



Isleta Pueblo News

Volume 3 Issue 12

November 2008

Governor's Report

I am happy to report that the Cunningham Group Architectural Firm has received an award for the best design hotel in the country, which is our hotel. Thanks to our Cultural Committee who worked with the firm and shared old ideas, and after two years of careful planning, the firm articulated old and new ideas, and presented us with a beautiful theme. We get compliments on how beautiful our hotel is where ever we go, and visitors to our hotel compliment our employees for their outstanding service and friendliness. Thanks to all our staff at the Isleta Casino and Resort for your devoted service to the Pueblo of Isleta.

On October 1st and 2nd, 2008, the National Indian Gaming Association (NIGA), held their Mid-Year Conference at the Isleta Casino and Resort. The hotel rooms were sold out for the week and business was a success overall. Food and beverage, table games, poker and slots, the golf course, the Fun Connection and the lakes were all very profitable. Tribal Leaders and casino staff from different casino tribes throughout the country were in attendance receiving updated information on gaming, how to strategize on issues impacting Indian Gaming and also voting on issues for the upcoming national elections. Legislators and representatives from various states were in attendance and offered support on tribal issues. A short documentary was filmed for NIGA on the Pueblo of Isleta's economic development detailing with what Indian Gaming has done for our community. We visited and filmed all our projects and interviewed employees at our businesses. When the documentary is completed it will include success stories on what Indian Gaming has done for Indian country, and economic development throughout Indian

country. On October 10, 2008, the All Indian Pueblo Council (AIPC) held the Chairman's Ball to raise funds for AIPC. The event was a success in raising funds for AIPC, a non-profit organization. The hotel rooms were sold out and the casino reported a record number on revenues. Al Hurricane performed on this night.

On October 11, 2008, Senator Pete Domenici, the Assistant Secretary of Army (Civil Works) John Woodley, and other federal organization representatives, met with the Tribal Administration along with the Natural Resources Department for Isleta. Isleta gave a brief summary on the bosque projects and a tour of the projects followed the presentation. We visited the Diversion Dam to discuss the impact of the silt buildup in the river and canals in the past several years. We emphasized that the Middle Rio Grande Conservancy District is responsible for the removal of silt from the river and canals. We are hoping that Isleta will receive funding for continued projects on the bosque, and put pressure on MRGCD to remove the silt.

On October 19 - 24, the Administration along with Tribal Council members attended the 65th National Congress of American Indians (NCAI) Annual Convention in Phoenix Arizona. Meetings were held to inform tribal leaders on issues impacting Indian Country. Congressional Representatives from different parts of the United States were in attendance to offer support for Indian Country. Resolutions were considered for various issues impacting Indian Country, such as legislative priorities for Native American issues, health care, education, law enforcement, housing, veterans' affairs and other issues were presented and discussed by tribal leaders. Tribal leaders

from throughout Indian Country worked jointly to create positive changes that will benefit Indian Country.

Patsy Jojola, along with other tribal members, has formed a committee to petition for tribal membership enrollment of 1/4% Indian Blood. Administration and tribal council representatives have been invited to attend meetings for informational purposes. The committee has requested a meeting with Tribal Council on the membership issue.

(See article, "Fact Sheet: Blood Quantum Requirements and Tribal Membership.")

Happy Holidays

Ham Distribution

DATES: December 9th & 10th, 2008

WHERE: Elderly Ctr. Kiva Room

TIME: 8:30 a.m. to 6:00 p.m.

FOR: Tribal members (1/2 enrollment) living in Isleta Pueblo, Los Lunas, Belen, Bosque Farms, Albuquerque and Bernalillo **ONLY!!**

Individuals must provide proof of tribal membership.

ONLY ONE TURKEY/HAM PER HOUSEHOLD!

**YOUR COOPERATION WILL BE APPRECIATED
THANK YOU!**

Robert Benavides, Governor

OFFICIAL PUBLIC NOTICE

On October 25th and October 26, 2008, Voter Registration and Nominations were held for the upcoming General Election for Tribal Governor and Tribal Council. As a result of the Nominations, the following Candidates will be placed on the November 29, 2008 General Election Ballot as follows:

GOVERNOR

Robert Benavides
Ta-ta Larry Lucero
Alvino Lucero

TRIBAL COUNCIL

Fernando Abeita	Joe P. Anzara, Jr.	Sharon Lente-Burch
Louise Chewiwi	Mark Dixon	David Garcia
Ernest C. Jaramillo	Edwin C. Jaramillo	Ralph D. Jiron
James Eric Lente	Jose Seferino Lente	Robert L. Lucero
Diego Lujan	Gertrude Lujan	Diana L. Peigler
Barbara J. Sanchez	Allen Zuni	

At the General Election of the Pueblo, the Candidate receiving the greatest number of votes for the position of Governor shall be certified as the winning Candidate. Of the votes for Council Members, the top twelve (12) persons receiving the greatest number of votes will constitute the Tribal Council for the 2009-2010 term.

The General Election will be held on Saturday, November 29, 2008 (ONE DAY ONLY) from 8:00 a.m. to 7:00 p.m. at the Isleta Elderly Center Kiva Room.

CERTIFICATION OF THE 2009-2010 REGISTRATION/NOMINATIONS OF THE GENERAL ELECTION

The following are the results of the Registration and Nominations of the General Election (Primary) held on October 25 and October 26, 2008.

Total Number of 2009-2010 Registered Voters	1,169
Total Number of 2009-2010 Nominations for Governor	1,090
Total Number of 2009-2010 Nominations for Tribal Council	1,056
Total Number of 2009-2010 Registered Tribal Members	
Who DID NOT Nominate for Governor	79
Total Number of 2009-2010 Registered Tribal Members	
Who DID NOT Nominate for Tribal Council	113
Total Number of 2009-2010 Registration	
INVALID Nomination Ballot(s) for Governor	6
Total Number of 2009-2010 Registration	
INVALID Nomination Ballot(s) for Tribal Council	14

NUMBER OF CANDIDATE VOTES FOR GOVERNOR

Robert Benavides	326	Alvino Lucero	230
Carl Phillip Jiron	73	Ta-ta Larry Lucero	241
Michael Allen Lente	214		

NUMBER OF CANDIDATE VOTES FOR TRIBAL COUNCIL

Fernando Abeita	76	Joe P. Anzara, Jr.	33	Sharon Lente-Burch	14
Louise Chewiwi	57	Mark Dixon	126	David Garcia	24
Ernest C. Jaramillo	52	Diana L. Peigler	85	Edwin C. Jaramillo	140
Ralph D. Jiron	45	James Eric Lente	40	Jose Seferino Lente	56
Robert L. Lucero	66	Diego Lujan	64	Gertrude Lujan	21
Barbara J. Sanchez	81	Allen Zuni	62		

The following information was submitted by the Committee For A United Future Community:

The Committee members are supporting a petition to lower qualifications for membership from 1/2 to 1/4 Isleta blood quantum.

The Isleta Tribal Council has agreed to meet with the Committee on Thursday, November 6. Tribal members are invited to attend this session @ 1:00 p.m. Also, there will be another community meeting on Monday, November 17, from 6:30 p.m. to 8:30 p.m. Watch for posters on meeting location.

You may contact committee members for further information or to sign the petitions: Terry Lente @ 869-3083 or Patsy M. Jojola @ 8691131.

FACT SHEET: Blood Quantum Requirements and Tribal Membership

October 2008

The purpose of this fact sheet is to provide information regarding the current status of tribal membership and the negative impacts of the decreasing number of people who qualify for enrollment. Also, the history of the federal government imposing the use of blood quantum requirements to determine tribal membership is summarized, along with other important issues related to our tribal community.

Decreasing population of Isleta tribal members

Negative Impacts of Decreases and Advantages of Increases in the number of Tribal Members

The number of Isleta community members that have the required 1/2 Isleta blood quantum to qualify for tribal membership is rapidly decreasing. Currently, there are approximately 3590 tribal members of Isleta Pueblo. There will be a dramatic decrease in membership to approximately only 2000 members within two generations (by 2057), if the required blood quantum remains at 1/2 Isleta blood. (Data Source: Pueblo of Isleta Enrollment Records, DCIAmerica Report- See Page 3). This shrinking population will result in decreases in federal funding for crucial programs such as health care (IHS), education assistance, and other important tribal services. With a strong population, the Pueblo of Isleta will have the ability to receive greater federal funding, and secure greater political power with the larger population of members who are its citizens.

Currently, almost 2/3rds of all tribal members are less than full Isleta blood, making it less likely that their children will be eligible for membership. (DCIAmerica Report-see Page 3). By keeping the blood quantum at 1/2, we are denying our own family members the ability to continue to be a vital part of our

community in the future. As a practical matter, intermarriage with Indians from other tribes and with non-Indians has occurred throughout our history, and will likely continue to occur today and in the future. To think that this practice will somehow stop in the next few generations is unrealistic, and does not properly reflect the current makeup of our community. Many tribal members already have children, grandchildren and great grandchildren who aren't 1/2 Isleta blood, yet they are part of our community, growing up here, learning our language, and participating in traditional practices. To deny them the ability to be a part of the future of this Pueblo is cutting off our future generations.

This continued decrease in population (tribal members having 1/2 blood) also makes it difficult for current members to marry one another. Eventually, the ability to marry another tribal member would be virtually impossible. This short-sighted view will ultimately result in the end of a tribal community.

The history of blood quantum requirements

A review of many studies and articles related to tribal membership and blood quantum requirements reveals that it was the federal government that first required tribes to delineate blood quantum as a factor in defining tribal membership. Because the federal government has an obligation to Indian people, long recognized in the law since the founding of the United States, to provide important services and assistance, the federal government's policies on defining who is "Indian" determines who will be eligible for such services. Blood quantum is controversial among policy makers and affected individuals both inside and outside of tribal communities. Some allege that the federal government applies blood quantum to eliminate its

responsibilities to Indian people by legally defining Indians out of existence. (Source: A Legal History of Blood Quantum in Federal Indian Law to 1935, Paul Spruhan). As historian Patricia Nelson Limerick summarized in *The Legacy of Conquest: The Unbroken Past of the American West*, "Set the blood quantum at one-quarter, hold to it as a rigid definition of Indians, let intermarriage proceed as it had for centuries, and eventually Indians will be defined out of existence. When that happens, the federal government will be freed of its persistent 'Indian problem'." This sentiment is exemplified throughout US history, in terms of the federal government's historic means of extinguishing Indian Tribes.

If we compare that view with the history of our community, there is a sharp contrast. Isleta has been a crossroads for many centuries and during that time there has been intermixing (by force or will) between the Isleta people and other pueblos, tribes, the Spaniards, and others. Blood quantum was not an issue, as long as the person lived here, participated here, and made their life here, he or she was a member of this community and thus a tribal member. When a person came into this pueblo through marriage or from another tribe and made the decision that he or she wanted to be a part of the Isleta community, he or she would go before the Governor and get permission to stay. The individual would be accepted as a member of the community, thus a tribal member for all intents and purposes. In other words, if that person was accepted and participated in the customs and traditions (initiated in the clans) of the pueblo, he or she belonged and would be considered a tribal member.

This is not suggesting that anyone, including non-Indians, should now be able to become tribal members. This is simply

providing a realistic justification for lowering the blood quantum to include those individuals, our family and community members, who are already an essential part of our community.

Other Pueblos

As a basis for comparison, it is important to note that other Pueblos that have Tribal Constitutions already allow persons with 1/4 blood quantum to qualify for tribal membership. Santa Clara Pueblo, Laguna Pueblo, and Zuni Pueblo all allow persons with at least 1/4 blood quantum to be enrolled. These facts further confirm a long-term vision to securing the survival of the future generations of Pueblo people.

The Right to a Popular Referendum

One of the most important parts of the Isleta Tribal Constitution gives tribal members the right to change any constitution provisions, when we see that the current constitution no longer fits the way we would like our tribal government to operate. This right is called "popular referendum". Article Thirteen of the Pueblo of Isleta Tribal Constitution provides that the constitution can be amended by having at least one-third of the voters eligible to vote on an amendment sign a petition and have a special election to change the constitution. In terms of membership, we can propose a change in the membership requirements if we believe that the current membership qualifications no longer fit the way we define our tribal community.

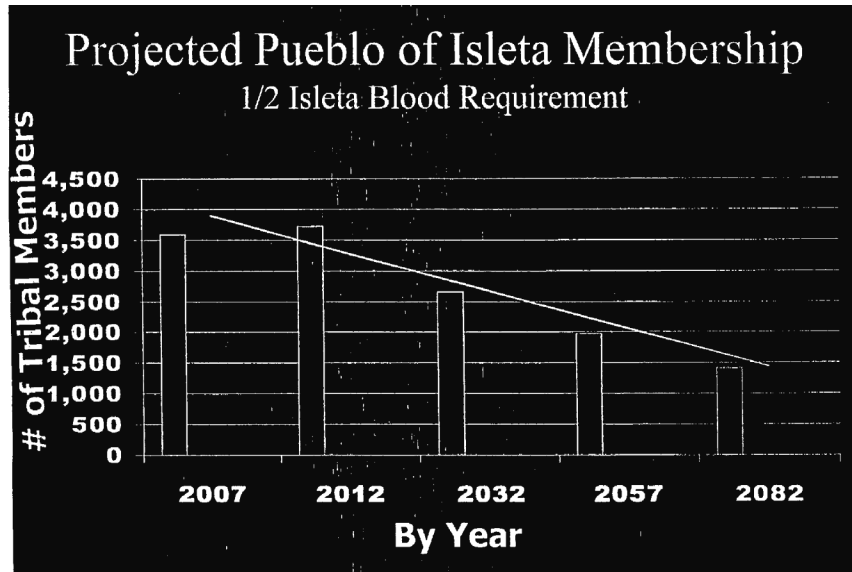
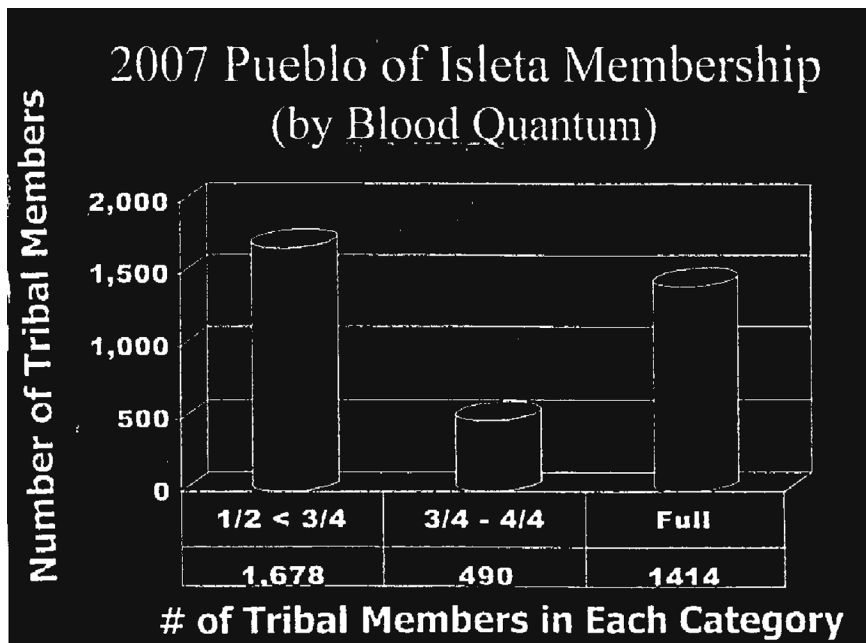
This means that if enough tribal members agree that the 1/2 Isleta blood quantum is no longer a true reflection of who we are as a tribal community, we can change the requirement to 1/4 Isleta blood quantum to secure the future generations of Isleta Pueblo and the survival of our tribal community.

(continued on page 3)

Blood Quantum (continued from page 2)

Current Petition:

A group of tribal members supporting a petition to lower the qualifications for membership from 1/2 to 1/4 Isleta blood quantum have drafted a petition and are seeking your support for this initiative. The petition will ask for a Special Election for this specific purpose. The specific changes to the Tribal Constitution are set out in the Petition, so all tribal members will know exactly what the Petition is asking for. If you are in agreement that these changes are necessary to ensure the continuation of a strong population, including all those who are a part of our community and our families, we ask for your support and your signature on the Petition. This initiative can only move forward if there are enough signatures of tribal members twenty-one (21) years of age or older who sign the Petition. Our future is in our hands!



Labels added to Graphs to describe Categories.

By James Mills, DCIAmerica

Data Source: Pueblo of Isleta Enrollment Records



Obituary - Richard "Dick" Baker
Jan. 29, 1936 - October 10, 2008.

As they say, life is the hyphen between the date of birth and the date of death. In that 72 year hyphen, Dick crammed a lot of living. He passed with no regrets of things that he had left undone. Dick, an enrolled member of Isleta Pueblo, was raised in New Mexico, attended St. Catharine's Indian School and Haskell. Out of school he joined the Marine Corps, where he earned recognition as a sharpshooter, winning a gold medal in that sport at the Pan-American Games. He went on to serve one tour in Korea and two in Vietnam. He relocated to Washington, DC for a career with the Bureau of Indian Affairs. Dick spent his life working for Indian people, especially Indian Veterans. He was instrumental in starting the American Indian Inter-Tribal Council in Washington, DC., VEVITA Color Guard, and the installation of the American Indian Veterans Plaque, known as the Grandfather Plaque, in Arlington Cemetery, as well as other numerous contributions to the Indian Community. He was an avid Harley rider who never missed Rolling Thunder's ride to the Wall until ALS put an end to his riding. Dick passed peacefully, surrounded by his loving family. He leaves behind his wife Judy, four daughters: Debra (Ray) Hesterberg and two granddaughters, Karina and Kellie, all of Charlotte, NC; Denyse (Rocky) Henemyer and two grandchildren, Mellisa and Mathew, all of Thurmont, MD; Kim Baker of Puyallup, Celeste (Cedric) E Heard of Puyallup, and three grandchildren Kristina Baker, Joseph Baker and Damon Heard, and one son, Richard Baker of Puyallup and his sons Chase and Ryan Lee. He also leaves a host of friends from all across the country.

As per Dick's wishes, there will not be a funeral or service other than the traditional ceremonies. Semper Fi.

Richard Baker left Isleta many years ago, but he never forgot his people. As the above obituary, he "spent his life working for Indian People, especially veterans".

Richard gave ten acres he owned in the Los Charcos area to the Veterans of Isleta Pueblo.

Though Richard was never at any of our veterans' meetings, it was through his inspiration that Pueblo Veterans began to organize, to work together, to help veterans and their families. He gave to the Veterans of Isleta Pueblo more than land...he gave us a vision... words cannot say what Richard did for all of us.

Soon the American Legion Post 209 will be officially known as the Richard Baker American Legion Post 209.

Our sympathies to his family. Semper Fi.

**HONORING OUR VETERANS
AND REMEMBERING OUR TROOPS**

**10th Annual Native
American Veterans Symposium**

AGENDA
7:30a Registration & Continental Breakfast
9:00a Posting of Colors
10:00a Veterans Recognition
10:30a Keynote Speaker
11:30a Luncheon
1:00p USO Show
2:45p Moment of Silence
3:00p Closing Session

Friday, November 14, 2008
Route 66 Casino/Hotel
Exit 140, Albuquerque, NM

Sponsored by the IHS/NMVAHCS
Hosted by the Albuquerque Area Indian Health Board

Contact:
Grace Baca @ 248-4600 or Donna Carpio
@ 248-4529

Isleta Pueblo News



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DWI Officers of Year Honored

Seven law enforcement officers in Valencia County were recognized for their hard work and dedication to their community. They were chosen as Outstanding DWI Officers of the Year by their respective departments. Officers were from New Mexico State Police, Valencia County Sheriff's Office, Los Lunas and Isleta Police Department.

The annual Damacio Montano Officers' Choice award were handed out to police officers who, on a day-to-day basis, make it their mission to make sure drunk drivers are taken off the streets. In all, these officers arrested and charged 96 people with drunk driving in the past year.

The annual awards are given out by the local Fraternal Order of Police Lodge 14, in memory of Damacio Montano, a former Valencia County sheriff's deputy who was shot and killed outside a Los Lunas Bar on October 6, 2002.

The Officers were honored as Outstanding DWI Officers of the year at the banquet, which was held at the Belen Community Center.

Officer Delinda Chavez and Traffic Police Officer Curtis Lucero of the Isleta Police Department shared the honor of having the most DWI arrests this past year with 11 each.

Chavez, who is married, native of Jemez Pueblo and has four children has been in law enforcement since 2000 and employed with the Isleta Police Department for two years.

"I've always been interested in law enforcement," Chavez said. "What enticed me to go into law enforcement was that (police departments) are like a family and really support each other. We help the community, but we work together as a family." Chavez said it's a big honor to receive the award and is happy she's recognized for her hard work. She also said "It's a privilege to be honored alongside of Lucero, who was presented with the same award last year. "What I like to do is step up the process and see if we can get more," she said "We are actually out there trying to prevent somebody's death. I just wish we could get them all, but it's kind of hard when there are so few officers and so many drunk drivers."

Traffic Officer Curtis Lucero began working for the Isleta Police Department four years ago and has never looked back. He began working in law enforcement after watching his twin brother, Calvin Lucero graduate from the New Mexico State Police academy.

Lucero recently became the department's first traffic officer, which has given him an opportunity to focus more on traffic violations including DWIs. "It's an honor to be named, because we have such a dedicated police force and our main objective is to keep the community safe, especially taking drunk drivers off the road," Lucero said. "It feels really good when we do take them off the road, and it keeps our families, and everyone's families safe to drive the roadways."

We want to Congratulate and Thank Officer Delinda Chavez and Traffic Officer Curtis Lucero for all their hard work in keeping up with our DWI conviction rate.



Isleta Native Honored



Detective Caryn Romero was honored by the Albuquerque Police Department as officer of the month for the month of September 2008.

Romero has served ten years as a sworn law enforcement officer. Her career began in 1998 where she served as a field officer at Isleta Pueblo. She was hired as a lateral officer for the Albuquerque Police Department in May 2002 and was assigned to Field Services Bureau

for approximately one year. In 2003, she became a detective with the Crimes Against Children Unit.

Detective Romero has been assigned many physical and sexual abuse cases. She has been the lead detective on several SIDS and accidental death investigations and has been instrumental in resolving many incidents.

In addition to her duties as a C.A.C.U. detective, Romero has committed herself to training others. She is active in teaching all aspects of child abuse and investigations to police cadets, lateral officers, and those attending the Citizen Police Academy. She frequently volunteers to provide classes in child safety to various local and out-of-state organizations.

Detective Romero also displayed her competency as acting sergeant of the Crimes Against Children Unit.

Detective Romero is the daughter of Trini Romero of Taos Pueblo and Clem Romero of Isleta Pueblo.

Per Capita Distribution

Wednesday, November 12, 2008

Thursday, November 13, 2008

8:00 AM-6:00 PM

New Recreation Center

\$1,500.00 (fully Taxable)

This year's distribution differs in that the entire \$1,500 is fully taxable and needs to be claimed on your 2008 annual income taxes. In order to pick up your distribution you will need to present identification along with proof of your Social Security Number. Please note an IRS Form 1099-MISC will be mailed on/or about February 28, 2009. Distributions not picked up or requested before February 28, 2009 will be null and void and no longer available for the 2008 Per Capita Distribution. Eligibility and withholding of Per Capita Distribution will remain the same as prior years.

If you have any inquires or concerns, please contact the Treasurer's Office: 505.869.1808.

PUBLIC NOTICE

A Petition to Probate the Estate of **Anita L. Abeita**, deceased on October 1, 1998 has been filed in the Isleta Tribal Court. Any person claiming an interest in the estate is hereby requested to notify the Tribal Court Clerk within thirty (30) days from the publication of this notice. A summons will be sent to each individual to appear before the court and make known their claim to the estate.

Court Clerk Dana Jiron
Isleta Tribal Court
P.O. Box 729
Isleta, New Mexico 87022

Phone (505) 869-6510

Fax (505) 869-8138

RECREATION

October of 2008 has been one of the busiest months with a number of diverse activities (karate, pinon picking, bowling, Golfernoggins, Halloween party, just to name a few) taking place for the children and adults alike. On Saturday May 11, 2008 the karate program was busy with a tournament in Albuquerque and they all did quite well. The after-school program went to the Fun Connection as well as to Oak Flats on Wednesday, October 15, 2008 (early release day) for pinon picking. In addition, just about every park in our system has been reserved and utilized on weekends for picnics, birthday parties and baby showers. Note: If anyone wants to use the parks for private gatherings, please call in advance to reserve the park. Call Rick Giron at 869-8557. There is no charge for the use of any of our parks, but you must clean up after yourselves. So far, everyone has been great in adhering to this rule. Once again, the Halloween party remains as being one of the biggest and most successful events on the Pueblo of Isleta. A special thanks goes out to both of our coordinators, Kimberly Chiwee and MaryAnn Carpio for spear-heading this event. And like always, the Halloween party couldn't be as successful without all of the wonderful Departments that participated. They are as follows: JOM, Census, Human Resources, Elderly Center, Environmental, Realty, Administration, Library, BIA/SPA, Head-start and Childcare, Dept. of Education, Police Department, Housing, Tribal Council, Parks & Recreation and the Diabetes program. Great Job! The top 3 Departments for the best overall booths were: Administration/ Human Resources with their version of the Haunted House, Library with the Hard Rock Video booth, and the Police Department with the Ring Toss to soda bottles.



Pictured are several of shots of the many who attended and enjoyed our 2008 Halloween Party.



Arts/Crafts

As mentioned in one of our earlier newsletters, our children from the after-school and summer recreation program were entered into the California Indian Museum and Cultural Center Native Youth Poster Contest. Of those entered, we had four of our youth win 1st place in their categories. Each one of our youth received a \$100 dollar Bond in their name. They were: Leandra Abeita, Eva Lucero, Shay Padilla and Rocky J. Garcia. Congratulations to our four youth and our three Nanas, Abenita, Marie and Gloria, who did a wonderful job in preparing them and submitting their work. Now that our month of October is but a memory our Nanas will now concentrate on our Holiday themes which begin with Veterans Day and continues with Thanksgiving and ends with Christmas and New Year's.

Park Management

This is a reminder to all residents that our newest park in the Chical Neighborhood will be dedicated on Veteran's Day, November 11, 2008. The celebration will begin in earnest at 10 am. It will conclude with a barbecue for all who attend. The park will be named after one of our fallen Vietnam Veterans from our Pueblo of Isleta. Once again, my Park Management staff headed by Park Superintendent Robert Lujan and Assistant Park Superintendent Robert Apodaca has done a fabulous job in building this park. The team of seven park management employees is better known as the "magnificent seven". As your Parks & Recreation Director, I can honestly say that in the 38 years I have been in the business, I have never seen such a dedicated team of employees that really care about the work they do and the finished product that is so evident. Fantastic Job!

Isleta Pueblo Public Library

Hello everyone, from the Library!

We have been working hard preparing for the Halloween Carnival and Library Fundraising event. All the regular business has been underway as usual. We have many students taking advantage of our After School Homework Help. They are all smart children and we encourage them to learn all they need to succeed in school. We hope our policy of reading at least 15 minutes before play is helping to improve their reading scores and the overall love of opening a book. The computer lab is always hopping, full of people eager to do research, keep up on the latest world news or just to send e-mail.

We had contests in October, such as Hot Air Balloon coloring contest, Paper Mache' Balloon designing and a Scary Stories contest. It has been great to see all those participating in the contests. We really got to see their artistic sides. The balloons were very creative. Many entries were received but, of course, only a few won prizes. The Hot Air Balloon coloring contest we had two winners-Mariah Montoya and Brianna Jojola.



Brianna Jojola-Winner of the 4-8 year olds Balloon Coloring Contest.



Mariah Montoya-Winner of the 9-13 year olds Balloon Coloring Contest.

They each won a \$10 gift card to Target. The winner of the Paper Mache' Balloon designing was Jonelle Jiron. She designed her balloon into a black widow spider. It was very cute. Jonelle won a \$20 gift certificate to the Coronado Mall. Alex Edaakie received Honorable Mention for his Darth Vader balloon design. It too was quite impressive. There were two winners for the Scary Stories contest--one student and one adult. They submitted an original story that was spooky and fun. The winners were Hollie Jaramillo with her story of "Bloody Mary" and Monica Abeita with her story of "The Ghost Ranch." The contests were judged by library board members. Thank you board members for all your help.



Jonelle Jiron-Winner of the Paper Mache Balloon Contest.

As many of you found out our booth was the fabulous Hard Rock Isleta. We dressed the part, had photo opts for all our guests, complete with the game Rock Band 2. It

was a success. The entire staff put in a tremendous amount of effort into getting the booth ready. Several of our after school students helped us with the construction of the booth as well. Some students helped with painting, while others helped with creating the plaques of celebrities and with the silhouette background. It was their shadows we traced. Thanks guys! The Library received many compliments about our guitar. We are happy to say that we took first place and were rewarded with a \$25 gift certificate. Although we did share the first place spot with two other departments we are very happy, nonetheless. We would like to thank all the wonderful people at the Rec for hosting the event and assisting us in assembling our booth. We really appreciate it. Anyone who took a picture at the Hard Rock booth may pick up their pictures at the Open House on Monday, November 3. If you happen to miss the Open House, stop in any time after the 3rd.

On Saturday, October 25, the library staff participated in a fundraiser at the Isleta Casino & Resort Hotel. It was a sold-out event, with many notable people in attendance, such as Conroy Chino, Black Eagle Drum Group of Jemez, Twin Rivers and others. The fundraiser served to benefit six tribal libraries: Isleta, Jemez, Santa Clara, San Ildefonso, Laguna and Acoma. All six libraries worked equally to put together the fundraiser. Mary Jane Edaakie volunteered herself for a special assignment. She was put in charge of the centerpieces. With her creative mind, she was able to craft 26 beautiful centerpieces. She received great help in Robert Mariano Jr. He donated his time and effort to draw many different Native designs on the small flower pots, which would become wind chimes. He also took his time to paint each individual pot with skill and precision.



Library Staff @ the Hard Rock Isleta

Thank you very much Robert. We really appreciate all your help with that. Moreover, we are not forgetting the others who aided us in our time of need. In the weeks leading up to the auction, many local artists donated their artwork or jewelry to help up raise money in a live and silent auction. Each library brought a number of items from their respective tribes. Isleta's auction donations came from Caroline Carpio, Melanie and Michael Lente, Arthur Abeita, Levi Jiron, Jesse Overstreet, Ma-Wan Nativewares, Robert Adam Edaakie, Theresa Lilly, Silver Feather Gallery, Nana's Gift Shop and Diane Wade. Those who did not have a piece to donate, contributed in other ways, such as monetary donations: Lil' Island, Leno's Smokeshop, White Buffalo and Gardenswartz. With their help, the fundraiser was a success. The libraries managed to raise a substantial amount of money. From everyone here at the Library: Nathaniel, Mary Jane, Natasha and Rhiannon, we want to extend our deepest gratitude and biggest THANK YOU for all you've done for us. We truly appreciate your generosity.

The Library will be having another incentive program. Starting Monday, November 3, we will begin our incentive program. The reward this time will be a choice of movie. Students who collect the required amount of points can choose to go see "Twilight" or "Bolt". Both movies will be opening on November 21. That is when we plan to go see them. The movie goers will be split into two groups, each going to their respective choice. The rules are a little more different this time around. The program is open to all students K-12, but because the students are given a shorter amount of time in which to obtain their points, we have lowered the number to 20 points. Students wishing to participate must let a staff member know, so we can tally up their points. Points are earned by completing homework or reading. Once again, homework must be complete before beginning additional reading. Completed homework is worth one point. Depending on the amount and the difficulty of the homework, students may receive more than one point, but it will be at the staff's discretion. If the student does not have any homework, they may read for 15 minutes to receive one point; however, if the student chooses to read longer, they will be awarded one point for each 15 minutes they read. As always we encourage the students to read, which means point earned in this way is unlimited. The trip itself is limited to the first 20 people. The movie will also include dinner, either after the movie or before; pending on the show times of each movie. Parents are welcome to come along at their own expense. Parents will also be required to provide their own transportation. If you have any questions please feel free to contact the staff at the Library.

On Monday, November 3, we will be working with Higher Education by having an Open House. As always we are open to the public,

however, this time we want to encourage everyone to come and explore the library. For those who already use the resources, come by again and discover something new. The Open House will be from 4 P.M. to 7 P.M. During those peak hours, we have our after school students doing their homework or reading. Parents, this Open House can serve as an opportunity for you to observe your children.

The staff here at the Library would like to acknowledge and thank Mr. Aimen of Garden Fresh in Bosque Farms. He was very generous with his donation of 35 pumpkins for our after school homework kids. The pumpkins he gave us were very nice and of a good size (bigger than what Wal-Mart was selling); perfect for carving. One of our kids took a pumpkin home and entered it into the Pumpkin Carving Contest at the Rec during the Halloween Carnival and won! That's awesome.



Aimen Abu Zahrieh of Garden Fresh Bosque Farms.

November 4 is just around the corner. Don't forget to vote! And may the best candidate win. Also, libraries are on the ballot; that includes tribal libraries. We are under Bond B. Help support our Library by voting "yes" for Bond B. Remember B-for Books!

As we prepare this month's article, a new addition to the library family will be arriving. Welcome Natasha's baby! We wish Natasha and her family all the best.

A couple of reminders: Some patrons have outstanding overdue books. We will be sending out notices in the mail. If you should receive a notice and find the book, please return them. By bringing the books back we don't have to spend more money to replace them. It saves us money; allowing us to use that money toward a program or more media. Also, some patrons claim they are unaware of a late fee when returning overdue media, such as DVDs and CDs. There is a \$1 a day late fee for each overdue DVD or CD. Our policy of study before play is still in effect. All students K-12 and any

individuals working on their GEDs, are required to complete their homework before they can use the computers. If the child does not have homework, they are required to read for 15 minutes. We understand that the reading scores of our children are lower and we want to help them bring those scores up. By reading for at least 15 minutes, it's a step toward improving their skill. On Fridays the Library closes at 4:30 P.M. There are still some children here after hours, leaving them with no adult supervision. The use of the Library's printer is limited to 15 sheets and certain restrictions apply; such as printing from entertainment sites. Individuals needing to print more must get a staff member's approval before printing. Photocopying is available and limited to 25 sheets. Please remember these sheets are free of charge but by printing out an excessive amount of documents, we are running out of ink faster; Running out of ink means buying more cartridges. The cartridges are not inexpensive. The Library's budget has been cut severely recently, which means it makes it more difficult to replenish our resources. The Library is a separate department from Higher Education, J.O.M and the Department of Education. To reach Ulysses Abeita, contact Higher Education.

Isleta Pueblo Public Library

Contact Information:

Phone Number: (505)869-8119

Fax Number: (505)869-7690

E-Mail: poi_library@hotmail.com

Web Address:

www.myspace.com/isleta_pueblo_library

Great American Smoke Out is NOVEMBER 20th

**Take a day to not let
commercial tobacco
control you and stay smoke
free all day.**

Need Help?

Contact Stephanie Barela
@ 869-4479

and she can give you tips
on staying cigarette free.

Interested in taking it
step further and
completely staying
off cigarettes?

Contact Stephanie to sign up
for Freedom from Smoking
to help you quit smoking
in 8 sessions.

Los Lunas/Valencia High Schools

Can you believe, we are in our 13th week of our 2008/2009 school year here at Los Lunas and Valencia High Schools. Another 7 more weeks and we will end semester one of the year 2008. We again remind students and parents to stay on top of school daily attendance and grades. We have students that have fallen into this area and are encouraging students that they can recover by improving their daily attendance and attend tutoring to help bring up their grades before the semester ends in December. The Los Lunas Title VII and Isleta Pueblo Johnson O'Malley offers tutoring services at the old Isleta Elementary School, room#630, Monday through Friday, 3:00 pm to 7:00 pm and also on Saturdays from 9:00 am to 1:00 pm. We also have Spanish Tutoring offered on Tuesdays and Wednesdays from 4:00 pm to 5:30 pm at the Isleta Higher Education Complex building. Ms Hernandez is the Spanish tutor.

LLHS TUTORING PROGRAM....

Los Lunas High School is the recipient of a 21st Century Community Learning Program Grant. We will be using this program to complement our students' regular academic program by offering after school tutoring for all Core Classes. Any student with a (D) or lower will be automatically referred to our Tutor Coordinator and tutor teachers will check achievement data —MAPS, NMSBA, etc. AFTER SCHOOL TRANSPORTATION WILL BE COORDINATED BY THE LOS LUNAS HIGH SCHOOL. The tutor Coordinator will make sure that parents are continuously involved in their student's progress by sending home progress reports. IT IS IMPERATIVE THAT ANY STUDENT WHO RECEIVED A FAILING GRADE IN A CORE CLASS PARTICIPATE IN THIS OPPORTUNITY . This program will take place on Tuesday, Wednesday, and Thursday afternoons from 2:45 pm until

3:45 pm beginning October 28. Ms. Theresa Baca-Watson, Assistant Principal will oversee the tutoring program.

NOTEWORTHY DATES

Oct. 17th	Report cards
Oct. 21, 22, and 23,	Parent/student conferences
Nov. 4	Election Day ...no school
Nov. 11	Veterans Day...no school
Nov. 19	K-12 Early release day
Nov. 21	Progress reports issued
Nov. 26- 28	Thanksgiving break
Dec. 22-Jan. 5	Winter break

SENIORS...

Your graduation day is on May 16, 2009!! This may seem like a long time but you need to check into the following...

- * Check with your counselor to make sure you have enough credits to graduate.
- *Take the ACT or SAT exams as early as possible. Colleges and Universities require one or the other exam for admission.
- *Contact the school (s) you are interested in and get information on their admissions requirements. Have the school mail you an application and fill it out or fill out an application on the schools website if available. Apply as early as possible.
- *Remind your parents to prepare their Federal Income Tax as early as possible.
- *As soon as your parents prepare their federal income tax, you need to prepare the "FREE APPLICATION FOR FEDERAL STUDENT AID", or FAFSA In order to complete the FAFSA, a copy of your parents' taxes will be needed. If you also worked and filed an income tax form, then a copy of your taxes will also be needed.
- *If you plan to live on campus of the school of your choice you need to apply

for Housing with that school.

****FINANCIAL AID WORKSHOP.. SENIOR PARENT NIGHT..DEC 8th 6:30 pm, LLHS LIBRARY.**

ISLETA JOHNSON O'MALLEY AND LOS LUNAS TITLE VII INDIAN EDUCATION WILL HOST THEIR ANNUAL COLLEGE/ CAREER DAY ON JANUARY 31, 2009 AT THE ISLETA RECREATION CENTER, FROM 9:00 AM TO 12:00 NOON.. A PARENT/SENIOR MEETING WILL BE HELD AT 9:30 AM ON THAT DAY.

PARENT/STUDENT/CONFERENCES

In an attempt to improve communication with our parents and to create a more effective partnership between schools and the community, we will be hosting school-wide parent conferences.

The benefits of the conferences include an advisor that will be monitoring your student's progress towards graduation by checking grades and attendance. It is imperative that you and your student attend. Our first conferences were held on October 21, 22, and 23rd and the next scheduled conferences will be held in January 2009. These conferences are very important, so parents please make arrangements for the next scheduled date.

SCHOOL NOTES...

Parents...do you want to know the assignments that are required by their teachers? GO to www.schoolnotes.com to get homework and make-up assignments, just enter LLHS's zip code (87031). Teachers can also receive emails from this site. We continue to invite parents to be involved as much as possible in your child's education. Together we can make a difference. If you have any concerns, feel free to call Mr. Analla, Title VII Indian Education, 856-4646 ext 272, email banalla@llschools.net

Valencia High School-Native American Club

Valencia High School is extremely proud to announce the results from the recent elections held by the Native American Club. Our elected officials are as follows: President-Joseph Jojola (son of Charles and Jackie Jojola); Vice President-Stacie Higdon; Secretary-Gilbert Henry (son of Isidor and Cornelia Garcia); Treasurer-Christina Lente (daughter of Diane Lujan); Student Representative-Stephen Trujillo (son of Patrick Augustine and Geraldine Jojola). The club is looking forward to meeting and planning activities for the upcoming holiday season. Mr. Abeita from the JOM office and Mr. Analla, the Native American Liaison for Los Lunas Schools, both came to our election meeting and presented valuable information to the assembled members regarding planning issues and potential club funding assistance. An important reminder to all VHS seniors interested in attending University or college; they are encouraged to come in and begin looking at potential scholarship and grant sources. If any community members would like to come and speak at one of our meetings, please contact Gretchen Hannum at Valencia High School at 505-565-8755. We appreciate your support and help in the formation and continuation of this valuable and important club.

Native American Heritage Day

After more than 500 years of interaction with Europeans, Native Americans will now be officially recognized for their contributions to American society. Thanks to a bill signed by President Bush a few days ago, the fourth Friday of each November is designated as Native American Heritage Day. That means that this November 28th will be the first celebration of this special day and that the holiday will always be the day after Thanksgiving each year. Be sure to take time to thank both Native American staff and students for all that they have done to help make the United States such a culturally rich and progressive nation. We extend our congratulations to the members of the Isleta Tribe and all other tribes represented at LLHS for this long overdue honor.

Los Lunas High School

ISLETA ELEMENTARY SCHOOL NEWS

Exciting changes at the school

There have been many exciting changes at Isleta Elementary School this fall. We have a new acting principal this year, Mrs. Katherine Campbell. Mrs. Campbell is a former principal from Winnebago, Nebraska and has been detailed to our school from New Mexico South. Other new staff members are a librarian, Mrs. Rita Vargas, and a computer teacher, Mrs. Judy Gutierrez who will be on staff in November.

Academics

This year we have established a school wide block schedule. This ensures that each child will get a minimum of 135 minutes of literacy teaching/practice every day. Children not reading at their grade level will receive at least 45 additional minutes of instruction to help them catch up to their grade level expectations.

Our school has received BIEREADS grant funding from the Bureau of Indian Education. This grant enables us to purchase a new core reading program as well as an intervention program for our primary grades, kindergarten through third. The school has chosen the Voyager Universal Literacy system as its core program, and Voyager Passport as the supplemental program. In addition, Mrs. Kristina Jaramillo has left the classroom to become our reading coach, working directly with teachers to support the reading program. The State of New Mexico has awarded Isleta Elementary School a Culturally Based Math grant for school year 2008-2009. A committee comprised of community members, staff, Isleta Department of Education, and other individuals are working to develop a culturally based math

curriculum aligned with the state standards and benchmarks.

Special Education Award

Isleta Elementary School Special Education Department has received an award from the Bureau of Indian Education.

The award, which was presented to Mary Ann Bosworth, Special Education Coordinator, on behalf of Isleta Elementary school, during the Second Annual BIE Special Education Academy held in Chicago, Illinois, September 16-18, 2008. The award was presented by Mr. Bart Stevens, Acting Associate Director of BIE, and Mr. William Nuttle, Acting Line Officer for NM South and recognizes achievement in attaining levels of determination as set forth by the US Department of Education.

Student Council Officers

Congratulations to the following student council officers for the 2008-2009 school year: Taylor Jojola – President

Rebekah Lovato – Vice President

Krysta Rae Lucero – Secretary

Kaitlyn Thompson – Historian

Isaiah A. Abeita and Ricky Roybal – Parliamentarian

The Student Council helps organize student activities throughout the school year.

Upcoming Events

Our 21st Century tutoring program is in full swing! Tutoring is held on Monday, Tuesday and Thursday from 3:00-5:00 p.m. in reading and math. Snacks are given to students after school and transportation is provided.

Isleta Elementary School is sponsoring a Food Drive from October 31 thru November 14, 2008 to benefit Roadrunner Food Bank.

Collection barrels for non perishable food items will be in the school entry.

Our annual Thanksgiving Dinner is scheduled for Tuesday, November 18.

Best Wishes to One of Our Former Teachers

One of our fourth grade teachers, Ms. Angela Martinez, who has taken a job as an education specialist for the Bureau of Indian Education in Albuquerque. Good luck, Ms. Martinez. You will be greatly missed. A search for her replacement is currently under way.

Congratulations to former students

James Tewaheftewa received a full scholarship to attend the Air Force Academy in Colorado Springs, Colorado.

Michael Lente graduated in May from the University of Denver in Denver, Colorado with dual degrees in creative writing and studio arts. He is currently in a paralegal program in Denver and plans on attending law school.

Misha Lente graduated from the University of New Mexico in 2007 with a degree in civil engineering.

Felicia Bartley and Kaitlin Jaramillo toured Europe this past summer as members of the New Mexico 2008 Ambassadors of Music choir. They performed in England, France, Germany, Switzerland, and Austria. Felicia is currently a junior, and Kaitlin a senior at Los Lunas High School.

Isleta Elementary School

Contact Information:

Phone number: 869-2321

Fax number: 869-1625

Web address: www.isleta.bia.edu

NEWS FROM NATIVE AMERICAN COMMUNITY ACADEMY N.A.C.A. Growing Together

The following students from Isleta achieved High Academic Eagle Honor Roll and Honor Roll for Quarter 1, school year 2008-2009.

High Academic Eagle Honor Roll:

6th Grade:	7th Grade:
Amayi Jojola	Robert Jojola
Briana Roybal	

8th Grade:	9th Grade:
Damian Padilla	Cheyenne Castillo
Julie Schonchin	Joshua Jojola
	Pamela Lujan
	Floripa Olguin
	Stephanie Padilla

Honor Roll

7th Grade:	8th Grade:
Tristan Lucero	Cameron Jojola

As members of our Isleta community we should be proud of our students and wish them the best, so please congratulate them on a job well done!

NEWS FROM THE ISLETA LANGUAGE PROGRAM:

The Isleta Language Program would like to welcome Ms. Carol Lucero as the new children's teacher for the Language Program. We look forward to working with Carol. We are currently working on an "After School Program" language lessons for children K-12th grade. I will keep you informed as to the progress of this program.

The Language Program held its open house on Saturday October 11, 2008. The event was a great success. There were an estimated 40 to 50 tribal members to attend the open house. I want to thank the Language Instructors: Ta-Ta Larry Lucero, Lena Abeita, and Carol Lucero for the tremendous job they did during the open house. Also, I would like to thank those students who were there to assist, Laura Abeita, Susan Chewiwi, Rebecca Mehan, and Brian Jojola. Tribal members got to see firsthand how the classes are conducted. They also got a chance to participate in some of the games that are used to teach the classes. There were a lot of good questions and certainly a lot of good laughs. Thank you all who made this event a great joy and success.

Tribal member employees FYI! The Language Program is currently working on a plan to offer "Lunch Time Language Lessons". For those interested in language lessons but don't have the time, we will offer lessons during lunch time between the hours of 11:30 to 1:30 in the building 626 at the "Old Elementary School". Classes are scheduled to start soon. I will keep you informed on the progress of this program. So bring your lunch and sit in a class and learn. We look forward to seeing you there.

–WIC Notes–

Is it the Cold or the Flu?

Your child is sent home from school with a sore throat, cough, and high fever — could it be the flu that's been going around? Or is it just a common cold?

Typically, the flu (also known as influenza) has symptoms that make a child feel worse than symptoms associated with a common cold, but it's not always that easy to tell the difference between the two.

Symptoms Guide

To help determine whether your child's fighting the flu or combating a cold, review these questions:

Flu vs. Colds: A Guide to Symptoms

Questions	Flu	Cold
Was your child's onset of illness	sudden?	slow?
Does your child have a	high fever?	no(or mild) fever?
Is your child's exhaustion level	severe?	mild?
Is your child's head	achy?	headache-free?
Is your child's appetite	decreased?	normal?
Are your child's muscles	achy?	fine?
Does your child have	chills?	no chills?

If most of your answers fell into the first category, chances are that your child has the flu. If your answers usually belonged in the second category, it's most likely a cold.

But don't be too quick to brush off your child's illness as just another cold. The important thing to remember is that flu symptoms can vary from child to child (and they can change as the illness progresses), so if you suspect the flu, call the doctor. Even doctors often need a test to tell them for sure if your child has the flu or not since the symptoms can be so similar.

Some bacterial diseases, like strep throat or pneumonia, can also look like the flu or a cold. It's important to get medical attention immediately if your child seems to be getting worse, is having any trouble breathing, has a high fever, has a bad headache, has a sore throat, or seems confused. While even healthy kids can have complications of the flu, kids with certain medical conditions are at more of a risk. If you think your child might have the flu, get in touch with the doctor.

Treatment

Some kids with chronic medical conditions may become sicker with the flu and need to be hospitalized, and flu in an infant also can be dangerous. For a severely ill child or one with other special circumstances, a doctor may prescribe an antiviral medicine that can ease flu symptoms, but only if it's given within 48 hours of the onset of the flu.

Most of the time, you can take care of your child by offering plenty of fluids, rest, and extra comfort.

And if the doctor says it's not the flu? Ask whether your child should get a flu shot.

From: KidsHealth, Larissa Hirsch, MD

Food Allergies

The most common foods that cause allergies are milk, eggs, soy, wheat, tree nuts, peanuts and shellfish.

Learning how to recognize an allergic reaction will help you get your child the medical care needed if a reaction occurs.

About Food Allergies

With a food allergy, the body reacts as though that particular food product is harmful. As a result, the body's immune system (which fights infection and disease) creates antibodies to fight the food allergen, the substance in the food that triggers the allergy.

The next time a person comes in contact with that food by touching or eating it or inhaling its particles, the body releases chemicals to "protect" itself. These chemicals trigger allergic symptoms that can affect the respiratory system, gastrointestinal tract, skin, or cardiovascular system. These symptoms might include a runny nose, an itchy skin rash, a tingling in the tongue, lips, or throat, swelling, abdominal pain, or wheezing.

People often confuse food allergies with food intolerance because of similar symptoms. The symptoms of food intolerance can include burping, indigestion, gas, loose stools, headaches, nervousness, or a feeling of being "flushed." But food intolerance:

- doesn't involve the immune system
- can be caused by a person's inability to digest certain substances, such as lactose
- can be unpleasant but is rarely dangerous

Common Food Allergens

A child could be allergic to any food, but these eight common allergens account for 90% of all reactions in kids:

- | | |
|------------|--|
| 1. milk | 5. wheat |
| 2. eggs | 6. tree nuts (such as walnuts and cashews) |
| 3. peanuts | 7. fish |
| 4. soy | 8. shellfish (such as shrimp) |

In general, most kids with food allergies outgrow them. Of those who are allergic to milk, about 80% will eventually outgrow the allergy. About two-thirds with allergies to eggs and about 80% with wheat or soy allergy will outgrow those by the time they're 5 years old.

Other food allergies are harder to outgrow. Only about 20% of people with allergies to peanuts and about 10% of those allergic to tree nuts outgrow the allergies. Fish and shellfish allergies usually develop later in life and are even more rarely outgrown.

Food Allergy Reactions

Food allergy reactions can vary from person to person. Some can be very mild and only involve one part of the body, like hives on the skin. Others can be more severe and involve more than one part of the body. Reactions can occur within a few minutes or up to a few hours after contact with the food.

Food allergy reactions can affect any of the four following areas of the body:

- 1. skin:** itchy red bumps (hives); eczema; redness and swelling of the face or extremities; itching and swelling of the lips, tongue, or mouth (skin reactions are the most common type of reaction)
- 2. gastrointestinal tract:** abdominal pain, nausea, vomiting, or diarrhea
- 3. respiratory tract:** runny or stuffy nose, sneezing, coughing, wheezing, shortness of breath
- 4. cardiovascular system:** lightheadedness or fainting

A serious allergic reaction with widespread effects on the body is known as anaphylaxis. This sudden, potentially life-threatening allergic reaction involves two or more of the body areas listed above. In addition, there also can be swelling of the airway, serious difficulty with breathing, a drop in blood pressure, loss of consciousness, and in some cases, even death.

Diagnosing a Food Allergy

If you suspect that your child might have a food allergy, contact your doctor. To diagnose an allergy, the doctor will likely ask about:

- your child's symptoms
- how often the reaction occurs
- the time it takes between eating a particular food and the start of the first symptoms
- whether any family members have allergies or conditions like eczema and asthma

If the doctor suspects a food allergy, you'll likely be referred to an allergy specialist, who will ask more questions, perform a physical exam, and probably perform tests to help make a diagnosis.

Treating a Food Allergy



After diagnosing your child with a food allergy, the allergist will help you create a treatment plan. No medication can cure food allergies, so treatment usually means avoiding the allergen and all the foods that contain it.

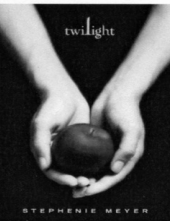
*The WIC Staff wishes you and your family
a Happy Thanksgiving.*

Heidi Lanes


WIC Nutrition Coordinator


November Movie Madness



November 21, 2008





Come and join the library staff for dinner and a movie! You will join us for dinner at Fuddruckers then have a choice of watching either Bolt OR Twilight. Dinner, movie and transportation will all be provided. We will be going on November 21st. All you have to do is...

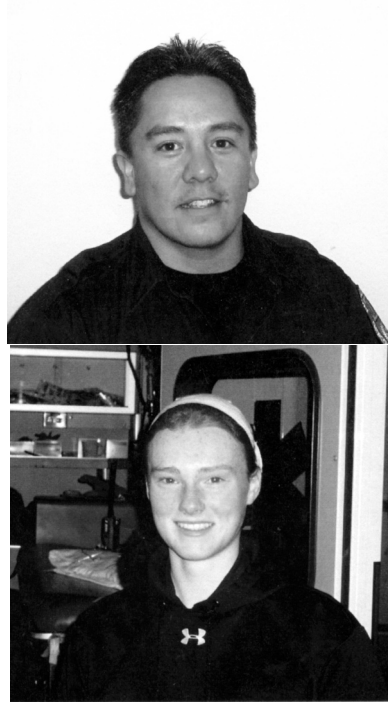
- Be part of the FIRST 20 to earn at least 20 points
- Points will be earned by doing homework or by reading
- All points must be earned by November 20th
- For more Information call the Library at (505) 869-8119

NEW FACES AT THE CLINIC

Health Educator:
Stephanie Barela,
869-4479

Bill is the new EMT for the Pueblo of Isleta. He has been in EMS (Emergency Medical Services) for 15 years in private ambulance and city fire. He has an 11 year old son named Billy. Bill is looking forward to working for the people of the Pueblo of Isleta.

Guru Parkash Khalsa has recently moved to New Mexico from Eugene, OR. She spent time in India for school and was working in Espanola, NM as a Veterinarian Technician. She is now a new EMT at the Clinic and looks forward to working here.



Before you Come to the Clinic, Make sure you really need to.

Health Educator: Stephanie Barela, 869-4479

Most of the time you do not need to see your doctor when you have a cold or the flu, THERE IS NO CURE, you just need to REST it out.

If you are not sure, CALL the
Free Nurse Advice Line-1-877-725-2552 (24 hrs a day).

Ways to treat your cold and flu symptoms **WITHOUT going to the CLINIC:**

- Get plenty of rest.
- Stop smoking and avoid second hand smoke (it can make cold symptoms worse).
- Drink lots of fluid like water and clear soups. They help loosen mucus and keep you hydrated.
- Gargle with warm salt water a few times a day to relieve a sore throat.
- Avoid alcohol.
- Use saline (salt water) nose drops to help loosen mucus and moisten the tender skin in your nose.

The **ONLY time** that you should go to the **clinic** for a **CHILD** with a COLD/FLU is when:

- Fever is above 103 degrees or lasts for more than 3 days
- Symptoms last more than 10 days
- Trouble breathing, fast breathing or wheezing
- Bluish skin color
- Earache or drainage from ear
- Changes in mental state (not waking up, irritability or seizures)
- Flu-like symptoms that improve, but return with a fever and a worse cough

The **ONLY time** that you should go to the **clinic** for an **ADULT** with a COLD/FLU is when:

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

Medicines you can give your child:

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

www.familydoctor.org

CenteringPregnancy

Health Beat

Health Educator: Stephanie Barela, 869-4479

Tired of waiting, want more teaching? Find out about CenteringPregnancy!

Centering Pregnancy is a program to increase prenatal education, while meeting other pregnant women during a group meeting, with one-on-one time with Dr. Cumby. You will have individual assessments, with plenty of time for questions about pregnancy, birth and parenthood. You will learn how to take your own blood pressure and weight.

What makes this program special?

- Snacks
- Exercise education
- Share experiences
- More time with your Doctor
- WIC
- Nutrition Education
- In place of your prenatal appointments

- Monthly for 4 sessions (12-28 weeks)
- 2x a month for 6 sessions (30 weeks to post partum)
- Additional Visits as needed

Group Support

- Meet with 3-6 other moms to be
- Share experiences
- Enjoy snacks
- Learn to measure own blood pressure and weight
- Learn how to use pregnancy wheel to show how far a long you are

Core Content

- Nutrition
- Pregnancy Problems
- Childbirth Preparation
- Infant Care and Feeding
- Postpartum Issues
- Sexuality
- Abuse Issues
- Parenting
- Exercise and relaxation
- Comfort measures for pregnancy
- Communication and Self-Esteem

Schedule

- 10 Group Sessions (2hrs each)
- Start at 12-16 weeks pregnant

Guest Speakers

- Terri Elisberg, Diabetes Programs Nutritionist
- Elissa Caston, Diabetes Programs Health Educator
- Jeanette Kiraly and Carolyn Abeita, WIC Breast Feeding Educators
- Angie Jojola, Benefits Coordinator
- And More

IF YOU ARE INTERESTED IN
FINDING OUT MORE,
CONTACT STEPHANIE BARELA, 869-4479.

Currently having classes for moms due in

March, April and May

---CALL IF INTERESTED---

Next session is November 21, 2008 at 10am

MUST SIGN UP AHEAD OF TIME!!

Those women due in June. July and August
will start sessions on
January 16th, 2009-Call NOW!!!

**Those due before March 2009 can
attend our regular Birthing Class
in January 2009. Contact Stephanie.**

December 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Safe Toys and Gifts Month	1World AIDS Day Have you been TESTED?	2	3	4	5	6
7	8	9	10	11	12	13
National Hand Washing Awareness Week						
14	15	16	17	18	19Centering-Pregnancy 10-noon at Clinic	20
211	22	23	24	25Christmas Day	26	27
28	29	30	31New Year's Eve			

ISLETA PUEBLO NEWSLETTER
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Isleta, New Mexico 87022

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