

Isleta Pueblo News

Volume 9 Issue 11

Pueblo of Isleta website: www.isletapueblo.com

November 2014

Governor's Year End Report

The Governor's Year End report is scheduled for Saturday 9:00 am, November 15, 2014 at the Isleta Resort and Casino.

The Year End Report is a reflection of our continued commitment and success at providing services to our community in spite of limited resources. As we as a Tribal Government provide very important daily services to our community, we continually challenge ourselves to think and look forward, always mindful that we are creating the Pueblo of Isleta future.

Due to the commitment and hard work of our employees and tribal council, I am proud to work with them and looking forward to presenting the 2014 year-end report documenting our accomplishments.

The agenda will consist of reports on Pueblo of Isleta:

- Organizational structure
- Community profile by Census
- Human Resources (regular fulltime/part-time employees)
- Business/commercial development IBC/ICR
- Infrastructure/maintenance Public Service Dept.
- Major construction projects
- Education
- Public Safety Police/Fire departments
- Tribal Courts
- · Parks and recreation
- Community giving/participation/ special Events
- Tribal/Federal/State relations
- Government Expenditure report

ALBUQUERQUE – U.S. District Courthouse

On Friday, at 3:00 pm, October 17, 2014, U.S. Attorney Damon P. Martinez took the Oath of Office during an investiture ceremony at the U.S. District Courthouse, 333 Lomas Blvd. NW, Albuquerque, N.M. The ceremony took place in the Rio Grande Courtroom.

Chief Judge M. Christina Armijo of the U.S. District Court for the District of New Mexico presided over the investiture ceremony, and Senior U.S. District Judge James A. Parker administered the Oath of Office to U.S. Attorney Martinez. Guest speakers were Senator Tom Udall and Acting Assistant Attorney General Molly J. Moran of the Justice Department's Civil Rights Division. The invocation was given by Antonio Chewiwi, Jr., 1st Lt. Governor of the Pueblo of Isleta. Solo vocal renditions of the National Anthem and America the Beautiful were presented by Ross Daugherty and accompanied by cellist Kristin Daugherty.



Senior U.S. District Judge James A. Parker administered the Oath of Office to U.S. Attorney Damon Martinez. L-R: Senator Tom Udall, Holly Martinez, U.S. Attorney Damon Martinez, 1st Lt. Governor Antonio Chewiwi, Senior U.S. District Judge James A. Parker.

U.S. Attorney Martinez was appointed to his post by President Barack Obama upon the recommendation of Senators Tom Udall and Martin Heinrich. He has served as an Assistant U.S. Attorney in the District of New Mexico since 2001, most recently serving as the First Assistant U.S. Attorney and before that as the Supervisor of the Organized Crime Section. As a federal prosecutor, his experience has focused on complex drug cases, immigration cases, and national security and anti-terrorism matters. From 1996 to 1998, he was an Assistant Attorney General in the New Mexico Attorney General's Office. Additionally, he has served as a Special Assistant District Attorney in three Judicial Districts in the State of New Mexico.

U.S. Attorney Martinez serves as the top federal law enforcement official in New Mexico and represents the United States' interests in civil cases. He leads an office of 84 Assistant U.S. Attorneys, three Special Assistant U.S. Attorneys, 75 support staff and 20 contract employees working in offices in Albuquerque and Las Cruces, N.M.

U.S. Attorney Martinez has launched new initiatives in Indian Country in New Mexico, in particular in Isleta Pueblo the Project Safe Neighborhoods Task Force, Camp Triumph for Youth, Training for Federal Law Enforcement Commissions for Tribal Police and a Reentry Pilot Program that focuses on tribal members who are being released from jail and transitioning back to pueblo life. It will focus on providing cultural and spiritual support and substance abuse treatment. A major goal will be to ensure that the basics of housing, food, transportation, and employment will be met so that those who are reentering the Pueblo can focus on a future free from the problems that have plagued them in their pasts. The Pueblo of Isleta was represented by 1st Lieutenant Governor Antonio Chewiwi at the investiture ceremony.

Indigenous Language Institute Symposium – Pueblo of Isleta

The Pueblo of Isleta along with the Lannan Foundation and the San Manuel Band of Mission Indians sponsored the 5th Annual ILIS Symposium on October 20-21, 2014 at the Isleta Resort and Casino. Indigenous Language Institute founded in 1992 as a publicly supported 501 (C) 3 nonprofit organization based in Santa Fé, New Mexico. The Board of Directors is majority Native American representing numerous Native nations. The mission of ILIS is to provide vital language related services to Native American nations and communities that their individual identities, traditional wisdom and values are passed on to future generations in their original languages. There is urgency to revitalize Native languages as the small population of Elder speakers is rapidly declining. ILIS is dedicated to assist communities to create speakers of the endangered languages so that Native languages are everywhere, every day for everyone. The Symposium was attended by 46 different tribes from throughout the country. Mr. Paul Lujan, Director of the Isleta Language Program and Staff participated in the symposium as presenters. 1st Lieutenant Governor, Antonio Chewiwi provided the invocation and opening welcoming remarks with the closing prayer offered by 2nd Lieutenant Governor Isidor Abeita.

Message from the Governor

I again want to express my sincere appreciation for the community and department staff coming together to help clean up the cemetery in preparation for All Souls Day observance. Let us all be thankful every day to our Creator for being blessed with health and happiness with positive visions of the future. Thank you for your continued support, Eddie P. Torres, Governor.

Public Notice Announcement

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of Joseph R. Lente, Sr., deceased August 7, 1994, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Isleta Tribal Court. Claims must be filed in writing. A hearing in this matter has been scheduled for Thursday, December 18, 2014 at 9:00 AM at the Isleta Tribal Court, located at the Tribal Services Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM.

If you have any questions, please contact the Isleta Tribal court at (505) 869-9699.

Second Notice – A petition to probate the Estate of Floyd L. Jojola, deceased June 30, 2013, Case No. CV – PR – 0113 – 2014, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days of this notice being posted.

Claims must be filed in writing with the Isleta Tribal Court Clerk. If you have any questions, please call the Isleta Tribal Court Clerk at (505) 869 – 9699.

Second Notice – A Petition to Probate the Estate of Jose Dolores Abeita, deceased December 29, 2006, Case No. CV – PR – 0093 – 2014, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days of this notice being posted. A hearing in this matter has been scheduled for Wednesday, November 19, 2014 at 10:00 AM.

Claims must be filed in writing with the Isleta Tribal Court Clerk. If you have any questions, please contact the Isleta Tribal Court Clerk at (505) 869 – 9699.

TAKE NOTICE. A Petition to Probate the Estate of Joe Michael Lente, Sr. deceased November, 1998, Case No. CV - PR - 0010 -2014, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days of this notice being posted.

Claims must be filed in writing with Isleta Tribal Court Clerk. If you have any questions, please contact the Isleta Tribal Court Clerk at (505) 869-9699.

TAKE NOTICE. A petition to Probate the Estate of Louise A. Chewiwi, deceased July 21, 2014, Case No. has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days of this notice being posted. A hearing in this matter has been scheduled for Wednesday, November 19, 2014.

Claims must be filed in writing with the Isleta Tribal Court Clerk. If you have any questions, please call the Isleta Tribal Court Clerk at (505) 869 – 9699.

TAKE NOTICE. A Petition to Probate the Estate of Joe Whippi, deceased June 15, 2014, Case No. CV – PR – 0095 -2014, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days of this notice being posted. A hearing on this matter has been scheduled for Wednesday, December 17, 2014 at 10:00 AM.

Claims must be filed in writing with the Isleta Tribal Court Clerk. If you have any questions, please call the Isleta Tribal Court Clerk at (505) 869 – 9699.

TAKE NOTICE. A petition to Probate the Estate of Kenneth R. Martinez, deceased April 26, 2014, Case No. CV – PR – 0161 – 2014, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days of this notice being posted. A hearing in this matter has been scheduled for Tuesday, December 16, 2014 at 9:30 AM.

Claims be filed in writing with the Isleta Tribal Court Clerk. If you have any questions, please call the Isleta Tribal Court Clerk at (505) 869-9699.

SECOND NOTICE. Take Notice that in accordance with Pueblo of Isleta Tribal Court Requirements, the petitioner, Alberta Jaramillo, has applied to the Pueblo of Isleta Tribal Courts for an Order for Change of Name for minor child, from John David Abeita, to John David Jaramillo, Case No. CV – NC – 0157 – 2014. Any person claiming an interest in this matter may notify the Pueblo of Isleta Tribal Court Clerk in writing/and or attend a hearing. A court hearing in this matter is pending.

If you have any questions, please contact the Pueblo of Isleta Tribal Court Clerk at (505) 869 – 9699.

SECOND NOTICE. Take Notice that in accordance with the Pueblo of Isleta Tribal Court Requirements, the Petitioner, Alberta Jaramillo, has applied to the Pueblo of Isleta Tribal Courts for an Order for Change of Name for minor child, from Jason Abeita, Jr. to Jaden Isaiah Jaramillo, Case No. CV – NC – 0156 -2014. Any person claiming an interest in this matter may notify the Pueblo of Isleta Tribal Court Clerk in writing/and or attend a hearing. A court hearing in this matter is pending.

If you have any questions, please contact the Pueblo of Isleta Tribal Court Clerk at (505) 869 – 9699.

Publication of Probate/Name Change Notice

The publication of Probate and, or Name Change Notices in accordance to instructions received from the Pueblo of Isleta Tribal Courts, "is the responsibility of the petitioner". The petitioner is responsible for providing all pertinent information to the Tribal Newsletter staff.

This information for Probate Notices includes:

- · Full Name of the Deceased
- Date of Death
- Court Case Number
- Dates of Court Hearings

Information for Name Change Petition includes:

- Present Full Name of Person
- · The New Proposed Full Name of Person
- Full Name of Guardian (if name change is for minor child)
- Court Case Number
- Dates of Court Hearings

Also, all petitioners must provide name and phone number to Newsletter staff.

Remember that "it is the responsibility of the Petitioner" to provide all pertinent information to the Newsletter staff. The Newsletter staff will not research, contact the Tribal Courts to retrieve any information for incomplete petitions. The Tribal Newsletter staff will publish Probates, and or Name Changes that is made available to the staff. It is the responsibility of the Tribal Courts to answer any and all questions concerning these matters, please call the Tribal Court Clerk at (505) 869-9699. Because we do not want to provide the wrong information, the staff will not answer any questions concerning these legal matters. The only responsibility of the staff is to publish the information that is provided. Notices will be published for a period of sixty (60) days...two consecutive months...this also as instructions provided by Tribal Courts.

CERTIFICATION OF THE 2014 REGISTRATION/NOMINATIONS OF THE GENERAL ELECTION

The following are the results of the Registration and Nominations of the General Election (Primary) held on October 25 and October 26, 2014.

Total Number of 2014 Registered Voters	1194
Total Number of 2014 Nominations for Governor	1147
Total Number of 2014 Nominations for Tribal Council	1139
Total Number of 2014 Registered Tribal Members Who DID NOT Nominate for Governor	48
Total Number of 2014 Registered Tribal Members Who DID NOT Nominate for Tribal Council	56
Total Number of 2014 Registration INVALID Nomination Ballot(s) for Governor	7
Total Number of 2014 Registration INVALID Nomination Ballot(s) for Tribal Council	19

NUMBER OF CANDIDATE VOTES FOR GOVERNOR

Randy L. Jiron (241) Kenneth L. Reid (24) Herman (Fie-ooh) Lente (320) Ronald A. Reid (18)

John Robert Lente (103) Edward Paul Torres, Sr. (433)

NUMBER OF CANDIDATE VOTES FOR TRIBAL COUNCIL

Fernando Abeita (57)	C. Phillip Jiron(42)	Ralph Douglas Jiron (25)
Juan Rey Abeita(53)	Beatrice J. Lente(52)	Moses E. Lujan (89)
Ulysses G Abeita (122)	Michael A. Lente (107)	Timothy E. Salvador (56)
Joseph P. Anzara Jr.(17)	Joseph R. (Cougar) Lucero(40)	Barbara J. Sanchez (75)
Joseph E. Jaramillo (37)	Robert A. (Bobby) Lucero (31)	Verna Teller(142)
Larry B. Jaramillo (38)	Frank E. Lujan (96)	ReGina Joyce Zuni (40)

We, the undersigned, being all of the Poll Clerks for the Registration/Nomination of the General Election held on the <u>25th and 26th</u>, day of October, <u>2014</u>, do hereby certify that this Signature Roster contains all the qualified voters who registered and nominated during this General

Poll Clerk

ATTEST: /// Stribal Council Secretary

CERTIFICATION

At a duly called meeting of the Isleta Tribal Council held on day of October 2014, the General Election Results are hereby certified with voting in favor, opposing and abstaining.

APPROVED:

Tribal Council President

Governor

Tribal Council Secretary

Student Intern Program a Smashing Success



Natalie Salvador, 2014 POI Summer Intern currently employed at Isleta Business Corporation while pursuing her degree in Accounting.

Each year the Pueblo of Isleta (POI) Tribal Council provides educational scholarships to our Tribal youth. Many attend colleges and universities throughout the country and their fields of study vary from every possible discipline imaginable. In previous years, however, many of our tribal scholarship recipients have returned home for the summer recess with the intent on applying for temporary summer work either with the Tribe or with local government or private businesses. To their dismay, there have not often been jobs available, especially in their chosen career fields or the application/ background process precludes immediate employment. Further, our college graduates have returned with little or no actual directly related work experience to qualify them for positions for which they are applying. They are often overlooked in favor of those applicants with actual work experience in their chosen career fields. To help alleviate these problems the Pueblo of Isleta has looked towards Internships to address both employment and actual hands on experience that can be of benefit to our students and college graduates.

Recent employment reports for the State of New Mexico have revealed that an alarming number of our workforce applicants are relocating to other areas of the country such as Dallas, Texas, where employment and training prospects are more available. Employment analysts have determined that in order to keep our workforce here locally we must become more innovative in training or Interning our workforce to better meet the needs of our local work industry.

One of the greatest benefits of an Internship is that you gain valuable experience. If you are currently in school or just graduating, you have the education required but might not have enough experience. If you are transitioning into a new career field, you may also lack the direct experience that will help you be competitive in your job search. Most employers are hesitant to hire without any real experience, and an internship will enhance the job history (Internship section of your resume. experience is valuable – as published by the New Mexico Department of Workforce Solutions.)

This last year the POI initiated a Pilot Internship Program for POI higher education students interested in working the summer recess as Interns in many of our tribal business and administrative offices on our reservation. The first year phase of our Pilot Internship Program focused on providing paid summer work experience in those areas closely or directly related to the area of each student's career goals. We were able to provide many of our Summer Interns with paid, direct hands-on experience in their chosen fields of study such as working at the Isleta Health Clinic in areas related to Diabetes and Behavioral Health. Still others were hired as Interns in our Information Technology (IT) Offices, Tiwa Lending, Department of Education, Natural Resources, Accounting, and in legal areas such as our Tribal Prosecutor and Public Defender's Offices. The outcome of this year's Pilot Summer Intern Program was an overwhelming success as noted by the Interns themselves, their parents, the Governor's staff and the Isleta Tribal Council. As our Internship Program advances we hope to one day provide more formal Internships coordinated with colleges and universities for work credit, paid and unpaid, may or may not be for college credit, and can be part-time or full-time and available any time of the year. Presently, many Internships in private industry can last a few weeks and others a few years and these opportunities can be at large, private companies, nonprofit organizations and government entities. The huge success of our 2014 Pilot Intern Program now encourages us to seek wider participation this coming year and involvement from our students and from governmental and private business offices both inside and outside of the Pueblo of Isleta.

The POI is very proud to have been able to provide our initial 20 Summer Interns with an opportunity of employment and experience this year in their specific areas of studies. One Intern, Natalie Salvador, interned with the Isleta Business Corporation

(IBC) and was subsequently hired as an Accountant for that Tribal enterprise. Ms. Salvador is the daughter of Tim and Evelyn Salvador. Mr. Christian Jojola, the son of Grace and the late Clarence Jojola was also fortunate to have been recently hired as an Intern at the Isleta Resort & Casino where he will coordinate his current studies in Graphic Design at Southwest University of Visual Arts with intern experience under the mentorship of Phil Gonzales, Vice President of Marketing at the Casino. Congratulations to both Ms. Salvador and Mr. Jojola and to the twenty other 2014 POI Summer Interns. Our thanks also go out to Mr. Chip Martin, CEO of the Isleta Business Corporation; Ms. Pam Gallegos, CEO of the Isleta Resort & Casino, and all other POI Program Directors for being enthusiastic supporters of the POI Intern Program. It is our ultimate goal to see that our POI college students have an opportunity to work and gain valuable experience here in Isleta and hopefully after graduating, return back to Isleta to work in one of our many tribal enterprises.

The POI Human Resources Office plans on sending out invitations to all 2015 POI Scholarship recipients in early December, announcing next year's Intern Program. College students interested in the upcoming 2015 Summer Intern Program are encouraged to contact the POI Human Resources Office at (505) 869-7585 for further information in this regard.

ADULT FLU SHOTS

NOW AVAILABLE AT THE HEALTH CENTER

COME TO THE ISLETA HEALTH CENTER AND GET A FLU SHOT!

- For Established Patients only
- Sign in at Reception for a 'Nurse Walk-in'
- State that you need a flu shot only

As of September 23, 2014, children's flu shots were not yet available. Please contact the Isleta Health Center at 869-3200 for updated information.

A FLU SHOT IS THE BEST WAY TO PROTECT AGAINST GETTING THE FLU THIS WINTER!

Isleta Elder Center Activities Calendar November 2014

November 4: Shuffleboard at Manzano Mesa and

Lunch-10:30 am - 4:30 pm

November 5: Bingo at Isleta Casino & Resort – 11 am

-3:30 pm

November 6: Catholic Mass – 11:30 am

November 7: Shopping Assistance: Breakfast and

Wal-Mart - 9 am - 1 pm

November 10: Commodities

November 11: Center Closed - Veterans Day

November 12: Staff Meeting – 1 pm

November 12-13: Turkey Distribution – Elder Center November 13: Elder Center Field Trip – Santa Ana Casino (Play Day) – 9 am – 1 pm

November 15: Arts & Crafts Fair – Isleta Casino &

Resort -8 am - 4 pm

November 18: Medicare Open Enrollment – Elder

Center -8 am - 3 pm

November 19: Friendship Breakfast – 9 am – 9:30 am

November 19: General Meeting -10 am - 12 noon

• Denise Zuni, Attorney – Power of Attorney, Wills and Other Legal

Documents

• Jonathan Lente, Massage Therapist/Personal Trainer

• Natalie Abeita, POI Assisted

Living Facility

November 21: Thanksgiving Dinner – Elder Center –

12 noon

November 21: Thanksgiving Bingo – 1 pm

November 24: Hair Cuts/Styles by Arlene -9 am -2 pm

November 24: Advisory Committee Meeting – 10 am

- 12 noon (Open to the Public!)

November 26: Commodities

November 27-28: Center Closed - Thanksgiving

Holiday

Senior Olympic Practice Schedule:

Bowling - Mondays - Fun Connection - 11 am

400M/800M Est. Walk/Run — Tuesdays/Fridays — Baseball Fields — 9 am

Shuffleboard – Thursdays – Rec. Cntr. – 5 pm–7pm and Fridays – Rec. Cntr. – 9 am

Basketball, Frisbee, Huachas (Washers), Horseshoes - available for use and/or check-out

ISLETA HEALTH CENTER Pharmacy Update!



Dear Patients,

Our *Prescription Refill Line* is now working. When you call this line to request a refill on your medication, please have your medication prescription number(s) ready as the system will prompt you to enter them. Please allow at least 24-hours for your telephone request to be processed.

PRESCRIPTION REFILL LINE: 505-869-4590

PHARMACY CLOSURE NOTICE

Due to continuing and required updates to our Electronic Health Records (EHR) system, the PHARMACY will be CLOSED on Thursday, November 13, 2014.

All other clinics and services will be available on this day. Thank you for your patience and understanding.

Isleta Health Center, Pharmacy Staff

The Isleta Elder Center presents

The Annual Arts & Craft Fair



SUPPORT YOUR LOCAL ARTISTS

FREE ADMISSON!

NOVEMBER 15, 2014 8:00AM to 4:00PM

ISLETA RESORT AND CASINO GRAND BALLROOM

OVER 100 VENDORS!

Original, handcrafted, one-of-a-kind items, great prices & tax free!





ARTS & CRAFTS WILL BE RAFFLED THROUGHOUT THE DAY

FOR MORE INFORMATION OR TO RESERVE A BOOTH CALL THE ISLETA ELDER CENTER AT (505) 869-9770



Isleta Elder Center



Turkey Distribution

DATES: Wednesday, November 12, 2014

Thursday, November 13, 2014

WHERE: Isleta Elderly Center

TIME: 8:00 a.m. to 6:00 p.m.

FOR: Tribal members (1/2 enrollment) living

in Isleta Pueblo, Los Lunas, Belen, Bosque Farms, Albuquerque, Rio Rancho and Bernalillo ONLY!!

Individuals must provide proof of tribal membership. *Only one turkey per household* your cooperation will be appreciated. Thank you!

Z. Paul Ju

E. Paul Torres, Governor

Isleta Pueblo News



Editor:
Nathaniel Lujan
Asst. Editor:
Tara Abeita
Published By:
Valencia Express

Parks & Recreation

As we approach November 2014 we now begin focusing our attention into the Holiday Season (Thanksgiving & Christmas). However it is also important to report that in the month of October some very important activity took place with the Governor's Cemetery Clean-up Campaign. On Wednesday October 1st and on Wednesday October 15th, Governor Torres and Lt. Governors Chewiwi & Abeita along with the Parks & Recreation Department, led the charge to clean-up our cemetery in preparation for "All Souls Day" on November 2nd. To all of those departments who sent representatives and tribal members who came out to clean-up loved ones grave sites, we thank you. Also taking place in October 2014 is the beginning of Aqua Zumba class being held in our swimming pool every Tuesday and Thursday at 1:00 pm. We are targeting our Elders but anyone of our tribal members who are available at this time is welcomed. At the present time we are getting about 6-10 people every class. Speaking of our Elders, they are also utilizing the gym every Thursday evening and Friday morning for shuffleboard. For more information please contact Renee at 869-9336. Because of time constraints for new articles we will report next month on our pumpkin gleaning which will be happening on Thursday, October 23rd and on our Halloween Extravaganza taking place on Friday, October 24th.

Cemetery Clean-up

As mentioned earlier, the cemetery clean-up that took place on Wednesday October 1st and Wednesday October 15th was a huge success. The cemetery looks 100 % better then it has looked in a very long time. Because of all the rain this past summer, our cemetery became inundated with more weeds that we've seen in many years. Thanks to Governor E. Paul Torres' war on weeds, and with the upcoming "All Souls Day" we were able to get a good grip on cleaning up the thousands of weeds that took over our grave-sites. Governor Torres is also waging an effort on trying to identify as many as possible, unmarked graves with the placement of new white crosses and new dirt and gravel to mark these sacred resting places. Once again, we ask our tribal members to help us identify as many of these sites as possible by placing their names on these sites. With the expansion of our existing cemetery we hope to have a system in place that will have all gravesites identified as part of our permanent record. You will definitely see major improvements to come with a wall and trees being planted, and both entrances being well established for everyone to recognize. After both clean-up campaigns, everyone who helped was treated to a lunch at the Jose Bartolo Valdez Park (Soccer field) just north of New Rec. Pictured are several pictures depicting the event.







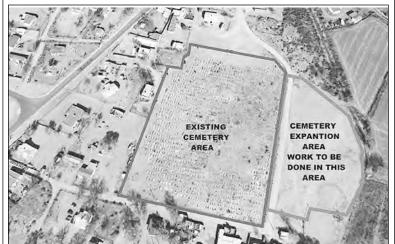


The Cemetery Expansion Project is now in progress. The entire project will be completed in 2 phases.

Phase 1 of the project is being completed by Sparling Construction Company, Inc. As of today Sparling Construction has begun the grading of the new cemetery expansion area.

Phase 2 will be completed by Advanced Environmental Solutions and will begin after Phase 1. Advanced Environmental Solutions will be constructing a block wall around the new expansion area using the Pueblo of Isleta's Lava Block.

The dirt road on the east side of the Cemetery will eventually be closed off in order to make the Cemetery one property.



Map of the expansion area where construction will happen.

Afterschool Program/Fitness

The afterschool program is in full swing with programs held at both Old Rec. and New Rec. Both programs pick up the children at our local Elementary School, but the Old Rec. program also takes the children home once the program has ended for the day. The program at New Rec. will keep the children as late as 6:00 pm, but the parents or guardians must pick them up. Now that Cross Country Program has ended, many of the children have been asking when does the basketball program begin. The answer is, in early November. At the present time we are preparing for the Pumpkin Gleaning on



Thursday, October 23rd and for the Halloween Party on Friday, October 24th. Because of time constraints on having to get our articles in early, I will be reporting on both events in next month's newsletter. The Fitness Program for those who come in during the early

morning hours, for the lunch hour or in the early afternoon is at times slow but great for those who actually take their workouts seriously. Why? because the facility and fitness machines are available without lots of people waiting to use them. Late evening, is a different story. Pictured is Fitness Specialist Matt Jojola working with client Joe Correa and the 2nd picture is of Nicole Jaramillo working out on the treadmill. Again both were here in the mid day when the facility was easily accessible.

Aqua Zumba

After a slow start, Aqua Zumba is now really taking a hold with more people attending our Tuesday and Thursday classes held at 1:00 pm. Our volunteer instructor, Patricia Lucero is really doing a great job with those attending. This type of class is especially helpful to those who have aching joints and mobility issues. If anyone is interested and is available for the 1:00 pm classes, please make your way to our swimming pool and get that work-out that so many of us struggle with getting aching joints or muscles, and see what this low impact resistance can do for you. Pictured are several of our members taking on this new class with instructor Patricia Lucero.



Park Management

Our parks crew has been busy fertilizing our parks in preparation for the winter, last minute weed cleanup at all parks, painting the parking stripes, and of course busy with our cemetery weed clean-up as well. Because the growing season is now slowing down our parks are now being mowed just once per week. Again we remind tribal members, if you take your dogs to the park, please cleanup after them. Our little children will pick up just about anything and in many case put things they pick up in their mouths. It would be disastrous if one them got sick in doing so. These are your parks; help us keep them in the beautiful condition they are in. Now that the cold weather is coming in, we usually see a spike in graffiti. This is due to how easily vandals can





hide their spray cans in their clothing. Again, if you see anyone damaging our parks or doing graffiti, please call the Isleta Police Department immediately or calls us at the Parks & Recreation Department. Thousands of dollars are spent every year on fixing things that have been broken by vandals or having to go in and spray over graffiti in our park system. Ultimately, these people are stealing from you, the tribal members. Let's not let these vandals make their mark on our Pueblo of Isleta. Pictured are some of our parks which are in beautiful shape, plus one of our crew members Brian Lente painting the parking lot stripes over at New Rec.



Agency director names new deputy director of DLA Acquisition

8/11/2014 By DLA Public Affairs

Roxanne Banks, director of the Small Business Administration's Denver Finance Center, will be the new deputy director of DLA Acquisition, DLA Director Navy Vice Adm. Mark Harnitchek announced Aug. 8.

"Roxanne will be a valuable addition to our senior leadership team, so please join me in welcoming her to the Defense Logistics Agency," Harnitchek wrote in an email to the agency's senior leaders.

As deputy director of DLA Acquisition, Banks will assist with all aspects of development, application, and oversight of DLA acquisition policy, plans, programs, functional systems and operations.

Mrs. Maria Jaramillo

Mrs. Maria Jaramillo had been a Volunteer Caretaker for the church at Isleta since 1934.

She would walk from her home, at Lho-Bahm, to the church and back every day, a distance of 5 miles round trip. There were no vehicles at the time.

The church was temporarily closed down in 1965 as a result of the eviction of Msgr. Stadtmueller. The church was reopened in 1971 with the assignment of Msgr. Rheinberg, as pastor.

The dedication shown by Mrs. Jaramillo is a classic example of faith and devotion that should be emulated by all today.



Mrs. Jaramillo died in 1967. She was married to Cresencio Jaramillo. Their children were Juan Andres, Juan Bautista, Augustine, Jose Carlos Jaramillo and Dolores Chewiwi.

Pueblo of Isleta Public Services Department

The Pueblo of Isleta Public Services Department is located at the Tribal Service Complex Office C122 Planning Office. Call 505-869-9782 for all work orders including but not limited to:

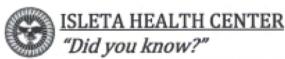
- Septic Pumping and Back Ups.
- Water Leaks outside the home
- Trash Pick Up
- Delivery of Trash Cans
- Grading of Roads
- Delivery of Sand and Gravel
- Home Site Applications
- Burn Permits
- · Wood Permits for on the Isleta Reservation

The following may be picked up at Resources Division office (Across the Clinic):

• Wood Permits for the National Forest Lands adjacent to the southern boundary of East Mountain Tribal Lands. Valid for 1 cord of firewood, access is only on weekends from 7am to 4pm.

Tribal Members only, first come first serve basis. For more info please call 869-9817.





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

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

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

NURSE ADVICE LINE 1-877-752-2552

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

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

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

2nd Annual ROCK YOÙR MOC'S SK FÜN RÜN & IM WALK Saturday, November 15, 2014 @ Isleta Behavioral Health Services



OPEN REGISTRATION AT 9:00AM WALK & RUN STARTS AT 9:30AM CALL 869-5475 FOR MORE INFO



For more information contact Matt 505-869-9777

2nd Annual Rock Your Moc's Fun Run/Walk November 15, 2014 REGISTRATION FORM Please Check: ____ RUN (3 miles) ____WALK (1 mile) Name: Male _____ Female ____ T-Shirt Size: ____ **List Any Medical Problems:** (Please check Yes or No if you agree to the following statements). I agree to allow my photo to be taken during the event for documentation/media. I agree to allow personal statements to be used for event documentation/media. If youth is under 18, I allow my son/daughter to fully participate in the event. WAIVER OF RESPONSIBILITY I hereby waive and release any and all rights for damages I may have against Pueblo of Isleta Behavioral Health Services and other Sponsoring and participating agents for all injuries sustained by my participation in said **Participant Signature** Date Parent / Guardian Signature if under 18 **Date** Isleta Behavioral Health Services: (505) 869-5475



Pueblo of Isleta Public Library

NEWS:

On Saturday, November 1st the Library will be CLOSED, so the Library staff may partake in their families', All Souls Day, preparation and tradition.

The Library will be closed on the morning of Wednesday, November 5 from 8 am to 12 pm, due to our monthly staff meetings. Like every month, we encourage you our patrons to share your suggestions for possible programs, service improvements, and Library materials. Should you have suggestions, please let us know on your next visit, call us at 505.869.9808, message us on facebook (www.facebook.com/IsletaPuebloLibrary), or email them to poi02002@isletapueblo.com.

As a show of appreciation and gratitude for their services and sacrifices, the Library will waive the Library fines of those Veterans who come and visit the Library on Monday, November 10th from 8 am to 6:30 pm. Fines which will be waived are Late Fees. Fines for damaged, lost, or never returned Library materials will NOT be waived. A list of Veterans will be provided to the Library by the Pueblo of Isleta Veterans Association, so we may verify those individuals as they visit the Library for this promotion. If you are a Veteran and have doubts about your name being on this list, please contact Ulysses Abeita at 505.264.4110. Again, Thank you for all that you have done for this country and your fellow community members of the Pueblo of Isleta.

We will be CLOSED all day on Tuesday, November 11 in observance to the National Holiday known as Veteran's Day. All Library material with a due date of November 11th will be adjusted to avoid fines.

The Library will be CLOSED on Thursday and Friday, November 27 & 28 in observance to Thanksgiving and "Black Friday" (due to working on Columbus Day). All Library material due on those dates will be adjusted to Monday, December 1st to avoid Library fines.

Karen Jaramillo of the MIS Department has given the Library Website (www. isletapueblo.com/library.html) a much needed "facelift" making it more interactive for the patrons and administrative user friendly for us to maintain and update on a regular basis. Hopefully, this will help us get more Library news and information out to you all. Please visit the site and send your feedback to poi02002@isletapueblo.

UPCOMING:

We are currently trying to put together one last Homework Help incentive which is to start in November and conclude in December. Please keep an eye out for our flyers posted within the community or visit our Library Website Event Calendar or our Facebook page.

Want to learn to bake cookies and never got around to it and end up buying them at the store? Well wait no longer! The Library will be having a "Learn to bake cookies" class. This class will be open to the first 7 adults. Registration will start on November 3rd. Last day to register will be on November 7th. The Baking Class will last for 4 weeks. Class will begin on Wednesday, November 12th from 5:30-7:00pm and continue on every Wednesday, excluding the week of Thanksgiving, resuming on December 3rd. Our final class will be on December 17th ending will be a cookie swap with our youth baking class who will have their cookies and recipes to swap with the adults. If you have any questions, please call the Library and speak with Tara at 869-9808.

Our annual pictures with Santa Claus will take place on Tuesday, December 16th from 2 pm to 6 pm at the Library. So, be sure to save the date or input it to your calendar. We will also post flyers around the community and repost this in December's Newsletter.

RECAP:

At the end of September, the Isleta Recreational Center donated and installed a basketball goal at the Library/Education Complex for the students and neighboring community members to enjoy. The students of the Homework Help program are very grateful for the act of kindness as you can see in the provided pictures. I must say it is nice to step outside for a quick game with the students after they have completed their nightly homework assignments.

In October, the Library successfully



Homework Help Students enjoying their "toy" provided by the Isleta Recreational Center.

concluded its first adult book club on Gregory McGuire's *Wicked* book based on the Wicked Witch of the West. Their book club started with six participants and ended with six participants, so this program was a 100% success. Participants were assigned weekly reading and were required to attend four of the five weekly book club discussion sessions in order to attend the field trip to



Wicked Book Club members at UNM's Popejoy Hall for the Wicked Musical.

UNM's Popejoy Hall for the Wicked Musical on Friday, October 3rd. All you have to do is look at their group picture inside Popejoy Hall minutes before Musical started. Library Aide, Diane Abeita was the lead person for this program and she is currently taking suggestions for the next book club reading.

On Friday, October 10th the Library took six students whom earned enough points via extra reading and completing their homework at the Library to the UNM Lobos vs. SDSU Aztec football game on Friday, October 10th. The six students were treated to Fuddrucker's before the



Students at the UNM Lobo Football Game after receiving FREE Shirts from the National Guard.

game and received all sorts of FREE stuff at the Football game from vendors such as Albertsons, the National Guards, Panda Express, and complementary Hot Chocolate from the Library. Please, visit the Library's facebook page for additional pictures of the field trip. Library Aide, Valeri Schroeder was the lead person for this program and she too is currently taking suggestions for future Homework Help Incentive Programs.

Library Aides Tara Abeita and Dianna Burbank created a five week Adult Halloween Sewing Class, where the participants went on field trip to Savers and Hobby Lobby to pick supplies for the Halloween Costumes. The program took place in the Library's Art room, where the group met every Tuesday and Thursday and worked on their costumes. In the beginning, we had seven participants but only six completed their costumes and participated in the end of the program Fashion Show held at the Library on the evening of Thursday, October 16th.

The fashion show was open to everyone and gave the participants the opportunity to show off their costumes. Many pictures were taken and one patron recorded the event which can be viewed on the Library's Facebook page.

Our third Adult program for Adults was the Ghost Tour of Old Towne Albuquerque. Patrons were required to check out a Ghost Stories book from our collection, read the stories, and provide the Library with three synopses of the stories they read. Their synopses served as their ticket to attend the Ghost Tour Field Trip on Friday, October 17th. This was far the biggest group we took to the Ghost Tours and everyone seemed to enjoy walking around Old Towne late at night with Ghost Stories being told. They took many pictures which captured some creepy things in the background. Some pictures are posted on the Library's Facebook page.

Finally, on Friday, October 24, the Library participated in the Recreational Center's Annual Halloween Carnival. This year our Halloween Booth theme and game was the 80's Classic Arcade game Pac-Man. We tried hard to keep the philosophy of the Arcade Game alive in our booth. It seemed that many people both youth and adults appreciated the game and tried a game of "Real Life" Pac-Man where they got to run around a maze collecting their Halloween Candy in the four corners of the maze while trying to avoid the Library staff dressed as the four ghosts. Even two police officers decided to give our game a try and it was a bit fun to chase them around the maze trying to prevent them from getting any candy. Unfortunately for us, they were faster than they appeared and both got at least one candy each. At the end of the night, our booth took second place but first in many hearts. Hopefully, people had dreams of being chased by ghost that night. Pictures and video footage of the event can be viewed on our Facebook page.

The Library would like to take this opportunity to Thank the Department of Education for allowing us to use their activity van for the Wicked, UNM Football Game, and the Ghost Tour Field Trips. The Isleta Recreational Center also allowed for the Library to use one of their activity vans for the Ghost Tour. Without the kindness of both programs, we would not have been able to attend those field trips.

Pueblo of Isleta Public Library Hours of Operation:

Library Hours

Mon-Thurs - 8:00 a.m. - 6:30 p.m. Friday - 8:00 a.m. - 4:30 p.m. Saturday - 9:00 a.m. - 1:00 p.m.

Closed on Sundays, all federally recognized holidays and also Isleta traditional Holidays. Please contact library for more information on closures.

Mailing and Physical Address:

950 Moonlight Drive Albuquerque, NM 87105 **Phone:** (505)-869-9808 **Fax:** 505-869-8119



Participants and their models of our first ever Halloween Costume sewing class.



Participants of this year's Ghost Tour of Old Towne Program.



The Library's 2nd Place Pac-Man booth at this year's Annual Recreational Halloween Carnival.

Isleta Elementary Fifth Grade News

Fifth grade means a **lot** of writing, reading, and problem solving. The fifth graders are completing their first 5-paragraph essay using the Write Tools writing process. This first essay is about whether or not to ride in a hot air balloon. We brainstormed the pros and cons of this experience and students made a choice. They then had to explain their decision by writing three important details about it. Did you ever think about the great cell phone coverage you could get in a hot air balloon? This information and many others were presented in the students' essays.

Dr. Shutiva's 22 fifth grade students SCHOLARS have also just completed their first major research project for this school year! It was partly based on a story in their reading book, "Spirit of Endurance" which is a non-fiction story about Ernest Shackleton's expedition to Antarctica. Studying about the harsh conditions of Antarctica evolved into the research projects which meant taking several field trips to the Isleta Community Library to use the fabulous resources. The first research project was on **biomes of the world**. Using a rubric to guide them

in their quest for knowledge about the world's biomes, students used the internet, books, and encyclopedias to help them find facts about their assigned biomes. The pairs of students then designed informative and colorful posters to display their biome's facts which they presented to their families on October 16 as part of Science Night. The students also displayed the dioramas they made that were on display in the school's library for all to enjoy.

With Halloween just around the corner, the 5th grade scholars memorized the words to Michael Jackson's song, "Thriller" which has great rhythm and rhyme to help improve their oral reading skills. To help improve their descriptive writing skills students designed menus for a Haunted Mansion Restaurant that is only open on Halloween night from 10:00 pm - 4 a.m. and only serves to ghouls, goblins, witches, and demons. Stacked full of sensory loaded adjectives, students used their great creative minds to come up with such menu items as, "Finger Hot Dogs," "Broccoli Nose Hair," "Fruit Eye Balls," "Gut Soup," and "Yummy Throw-Up Stew."

Learning the place value of decimals can sometimes be difficult for some students to master. To introduce this fifth grade math standard, Dr. Shutiva's scholars each cut a dollar bill into tenths (No, not a real one! It was a play dollar bill.), and then they cut up rice crispy treats into tenths and then into hundredths to get a good visual image of how decimals get smaller and smaller. As one scholar remarked, "You weren't kidding! I can barely see my hundredth of my rice crispy treat!" As students have mastered the decimal place values they are learning how to add, subtract, and multiply decimals by food shopping using grocery flyers. This is not only a fun learning activity it is also a valuable life skill the students are learning.

As you can tell learning is fun in fifth grade. Dr. Shutiva uses stories, food, games, food, the internet, food, puzzles, food, magazines, ... whatever it takes to help students master the fifth grade Common Core State Standards. As the class motto states... Good, Better, Best, Never Let it Rest, Till the Good is Better and the Better is Best.

6th Annual Light the Path Memorial Walk:

"Remember the Path We Took Together"

December 19, 2014, 5:00 P.M. at Isleta Recreation Center

The Annual event has been in the planning stages; the time is drawing closer and closer. The time has come upon us to remember our loved ones that have journeyed before us. The 6th Annual Light the Path Memorial Walk will take place on Friday, December 19th, 2014, at the Isleta Recreation Center. This event is sponsored by the Isleta Community Action Team (ICAT) which is a make up of POI Service Providers/ Departments, Community Members. The event will start at 5:00 pm at the Isleta Recreation Center. The procession to St. Augustine Church will begin roughly at 6:00 pm, with a memorial service. Upon return, a dinner will be served, with a slideshow with pictures of loved ones, and raffling "awesome" door prizes. Luminaries will light up the main tribal road entrances to the village, the church plaza area, and as well as the recreation center.

Last year's event was a huge success with over 3000 luminaries lighting several tribal roads that lead the procession towards the St. Augustine Church. With over 250 participants in 2013, we anticipate this number to grow larger. NAMES ARE NOW BEING ACCEPTED TO BE PLACED ON LUMINARIAS AND FEATURED ON A MEMORIAL BANNER!! Deadline will be November 24, 2014.

Luminary bags may be picked up the next day after the event for your own personal use. If you would like to volunteer and help fill the bags with sand, placing luminaries on the path and lighting them, you are more than welcome to join us. This will be done on the morning BEFORE the event, on December 18th 2014. Then, will be placed along Tribal Roads on the day of the event (Dec. 19th). Please, report to 'The Cottonwood Tree' outside of Governor's office/Post Office. Clean-up will follow right after the event is over!

In closing WE all have someone special that has left so many memories while they were here with us on Earth. So in turn we want to "Remember the Path we took together". If more information is needed, please contact Behavioral Health @ 869-5475.

Names being accepted for Memorial Walk, through DONATIONS!

ATTENTION ATTENTION ATTENTION

Isleta Elementary School Transitions to a Tribally Controlled Grant School

Attention All Isleta Tribal Community members—stand proud and tall! The future of our young elementary students will begin a historic event on July 1, 2015 (anticipated start date). The Isleta Elementary School is going to change ownership from a Bureau of Indian Education controlled school to a Pueblo of Isleta Tribally Controlled Grant School.

This is an opportune occasion to begin to take full advantage of the benefits a Tribally Controlled School. This process will begin to create a comprehensive educational system within our community. We as the POI will establish a quality education, competitive with any public school in New Mexico. By taking control of the IES we also will be able to weave into our children's education our traditional language and culture throughout their school day. Another goal is to demonstrate and improve the school's technology—currently 8 years old—and bring the 21st Century to our children.

The Pueblo of Isleta Tribal Council, the Governor and his Administration, submitted the Initial Application to the Bureau of Indian Education on August 29, 2014. This Initial Application outlined the POI Tribe's intent and purpose to pursue a P.L. 100-297 Tribally Controlled Grant School. The application clearly indicated that the POI is capable and has all necessary components to assume control of the Isleta Elementary School's educational programs and operations. The Initial Application also included assuming control of the Food Services, Transportation services, and Facilities Management and Maintenance programs.

On October 14, 2014 the POI Tribal Council, Governor's Office and Febasa Consulting (owned by POI tribal member Debbie Lente-Jojola and Consultant Albert Cherino, Jr.) met with the IES staff and School Board to provide information and updates on the application process and transition. A meeting with the IES parents

was also scheduled, but had to be postponed due to religious ceremonies occurring that same evening. It will be rescheduled for a future date.

Attached you will find a Question and Answer format that we hope will dispel any misunderstandings or misinformation about a P.L. 100-297 Tribally Controlled Grant School.

Please do not hesitate to contact the School Transition Elementary Team for further information and/or ideas. Please call the POI Governor's Office at (505) 869-3111 with your questions and/ or comments. The team is composed Febasa Consulting, Tribal Council, Governor and his Administration, and the POI Departments of Legal Counsel, Human Resources. Management Information Systems, Treasurers Office, Procurement and the Department of Education.

Respectfully, Isleta Elementary School Transition Team.



VISION:

"That the fire and light of Shea-Whiph-Tuy will continue to shine, providing light and warmth to our future generations, ensuring our quality of life and prosperity, securing our existence and sovereignty, and protecting our traditional and cultural values."

Pueblo of Isleta Tribal Council

Q & A: Isleta Elementary School Conversion to a Tribally Controlled Grant School (P.L. 100-297)

1. What is a Tribally Controlled Grant School?

A Tribally Controlled Grant School is a school that has been converted from a Bureau of Indian Education (BIE) school to a "Tribally Controlled" Grant School. Public Law 100-297 under Part B of Title V, Indian Education, allows Federally Recognized Tribes to operate and manage their own schools.

The Department of Interior and the BIE have recognized that, "... Indian education is most successful when tribes manage their schools." Secretary of the Interior, Sally Jewell, Order No. 3344, June 12, 2014.

2. What does "Grant School" mean?

This means that the Department of Interior (DOI) and the Bureau of Indian Education (BIE) will continue to honor Trust Responsibilities to Indian Tribes and provide funding to Tribally Control Grant Schools.

3. Why is the Pueblo of Isleta (POI) wanting to assume control of the BIE School?

The POI Tribal Council and Administration have been discussing in detail the concept of a "Tribally Controlled Grant School." It was therefore one of the Goals of the Tribal Council's Strategic Plan to, "Assume control of Education, including the Isleta Elementary School (IES).

The POI has the capacity to appropriately manage the IES and to operate a school with a local Governing Board assuming the responsibility to managing all school operations. This would include Financial and Academic planning, etc.

4. What is the expected date of conversion from BIE to POI? When will the transfer happen?

The POI is awaiting approval from the BIE. The POI's transfer application, the timeline for the POI to assume control of the operations of the IES is July 1, 2015—in alignment for School Year 2015- 2016.

5. Will this conversion affect my child's education?

By assuming control of the operations of the IES, the POI's intent is to provide an enhanced curriculum, and to review and expand academic programs with the goal to be as competitive as any Public or BIE School in New Mexico. An additional component of the Initial Application is began to weave our traditional culture and language into the academic programs. In addition, the POI will be able to significantly improve IES technology so our students will be afforded the same education anywhere in the US.

6. Will the school continue to be funded by the BIE?

Yes, the school will continue to be funded by the BIE. In addition the IES will be eligible for other Department of Education Grants, or State Grants that the IES was previously unable to apply for. As the name implies, "Tribally Controlled Grant School," simply means a Tribe is in control of the school and the BIE will continue to fund the school.

7. What happens to the existing IES staff and teachers once the POI assumes IES operations?

The POI recognizes the expertise of the IES teachers and staff however, all former BIE staff and teachers will need to apply with the POI if they wish to continue working at the school. All required job positions at the school will be posted by the POI Human Resources Department.

TEST YOUR KNOWLEDGE

November is Lung Cancer Awareness Month! How Much Do You Already Know About Lung Cancer?

T F (Answer True = T or False = F)			
□ □ 1. Lung cancer is the leading cause of cancer death in the United States.			
\square 2. Before the advent of cigarettes, lung cancer was an extremely rare disease.			
\square 3. Quitting smoking eliminates one's chance of getting lung cancer.			
\square 4. Smoking low-tar or "light" cigarettes somewhat decreases the chance of developing lung can	ncer.		
□ □ 5. Lung cancer, once diagnosed, is a highly curable disease.			
□ □ 6. Cigarettes are engineered to be addictive.			
\square 7. New study findings show that low-dose spiral CT scans can be used to screen for lung cance	er and may		
increase the likelihood of surviving lung cancer.			
□ 8. If you are not a current smoker, you are not at risk for lung cancer.			
\square 9. If lung cancer among never smokers was considered as a separate cancer, it would rank as t	the 6th most		
common cancer in the United States.			
\square 10. If you quit smoking, you are no longer at risk for lung cancer.			
\square 11. Lung cancer kills more people each year than colon, breast, prostate, and pancreas cancer	COMBINED.		
Lung cancer is something that anyone who has ever smoked should know about.			
Take this quiz and find out how much you know or don't know about lung cancer.			

TEST YOUR KNOWLEDGE

and

CHECK THE CORRECT ANSWERS in NEXT MONTH'S Pueblo of Isleta Newsletter!

If you are interested in hearing more about CANCER Please Sign Up for the 3rd Annual Isleta Cancer Education Conference coming on November 8th. Call to sign up - Stephanie Barela, 869-4479

Adapted from http://www.seattlecca.org/lung-cancer-quiz.cfm.



How to Care for Your Cold or Flu at Home



Most people do not need to see a doctor when they have a cold or the flu. If you are sick, call the toll free Nurse Advice Line at 1-877-725-2552 before coming to the medical clinic. This line is available 24 hours a day, 7 days a week.

Ways to treat your cold and flu symptoms at home:

- Get plenty of rest
- Drink lots of fluid like water and clear soups. They help loosen mucus and keep you hydrated
- Gargle with warm salt water a few times a day to relieve a sore throat
- Treat fevers with over the counter fever medicine (ibuprofen or acetaminophen). Check with a doctor or nurse if you have long term medical problems before taking these medications
- Use saline (salt water) nose drops to help loosen mucus and moisten the tender skin in your nose

A CHILD should go to the clinic with a COLD/FLU when:

- Fever is above 103 degrees or high fever lasts for more than 3 days
- · Symptoms last more than 10 days
- Trouble breathing, fast breathing or wheezing
- · Bluish skin color
- · Earache or drainage from ear
- · Child appears or acts very ill
- Flu-like symptoms that improve, but return with a fever and a worse cough

An ADULT should go to the clinic with a COLD/FLU when:

- · Fever is above 103 degrees that lasts a while
- · Symptoms that last more than 10 days or get worse instead of better
- · Trouble breathing or shortness of breath
- Pain or pressure in chest
- · Fainting or feeling that you are going to faint
- · Confusion or disorientation · Severe or persistent vomiting
- · Severe pain in the face or forehead
- · Hoarseness, sore throat or cough that won't go away after 10 days

Medicines you or your child can take:

- There is NO MEDICINAL CURE for the cold or flu, so there are no medicines you or your child can take to
- Make sure to REST and DRINK PLENTY of clear liquids (water and clear soups)
- Children's Tylenol can lessen the pain of headaches, muscle aches and sore throats, and help with fever
- Make sure you give your child the correct amount of medicine needed for his or her age and weight
- Humidifier will help moisten the air in a room to help a stuffy nose
- Saline Nasal Spray will thin the mucus in your nose or use a bulb syringe to suction the mucus out

Do you need a doctor's note before your child goes back to school after being sick?

NO! As of 2012, most schools do not require a doctor's note unless the student is absent due to a doctor's appointment or unless the child is absent often or for an extended amount of time. Please check with your student's school for their specific policy.

Adapted/modified from www.familydoctor.org



Isleta Head Start & Early Head Start

APPLICATIONS

For the 2014-2015 program year!!



- **Head Start applications are accepted for children ages 3 years (as of August 31, 2014) up to 5 years of age
- **Early Head Start applications are accepted for families that are Prenatal up to

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

Early Head Start Home-Based option assigns a Home Visitor to each family who provides weekly activities, education, & support in the home

This option is open for Expecting Mothers and children up to age 3 years

- **The following items are needed to fill out an application:
- √ Tribal Identification w/CIB # (REQUIRED if residence is outside the reservation)
- **Proof of Residency**
 - (New Mexico Driver's License, Utility Bill, Government/Tribal ID)
- Proof of income for previous 12 months (Such as: Public Assistance Award Letter, 2013 tax forms, W-2's, paystubs for last 12 months, etc.)
- Proof of Child's Birth (State issued Birth Certificate, CIB Letter, Baptismal Letter)
- ✓ A copy of your child's IFSP/IEP (if applicable)
- ✓ For Prenatal option, Pregnant Mothers need to provide proof of pregnancy.

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

There are still Head Start slots available!!

WIC NOTES

Off The Bottle by 1 Year!

Six months of age is a good time to introduce your infant to a cup. Why six months? It strengthens her mouth muscles for talking and develops her hand-to-mouth coordination skills. If you wait to introduce the cup, your baby may find it more difficult to master. In the beginning drinking from a cup is not for nutrition, but for getting her familiar with the cup and the process of drinking from it.

Begin by offering water from the cup. That way she can begin learning how to use her tongue and mouth differently (compared to the breast or bottle) and her spills are easy to clean up.

Drinking anything from a bottle, except water, can cause cavities. Infant formula and juice can cause **tooth decay**.

Putting baby to bed with a bottle can cause tooth decay, unhealthy weight gain, and a need to have the bottle to get to sleep. Instead, hold your baby while she drinks and when she is finished, wipe her teeth with a wet soft cloth or toothbrush and put her to bed without the bottle.

"How do I offer a cup to my baby?"

At first, you will want to offer the cup at meal times. Sit your baby upright strapped in a high chair. After you feed your baby few bits of food, offer a sip or two for the cup. You can alternate spoonfeeding and sips of liquid from the cup throughout the meal. Once your baby get the hang of drinking from a cup, use the cup at all meals and snacks.

"What is the best cup for my baby?"

Baby's first cup should be small so his little hands can easily hold it and raise it to his mouth.

A straw cup is another good option. Drinking from a straw helps strengthen the muscles in your baby's mouth that make sounds and words.

Sippy cups that don't spill or drip are *not* good choices. Sippy cups that your child has to suck on are more like bottles than cups. If you buy a no-spill cup, remove the stopper from the spout so liquids can flow freely.

As your baby becomes a toddler you will want to offer an open-top cup.

Between 10-12 months your baby can have a cup at mealtimes and snack instead of the bottle.

By the time your baby celebrates her first birthday she should be drinking all fluids from a cup!

WIC Mini Egg and Cheese Tortilla Cups

Involve your children in preparing this fun recipe. Then sit down together and eat! Everyone will love the taste, but eating meals as a family is what really matters.

Ingredients (4 servings)

4 eggs- WIC food

1/4 cup sour cream (or milk)

½ cup shredded cheese, any kind. WIC uses Colby Jack-WIC

food

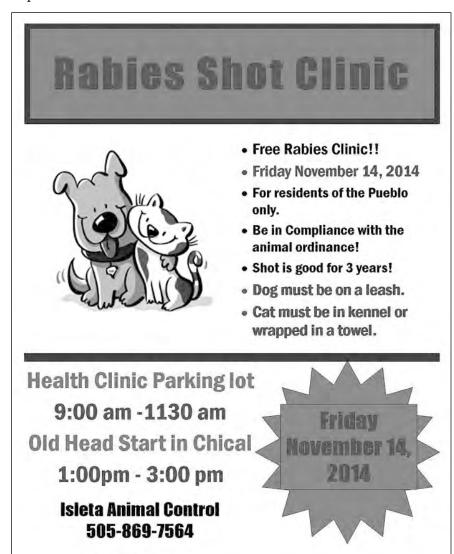
Diced vegetables of your choice. Broccoli or bell peppers & onions are good choices-WIC food

1 extra-large tortilla or 4 small tortillas -WIC food Salt and pepper to taste.

Instructions:

- 1. Heat oven to 350 degrees. Stack the **small tortillas**. Using anything with a rim (can, cup, small bowl) press through the tortillas until you have cut out round circles. If you are using big tortillas cut the four circles out of one tortilla. Press each tortillaround into 4 greased muffin tins using your fingers. It's fine if it does not fit perfectly. Set aside.
- 2. In medium bowl, whip the eggs and sour cream until combined. It's fine if it is a little lumpy. Add half of the cheese. Sprinkle with salt and pepper.
- 3. Pour equal amounts of egg/sour cream mixture into the tortilla-rounds in the muffin tin. Add the veggies. Bake for 10 minutes- then sprinkle the remaining cheese on top. Continue baking for 3-5 minutes more until cheese is bubbly and tortillas are golden. Remove from tin and serve warm.

Heidi Lanes, WIC Nutrition Coordinator





November 2014 Isleta Health Center Calendar Questions? Call 869-3200 MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY DPP = Diabetes Prevention Program. Please call 869-4595 for further information on any of the Diabetes programs. BHS = Behavioral Health Services. Please call 869-5475 for further information on any of the BHS programs. PHARMACY NEWS: the PHARMACY at the Health Center will be CLOSED on November 13th. All other clinics & services will be open on this day -- Thank you! Parent Group:9-11am @ IBHS. Women's Support Group: Early Recovery Skills: Women's Path to Recovery: Early Recovery Skills: 3rd Annual Isleta 9-11am @ BHS. 10-11am @ BHS 1-2:30pm, BHS. Anger Management Skills: 9-11am, BHS Cancer Education 1-3pm @ BHS. Acu-Detox: 1-2pm @ BHS. Grief Group: 1-2pm @ BHS. Young Leaders Youth Krew: Conference 4:30-6:30pm @ BHS. Str8 Rez: 4:30-6pm @ BHS. Adult Wellness: 5-6pm @ BHS. @ Isleta Eagle Golf Course 12pm-4:30pm Call 869-4479 to sign up or for information. 2nd Annual Rock Your Moc's Fun Walk/Run Early Recovery Skills: Parent Group: 9-11am @ BHS. Early Recovery Skills: Women's Path to Recovery: Veteran's Day 9-11am @ BHS 9-11am, BHS Anger Management Skills: 1-3pm @ BHS. 1-2:30pm, BHS. Young Leaders Youth Krew: 4:30-6:30pm @ BHS. CLINIC Grief Group: 1-2pm @ BHS. @ Isleta Behavioral Measurements for Diabetic Str8 Rez: 4:30-6pm @ BHS. CLOSED Health Measurements for Diabetic Group Exercise: 4:30-6:30p @ Open Registration at 9:00am. Walk/run starts at 9:30am. Men's Conference hosted by Group Exercise: 4:30-6:30pm @ DPP Wellness Center. DPP Wellness Center. Diabetes Prevention Program ♦ No CHR Transports 5-8:00pm @ Isleta Resort & Isleta Cancer Education & Support CANCELED Casino. Call 869-5475 for more information. 16 Women's Support Group: 10-11am @ BHS. Women's Path to Recovery: Early Recovery Skills: Parent Group: 9-11am @ BHS. Early Recovery Skills: 1-2:30pm @ BHS. Anger Management Skills: 1-3pm @ BHS. Acu-Detox: 1-2pm @ BHS. Grief Group: 1-2pm @ BHS. Young Leaders Youth Krew: Adult Wellness: 5-6pm @ BHS. 4:30-6:30pm @ BHS. Str8 Rez: 4:30-6pm @ BHS. Cooking Class/DPP: 5:30-7:30p Moderate/High Risk Diabetic Diabetic Exercise Class: Moderate/High Risk Diabetic Diabetic Exercise Group: 5:30-Group Exercise: 5:30-6:45pm @ 5:30-6:45pm @ DPP Group Exercise: 5:30-6:45pm 6;45pm @ Wellness Center 23 Women's Support Group: 10-11am @ BHS. Early Recovery Skills: Parent Group: 9-11am @ BHS. Anger Management Skills: Нарру - T. Young Leaders Youth Krew: Acu-Detox: 1-2pm @ BHS. Thankstoring Thanksgiving 4:30-6:30pm @ BHS. Adult Wellness: 5-6pm @ BHS. Diabetic Exercise Group: 5:30-Diabetic Exercise Class: Moderate/High Risk Diabetic 6:45pm @ Wellness Center 5:30-6:45pm @ DPP. CLINIC CLOSED Group Exercise: 5:30-6:45pm @ 30 Wellness Center.



WANT TO STOP SMOKING?

SIGN UP FOR THE ISLETA HEALTH CENTER'S

freedom From Smoking

PROGRAM NOW!

NEXT GROUP STARTS IN 2015

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



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

CONTACT: Stephanie Barela @ 505-869-4479

for more information or to reserve your spot in this class!



Sponsored by the Isleta Health Center



Thinking About Quitting

90 minute support session to increase your motivation to quit smoking whether you are ready to quit or not ready to quit.

You will receive (free):

- The Guide to Help You Quit Smoking your own personal workbook
- Help in identifying your barriers to quitting commercial tobacco
- · Help in identifying your personal motivations for quitting
- Pack Tracks to identify the kind of commercial tobacco smoker you are

Topics Covered include:

- 1. Am I ready to quiton a scale of 1-to-5?
- 2. How addicted am I to nicotine?
- 3. Using over-the-counter (OTC) Nicotine Replacement Therapy (NRT)
- 4. Free NRT & assistance @ Quit Line 1-800-QuitNow or enroll at QuitNowNM.com
- 5. Pros and Cons of Quitting Smoking... Identifying Barriers and Motivators
- Closing Backdoors
- 7. Introduction to The Guide to Help you Quit Smoking
- 8. Pre-view of Pack Tracks using them to cut back before Quit Day
- 9. Preparing a Quit Kit tool for surviving the first two weeks after quitting
- 10. Using a Calendar to reward yourself (optional)
- 11. Dealing with Losing your Best Friend the Cigarette
- How to support your friend or family member who is Thinking About Quitting
- Other tools to help you quit: Freedom From Smoking® Online at www.ffsonline.org

Call Stephanie, Health Educator

@ 869-4479 to Sign Up

Isleta Health Center