



# Isleta Pueblo News

Volume 9 Issue 7

July 2014

## From the Office of the Governor

### 2014 Rites of Passage

June 13, 2014, Ms. Molly Sanchez, Director of Isleta Headstart, along with the proud parents, grandparents and friends celebrated the Rites of Passage for young students taking the next step in pursuit of their education. Ms. Sanchez reported that eighty seven (87) students participated in the Rites of Passage with about 300 tribal members participating in support of the event. The event commenced with an opening prayer by Governor Eddie Paul Torres. Governor Torres emphasized that a strong community is based on members who are involved and committed to the well-being of the community as a whole. Supporting and engaging children in community activities help them find out who they are, what they can become, and why and how they are important to the community. Our congratulations to all the young students, parents and Ms. Molly Sanchez and her Staff for making a difference.

### 2014 Society of American Indian Government Employees

June 9-13, 2014, the Society of American Indian Government Employees (SAIGE) held its three day national conference at the Isleta Resort and Casino. Governor Torres opened the conference with a traditional prayer and welcome to all participants. SAIGE is the first National non-profit organization representing American Indian and Alaska Native (AI/AN) employees in Federal, Tribal, State, and local governments. SAIGE provides a forum on the issues, challenges, and opportunities of AI/ANs in the government workforce including Tribal government, and works to foster a professional network among AI/AN government employees. During the conference Governor Torres representing the All Pueblo Council of Governors had a private meeting with Ms. Katherine Archuleta, Director of the U.S. Office of Personnel Management. Director Archuleta expressed her sincere desire to work with Pueblos/Tribes in forming a partnership focused on how the Government can better work with Tribal communities and SAIGE members in increasing AI/NA numbers in the Senior Executive Service and other high level positions.

### 2014 North American Indian Women's Association (NAIWA)

June 16-18, 2014, the North American Indian Women's Association — New Mexico Chapter founded in 1970 held a conference in Albuquerque, NM. The theme of the conference being "Women, the Foundation of Our Homes and Our Communities". NAIWA is a non-profit Indian women's organization dedicated to supporting the well-being of Indian people. Isleta is especially proud because one of the founding

women of NAIWA was a Great Lady of Isleta, Ms. AGNES DILL. Isleta is proud to continue to support the work of NAIWA. 1st Lieutenant Governor Antonio Chewiwi provided opening remarks at the conference and presented a contribution on behalf of the Pueblo of Isleta in support of NAIWA mission.

### 2014 Governors Feast and Corpus Christi Observance

Saturday, June 21, 2014, the Pueblo of Isleta celebrated the Governor's Feast day. The celebration commenced with church services at St. Augustine Church followed by a pilgrimage of the farming community in hopes of a bountiful harvest with blessing from our patron Saint Augustine and Saint Kateri. The celebration continued with traditional dances and a wonderful meal enjoyed by all. We are very grateful and sincerely appreciated all of the community participation, the families who prepared the meal and people who volunteered their services in making the Governors Feast a beautiful celebration. In addition, we are very grateful for your generous offerings to our church, donations in the amount of three hundred and one dollars (\$301.00) will be given to the Saint Augustine Church.

Sunday, June 22, 2014, the Pueblo of Isleta celebrated a special day on Sunday known as Corpus Christi with church services and a procession to shrines erected in the plaza. During church services Father George said "Corpus Christi is our celebration as Catholics, our belief that Jesus is present in the Eucharist, he gives himself to us as food, his body and blood, to us to help us to be good". We are very grateful to the sponsors who erected the shrines in the Plaza: Marcus Lujan and Family; Mikey Keryte, Ray Jojola, Pat Olguin and Families; Faron Candelaria and Family and Joseph Lente and Family. Thank you all for your help and support to our community.

### Message from Governor Eddie Paul Torres

As we celebrated the Governors Feast, let us foremost be mindful and give thanks to our Great Spirits for their blessings of good health and caring for our People. And take a few minutes of your time and hold in your hearts those fond memories of our recently dearly departed tribal members and their families. May the Great Spirit always guide you and look over you. It was a wonderful feeling to see our community come together to celebrate the Governors Feast and Corpus Christi.



## PUEBLO OF ISLETA: PARTNERS IN YOUR HEALTHCARE COMMUNITY HEALTH FAIR 2014

Sponsored by Isleta Health Center and Isleta Head Start & Childcare

### SATURDAY - JULY 12TH

### @ ISLETA HEALTH CENTER

### 9:00 AM - NOON

**"OFFERING THE ISLETA COMMUNITY A  
WEALTH OF HEALTH INFORMATION, EARLY  
DETECTION SCREENINGS, AND MORE!"**

**\* SEE WHAT THE PROGRAMS IN ISLETA HAVE TO OFFER!**

**\* SIGN UP FOR HEALTH INSURANCE!**

**\* WIN PRIZES!**

For more information contact  
Stephanie Barela at 869-4479  
sbarela@islclinic.net

Isleta Health Center



POI Head Start & Child Care



## Irrigation Water Outlook July 1 2014

At the May 7, 2014 Isleta Irrigation Meeting, Mr. Mike Hamman, Bureau of Reclamation (BOR) Area Manager, reviewed the 2013-2014 snowpack and May NRCS Streamflow Forecast. This past winter was the fourth winter in a row of below average snowfall. This has resulted in very low runoff into El Vado Reservoir which is where the MRGCD (District) and Prior and Paramount (P&P) irrigation water is stored. The inflow to El Vado is forecast to be only 32% of the 30 year average. As of June 25, 2014, 60,870 acre feet (ac/ft) of water has been stored in El Vado and 30,700 ac/ft are allocated to the Six Middle Rio Grande Pueblos (6MRG Pueblos) as P&P water.

On June 5, 2014 the Coalition of Six Middle Rio Grande Basin Pueblo Governors agreed in good faith to enter into a collaborative partnership with the BOR and the MRGCD that is limited to the 2014 irrigation season only. The Coalition Governors agreed to make 12,700 ac/ft of the P&P water available to the BOR and MRGCD for irrigation and Endangered Species Act/Rio Grande silvery minnow purposes. This will leave 18,000 ac/ft of P&P water in storage for use by the 6MRG Pueblos. This agreement on storage does not create a precedent for the storage of P&P water in any future years.

As of late June 2014, the additional water in the MRGCD pool is estimated to allow the MRGCD to operate through late July or early August. The longer the MRGCD is able to provide irrigation water for all farmers, the more likely it is that the water stored for P&P will last through the end of the irrigation season on November 16, 2014. After the MRGCD water has been depleted, irrigation water for the Six MRG Pueblos will be supplied by the Natural Flow and P&P releases from El Vado.

This is very important for the Isleta farmers served by the Acequia Madre and the Butte Lateral. The water that feeds these canals is diverted from the Rio Grande at the Angostura Diversion Dam near Algodones. The water must travel through the north and south valleys of Albuquerque before arriving at Isleta. Governor Torres and the other Coalition Governors made it clear to the BOR and the MRGCD that once P&P releases begin, they must take all appropriate steps to enforce the Pueblos' priority right to the use of this water. Monitoring the use of irrigation water in the north and south valleys will be required during P&P operations to ensure that non-Indian farmers are not using P&P water.

Based on data provided by the BIA, it doesn't appear that the full amount of water stored for P&P use has ever been completely used for irrigation by the Pueblos; there has always been leftover water. What happens to unused P&P water? In accordance with the Rio Grande Compact, there are two options for the use of unused P&P water.

1. If it is an Article VII year under the Rio Grande Compact (there is less than 400,000 ac/ft of usable storage in Elephant Butte), which it is this year, the P&P water is released to Elephant Butte Reservoir in order for New Mexico to comply with its Compact delivery obligations.
2. If it isn't an Article VII year, the P&P water reverts to the MRGCD pool to be carried over until the following irrigation season.

The Isleta farming community is quite aware of the severity of the current drought and its impact on Indian and non-Indian farmers alike. Scheduling of water deliveries with the Isleta Mayordomos is necessary. Please work with your Mayordomos to make sure everyone receives adequate water in a timely manner. This will require watering when the water is available including watering at night and during the week. Farmers are urged to cooperate with their Mayordomos and fellow farmers and use the limited water supply wisely.

More information about the Rio Grande Compact can be accessed via the Internet. The Office of the State Engineer website has the entire Compact on their website. [www.ose.state.nm.us](http://www.ose.state.nm.us)

## Animal Control News

Hello to all and we hope everyone and their pets are doing well. As the heat rises this summer it is very important that your animal has sufficient amount of shade to stay cool and plenty of water to stay hydrated. Please keep water bowls filled with fresh water and refill as needed. Another way to help keep your animal (s) cool is to soak down the area they are in, do not soak the animal as it may cause the animal(s) to get sick. Also we are getting request to trap squirrels. We are sorry for any inconvenience but we are not set up to do this. We do not have the traps and the proper certifications to handle squirrels.

With the recent discoveries of rabies in bats in the South Valley, here is a bit more information about Rabies. Rabies is a viral disease and is mainly found in animals. Wild animals such as bats, raccoons, skunks, coyotes and foxes are the primary reservoirs for rabies with bats being the most common. Domestic animals and livestock can also get rabies by contact with wild animals. An animal that has rabies shed the virus through its saliva. Shedding of the virus, when the virus can be passed to another animal or human, occurs in the last stages of the disease. In dogs and cats this shedding or infectious stage is 10 days. During the shedding period an animal will exhibit signs of rabies. The end of this stage results in death. Exposure to people occurs when an infected animal in the shedding period bites a person resulting in penetration of the skin. Non bite exposure to rabies occurs when someone gets saliva or brain tissue from an infected animal into an open wound or mucous membranes. If you or someone is bitten by a dog or cat seek medical attention as soon as possible and include as much information as possible. Also report the incident to animal control. The dog or cat will be impounded and quarantined for 10 days. During this time the animal will be monitored for signs of the disease. If the animal shows signs of the disease it will be euthanized and sent to a laboratory for testing. Should the animal test positive the victim of the bite will undergo a series of rabies vaccinations.

The trailer park in the new housing area is experiencing a problem with feral cats. Feral cats are otherwise homeless and therefore receive no veterinary care. Also, a few feral cats in a few years can increase in numbers quickly. Feral cats are in a sense wild, they typically will hunt for food because of this, and it is possible for them to come in contact with wild animals such as a bats, coyotes or foxes that may be infected with rabies. This in turn could put residents at a higher risk of exposure. We are currently, with the help of a few residents, in the process of trying to get these numbers down. If you are experiencing problems with these cats, let the department know so we can come out and set up a trap. Residents that request a trap will be responsible for any damages or theft of the trap while on the property.

With that the Indian Health Service has supplied us with a limited amount of the rabies vaccine for dogs and cats. We will be offering a mini Rabies clinic on July 11th beginning at 1:30 PM at the department office located at the "old Library". We will give 50 shots on a first come first serve basis and plan to host another mini shot clinic in mid August, which the date will be announced in the August newsletter.

Public Services Department  
Animal Control  
Phone 869-7564 Fax 869-2284  
For Emergencies 869-3030

## Rabies Mini Clinic

**July 11, 2014**

Department Office  
6 Sagebrush ("Old Library")

We will be giving rabies vaccine to the  
**first 50 dogs and cats !!**

**First Come, first Serve!**  
**Call 869-7564 for Info**

## WATER CONSERVATION TIPS

Water is one of our most important natural resources. New Mexico has experienced several consecutive years of drought and meteorologists predict that it will continue. Water conservation is especially important during times of drought.

The Pueblo of Isleta Public Services Department Utilities Division is committed to providing a safe and consistent supply of water. We are asking for everyone's help with water conservation. There are a lot of simple ways to reduce the amount of water used both inside and outside the home.

Please conserve our drinking water supply whenever possible by taking the following steps:

1. Stop leaks inside and outside your home. Toilets are the largest water user inside the home. Over time, toilet flappers can decay or minerals can build up on it. It's usually best to replace the whole rubber flapper—a relatively easy and inexpensive do-it-yourself project.
2. To see if your toilet leaks, place 5 to 10 drops of green or blue food coloring into your toilet tank. Then wait at least 10 minutes. If you have green or blue water in your toilet, you have a leak.
3. If you hear "drip, drip, drip," you have a leak that needs to be repaired. Call a plumber for this problem or to repair a leak you cannot fix yourself.
4. Check outdoor fixtures such as faucets, swamp coolers, and hydrants for leaks and repair any leaks.
5. Consider turning the swamp cooler off when away from home.
6. Minimize evaporation by watering outdoors during the early morning hours, when temperatures are cooler and winds are lighter. Do not water the house, sidewalk, porch, street, or bare ground. Use only the minimum amount of water needed by your plants.
7. Run water only when using it. Turn water off while brushing teeth, shaving, and/or washing counters.
8. Wash only full loads of laundry. Install a water efficient clothes washer which saves us 16 gallons per load.
9. Take 5-minute showers.
10. Flush toilets only when necessary.
11. When upgrading or replacing household fixtures, install low-flow toilets, showerheads, washing machines, dishwashers, and faucets.
12. Try not to use our treated drinking water for large gardens. You may contact the Utilities Division for advice on placement and installation of a shallow groundwater well and pump for watering; call Edwin Jaramillo, Utilities Division Manager, at 869-9781.
13. Capture the Cold: When you're running the water waiting for it to get hot, capture the cold water in a large bucket. Use this water in your plants.

Additional tips on water conservation can be found on the internet. For example: <http://www.epa.gov/greenhomes/ConserveWater.htm>



## Septic System Information

Public Services Department Utilities Division have been receiving numerous calls for septic pumping and replacements. We are working hard to get septic systems replaced and/or fixed at a cost. If you have already had your system evaluated and have filled out the proper paper work but are wondering what the status is, please contact our office at 505-869-9782.

If you feel you are needing your septic system evaluated or have concerns about your septic system, please contact the office and put in a work order for an evaluation.

### Helpful Tips for Septic Systems

1. Pump your septic tank every two to five years, depending how heavily the system is used.
2. If you use a garbage grinder (a.k.a. "dispose-all"), pump your tank every year. Or, better yet, remove the garbage grinder and compost your kitchen scraps. Garbage grinder use leads to buildups of grease from meat scraps and bones, and insoluble vegetable solids such as cellulose.
3. Keep kitchen grease, such as bacon fat and deep fryer oil, out of your septic system. It is not broken down easily by your system, can clog your drain field, and can not be dissolved by any readily available solvent that is legal to introduce to groundwater.
4. Space out laundry loads over the course of the week and wash only full loads. The average load of laundry uses 47 gallons of water. One load per day rather than 7 loads on Saturday makes a big difference to your septic system. Also, front loading washers use less water than top loading machines.
5. You do not need to put special additives into your septic system. In fact, some can do more harm than good. Those which advertise that they will remove solids from your tank, usually do. The problem is that the solids exit the tank and end up in the disposal field. Once there, the solids seal off the disposal area, and the system malfunctions. Also, although it hurts nothing, it is not necessary to "seed" a new system with yeast, horse manure, and so forth. Normal human waste contains enough bacteria for the septic tank, and other microbes are already present in the soil and stones of the disposal area.

### NOTICE OF AVAILABILITY

The 2013 Annual Drinking Water Quality Reports for each of the Pueblo of Isleta's four community public water systems are available at:

- Governor's Office
- Public Services Department, Tribal Services Complex
- Isleta Public Library

These annual drinking water reports, also known as Consumer Confidence Reports or CCRs, are required by the Safe Drinking Water Act. Annual CCRs provide consumers with information about what contaminants, if any, are in their drinking water and how these contaminants might affect their health.

For further information contact:

Ramona M. Montoya, Pueblo of Isleta, Public Services  
Department,  
Environment Division, PO Box 1270, Isleta NM 87022  
(505) 869-7565

## Census Department

Hope everyone is enjoying their summer! The Census Department would like to inform everyone to please update addresses with our office; we cannot hesitate to mention how important it is to have your address updated. This is to assure that you are informed of any important information the Pueblo of Isleta has to share with the community.

Applications for Tribal Enrollment maybe picked up and submitted at any time. Documents to be submitted for enrollment include Application, State Issued Birth Certificate, Family Tree and copy of the Social Security Card.

Also, a reminder, Tribal Member and Descendant Ids are available, Tuesdays and Thursdays, 8:30-11:30 a.m. and 1:30-4:00 p.m. or by appointment. All files must be updated and complete prior to ID issuance. If you have any questions regarding your file, please do not hesitate to contact our office at 505-869-9766. We will be glad to assist you.

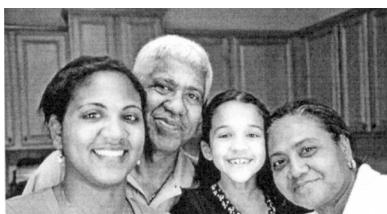
-The Census Department Staff



## Pueblo of Isleta — Elder Center Activities Calendar July 2014

- July 1: Elder Field Trip: Belen Senior Center - Fourth of July (Dance, Lunch, & Bingo) 9:30 am - 2:30 pm
- July 1: "Udall Serving You" - Tom Udall Open Office Hours in Your Community Elder Center- 12:00 noon - 2:30 pm
- July 3: Catholic Mass - 11:30 am
- July 3: Fourth of July Luncheon & Celebration! - 12 noon
- July 4: Center Closed - Holiday - Fourth of July (Independence Day)
- July 8: Shopping Assistance: Wal Mart & Lunch
- July 9: Elder Center Staff Meeting - 1 pm - 3 pm
- July 10: "Hair Cuts" by Arlene - Volunteer hairdresser - 9 am - 11 am
- July 12: Isleta Community Health Fair - Isleta Health Center - 9 am - 12 noon
- July 15-20: New Mexico Senior Olympics (NMSO), Inc. - State Games Roswell, New Mexico
- July 16: Friendship Breakfast - 9 am - 9:30 am
- July 16: General Meeting - 10 am - 12 noon
- Allergies - CHN
  - Animal Therapy - ?
  - Isleta Police Department (IPD) - Q & A
  - Assisted Living Center - Update
- July 21: "How to Prepare a Healthy Snack" w/ POI Diabetes Program, Elder Center - 10:30 am - 12 noon
- July 23: Elder Field Trip: Bingo @ Isleta Resort & Casino 11 am - 4 pm
- July 25: Elder Field Trip: Isleta Lakes - "Picnic Under the Pavilion" - 10 am - 2 pm (Entry is Free - \$12 Fishing Fee)
- July 28: Advisory Committee Meeting - 10 am - 12 noon (Open to the Public)
- July 29: Visit from Cochiti Elders (Refreshments, Bingo, etc.) - 9 am - 12 noon

**got an hour?  
give it back.**



Many seniors are living alone in their communities. This past year over 11 million seniors lived in their homes alone, over 70% are women. Among all women aged 75 and older, almost half, live alone. In just one hour, you can share some time with a senior in your family. It is so simple to give back.

***If you light a lamp for someone, it will also  
brighten your path. Buddha***

Call the Pueblo of Isleta Elder Center if you are interested in serving a member term assisting a Veteran or a Family member of a Veteran. Minimum of 10 service hours/week, \$200 Monthly Stipend. Must pass a background check.

**For More Information Contact:**

Reyes Jiron, Senior Companion Coordinator or  
Patricia Lucero, Home Services Manager  
(505) 869-9770

tiwalending.org

• Home Loans • New Construction • Renovations

## Isleta Health Center

Patient Registration News  
July 2014

### RE: Lovelace Acquired by Blue Cross Blue Shield

In recent news, Lovelace was recently acquired by Blue Cross Blue Shield (BCBS). All Pueblo of Isleta employees that were previously covered by Lovelace Insurance are now covered by BCBS. Additionally, previous Lovelace Senior Plan members are now BCBS Medicare members. BCBS has issued welcome letters and insurance cards to all new members.

All Isleta Health Center patients that have received new BCBS cards are asked to bring in their new BCBS card to the Patient Registration office to update your patient file.



### 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?
- 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.



### The 2014 Community Health Fair Is Coming Soon!

**"Pueblo of Isleta -  
Partners In Your Healthcare"**

This year's fair is scheduled for  
**JULY 12, 2014 ■ 9am-12pm**  
@ the Isleta Health Center

**\*\*\* VOLUNTEERS NEEDED \*\*\***

If you are interested in volunteering, please  
contact Stephanie Barela at 869-4479.

Sponsored by Isleta Health Center and  
Isleta Head Start & Child Care



## Community Meeting

Hello,

The Isleta Police Department will be hosting a community meeting on July 17, 2014 from 6:00 pm to 7:00 pm at the Elderly Center. The Police Department is seeking input from community members as to any problems the community wishes to address and how we can address these problems together.



We recently hosted a community paint out on June 16, 2014, Behavior Health Personnel and several community youths assisted us with cleaning up the graffiti. The Police Department wishes to acknowledge Mr. Allen Zuni from Isleta Housing and Mr. Matthew Lente from Lente's Painting for their generosity by donating paint and equipment for the cause. Also, we appreciate the youth who came out and assisted with cleaning the community.

The Police Department with the assistance of Truancy, Social Services, Behavioral Health, and the Recreation Center will be hosting a summer camp known as "Camp Triumph." The camp will be held during the week of July 21-24, 2014. We are seeking 60 Tribal Youth from the ages of 10-16 to participate. This is only open for Tribal members and will be first come first serve basis. The camp mentors will be police officers and national guardsmen. The camp will have an instructional phase along with lots of fun activities. Please contact Detective Kathleen Lucero at 505-869-9728 for additional information or an application to attend the camp.

The Isleta Police Department wishes to recognize Detective Kathleen Lucero for her accomplishment. She recently returned from Glynco, Georgia where she attended an intensive Criminal Investigator Training Program. She successfully graduated from the program on May 28, 2014. GREAT JOB!!!

Please utilize the community "Anonymous Hotline" to report any gang, drug, vandalism, or illegal activity. The telephone number is 505-264-7258, this number should not be used if police are needed immediately. When a person calls to report the activity, leave as much information as possible so we can investigate the activity. Any information reported by anyone will remain anonymous.

In closing, we hope to see you in attendance on July 10, 2014, and hopefully offer some of your ideas or problems we can address. We need the input from community members to address any issues or concerns. If there are any suggestions, feel free to contact me at 505-869-9707.

Respectfully,

Gerald S. Maestas/Captain Isleta Police Department

## PUBLIC NOTICE

**SECOND NOTICE - A Petition to Probate to Estate of Elario Lucero, deceased June 9, 2007, Case No. CV — PR — 0050 — 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, July 29, 2014 at 10:00 AM**.

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

**SECOND NOTICE - A Petition to Probate the Estate of Tony P. Jojola, deceased August 4, 2006, Case No. CV — PR — 0046 — 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, July 8, 2014, at 11:00 AM**.

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

A Petition to **Probate the Estate of Jose Edward Jojola, deceased March 30, 2010, Case No. CV — PR — 0925 -2013**, 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 from the date of this notice being posted. A hearing in this matter has been scheduled for **August 31, 2014 at 2:00 PM**.

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

## JOM Program

Hello, Pueblo of Isleta Community! Another month has flown by and has been as busy as ever for the JOM Program. In June, we started the 2014 JOM Summer Bridge Program, and currently we are into our second week! The students have already learned about Health and Wellness (with the help of the Isleta Health Center's very own Vernon Abeita and Eugene Jojola), Habitats, the differences between plants and animals, and the Food Chain. Yet to come is Geology, Chemistry, Finance and budgeting, Math, Around the World (cultures and language), and Astronomy. These themes are all in addition to students working out of the Summer Bridge books, workbooks designed to help transition students from their previous grade to the upcoming school year, and at least half an hour of physical activity each day.

I am so very proud of all the students who are working hard! It isn't easy to get to know new people, cover new topics, and do school work during the summer, but they are doing great and I hope, learning a lot! We thank the parents/guardians who signed their students up for our program. We hope that your student(s) come home describing what they've learned and the fun stuff too.

## SCHOOL SUPPLY DISTRIBUTION

Before we know it, the start of the new school year will be right around the corner. As most of you are familiar with by now, the JOM Program provides school supplies for all eligible students. However, there are probably a few people out there who have students who will be eligible for the first time this year. This could be because the student is transitioning from Head Start into Kindergarten at a public school or perhaps transitioning from the Isleta Elementary School into a public Middle School. Either way, we want to make sure that all of our eligible students receive supplies this year. We have already confirmed the distribution dates as **August 4th thru the 9th**.

*Please keep a few important things in mind:*

- Attendance of School Supply Distribution Meeting is mandatory for Parents/Guardians. The dates are being provided with as much advance notice as possible to allow for Parents/Guardians to make any schedule changes if needed.
- All students must have a CIB on file with the JOM Program BEFORE receiving school supplies. Please feel free to call 869-9810 to double check or confirm that we have a CIB for your student(s) or if you have questions. No supplies will be given out until a CIB is received for each student.
- Meetings will only be held on the scheduled days/times listed. After the listed days/time, no special meetings/ make up meetings will be scheduled. Please make a note of the available times for each day and your schedules to avoid missing a meeting.
- If you have any questions, please do not hesitate to call.

Mandatory Meetings are scheduled as follow:

Monday — August 4, 2014: 9am, 11am, 1pm, 3pm, and 5pm.  
 Tuesday - August 5, 2014: 9am, 11am, 1pm, 3pm, and 5pm.  
 Wednesday — August 6, 2014: 9am, 11am, 1pm, 3pm, and 5pm.  
 Thursday- August 7, 2014: 9am, 11am, 1pm, 3pm, and 5pm.  
 Friday- August 8, 2014: 9am, 11am, 1pm, 3pm, and 5pm.

**And an ABSOLUTE last chance meeting day:**

Saturday- August 9, 2014: 9am, 11am, 1pm, and 3pm.

Remember that you need only to attend ONE meeting in order to receive school supplies. If you have any questions regarding eligibility, the documents required for school supply distribution, or any other program related questions, please feel free to call the JOM Program at 869-9810.

We hope everyone has a great rest of the summer! Stay cool and safe!



## Pueblo of Isleta Veterans Association... Veterans Helping Veterans....

Next meeting, on Wednesday, July 16, 2014, at 6:30 PM at the Recreation Center. However, if we become daring, we may have our meeting at our future home in Los Charcos, at the Richard "Dickie" Baker Field.

The Association is still waiting for the capital outlay funds that were allocated to the Association by the 2013 NM State Legislature. The funds will be utilized to connect the utilities, i.e. electricity, gas and water, and installation of a waste water disposal unit. Once all this work is completed, the Association will have a permanent home.

We have been asked about the list of Veterans names displayed at the Governor's office; it seems that there are some Veteran's names missing, and there may be names of persons who are non-Veterans. The Association has started work on an "official list" of tribal Veterans, and we need your help. If you know of a Veteran name that is not on the list, please call Ulysses at 307-1582, give the name, branch of service, years of service, or e-mail to uabeita@yahoo.com. Capt. Steve Abeita (USA), Judge Advocate, will be working on compiling the official list.

Any honorably discharged Veteran may join the Veterans Association. Annual dues, which are \$10, have been waived new members. (And but as always ... donations are, always, accepted). Every member will receive a polo shirt and cap with the Pueblo of Isleta logo.

To know more about us...check out our website at isletava.org., or for any questions, please call 307-1582.

## Car Seat Clinics

Stephanie Barela, Health Educator 869-4479 ■ sbarela@islclinic.net

### Have you ever been to a Car Seat Clinic? What is it? Why do we have them?

The purpose of a Car Seat Clinic, also known as a Child Safety Seat Check, is to educate parents, grandparents and guardians on properly installing and the proper use of their child/grandchild's car seat. If the car seat is out of date, recalled or not appropriate for the child, there is a possibility that the car seat may be replaced if there are seats available. However, at car seat checks, **car seats are not just given away**. There are guidelines we must go by and we are not allowed to give away car seats freely. Our Child Passenger Safety Technicians (Frances Anchondo, 869-4482 and Stephanie Barela, 869-4479) are available by appointment year round. Each appointment can take up to an hour. Your child and a car seat **MUST** be present in order complete the car seat check. During each Car Seat Check, we will **Inspect - Install - Educate**:

- review the suitability of the child car seat
- ensure the harness is properly fitting with the child
- demonstrate the correct installation
- discuss injury prevention
- answer any questions

### Why is it important to use Child Safety Seats for your child?

Motor vehicle injuries are the leading cause of death among children in the United States, but many of these deaths can be prevented. Placing children in age- and size-appropriate car seats and booster seats reduces serious and fatal injuries by

more than half, according to the Centers of Disease Control (www.CDC.com). In the United States during 2009, 1,314 children ages 14 years and younger died as occupants in motor vehicle crashes, and approximately 179,000 were injured. One CDC study found that in one year, more than 618,000 children ages 0-12 rode in vehicles without the use of a child safety seat, booster seat or a seat belt at least some of the time. Not only are parents not ensuring the child to be in a safety seat, but if they do put them in a safety seat, it is usually used incorrectly. One study found that 72% of nearly 3,500 observed car and booster seats were misused in a way that could be expected to increase a child's risk of injury during a crash. Not only do we see national studies that show a high number of car seats being incorrectly installed, but every year at Isleta Health Center's Car Seat Clinics, we see many car seats incorrectly installed in our community.

On May 30, 2014, the Isleta Health Center held a Car Seat Clinic at the Isleta Rec Center. There were 8 Car seats inspected, 5 of which were incorrect for the child,



### Isleta Parks & Recreation Center

## 2014 XC



**Any parents/ guardians interested in signing up their child or children AGES 5-12 for this year's new season of Cross Country are welcome to the parent meeting on Friday June 27<sup>th</sup> 5:30pm at the Soccer Fields located at the Recreation Center.**

**Contact Philip @ [POI91203@isletapueblo.com](mailto:POI91203@isletapueblo.com) or 869-9777.**





## Los Lunas High School & Valencia High School

### Registration Dates for Los Lunas High School

- Tuesday, July 29 – Seniors
- Wednesday, July 30 – Juniors
- Thursday, July 31 – Sophomores
- Friday, August 1 – Freshman
- Monday, August 4 – Make – up Day

Parent Advisory Council ... from Dan Padilla, Principal, Los Lunas High School. "I would like to extend an invitation to any parents or guardians who are interested in participating in next year's Parent Advisory Council ... one of LLHS's many goals is to become more customer and community friendly; parents and guardians play a big role in that endeavor. If you are interested in participating, please send e-mail to jowensby@llschools.net.

### Important Dates at LLHS.

- August 13 – First Day of School
- September 1 – Labor Day (No School)
- October 10 – 13 – Fall Break (No School)
- November 11- Veteran's Day (No School)
- December 19 - Last day of Semester

"In response to Common Core State Standards and an increased number credits required for graduation, the district will be implementing a schedule change next school year. In next year's A/B Block Schedule, students will enroll in eight different classes, which will meet every two days in an alternating schedule (classes will meet 85 – 90 minutes every other day). The new schedule will allow teachers to design more rigorous and hands on instruction, while allowing students to focus on four classes each day (and have homework for only four classes each night). Further, this change has enabled LLHS to expand its current elective offerings. LLHS will increase the number of sections available in fine arts, expand its Certified Nursing Assistant (CAN) program to two semesters, and introduce new electives to the schedule, including guitar, chorus, health careers, and marketing."

### Registration Dates for Valencia High School

- Tuesday, July 29, 8 AM – 12 PM – Seniors
- Wednesday, July 30, 8 AM – 12 PM - Seniors and Juniors
- Wednesday, EVENING SESSION, July 30, 3 PM – 6 PM - Seniors and Juniors
- Thursday, July 31, 8 AM – 12 PM - Sophomores
- Friday, August 1, 8 AM -12 PM - Freshmen
- Friday, EVENING SESSION, August 1, 3 PM – 6 PM
- Monday, LATE REGISTRATION, August 4, 7:30 AM – 12:30 PM – All Grades

Summer School Session will end on July 3, which means that administrators, teachers, and counselors will probably not be available till the first days of registration. If you should have questions, submit them to banalla@llschools.net.


**COLUMBIA UNIVERSITY**  
 IN THE CITY OF NEW YORK

# ALTERNATIVE

## EDUCATION PROGRAM

### JULY 21-25, 2014

#### ISLETA PUEBLO

**WHO:** OPEN TO ALL STUDENTS, PREFERABLY MIDDLE AND HIGH SCHOOL AGES

**OVERVIEW:**

THIS IS A WEEK LONG SUMMER PROGRAM THAT WILL BE PUT ON BY STUDENTS FROM COLUMBIA UNIVERSITY. THE PROGRAM'S GOAL IS TO **ENGAGE, EMPOWER, AND ENCOURAGE** THE STUDENTS. IT WILL COVER TOPICS RANGING FROM EXPLORING IDENTITY OF SELF AND SOCIETY, INVESTIGATING AMERICAN INDIAN GENOCIDE AND RESISTANCE TODAY, NATIVES IN THE MEDIA, TRIBAL GOVERNMENT, AND COLLEGE ADMISSIONS WORKSHOPS. THIS IS A WEEK LONG PROGRAM THAT IS AIMED AT GETTING STUDENTS INTERESTED IN PURSUING THEIR AMBITIONS AND GOALS.

**MENTORSHIP:**

EACH STUDENT IN THE PROGRAM WILL HAVE THE OPTION TO HAVE A COLUMBIA STUDENT BE THEIR MENTOR. THESE ARE LONG LASTING RELATIONSHIPS THAT THE STUDENTS CAN UTILIZE WHENEVER THEY WANT (IF THEY HAVE QUESTIONS IN THE UPCOMING YEARS ABOUT COLLEGE OR WHAT IT IS LIKE TO BE A NATIVE STUDENT). THE STUDENTS WILL LEARN HOW TO PREPARE FOR COLLEGE AND WHAT COLLEGE LIFE IS LIKE

*FREE LUNCH PROVIDED  
FREE COLUMBIA UNIVERSITY GEAR  
FREE COLLEGE MATERIAL*

*COLLEGE ADMISSIONS INFO SESSION  
THURSDAY NIGHT OPEN TO COMMUNITY*

PICK UP MORE INFORMATION AS WELL AS REGISTER FOR THE PROGRAM  
AT THE DEPARTMENT OF EDUCATION OR CALL 505-869-9790 OR  
EMAIL: DDL2127@COLUMBIA.EDU

## College Campus Tours

### July 14th to July 16th


**New Mexico Tech**  
 And  

**New Mexico State University**

*Sponsored by POI Department of Education and JOM*

This opportunity is open to JOM eligible high school students & Isleta high schools students enrolled in private institutions.

Preference for Senior and Juniors with any remaining spots open to Sophomores and Freshman. (max. of 14 students)

Interested high schools students must submit a letter of interest including their future goals or interests in post-secondary education (Please remember, include student's name, high school attending, grade, and a contact phone number).

## Deadline: July 3rd

Letters must be submitted by the deadline, 7/3/2014

For additional information please contact:

POI's Department of Education office at (505) 869-9790.



## Parks & Recreation

The summer program is in full swing with plenty of children attending our program on a daily basis. In fact, this is the most ever in the 14 years as being your Director that we had attending. At this point we are averaging about 225 to 290 children attending on a daily basis. Now that summer school and the Language Program have begun we notice a small drop but needless to say it is still consistently high. With these high numbers we are forced to schedule at least two (2) groups to be gone on a daily basis for special field trips so we can make it a much safer and well rounded program. Our major field trips on Fridays continue to be one the children including those from summer school and the Language Program continue to frequent. So far, we have taken major field trips to the Cliff's Amusement Park, Roller Skate City, the Movies at Century Rio 24 and Cosmic Bowling at Santa Ana. Even our 4 and 5 year old program under the direction of Kimberly Chiwewe and Constance Olguin are full to capacity. The 4 and 5 year old program is the only one that has a registration limit of 25 children. The rest of our programs are open to all of our tribal members and descendants. Our biggest group of children attending is our 12 to 16 year old group. We have about 90 youth registered and it continues to grow every year. Nationwide, this group is better known as the forgotten age group because most Recreation programs and cities don't have programs for this age categories because of the number of problems they cause. Usually they program for 6 to 12 year olds only, and yet these (12-16 year olds) are probably the ones who need organized activities more then most. They aren't old enough to work, and yet too old to hang out with the elementary school age children. But here at the Pueblo of Isleta we do what we can to keep this age group busy and engaged in activities. Programming efforts are a little bit different for them, but needless to say Carl Anderson and Summer Intern Andrea Wilson are doing a fantastic job with this group. We have had a few disciplinary problems with them but a few suspensions have curbed them from acting too bad. Although we have had a few issues, I have never been so proud of my staff for the handling of our children and keeping the children busy with activities. I am also proud of the many volunteers that assisted us with our program. Pictured is a collage of pictures of the children enjoying the many different activities (even our 6 to 7 year olds dancing to a video on television) that we are offering.







### Little League

The District 9 All-Star Tournament begins this weekend beginning June 27th and lasting about a week. Because of time constraints for having this newsletter in by June 24th we will report on this tournament in next month's newsletter.

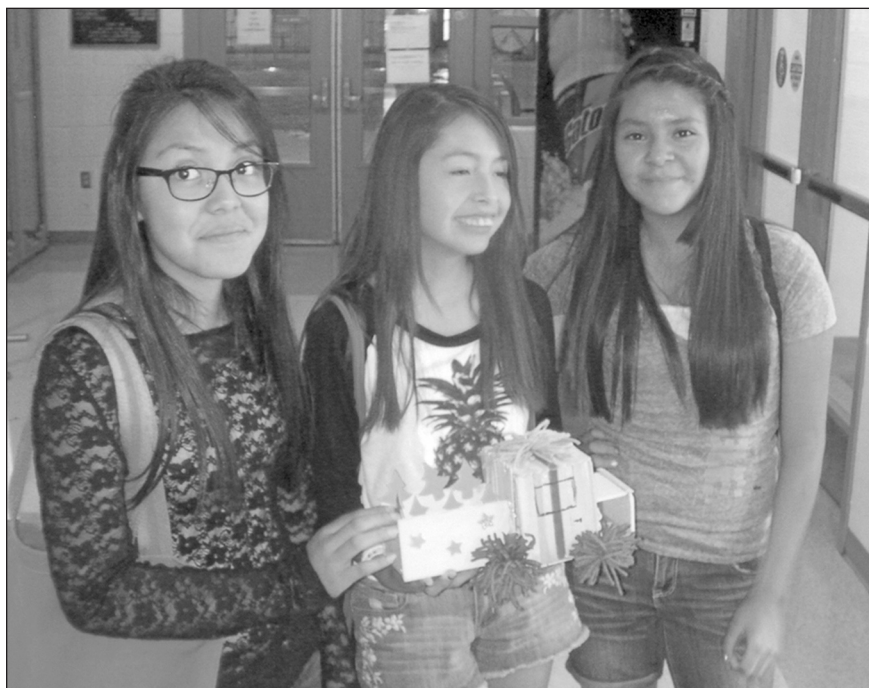
### Arts/Crafts

Our summer arts/crafts program under the leadership of our three Nanas, Abenita Abeita, Gloria Abeita, and Marie C. Lucero has really taken those efforts to new heights. They continue to provide another activity that really keeps our children focused with some neat projects that they really get into and stay focused until their completion. All of the projects they work on are age appropriate with the more difficult and complex projects going to our older participants. Thank you Nanas for providing the service and projects that you do. Our children really enjoy all of what you provide. Pictured below is another collage of pictures with our youth engaged in Arts/Crafts activities.



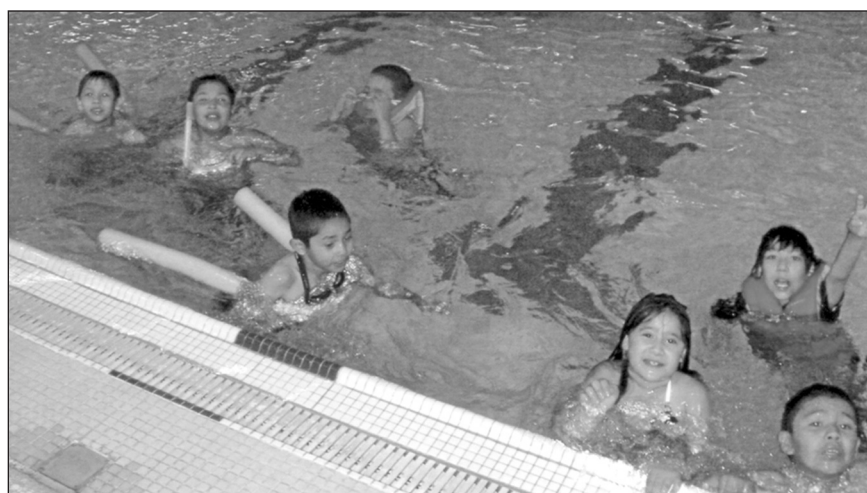
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*(Arts/Crafts Continued)*

### Aquatic News

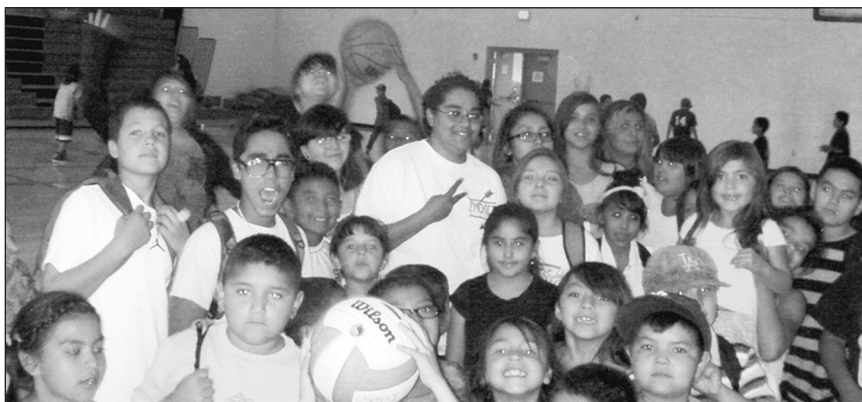
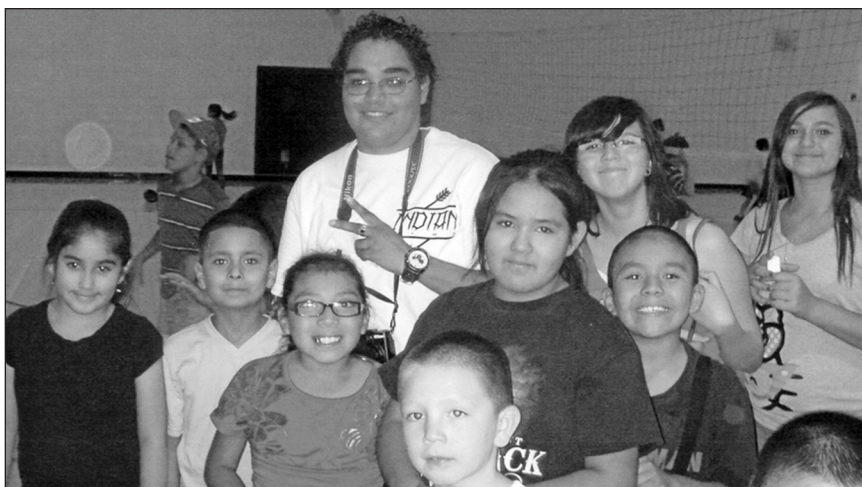
With this hot summer in full gear our swimming pool continues to be a way that our children and many families get to cool off through swimming. On a daily basis our children through their Rec. leaders schedule either a morning (10:00 am through 11:30 am) or afternoon session (1:00 pm through 2:30 am) for swimming and playful water activities. Please remember the pool is open as early as 5:30 am for lap swim until 7:30 pm Monday through Thursday and on Fridays until 7:00 pm, and on Saturdays from 12 pm until 3:30 pm. For more information, please call the swimming pool at 869-9783. Because of the playful activities the children enjoy we are grateful to Tribal member, Lapen Padilla donated two boxes of floating noodle tubes for the children to enjoy while utilizing the pool. Pictured below is Lapen Padilla with one of two boxes she donated to our program and of our children enjoying the floating noodles in the pool. Thank you so much, the children are really enjoying these floating noodles.





### And I "Rise" Tour

On June 11th we were the host site for the "And I Rise Tour" presented by Brenda Atencio better known as G. Precious from the Pueblo of Ohkay Owingeh. She is a Native American female Hip Hop Artist and 2013 NAMA Nominee. She shared her story of her life, heart and soul through music and dance. The children really enjoyed her music and dance and upon her completion of this 1 hour presentation gave her a standing ovation. Her story about bettering ourselves as native people through hard work, schooling and fighting the temptations of alcohol and drugs really hit home with many of our children. Many of our children stayed back to get her autograph and take pictures with her. What a beautiful and heart felt presentation. We also had a number of Elders and adults attend and they too were pleased with her message.



Governor Torres is very concerned with the current weather conditions and the dangers that consumer fireworks present not only to personal safety, but the very real fire threat they pose to our community and the wildland areas. Due to current fire conditions, Governor Torres has issued an Executive Order prohibiting the use of fireworks within the exterior boundaries of the Pueblo of Isleta.

This is reinforced by the Stage I fire restrictions issued by the Bureau of Indian Affairs—Southern Pueblos Agency on May 27, 2014 and in accordance with the Pueblo of Isleta Law and Order Code. The restrictions consist of:

**STAGE-I:** The following acts are prohibited on tribal land, roads and camp grounds until further notice:

1. Smoking is prohibited in the Bosque, Forest, and Rangelands, except within an enclosed vehicle or building; a developed recreation site; or while stopped in an area at least three feet in diameter that is barren or cleared of all flammable materials;
2. Campfires are prohibited in the Bosque, Forest, and Rangelands, except in developed camp and picnic grounds where grills and fire rings are provided; and
3. **Use of fireworks is prohibited.**
4. The Public Services Department will issue Agricultural Burn Permits accordingly by coordinating with the Southern Pueblos Agency on a daily basis for allowable burn days. SPA agency will contact tribal representatives directly to request cease of burn operations when high winds create high probability of escaped agricultural burns. Remember to contact Isleta Police Dispatch before burning.

#### **POI Law & Order Code 30-12-17. Unlawful Burning.**

A. Any person who sets a fire or allows a fire to escape, leaves a campfire burning unsupervised, or causes a fire to be started by means of a lit cigar, cigarette, match or firework causing damage to any vegetation, forest, or structures is guilty of unlawful burning.

B. Any person found guilty unlawful burning is guilty of a Class D Misdemeanor.

We appreciate the community's cooperation as the ongoing drought conditions have caused grasses and other vegetation to be extremely dry and vulnerable to fire and pose a heightened risk of fire.





Tis the Dog Days of Summer! Greetings to you and you and you! Enjoy your days, stay hydrated and cool. Why not come to the Library cool off in our air conditioned facility, watch some YouTube videos, check out a book or two and may be a movie to enjoy with your family.

## News

Please remember that Fireworks are banned on the Isleta reservation due to current fire conditions and dry climate conditions. Be careful this Fourth of July and be safe!

The Library hours for Thursday July 3rd will be from 8:00am-4:30pm. Closure dates will be posted throughout the library and also posted on our Library Facebook page if any changes occur.

The Library will be closed Friday July 4th and Saturday July 5th due to the Fourth of July Holiday. Because of this closure, Patrons may borrow up to three media per account starting Tuesday, July 1st and will have a return date of Tuesday, July 8th.

Saturday July 26th the Library will be closed. The Library will be getting its carpet cleaned and fresh for the following week.

A friendly reminder that the Library will still be serving Summer Breakfast and Lunch through August 1st. Students age 1-18 may come and eat at the Library at absolutely no cost to you. Breakfast is served from 8:00am-9:00am. Lunch is served from 11:30am-1:00pm. The only rule is the all meals must be eaten at the Library and cannot be taken home. Please, if you have any questions or concerns call the Library at 505-869-9808.

## Upcoming

We would like to invite everyone in the community to our Final Summer Reading Program Presentation of photos and videos Friday July 25th (Time TBA). The students this summer were very creative and worked on photos and videos to present to the entire Summer Reading Program, parents, family and the community. Students learned how to properly take pictures on our digital cameras including all the function keys and filters. Please come join us as the students share their creativity and inspiration with everyone.

The Library has purchased new furniture for our Teen Room and also our General



*Story and Song time with the Summer Reading program for the Juniors.*



*Mario Kart Day for our Junior Group Summer Reading Program.*



*Playing with homemade play dough outside.*

Library Area. We have a new couch for our Teen Room and also new tables and chairs. For our General area we have new shelves for our Comic books, Graphic Novels and Manga book located in the back of the library by our new café style table and chairs. Come check it out!



*Free time and playing with costumes waiting for our Summer Lunch program to start.*



*Kids trying to guess who is under the sheet for our icebreaker game with the junior group.*



## Recap

Our Summer Reading Program is in full effect with awesome children present in the Library. Please do be patient with us as this is our busiest time of the year. The students have been engaged in everyday activities such as games, crafts, and picture taking. As well as field trips to ITZ, Century Rio 24, and Cochiti Tent Rocks, so far during the program. We have also had the opportunity to start reading groups with an appropriate book for each age group and so far the children have enjoyed it. Titles of books read in our program include: *The Absolutely True Diary of a Part-time Indian* by Sherman Alexie, *Where the Sidewalk Ends* (poems and drawings of Shel Silverstein), *Sorry You're Lost* by Matt Blackstone, *The Lemonade War* by Jacqueline Davies, *Holes* by Louis Sachar, and *Tales of a Fourth Grade Nothing* by Judy Blume.

The Pueblo of Isleta Public Library would like to thank Barbra Sanchez for her presence and representation at the Tribal Libraries Retreat in Santa Fe. We would like to thank you for your help and support. Thank you for hearing our concerns about the library and supporting us in getting funds from the Isleta Casino and Resort for our new book shelves for our Library.

Do you have a Facebook? Like the Isleta Pueblo Public Library Page and get access to Library information, Concert ticket giveaways, closures, Library Fine promotions, Community events and much more! If you have an event you would like promotion for come by the Library and we will be happy to post it for you. [www.facebook.com/IsletaPuebloLibrary](http://www.facebook.com/IsletaPuebloLibrary).



Youth group making a spaghetti tower trying to support the big marshmallow on top!



The Winning group of the spaghetti tower challenge making sure the tower doesn't fall.

## Hours of Operation:

### Library Hours

Mon-Thurs -8:00 a.m. - 6:30p.m.

Friday- 8:00a.m. - 4:30p.m.

Saturday- 9:00a.m. - 1:00p.m.

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

Mailing and Physical Address:

950 Moonlight Drive

Albuquerque, NM 87105

Phone: (505) 924-3192

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

Facebook Page: [www.facebook.com/IsletaPuebloLibrary](http://www.facebook.com/IsletaPuebloLibrary)

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

YouTube: [www.youtube.com/user/poilibrary](http://www.youtube.com/user/poilibrary)

## PUEBLO OF ISLETA ENVIRONMENTAL FAIR



The Pueblo of Isleta Environment Division will be having an Environmental Fair on July 19, 2014 at the Recreation Center. We invite the whole community to come out.

Invited participants include ABQ Bio-Park, Rio Grande Nature Center, Wildlife Rescue of New Mexico, ACME Environmental, US Fish & Wildlife Service, Animal Protection of New Mexico, NMSU Agricultural Science Center and Pueblo of Isleta Resources and Environment Divisions.

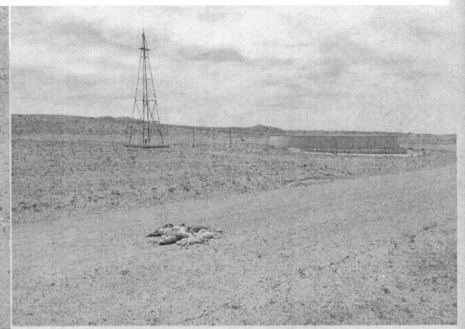
Location: Recreation Center TR 40

Time: 10 am- 3 pm

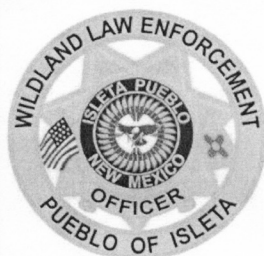
If you have any questions about this event please feel free to contact Ruben Lucero with Environment at 869-9819.

## \$1000 REWARD

For information leading to the conviction  
of individual(s)  
Responsible for the Wasteful Slaughter of Rabbits



The Pueblo of Isleta Wildland Law Enforcement Officers are working to identify the suspects responsible for the wasteful slaughter of these animals. On Tuesday, June 3, 2014 a total of 17 jackrabbits and cottontail rabbits were found piled in the middle of Tribal Road 16 on the East range. A similar occurrence happened in the same vicinity on Sunday, April 13, 2014. This wasteful slaughter is in direct violation of Traditional and Tribal Law. Any information leading to the conviction of the individual(s) responsible will earn you a reward of \$1000. This reward was made possible by the Resources Division and Animal Protection of New Mexico.



### Contact

1-877-5HUMANE

1-877-548-6263





## Isleta Health Center

### Behavioral Health Services

505-869-5475

#### • **Domestic Violence: How to Recognize It and What Can Be Done**

The matter of domestic violence can be a gray area for some due to a lack of information, lack of awareness, or a lack of understanding. However, it is important to know that domestic violence is the threat/act of physically, sexually, emotionally or mentally harming a household member. This can include a spouse/ex-spouse, domestic partner, or relative. No specific demographic group is associated with domestic violence; this is an issue that affects every community, age group, economic level, race and educational background. Considering this, it's also important to know that domestic violence can affect children, grandchildren and the generations following to create a never-ending cycle of domestic violence within our families.

This issue is quite complicated when considering the multiple reasons that a battered victim may have for not changing their situation; many of these individuals are often afraid of the potential physical harm or economic hardship that can result from leaving, as well as the possibility of losing their children or the only family they know.

Reaching out may be frightening for a victim of domestic violence. However, there are multiple resources available for those involved in incidents of domestic abuse. Isleta Behavioral Health provides services for both victims and their families. There are also shelters such as the S.A.F.E. House in Albuquerque (505-247-4219) as well as the Valencia Shelter Services for Victims of Domestic Violence, located in Los Lunas (505-565-3100). There is also the New Mexico Crisis and Access Line (1-855-662-7474) and the Agora Crisis Center at (505-277-7855). These are just a few of the many resources available for victims of domestic violence. Please help prevent domestic violence by informing yourself and others about this issue.

Source: [http://www.ncadv.org/files/DomesticViolenceFactSheet\(National\).pdf](http://www.ncadv.org/files/DomesticViolenceFactSheet(National).pdf)

#### **About Suicide: What It Is and How to Seek Help**

Depression can take on many forms, with the most obvious being feelings of sadness, loneliness, or hopelessness. However, depression can also come in the form of bodily aches and pains, excessive fatigue or lack of energy, lack of/increased appetite, loss of interest in everyday things or the people around you, and loss/increase of sleep. These symptoms are often mistaken as other health problems,

however, if you find yourself feeling this way without any evident physical issues then you may be experiencing depression.

On the topic of suicide, depression is the most common reason for suicidal ideation or suicidal attempts and there are a few facts that one should know concerning this issue. About 80% of people that commit suicide warn others around them that they are intent on taking their own lives. For those that are considering suicide, it is not so much death that they seek but a way to stop or end the pain that they are feeling. In fact, many individuals that are experiencing suicidal ideation are likely to attempt suicide 3 months after they have begun to seek help or feel better because at that time they have more energy to make the attempt and may still be depressed.

Luckily, there are many ways that one can treat depression. Having a healthy lifestyle by exercising, eating a balanced diet, having a good sleep schedule, and managing stress in a healthy and effective way can help reduce stress and depression and therefore lower the risk of suicide. Making changes in your life that create a positive living experience is also a protective factor, such as improving your personal relationships or challenging negative ways of thinking. Finally, seeking professional help from a counselor or utilizing medications are also effective ways of decreasing suicidal feelings.

Seeking help as soon as possible is the best solution for such cases—for more information: [http://www.save.org/index.cfm?fuseaction=home.viewPage&page\\_id=1](http://www.save.org/index.cfm?fuseaction=home.viewPage&page_id=1) or talk to your primary care physician about any concerns or questions.

Source: Agora Crisis Line Specialist Manual

#### • **Summer Program for IBHS Youth**

We are leaving June and heading into July in anticipation of July 4th celebrations and continuing summer fun. The month of June has kept us busy with planning and activities involving the Prevention Program. On that note, we would like to wish all dads a belated happy Father's Day, which was June 15th.

June 3rd was the starting date for our summer session for our youth group. Tuesdays and Thursdays have been days of planning, coordinating and activities for YLYK. The week of June 16th was when the Tiwa Language Program began, a program that we will be collaborating with on Mondays and Wednesdays.

Our first outing of the month was the 13th, in which the youth group attended the Sandia Feast. In addition, on June 16th our very own Prevention Program assisted the Isleta Police Department with painting over graffiti in preparation for the Governor's Feast on June 21st. On Wednesday, June 18th we held a Grocery Bingo/Food Sale that was quite a success. We had a great turnout and would like to thank all the community members that attended our event and made donations, as well as the youth members that took charge and helped coordinate our bingo night. Our next Grocery Bingo/Food Sale will take place on July 2nd from 5:30-8:30 at the Old Court House. The bingo games will be 10, 25, and 50 cent games and we will be selling \$3 dinner plates. For further information in case of changes please call IBHS at 505-869-5475.

Another event coming up is July 25th, which will be the "Run for Your Heart" fun run/walk at the Diabetes Wellness center. As a reminder, the Isleta Health Center's 10th Annual Community Health Fair will be taking place on July 12th from 9am to 12pm at the Health Center. Also, our Prevention Program will be holding a community event on the 26th of July. We hope you can join us!

We have had several planning meetings throughout the month in preparation for Camp Triumph, which will take place on July 21-24. The New Mexico National Guard, Bernalillo County Sheriffs Department, Isleta Pueblo, IBHS and Isleta Police are collaborating to make this a fun team-building event and great learning experience involving information about prevention and safety. The Prevention Program will be looking forward to this event as well as other youth summits that we are planning to attend, such as the Laguna Summit on July 15-16 and the CSVANM Summit on July 28-29.

A notable event we have coming up is our Isleta Youth Summit on August 16th and 17th. The youth from our prevention program will be giving other tribal youth a presentation about cyber bullying as well as participating in experiential learning and other fun activities for the duration of the youth summit. We are inviting tribal youth ages 10-17 to join us—however, registration is limited so please contact us for further information if you are interested in participating.

Again, you can receive further information by calling IBHS at 505-869-5475. Thank you!



## WIC NOTES

### World Breastfeeding Week

Every year the Pueblo of Isleta WIC Program joins the world in celebrating moms who have made the choice to breastfeed their babies. Please join us Friday August 1 from 11:00 -1:00. We will have snacks and activities.

Additionally, we are inviting the public to review and offer comment on the WIC State Plan.

#### **Breastfeeding**

Your decision to breastfeed is the natural and best choice for your baby.

Babies want routine:

- ▶ Breastfed newborns need to nurse frequently-at least eight times a day, every two or three hours on average.
- ▶ But all babies are different; so don't be surprised if your infant wants to nurse only an hour after his last feeding.
- ▶ At night, don't let your baby sleep longer than five hours without nursing until she is at least a month old.
- ▶ Allow your baby to finish nursing at the first breast first, then offer the other breast if baby still seems hungry. Letting your baby finish at the first breast allows her to receive the high calorie hindmilk.

New moms often don't feed their babies until they cry, but tears are actually a sign that you have waited too long. Some babies will even become exhausted from sobbing and end up nursing poorly by the time they are finally brought to the breast. Crying is a late sign of hunger.

Early signs of hunger:

- arousal from sleep
- flexing of his arms and legs
- rooting
- bring a hand to his mouth and
- moving his mouth or tongue

Heidi Lanes, WIC Nutrition Coordinator

## Isleta Head Start & Early Head Start NOW ACCEPTING APPLICATIONS

**For the 2014-2015 program year!!**

**\*\*Head Start applications are accepted for children ages 3 years (as of August 31, 2014) up to 5 years of age**

**\*\*Early Head Start applications are accepted for families that are Prenatal up to age 30 months**

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

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

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

**\*\*The following items are needed to fill out an application:**

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

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

**There are still slots available for both programs. Please make an appointment to complete your child's application ASAP as program staff will not be available to take applications during the month of August due to Professional Development training.**

2014 Schedule

**ICES**

## Isleta Cancer Education & Support 2nd Tuesday of the Month

10:30-noon at the Isleta Health Center unless otherwise noted

Date	Topic	Speaker	Organization
7/8/2014	Finding the Best Cancer Treatment	Dr. Naraev	New Mexico Cancer Center
8/12/2014	Prostate Seed Implantation	Dr. Guo	New Mexico Cancer Center
9/9/2014	<b>Evening Session 6-7:30pm</b> "Cancer Treatment: How to make informed choices about standard care and clinical trials." <b>DINNER SERVED</b>	<b>BLOOD CANCER AWARENESS MONTH Meeting in the Kitchen at the Isleta Health Center</b>	The Leukemia & Lymphoma Society
10/14/2014	Prevention	Joseph Toledo	Jemez Pueblo
11/11/2014	Canceled due to Veteran's Day		
12/9/2014	Christmas Party/ Survivor Panel		

Topics are subject to change.

CONTACT

### Isleta Pueblo News



**Editor:**

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### 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 quit .....on 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](http://www.ffsonline.org)

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



Isleta Health Center Calendar				Questions? Call 869-3200	July 2014	
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1 Women's Support Group: 10-11am @ BHS.  Acu-Detox: 1-2pm @ BHS.  Adult Wellness: 5-6pm @ BHS.	2 Parent Group: 9-11am @ BHS.  Anger Management Skills: 1-3pm @ BHS.	3 Women's Path to Recovery: 1-2:30pm @ BHS.  Grief Group: 1-2:30pm @ BHS.  Str8 Rez: 4:30-6pm @ BHS.	<b>4th of July</b> <b>Health Center Closed</b>	5
6	7 Early Recovery Skills: 9-11am @ BHS.  Young Leaders Youth Krew: 4:30-6:30p @ BHS.	8 Women's Support Group: 10-11am @ BHS.  Isleta Cancer Education & Support (ICES): 10:30-12pm @ IHC, Small Conf. Room. "Finding the Best Cancer Treatment"  Acu-Detox: 1-2pm @ BHS.  Adult Wellness: 5-6pm @ BHS.	9 Parent Group: 9-11am @ BHS.  Anger Management Skills: 1-3pm @ BHS.	10 Women's Path to Recovery: 1-2:30 pm @ BHS.  Isleta Diabetes/Obesity Prevention Advocacy Group: 1-2pm, Health Center's large conference room.  Grief Group: 1-2:30pm @ BHS.  Str8 Rez: 4:30-6pm @ BHS.	11 Early Recovery Skills: 9-11am @ BHS.	12 <b>10th Annual Isleta Community Health Fair</b> <b>9am to 12pm</b> <b>@ Isleta Health Center</b>
13	14 Early Recovery Skills: 9-11am @ BHS.  Young Leaders Youth Krew: 4:30-6:30p @ BHS.	15 Women's Support Group: 10-11am @ BHS.  Acu-Detox: 1-2pm @ BHS.  Adult Wellness: 5-6pm @ BHS.	16 Parent Group: 9-11a @ IBHS.  Anger Management Skills: 1-3pm @ BHS.	17 Women's Path to Recovery: 1-2:30pm @ BHS.  Grief Group: 1-2:30pm @ BHS.  Str8 Rez: 4:30-6pm @ BHS.	18 Early Recovery Skills: 9-11am @ BHS.	19
20	21 Early Recovery Skills: 9-11am @ BHS.  Young Leaders Youth Krew: 4:30-6:30 p @ BHS.	22 Women's Support Group: 10-11am @ BHS.  Acu-Detox: 1-2pm @ BHS.  Adult Wellness: 5-6pm @ BHS.	23 Parent Group: 9-11am @ BHS.  Anger Management Skills: 1-3pm @ BHS.	24 Women's Path to Recovery: 1-2:30pm @ BHS.  Grief Group: 1-2:30pm @ BHS.  Str8 Rez: 4:30-6pm @ BHS.	25 Early Recovery Skills: 9-11am @ BHS.	26
27	28 Early Recovery Skills: 9-11am @ BHS.  Young Leaders Youth Krew: 4:30-6:30pm @ BHS.	29 Women's Support Group: 10-11am @ BHS.  Acu-Detox: 1-2pm @ BHS.  Adult Wellness: 5-6pm @ BHS.	30 Parent Group: 9-11am @ BHS.  Anger Management Skills: 1-3pm @ BHS.	31 Women's Path to Recovery: 1-2:30pm @ BHS.  Grief Group: 1-2:30pm @ BHS.  Str8 Rez: 4:30-6pm @ BHS.	<b>REMINDER:</b> <b>NO CHR TRANSPORTS ON FRIDAY, JULY 4<sup>th</sup>.</b>	



# Freedom From Smoking

NEED HELP STOPPING SMOKING?

SIGN UP FOR

THE ISLETA HEALTH CENTER'S


## Freedom From Smoking

PROGRAM NOW!

STARTS SEPTEMBER 22, 2014 AT 5:30PM

SIGN UP NOW!


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



Isleta Cancer Education & Support Group

## Finding the Best Cancer Treatment

Dr. Naraev

New Mexico Cancer Center

**July 8, 2014**  
**10:30 to noon**

**ISLETA HEALTH CENTER**  
**SMALL CONFERENCE ROOM**  
 SIGN IN AT RECEPTION DESK & GET A VISITOR BADGE

**Please join us!**  **Everyone welcome!**

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