



Isleta Pueblo News

Volume 9 Issue 12

Pueblo of Isleta website: www.isletapueblo.com

December 2014

From the Office of the Governor

Governor's Year End Report to the Community

I want to thank all community members who attended the Governor's Year End Report on November 15, 2014, held in the Summit Room at the Isleta Resort and Casino. Our report included highlights of a very successful 2014. The report reflected our continued commitment and success in providing quality services in spite of our limited resources. As we offer very important daily services to our community, I want to commend all our dedicated employees whose commitment, hard work and our shared vision in supporting and creating the Pueblo of Isleta future.

We had a very ambitious agenda and unfortunately we did not get to discuss all the items listed. The time spent in hearing your concerns and questions was appreciated. As I have previously stated I welcome your concerns, appreciate your recommendations and solutions to rectify discrepancies or identify innovative ways to continuously achieve our success as a Pueblo Tribe. We are fortunate to have educated and talented community members who have the shared vision of creating a better future for all to benefit and thrive. Thank you, for allowing me to serve as your Governor for the 2013-2014 term.

Laguna Pueblo NM – November 19, 2014

Laguna Pueblo - Route 66 Hotel and Casino played host to the American Indian Alaska Native Tourism Association (AIANTA) and the National Park Service and Southwest tribes to tell a new story for Route 66 travelers, one that aims to detail the histories of Native American communities that saw their part of the West changed because of the Route 66 and to dispel long-held stereotypes. Ms. Virginia Salazar-Halfmoon, who is coordinating the project for the AIANTA, said many foreign visitors and even some Americans expect to find Indians wearing headdresses and living in teepees when they travel along Route 66.

"What we would like them to know is that we are all unique nations. We have a different story and a different history with Route 66," and "We're very much wanting to share who we are with the world."

During the next year, the plan is to create a guidebook using federal grant money that will highlight significant tribal sites along the 2,400-mile route. The book will also include stories of how communities were affected by the commerce that came along with the traffic.

Representatives from the Park Service and the American Indian Center of Chicago were among those who participated in the meeting to kick off the project. Officials from Acoma, Laguna, Zuni and Isleta pueblos of New Mexico, the Cherokee Nation and several other tribes attended. 1st Lieutenant Governor Antonio Chewiwi provided a brief view of the history and impact of Route 66 on the Pueblo of Isleta.

On Monday, November 24, 2014 Ms. Virginia Salazar-Halfmoon reported a Media Monitoring Report dated November 20, 2014 which shows a total unique daily impressions of more than 3,925,219. The media excitement has created great reviews for success for the project, which can be found on the internet by typing in these key words: Project to show Native American Link to Route 66.

Message from Governor Eddie Paul Torres

As we plan for celebrating special traditional events and holidays, let us all be mindful in giving thanks to our Great Spirits for the blessings they shower upon us, and hold in your hearts those fond memories of our recently dearly departed loved ones and their families. May the Great Spirit always guide you and look over you. Thank you, Governor Eddie Paul Torres.

CERTIFICATION OF THE 2014 GENERAL ELECTION

The following are the results of the General Election held on November 29, 2014.

| | |
|---|------|
| Total Number of 2014 Tribal Member Eligible Voters | 2867 |
| Total Number of 2014 Tribal Member Registered Voters | 1194 |
| Total Number of 2014 Eligible Tribal Members Voters Who DID NOT Register | 1673 |
| Total Number of 2014 Tribal Member Voters | 926 |
| Total Numbers of 2014 Registered Tribal Members Who DID NOT Return to Vote | 268 |
| Total Number of 2014 Votes for Governor | 924 |
| Total Number of 2014 Votes for Tribal Council | 919 |
| Total Number of 2014 Registered Tribal Members Who DID NOT Vote for Governor | 2 |
| Total Number of 2014 Registered Tribal Members Who DID NOT Vote for Tribal Council | 7 |
| Total Number of 2014 General Election INVALID Nomination Ballot(s) for Governor | 7 |
| Total Number of 2014 General Election INVALID Nomination Ballot(s) for Tribal Council | 6 |
| Unaccounted Ballot(s) for Governor | 2 |
| Unaccounted Ballot(s) for Tribal Council | 0 |

NUMBER OF CANDIDATE VOTES FOR GOVERNOR

Herman (Fie-oooh) Lente (365)

Edward Paul Torres Sr. (550)

NUMBER OF CANDIDATE VOTES FOR TRIBAL COUNCIL

Fernando Abeita (97)

Joseph R. (Cougar) Lucero (39)

Juan Rey Abeita (41)

Frank E. Lujan (74)

Ulysses G. Abeita (119)

Moses E. Lujan (69)

Larry B. Jaramillo (30)

Timothy E. Salvador (51)

C. Phillip Jiron (58)

Barbara J. Sanchez (73)

Beatrice (Betty) J. Lente (86)

Verna Teller (98)

Michael A. Lente (73)

ReGina J. Zuni (5) (Withdrew as Candidate, 11/26/14)

We, the undersigned, being all of the Poll Clerks for the General Election held on the 29th, day of November, 2014, do hereby certify that this Signature Roster contains all the qualified voters who voted during this General Election.

Poll Clerk

Poll Clerk

Poll Clerk

Poll Clerk

Poll Clerk

ATTEST:
Tribal Council Secretary

CERTIFICATION

At a duly called meeting of the Isleta Tribal Council held on 1st day of December 2014, the General Election Results are hereby certified with -11- voting in favor, -0- opposing and -0- abstaining.

APPROVED:

Tribal Council President

Governor

ATTEST:
Tribal Council Secretary

TRAFFIC NEWS

from the Traffic Division of the Isleta Police Department

Another year is soon to be gone and the Traffic Division at the Isleta Police Department sends wishes of a very wonderful holiday season to all.

We have been remiss in not publishing over the past few months, but the division has remained quite busy this past year, not only in traffic enforcement, but community presentations, participation in many conferences and trainings.

Our mission remains ensuring the safety of all who travel on the roadways throughout the Pueblo of Isleta, not only during the holiday season, but year round. Although the focal point will be on impaired drivers we will also be watching for speed violators, aggressive driving behaviors, no seatbelts (particularly child restraints), etc.

Keep in mind that texting while driving is now a traffic violation and officers will be watching.



SEASONS GREETINGS

The following is information published by the National Highway Traffic Safety Administration:

WHAT IS DISTRACTED DRIVING?

Distracted driving is any activity that could divert a person's attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety. These types of distractions include:

- TEXTING – New Law Passed and Enacted 2014
- Using a cell phone or smartphone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading, including maps
- Using a navigation system
- Watching a video
- Adjusting a radio, CD player, or MP3 player

But, because text messaging requires visual, manual, and cognitive attention from the driver, it is by far the most alarming distraction.

The best way to end distracted driving is to educate all Americans about the danger it poses. On this page, you'll find facts and statistics that are powerfully persuasive. If you don't already think distracted driving is a safety problem, please take a moment to learn more. And, as with everything on Distraction.gov, please share these facts with others. Together, we can help save lives.

Got questions? Visit our **FAQ!** Want even more information? Look at **sample research reports.**

Key Facts and Statistics

- The number of people killed in distraction-affected crashes decreased slightly from 3,360 in 2011 to 3,328 in 2012. An estimated 421,000 people were injured in motor vehicle crashes involving a distracted driver, this was a nine percent increase from the estimated 387,000 people injured in 2011.
- As of December 2013, 153.3 billion text messages were sent in the US (includes PR, the Territories, and Guam) every month. (CTIA)
- 10% of all drivers under the age of 20 involved in fatal crashes were reported as distracted at the time of the crash. This age group has the largest proportion of drivers who were distracted.
- Drivers in their 20s make up 27

percent of the distracted drivers in fatal crashes. (NHTSA)

- At any given daylight moment across America, approximately 660,000 drivers are using cell phones or manipulating electronic devices while driving, a number that has held steady since 2010. (NOPUS)
- Engaging in visual-manual subtasks (such as reaching for a phone, dialing and texting) associated with the use of hand-held phones and other portable devices increased the risk of getting into a crash by three times. (VTTI)
- Five seconds is the average time your eyes are off the road while texting. When traveling at 55mph, that's enough time to cover the length of a football field blindfolded. (2009, VTTI)
- Headset cell phone use is not substantially safer than hand-held use. (VTTI)
- A quarter of teens respond to a text message once or more every time they drive. 20 percent of teens and 10 percent of parents admit that they have extended, multi-message text conversations while driving. (UMTRI)

ATTACHED IS THE NEWLY PASSED "DRIVING WHILE TEXTING STATUTE" WHICH WAS IMPLEMENTED THIS YEAR.

66-7-374. Texting while driving. (2014)

Statute text

- A. A person shall not read or view a text message or manually type on a handheld mobile communication device for any purpose while driving a motor vehicle, except to summon medical or other emergency help or unless that device is an amateur radio and the driver holds a valid amateur radio operator license issued by the federal communications commission.
- B. The provisions of this section shall not be construed as authorizing the seizure or forfeiture of a handheld mobile communication device. Unless otherwise provided by law, the handheld mobile communication device used in the violation of the provisions of this section is not subject to search by a law enforcement officer during a traffic stop made pursuant to the provisions of this section.
- C. As used in this section:
- (1) "driving" means being in actual physical control of a motor vehicle on a highway or street and includes being temporarily stopped because of traffic, a traffic light or stop sign or otherwise,

but "driving" excludes operating a motor vehicle when the vehicle has pulled over to the side of or off of an active roadway and has stopped at a location in which it can safely remain stationary;

(2) "handheld mobile communication device" means a wireless communication device that is designed to receive and transmit text or image messages, but "handheld mobile communication device" excludes global positioning or navigation systems, devices that are Physically or electronically integrated into a motor vehicle and voice-operated or hands-free devices that allow the user to compose, send or read a text message without the use of a hand except to activate, deactivate or initiate a feature or function; and

(3) "text message" means a digital communication transmitted or intended to be transmitted between communication devices and includes electronic mail, an instant message, a text or image communication and a command or request to an internet site; but "text message" excludes communications through the use of a computer-aided dispatch service by law enforcement or rescue personnel.

History

History: Laws 2014, ch. 5, § 1.

With the upcoming holiday season, The Traffic Division will again be actively participating in the National Indian Highway Safety Program Mobilization, "Don't Shatter the Dream" which will run December 19, 2014 through January 5, 2015. The Isleta Police Department will be out participating in saturation patrols and DWI checkpoints. So PLEASE DON'T DRINK & DRIVE!!!

THE TRAFFIC DIVISION SENDS WISHES TO ALL OF YOU FOR A VERY MERRY AND SAFE CHRISTMAS AND A HAPPY AND PROSPEROUS NEW YEAR!!!

WE ASK ALL TO HELP MAKE IT A WONDERFUL SEASON BY REMEMBERING

DON'T DRINK & DRIVE; BUCKLE UP; OBEY TRAFFIC SIGNS, LIGHTS, SPEED LIMITS; AND REMEMBER DON'T TEXT AND DRIVE!!

SUBMITTED BY:

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

PROBATE NEWS

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

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

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

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

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

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

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

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of Joseph R. Lente, Sr., deceased August 7, 1994, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Isleta Tribal Court. Claims must be filed in writing. A hearing in this matter has been scheduled for Thursday, December 18, 2014 at 9:00 AM at the Isleta Tribal Court, located at the Tribal Services Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal court at (505) 869-9699.

IN THE TRIBAL COURT PUEBLO OF ISLETA ISLETA, NEW MEXICO

In the Matter of the Estate of Francisco A. Murrujo Case No. CV-PR 0151-2014

PROOF OF PUBLIC NOTICE

At least two (2) notices must be published in the Pueblo of Isleta newsletter notifying any interested persons that they must contact the Court if they wish to be heard in the probate matter. Please see the sample notice below. **Attach proof of the two (2) published notices to this page.**

SAMPLE NOTICE

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of Francisco A. Murrujo (name of decedent), deceased 5-29-1978 (date), has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Isleta Tribal Court. Claims must be filed in writing. A hearing in this matter has been scheduled for 16th (day of week), Dec (date) at 130pm (time) at the Isleta Tribal Court, located at the Tribal Services Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal Court at (505) 869-9699.

PUEBLO OF ISLETA DEPARTMENT OF EDUCATION TIWA LANGUAGE PROGRAM



Adult Language Classes

Classes by: Tata Larry

Mondays: 6:pm–8:pm Thursdays: 6:pm–8:pm
Tuesdays: 6:pm–8:pm Saturdays: 9:am–11:am

Classes by: Carol Lucero

Tuesday: 6:pm–8:pm Wednesday: 6:pm–8:pm
Thursday: 6:pm–8:pm

Classes by: Bernadette Cotton

Tuesday: 6:pm–8:pm Wednesday: 6:pm–8:pm

Please take advantage of these opportunities.

- ⇒ Classes for all levels
- ⇒ Offered to all those of Isleta lineage

For more information please contact the Department of Education

Listen - Learn & Pass it on

DEPARTMENT OF EDUCATION
TIWA LANGUAGE PROGRAM

P.O. Box 1270
Isleta, New Mexico 87022

Phone: 505-869-9790
Fax: 505-869-7573
E-mail: poi08200@isletapueblo.com

Preserving Language for
culture and tradition

LOS LUNAS
PUBLIC SCHOOLS &
THE PUEBLO OF ISLETA
DEPARTMENT OF EDUCATION
PRESENTS

2015 COLLEGE & CAREER FAIR

guess guess but
probably correct
educator
edu-ca-tion
training and
young people

SATURDAY

JANUARY 17, 2015 • 9AM - 12PM

ISLETA EAGLE GOLF COURSE

Educational Agencies and Businesses are welcome to attend. Cost is two door prizes. Space limited, first come-first serve. Set-up time: Friday, January 16 from 5pm to 7pm or Saturday, January 17 from 7am to 8am. To request your space please contact Kathleen Jojola, Scholarship Assistant at 505-869-9790 or POI08004@isletapueblo.com by December 19, 2014.

LETTER FROM THE EDITOR

Deadline for January Newsletter articles is set for Thursday, December 18th at 4:30pm due to the Christmas & New Year's Holidays. This gives Valencia Express a total of six business days to work on our Newsletter, so please make the deadline. Articles may be dropped off at the Library or emailed to poi02002@isletapueblo.com. Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it's time to panic so call Nate at 505.869.9808.

Once you readers found out the Library is responsible for the Newsletter distribution, many of you suggested that Newsletters be put at the Post Office located in the village. When I spoke to the Post Master about the Post Office being a distribution location for the Newsletter, she refused the idea because she says it's a "Federal Building". Even a metal newspaper dispenser is not welcome outside the building.

Despite the sad news in the previous paragraph, there are twelve other Newsletter distribution spots. The list is as follows: 1) The Administration Building Front Desk (Governor's Office) 2) Health Center Front Desk 3) Housing Department Front Desk 4) Department of Education Front Desk 5) New Recreational Center Front Desk 6) Old Recreational Center Front Desk 7) Tribal Service Complex Secretary Desk 8) Tribal Service Complex: I.P.D. Dispatch window 9) Tribal Service Complex: Courts window 10) Elders Center Front Desk and Food Delivery 11) Head Start Front Desk and 12) Library Front Desk.

There are also three Blue Boxes (see picture for example) located at the Ranchitos Park, Old Head Start Complex, and Intersection of Tribal Road 82 and Tribal Road 84.

Newsletter digital copies and the Newsletter Archive may be found at <http://www.isletapueblo.com/newsletters.html>



Newsletter Blue Boxes mentioned in above paragraph.

Finally, Probate News: Since Probates are a court and legal matter where spelling and information is highly critical, it is best that the family members submitting the Probate notice take the time to write the notice. Remember, it is the petitioner's responsibility to provide all information to the Isleta Newsletter. The Newsletter staff and Valencia Express should not be expected to write your article as we know nothing of the Probate Case. For questions regarding Probates, please call the Tribal Courts at 505.869.9699. Thank you for understanding.

For more information about restocking newsletters and newsletter articles, please call the Pueblo of Isleta Public Library at 505.869.9808.

Greetings from Solid Waste:

Here are some friendly reminders:

- Please do not put ashes (hot or cold) in your trash cart
- Please bag your kitty litter
- Please have your trash cart out no later than 7:00am on your trash route day
- Please bag all diapers(children's and adults)
- Please **DO NOT** overfill your trash carts! For safety reasons, our drivers are not allowed to exit their vehicle to pick up trash bags that are not placed in the cart.
- Please make sure your lid can close.



Thank you from the Solid Waste Crew.



If you have multiple carts, please make sure there is adequate spacing between them for pick-up.

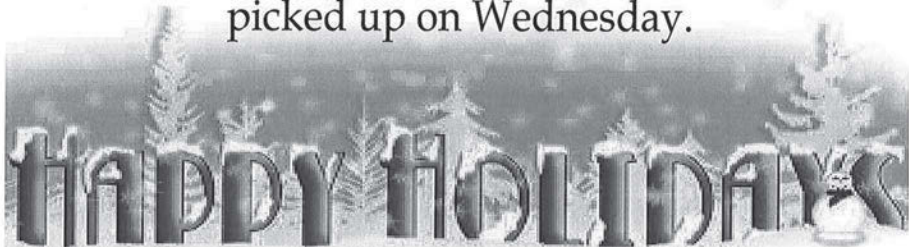
The Environment Division along with Transfer Station will be launching a pilot recycling program in the Sunset Hills Subdivision before the year's end. Stayed tuned for more information.

Happy Holidays

Christmas and New Year's Holiday

Trash Pick Up Schedule

Monday, Tuesday, Wednesday's Trash will be picked up as normal. Thursday's Trash will be picked up on Wednesday.



Johnson-O'Malley Program

Happy December everyone! The past couple months have been a busy time for the Johnson-O'Malley Program. We've welcomed two new members to our I.E.C, RaeAnn Lucero and Michelle Correa, took two groups of students to see *How the Grinch Stole Christmas* at Popejoy Hall, had a Thanksgiving feast with our families, and finalized the plans for the College/Career Fair in conjunction with the Higher Education Department. But now the year is coming to a close and it's time to start planning for the New Year!

One very important announcement that I have for this month is that the Johnson-O'Malley Program will be taking students to the National Johnson-O'Malley Association Conference in Portland, OR during spring break. This trip is open to all High School Students who are eligible for the J.O.M program. Students must also meet GPA, attendance, and other requirements, in addition to submitting an essay, to attend. If you have a student who would be interested in attending this conference, or you know of a student who may be interested, please contact Bernadette at 869-9790, or email poi08102@isletapueblo.com, to get all the information. The deadline for the essay is December 31st. Please make sure that you have all the information before submitting an essay since there are specific topics that must be covered within the paper. The chosen essays will be announced at our January Parent Meeting/Activity Night.

Our next J.O.M Parent Meeting/Activity Night will be on December 11th at 6pm. All meetings and activity nights are held in the J.O.M Classroom located directly behind the Education Complex at the southernmost end. We invite the families of our J.O.M eligible students to join us! If you have never been, and you have some time to spare, please come join us.

Thank you to everyone that joined us at our November Meeting/Activity Night. I hope that you all enjoyed the food and had a good time. I really enjoy spending the evening with all the families and getting to know you a little better each time. Remember, if your student needs help with anything, please get in contact with me and I'll do my best to assist them and you.

So, I hope that everyone was good this year so Santa will bring you everything you wanted! Have a wonderful Christmas season and I look forward to reading lots of essays!

Isleta Business Corporation Employment Opportunists and Announcements:

If you are talented and driven individual looking to work for a business corporation that promotes, encourages, and values professional growth and development; who is guided by the Pueblo of Isleta's (POI) culture, traditions, and values of adaptability, integrity, honor, and leadership IBC has several employment opportunities for you.

JAG Distribution

JAG Distribution (JAG) is a wholesaler of Beer, Wine, Spirits, Ready-to-Drink Cocktails and Energy Drinks. JAG, through IBC, is recruiting new sales team members to generate and maintain new business accounts, search for new products to expand JAG's current product line.

Position Title: Alcohol Beverage Sales Representative

Directly Reports to: Alcohol Beverage Sales Manager and Operations and Marketing Director

Position Classification: Regular Full Time, Non-Exempt with Potential Commission

General Responsibilities: The Alcohol Beverage Sales Representative is responsible for selling and promoting JAG Distribution's product line to include wine, spirits, beer, and energy drinks by way of generating and maintaining new business accounts.

Natural Evolution, LLC.

Natural Evolution, LLC, a newly formed subsidiary with managing partners Natural Evolution, Inc., is a computer recycling company that reallocates and remanufactures materials from old PC's, large mainframes, obsolete computers, and equipment. Natural Evolution, LLC, through IBC, is recruiting new team members to assist in this business startup by way of performing daily functions and promoting a team orientated atmosphere.

Position Title: EBay Sales/Office Assistant
Directly Reports to: Natural Evolution Operations Manager

Position Classification: Regular Full Time, Non-Exempt Hourly with Potential Commission

General Purpose: The EBay Sales/Office Assistant coordinates the re-selling of refurbished computer equipment and is responsible for the daily administrative functions.

Native American Insurance Group

Native American Insurance Group (NAIG) offers a broad range of insurance products to include Health, Dental, Vision, Supplemental and Property and Casualty products. NAIG is seeking qualified, driven, team oriented, and enthusiastic Licensed Agents to promote and develop organizational growth.

Position Title: Licensed Agent

Reports to: IBC Chief Executive Officer

Position Classification: Regular Full Time, Commission

General Responsibilities: The Licensed Insurance Agent is responsible for selling life, property, casualty, health, dental, auto, or other types of insurance.

Sacred Power, LLC

Sacred Power, LLC, established in 2001, is the largest Native American owned and operated renewable energy systems integration and manufacturing firm in the US. Sacred Power, LLC is currently seeking a

talented, experienced, team oriented finance professional to be a part of the Sacred Power, LLC team.

Position Title: Finance Manager

Reports to: Sacred Power, LLC President

Position Classification: Regular Full Time, Exempt Professional

General Responsibilities: The Finance Manager is responsible for providing financial advice and support to Sacred Power management. This position is also responsible for managing funds so as to maximize Sacred Power's return on investment while decreasing financial risk. Additional responsibilities include short and long term budgetary planning; ensuring adequate control structure(s) are in place for transferring and investment of funds; and spearhead the financial forecasting, budgeting, and cost reduction analysis for Sacred Power. This is a supervisory position and is responsible for ensuring all financial practices and personnel are operating in a professional manner while achieving optimal operational performance.

Velocity Build, LLC

IBC, doing business as Velocity Build, LLC is a newly created utility construction and earth moving company that is 100% owned by IBC and managed by POI Tribal Member, Joe Padilla, President and Manager.

Velocity Build, LLC we will be recruiting labors, pipe layers, and heavy equipment operators within the next six (6) months. If you are interested in applying for these positions please check the POI careers page, IBC Facebook page <https://www.facebook.com/home.php#!/isletabc>, and/or check the POI Newsletter for announcement information.

Resume/Application Submitting Information

If you are interested in applying for one or more of these positions please submit your resume to IBC Human Resources (HR) at 3950 Highway 47 SW Suite C127A Albuquerque, NM 87105 either in person or via traditional mail, or via email at HR@isletabc.com. If you have questions or would to obtain further information please contact IBC HR at HR@isletabc.com, by phone at (505) 869-7568, or in person. Detailed information is listed on the POI careers page at <http://www.isletapueblo.com/careers.html>.

Upcoming IBC Events:

IBC Open House: Date December 12, 2014 12:00pm to 6:00pm

IBC invites the POI community to join us at our 2014 Open House and to take on-site tours of the IBC Headquarter Offices; Sacred Power Corp and JAG Distribution offices and facility; and Home 2 Suites by Hilton facility on Friday, December 12, 2014 from 12:00pm to 6:00pm. The 2014 Open House allows all interested POI members an opportunity to learn more about IBC's various subsidiaries and the products and

services each provides. It will also serve as a meet and greet, as the managing heads of each subsidiary will be present. What a great opportunity to interact with and learn from achieved leaders and managers. What a greater opportunity to make an impression on those leaders and managers who are hiring.

Mega Master Minds Elementary, Middle, and High School Challenge: January 01, 2015 to May 31, 2015

IBC CEO, Chip Robert Martin, is preparing to challenge the POI youth to the first ever IBC Mega Master Minds educational challenge, scheduled to begin on January 1, 2015 and go through May 31, 2015. Mega Master Minds, through Khan Academy a non-profit free educational online learning tool, is an interactive scholastic competition, open to all currently enrolled full time students of all ages and grade levels ranging from elementary to high school. The Mega Master Minds objective is to encourage and prioritize educational development and reward top student performers for their time and dedication towards their personal scholastic goals.

Student and parents of interested students if you are interested becoming a Mega Master Minds competitor please contact IBC HR at HR@isletabc.com or by phone at (505) 869-7568. Further information to include requirements and guidelines will be communicated to the POI community on January 1, 2015 through the POI newsletter, IBC Facebook page, and through locally distributed flyers.

Professional Development and Planning Training: Tentative Dates Starting January, 2015

"The mission of IBC is to manage existing commerce while developing new business and opportunities that will benefit the Pueblo of Isleta through revenue growth and employment prospects" (Isleta Business Corporation, 2014). The essence of the IBC mission is development and opportunity. IBC has taken this message and is preparing to extending, to all interested persons, a training series focused on Professional Development and Planning. This training series will focus on Cover Letter and Resume Writing, Interview Preparations and Etiquette, Career Planning, Professional Communications, Supervisory Skills, and more. This training series is open to all POI community members and is planned to launch at the end of January 2015.

If you, or someone you know, has questions or is interested in attending one or all of these trainings please send an RSVP notification to HR@isletabc.com or call us at (505) 869-7568. Please include, in your e-mail, your name, desired training topic(s), and recommendations on other professional development based trainings you would like to see.

Isleta Elementary Update



United States Department of the Interior

BUREAU OF INDIAN EDUCATION
Washington, D.C. 20240

NOV 24 2014

IN REPLY REFER TO:

Honorable E. Paul Torres
Governor
Pueblo of Isleta
P.O. Box 1270
Isleta, New Mexico

Dear Governor Torres:

On behalf of the Bureau of Indian Education (BIE), I am pleased to inform you that your request to convert the Isleta Elementary School (School) from a BIE operated school to a Tribally Controlled Grant School under the provisions of the Tribally Controlled Schools Act, Public Law 100-297, as amended, is approved. The effective date of the School's conversion is July 1, 2015.

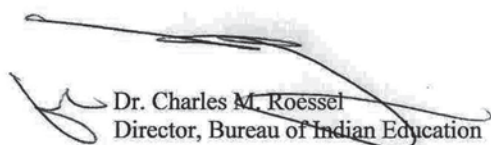
Following our review of the Public Law 100-297 Part A application and the Pueblo of Isleta Resolution No. 2014-058, authorizing the conversion, the BIE deems your application to be complete and acceptable. In addition, it is our understanding that: (1) the School Board will serve as the Grantee and (2) the Bureau of Indian Affairs will retain ownership of all school facilities and quarters.

The conversion of the School to a tribally controlled school will require the displacement of current federal employees, and it will be critically important that all necessary documents are submitted to the BIE on or before February 28, 2015. The BIE will need a minimum of 90 days to displace employees and we encourage you, the Pueblo of Isleta, and the Grantee to consider retaining the current workforce in accordance with article 33, section 2 of the Negotiated Agreement between the Federation of Indian Service Employees and the Department of the Interior.

Rest assured that my staff will work with the Pueblo of Isleta to support the Tribe's desire to convert the School from a BIE operated school to a tribally controlled school to serve your children. We wish you, the school board and the Tribe much success.

Mr. Casey Sovo, Education Line Officer for the New Mexico South Education Line Office, is available to provide technical assistance to you. You can contact him by telephone at (505) 563-3690 or by email at Casey.Sovo@bie.edu. In addition, Mr. David Talayumptewa, BIE Grants Liaison, is available to assist you to ensure all required systems and documents are developed and submitted prior to the implementation of the grant. Mr. Talayumptewa can be reached at (928) 738-2262.

Sincerely,


Dr. Charles M. Roessel
Director, Bureau of Indian Education

cc: Pueblo of Isleta Elementary School Board
Pueblo of Isleta Tribal Council President
Pueblo of Isleta General Legal Counsel
Acting Deputy Director, School Operations
Acting ADD for BIE Operated Schools
Acting ADD for Tribally Operated Schools
Casey Sovo, Education Line Officer, NM South
David Talayumptewa, Grants Liaison
Tom Hettich, Director, Human Resources
Director, Division of Facilities Management and Construction

6th Annual Light the Path Memorial Walk: "Remember the Path We Took Together"

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

As December comes around, the time is drawing closer for the 6th annual "Light the Path" Memorial Walk. It will take place on Friday, December 19th, 2014, at the Isleta Recreation Center beginning at 5:00pm. The theme for the event, **"Remember the path we took together"**, is a way of honoring those who have journeyed before us, as well as remembering the importance of coming together as community to support one another. The procession to St. Augustine Church will begin roughly around 6:00pm; luminaries will light up the path for walkers to the church, where a memorial service will be held. After the service, we will return to the Recreation Center for a wonderful dinner prepared by community members. During the dinner we will have a memorial slideshow of pictures of loved ones, and we will end the evening with drawings for "awesome" door prizes. So please join us for a memorable night. Luminaries will also light up the main tribal road entrances to the village, the church plaza, and as well as the Recreation Center. As last year's event was a huge success with over 3,000 luminaries and with over 250 participants, we anticipate this number to grow larger this year!

NAMES ARE NOW BEING ACCEPTED TO BE PLACED ON LUMINARIAS AND FEATURED ON A MEMORIAL BANNER!! *The deadline has been extended to December 11, 2014. We are still accepting pictures for the memorial slideshow that will be featured at the event, so submit your pictures ASAP.*

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

In closing WE all have had someone special that has left us with so many memories while they were here with us on Earth. So to honor them, we want to **"Remember the Path we took together"**.

For more information about this event or to volunteer, please contact Behavioral Health @ 869-5475.

Names being accepted for the Memorial Walk as well as donations for the bereavement fund.

This event is sponsored by the Isleta Community Action Team (ICAT) in collaboration with POI Service Providers/ Departments and Community Members.



Merry Christmas

27th Annual Science Fair

Isleta Elementary School hosted its 27th annual Science Fair on Wednesday, November 19. 99 students in grades K-6th participated in the Science Fair. There were projects on flowers to which oil made the best tasting fried bread.

The judges were impressed by the students' work and their understanding of the Scientific Method. Our students were friendly and were very verbal. Many of the judges want to come back for the next Science Fair.

The CENAC Science Fair will be held on Tuesday, December 16 at San Felipe Elementary. This fair will be for students in grades 5th-8th from the different BIE Schools from New Mexico South and North. The CENAC Science Fair for students in grades K-4th will be held in the spring.

Isleta Elementary SY14-15 Science Fair Winners

Kindergarten

| | | |
|-----|------------------------------|------------------|
| 1st | My Flower Project | Alyshia Jojola |
| 2nd | Mystery Flower Power | Sienna Flores |
| 3rd | Will it Sink or Float? | Claudette Abeita |
| 3rd | | Jaelynn Esquibel |
| 3rd | The Water Boat Project | Brady Garcia |
| 3rd | Does an Orange Sink or Float | Anita Torres |

First

| | | |
|-----|------------------|---------------|
| 2nd | Rainbow Flower | Tyler Otero |
| 3rd | The "Magic" Comb | Nicholas Zuni |
| 3rd | Egg vs. Vinegar | Tino Jojola |

Second

| | | |
|-----|--|--------------------|
| 1st | Why Doesn't the Ocean Freeze? | Emmanuel Benavidez |
| 2nd | Pennies | Alondra Abeita |
| 3rd | Do Some Liquids Expand More than Others when Frozen? | Jose Trujillo |
| 3rd | Homemade Lava Lamp | Lawrence Lucero |
| 3rd | Oxi-clean vs. Shout | Sierra Baca |

Third

| | | |
|-----|---|-------------------|
| 1st | How to compare the Hardness of Minerals | Erin Meehan |
| 2nd | Microscopic View of the Blood | Lucretia Jojola |
| 2nd | Does Caffeine in Coffee makes your Heart Beat Faster? | Isacc Jiron |
| 2nd | Shiny Pennies | Jadalyn Miller |
| 2nd | How do You Make an Egg Float? | Selena Archibeque |
| 2nd | Oh My Soap | Denise Jojola |
| 3rd | Leave No Trace | Marion Jaramillo |
| 3rd | Quick Sand | Ualzonha Abeita |
| 3rd | What is Elasticity? | Dylan Lente |
| 3rd | Paper Flies | Kendra Eaakie |
| 3rd | Volcano | Curtis Garcia |
| 3rd | Magic Water | Reanna Baca |
| 3rd | Forming Gas | Tonita Roybal |
| 3rd | Penny Cleaning Experiment | Tyler Blevins |
| 3rd | Will an Egg Float or Not | Alyssa Lucero |
| 3rd | The Secret of Ooze | Everett Baca |

Fourth

| | | |
|-----|--------------------------------|-----------------|
| 2nd | Salt vs. Ice | Gabriella Lente |
| 3rd | Self Inflating Balloons | Angelica Jojola |
| 3rd | What causes a Chemical Change? | Aidan Lucero |

Fifth

| | | |
|-----|---|---------------------|
| 1st | Warning Fire Ahead | Travis Jaramillo |
| 1st | Adobe vs. Wood-Flame | Faron Candelaria |
| 1st | Sweet, Sweet, Sweet | Travis-Kasey Abeita |
| 2nd | Hotter than Hot | Gabriella Jojola |
| 2nd | Sweet Native | Elizabeth Waseta |
| 2nd | Which Oil Makes the Best Fry Bread? | Gabrielle Lente |
| 2nd | Water Absorbing | Mary Benavidez |
| 2nd | Beating like A Drum | Kylie Jaramillo |
| 3rd | Indian Medicine vs. Over-the-counter Medicine | David Tewahaftewa |
| 3rd | One with the Drum | Iris Jiron |
| 3rd | Traditional Rattle | Isaiah Jaramillo |
| 3rd | Native Corn vs. Regular | Erica Torres |
| 3rd | What best Materials Make the Best Rattle? | Ross Paquin |

3rd Dancing Raisins

Tessa Harris

3rd Pottery Water Blind Taste Test

Francisco Keryte

Sixth

| | | |
|-----|---|---------------------|
| 2nd | The Perfect Shot | Natalie Abeita |
| 2nd | Are you scared of Monster's and Other energy Drinks? | Damian Lente |
| 2nd | Cleaning with Coke | Vincent Otero |
| 2nd | Which Nail Polish Last Longer? Non-expensive or Expensive | Skylynn Yellowhorse |
| 3rd | Which Disposable Diaper has More Absorbency? | Kayley Tewahaftewa |
| 3rd | Balloon Magic | Madison Pulliam |
| 3rd | Rainbow in a Jar | Iris Lujan |
| 3rd | Ways of Electrolysis | Jon Stapleton |
| 3rd | The Truth about Filtered Water | Nicholas Zuni |



girl scouts of new mexico trails

I can't wait to be a Girl Scout!

With Girl Scouts girls ages 5 to 12 years old make a bunch of new friends and have a ton of new experiences that show them how exciting the world is, and how awesome they are!

Interested in joining? Great news, Girl Scouts will be at your local library once a month starting December 19th until April 17th.

For more information on how your daughter can be involved please contact Sarah at sdowning@nmgirlscouts.org or 505-923-2526.

ADULT AND CHILDREN'S FLU SHOTS

NOW AVAILABLE AT THE
ISLETA HEALTH CENTER

COME TO THE HEALTH CENTER
AND GET
A FLU SHOT!

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

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

Isleta Elder Center Activities Calendar December 2014

| | |
|-----------------|--|
| December 4: | Catholic Mass – 11:30 am |
| December 5: | Shopping Assistance: Wal-Mart & Lunch – 10:30 am |
| December 8: | Deadline to RSVP for Elder Center Christmas Party – 60 years + |
| December 9: | Per Capita Distribution |
| December 9: | Staff Meeting – 1 pm |
| December 10: | Coronado Mall – Holiday Shopping – 10 am – 2 pm |
| December 10-11: | Ham Distribution |
| December 11: | Elder Christmas Party – Isleta Resort & Casino – 5 pm – 10 pm |
| December 12: | Center Closed – Staff Christmas Party |
| December 16: | Silver Shuffler Holiday Party – 1 pm – 6 pm |
| December 25: | Center Closed – Merry Christmas |
| December 29: | Elder Center Advisory Committee Meeting - 10 am - 12 pm |

Senior Olympic Practice Schedule:

Bowling – Mondays – Fun Connection – 11 am

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

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

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

ASSISTED LIVING FACILITY MEETING

DECEMBER 17, 2014
6:00 PM
ELDER CENTER
KIVA ROOM

General Discussion

Inquiries
Admission Procedures
Financial Responsibility
Construction & License
Update
Services Offered
Refreshments will be Served

CONTEST

It was suggested at the last Elder General Meeting to Name our new Assisted Living Facility. So we will be having a contest.

Please Submit your entries to:

Natalie Abeita

poi23501@isletpueblo.com

P.O. Box 234

Isleta, NM 87022

Or

By dropping them off in the Governor's Office.

All Entries will be presented at the December

Elder General Meeting and Our Elders

will select a Winner!

GOOD LUCK!!!

ASSISTED LIVING FACILITY JOB FAIR

Thursday, December 18, 2014
Elder Center Kiva Room

6:00 P.M.

TEST YOUR KNOWLEDGE

How Much Do You Already Know About The Common Cold?

T F (Answer True = T or False = F)

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Cold germs can live on your bathroom sink for 3 hours. |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. By the time you have cold symptoms, you are not contagious? |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Bacteria cause colds. |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. If you go outside with wet hair when it is cold you will probably catch a cold. |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Echinacea and Vitamin C helps prevent catching a cold or shortens a cold if you already have one. |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. People catch more colds in the winter because it is rainy and snowy. |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. When your preschooler has a cold, the best treatment is rest and lots of fluid. |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. Grandma was right: Chicken Soup can relieve a cold. |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. The best way to prevent catching a cold is by washing your hands thoroughly and regularly. |
| <input type="checkbox"/> | <input type="checkbox"/> | 10. Even if your child seems to get a cold every month, it is probably not a sign of a more serious problem. |
| <input type="checkbox"/> | <input type="checkbox"/> | 11. If you have a runny nose and green tinged mucus, you probably have a bacterial infection and need antibiotics. |
| <input type="checkbox"/> | <input type="checkbox"/> | 12. The flu vaccine works for colds. |

TEST YOUR KNOWLEDGE
and

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

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

<http://www.webmd.com/cold-and-flu/rm-quiz-truth-common-cold>

PUEBLO OF ISLETA ELDER CENTER

The Isleta Elder Center staff is dedicated to serving members of our community. We have home service programs that you or a loved one could be eligible to participate in. We also have on-site activities and fieldtrips scheduled each month. Some of our popular activities are Senior Olympics, Wal-Mart Shopping, field trips for Pueblo Feast Days and/or to have lunch in the surrounding areas, and Bingo at Isleta Resort and Casino. Another big attraction is our daily lunch specials, come on by and enjoy lunch with your friends and relatives. You can find a listing of all of the exciting fieldtrips and activities, and the menu in our monthly Isleta Elder Center and Pueblo of Isleta Tribal Newsletters.

If you are interested in one of our programs or services, or know of an individual who may be interested, please call Jeffrey Jojola at 869-9772.

Programs & Services

Administration

Rita Jojola, Director
Natasha Tewaheftewa,
Administrative Assistant
Terry Salazar, Receptionist

Food Services

Randy Abeita, Manager

Activities

Renee Chavez, Coordinator

Veterans Support & Senior Companion

Reyes Jiron, Coordinator

Personal Care Services

Pauline Lucero, Manager

Operations and Transportation

Jeffrey Jojola, Manager

Regulatory Nutrition Monitor

Alouise Jojola, Manager

Home Services

Patricia Lucero, Manager

Adult Day Care

Emma Abeita, Manager

Congregate Meals

Monday thru Friday from 12p.m-1p.m.
Delicious, Healthy Lunch, Full Salad Bar & Drink
(60+ Years) Senior Lunch Free * Non-Senior Lunch \$3 or \$ donation

**From Our Families to Yours,
Merry Christmas & A Happy New Year
Isleta Elder Center Staff**

PNM Offers Energy Efficiency Programs

Earlier this year, PNM launched a new energy efficiency program. In partnership with PNM, the Isleta Elder Center helps seniors sign up for the PNM **Home Energy Checkup Program**. Just recently, this program provided Nana Marie Elizabeth Chewiwi a new energy-saving refrigerator for free.

"PNM is a great community partner," said Rita Jojola, Director of the Elder Center. "PNM brought a new program to our seniors and tribal members that help find ways to save energy and receive a free fridge for qualifying customers. Another great program is the PNM **Good Neighbor Fund** which helps head of households pay for their electric bill."

If you are a PNM customer, sign up for the PNM Home Energy Checkup Program, and you too may qualify for a new fridge. A qualified PNM assessor will install items in your home that will help you save money and reduce your electric bill, including a programmable thermostat, compact fluorescent light bulbs (CFLs), faucet aerators and a low-flow showerhead.

The qualified assessor will also walk through your home and show you what you could do to save energy and see a decrease in your PNM bill. The cost of the program is \$40. However, there is a waiver for the fee if you are income-qualified; and if your refrigerator is more than 10 years old, you may qualify for a free new fridge.

As part of our partnership with PNM, we would like to track the requests for our elders age 60+, so call us to schedule a **PNM Home Energy Checkup** at **869-9770**. If you are less than 60 years of age, you can call PNM directly at 1-855-775-6491 today to schedule an appointment.



In Memoriam:

I would like to thank everyone who was so kind and thoughtful these last few months towards my sister, Maria Isabel Jaramillo Cooka, who passed away on Tuesday, November 4, 2014. Isabel was born in Isleta, but was raised in Santa Fe where our parents were employed at St. Catherine's Indian School. Towards the last few years of her life, Isabel found a great deal of comfort here in the village, especially with the Kateri Circle, Elderly Program, St. Augustine Church, and the many friends, neighbors and relatives whom she was fortunate to associate with these last few years. She was especially fond of her Jaramillo relatives whom she cherished most especially. Special thanks go out to Father George who saw to her spiritual and religious needs up to the end of her life. Isabel was a devoted Catholic all of her life, and she found great comfort in the rosary and the church. Towards the end of her life there were those special "angels" who watched over her every need. Special thanks goes out to Gloria Analla; Martha Madrid; Cousin Lillian Jaramillo; Nurse Marla Jim; and Respite Caretaker Carla Trujillo from the Elderly Center. Also, Carmel Zuni and Fredi Apodaca for the special company they and their family shared with Isabel especially those trips to the hairdresser and Wal-Mart. Finally, I know that Isabel would have been so proud of those who provided her with such a beautiful funeral. She would have loved to see her beautiful red roses and even more deeply proud of the pallbearers; Cousin Tony Chewiwi, nephew-in-law Harold Chino, and her handsome nephews from San Juan Pueblo dressed in their traditional ribbon shirts. Finally, I would like to thank so many people who helped me personally during this highly emotional time in my life. I could not have done it without the help of everyone who came forward. Special thanks to cousins Pat and Tony Jaramillo who serenaded Isabel at her funeral mass and especially for the solo performance by Pat of Un dia la vez (One day at a time). Also, to all the people in the village who donated food or assisted in the reception following the funeral and to those who assisted at the graveside. Finally a special thanks to Governor E. Paul Torres and Lt. Governor Chewiwi who came forward to assist me during this difficult time in my life. You are all in my thoughts and prayers and I am eternally indebted to all of you. Ha-wooh! Joseph L. Jaramillo



ISLETA HEALTH CENTER

The Isleta Health Center has completed the final phase of the installation of the Electronic Health Records (EHR) system in November 2014.

We thank you for your patience and cooperation during the past couple of months while we were transitioning to this required computer system.

NOTICE: Changes to the Patient Check-in and Registration Process

Effective January 2, 2015, all patients presenting for both Lab and Pharmacy services will be required to check-in at the front receptionist desk and will be routed to the Patient Registration office for demographic update and signature before services are rendered. Please allow for additional time to complete your demographic update.

Parks & Recreation

As we approach the last month of the year (December 2014) we are reminded that we are now in the middle of the Holiday Season (Thanksgiving and Christmas). With that said, we will be having several special events that many of the Pueblo of Isleta Departments will be participating in. The Social Services Department is hosting a Food Drive, the Behavior Health Department will be hosting the "Light the Path Memorial Walk" which will begin at the New Rec. Center on Friday, December 12th, and the Police Department will be hosting the "Christmas Giving Tree" for the less fortunate. With all these activities, many of us really get in the Holiday Spirit; with lots of traditional Foods being served and at times we over indulge. Is our Exercise routine enough to fight the bulge? We are also getting closer to making our New Year's Resolutions. Before we do, please evaluate this year's resolutions. What worked? What didn't? What can I do different? I will try to explain in the next paragraph. Also, as I mentioned in last month's newsletter, because of time constraints I was unable to report on our Halloween Extravaganza which was held after the news articles were due. So I will share some pictures of this beautiful event which speak volumes of enjoyment for those who came. The place was packed to capacity. Once again a special thanks to all those departments who participated.



New Employees

The Parks & Recreation Department welcomes four (4) new employees within the last several weeks. The Aquatics Division welcomes two (2) new female lifeguards, Skye Allen and Alex Peasley replacing recent UNM graduates Kaitlyn Chavez and Kaitlin Jaramillo who we lost to their now full time employment because of their degrees. The Parks Division welcomes Jacob Valdez who was hired as our new mechanic working on all park equipment (lawn mowers, tractors, and small equipment). The New Rec. Center welcomes Vanessa Martin who replaces long time employee (of 9 years) Carl Anderson who is pursuing his life long dream, as an Artist and Musician. Vanessa will be working Sunday through Thursdays concentrating a lot of her time and efforts in adult sports and assisting with girls' basketball. Pictured below are several of our new employees. From Left to Right: Rec. Fitness Specialist, Vanessa Martin, Life-guard, Skye Allen, Life-guard, Alex Peasley, and Park Mechanic, Jacob Garcia. Welcome.



Karate

The Karate Program is seeking new students to participate in the Pueblo of Isleta Karate One Program. Our classes are taught by 7th degree black-belt, Clarence L. Chavez. The program is free for all tribal members 8 years old and above. Classes are held every Tuesday, Thursday and Fridays at 5:30-6:30 pm. for beginners and 6:30-7:30 pm for advanced students. For more information please call Clarence at 869-9777 on the days that classes are being held and or leave a message. He promises to return your call within 24 hours.

Your Exercise Routine: How Much is Enough?

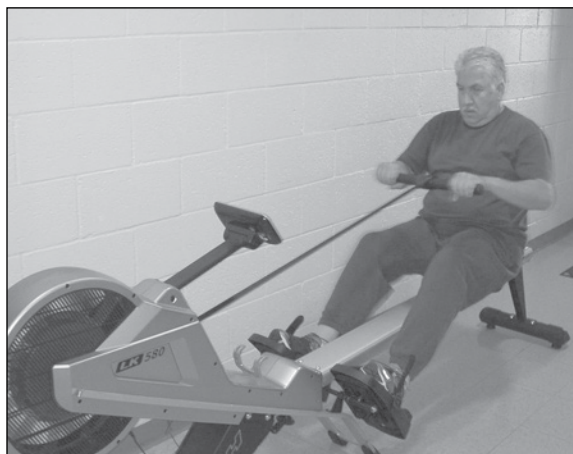
Experts explain why some people should try for 30 minutes of exercise a day, while others need up to 90 minutes. The U.S. government released a new set of dietary guidelines essentially telling us that as Americans get bigger, so does the length of time we need to be physically active. Poor diet and physical inactivity, resulting in an energy imbalance (more calories consumed than expended), are the most important factors contributing to the increase in overweight and obesity in this country, **Going Beyond the 30-Minute Threshold.** It's not like we haven't heard it before. Exercise is an essential part of the health equation, and 30 minutes a day is where it begins. Thirty minutes of physical activity is across the board to all adults, every day of the week. Meeting the 30-minute threshold will help a person maintain a healthy weight and reap health benefits like lowering the risk of heart disease, osteoporosis, diabetes, and hypertension. From there, the amount of physical activity a person needs climbs, depending on their weight status. For those who are following the 30-minute guideline and gaining weight anyway, they may need as much as 60 minutes a day to prevent weight gain. And at the high end of the spectrum is 90 minutes of exercise every day. The 90-minute recommendation is for people who have been significantly overweight, lost a substantial amount of weight, and seek to maintain that weight loss in the long term. What it's basically saying is that you want to strive to get in as much physical activity as you can on most days: 30-minutes a day if you're a person of normal body weight and you just want the health benefits of being physically active, 60-minutes if you want to control your weight, and 90-minutes if you want to lose and sustain weight. **Making Room for Exercise.** So Americans need to make time to exercise and find a way to work the recommended amount of physical activity into a busy schedule, whether it's 30-minutes or 90. The good news; you can do it in bits and pieces. The effects of exercise are cumulative. It doesn't have to be done all at once. It's like loose change in your pocket; it all adds up at the end of the day and meets the threshold. So while you don't need to spend hours at the gym every day, you do have to get the heart pumping. And since the new guidelines state you should have physical activity on most days, what happens if you miss a day? Theoretically, you can't make up for lost time if you miss a day of exercise. But in reality, energy balance means that if you burn more calories on the other day, you will in a sense make up for it. But the bigger problem for most people is falling off the exercise wagon, and never getting back on. Most people get out of their routine, and give up. So when you miss a day, don't try to pack more into your next workout so that you feel so overwhelmed that you never exercise again. At the very least, squeeze some push-ups or sit ups in at the end of the day, and get back into your routine the next. So when it comes to the recommendation of 30-90 minutes of physical activity on most days, can it possibly be done?

Yes, if you make it a priority. You can do this. You have to make it a priority. Most people can incorporate these recommendations into their lives, no matter how busy they are. But it's something you have to want to do. Working in the Workouts. Start by remembering that physical activity doesn't always mean the dreaded "e" word: exercise. Encourage yourself to be physically active by doing things you actually enjoy. Make a list of things you like to do that are active, and find ways to fit them in. Make it a group event. Take a walk with your family, for a walk with friends at lunch, take your kids to the park and play with them instead of sitting on the bench. Find new things to do. There are so many things that are physically active that are fun, so make it a priority to do those things. It's good for your physical and mental well-being. My advice is to start with the 30-minute guideline and see if there is a problem with weight management. From there you can determine whether the 60 or 90 minute recommendation is right for you. If you meet the 30-minute guideline consistently for an extended period and gain weight anyway, you are one of the people who needs more than that to maintain energy balance. This all comes down to the individual, and how they act on the guidelines. Your current goal is: Balance energy and weight status, and make it fun. Meet your goals in a way you enjoy. Pictured below is a collage of pictures of folks attending the Rec. Center enjoying their workouts at the New Rec. Some playing basketball, working out with the weights, walking or doing an exercise class.

Boys & Girls Basketball Program

The Isleta Eagles 2014/2015 Basketball season has arrived. The league is open to all tribal members 3rd to 6th grade. The children will be competing with other schools in the Southern Pueblo Agency (SPA League). Registration is now being taken at the New Rec. Center. Practice has begun for all and will continue every Monday and Wednesday between 4:00 pm and 5:00 pm. Some additional practice times may be added (possibly weekends) by the coaches once they have fielded their teams. Although the league doesn't begin officially until early January, the coaches are already trying to get games scheduled outside league play. For more information please contact Vanessa Martin, John Matt Jojola or Jonathan Lente at 869-9777. Pictured are some of the children who have already begun practice along with Coach John Matt Jojola.

(Rec. continued next page)



Aquatics

The Aquatics program has been busy watching over the Aqua Zumba Class that is really going well. Volunteer Instructor, Patricia Lucero says after 6 weeks of class her clients have really been responding well. Many of the clients too have expressed remarkable progress with their ability to handle many of the harder instructions she is putting on them. **Keep up the good work, Clients.** Also the Los Lunas High Swim Team has been busy getting their practice time in our swimming pool. With that said, Head Coach and Aquatic Coordinator, Lindred Onsae says he is really pleased to see that several of our tribal members (6) involved with the swim team. Pictured are two of several tribal members who are part of the Los Lunas High School Swim Team. They are: Left to right is Tyler Olguin and the 2nd in the pool, Ashley Garcia. **Tyler and Ashley, Keep up the hard work. You make us so proud.**



**The Parks & Recreation Staff wishes everyone a
HAPPY THANKSGIVING.**

God Bless, and don't forget to workout.


How can injuries to children in motor vehicles be prevented?

www.CDC.gov

Child safety seats reduce the risk of death in passenger cars by 71% for infants, and by 54% for toddlers ages 1 to 4 years.

• Know the stages:

- **Birth through Age 2** – Rear-facing child safety seat. For the best possible protection, infants and children should be kept in a rear-facing child safety seat, in the back seat buckled with the seat's harness, until they reach the upper weight or height limits of their particular seat. The weight and height limits on rear-facing child safety seats can accommodate most children through age 2, check the seat's owner's manual for details.
- **Between Ages 2-4/Until 40 lbs** – Forward-facing child safety seat. When children outgrow their rear-facing seats (the weight and height limits on rear-facing car seats can accommodate most children through age 2) they should ride in forward-facing child safety seats, in the back seat buckled with the seat's harness, until they reach the upper weight or height limit of their particular seat (usually around age 4 and 40 pounds; many newer seats have higher weight limits-check the seat's owner's manual for details).
- **Between Ages 4-8 OR Until 4'9" Tall** – Booster seat. Once children outgrow their forward-facing seats (by reaching the upper height and weight limits of their seat), they should ride in belt positioning booster seats. Remember to keep children in the back seat for the best possible protection.
- **After Age 8 AND/OR 4'9" Tall** – Seat belts. Children should use booster seats until adult seat belts fit them properly. Seat belts fit properly when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt fits across the chest (not the neck). When adult seat belts fit children properly they can use the adult seat belts without booster seats. For the best possible protection keep children in the back seat and use lap-and-shoulder belts.
- All children younger than 13 years should ride in the back seat. Airbags can kill young children riding in the front seat. Never place a rear-facing car seat in the front seat or in front of an air bag.
- Place children in the middle of the back seat when possible, because it is the safest spot in the vehicle.



Isleta Eagles Boys and Girls Basketball


The 2014/2015 Basketball season has arrived!

**The League is open to all Tribal Members
3rd-6th Grade.**

**Registration has begun, you can fill out a
registration packet at the Isleta Recreation Center.**

**Practice for all Grades will start
Monday November 10, 2014, and
will be held Mondays and
Wednesdays 4:00pm-5:00pm.**

**For more information please Contact Vanessa
Martin, John Matt Jojola, or Johnathan Lente at
505-869-9777.**



Ham Distribution

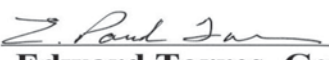
**DATES: Wednesday, December 10, 2014
Thursday, December 11, 2014**


WHERE: Isleta Elderly Center

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

**FOR: Eligible Tribal Members living in Isleta
Pueblo, Los Lunas, Belen, Bosque
Farms, Albuquerque, Rio Rancho and
Bernalillo ONLY!!**

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


Edward Torres, Governor





6TH ANNUAL LIGHT THE PATH MEMORIAL WALK

"Remember the Path We Took Together"

Friday, December 19, 2014

Isleta Recreation Center

5:00 pm

Please submit the names of your loved ones
and your donation for each luminaria to
Isleta Behavioral Health Services no later than
December 11, 2014

**IN ADDITION TO THE LUMINARIA BAGS & MEMORIAL BANNER,
WE WILL ALSO BE HAVING A SLIDESHOW IN MEMORIAL OF
OUR LOVED ONES.**

**Pictures can be submitted to Isleta Public Library to be scanned
on site OR Isleta Behavioral Health or Isleta MIS Department**

Photos must be submitted no later than November 24, 2014.

Photos will not be returned, so please send a copy.

PLEASE CONTACT ISLETA BEHAVIORAL HEALTH, KORY KIE AT 505-869-5475 FOR ADDITIONAL INFORMATION.



Car Seats Help Protect Your Child

Car seats help protect your baby from serious injury in the event of an accident, so it's important to make sure they're correctly installed and used.

- Always put your baby in a car seat any time you travel in the car. Make sure the seat is properly installed and used, according to its instruction manual.
- Before baby is born, make sure you know how to properly place, remove and use the seat.
- Place the seat in a rear-facing position in the middle back seat of the car. Make sure the fit is tight.
- Don't buy a used car seat, or use a seat beyond its expiration date.
- Never leave your baby in the car unattended.
- Contact Isleta Health Center at 869-4482 or 869-4479 if you have any questions or concerns about proper installation or you want us to teach you how to properly install your car seat.

<http://www.healthday.com>

Christmas Ornaments

Tuesday December 23

1:00pm-3:00pm

Library Art Room

**Family, Adults, and Children
everyone is invited!**

**Come paint an ornament for
your Christmas tree.**

**A variety of ornaments to choose
from shown on the Christmas
tree to the right.**

*** First come first serve,
while supplies last.**

**Ceramic Ornaments were
donated by Martha Lucero
THANK YOU!**



For more information please call the Pueblo of Isleta Public Library at 505-869-9808.



Pueblo of Isleta Public Library

Happy Holidays! Now that you have survived Black Friday, can you believe that Christmas is just around the corner? Literally just a few weeks and then Christmas is here! Stores have been preparing us since Halloween with their Christmas decorations displays. Stay warm and remember if you are feeling cold, odds are your pets are too.

News

The Library will be closed 8:00am-12:00pm due to our monthly Library staff meeting. A New Year is coming up, so we will be discussing new programs for Adults, Teens, and Children. Please if you have any suggestions share your ideas with the Library staff.

We will be closed December 18 from 10:30am-2:00pm. Please make prior arrangements for children if they happen to have Half Days at school.

Merry Christmas! We are closed on December 25 Christmas Day. Enjoy your day and blessings to you and your family.

With the Christmas Dances, Traditional Ceremonies and Weather the Library may close unexpectedly. Please stay up to date by visiting our Facebook page (www.facebook.com/IsletaPuebloLibrary), which is updated regularly or you may call the Library at 505-869-9808.

The Library will be closed on New Year's Day January 1, 2015. This is your first day of your New Year's Resolution, make it happen! Visit us January 2nd and make the Library your New Year's Resolution Headquarters. We have Fitness BOOKS & DVDS. Work out to your favorite jams with our CD collection and take advantage of our Cookbooks for a healthier lifestyle.

The Library has extra OUTDATED newspaper for your fireplace, winter fire needs, or for the new puppy you got for Christmas.

We now have a Library Calendar for your convenience with details on Library Closures and Library programs. Calendars are available at the Library front desk or you may also access the Calendar on our Library website: www.isletapueblo.com/whats-new.html

The Library has been nominated as a 4 Star Library in the November issue of the National Library Journal. This is not our first time earning this National recognition, in 2011 we were rated a 3 Star Library, 2012 a 4 Star Library, 2013 a 5 Star Library, and a 4 Star Library last year. We are humbled to make this list every year as the only Tribal Library. Thank you!

Upcoming

Do you like the Hobbit Movies? Well this program is for you. The Library presents the Hobbit Book Club starting Monday, November 24th at 5:15pm-6:00pm. The second and every meeting following will be on Wednesdays from 5:15pm-6:15pm, December 3rd, 10th, and 17th. Open to the first 6 participants. You must come into the Library to register. As an incentive for this program participants that attend three

out of the four discussions, will attend the showing of THE HOBBIT: THE BATTLE OF THE FIVE ARMIES on December 20th. If you have any questions please call Dianna at the Library 505-869-9808.

Attention all animal lovers! The Library has created a special sewing program for you. Don't spend lots of money on a BED for your pet. Come to the Library and sew one especially for your pet at no cost to you. Open to the first 5 adults that sign up, please check the availability due to the occasional no show or people change their mind. This program will start on Monday December 1st from 5:00pm-7:00pm in the Library Art Room and continue every Monday until December 15th. Supplies are provided, however if you have material that you picked out for this sewing program you are more than welcome to bring it. If you have questions about this program or availability of this class, call Cheyenne at the Library at 505-869-9808. You must come into the Library to register. Calling in to reserve your spot will no longer hold your spot with Library programs.

Santa will make his way to the Library on December 16th from 2:00pm-6:00pm. This year our background will consist of C3PO, R2D2, Darth Vader, Yoda and a Storm Trooper. What really?? Yeah, you read right. We will have a Star Wars themed Christmas bringing Christmas joy from a galaxy far far away. Pictures will be emailed out to reduce the number of no shows we get when we print out pictures, which we end up keeping for years! However, family pictures will be printed out and be ready for pick up no later than 19th. If you have any questions please call the Library 505-869-9808.

Our Cliff's Magical Christmas incentive is currently happening. Students can come to the Library and read or finish homework to earn points to go on this field trip. The first 15 students to earn 30 points will be able to go on the Cliff's Magical Christmas Field Trip. The last day to earn points will be on December 19th. The field trip will take place on Monday December 22 from 4:30pm-8:00pm. If you have any questions about this incentive program please call Diane at the Library at 505-869-9808.

On December 23 from 1:00pm-3:00pm the Library will be painting Christmas ornaments which were donated by Martha Lucero. We have lots of ornaments to choose from and fun for the whole family. Come and take break before Christmas Day and Paint an ornament to put on your Christmas tree. No need to Register. For more information call Tara at the Library 505-869-9808.

Countdown to noon with the Library! December 31st from 11:00am-12:30pm.

The big celebration usually starts at 11PM but not this party. Children and families that cannot quite make it to Midnight may come to the Library and join us for Music, Dancing, the Big Countdown to NOON and a surprise! We will have hats, and noisemakers for all that attend. For more information call Tara at the Library 505-869-9808.

College can sometimes be a stressful time especially during FINALS! Come to the Library and take advantage of the services we offer: Free WIFI, internet, printing, books and resources. The Library staff is more than welcomed to help you on your way to success.

Recap

This year we ran our Veterans Day Promotion. Isleta Veterans that visited the Library on November 10th were cleared of their Library fines. The Library was provided with the Isleta Veterans list, which we referred to for this promotion. Thank you, Veterans for your service to our country.

This year we were excited to announce our first Beading on a Loom class open for 6 adults, which has been going steadily. Adults are learning the very basics on the loom and are currently designing and working on their project to be completed by December 17th.

The Library was invited to the Isleta Animal Vaccine Clinic that was held at the Isleta Health Clinic and at the Old Head Start. We handed out gift bags, which included a \$5 OFF Library Fines Token, Library Program Flyers and a list of books on raising and caring for a variety of pets. Hopefully all this information was helpful to the animal owners that got their pets vaccinated that day.

Cookies and baking. Baking and cookies. This is what our 4 Adults and 5 children have been doing since the program



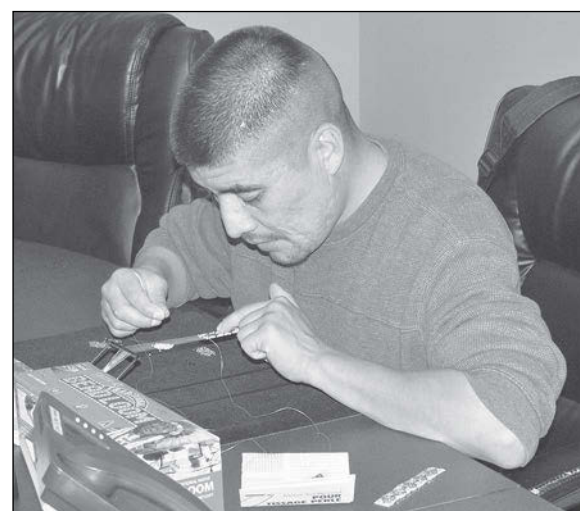
Youth Cookie Class rolling out their Cinnamon Roll Cookies.



Adult Cookie Class participant making her Apple Pie cookies by sprinkling on some Nutmeg before putting it into the oven.

started on November 10th & 11th. So far the adult bakers have learned to make Apple Pie Cookies and Pumpkin Chocolate Chip Walnut cookies. This is quite the learning experience even though some are experienced bakers. The children bakers have made Cinnamon Roll Cookies and Swirl cookies. They are learning the basics as well. They are having fun while making something delicious to take home to share with their families. You all are doing a great job! This will all lead up to their cookie swap where both adults and youth of the cookie classes will share recipes and cookie, while mingling with the participants of the beading class whom will provide drinks for the social.

The Isleta Elementary finished up their Annual Science Fair Project judging on November 20th. The Library was asked to be judges for this event. Christino and Valeri from the Library took part in the judging and were quite enthused about the event. Children have been coming into the



Beading class participant in deep concentration while beading a bracelet on the loom, so he will have the fanciest "ha-fii" (bow guard) during the December dances!!!

Library for the past weeks prior to search for science projects through our books and the Internet and printing out important information that supports their hypotheses. You all did a great job!

2015

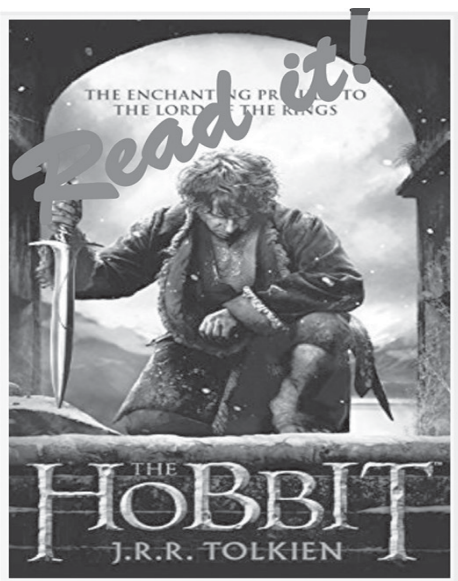
HAPPY NEW YEAR

The Pueblo of Isleta Public Library Presents Countdown to NOON!

December 31st
11:00am-12:30pm

A kid friendly New Years
Eve Celebration for those who can't
quite make it to Midnight.
Join the Library as we celebrate
Countdown to NOON with
Music, Dancing and Fun Fun Fun!

For more information please call the
Pueblo of Isleta Public Library at 505-869-9808.



THE PUEBLO OF ISLETA PUBLIC LIBRARY PRESENTS THE HOBBIT BOOK CLUB

Book Discussion's Time Frames

- First Meeting — Monday November 24th at 5:15 pm-6:00pm
- Second meeting and every meeting following will be on Wednesday's from 5:15pm — 6:15pm
- December 3rd, 10th, and the 17th

As an incentive!

Participants that attend three out of the
four discussions, will attend a showing of
The Hobbit The Battle of the Five Armies
on December 20th!

Open to the first 6 participants 18 and over. Pre-registration is required in person at the Library.



For more information please call Dianna at the Isleta Library
505-869-9808. EMAIL: poi02007@isletapueblo.com



~WIC NOTES~

The WIC Staff would like to thank Tribal Council, Governor Torres, Lt. Chewiwi and Lt. Abeita for the generous gift of Thanksgiving turkeys.

Pregnancy Weight Gain and Physical Activity

There are many holiday traditions but weight gain doesn't have to be one of them. Avoiding too much weight gain during pregnancy is important.

Gaining a healthy amount of weight, based on your weight before pregnancy, will help you have a more comfortable pregnancy and delivery. Gaining too little weight will make it hard for the baby to grow properly. Gaining too much makes it more likely that you will have a longer labor and more difficult delivery. It also makes it harder to return to normal weight after the baby is born.

And remember, this is not the time to lose weight.

1st Trimester-Not gaining weight or slight weight losses are normal during the first trimester (first 13 weeks of pregnancy). However, it is recommended that pregnant women gain a total of four pounds during this time. Weight gain should come from nutrient-dense foods. Women should listen to their bodies' signals and stop eating when they feel full. It's important to not overeat.

2nd and 3rd Trimesters Women with healthy pre-pregnancy weight should gain an average of one pound a week during the second and third trimesters. Women who are underweight before conception should gain slightly more than one pound per week. Those who were initially overweight should gain at slower rate. WIC can help women determine if their weight gain is on track.

Physical activity is a critical part of good health. Pregnant women are encouraged to include 30 minutes or more of moderate physical activity on most, if not all, days of the week. Activities may include walking or swimming, but should not include those associated with high risk of falling or injury. If being physically active for 30 minutes at one time is not possible in your schedule, you can split up the time into three 10-minute sessions throughout the day. It's important for all women to consult with their healthcare provider about how much exercise and at what intensity is right for them.

Folic Acid/Folate

Folic acid, a B vitamin, should be taken **before and during early pregnancy** to reduce the risk of birth defects of the spine and brain. The neural tube, which becomes the baby's spine and brain, forms in the

early days and weeks of pregnancy many times before the woman even knows she is pregnant.

"Folate" is the term for the nutrient found naturally in foods.

"Folic Acid" is the term for the form used in vitamin supplements and in fortified grain products.

The recommendation is that any women of childbearing age capable of becoming pregnant should consume 400 mcg (micrograms) of folic acid daily to help prevent birth defects. Even women not planning to get pregnant because mistakes happen and many pregnancies are unplanned. Most women of childbearing age do not consume enough folate. To make up for this, all women who can become pregnant should take a multivitamin containing 400 mcg of folic acid daily, in addition to eating foods that contain folate.

Foods high in Folic Acid/Folate: grain products that have been fortified, leafy dark-green vegetables, legumes, citrus fruits and juices.

Condensed from American Academy of Physician Assistants

If you have topics you would like to see presented in this newsletter please give us a call and let us know. 869-2662

Heidi Lanes - WIC Nutrition Coordinator



2014 ANNUAL BIA CHRISTMAS ARTS & CRAFTS



**FRIDAY
DECEMBER 19, 2014**

8:00am – 4:00 pm

BIA CAMPUS

1011 INDIAN SCHOOL RD NW

FOOD DRIVE

RECEIVE DOOR PRIZE TICKET(S)

ONE (1) TICKET FOR FIVE (5) NON PERISHABLE FOOD ITEMS DONATED

DOOR PRIZE DRAWING AT 3:00pm

NEED NOT BE PRESENT TO WIN

DOOR PRIZE ITEMS DONATED BY THE ARTS & CRAFTS VENDORS

VENDOR INFORMATION

"LOTTERY DRAWING"

FRIDAY, DECEMBER 5, 2014 @ 12:30pm

BIA ~ 1011 Indian School RD NW ~ ABQ

Vendors are requested to arrive between 11:45am & 12:15pm

Interested vendors must be present for drawing

For More Information
(505) 563-5104 or (505) 563-5105



Health Beat

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

Show your kids how much they mean to you, BUCKLE THEM UP!!

Do you buckle up and buckle up your kids EVERY TIME you get into the car? Well, as the 4th grade students learned, it's ONE OF THE MOST IMPORTANT things you can do to PREVENT INJURY!!! I worked with the Isleta Elementary School 4th graders on October 25, 2014 on Injury Prevention. They first learned about the importance of wearing a seat belt and then they did an observational survey to see how many of the cars in Isleta were buckled up. The survey took place in front of the clinic. The students were somewhat concerned with the number of people they saw wearing their seat belt. The last Seatbelt Survey showed that 94% of drivers and 93% of passengers were buckling up. Those numbers look good, but I am sure we could even do better!! Also, the past two surveys have shown that Isleta is doing great at buckling in our children. That is great!!



Here are the Results for the Seatbelt Surveys we have done in the past 10 years:

| Seat Belt Usage Rate In Isleta from 2006-2014 | | | | | | |
|---|----------|-------------|------------|-------------|-------------------|-------------|
| Date | Drivers | | Passengers | | Child in Car Seat | |
| | Seatbelt | No Seatbelt | Seatbelt | No Seatbelt | Car seat | No car seat |
| Oct 2006 | 76% | 24% | 71% | 29% | 67% | 33% |
| Dec 2006 | 95% | 5% | 80% | 20% | 100% | 0% |
| Spring 2007 | 70% | 30% | 80% | 20% | 75% | 25% |
| Fall 2007 | 77% | 23% | 89% | 11% | 100% | 0% |
| Spring 2008 | 74% | 26% | 65% | 35% | 75% | 25% |
| Fall 2008 | 76% | 24% | 58% | 42% | 0% | 100% |
| Spring 2009 | 60% | 40% | 76% | 24% | 50% | 50% |
| Fall 2009 | 87% | 13% | 65% | 35% | 33 | 67 |
| Feb. 2010 | 84% | 16% | 63% | 37% | 0% | 0% |
| Fall 2010 | 90% | 10% | 85% | 15% | 58% | 42% |
| Spring 2011 | 74% | 26% | 22% | 78% | 8% | 92% |
| Fall 2012 12/23/12 | 94% | 6% | 67% | 33% | - | - |
| Spring 2013 3/22/13 | 82% | 18% | 64% | 26% | - | - |
| Fall 2013 10/25/13 | 94% | 6% | 93% | 7% | 100% | 0% |
| Fall 2014 10/25/14 | 84% | 16% | 88% | 12% | 100% | 0% |

GOOD JOB ISLETA!! KEEP IT UP!! MAKE SURE YOU BUCKLE UP EVERY TIME!!

PUEBLO OF ISLETA DEPARTMENT OF EDUCATION TIWA LANGUAGE PROGRAM



After School Program



Course Objectives: Provides an introduction to the Isleta Tiwa language:

When: Starting September 15, 2014
Monday, Wednesday, and Thursday.

Time: 3:30pm - 5:30pm

Friday
Time: 1:30pm - 3:30pm

Ages: 6 to 10

Registration forms available at the Department of Education Language Program

DEPARTMENT OF EDUCATION
TIWA LANGUAGE PROGRAM

P.O. Box 1270
Isleta, New Mexico 87022

Phone: 505-869-9795
Fax: 505.869.7573
E-mail: poi08200@isletapueblo.com

Preserving Language for
culture and tradition

December 2014



**PUEBLO OF ISLETA
DIABETES PREVENTION
PROGRAMS (DPP)**

Monthly Event Calendar
Phone: 505-869-4595
Fax: 505-869-4596

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|--|---|--|--|---|-----------|
| | 1 3:30-5:30 PM Destination Health Post Measurements 5:30-6:45 PM Diabetic Exercise Class | 2 5:30-6:45 PM Mod-High Risk Exercise Class | 3 9:30 AM Elderly Walking Club 3:30-5:30 PM Destination Health Post Measurements 5:30-6:45 PM Diabetic Exercise Class | 4 5:30-6:45 PM Mod-High Risk Exercise Class | 5 10:30 AM Elderly Walking Club | 6 |
| 7 | 8 9:30 AM Elderly Walking Club 5:30-6:45 PM Diabetic Exercise Class | 9 5:30-6:45 PM Mod-High Risk Exercise Class | 10 9:30 AM Elderly Walking Club 5:30-6:45 PM Diabetic Exercise Class | 11 5:30-6:45 PM Mod-High Risk Exercise Class | 12 10:30 AM Elderly Walking Club | 13 |
| 14 | 15 9:30 AM Elderly Walking Club 5:30-6:45 PM Group Exercise Post Measurements | 16 5:00-7:30 PM Diabetes Activity Assessment | 17 9:30 AM Elderly Walking Club 5:30-6:45 PM Group Exercise Fitness Assessment | 18 5:30-6:45 PM Group Exercise Fitness Assessment | 19 10:30 AM Elderly Walking Club | 20 |
| 21 | 22 9:30 AM Elderly Walking Club | 23 | 24 9:30 AM Elderly Walking Club | 25 CLOSED/HOLIDAY | 26 10:30 AM Elderly Walking Club | 27 |
| 28 | 29 9:30 AM Elderly Walking Club | 30 | 31 9:30 AM Elderly Walking Club | | | |

BREAKING NEWS!!

**The Isleta Health Center's
3rd Annual Isleta Cancer Education Conference
Was a Great Success!**

Thank you to the following for their support:

Isleta Cancer Education & Support (ICES)
Mary Ann Johnson • Frances Cherino
Clem Romero • Mollie Poafabitty
Isabel Carpio • Geneva Navarro
Daisy Paquin • Jan Aburgharbach
& Isleta Head Start and Child Care

**ALSO, THANKS TO ALL WHO ATTENDED - YOU
HELPED MAKE THIS YEAR'S
EVENT A SUCCESS!**

We Hope To See You Next Year!



TEST YOUR KNOWLEDGE---ANSWERS from last month's quiz

How Much do you Already Know about Lung Cancer?

1) Lung cancer is the leading cause of cancer death in the United States.

True, Lung cancer kills more people, both men and women, than breast, prostate, colon, liver, and bladder cancer combined. Nearly 450 people die of lung cancer in the United States every day, which works out to over 160,000 per year. (according to American Cancer Society)

2) Before the advent of cigarettes, lung cancer was an extremely rare disease.

True, In the 1800s, lung cancer represented less than one percent of all cancers. It was only after World War I and the widespread adoption of cigarettes that doctors began to notice an unusual increase in this disease. Today, nearly 30% of cancer deaths are from lung cancer and 90% of people who get lung cancer are cigarette smokers.

3) Quitting smoking eliminates one's chance of getting lung cancer.

False, While quitting smoking will reduce the risk of getting lung cancer, it won't eliminate the risk altogether, as the risk of lung cancer is related to how much people have smoked before quitting permanently. By quitting, a smoker prevents their risk of lung cancer from continuing to increase, which is the only thing people can do to prevent lung cancer. Quitting smoking has other benefits as well, including immediately reducing the risk of heart attacks and strokes.

4) Smoking low-tar or "light" cigarettes somewhat decreases the chance of developing lung cancer.

False, The National Cancer Institute has determined that "light" cigarettes do not reduce the harmful effects of cigarette smoking at all, and may actually increase the risk, as smokers will smoke harder to get the nicotine they want, and will also get more tar and other toxic ingredients. There's no such thing as a safe cigarette and the only way to avoid the negative consequences of smoking is to stop smoking.

5) Lung cancer, once diagnosed, is a highly curable disease.

False, Like most cancers, if lung cancer is detected early then patients often have a good chance of getting cured. Unfortunately, by the time most cases of lung cancer are detected, they are difficult to treat and the outcomes are not very good, especially when compared with other types of cancers. For example, the five-year survival rate of patients diagnosed with breast, prostate, and colon cancer is 87%, 99%, and 64% respectively. For lung cancer, the five-year survival rate is 15%.

6) Cigarettes are engineered to be addictive.

True, Most know that tobacco naturally contains nicotine, which by itself is a highly addictive substance. But what you may not know is that for years tobacco companies have employed ammonia technology to transform nicotine into a form --called free-base nicotine-- that greatly speeds

the delivery of nicotine to the brain, thus increasing its addictive properties. In addition to amplifying nicotine's addictive qualities, cigarette companies have also added flavors such as menthol and sugar to make cigarettes less harsh, sweeter and more appealing, especially to young people.

7) New study findings show that low-dose spiral CT scans can be used to screen for lung cancer and may increase the likelihood of surviving lung cancer.

True, Recently the National Cancer Institute released initial results studied, which showed 20% fewer lung cancer deaths occurred among those who were screened with low-dose spiral CT than with chest X-ray. Further analysis of the study's results is underway to determine which individuals will benefit most from screening.

8) If you are not a current smoker, you are not at risk for lung cancer.

True, While current smokers and heavy smokers are at the highest risk for lung cancer, former and never smokers are also at risk for lung cancer. In fact, approximately half the cases of lung cancer in the United States are diagnosed among former and never smokers.

9) If lung cancer among never smokers was considered as a separate cancer, it would rank as the 6th most common

cancer in the U.S.

True, In the United States, approximately 10-15% of lung cancers occur among never smokers. According to cancer death data from 2009, there were 23,905 deaths due to lung cancer among never smokers. This ranks higher than leukemia, Non-Hodgkins lymphoma, liver, ovary, bladder, and brain cancer.

10) If you quit smoking, you are no longer at risk for lung cancer.

True, Quitting smoking is the single best thing a smoker can do for their health. This has many immediate cardiovascular and pulmonary benefits. Even after quitting for over 20 years, a former smoker remains at a 2-fold increase in risk for lung cancer in comparison to never smokers. If you would like to quit using tobacco, call 869-4479 or 1-800-QUIT-NOW.

11) Lung cancer kills more people each year than colon, breast, prostate, and pancreas cancer COMBINED.

True, In 2009, there were 152,390 lung cancer deaths in the United States, averaging approximately 3,000 deaths each week. In comparison for the same year there were 49,920 deaths due to colon cancer, 40,170 deaths due to breast cancer, 35,240 deaths due to pancreas cancer, and 27,360 deaths due to prostate cancer.

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



ISLETA HEALTH CENTER
"Did you know?"

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

- Have you ever wondered what to do when the Health Center is closed and you aren't feeling well?
- Have you ever wondered if you were in an emergency situation and should call 911?
- Have you been unsure if you needed to visit the walk-in clinic or make an appointment?



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

NURSE ADVICE LINE
1-877-752-2552

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

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

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

| Isleta Health Center Calendar <i>Questions? Call 869-3200</i> December 2014 | | | | | | |
|--|--|---|--|--|---|-----------|
| SUN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT |
| | 1 Early Recovery Skills: 9-11am @ BHS. Women's Path to Recovery: 1-2:30pm, BHS. Young Leaders Youth Krew: 4:30-6:30pm @ BHS. Post Measurements for Diabetic Exercise Class: 5:30-6:45pm @ DPP Wellness Center. | 2 Women's Support Group: 10-11am @ BHS. Acu-Detox: 1-2pm @ BHS. Post Measurements for Moderate-High Risk Exercise Class: 5:30-6:45pm @ DPP Wellness Center. | 3 Parent Group: 9-11am @ IBHS. Anger Management Skills: 1-3pm @ BHS. Post Measurements for Diabetic Exercise Class: 5:30-6:45pm @ DPP Wellness Center. | 4 Grief Group: 1-2pm @ BHS. Str8 Rez: 4:30-6pm @ BHS. Post Measurements for Moderate-High Risk Exercise Class: 5:30-6:45pm @ DPP Wellness Center. | 5 Early Recovery Skills: 9-11am, BHS | 6 |
| 7 | 8 Early Recovery Skills: 9-11am @ BHS. Women's Path to Recovery: 1-2:30pm, BHS. Young Leaders Youth Krew: 4:30-6:30pm @ BHS. | 9 Women's Support Group: 10-11am @ BHS. Acu-Detox: 1-2pm @ BHS. Isleta Cancer Education & Support: CANCELLED. Join us on 1/13/15, 10:30am to plan the 2015 schedule! | 10 Parent Group: 9-11am @ BHS. Anger Management Skills: 1-3pm @ BHS. | 11 Grief Group: 1-2pm @ BHS. Str8 Rez: 4:30-6pm @ BHS. | 12 Early Recovery Skills: 9-11am, BHS | 13 |
| NATIONAL INFLUENZA VACCINATION WEEK! Have you received your flu shot? Established Patients: Come to the Health Center to protect yourself from the flu! Adult and children's vaccines available. | | | | | | |
| 14 | 15 Early Recovery Skills: 9am @ BHS. Women's Path to Recovery: 1-2:30pm @ BHS. Young Leaders Youth Krew: 4:30-6:30pm @ BHS. | 16 Women's Support Group: 10-11am @ BHS. Acu-Detox: 1-2pm @ BHS. | 17 Parent Group: 9-11am @ BHS. Anger Management Skills: 1-3pm @ BHS. | 18 Grief Group: 1-2pm @ BHS. Str8 Rez: 4:30-6pm @ BHS. IDOPAG Meeting: 2-3pm, small conference room, Health Center. | 19 Early Recovery Skills: 9-11am, BHS | 20 |
| 21 | 22 Early Recovery Skills: 9am @ BHS. Young Leaders Youth Krew: 4:30-6:30pm @ BHS. | 23 Women's Support Group: 10-11am @ BHS. Acu-Detox: 1-2pm @ BHS. | 26 Parent Group: 9-11am @ BHS. Anger Management Skills: 1-3pm @ BHS. | 25  | 26 Early Recovery Skills: 9-11am, BHS | 27 |
| 28 | 29 Early Recovery Skills: 9am @ BHS. Young Leaders Youth Krew: 4:30-6:30pm @ BHS. | 30 Women's Support Group: 10-11am @ BHS. Acu-Detox: 1-2pm @ BHS. | 31 Parent Group: 9-11am @ BHS. Anger Management Skills: 1-3pm @ BHS. | December is "Safe Toys & Gifts" Month!  | | |



Thinking About Quitting

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

You will receive (free):

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

Topics Covered include:

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

Call Stephanie, Health Educator
 @ 869-4479 to Sign Up
 Isleta Health Center



Freedom From Smoking

WANT TO STOP SMOKING?

SIGN UP FOR
 THE ISLETA HEALTH CENTER'S
Freedom From Smoking
 PROGRAM NOW!
 NEXT GROUP STARTS IN 2015

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



Weekly Prizes!

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

CONTACT:

Stephanie Barela @
 505-869-4479

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



Sponsored by the
 Isleta Health Center