Recreation Center staff member Carl Anderson, and Community member Ian Talahaftewa will be conducting a music-creating program with an emphasis on Hip Hop. The program will consist of Beat Making and Learning how to use Turntables (1s & 2s). The program should take place in either mid-October or early November, so keep a look out for flyer and listen to the word on the reservation roads for further details.

For all of those who are too busy to sit down and read a book, the library has given its Audio book Collection a "Facelift". Patrons can now find the "hottest" and latest titles in this "Sauve" collection. Like regular books, the Audiobooks have a loan period of 30 days and are free to borrow.

Speaking of "Sauveness", did you hear about the 3rd Annual Tribal Libraries Fundraiser at Isleta's own Hard Rock Casino on Saturday, November 6? If not, let me share some knowledge about this special event. Like the previous two years, Art Work, Jewelry, and Traditional Clothing which are donated to one of the six Tribal libraries participating in this year's Native Fashion & Art Show, will be auctioned off. What makes this event different than the previous two years is the addition of the Fashion which will consist of Traditional and Contemporary Art Work, Jewelry, and Clothing which will be modeled by Models provided by Albuquerque Magazine. If you are a community artist of sort and would like to donate an Art Piece, Jewelry, or an Outfit, please call your local library. If you would

like to purchase tickets to the event, please Contact Maureen Wacondo at 505.362.6463, Janice Kowemy at 505.977.3978, or Nathaniel Lujan 505.869.8119. Proceeds of the event will be divided evenly among the six participating Tribal Libraries which are Laguna, Acoma, Jemez, Santo Domingo, San Ildefonso, and Isleta.



*4 Young Girls w/their Crowns after reading "Where the Wild Things Are".*

### UPCOMING

The library will be participating in the Halloween carnival at the Isleta Recreation Center on Friday, October 22, 2010. We've got our eyes on the prize again. You know we have had prize winning Halloween booths in the past years and hope that is the case again this year. Look for us, when the time comes around!!

We are planning to have activities and ghoulish creations for the after school students the week of October 25 through 29. Last year we made crafts and treats each day and this year will be just as ghastly. Come in and have some gruesome, I mean, awesome fun with us. Anyone can participate- after your homework is done, of course. Parents, you are welcome to join us as well. Happy Halloween and Happy Fall to all!



## LIBRARY RECAP

Don't forget us when it comes to homework. We will do our best to help in any way we can. Come in for any of your research needs or computer help. Those essays and presentations can be completed here in no time and we're here to assist you.

Our staff has been busy every evening with our September Reading incentives called, "Storytime Live" and "IPPL Zone". For Storytime Live, the 3-7 year olds have had opportunities to come in at 5pm or 5:45pm for storytelling. After the story, participants get involved in a craft activity related to the story. We have had a great time reading to the little ones and creating different crafts for them to take home.

The "IPPL Zone incentive was for the youth, ages 8-16. They were able to collect points for homework and reading each day after school since Sept. 7. The response has been spectacular. The children were rewarded for their hard work with a trip to the UNM Lobo football game on Saturday, Oct. 2, 2010. It was the Lobos Homecoming game against UTEP. All participants were treated to the game and to dinner, all courtesy of the Library.

The evenings of fun were all in preparation for our exciting fieldtrip to follow. Unfortunately, the planned trip to "Story Time Live by Nickelodeon" with Dora the Explorer and friends was cancelled- by their producers, not us. Boo Hoo! This was very disappointing for all of us. We promptly

substituted that trip with an outing to the Balloon Fiesta for the Special Shapes Glow on Friday, October 8.

Thanks students for your participation in our incentive programs. We look forward to bringing you more activities in the future. Keep up the good work. Your teachers and parents will be proud of you.

### Library Operating Hours:

Monday – Thursday: 8AM – 8PM

Friday: 8AM – 4:30PM

Weekends: CLOSED

Phone: 505.869.8119

Fax: 505.869.7690

Email: [poi02002@isletapueblo.com](mailto:poi02002@isletapueblo.com)

Web Site:

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

## In Memory of John Hagen Jojola

*The family of John Hagen Jojola (Ta-Ta Shew-oo) who passed away on August 29, 2010, would like to express their heartfelt thanks to all the family, friends and community members that helped us during our loss of our husband and fantastic father. Hagen surrounded his life with his immediate family consisting of his wife of 50 years Odelia Jojola, and oldest son John (Tony), daughters Joyce, Jennifer, Naomi, and Denise. Also Grandpa was very proud of all his grandchildren Juan, Amber, John Matt, Andrew, Bryce, Lucas, and Jacob. He also was so proud of his Great Grandson baby Juan Jr. John also loved his 2 sisters Stella and Lugarda with all his heart. My dad loved all the people who were involved in his life and took the time out to visit him or just stop by to say Hi. He was a great man who always loved to make a joke out of any situation. Of course he was a very proud man who loved his traditional purpose in life. Now he will be a spokesman for us all. Daddy was a man who loved his sports and was proud of all the youth he watched play ball or run while he watched his grandchildren in their sporting activities. Anyone who knew my dad knew his favorite passion was the horses and that they would see him at the track whenever his health permitted him the strength.*

*He will be Greatly missed by all his family and friends. THANK YOU to all who were there for our family for the kindness and support during our time of loss. Truly this kind of togetherness lightens the burden of loss. We the family will forever remember the acts of kindness and support from everyone that was there for us.*

*You will forever be in our Hearts and Minds Daddy, You were a Great and Knowledgeable Man. We Love You Forever..*

## Isleta Language Program

**Mah-wan!**

# After School Program

Location:  
Old Elementary  
School.

The Isleta Language Program is offering a After School Language Program Monday thru Thursday for grades K – 12 for those who are interested in Learning to speak the Isleta Language.

• 3 pm – 6 pm

Monday – Thursday

NO CLASS ON FRIDAYS

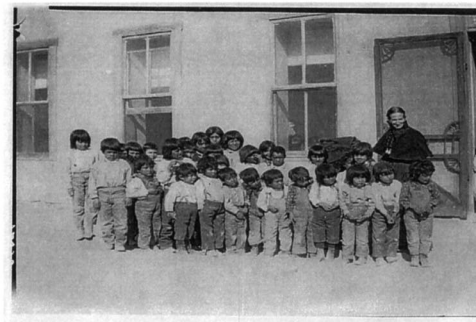
• Must be of Isleta Blood to attend.



### Isleta Language Program

For more information  
contact Paul Lujan  
at the Department of  
Education

Phone: 505-869-2680  
Fax: 505-869-7690





## Parks & Recreation

Although summer is officially over, you couldn't tell by the warm weather that we are still experiencing. The major rainstorm we had in the middle of the month in September felt like a summer monsoon storm, which really did some damage to our park system. The children who are involved in our after-school program through Arts/Crafts and the after-school Cross Country program are really enjoying themselves. Many of those children were also treated to the New Mexico State Fair on Friday, September 10th early release day for our Elementary School. Also in this month we hosted a Community meeting which was held on Friday, September 24th through Congressman Teague's office. There were several agencies that had some useful information regarding the Military Institute in Roswell, NM, Housing, Health Care and WIC. Those who attended, although it was few, were helped tremendously. Pictured are several shots regarding Congressman Teague's reach out to the community meeting.



## Arts/Crafts

Although numbers have been down for the after-school program, the Nanas Marie, Abenita and Gloria have kept up a strong pace and theme according to the season. During the State Fair, not only did they take kids to the fair, but many of the projects involved cooking many of the foods that were abundant at the Fair. Funnel Cakes and Burritos were part of the mix the children had a hand in preparing and eventually eating and sharing with those present. The Balloon Fiesta is coming and we will be taking children to see the balloons. Come join us. Pictured below are some action shots with the Nanas and children involved in some food preparation.



## Pool News

Once again the Pueblo of Isleta Aquatic program continues to offer swim lessons for parents and tots, as well as water aerobic classes. Although the parent and tot program just recently ended, we will in the future set up more classes. In addition to these classes that we offer, we are open every day for lap swim and just coming in an enjoying the water that is so refreshing, especially taking into account the hot weather that we have been experiencing. If anyone is interested in these types of classes, feel free to contact us at anytime between 6am until 7:30 pm. Why wait until New Year's to make resolutions? Why not make some decisions about your life and health today? Take a chance and take a water aerobic class! You just might discover a whole new path to cardio-respiratory health! If the water scares you, water aerobics classes can help you conquer that fear. Water Aerobic classes are held Monday and Wednesday mornings from 5:30 am to 6:15 am, and Tuesday, Wednesday and Thursday evenings from 6:00 pm until 7:00pm. Also, our guards have continuously been kept sharp with the training involving water rescue and CPR. Our staff works closely with our Pueblo of Isleta EMT's to insure that the response time is kept to a minimum should the need ever really arise. Pictured are Lifeguards, Michael Padilla, Jennifer Rios and Head lifeguard LeeAnn Lente staying sharp with their CPR Training.





## Halloween Carnival

The Halloween Carnival, which is one of the biggest events that we offer, is just about upon us. This year's carnival will take place on Friday, October 22nd. If there are any Departments who want to be part of this extravaganza, please contact Coordinator Kimberly Chiweve as soon as possible. We want as many departments that want to be involved here assisting us in this event because an event this big could not be possible without every department working together. Let's make it bigger and better than last year. In addition to our costume contest for all ages from youth through Senior Citizens, we will have a booth contest for the best decorated and a pumpkin carving contest. Please contact Kimberly Chiweve at 869-8557 for more details. Also, we will be going to the pumpkin patch in Estancia New Mexico (weather permitting) on Wednesday, October 20, 2010. We plan to bring as many pumpkins as possible, so those who care for one can get one free of charge. Also, if you are interested, you can go with us to help pick pumpkins and bring several extra for you and your families. Please call Rick Giron, at 869-8557 if you are interested.

## Park Management

As mentioned in one of my opening statements regarding the big rainstorm we experienced throughout most of the State of New Mexico (remnants of a tropical storm), the Pueblo of Isleta experienced some flooding to most of our parks. As summer has come to an end, we are passionately trying to prepare the Chical Baseball field for a grand opening on November 11th, Veteran's Day. Not only did we experience flooding at that park, but we are also having people playing on the field that is not complete and very dangerous to play on. Please note: the park is closed and we are trying to seed and re-seed the field so we can have some beautiful grass for next year's season. Playing on the field during this time will only set us back.

Pictured are several shots of our park system totally under water.





## *Pueblo of Isleta Veterans' Association*

The next meeting of the Pueblo of Isleta Veterans' Association will be on Wednesday, 20 October 2010 at 6:30 PM at the Old Headstart building.

Membership applications for the Pueblo of Isleta Veterans' Association (which was the American Legion Post 209) will be available. Annual membership dues are \$25.00. **Any veteran with an honorable discharge** may join the Veterans' Association. Come to the meeting and find out what we are all about. If you are a non-veteran and are interested in helping veterans help veterans, come to the meeting.

On 11 November 2010, the Veterans' Association and the Recreation Department will dedicate the Chical Baseball Field to World War II veterans. If you are, or know of a Veteran who served during World War II, please send us names, a short bio of military career and, if possible, a picture. We need these names ASAP. Information may be submitted to Ulysses Abeita, Adjutant, at the Department of Education, or call 307-1582 for further information.

### Honoring Our Veterans



Felipe (Jalisco) Lucero. Served in World War II, US Army. Lucero was a 30 Caliber Machine Gunner, with the 102 Infantry Division. On Tuesday, 7 May 1945, he was in a fox hole manning his machine gun, when he received orders over his radio, "to hold his fire...Germany had surrendered unconditionally...The War was over...and to dismount his machine gun..."

Felipe Lucero was awarded the World War II Victory Medal, Combat Infantryman Badge 1st Award, Honorable Service Lapel Button WWI and the Bronze Star.

### An Autobiography - Father George Pavamkott

I am George Pavamkott, Norbertine priest belonging to the Canonry of Mananthavady. Kerala, India. I was born in 1963 at Vilangad, a small village in Kerala, India. My parents are farmers.



We are five children and I am the eldest and I have two brothers and two sisters. I completed my secondary school studies at St. George's High School, Vilangad and joined to the Norbertine community of Mananthavady in 1980. I entered into the Novitiate on July 3, 1986, after completing my Graduation in Philosophy at Dharmaram College, Bangalore. My Novitiate was at the Abbey of Jamtara, Jabalpur, India. I did my second year Novitiate in the community of Norbertines at Tiruchirapally, Tamil Nadu, India and made my simple profession on November 1, 1987, on the foundation day of the Canonry of Mananthavady. I have completed my graduation in Theology at Dharmaram Vidya Sketram, Bangalore and made my solemn profession on April 24, 1991 and the very next day I am Ordained to Diaconate. I did my diaconate ministry at Norbert House Mananthavady and helping at St. Mary's Church Parathottam. I am Ordained to the Priest on January 2, 1992 at St. Sebastian's Church, Padiyoor, my home parish by Arch Bishop Mar Jacob Thoomkuzhy the then Bishop of Mananthavady. Afterwards I got the opportunity to serve as the assistant pastor at St. Sebastian's Church, Poroor, in the Diocese of Mananthavady. I did my formator's course at National Vocation Service Center at Pune and appointed as the Rector of the Aspirants and Postulants and superior of Norbert House, Mananthavady in 1993 till 1998. During this period I did my Post Graduation in the University of Mysore.

In 1998 I was appointed as the Regional Director of N.R. Pura our mission and the Parish priest of Little Flower Church, N.R. Pura, and the pastor of St. Antony's Church, Varkette, St. Mary's Church, Shettykudige, Bl. Alphonsa Church, Mallanthoor.

In 2002 I was appointed as the Novice Master and Director of Formation at St. Norbert Bhavan, Bangalore till June 2007.

In January 22, 2008 I joined to the Norbertine Community of New Mexico. In 2008 July to 2009 May I served as the Parochial Vicar at St. Anne Church, Arenal Rd, Albuquerque. May 2009 to June 2010 I worked as a visiting priest to the UNM Hospital Albuquerque. In June 11, 2010 Archbishop appointed me as the Pastor at St. Augustine Church, Isleta. I like to work with the Indians at Isleta. The people are very cordial and I like their deep rooted traditional faith, their simplicity, support and love.

### From the Realty Office:

Please remember that before any land transactions take place, the property **MUST** be registered with the Realty Office. If the property is not registered, this could lead to any sales, transfers, inheritances, etc. being voided by the Governor's office or the Tribal Court. Please also remember that all legal land transactions **MUST** bear the signature of the Governor/Lt. Governor.

Also, when the Realty Office was originally established in the 1980's it was the policy that any land sales documents (checks, sales/purchase agreements, etc.) should be recorded as a part of the transaction and this policy will be enforced once again.

If you have any questions concerning the status of your land assignment, please do not hesitate to contact our office at 869-0710.

### **ATTENTION ISLETA ARTISTS**

#### **Would you like another venue to present your artwork?**

The Isleta Health Center is now inviting Isleta Pueblo artists to **donate** artwork for display in our clinic.

Qualified artwork includes:

Paintings  
Drawings  
Photographs

*(Due to display needs, we cannot consider pottery or jewelry)*

If you are interested in donating any items for the enjoyment of our community, as well as promotion of your art, please feel free to contact Rebecca Meehan @ 869-4487 or [rmeehan@islclinic.net](mailto:rmeehan@islclinic.net).

Thank you!



WIC Notes

Seafood Builds Baby's Brain

Studies show eating fish during pregnancy gives moms and babies lots of health benefits. A recent study found that moms-to-be who ate fish two to three times a week during pregnancy had babies who reached these milestones more quickly:

- 6 months: Imitate sounds, hold up head, recognize family
- 18 months: climb stairs, drink from cup and draw.

Seafood is one of the only foods with a type of **healthy fat called omega-3 DHA**. Omega-3 DHA may prevent pre-term (early) labor, and depression. Keep your heart healthy. Builds your baby's brain and eyes.

\*By the way- Only breastmilk has Omega-3 DHA that your baby can use to optimally grow their brain and eyes. Your baby's body is not able to metabolize the DHA in infant formulas. \*

Many of the most popular types of seafood meet the Food and Drugs Administration's (FDA) strict safely guidelines.

*These types of seafood are considered safe to eat:*  
Salmon, Canned White Tuna, Pollock, Crab ,Canned Light Tuna, Scallops, Cod , Clams , Shrimp, Tilapia, Catfish.

Official Guidelines during Your Pregnancy:

- Eat 12 ounces of seafood each week (about 2-3 servings).
- Eat a variety of fish.

- As much as 6 oz of albacore tuna a week is safe.
- The only fish to **avoid** are shark, swordfish, king mackerel and tile fish.

Some women have symptoms of depression during and after pregnancy. Eating fish 2-3 times a week during and after your pregnancy may decrease your chance of becoming depressed.

Tuna, Peach & Pecan Salad (1 Serving)

- 1 (3 oz.) can chunk white tuna in water
- 2 cups fresh spinach
- 1/4 cup diced celery
- 1/2 cup diced peaches. Fresh, frozen or canned in own juice
- 2 Tbs mayonnaise
- 2 Tbs sliced green onions
- 2 Tbs pecans

Drain tuna. Put spinach on plate and top with tuna, celery and peaches. Thin mayonnaise with a little water or milk and drizzle over salad. Garnish with green onions and pecans.

Condensed from the Perinatal Nutrition Working Group - A Seafood Lover's Guide to Eating During Pregnancy.

Heidi Lanes -WIC Nutrition Coordinator

WIC

Breastfeeding Corner

Fewer than half of U.S. moms breastfeed enough: CDC

URL of this page: [http://www.nlm.nih.gov/medlineplus/news/fullstory\\_103261.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_103261.html)

Though it is recommended that mothers breastfeed exclusively for the first 6 months of their child's life, and continue to breastfeed through the first year and beyond, many U.S. mothers aren't breastfeeding enough, says a recent CDC report. Less than half of mothers breastfeed their babies even half as long as recommended by leading health agencies. Only about 22% of mothers continue to breastfeed their children up to the age of one.

In New Mexico, 82% of mothers report initiating breastfeeding; while 49% of mother's are continuing to breastfeed at 6 months, and only 24% at a year-according to the Centers for Disease Control Breastfeeding Report Card. States with the highest breastfeeding initiation rates include Colorado, Idaho, Montana, Washington, Utah, Vermont and Oregon. Mississippi and West Virginia rank the lowest for breastfeeding initiation.

Breastfeeding is important. Mothers who don't breastfeed suffer more ovarian and breast cancers, osteoporosis, and metabolic disorder. Children who aren't breastfed are at a higher risk of health problems including allergies, eczema, asthma, diarrhea, and lower IQ.

*Breastfeeding makes a difference in your family's health.If you need help or encouragement with breastfeeding your child, call the Isleta WIC office at #924-3180.*

ISLETA HEALTH SERVICES - CONTRACT HEALTH SERVICE

NOTICE TO ALL PATIENTS BEING REFERRED BY ISLETA HEALTH CENTER TO CONTRACT HEALTH PROVIDERS

A patient may be referred by an Isleta Health Center doctor or dentist when the service needed cannot be provided at Isleta Health Center.

A referral to another health care provider DOES NOT GUARANTEE that Contract Health Services (CHS) will authorize payment.

Payment authorization is separate and dependent upon the individual's eligibility for the CHS program, the CHS care priorities, and the patient's coverage by or eligibility for alternate financial resources.

Alternate financial resources include private insurance, Medicare, Medicaid, Workers Compensation, motor vehicle insurance, Veterans Administration, Children's Medical Services, etc.

Individuals who are determined to be ineligible under the CHS Program WILL BE RESPONSIBLE FOR PAYING any expenses incurred with a health care provider via the referral.

Eligibility under the Isleta CHS Program is determined by a number of factors, including enrollment as a member of the Isleta tribe, residence on or near the Isleta reservation, age (minor/adult status), and marriage to an enrolled Isleta member.

For more information regarding Contract Health Services, please call the CHS Office at (505) 869-4488 between the hours of 8:00 AM - 4:30 PM, Monday through Friday.

St. Augustine Parish to Host an Evangelization Meeting

The Archdiocese of Santa Fe has received an evangelization grant to fund a study of the faith needs of Catholics within Isleta Pueblo.

Deacon Joe Herrera, Jr. of the Archdiocese of Santa Fe will be here at Isleta at the 10:00 mass on October 10, and will hold an evangelization session at the Elderly Center after mass. Any one is invited to attend and learn the meaning of our faith in our Holy Mother Church.

Refreshments will be served during the session.



# Just J.O.M

"Your #1 Source for J.O.M news"



## What's New?

See what's happening at the J.O.M!

Whew, J.O.M has been busy this last month! The results of the Needs Assessments, which were filled out during School Supply Distribution, have been tallied. We also now have an updated data base from the information parents and guardians provided as well. During the month of September, the J.O.M staff has provided calculators to approximately 36 students, set up booths at 7 school open houses, met with parents, students, and school administrators, helped students get started with online courses, and had the monthly J.O.M Parent Meeting. Currently the Johnson-O'Malley Program has provided school supplies to 405 students! Wow! And we still have supplies left if you know anyone who has not yet received any.

At the monthly J.O.M Parent Meeting we had Jeanette Garcia and Ben Analla in attendance from the Los Lunas Schools Title VII/VIII Programs. Christle Bearheels-Ricketts from the Department of Education was also present. We were able to discuss the Needs Assessment Results, review the Budget, announce field trips and activities, and elect a 5th person to fill the I.E.C position. Congrats Karen Roybal on being the newly elected I.E.C member! Six students had submitted essays on why they wanted to attend the J.O.M Conference and how it would help them in education and in life. All six were approved to go to Billings, Montana!

In other business, the full-time tutor/liaison position is still vacant at this time but will be posted soon. The J.O.M Program Serves 587 students in the Los Lunas School District, 366 of those students are Isleta.

**The next Parent Meeting is  
on October 16th at 9am.**

## Tutoring Postponed!!!

During the time between the end of the summer programs and the start of the new school year, the J.O.M Tutoring Building acquired some uninvited guests. A mouse was seen trying to sign up for tutoring! We are in the process of having the building cleaned and decontaminated so students can have a safe place to study. Until we are given the ok by the cleaners, tutoring is postponed. If you have any questions or would like to sign up your student(s) for tutoring please give us a call at 924-3189.

## October Field Trips

Cumbres/Toltec Railroad Field Trip



On October 9th, 2010 the Johnson-O'Malley Program will be taking students to the Cumbres Toltec Scenic Railroad. This trip will give students the opportunity to learn the history of the railroad and the role it

played in the southwest during the 1800's. Not only will students be learning about the past, they will also be getting a firsthand view of nature as we travel via railroad through the valleys and mountains of northern New Mexico. Seats for this trip are on a first come, first serve basis. Currently there are only 2 spots left for this field trip so act fast!! Admission and all meals will be paid for.

\*This trip is for Middle and High School Students only.

## Look out for...

Information on future events/activities!



It's time again for the creepy and crawly, the ghastly and ghoulie, the spooky and scary! The J.O.M staff is getting in the Halloween mood by having another Halloween Activity Night! Bring the family down to make spine shivering arts

and crafts or nibble on deliciously decadent treats! This invitation is open to J.O.M students' family members of all ages. Come on down to the tutoring building from 5pm - 8pm on October 29th and join us!

Another activity to keep an eye out for is the Johnson-O'Malley Open House.

On October 12th, 2010, the J.O.M staff will open the doors to the new, cleaned, and improved tutoring building! This night will also double as our Educational Game Night.

We have purchased materials that are geared towards making learning fun. Stop by to check out our new computer stations, play some games, have some snacks, and get to know the J.O.M Program! Open House/Educational Game Night is from 5pm - 8pm.





J.O.M Calender

October 2010

Sunday	monday	tuesday	wednesday	thursday	friday	saturday
					1	2
3	4	5	6	7	8	9 Cumbres/Toltec Railroad Field Trip Chama, NM
10	11	12 JOHNSON- O'MALLEY OPEN HOUSE 5pm – 8pm	13	14	15	16 J.O.M PARENT MEETING 9am
17	18	19	20	21	22	23 AAGTS Conference
24	25	26	27	28	29 HALLOWEEN ACTIVITY NIGHT 5pm- 8pm Pumpkin Carving/ Painting	30
	NATIONAL J.O.M CONFERENCE					

More JOM News!

Reimbursements:

TheJohnson-O'MalleyProgramalsoprovidesreimbursements for SAT/ACT fees as well as lab fees. The original receipt must be submitted to the JOM office along with a reimbursement request. Those students that are from the Pueblo of Isleta must have a CIB on file to receive a reimbursement. These reimbursement checks are made payable to the student. We are requesting that if students have reimbursements to submit they must do so as soon as possible. There will be a deadline of November 15, 2010 for reimbursement requests. If you have any questions please do not hesitate to contact our office.

We Want Your Info!

At the beginning of the school year we had mandatory parent meetings to discuss and inform everyone about the Pueblo of Isleta Johnson-O'Malley Program. Included in the meeting was a brief historical overview for the Johnson-O'Malley Act and how JOM has become what it is today. We also discussed the importance of parent involvement. During these meetings we requested that all parents complete a Contact Sheet. This document was created to obtain current mailing addresses, phone numbers as well as email addresses for all our parents/guardians and students. If you have not received school supplies or would like to receive information regarding the JOM Program, please contact our office @ 505-924-3189. We are willing to meet with you at your convenience. Just give us a call to schedule an appointment.

\*\*\*UPDATE!!!\*\*\*

On October 4th, the Tutoring Building will finally be cleaned and decontaminated! Tutoring will most likely start the following week. If your student is in need of tutoring, especially math, please give us a call and reserve a spot. The October J.O.M Flyer has been mailed out to parents who attended our school supply distribution meetings or who gave us their addresses during Open Houses at the schools. Keep a look out for it!

**J.O.M Parent Meeting!!!** This month’s parent meeting will be held at the J.O.M Tutoring Building on **October 16th at 9:00am**. It is very important for parents/guardians to attend and hear what the program has been up to, what’s on the “to do” list, and to let us know what we can do to help your student succeed. We also still have school supplies available if you have not yet received any for your student.

Remember that if you or your student(s) have questions or need assistance with anything, we can be reached at 924-3189. Students and Parents are also welcome to stop by our offices at anytime. We are located at the Old Isleta Elementary School in the main building (where the computer lab used to be).

Hope to see you soon!  
Johnson-O'Malley Staff – Geraldine, Beverly, & Bernadette



## EATING SUGGESTIONS TO PREVENT A STROKE

Making healthy food choices which are lower in sodium (salt) and fat (saturated fats, trans fat & cholesterol) can help to lessen your risk of stroke. Here's how....

Low fat cooking at home with fresh, frozen or canned (reduced sodium or no salt added) products allows more control compared to eating out or buying convenience & processed items. Use more herbs & spices which don't contain salt: garlic, pepper, basil, oregano, Mrs. Dash or your own salt-free seasoning mixture, chili, lemon juice, etc.

The DASH (Dietary Approaches to Stop Hypertension) eating plan suggests including plenty of fruits & vegetables (4 1/2 cups) & fat-free or low-fat dairy foods (2-3 cups) each day to lower blood pressure.

### To lower your SODIUM INTAKE, choose LESS:

- ▶ salt & seasonings containing salt (garlic salt, onion salt, lemon pepper)
- ▶ convenience & processed foods (TV dinners), instant or dehydrated items (instant gravy & potatoes); salty snack foods (chips, pretzels, crackers)
- ▶ smoked or cured meats (bacon, ham, lunchmeats, corned beef, hot dogs)
- ▶ processed cheese (Velveeta) & cheese spreads
- ▶ regular canned or dried soups (Ramen) & broth
- ▶ sauerkraut, olives, pickles, relish & items in a brine
- ▶ regular condiments (catsup, mustard, soy sauce, BBQ sauce, bottled salad dressings)

### To lower your SATURATED FAT & CHOLESTEROL INTAKE, choose LESS:

- ▶ animal sources- fatty cuts of red meat & pork; sausage, bacon, hot dogs, lunchmeats
- ▶ whole milk products: cheese, cream cheese, sour cream, ice cream
- ▶ hardened (hydrogenated) fats: lard, shortening, salt pork, butter, margarine
- ▶ egg yolks (limit to 3 per week); skin on poultry
- ▶ Baked goods, pastries, doughnuts, high fat crackers & snack chips

Shop for low fat or fat-free forms of the above items. Look for products which say "no trans-fatty acids" (mainly found in margarines, crackers, baked goods). Bake, broil, grill, boil (less frying) & try your favorite recipes prepared with lower fat ingredients. Include omega-3 fatty acids found in certain fatty fish (salmon, sardines, tuna, mackerel) twice a week. Heart healthy fats are olive oil, canola oil, olives, nuts & avocado yet be mindful of their calories.

Terri P. Elisberg, RD, LD, CDE, Nutritionist - Isleta Diabetes Prevention Programs - 869-4093 - [telisberg@islclinic.net](mailto:telisberg@islclinic.net)

*Save the DATE!*

# Cancer 101

For Isleta Employees and Tribal Members

October 5, 6, and 7 5:30pm-7:30pm

**NO REGISTRATION FEE!! PRIZES!!!!**

**Tuesday, October 5, 2010 5:30-7:30pm**  
"Cancer among Native Americans" and  
"What is Cancer"

**Wednesday, October 6, 2010 5:30-7:30pm**  
"Cancer Screening and Early Detection" and  
"Cancer diagnosis and Staging"

**Thursday, October 7, 2010 5:30pm-7:30pm**  
"Cancer Risk and Risk Reduction" and  
"Basics of Cancer Treatment"


*Presented by Michelle Suina*  
Center for Native American Health

**"The information was so informative and helpful, I think everyone from Isleta should come to this program"**


Comment from September's Cancer 101 Class

For more information and to Sign up, please call  
**Stephanie Barela, 869-4479**

*At the Isleta  
Elderly Center*



**Isleta Health Center  
and Elderly Center**



A Partnership Between The Center for Native American Health, NCI Cancer Information Service and UNM Cancer Research and Treatment Center

Past Freedom From Smoking Participants Continued Support

*Freedom Fighters*



## Continued Support for Staying Smoke Free

3<sup>rd</sup> MONDAY of Month 5:30-6:30 at the  
Isleta Health Center,  
Small Conference Room (north entrance)

**PLEASE NOTE MEETINGS HAVE CHANGED TO  
MONDAYS**

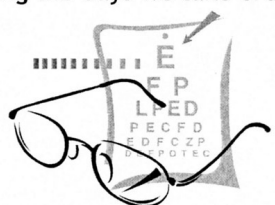
**Next MEETING October 18, 2010**

Call Stephanie to Sign Up  
869-4479

**Isleta Health Center  
OPTOMETRY NEWS**

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Due to an increase in patient visits to the optometry department,  
we will be limiting the days we take orders for glasses to



Please call 869-4080 if you have any questions or  
need to schedule an appointment.

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**Thank you,  
Isleta Health Center Staff**



# ISLETA PRESCRIPTION REFILL LINE

**Call the refill line and get a Free T-shirt, while supplies last!!**

Make sure your medicines are ready within 24 hours,  
by **CALLING** the automated prescription refill telephone number-**869-4590**.

In order to use the refill telephone number you will need:

- ☐ The prescription number for each medicine you need  
(Be sure to have the most recent prescription bottle)
- ☐ A phone number where you can be reached during the day

<b>PUEBLO OF ISLETA HEALTH SERVICES PHARMACY</b> # 1 Sagebrush Street, Isleta, NM KEEP OUT OF REACH OF CHILDREN		<b>CURRENT Prescription Number:</b> Numbers change often.
<b>RX 1234567</b>		<b>Number of Refills Remaining</b>
DEMO PATIENT TAKE ONE TABLET BY MOUTH EVERY MORNING FUROSEMIDE 20 MG TABLET      30 TAB BMS      Lot#      Exp: 07/08/11 LH <b>07/08/10</b> <b>10 REFILL(S) by 05/01/11</b>		<b>Date Filled:</b> Check for most recent bottle

Starting September 1, 2010 all pharmacy calls will be directed to the refill line.

ANY QUESTIONS?

Please contact LuGina Harper, the Isleta Health Center pharmacy manager, at 869-3200.

**CALL THE REFILL LINE AND GET A  
FREE T-SHIRT, WHILE SUPPLIES LAST!  
ACT FAST IN ORDER TO GET A SHIRT!!**

## Isleta Cancer Support Group Now Being Formed

A support group for people affected by cancer is now being formed. The format of the group will be educational/support with a speaker or specific topic for each meeting. The details of the meeting are still in the works; please sign up now if you are interested:

**Date:**

**Tuesday, October 12, 2010**

**Time:**

**11:00 a.m.**

**Place:**

**Isleta Elderly Center**

**Format:**

**Speaker or video and Discussion**

**Contact:**

**Stephanie Barela 869-4479**

At the first meeting, we will discuss the program and get ideas for how this group wants this program to work.

We would appreciate your referrals to this group. If you or anyone would like more information about the group, please call Stephanie Barela 869-4479.

Interested in receiving  
emails regarding  
upcoming events at the Isleta  
Health Center?

Email [Sbarela@islclinic.net](mailto:Sbarela@islclinic.net) to get  
on the list OR Call 869-4479.

### Early in Pregnancy

Nutrition/Oral Health  
Common Discomforts  
Pregnancy and Exercise  
Relation Tips  
Keeping yourself safe and  
healthy  
Stages of Labor  
When to Call your Doctor

### Late in Pregnancy

Stages of Labor  
Breathing Techniques  
What Happens Late in  
Pregnancy  
Comfort Techniques and  
Positions  
Labor Video  
Signs of Labor

### **Tentative Group Schedule**

#### **Group 3**

Early-June 2010  
Late-Oct 2010

#### **Group 5**

Early-Feb 2011  
Late-May 2011

#### **Group 4**

Early-Nov 2010  
Late-Jan 2011

#### **Group 6**

Early-June 2011  
Late-Sept 2011

*2 Session class on Pregnancy and Labor*



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





November 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Freedom From Smoking Session 3	4	5	6
7	8	9 Freedom From Smoking Session 4 Cancer Support Group 11am	10 Freedom From Smoking Session 5	11 Veteran's Day  Clinic is Closed	12	13
14	15 Freedom Fighters 5:30 at Clinic	16	17 Freedom From Smoking Session 6	18 Great American Smoke Out (Don't Smoke Today)	19	20
21	22	23	24	25 Thanksgiving	26	27
28	29	30	Dec 1 Freedom From Smoking Session 7			

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Isleta, New Mexico 87022

