



Isleta Pueblo News

Volume 7 Issue 11

November 2012

From the Desk of Governor Frank Lujan

I want to apologize for the late submission of this article to the newsletter. A few things I wanted to include in this issue caused a delay, as I received the information later than what I anticipated. Please accept my apology.

From the Pueblo of Isleta, we extend a speedy recovery to all of you, your family members living in the east coast who were affected by Hurricane Sandy. We have seen the devastation Sandy did and we hope that all of you are safe. The damage to buildings, roads, bridges, automobiles, and so forth can be replaced but lives cannot. We are not forgetting you, and the Pueblo of Isleta stands ready to help should any assistance be needed.

On a lighter note, we hope all of you had a Happy Halloween, especially all the youngsters. I hope that you were all able to participate with our Halloween Carnival at the recreation center. This is one holiday that the kids look forward to and, of course the adults like to dress up as well.

I want to start by thanking all those who gave their time and effort in the cemetery cleanup. Slowly, we are making a positive change and gradual improvements to the property. We would like to make this an annual event because our cemetery will continue to grow. We will need your continued assistance to maintain it and it is our intention to continue this practice for years to come. We do this for our loved ones who have passed on and in remembering them. Thank you to all.

In last month's newsletter, I mentioned the Pueblo purchased the Mesa Del Sol property pending final negotiations. Now it's final. The negotiated price was agreed to at \$801,000.00 for 23 plus acres. This property is now ready for future economic development growth, if that is the direction the Pueblo decides to proceed. The potential is there for business opportunities.

The month of November will also bring us a lot of activities. First, as all of you are aware, the enshrinement of St. Kateri Tekawitha is scheduled for November 10, 2012, beginning at 9:00 am. The description of the enshrinement appeared in last month's article. His Excellency Michael J. Sheehan personally approached the Pueblo, to request to the Pueblo of Isleta and St. Augustine Church to permanently have a St. Kateri Tekawitha shrine here at our church. Without hesitation, we accepted. Following the mass, a procession will proceed around the plaza. St. Kateri will then be placed in an outdoor shrine for the day and at the request of the Parish Committee, traditional dances will follow. Come early for seating. November 10th will be a very busy day for community activities. The Isleta Library will be having a Pow-wow on November 30th, in honor of Native American Heritage Month.

The Isleta Elders Center will be having an Arts and Crafts Fair at the Hard Rock, also on November 10th.

The Hard Rock will hold it's 1st Annual Veteran's Day Celebration on November 12 in the Hotel Grand Ballroom. The event begins at 9am and lunch will be served from 11am to 2pm and is free to all veterans. All non-veterans will only have to pay \$5, and tickets can be purchased in advance. All proceeds will be donated to the Pueblo of Isleta Veterans Association.

Remember to wear your traditional shoes ALL DAY for "Rock your Mocs" on November 15th to show you are a proud native for Native American Heritage Month.

Later this month, the Pueblo of Laguna will be conducting their convocation. Governor Richard Luarkie invited us to attend this very important convocation. Governor Luarkie mentions 1:00 PM, but at our request, the time has been changed to 2:30 PM. Below is the Governor's personal invitation.

An Invitation from Governor Richard Luarkie and the Laguna Council

Greetings to the Pueblo of Isleta. I hope this month's newsletter finds all of you in great health and well being. I am honored to have been given permission by Governor Lujan and the leadership at your Pueblo to share this invite to a convening at Laguna Pueblo that will take place this November 23rd-25th. The convening is simply titled the "Laguna Pueblo Convocation".

Some of you may have participated in the larger convocation that was held earlier in the year at the Tamaya Resort in Santa Ana. This was a convening that was coordinated by the Leadership Institute at the Santa Fe Indian School, and brought all 19 Pueblos together for a 2½ day gathering to discuss major areas relevant to pueblo life in this modern age. The gathering was profound and allowed for deep discussion and reflection on issues related to education, healthcare, land and sacred sites, language, family, to name a few.

As a result of the convocation, Laguna Pueblo in partnership with the Leadership Institute, is embarking on our journey that will allow us to make our contribution to the larger Pueblo communities, renew our passion for our way of life and teachings, and reinvigorate the use of our core values in our Pueblo's advancement. However, as a part of this journey we are about to embark on, it is crucial that we include the Pueblo of Isleta due to a significant period of modern history that has bound our Pueblos and our people for over 100 years. That significant event was the period of the late 1870's to early 1880's when a faction of Laguna people departed our Pueblo and eventually settled in Isleta. In the context of core values, family and appreciation, we would like to extend this special invitation to join us on the afternoon

of Saturday November 24th at 1:00pm at the Route 66. The purpose of your participation is two fold:

1) First, to all of you that are descendants of Laguna, we would like to acknowledge you and "Welcome you home". The intent of this is to reaffirm that you are our relatives and we still acknowledge you as such. Many of you participate in Laguna in the various events, visit family, and engage in many other ways. Therefore, it is important for you to know that we care about you, and recognize you as our relations.

2) Second, we would like to extend our appreciation and thanks to the leadership and community of Isleta Pueblo for allowing our relatives to continually reside on your lands over all these many years. They became a part of your community many years ago and we are appreciative for that inclusion.

For those of you that are of Laguna descendants and plan to attend, please RSVP to Ms. Tina Pino at 505.552.6654 by close of business on November 7th. I realize there may be a large number of descendants and we want to acknowledge as many of you as we can, so if you can assist us by RSVP'ing by the 7th, it would be greatly appreciated. No one will be turned away, but it simply helps us for planning purposes. For the larger community of Isleta Pueblo, you are welcome to attend, but do not need to RSVP. As I mentioned earlier, your presence will be greatly appreciated and welcomed.

I want to express my appreciation to governor Lujan, his Lieutenants, and all the leadership at Isleta Pueblo that is assisting our Pueblo in our efforts. I look forward to seeing you at our convocation on November 24th. May the creator continue to guide and protect all of you in everything you do.

*With warm regards,
Richard Luarkie, Governor Laguna Pueblo*

The Tribal Council decided today to terminate the Hard Rock Agreement. As with any business venture, sometimes the risks pay off and other times they fail. Unfortunately, the latter is true in this case. Further discussions will be held to determine the new theme for our Hotel and Casino.

For your information, for those of you who have not seen or heard of the Registration and Nominations for Tribal Governor and Tribal Council held on October 27 and 27, 2012. I have published the results. It is disappointing that less than 50% of the eligible voters registered to vote. We all need to get more involved; and your vote does make a difference.

Lastly, on behalf of the entire administration, we want to wish you all a Happy Thanksgiving and the beginning of the Holiday Season. Stay safe and respect your families, friends, and your community during the upcoming Holiday Seasons.

Pueblo of Isleta

**CERTIFICATION OF THE 2012 REGISTRATION /
NOMINATIONS OF THE GENERAL ELECTION**

The following are the results of the Registration and Nominations of the General Election (Primary) held on **October 28, 2012.**

Total Number of 2012 Eligible Voters	2731
Total Number of 2012 Eligible Voters Who DID Register	1098
Total Number of 2012 Eligible Voters Who DID NOT Register	1633
Total Number of 2012 Nominations for Governor	1004
Total Number of 2012 Nominations for Tribal Council	1006
<hr/>	
Total Number of 2012 Registered Tribal Members Who DID NOT Nominate for Governor	94
Total Number of 2012 Registered Tribal Members Who DID NOT Nominate for Tribal Council	92
Total Number of 2012 Registration INVALID Nomination Ballot(s) for Governor	10
Total Number of 2012 Registration INVALID Nomination Ballot(s) for Tribal Council	8
Unaccounted Ballot(s) for Governor	1
Unaccounted Ballot(s) for Tribal Council	0

NUMBER OF CANDIDATE VOTES FOR GOVERNOR	
Leonard Abeita (164)	
Robert L. Lucero (257)	
Ron A. Reid (155)	
Edward Paul Tones, Sr.(417)	

NUMBER OF CANDIDATE VOTES FOR TRIBAL COUNCIL	
Edward Tony Abeita(38)	Fernando Abeita(55)
Jimmy Abeita(66)	Juan Rey Abeita (54)
Cynthia L. Jaramillo(39)	Larry B. Jaramillo(93)
C. Phillip Jiron(51)	Ralph Douglas Jiron(34)
Regina D. Jojola(12)	Beatrice J. Lente(18)
Michael A. Lente(78)	Michael (Charlie) Lente(26)
Joseph R. (Cougar) Lucero(50)	Marcelino A. Lucero(7)
Ron Olguin (28)	Josephine Padilla(42)
Diane L. Peigler(37)	Kenneth L. Reid(19)
Barbara J. Sanchez(97)	Charlene F. Seidl(44)
Christine T. Teller(21)	Verna Teller(67)
	ReGina J. Zuni(22)

**PUEBLO OF ISLETA
TRIBAL ELECTIONS
POLITICAL FORUM**

A Political Forum hosted by the Isleta Elder Center will be held on November 15, 2012 starting at 9am. The forum is an opportunity for elders to meet and learn more about the candidates running for office. The Isleta Elder Center Advisory Board will present a few issues and request a response from each candidate. Thereafter, there will be an opportunity for questions from the audience. We ask that we conduct ourselves in a manner to honor and respect the presence of our elders.

**BERNALILLO COUNTY-2012
GENERAL ELECTION VOTER'S
INFORMATION**

Absentee Voting
Begins October 9, 2012 to November 2, 2012
On the 2nd of November the deadline for Absentee registration is at 5:00 P.M.
You can pick up an absentee application at the Governor's Office.

Early Voting
Begins October 20, 2012 to November 3, 2012
8:00 A.M. to 5:00 P.M. @ the New Recreation Center located in Isleta.

Election Day
November 6, 2012 7:00 A.M. to 7:00 P.M. at the New Recreation Center located in Isleta.

Any registered Bernalillo County Voter can vote at the Isleta's site or any other site in Bernalillo County.

For More Info visit: County Clerk's Office or call 243-VOTE (8683)

**PUEBLO OF ISLETA
HUMAN RESOURCES DEPARTMENT
P.O. BOX 1270, ISLETA, NM 87022
PHONE: (505) 869-7587
FAX: (505) 869-7579
EMAIL: poi70103@isletapueblo.com
www.isletapueblo.com "Careers"**



The Pueblo of Isleta Human Resources are continuously accepting applications for the following positions:

- LAW ENFORCEMENT**
Police Officer Sergeant of Police
- CDL DRIVERS**
- EQUIPMENT OPERATORS**
- ELDERLY PROGRAM**
Home Service Program Transporter
Elderly Companion Outreach Coordinator
Home Attendants
- HEALTH CLINIC**
EMT — Intermediate
CHR Van Driver (Occasional)

**Deer Hunt is open to all
Isleta Tribal male members
Manzano Mountains Only**

Archery Hunt	November 1 — 4, 2012
1st Rifle	November 10 — 11, 2012 (limit 100 permits)
2nd Rifle	November 17 — 18, 2012 (limit 125 permits)
3rd Rifle	December 15 — 16, 2012 (limit 50 permits)

Permits will be issued at the Natural Resources Office Monday — Friday



DOUMA LAW & MEDIATION, P.C.

He Aloha Douma
ATTORNEY AT LAW

MEDIATOR/SETTLEMENT FACILITATOR

Services range from litigation to mediation, including:

- Divorce / Legal Separation
- Child Custody, Child Support
- Co-Parenting Plans
- Probate
- Wills
- Legal Guardianship
- Mining Compensation
- Other Civil Matters
- Mediation / Settlement Facilitation

(505) 375-0033

WWW.DOUMALAW.COM

WHY CHOOSE MEDIATION?

MEDIATION IS AFFORDABLE

Both parties share the cost of mediation, which is only a fraction of the cost of attorneys and court fees.

MEDIATION IS LESS STRESSFUL

It is held in a safe, neutral environment where options can be explored and discussed openly.

MEDIATION IS LESS TIME-CONSUMING

Litigation can be lengthy & time-consuming, taking months or even years. Mediation is a quicker solution.

MEDIATION IS CONFIDENTIAL

It is held in a private setting, out of the public eye. Information shared cannot be used in court.

MEDIATION IS CONVENIENT

Scheduling is flexible.

MEDIATION PROMOTES POSITIVE COMMUNICATION

It provides a more comfortable setting to address concerns and utilize creative problem-solving.

MEDIATION IS EMPOWERING

It gives the individuals the power to find solutions for themselves, instead of a 3rd party deciding for them.

... Mediation Works!

CALL: (505) 375-0033

... Divorce Mediation ...

DIVORCE *without* COURT

Who do you want to decide your divorce? Judges and attorneys in an open court? Or you and your soon-to-be ex-spouse in a private, confidential setting? Who knows you, your children, and situation best?

Divorce Mediation puts you in the driver's seat, allowing you to negotiate & come to an agreement with your soon-to-be ex-spouse.

... Another option ...

DIVORCE WITH COURT

Divorce with court provides you with the benefit of separate legal representation, which is beneficial to the protection of your interests, particularly if a power imbalance exists. Unfortunately, divorce mediation is not for everyone. In such cases, conventional divorce is always an option.

4TH ANNUAL LIGHT THE PATH MEMORIAL WALK

Once again the time has come upon us to remember our loved ones that have journeyed before us. The 4th Annual Light the Path Memorial Walk will take place on December 14, 2012, at the Isleta Recreation Center. This event is sponsored by the Isleta Behavioral Health Services in conjunction with Departments from the Pueblo of Isleta. The event will start the evening of December 14, 2012 at 5:00 pm at the Isleta Recreation Center. The procession to St. Augustine Church will begin promptly at 6:00 pm and proceed back to the Recreation Center. A dinner will be served, entertainment by THUNDER KNIFE DRUM GROUP and guest speakers from the community.

Last year's event was a huge success with over 500 luminarias lighting several tribal roads that lead the procession towards the St. Augustine Church to enjoy a simple blessing then returning back to the Isleta Recreation Center to feast on posole and oven bread. To Purchase a name tag for the 4th annual Light the Path Memorial Walk to honor your loved one will be available for a donation of \$1.00. The name tag will be placed on the luminaria's that night in loving memory

of that special person(s). You may contact Isleta Behavioral Health Services to purchase a name tag for your loved one. The last day to purchase a name tag will be on December 11, 2012 at 4:30 pm.

Luminaria 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 lumiarias on the path and lighting them, you are more than welcome to join us. This will be done on the afternoon of December 14th 2012 at 3:00 pm.

In closing we all have someone special that has left so many memories while they were here with us on Earth. Our theme for this year's 4th annual Light the Path Memorial Walk is, **"I Am Only One Light In My Community But Together We Are Brighter!"** This is our way of remembering the importance of being a community in uniting together for support. We may have lost someone special to sickness, an accident, alcohol or drug abuse, but WE will never forget how much they meant to us.

**PUEBLO OF ISLETA
ISLETA POLICE DEPARTMENT
CRIMINAL INVESTIGATIONS DIVISION**

P.O. Box 699, Isleta, NM 87022 505.869-9714 Fax 505.869.9756
24-HOUR ANONYMOUS TIP-LINE: (505-869-9694)

COMMUNITY CRIME ALERT

THE ISLETA POLICE DEPARTMENT'S CRIMINAL INVESTIGATIONS DIVISION IS CURRENTLY INVESTIGATING **A SERIES OF VANDALISM CRIMES TARGETING THE COMMUNICATIONS EQUIPMENT AND UTILITIES SERVICE PROVIDERS IN YOUR AREA.**

UNKNOWN PERSON(S) HAVE BEEN CUTTING THE COMCAST FIBER OPTIC CABLES FEEDING THE ISLETA AND VALENCIA COUNTY AREA, RESULTING IN LOSS OF CABLE, AND SOMETIMES TELEPHONE SERVICE FOR EXTENDED PERIODS OF TIME. THE INCIDENTS OF VANDALISM BEGAN IN MID-2011 AND HAVE CONTINUED AT RANDOM, TO THIS DATE.

IF YOU SEE SOMEONE CLIMBING OR ON UTILITY POLES WHO ARE NOT USING OFFICIALLY MARKED VEHICLES OR CLOTHING OR SUSPICIOUS ACTIVITY NEAR CABLE JUNCTION BOXES

IMMEDIATELY ALERT THE ISLETA POLICE
DEPARTMENT AT 505-869-3030

IF YOU SUSPECT SOMEONE OF CAUSING DAMAGE TO
UTILITY LINES CONTACT CRIME STOPPERS AT 505-843-
STOP (7867), OR THE ISLETA POLICE DEPARTMENT

IF AN ARREST IS MADE FROM A TIP THROUGH CRIME STOPPERS; YOU MAY BE ELIGIBLE FOR A **CASH REWARD**, AND **YOU CAN REMAIN ANONYMOUS!**

IPD IS WORKING WITH COMCAST AND AREA SERVICE PROVIDERS TO STOP THIS VANDALISM, BUT WE CANNOT DO IT ALONE. MANY CUSTOMERS WHO USE COMCAST AS THEIR TELEPHONE COMMUNICATIONS PROVIDER ARE AT RISK OF LOSING EMERGENCY COMMUNICATIONS SERVICE.

THANKSGIVING - CHRISTMAS SEASON BURGLARY CRIME PREVENTION TIPS

With Burglar rings operating in the cities around us, burglary and theft of property during the holiday season is always high. The Isleta Pueblo Police Department's mission is to protect the public safety of all citizens of our Pueblo, but our officers cannot do it without the eyes and ears of you - the community. The following tips will help to make you and your family safer while also showing you how to become a part of the Isleta Pueblo Police Department Team - so that we may serve and protect the Isleta Pueblo - our community - together.

Chief Vernon Alvarez

At HOME? Protect Your Residence!

Lock your doors and windows when leaving your residence. Most residential burglaries occur during the daytime.

Know who is at your door before opening it. Screen doors and chain locks provide false security.

Obtain identification. If they show you an ID for a service company (i.e. Cable, phone, etc.) call their employer and verify who they are and why they are at your door. Consider installing peepholes in all entryway doors.

Mark your property with your Driver License number, that way it can be traced ONLY to you if it is stolen. (You can borrow an engraver from any one of our precincts!)


Burglary Prevention Tips

- Make your home look occupied, and make it difficult to break in.
- Lock all outside doors and windows before you leave the house or go to bed. Even if it is for a short time, lock your doors.
- Leave lights on when you go out. If you are going to be away for a length of time, connect some lamps to automatic timers to turn them on in the evening and off during the day.
- Keep your garage door closed and locked.
- Don't allow daily deliveries of mail, newspapers or flyers build up while you are away. Arrange with the Post Office to hold your mail, or arrange for a friend or neighbor to take them regularly.
- Arrange for your lawn to be mowed if you are going away for an extended time.
- Check your locks on doors and windows and replace them with secure devices as necessary.
- Pushbutton locks on doorknobs are easy for burglars to open. Install deadbolt locks on all your outside doors.
- Sliding glass doors are vulnerable. Special locks are available for better security.
- Other windows may need better locks. Check with a locksmith or hardware store for alternatives.

Other precautions you should take:

- Never leave keys under doormats, flowerpots, mailboxes or other "secret" hiding places -- burglars know where to look for hidden keys.
- Keep a detailed inventory of your valuable possessions, including a description of the items, date of purchase and original value, and serial numbers, and keep a copy in a safe place away from home -- this is a good precaution in case of fires or other disasters. Make a photographic or video record of valuable objects, heirlooms and antiques. Your insurance company can provide assistance in making and keeping your inventory.

NATIVE AMERICAN HERITAGE MONTH



Grocery Bingo

Join the library in helping raise money to honor our Elders and treat them with a dog out of the center.

Early Bird Bingo @ Elder Center
10am - 11:30am
for 50 yrs & Older
\$1.50/ Card (2 Card Max)

Evening Bingo @ Library
5pm - 7pm
\$1/ Card (2 Card Max)

Concession will also be available

Thurs. Nov. 8th

Story Telling

Be a part & listen as a few of our elders share their stories from their past.

Scary stories will also be told outside by a special guests.

Bring your pillow and blankets and enjoy these stories.

Traditional Snack will also be served.
(Beef Jerky, Dried Fruit, Pies, Cookies)

5pm-6pm

Thurs. Nov. 15th

Join the Library in helping Celebrate Native American Heritage Month. All month long we will be having different events to celebrate our culture and traditions. Participate in all or one of these event. For further questions or volunteer information please call the Library at 924.3192 and speak to a staff member.

Gourds Craft Project

Come in and make a nice Gourd Center Piece with flowers for your Thanksgiving table.

@ the Library
5pm-6pm

It is LIMITED to the FIRST 30 People.
One Center Piece per Household.

It is a 2-Day Project, the same 30 people on both days

Mon Nov 19th & Tues Nov 20th

Film Festival

Help celebrate & honor our Veterans of Isleta by watching a video dedicated to them.

The video will have interviews and mini biographies on participating veterans.


Submission of a Veteran, bio, & Pictures is DUE Oct. 19th

Opening Flag Song Ceremony to officially hang up our flag will also be done

@ the Library
5pm-6:30pm

Tues. Nov. 27th

in Pueblo of Isleta



ISLETA POLICE DEPARTMENT TRAFFIC DIVISION NEWS NOVEMBER 2012

Well, another month has come and gone and the holidays will soon be upon us. The Traffic Division hopes all of our little ghosts and goblins had a fun and safe Halloween. It was great seeing so many of you at the various school carnivals and around the Pueblo.

The Traffic Division is asking for your assistance in making the roadways throughout the Pueblo of Isleta safe for all who travel here. Officers of the Traffic Division have been diligently working to bring drivers into compliance with the posted speed limits on the Pueblo but it is a never-ending challenge for us. Highways 47 and 314 are still our biggest problem areas and the Traffic Division will continue to concentrate on these roadways.

According to the National Highway Traffic Safety Administration:

"Travel at safe and reasonable speeds on highways promotes the nation's productivity. Most highways and motor vehicles are designed and built for safe operation at the speeds traveled by most motorists. Speeding — exceeding posted limits or driving too fast for conditions -- involves many factors including public attitudes, personal behavior, vehicle performance, roadway characteristics, enforcement strategies, and speed zoning (a safe and reasonable limit for a given road section or zone). Nevertheless, speeding on the nation's roadways is a contributing factor in as many as one third of all fatal crashes. Fatal crashes are only a small part of the total safety picture. In addition, many people are injured in speed-related crashes. The economic cost to society of these crashes was estimated to be \$27 billion per year in 1994.

Federal Policy on Speeding

Speeding is a significant threat to public safety and warrants priority attention. The Department of Transportation's policy on highway speeds is to provide guidance to State and local governments to set speed limits that maximize the efficient and rapid transportation of people and goods while eliminating the unnecessary risk of crashes due to unsafe speeds.

This policy promotes the concept that Federal, State, and local governments should have balanced programs that use the most cost-effective strategies for decreasing crash risks from speeding. These strategies include: (1) ensuring that posted speed limits are reasonable and appropriate for conditions; (2) providing public information and education on the risks associated with speeding; (3) understanding who speeds, where, when, and why; (4) using a variety of techniques and technologies beyond enforcement for speed management; and (5) targeting enforcement where speeding presents the most serious hazard and accompanying it with public information and education.

Let us look at aggressive driving as we are developing our traffic division program, we look at this term and want to provide information so the public has a good understanding of the term.

According to the National Highway Traffic Safety Administration, aggressive driving is described as follows: "when individuals commit a combination of moving traffic offenses so as to endanger other persons or property." However, other communities define aggressive driving as "the operation of a motor vehicle involving three or more violations as part of a single continuous sequence of driving acts, which is likely to endanger any person or property." Please do not confuse this with "road rage" as it differs in that road rage is a criminal offense and is in essence, "an assault with a motor vehicle or other dangerous weapon by the operator or passenger(s) of one motor vehicle on the operator or passenger(s) of another motor vehicle caused by an incident that occurred on a roadway." We all know that in some instances an incident of "road rage" has resulted in serious or tragic endings.

So what are some typical behaviors associated with aggressive driving? A short list is provided:

1. Exceeding the posted speed limit
2. Following too closely
3. Erratic or unsafe lane changes
4. Improperly/failing to signal lane changes
5. Failure to obey traffic control devices (stop signs, yield signs, traffic signals, railroad grade crossing signals, etc.)
6. Red light running called one of the most dangerous forms of aggressive driving by NHTSA.

The Traffic Division has found all of the above behaviors upon our roadways and are working hard in an effort to bring violators in compliance through traffic enforcement methods and education. We are always striving for safe travel throughout our community for ALL who travel here. So please help us help our community by passing this information on to all you know who have the privilege of driving a motor vehicle.

CONTACT INFORMATION:

Isleta Police Department Traffic Division
Traffic Safety Officer Sharon K. Mitamura
poi06056@isletapueblo.com (505) 869-9722
(505) 382-1518

★ REWARD ★



ON SUNDAY, OCTOBER 21, 2012, THIS GERMAN SHEPHERD WAS SHOT WITH A BOW AND ARROW, IN THE AREA OF SUNSET LOOP. THE ARROW THAT WAS USED, DID HAVE A FIELD POINT THAT WAS SHARP ENOUGH TO PIERCE AND PENETRATE THE DOGS SKIN. THIS ACT CONSTITUTES DELIBERATE ANIMAL CRUELTY.

ISLETA ANIMAL CONTROL WITH THE HELP OF ANIMAL PROTECTION OF NEW MEXICO IS OFFERING A REWARD OF UP TO
\$1,500.00

WITH ANY INFORMATION LEADING TO THE CONVICTION OF THE PERSON(S) RESPONSIBLE FOR THIS. PLEASE CALL THE NEW MEXICO'S ATTORNEY GENERAL'S CRUELTY TASK FORCE AT 1-877-5HUMANE. YOU WILL REMAIN ANONYMOUS.



ISLETA ANIMAL
CONTROL
869-7564

www.apnm.org

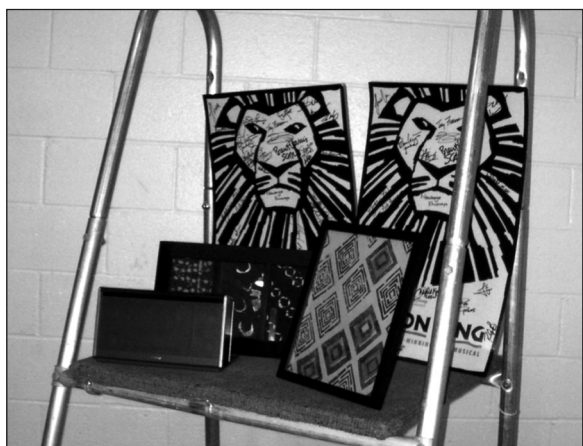


Parks & Recreation

Now that the month of November is underway our focus of attention for our youth involved in Cross Country now moves into our up and coming basketball season. Incidentally, our Head Coach Alyssa Jojola and Assistant Coach Phillip Abeita report an outstanding season for those children involved. Both coaches report that all children really improved on their times at just about every meet. They ended their season on Saturday October 20th over at Jemez Pueblo. Upon their return from that final meet they also had a pizza party for all involved. Also during the month of October we hosted the Lead dancer (Jason Lewis) from the Lion King Production, which was being played over in Albuquerque at Popejoy Concert Hall, for a dance and singing workshop for our youth. Once introductions were made by our Director, Rick Giron, the children were immediately engaged in dance and singing workshop as if they were in preparation for the Lion King Production. For those of you who didn't know, "The Lion King" is a Disney Theatrical

Production that has been playing in New York City for the longest time and was sold out for the 4 weeks that it played in Albuquerque. When everything was said and done, this was one of the most unique and exciting workshops we have ever had for our children at no cost to us and their happy faces were a testament to that fact. Two days prior to hosting the Halloween Extravaganza we the staff went out to Estancia, New Mexico and picked several thousand pounds of pumpkins. The total amount of pumpkins was down only for the fact that they were much bigger this year than years past. And on the last weekend of October we also hosted a Spinning Instructors Workshop that had 12 participants come and get certified or recertified as Spin Instructors from throughout the State and as far as El Paso, Texas. As many of you can see, our Parks & Recreation Program was very busy in the month of October as we continue.

The Lion King Workshop



As mentioned earlier, we had the opportunity to host the Lion King's lead dancer Jason Lewis and one of his female assistants for a dance and singing workshop here at the Pueblo of Isleta. Not only was this an honor for us to do, but it was a tremendous experience for our children to learn some new and exciting things from the everyday activities that we do here at the Rec. Center. When I was in New York City several years ago I read that many of the singers and dancers that do theatrical productions like to go out to the communities and stage free workshops as a way of giving back to the communities on their days off. As fate would have it, I was contacted by a local representative, Alleen Martinez, who asked if we would be interested in having such a workshop on their day off from production at Popejoy Hall. We immediately jumped on the opportunity and hosted one of the finest workshops that we have ever had which the children really enjoyed. Pictured are several pictures depicting the event.



Pumpkin Gleaning

This year we once again had the opportunity to go pick pumpkins free of charge for the Pueblo of Isleta. Although we picked up fewer pumpkins in total we probably picked more in total weight because the pumpkins were much bigger than in years past. My contacts with the USDA John Perea and decedent member from the Pueblo of Isleta, Dan Abeita, have once again afforded us the opportunity to do just that, pick as many pumpkins as possible. The farmers and owners of the property Mr. and Mrs. John Aday have been a godsend to us because what is not sold to the Wal-Mart's of the world are fed to the cattle or plowed under after the generous donation they have allowed us to pick. All pumpkins were given first to our Head start Program, our Elderly Program and what was left to community members. Many of them were used for the pumpkin carving contest during the Halloween Extravaganza. Although it was a lot of work to do all the picking it was a great way of building camaraderie with the staff. Pictured are our staff and several community members who went out to pick the pumpkins.



Halloween Extravaganza

After a year of not having our Halloween Extravaganza it was great to see this event back on track. As former Lt. Governor Max Zuni who was present with his grandchildren said: "this is an event that touches so many individuals young and old, and the community as a whole really looks forward to having and hopefully this continues for years to come." Before the night was said and done, we had several thousand tribal members come through the event that was so well organized and planned out. As I as your Director of Parks and Recreation have said, this event takes a community effort to put on, because of the size and magnitude of the event. It has grown to a point that when we cancelled the program last year (budget constraints) we had lots of public outcry. The departments that were involved were Behavior Health, Planning, Head Start, Higher Education, Library, Truancy, Police, Isleta Business Corporation, Realty, and your Isleta Parks and Recreation Department who all did an incredible job in preparing their booths, decorating and caring on with the booth activities. Also a special thanks to our event coordinator Kimberly Chiwee who did an outstanding job planning and organizing all the Departments who participated, plus she handled one of our booths (Cake Walk) that was a really big hit, especially with the Adults and Elders of the Pueblo. Also, Kudos to our Nanas Abenita, Gloria, Marie and staff member Roberta and her husband Jimmy who handled the concession stand as a fund raiser for the Arts/Crafts program during the Halloween Party. Lots of food sales were handled that will benefit the after-school children's Christmas party. Pictured are the winners of this year's costume contest which picked a winner (boy and girl) of each age division. In the 0-4 year olds pictured is Angel Garcia and Jaiden Lucero. In the 5-9 year olds it is Skylynn Yellowhorse and Faron Candelaria. In the 10-14 year olds it is Jonelle Jiron and Dominic Jojola. In the 15-18 year olds it is Savannah Lovato and Gabriel Mendoza. In the adult 19 year olds and up it was Terrance Lujan and Lil Bern Jojola. Congratulations to all you winners. Above the winning pictures is a picture depicting the amount of people who were in attendance. **It was huge.**



Spinning

On the last weekend of October 27th and 28th we were the host site of a Spinning Certification Workshop. By us hosting the workshop we were able to avoid sending staff to another city thus costing us thousands of dollars for flights, and per diem. Additionally, by us having the workshop at the Pueblo of Isleta several of these folks stayed at our Hard Rock Hotel and Casino thus contributing to our local economy. In total we had 12 individuals take the 2-day workshop and receive their certification as spin instructors. Pictured is our newest member of our staff, Phillip Abeita, going through some last minute bike mounting instructions prior to taking his Spinning Certification Class.



Food Handler's Training

**November 7, 2012 at 10am
at the Isleta Casino and Resort**

Contact Tom Candelaria 505-248-7717 or Debra Chavez Bird 505-248-7617

- Seating Limited
- Please arrive early- no late admittance, no reservations
- Food Handler's cards will be issued after exam at the end of class



Volleyball/Park Management

Anyone interested in playing in our adult volleyball program is asked to contact Carl Anderson at 869-8557 or on his cell phone at 934-0432. The league will begin in earnest on Sunday November 18th. All games will be played on Sundays ONLY from 11:00 am until 3:00 pm.

On the Park Management side, we are asking all tribal members to be vigilant in watching for anyone who may be vandalizing our parks. In the last several weeks we have had lots of graffiti in our parks plus someone has been cutting into our table tops in our parks that are lined with a rubber insulation that makes them easy for cleaning. If anyone witnesses this type of behavior, please call our Police Department immediately. Remember, when they damage this equipment they are stealing from all you tribal members because it takes lots of monies to fix or repair the damage. Please help us stop this type of behavior.



Isleta Elementary School

1000 Moonlight Drive
Albuquerque, NM 87105
Office 505-869-2321 Fax 505-869-1625

Hello Isleta Parents and Community Members! I have enjoyed my seven weeks here at Isleta Elementary School working with your children. We are making great changes to meet the needs of our students and to increase our students' scores.

Our Parent/Teacher Conferences were a HUGE success. We would like to thank all our parents and families who attended their child's conference and making education important. As always please make sure your child attends school every day, on time, and stays thru out the entire day so that their learning time is maximized. Thank you to the Isleta Rec Center for donating pumpkins to our students of Isleta Elementary. The students were excited to pick out pumpkins.

The staff and students would like to give a HUGE thank you to all departments who participated in our Fall Festival here at Isleta Elementary on October 30, 2012. The night was filled with laughter, fun and games.

Department of Education
Isleta Police Department
Rec-Juan Jojola/Old Rec-Shubbie
Truancy
Isleta Head Start Program
Diabetes Program
Stephanie Barela, Isleta Clinic

September Student Of the Month

Kindergarten	Elisia Montoya & Eric Carpio
1st Grade	elena Archibeque & Curtis Garcia
2nd Grade	Aidan Lucero
3rd Grade	Elizabeth Waseta
4th Grade	Joyce Abeita & Jordan Cloud
5th Grade	Patrick Mariano
6th Grade	Mary Alva Cherino

Perfect Attendance September

Kindergarten	
Daniel Jiron-Olguin	Juan Jojola
Joshua Mariano	Eric Carpio
Lawrence Lucero	Erin Meehan

1st Grade		
Mikyle King	Alyssa Lucero	Aaliyah Lujan
Jamian Paquin	Edward Reano	Rodolfo Zuni Garcia
Isaac Jiron	Phillip Jiron	Shannon Padilla
Christopher Zuni		
2nd Grade		
James Augustine	Matthew Jojola	Aidan Lucero
Anthony Lucero	Nadia Lucero	
3rd Grade		
Travis-Kasey Abeita	Jayden Anzara	Dawn Aragon
Mary Benavidez	Iris Jiron	Nyah Jiron
Francisco Keryte	Elizabeth Waseta	Fenyx Whatley
4th grade		
Jordan Cloud	Genevieve Keryte	Karlo Otero-Riley
Madison Pulliam	Miyawni Curtis	Tasheena Ellison
Michael King Jr.	Ciara Pedro	Albenita Reano
Nicholas Zuni		
5th Grade		
Sterling Benavidez	Candice Chavez	Jacob Jojola
Reyna Lilly	Jeremy Lujan	Patrick Mariano Jr.
Daniel Martinez		
6th Grade		
Stephen Abeita	Darrian Graves	Calvin Jiron
Alassandra Jojola	Stryder Lucero	Wallace Otero-Riley
Kylie Vallejos		

November 2012

NO SCHOOL	Nov. 12, 2012, Veteran's Day
Early Release	Nov. 21, 2012, Thanksgiving Holiday
NO SCHOOL	Nov. 22, 2012, Thanksgiving Day
NO SCHOOL	Nov. 23, 2012, Thanksgiving Holiday
FRIDAYS	EARLY RELEASE AT 12:45 P.M.

A Happy Thanksgiving to everyone from the Isleta Elementary School Staff.

NACA NEWS

This year, NACA's Class of 2013 has seven seniors from the pueblo, they are: Jeremy Cheromiah, Kyle Creager, Keenan Gurule, Christino HowlingCrane, Cresencio HowlingCrane, Cameron Jojola and Julie Schonchin. We wish them the best in their senior year.

Our 7th Annual NACA Feast Day was held on October 19th. Governor Walter Dasheno from Santa Clara Pueblo was our guest speaker. Members of the 2013 Senior class were asked to speak on their reflections of their years at NACA. NACA Honor Roll Students were recognized. Isleta was well represented by students who wore their traditional clothing to NACA Feast Day.

Afterwards, everyone was invited to eat lunch. The NACA Parent Group would like to thank all the parents and families for donating food dishes and volunteering their time to set-up, serve food and clean up. This year, we served over 400 people, we could not have had a successful feast day without your help.

Seniors and Parents: Please check with NACA for the next Senior/Parent Group meeting for November.

The next Parent Group Meeting is scheduled for Monday,

November 5, 2012 at 6:00pm at NACA Main Campus. All parents are encouraged to attend. Parent Group Meetings are held the first Monday of each month. For more information, please contact Tirzah Toya at 266-0992.

NACA Thanksgiving Food Drive starts on November 5th and runs until November 16th. Food baskets will be made up on Monday, November 19th and distributed to our needy NACA families on November 20th. Last year we were able to make 45 baskets, our goal this year is to make 50+. If you are interested in donating any items, you can bring them to the NACA Main Campus. We are accepting turkeys and non-perishable goods that would be used to make a Thanksgiving Dinner.

Our Annual Coat Drive has begun. Clean coats and outerwear can be dropped off at the Main Office. They will be distributed to our NACA Students and families that are in need.

Picture Re-take day will be November 14, 2012.

For the most current updates, visit us on Facebook at Native American Community Academy.

LOS LUNAS/VALENCIA HIGH SCHOOLS TITLE VII INDIAN EDUCATION

Ben Analla/Veronica Montero

With October 2012, we are coming to a fast ending of the first semester, therefore, we remind all parents and students to check with their counselors for an update of daily grades/attendance, and to make sure all student tests have been taken and passed to assure that all requirements towards graduation are on schedule. Speaking on graduation, high school Seniors should have but 118 days before graduation which will be on May 18th at the UNM PIT. Seniors who are planning to enroll in post-secondary schools should be applying for as many scholarships as possible. Los Lunas High School held a Senior/Parent meeting on October 15th for applying for scholarships and we had a poor showing for our Native American Seniors. Another Senior/Parents meeting will be held on November 12, 2012. Please mark your schedules for this important meeting. Parents/student/teacher conferences were held in October and we had a few no shows. If you are one of the parents that did not attend your child's teacher conference, please call the counseling office to obtain information that you should receive for your child.

Please make note of the following dates..

Nov. 1...Pep Assembly

Nov. 1 to 20..NHS Canned Food Drive

Nov. 2...Cheerleader's candy apple/pop corn sale

Nov. 6.. Election Day..No School

Nov. 7..Half day of school..early release

Nov. 8..LLHS..JROTC Veterans Day Ceremony 9:00-10:00 @

LLHS Football Field

Nov. 10..Sadie Hawkins Dance

Nov. 12..College Connection Night w/NMEAF @ 6:00 pm. Parent/
Senior meeting

Nov.13...ASVAB Testing

Nov.13..**Los Lunas Title VII Indian Education Parent/
Student Meeting 6:00 @ the TRC Building, across
from the LL Elementary School**

Nov. 21-23...No School—Thanksgiving Break

Nov. 26..NHS Giving Tree Campaign

Please call the counselor/teachers if you have any concerns about your child's/children's education.

Ben Analla

865-4646 banalla@llschools.net

Valencia High School News –

Veronica Montero/Counselor

We were honored to have Pueblo of Isleta Lt. Governors Eddie Paul Torrez and Antonio Chewiwi on October 23, 2012, speak to our Native American students on Personal Choices, relating to the “negatives of alcohol and drug abuse, staying in school and the importance of passing all classes with good grades.” They also spoke on the importance of keeping the Native American traditions and languages alive for future generations and to strive to make a positive impact on their communities.

On November 13, 2012, the Valencia Middle School 8th graders will be able to experience a day at the high school with a National Honor Society high school student to show them a typical day in the life of a Valencia High School student.

MAP testing will begin November 13 thru December 19, 2012. It is important that all students to be in school during this period.

Report cards will be issued on November 14, 2013

Antonio “Thur-bah-luh” Carpio Student of the Month

Congratulations to second grader Antonio “Thur-bah-luh” Carpio at St. Joseph's Catholic School located in Las Vegas, NV. Each month teachers at Saint Joseph Catholic School select students who have demonstrated the highest level of achievement. Teams of teachers meet to select two students from each grade level who each exemplifies the qualities determined by the faculty and administration. Each student of the month is recognized and presented with a certificate during the assembly for morning prayers and announcements. Antonio received the Student of the Month award for the months of September and October. He has been attending St. Joseph's Catholic School since Kindergarten. Thur-bah-luh is the son of Jeremiah "Tu-bien" and Adrianna "Iebae" Carpio. He is the grandson of Na-na Bobbie Jiron & Ta-ta Ray Jojola and Evangline "Ben" Chewiwi and the late Antonio Carpio.



Pueblo of Isleta Department of Education

The Pueblo of Isleta Department of Education (DOE) is here to provide a continuum of services from Pre-kinder — adult. The DOE houses several different programs that work to meet the needs of the community. The following is a directory of who you may contact for specific services. Please call Leona Jiron, Administrative Assistant at 505-924-3170; she will direct your call to the respective Program Service Provider:

Pueblo of Isleta Higher Education Program

This program provides supplemental financial assistance to Isleta Community members for some higher educational costs. Please keep in mind, there are required documents that must be provided to the POI Higher Education Program which assist to determine eligibility. To ensure that you are considered for assistance it is extremely important to provide all required documents by established deadline dates. For further assistance please contact Jennifer Padilla, Scholarship Coordinator or Evangeline Chavez, Scholarship Assistant.

Johnson-O'Malley Program (JOM)

The JOM Program's goal is to meet the unique and specialized educational needs of Native American students. The JOM Program provides reimbursements for lab fees, SAT/ACT, PE uniforms, band instruments, and other required reading materials. The JOM Program also provides educational learning opportunities, family activity nights, literacy nights and school supplies for eligible students. For further assistance please contact Geraldine Jojola or Beverly Piro, Office Clerk at 505-924-3189.

Pueblo of Isleta Higher Education Program

PO Box 1270

Isleta, NM 87022

The Pueblo of Isleta Higher Education Program (also known as the Scholarship Program) provides supplemental financial assistance to Isleta community members for some higher educational costs.

The Isleta Higher Education Program (IHEP) General Policy and Provisions (Resolution 2008-197) indicates those who are eligible for supplemental funding must meet the following criteria:

1. Be a tribally enrolled member with the Pueblo of Isleta Census Office documenting at least 1/4 or more degree of Isleta Tribal Blood
2. Be admitted to an institution of higher education accredited by a national or regional accrediting agency, is a candidate for accreditation or is an eligible tribally controlled community college
3. Provide proof of applying for all campus-based aid by the institution's established due dates for the respective term
4. Have an unmet need as determined by the eligible institution's financial aid office

For students **who have never before applied** to the IHEP the following required documents must be provided:

1. IHEP supplemental scholarship application for the respective academic year
2. Isleta Census Office documentation indicating at least 1/4 degree of Isleta Tribal Blood
3. An official high school transcript/diploma showing a graduation date or a GED certificate showing a passing score
4. A letter of acceptance from your institution - **Provisional/contingent acceptance letters are unacceptable**

5. A class schedule for the respective term - **all courses enrolled in MUST be applicable to securing the degree you are working on**

6. A degree plan - an institution document listing ALL courses needed to complete chosen degree

7. A Student Aid Report (SAR) for the respective academic year student is attending classes - provided once student completes the Free Application for Federal Student Aid

8. A Financial Needs Analysis for the respective academic year - completed by the institution's financial aid office

For continuing students who **are current recipients of an IHEP supplemental scholarship** the following required documents must be provided:

1. IHEP supplemental scholarship application for the respective academic year
2. Unofficial transcripts for the term currently funded - this should be provided immediately once grades are posted and will act as an official document UNTIL official transcripts are provided
3. Official transcripts to include up to the last term funded
4. A SAR for the respective academic year student is attending classes
5. A Financial Needs Analysis for the respective academic year
6. Updated Degree Plan, if changes have been made by the institution
7. A class schedule for the respective term

IHEP deadlines are as follows:

FALL

July 1 IHEP SUPPLEMENTAL

SCHOLARSHIP APPLICATION

August 1 REQUIRED DOCUMENTS

Workforce Investment Act

The Workforce Investment Act mission is to assist Native Americans to become economically self sufficient through Work Experience, Classroom Training and/or Supportive Services. For further information please contact Myra Garro, Workforce Coordinator at (505)924-3170.

Adult Basic Education (ABE)

If you are interested in obtaining your GED, please contact Ulysses Abeita at (505)307-1582. The ABE program can assist by providing information regarding pretest preparation and test locations. Financial assistance may be provided to cover the cost of testing for your GED.

Computer Lab

The Department of Education also has a public computer lab. The lab opens at 8:00 a.m. Currently the DOE is offering Computer courses in the evening, Monday through Thursday from 5:00 p.m. — 7:00 p.m. If you require further assistance, you may contact Paul Lujan, Educational Technology Technician.

SPRING

November 1 IHEP SUPPLEMENTAL SCHOLARSHIP APPLICATION

December 1 REQUIRED DOCUMENTS

SUMMER

April 1 IHEP SUPPLEMENTAL SCHOLARSHIP APPLICATION

May 1 APPLICATION REQUIRED DOCUMENT

There are essentially two requirements all students must meet to remain in good standing with the IHEP thus eligible to receive supplemental funding. Those requirements are to **complete** all hours the student **attempted** (up to 12) at the beginning of each term with a **minimum** of a **2.5 grade point average**. Failure to meet IHEP minimum requirements will first result in Probation, an advisory warning, and then Suspension, ineligible to receive IHEP supplemental funding all together. Minimum requirements are created to remain in compliance with expectations of the IHEP funding agencies.

The IHEP receives funding from two sources: the Bureau of Indian Education and the Pueblo of Isleta. On average 350 Isleta tribal members and 65 Isleta descendants receive supplemental assistance each term. The IHEP funds are always subject to budgetary constraints thus never a guarantee. Supplemental scholarship awards may change from term to term and sometimes without prior notification to the student. No one should ever depend on IHEP funding as a guaranteed sole source to cover any portion of educational costs.

In general, one's total cost of attendance includes tuition/fees, books/supplies,

(Continued Next Page)

room/board, transportation, personal/miscellaneous, and childcare costs and sometimes can amount up to \$15,000 per term. It will never be the responsibility of IHEP to cover all costs of educational expenses. The IHEP maximum supplemental award is based on a dependent student living on campus (University of New Mexico criteria). Because higher education is costly, students are expected to find other means of funding to cover educational expenses *then* apply to the IHEP for supplemental funding. Supplemental funding means only a portion of one's total cost of attendance will be covered by the IHEP award. However, it will always be the responsibility of the student and/or his/her parents/guardians to pay any costs incurred as a result of attending an institution of higher education.

The Pueblo of Isleta and the IHEP understand investing in one's education is always key to creating sound minds and good hearts therefore building a healthy and strong community. Thank you to every student who is excelling in your educational journey as you are making a great name for our community. The IHEP is always here to assist you in any way.

I am available for any questions or to provide further clarification pertaining to the IHEP supplemental scholarship application process.

Jennifer Padilla, LMSW
Scholarship Coordinator
poi08001@isletapueblo.com
P: (505) 924-3170
F: (505) 869-7573

AmeriCorps

"AmeriCorps: Native Youth Wellness Corps of Isleta Pueblo is currently 16 members strong. Assigned to various location, the AmeriCorps members have volunteered their time in schools, libraries, educational institutions, and healthcare facilities. The program will be finishing its second year with many positive outcomes and services. For the Month of October and part of November, a member panel of six AmeriCorps members assigned within the Pueblo of Isleta have began a Holiday Food Drive, and with the collaboration of the Pueblo of Isleta departments, the program is hoping their community members will assist them with the community service project. Food Boxes have been established in several locations, and the six members will also be soliciting door-to-door in the near future. Please help by donating a non-perishable food item."

Contact the POI Workforce Program Coordinator, Myra Garro at 505-924-3172 or email her at poi07001@isletapueblo.com for more information.

Dear Tribal Members,

We the members of the Isleta AmeriCorps Program are holding a food drive for the upcoming Thanksgiving holiday. This food drive will help the families of our Pueblo get through the upcoming holidays. Our goal here is to bring the community together and help each other out and with that we are asking for your help and participation. If you would like to contribute we have placed food drive boxes at various locations for your convenience, these locations are as follows:

The Library and Department of Education Complex
The Elderly Center

Pueblo Of Isleta

WORKFORCE INVESTMENT ACT

Our mission is to assist Native Americans to become economically self sufficient through Work Experience, Classroom Training and/or Supportive Services.

Workforce Investment Act

The Pueblo Of Isleta, WIA Program Serves Eligible Native Americans, residing on the Isleta Reservation Within the Bernalillo and Valencia Counties, within NM.

PROGRAMS SERVICES

CORE SERVICES— Include job search, resume writing and information about available services. **Core services are available to all Native American Indians. Do not need to meet eligibility requirements.**

INTENSIVE SERVICES— Include testing and assessments, Development of an Individual Employment Plan (IEP), Case Management and Supportive Services.

TRAINING SERVICES— Includes Work Experience and Classroom Training.

SUPPLEMENMTAL YOUTH SERVICE

The POI Youth Program is a year round program and serves youth, ages 14-21. With employment and educational goals.



The WIA Program provides Classroom Training, Work Experience and Supportive Services for Adults, ages 18 and older, and Youth 14—21. The WIA program provides tuition assistance for Certificate Programs with accredited institutions and WIA.

Eligibility Requirements are :

1. Must be a Native American Indian, Alaskan or Hawaiian residing on the Isleta Reservation.
2. Must be unemployed or underemployed
3. Must be registered with the Selective Services (Males—born after 1960)
4. Youth must be 14 –21 for the Youth Program and Adults must be 18 and older for the Adult Program.
5. Youth must be low income and have a substantial barrier to employment, such as school dropout, homeless, foster child, runaway, offender, pregnant or parenting, deficient in basic literacy skills.



PO BOX 1270
Isleta, NM 87022
PHONE: 505-924-3172
FAX: 505-869-7573
Contact: Myra Garro
OFFICE HOURS ARE:
Monday—Friday
8:00 a.m.—4:30 p.m.
The WIA Program is located at the Department of Education

The Recreation Centers
Social Services
WIC
Behavioral Health
The Governor's Office
The Health Center
The Post Office
The Tribal Complex.

You are welcome to donate any non-perishable items. The food drive has begun and the last day to donate items will be November 15th.

If you or anyone you know of in the Pueblo would be interested in receiving the donated items you may contact Behavioral Health, Social Services or WIC being that these locations have graciously helped us by keeping the food after November 15th due to confidentiality reasons. Also, anyone in the tribe may walk in to pick up items, there are not any restrictions as to who may or may not receive the items.

Thank you all for your kindness and dedication in giving to our fellow community members.

Sincerely,
Stephanie Padilla
Brandon Tewaheftewa
Felicia Romero
Sydney Abeita
Johnna Shije
Gilbert Henry

Tiwa Language Program

The Tiwa Language Program offers classes to those Isleta individuals that are interested in learning Tiwa. Right now, we are in the process of bringing in additional teachers that will be offering several options for classes. Please view the attached flyer (on Page 17) which discussed information regarding times for the afterschool program. Currently we have Alexandria Montoya assigned to the Isleta Headstart working as a Tiwa Language Instructor and Carol Lucero who is another one of our awesome Tiwa Language Instructors. For additional information please contact Paul Lujan.

If at any time you need further assistance please do not hesitate to contact Geraldine Jojola, Interim Executive Director for the Pueblo of Isleta Department of Education. Thank you!

Adult Education — GED Program

If you did not, for whatever reason, etc., complete your high school education, Call Ulysses at 307-1582 for information on how to start work on getting your GED Diploma...a GED Diploma is as good as a high school diploma!! We are at the Department of Education Monday — Friday, 8 AM — 4:30 PM. You may call the 307 number at almost anytime... if we don't answer... we will return your call.

"Education will open the doors to more employment opportunities...which equals to more dollars in your pocket..."

Department of Education — Computer Lab

The Department of Education is offering a Basic Computer course to tribal members. This course will focus on delivering training on core areas:

1. The Basic Fundamentals of a computer
2. Internet Explorer
3. Microsoft Office Programs
 - MS Word
 - MS Excel
 - MS Power Point


Students will have the opportunity to acquire the basic skills needed to operate a computer. This course is designed for Business and Individual Training, and can be customized to meet the client's objectives. Application projects will vary to meet the needs of the class. This course is not equivalent to individual course about windows, Internet Explorer, and Microsoft Office.

Future Classes for 2013:


- 1) Introduction to Microsoft Word
- 2) Introduction to Microsoft Excel
- 3) Introduction to Microsoft Power Point
- 4) Introduction to Basic Computers

These classes are still being planned and scheduled. Please stay tuned to the Tribal Newsletter for updates on dates and times of classes.

Pueblo of Isleta Public Library Presents



"Celebrating Indigneous Communities" POW WOW



Friday, November 30, 2012


**Isleta Recreation Center
Isleta Pueblo, New Mexico**

GRAND ENTRY 6PM CLOSING AT 10PM

MC— Junior Garcia
Arena Director— Mike Abeita, Isleta
Host Northern Drum— Keres Nation, San Felipe
Host Southern Drum— Thunder Crew, Cochiti
Head Man— Jakey Skye, Navajo/Lakota
Head Lady— Debbie Skye, Navajo

Concession Provided
Free Admission!!
Arts & Crafts Vendor spaces

Silent Auction hosted by
New Mexico Tribal Libraries Foundation



Special Contests
Owl Dance Special Sponsored
by the Head Man & Head Lady

All Dancers, Drums, Royalty, Public, and Communities are invited!

FOR MORE INFORMATION PLEASE CALL TARA ABEITA AT
505-924-3192 OR 869-3498.

**The Pueblo of Isleta, Pueblo of Isleta Recreation Center and Pueblo of Isleta Public Library
are not responsible for any damages, theft or lost items. Drugs and alcohol will not be tolerated.**

Isleta Elder Center Presents

ART & CRAFTS FAIR




Support Your Local Artists!

NOVEMBER 10 | 9AM - 6PM
HARD ROCK HOTEL ALBUQUERQUE
FREE ADMISSION

OVER 100 VENDORS!
Original, Hand Crafted & Non- Commercial.
Reasonable Prices & Tax Free.
GRAND BALLROOM

FOR MORE INFORMATION CALL
ISLETA ELDER CENTER AT 505.766.6644



ISLETA ELDER CENTER



ALBUQUERQUE

Johnson-O'Malley Program

We have been extremely busy with several activities that were planned for the JOM Program. October seems to be one of our busiest months. For the month of October we had five events. The first was the NJOMA Conference followed by a trip to McCall's Pumpkin Patch, then returning a week later to McCall's Haunted Farm. We also had the JOM Halloween Activity Night and the last event was the Fall Festival which was held at the Isleta Elementary School. We also had a nice discussion with some of the key personnel with the Los Lunas Public Schools. I believe that 2013 is going to be an awesome year!

This year was a very exciting year for us and the National JOM Association. The conference was held here in Albuquerque at the Marriott Hotel on Louisiana Blvd. We had a total of seven

(7) students, four (4) Indian Education Committee Members and two staff that attended the conference. Students enjoyed a day of Health and Wellness activities, History and Science and topped their experience off with a College Day! The next JOM Conference is scheduled for Minnesota from April 15 to April 17. Both the student and adult workshops will be combined this coming year. It was a wonderful experience to be able to work with so many wonderful individuals from the National Board Members and local JOM Directors and Coordinators. We would also like to say, "THANK YOU" to the Los Lunas High School ROTC for assisting with the Posting and Retiring of Colors!!! We appreciate your support and assistance.

NJOMA Conference



McCall's Pumpkin Patch

On Saturday, October 20th we took a group of students to visit McCall's Pumpkin Patch. We had quite a few young students that attended this activity. Students participated in duck races, viewed "Bunny Town" and also walked through the corn maze. It was a wonderful experience for all.

McCall's Haunted Farm

On Saturday, October 27th we returned with a whole new group of students to visit McCall's Haunted Farm. It was a spook-tacular evening. We had twelve (12) students and five (5) adults. This was a wonderful opportunity for students to learn about theatrical aspects of creating a scary scene with hair raising fear tactics. Some of our adults faced their fears as well. Creepy clowns and the walking dead strolled through the farm taunting and scaring everyone.



JOM Halloween Activity Night



On Monday, October 29th we hosted a Halloween Activity Night. Many students and their parents came to the Department of Education to join us for an evening of arts and crafts. Students made trick-or-treat bags, Halloween bookmarks, Jack-O-Lanterns, Ghosts, Spider Necklaces and Sugar Skull Candies Necklaces. All participants received door prizes and had the opportunity to participate in the doughnut eating contest. It was a wonderful time shared with students and their families. **IF you have any questions regarding the JOM Program, please feel free to contact us at 505-924-3189.**

Geraldine & Beverly



Pueblo of Isleta Public Library

Halloween is out the door! Thanksgiving is just around the corner and, before you know it, Christmas will be here. It's that time of the season for delicious holiday cooking and lovely winter weather.

NEWS

The 3 on 3 Co-ed Basketball Tournament scheduled for November 10th has been CANCELED due to not enough registered teams.

The library will be closed on November 12th due to Veterans Day. Veterans Day is November 11 so thank a Veteran and shake their hand, let them know you appreciate their service.

Turkey day is coming up fast! The library will also be closed on November 22, 23, and 24. Have a Very Happy Thanksgiving and be safe.

UPCOMING

This month we are celebrating Native American Heritage Month with events every week, so mark your calendars!

Starting off the month will be Grocery Bingo in collaboration with the Elder Center on November 8th with two sessions.

- One will be an Early Bird session held at the Elder Center from 10am-11:30am for 50 years and older. 50 cents per card with a 2 card max.

- Second session will be held at the Library from 5pm-7pm. \$1 a card per session with a 2 card max.

Concession will be provided: Fritos Pies, Nachos, and drinks. All proceeds will be going to the Elder Center for a Field Trip of their choice.

Storytelling night will be on November 15th at the Library. A few of our elders and special guests will share their stories. Funny Stories, Scary stories, and stories that will make your imagination run away. Bring your pillow and a blanket and enjoy a good story or two. Traditional snacks will be served.

Monday, November 19th and Tuesday, November 20th from 5pm-6pm is Craft Day at the Library. This year's participants will be painting gourds for a holiday centerpiece for your family dinners. Space is limited so the first 30 people will be able to do the craft. One centerpiece per household, so bring your family and make some memories painting and decorating a gourd.

The past couple of weeks the library has been conducting interviews with our veterans in the pueblo for a video in honor of their sacrifices for our country. The showing of this video will be November 27th from 5:30pm-6:30pm. Come hear and learn about our veterans as they share stories, pictures and personal accounts. If you have a veteran in your family (deceased or currently active) or know of a veteran, please contact the library so we can honor them in the video with a short bio and/or picture with branch of service, war served, and military history. SUBMISSION DEADLINE is November 16th.

Ending the month-long events will be "Celebrating Indigenous Communities" Powwow which will be held at the Recreation Center Friday, November 30th from 6pm-10pm. Free Admission! Grand Entry will start at 6pm with the Isleta Veteran's Association bringing in the flags along with the different styles of powwow dancing. A silent auction will be held by the New Mexico Tribal Libraries Foundation, so come by and support them by bidding on the different items. Also check out our arts and crafts vendors at the powwow. Buy some early Christmas gifts for loved ones. The head staff for the powwow will be coming from different nations and pueblos. The host Northern drum will be Keres Nation coming from San Felipe Pueblo. The host Southern drum will be Thunder Crew coming from Cochiti Pueblo. The Head man will be Jakey Skye, Navajo/Lakota. The Head lady will be Debbie Skye, Navajo. Everyone is invited! Call the Library if you need any more information. Hope to see you all there.

RECAP

The students worked hard earning their points for the Balloon Glow during the Balloon Fiesta. Unfortunately the Balloon Glow was canceled the night we were scheduled to go. Instead the kids got to go to the movies to see Hotel Transylvania and ate a good meal at Golden Corral. The kids earned their points after school by completing their homework and reading 20 minutes everyday. Keep an ear out for the next incentive program.

The Halloween carnival held at the recreation center was a fun-filled success. We had a blast making our Super Mario themed booth along with our Mario fish game and Bowser's Castle game. It was

fun to see all the community come out and enjoy themselves with their families. We can't wait till next year's Halloween Carnival.

Rabid Rats and Meatheads! Creepy snacks were extra gory this year. We made Rabid Rats out of Twinkies, coconut, twizzlers, hot tamale candy and chocolate frosting. Meatheads, mimicking a face turned inside out, was made out of a plastic toy skull layered with barbeque sauce and sliced ham surrounded by crackers. Both great creepy snacks for Halloween.



Enjoying making Rabid Rats for their Creepy Snacks.

Pueblo of Isleta Public Library Hours of Operation:

Monday-Thursday: 8:00am-6:30pm

Friday: 8:00am-4:30pm

Saturday: 9:00am- 1:00pm

Mailing and Physical Address:

950 Moonlight Drive
Albuquerque, NM 87105

Phone: (505) 924-3192

Email: poi02002@isletapueblo.com

Facebook Page: www.facebook.com/IsletaPuebloLibrary

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

YouTube: www.youtube.com/user/poilibrary






Super Mario Booth at the Halloween Carnival at the Recreation Center. Shy Guy, Princess Peach, Dry Bones, Bowser, Squid, Lakitu, and Power Up Flower

14th Annual VA/IHS
Native American Veterans Symposium

HEALTH & WELLNESS

for VETERANS



Albuquerque

Date: Thursday, 8 November 2012

Time: 7:30 A.M. to 3:30 P.M.

7:30 Health Screening & Registration	11:30 Woman Veterans Services
9:00 Opening Session	12:00 **LUNCH**
9:30 Welcoming Remark	1:00 High School ROTC Drill Team
10:00 Veterans Administration	1:15 Honor and Recognition of Veterans
Medical System Orientation	2:15 Health and Wellness for Veterans (entertainment)
10:30 IHS/VA Memorandum of Understanding (MOU)	3:00 Preventative Health Strategies
11:00 **BREAK**	3:30 Retiring of Colors/Closing Prayer
11:15 Tragedy Assistance Program for Survivors (TAPS)	

For registration, please contact: Grace Baca at (505) 248-4600/4714
or by e-mail: Grace.Baca@ihs.gov
<http://www.ihs.gov/RPMS/index.cfm?module=Training>

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

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

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

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

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

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






- Plan for child care at home if your child gets sick or their school is dismissed.
- Plan to monitor the health of the sick child and any other children in the household by checking for fever and other symptoms of flu.
- Identify if you have children who are at higher risk of serious disease from the flu and talk to your healthcare provider about a plan to protect them during the flu season. Children at high risk of serious disease from the flu include: children under 5 years of age and those children with chronic medical conditions, such as asthma and diabetes.
- Identify a separate room in the house for the care of sick family members.
- Update emergency contact lists.
- Collect games, books, DVDs and other items to keep your family entertained if schools are dismissed or your child is sick and must stay home.

www.CDC.gov

Indian Health Service &
New Mexico VA Health Care System

14th Annual Native American Veterans Symposium
Thursday, November 8, 2012
Hard Rock Hotel & Casino - Albuquerque

"Health and Wellness for Veterans"



Pre-Registration

Name: _____

Guest: _____

Branch of Service: _____



Year Served: _____

Address: _____

Mail, Fax, Call, E-mail
or log on to: <http://www.ihs.gov/RPMS/index.cfm?module=Training>

Address: Indian Health Service Albuquerque Area Office
Attn: Grace Baca
5300 Homestead Road NE
Albuquerque, NM 87110

Telephone No: 505-248-4600 or 505-248-4714
Fax No: 505-248-4265
Email: grace.baca@ihs.gov or emilia.lovato@ihs.gov



Prevention is the Key to Staying Healthy

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

Old Behavior.... Is It Worth Hanging Onto?

Emily Stafford, LPCC, LADAC,
Isleta Behavioral Health Services Therapist

When we talk about "old behavior," we're talking about things that we've done many times, over and over again, like habits. Sometimes these behaviors serve us well, and sometimes they don't. Regardless which it is, these patterns of behavior are familiar and easy, in a way, sort of like an old pair of shoes. Even if our feet ache or there's a hole in the sole and we cut our foot on something as a result, we can be very reluctant to give up those old shoes.

The same thing applies to behaviors like what we choose to eat and drink, the way we think about things (our beliefs), and the ways we interact with others. We may be told to cut back on the fried foods, refined carbohydrates or sweets we eat, because they're not healthy for us and may have negative health consequences, but we "like what we like and want what we want," so we're reluctant to change what we eat. It's easier to just keep eating the familiar stuff. So what if we end up with a chronic health problem (or worse). . . . lots of people have them, right?


We can also get "stuck" in the ways that we think about things. We can tell ourselves, for instance, that someone else is the cause of our unhappiness, that there's nothing we can do about it, that "everyone thinks or acts that way, so why shouldn't I?" Again, these ways of thinking can become habits, and although they usually don't get us where we want to be, we continue practicing them because they're "known" and familiar patterns, and don't challenge us to do something different.

We know that in our societies today there are many problems that result from people practicing destructive, harmful, "old" behaviors . . . behaviors like child abuse and domestic violence, alcohol and drug abuse, bullying or blaming others for our problems. . . the list goes on and on. Often times, we know that the offender is just repeating "old behaviors" that were shown or done to him/her along the way. If we look more closely at our own patterns of behavior, are there ways that we are continuing old patterns and contributing to these types of problems . . . out of our own hurt, anger or whatever needs have not been met for us?

Although none of us can change the world, the good news is that there are ways to recognize and change our own patterns of behavior, if we choose to do so. We each have the power to make a difference in our own lives. We each have the right to lead happier, more fulfilling lives. We've all heard the expression about "breaking the cycle" of alcoholism or abuse or _____ (fill in the blank) in our own families. This is never easy, and it takes courage... but it happens when one person decides that he or she wants to live life in a different way, and is willing to tolerate criticism from those around them for "being different." I see examples of such courageous, amazing men and women every day who are making these kinds of choices.

When any of us decide to "color outside the lines" and make a change that may threaten the status quo within our family or social circle, it's important that we create for ourselves alternative sources of support. This is why groups like Alcoholics Anonymous and Al Anon are so important in the lives of recovering people and their families, for example. When in the process of making significant change, we all need the support and encouragement of others who are also striving to do things differently and in more healthy, positive ways.

So. . . if you've been thinking about working to change some "old behaviors" and are ready to talk about what that might look like, as well as get some support and help with a plan of action, give us a call (869-5475) at Isleta Behavioral Health Services. That's what we're here for.



1st Annual Veteran's Day Celebration

November 12
Hotel Grand Ballroom



Doors open at 9am. Presentations and speakers begin at 10am.

Lunch served from 11am - 2pm. All active & retired military personnel eat FREE with valid military ID, all others only \$5.

Tickets can be purchased at the Hard Rock Hotel & Casino Albuquerque Box Office or at www.holdmyticket.com.

Hourly Veteran's Day Hot Seat Drawings on the casino floor November 11 & 12 from 12pm - 10pm for your chance to win your share of
\$5,000
in cash!

Hard Rock
HOTEL & CASINO
ALBUQUERQUE

Food Drive

Help fight hunger this Thanksgiving and lend a helping hand by donating to your local food drive!

We are collecting non-perishable foods to help families in need during the holiday season.


Food donations can be dropped off at any of following locations listed below.

Non-perishable foods to donate:

- Canned fruits and vegetables
- Canned meats and fish
- Canned soups, stews and chili
- Pasta and tomato sauce
- Beans and rice
- Cereal and oatmeal
- Powdered milk

For additional information, please contact the Department of Education at (505) 924-3170

Help Our Local Food Pantries



Food Drop-off Dates: October 22nd - November 15th, 2012
Drop-off locations: Behavioral Health, Educational Complex, Elderly Center, Governor's Office, Health Center, Post Office, Social Services, Tribal Complex, WIC, and both recreation centers.

Pueblo of Isleta Veteran's Association

Next Meeting will be on November 21, 2012 at 6:30 PM.

We are making slow (but sure) progress on the development of the Richard Baker Property in Los Charcos. We now have schematic plans for a Veterans' Center, and we will be submitting our proposal for capital outlay funds to the 2013 Legislative Session; will be seeking further monetary donations from anyone who wants to give, so if you have \$2.5 million in your backyard, under your mattress...we'll take it. Right now that is the estimated cost for the building. We have been talking to our state legislative representatives and they are committed to supporting our Veterans' project. However, some of these representatives are up for re-election...and as we are not allowed to ask you who to vote for...we are hopeful that you will vote for those who will support us. And as always...the economy...how much money is there... The Association is an independent non-profit organization, which means that we will have to raise any dollars we need through our own initiatives.

See the flyers concerning the Health & Wellness Symposium on November 8, and the luncheon on November 12, both at the Hard Rock Hotel & Casino.

Any questions...
call Ulysses @ 307-1582.

VETERANS!

The Pueblo of Isleta Library is looking for veterans who would like to participate in a documentary video .

The video is based around the history of Isleta's Veterans.

We are also accepting pictures of veterans with a mini biography.

This is for fallen soldiers as well.

DEADLINE for picture submissions is Friday, Nov. 16th

For more information or to enter your name for an interview
please contact the library @ 924-3192

Happy Thanksgiving

Isleta Language Program

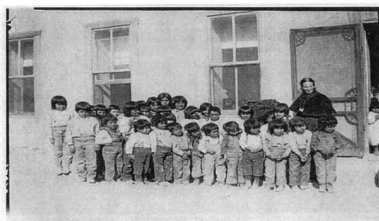
Mah-wan!

After School Program

Location:
Old Elementary
School.

The Isleta Language Program is offering a After School Language Program Monday thru Thursday for grades 4 - 12 for those who are interested in Learning to speak the Isleta Language.

- 3 pm - 5 pm
- Monday - Thursday
- NO CLASS ON FRIDAYS**
- Must be of Isleta Blood to attend.



Isleta Language Program

For more information
contact the Department of
Education

Phone: 505-924-3187
Fax: 505-869-7573

Listen, Learn, & Pass it On!

Tiwa Language classes offered to any and all Isleta people who want to learn the Isleta Tiwa Language. Classes are at the Old Elementary School and everyone is encouraged and welcome to attend.

Tiwa 101 Beginning Tiwa

Monday thru Friday

10am to 11am & 1pm to 2pm

**Also available by appointment.

After School Program

Monday thru Thursday:

3pm to 5pm

Grades: 4 to 12

Classes start: November 5, 2012

Tiwa 201 Intermediate and Tiwa 301 Advanced

Monday: 6pm to 8pm

Tuesday: 5:30pm to 8pm (total immersion class)

Thursday: 6pm to 8pm

Saturday: 12pm to 2pm

The Department of Education Language Program has began discussions with Tribal Officials and Leaders regarding the implementation of technology as a teaching and learning tool for the Tiwa Language Classes. Please keep in mind, these new changes will occur slowly over time. We will keep everyone informed as this process takes shape and these new methods are implemented.

Language Program

Department of Education Phone: 505-924-3187
P.O. Box 1270 Fax: 505-869-7573
Isleta Pueblo, NM 87022 E-mail: poi08200@isletapueblo.com

For More information Please contact Paul lujan.....

-WIC NOTES-

Tips for Healthy Diaper Changes at Home

At Home try to always change your baby in the same place. If you can always use at a changing table, that's great. If you change diapers on the floor, try to change your baby in the same spot each time. Why? If you're throwing down a diaper pad and doing diaper changes anywhere in the house, you could be spreading germs. If possible, set up a changing station in the bathroom that way you're close to the sink.

Be prepared:

Have everything you need before you begin the diaper change. If you have to jump up in the middle of a diaper change to open a cabinet and grab wipes or a tube of ointment, you're increasing the odds that you're spreading germs around the house. So before you yank off baby's diaper, make sure you have everything you need.

Wipe carefully:

With a girl, always wipe from front to back to prevent infections. Although that's not an issue with a boy, you should always put a cloth over his penis to prevent a spray of urine during the diaper change.

Roll up the diaper carefully.

Yes, it's not always easy -- especially if your child is shrieking and kicking you in the chin. But if you can roll up the diaper and reseal the adhesive tabs, you'll have a ball that's more or less germ-free on the outside, Jana says.

Get a diaper pail:

The way diaper pails are designed can help reduce the spread of germs and help to keep the odor down. They are also helpful in keeping other children's hands away from the dirty diapers.

Use distractions:

Changing a squirming baby can be a real struggle. It's also less likely to be sanitary -- if you're wrestling with your toddler and rushing to pull off the dirty diaper, you're more likely to be spreading germs. So if your baby is a changing table squirmer, have distractions ready. Keep a couple of toys on the changing table that you can use to divert her attention. Just a couple of extra seconds may be enough. Once the

diaper change is over, make sure to wash off or disinfect the toys afterward.

Double check:

During diaper changes, a baby's flailing hands -- and especially feet -- have the unfortunate tendency to land in poop. So after he's changed but before he's dressed, make sure that baby's still clean.

Wash off your baby's hands:

Whether or not you've actually seen your baby touch anything nasty during the diaper change, it's still a good idea to wash her hands once you're done.

Wash your own hands right away:

If you're not near a sink, you can use alcohol-based gel instead -- just make sure to keep the bottle out of your baby's reach.

Changing cloth diapers:

If you're washing your cloth diapers yourself, the American Academy of Pediatrics recommends presoaking them. Then wash them in hot water -- apart from other clothes -- and double rinse each wash.

Clean and disinfect the changing area:

Regularly wipe down the changing table with soap and water or a disinfectant. Clean the diaper pail as well -- inside and out. Be especially careful if you have more than one child using diapers. A dirty changing area is an easy way for your two kids to swap germs.

Wash the diaper pad cover regularly:

Changing pads and covers can get dirty quickly. Get in the habit of washing yours routinely -- and change it right away if it's stained. Another easy idea is to lay a receiving blanket over the pads during changes. They're easy enough to throw in

the wash.

Tips for Diaper Changes on the Go

Have a big changing pad:

You never know where you'll wind up having to do a diaper change or how disgusting the surface will be. So always bring a changing pad that's big -- big enough that your baby can fit on without having to touch the surrounding area

Wipe down public changing tables:

If you're in a public bathroom with a changing table, make sure to wipe it down first with a disinfectant wipe.

Dispose of the diaper carefully:

Obviously, throw the used diaper in the trash immediately if you can. But for those times when you're not near a trashcan, always bring some extra plastic bags in your diaper bag. Seal the diaper in the plastic bag and then carry it with you until you can throw it out.

No matter how hurried you are, never forget to wash your hands. If you're not near a sink, use an alcohol-based gel that you carry in your diaper bag.

Wash your diaper bag:

Over time, your diaper bag is going to get dirty, especially if you occasionally have to stuff a dirty diaper in there. So get in the habit of washing it occasionally.

(Other healthy baby tips can be found at Webmd.com)

Let us know what topics you would like WIC to talk about in the Newsletter. Call at 924-3180 or drop an email at wicnut@isletapueblo.com

Heidi Lanes -WIC Nutrition Coordinator

WIC Breastfeeding Corner Women, Infants, and Children Program



Welcome Nursing Mothers
—to our new Mother-Baby room at the WIC office.

The Pueblo of Isleta WIC office is open to the public!
We have a breastfeeding peer counselor and a lactation consultant on staff!

WIC Office Hours
Monday, Wednesday, Thursday. and
Friday: 8 to 4:30 pm
Tuesday 8 to 6 pm
Call WIC at #869-2662.

Head Lice

Stephanie Barela, Health Educator, 869-4479

What are head lice?

The head louse (singular for lice) is an insect that lives and reproduces on your head. Head lice (pediculosis) feed themselves by biting your scalp. Having head lice is common; as many as 6-12 million people in the world get head lice each year.

Who gets head lice?

Anyone who comes in close head-to-head contact with someone who already has head lice can get head lice. Head lice are found more often among children between 3-10 years of age and their families. More often they are found in females than males.

How do I get head lice?

- By close head-to-head contact with someone who already has had lice. Contact is common during play at school and at home (slumber parties, sports activities, at camp, on the play ground, etc.)
- By using hats, scarves, combs, brushes, hair ribbons, pillows or towels recently used by someone with head lice.

What do they look like?

The insects are tiny, wingless, move quickly and are difficult to see. They cannot jump or fly. They are 1-2 mm long and greyish brown in color. There are three forms of lice: the nit, the nymph and the adult.

- Nits: Nits are head lice eggs. They are hard to see and are often confused with dandruff or hairspray droplets. Nits are found firmly attached to the hair shaft. They are oval and usually yellow to white. Nits take about one week to hatch.
- Nymph: The nit hatches into a baby louse called a nymph. It looks like an adult head louse, but is smaller. Nymphs mature into adults about seven days after hatching. To live, the nymph must feed on human blood.
- Adults: The adult louse is about the size of a sesame seed, has six legs and is tan to greyish-white. Females lay nits; they are usually larger than males. Adult lice can live up to 30 days on a person's head. To live, adult lice need to feed on human blood. If a louse falls off a person, it dies within two days.

How are head lice treated?

- Over the Counter Medications:
- Pyrethrins (RID)
- Permethrin(Nix) (Isleta Pharmacy offers)
- Apply the product following instructions carefully. Misuse and overuse could be hazardous.
- Remove nits by combing the hair with special nit comb.
- Part the hair in 4 sections and work on one section at a time.
- Start at the top of the head, with one hand lift a 1-2 inch wide strand of hair. Get the teeth of the comb as close to the scalp as possible and comb with a firm, even motion away from the scalp to the end of the hair.
- Use clips to pin back each strand of hair after you have combed out the nits
- Clean the comb completely as you go. Wipe the nits from the comb with a tissue and throw away the tissue in a sealed plastic bag to prevent the lice from coming back.
- After combing, carefully check all sections of the head and remove all the nits by using fingernails or a nit comb to drag each nit down the hair shaft.
- Check the head for live lice daily between treatments and remove any nits that are still present. Use a bright light to help you see. If live lice are found in the days following the first treatment, consult your doctor.

Do I need to clean my house?

- Must wash hats, scarves, hairbrushes, combs, or any other item that is worn or used on the head, as well as, pillow cases, towels, bed linens after the first and second treatment in very hot soapy water.
- Items that cannot be machine washed should be dry cleaned or placed in an airtight bag for 10 days to 2 weeks.
- Excessive house cleaning is not necessary, but it may be

advisable to vacuum surfaces where heads have rested (sofas, car seats and helmets). Never use insecticide sprays.

How can I control the spread of head lice?

- Discourage head-to-head contact and sharing of hats, scarves, hairbrushes and combs.
- Tie long hair back in braids.
- Check the hair of all family members and people in close contact in case someone else has head lice.
- All family members with head lice should be treated at the same time.
- Tell all close contacts of the person with head lice to check their head. As well, tell the child's teacher and/or daycare provider.
- You cannot prevent head lice by using head lice shampoos or products—use them ONLY if you have head lice.
- Check young school age children weekly for head lice; more often if there is an outbreak.

FOR MORE INFORMATION CALL THE ISLETA HEALTH CENTER COMMUNITY HEALTH NURSES (505-869-4864 OR 505-869-4873)

Adapted from Toronto Public Health Oct 2012

HEALTH BEAT

Talk to your Kids Early about Hazards of Smoking

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

"Talk to Children Early About Hazards of Smoking, New Mexico Market Place June 2012"

Our children are influenced by many things. Some influences are good and unfortunately some are bad. These bad influences can "keep are children from growing up to their healthiest potential". One way to protect your child from these influences is by giving them the proper knowledge. Educate your children early about the dangers caused from smoking. The youth smoking prevention program, (www.RealParentsRealAnswers.com)", is designed to encourage parents to talk with their children about not smoking. The site has interactive videos, quizzes and plenty of educational background information for parents. Some tips to help get the conversations started include:

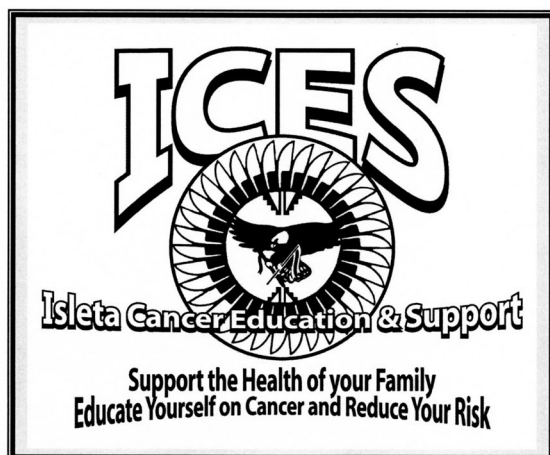
- Sit down with your child and ask them what they know about cigarettes. Ask your child to participate, and share, so she doesn't feel like you are lecturing to her. Answer the questions honestly, and if you don't know an answer, do some research together.
- Express feelings with your child and ask them what they know about cigarettes. Let them know what it is about addictive behaviors that scared you. You may also want to share your personal history to help understand any challenges you may have overcome.
- Discuss the other facets of smoking, like costs, smell and even how repeated smoking can change physical appearances.
- Come up with ideas on how your child can respond to the question "Want to try a cigarette?" Let your child use their own personality to develop the answer in different ways so they are comfortable saying "no" in their own way.

Educate your child on the difference between commercial and traditional tobacco. Ask your child to take the "Tobacco-Free Me" pledge. If you go onto the website mentioned above (www.RealParentsRealAnswers.com), you can print out a certificate if your child takes the Tobacco-Free Me Pledge. Then post the certificate in sight, as a reminder to your child that they have pledged to stay healthy. If your child does take this pledge, they will receive free gifts, like a back pack pin or a car magnet.

Lastly, you can contact me, the Isleta Health Center Health Educator, at 505-869-4479 and I can offer you more information and incentives to give your child as away to promote healthy living.

Isleta Health Center Calendar *Questions? Call 869-3200* **November 2012**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
COPD Awareness Month	Get Ready for Cold, Flu and Illness Season: Come into to the clinic as a walk-in nurse visit to get up dated on your vaccines. Yes, even adults need them! Do you need your Flu, Pneumonia, Shingles or TDAP Shot? Just Come In and Find out!			1	2	3
4	5	6 Election Day MAKE SURE YOU VOTE!!!	7	8	9	10 Isleta Elder Center Arts and Crafts Fair @ Hard Rock from 9am-6pm
11	12 Isleta Health Center and CHR Closed (no transports today)	13 Isleta Cancer Education and Support @ Clinic 10:30-noon <i>Support/Vaccines Video</i>	14	15	16	17
18	19	20	21	22 Isleta Health Center and CHR Closed (No transports)	23 Isleta Health Center and CHR Closed (No transports)	24
25	26	27 Native American Heritage Day	28	29	30 Head Lice Presentation at Isleta Elementary School 10:30-11:30	

**WHEN:**

Second Tuesday of the Month:

11/13/2012	Support/Vaccine Video	None	N/A
12/11/2012	Survivors Panel/Holiday Party	Cancer Survivors	To be Determined

Topics are Subject to Change. CONTACT Stephanie Barela to Sign Up and to Learn More 869-4479

TIME:

10:30am to Noon

PLACE:**ISLETA HEALTH CENTER**

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

Please join us!**Everyone welcome!**

Support the Health of Your Family
Get Educated on Cancer and Reduce Your Risk!

THANKSGIVING LUNCHEON

Thursday, November 15th, 2012

Isleta Pueblo Elder Center

12:00 pm – 1:00 pm

The menu will include
 Roast Turkey W/Gravy,
 Stuffing,
 Mashed Potatoes,
 Green Bean Casserole,
 and Pumpkin Pie.

Come join us for our annual Thanksgiving Luncheon.

This year we are excited for you
 to meet a special surprise chef!

