



Isleta Pueblo News

Volume 8 Issue 12

December 2013

FROM THE OFFICE OF THE GOVERNOR

2013 White House Tribal Nations Conference Washington, D.C.

Governor Eddie Paul Torres attended the 2013 White House Tribal Nations Conference in Washington, D.C., on Wednesday, November 13, 2013 along with tribal leaders from among the 566 federally recognized tribes. During a special audience with President Obama tribal leaders expressed Indian Country's top priorities and recommendations prepared in a NCAI briefing book for action that will transform our nation-to-nation relationship.

The priorities included:

1. **Visit Indian Country.** During the President's campaign, a promise was made to the Tribal Leadership that President Obama would visit Indian Country when elected. A Presidential visit to Indian Country would draw national attention to his commitment to our nation-to-nation relationship.

2. **Create an Interagency Native Policy Council.** The Council would ensure participation at the highest level across the agencies and would facilitate the focus on policies of overlapping responsibilities to ensure effective interagency coordination. This has become a reality by Executive Order, establishing the White House Council on Native American Affairs, signed by President Obama.

3. **Modernize the Trust Relationship.** Recognizing the new era that has been launched by the finalization of Cobell and other trust settlements. That the President should require the Department of the Interior to take the lead, with other federal agencies, to work with tribes in a true partnership to identify strategies to modernize the trust relationship and determine priorities focused on creating economic security and strengthening our communities.

4. **Establish an Administration-wide Policy on Sacred Places.** The President's commitment to Indian Country must include a commitment to our religious freedom and places of religious and cultural significance.

5. **Promote Economic Security by Ensuring Governmental Parity between Tribes and States.** Federal policy fails to recognize governmental parity between tribes and states hurts the American economy by limiting the economic potential of tribal nations.

6. **Recognize our Nation-to-Nation Relationship in International Forums.**

The 2014 World Conference on Indigenous Peoples offers a unique opportunity for the President to draw international attention to his commitment to our nation-to-nation relationship.

7. **Prioritize Appointments that Impact Indian Country.** Elevating Native people in the federal government was a top priority for Indian Country. The President made significant progress on priority appointments in his first term. Key priorities for the second term include:

- To create an Associate Director for Native Programs position in the Office of Management and Budget (OMB)
- Appoint Native People to the Federal Judiciary.
- Hire Young Native Professionals to Entry and Mid-Level Positions.

8. **Direct the Census Bureau to Lead a Periodic Indian Country Economic Survey.**

The Census Bureau has the capacity to gather meaningful tribal input and coordinate data efforts with other agencies to develop a regular economic survey that provides data to support tribal and federal policymaking to establish economic security and prosperity for our nations.

9. **Ensure Tribes are Included in National Policy Reform Efforts.**

Tribes must be at the table as the Administration works with legislative leaders to develop reform efforts on issues including tax, education, elections, immigration, and climate change.

National Native American Heritage Month, 2013

By proclamation, the PRESIDENT OF THE UNITED STATES OF AMERICA proclaimed November 2013 as National Native American Heritage Month (see insert). A signed copy by President Barack Obama of the Proclamation was provided to Governor Eddie Paul Torres which was on display at the Community Meeting held on 11/23/2013 at the Isleta Resort and Casino. The Proclamation will be permanently displayed in the Governor's office.

2013 New Mexico Indian Education Summit Santa Fe, NM

November 21-22, 2013, a State-Tribal Government-to-Government summit was held at the Institute of American Indian Arts Center for Lifelong Education Santa Fe, New Mexico pursuant to the New Mexico Indian Education Act which requires government-to-government meetings to be convened semi-annually by the Secretary and Assistant Secretary for the express purpose of receiving input on education of tribal students. The summit was well attended by NM Tribal Leadership, New Mexico Public Education Department Hanna Skandera, Secretary of Education and Ferlin Clark, Assistant Secretary for

Indian Education.

The agenda items for the summit included:

- **Report from State of New Mexico on Public Education** by Hanna Skandera, Secretary of Education.

- **Comments & Recommendation from Tribal Leaders on Education of Tribal Students.**

- **New Mexico State Equalization Guarantee Funding** by Hipolito Aguilar, Deputy Secretary, Finance and Operations. Discussion on the formula computation and distribution of SEG funding to school districts including consideration of 75% credit of Impact Aid, Indian Add on, Special Education Add on, operations, and construction cost.

- **NM PED-Common Core State Standards** by Karina Vanderbilt, Policy Program Manager. The Common Core State Standards are new standards in Math and English language arts designed to prepare all students for college and careers by the time they graduate high school.

- **Bureau of Indian Education,** Wendy GreyEyes, Education Research Analyst, ADD Navajo. Presentation provided an overview of the recent data exchange agreement between the Bureau of Indian Education (BIE) and the Navajo Nation Department of Education.

- **Pueblo of Jemez on Community Based Approach to Innovative Education Programming** by Odessa Waquiu, Education Services Center Manager. The session provided an overview of the innovative programs established to meet the educational needs of Children and Youth.

- **NM PED-Partnership for Assessment of Readiness for College and Careers (PARCC)** by Lynn Vasquez PARCC Assessment Director. The session provided an overview of the PARCC Assessment System as well as provided general information on test administration and technology readiness as the 2014-15 PARCC implementation year approaches.

- **John Hopkins-Feast for the Future Program. An innovative initiative to promote nutritious foods and healthy development in native communities.** By Ventura Lovato, Johns Hopkins Center for American Indian Health. The Johns Hopkins Center for American Indian Health in partnership with 3 tribal communities in the Southwest is implementing an innovative and holistic nutrition program.

(continued on next page)

- **Long-term sustainability of Language Initiatives in New Mexico current issues and challenges** by Christine Sims, Ph.D., UNM and Carlotta Penny Bird, Ph. D., UNM. The session provided information on engaging New Mexico tribal language programs in planning and implementation of language immersion initiatives into tribal communities and local schools.

- **NM PED-Teacher Evaluation** by Matt Montano, Director of Educator Quality. A focus group discussed a simple questionnaire designed to identify the training needs of faculty and staff in the various school systems serving Native students, the questionnaire will enable Institute of America Indian Arts to determine its role in fulfilling those training needs.

- **IPCC 100 Years Curriculum** by Christine Sims, Ph.D., UNM and Travis Sazo, Executive Director, IPCC. The session focused on a Pueblo focused curriculum project (K-12) by the Indian Pueblo Cultural Center (IPCC) supported by the W.K. Kellogg Foundation.

- **NM PED-Bilingual Multicultural Education** by Icela Pelayo Cervantes, Ph.D., BMEB Director. The Bilingual Multicultural Education Bureau is

charged with assisting districts and charter schools in implementing state bilingual multicultural education and Federal Title III programs across the state. The presentation provided an overview of relevant governing statutes, program requirement and funding.

- **Indian Policies and Procedures** by Paula Gutierrez, Jacquelyn Gutierrez and Ramus Suina. The session focused on the importance of student data, Tribal consultation, Tribal verification of students, and the use of Impact Aid.

- **Southwest Comprehensive Center- Technical Assistance**, by Jacob S. Tsotigh, TA Coordinator. The session provided an overview of projects undertaken in Year One of SCC in the area of Indian education and provided descriptions of potential projects in the State of New Mexico including an Advanced Placement summit on the Preparation and recruitment of American Indian Students into Advanced Placement courses.

- **Language & Cultural Preservation in the Common Core State Standards Era**, by Florina Johnson, Rough Rock Community School. The session focused on five areas of culture based education and

five expected outcomes for the sake of indigenous language and cultural revitalization and maintenance. This is an on-going effort in developing an evolving program.

- **American Indian Education** by Guy Archambeau, Ed.D. Vice President, Acoma Board of Education. The focus of the session was accelerating the Academic Achievement of NM American Indians through academic language development within a culturally and linguistically relevant common core curriculum.

The NM Indian Education Summit was attended by Governor E. Paul Torres, 1st Lieutenant Antonio Chewiwi, Ms. Geraldine Jojola and Ms. Beverly Piro, POI Education Department.

Message from the Governor

As we reach the closing of the Year 2013, I can truly say that the Pueblo of Isleta has made notable and continued progress on projects that advance our work and enshrine our fundamental values in our culture and traditions in hopes of bettering our future. Thank you again for your continued support and confidence in allowing me to serve as your Governor.

St. Augustine Church Wins Preservation Award

Photo Credits: Alan & Lisa Cherino

The Pueblo of Isleta and the St. Augustine Church were among 18 organizations who were awarded a Preservation Honor Award by the National Trust for Historic Preservation for the church restoration which was completed in August 2011. The Preservation Honor Award is presented to individuals, nonprofit organizations, public agencies and corporations whose skill and determination have given new meaning to their communities through preservation of our nation's architectural and cultural heritage. The award was presented to co-recipients: the Pueblo of Isleta, the St. Augustine Church Restoration Committee, Crocker Ltd., and Neil Carter Associates. Receiving the award at the Richard H. Driehaus National Preservation Awards ceremony in Indianapolis, IN on November 1, 2013 were former Isleta Governor Frank Lujan, Church Restoration Committee Co-chair Alan Cherino, and Crocker Restoration Project Site Supervisor, Jess Crocker.

In the presentation photo are (l-r): Jorge Hernandez (Vice Chair of the National Trust for Historic Preservation's Board of Trustees), Alan Cherino, Stephanie Meeks (National Trust for Historic Preservation President & CEO), Frank Lujan, and Jess Crocker.

The award ceremony in Indianapolis showcased a slide presentation of the church restoration project. The slideshow and award ceremony photos are available for viewing on the National Trust's website at the following links:

<http://www.preservationnation.org/resources/training/awards/2013-national-preservation-awards/st-augustine-mission.html>

<http://www.flickr.com/photos/preservationnation/sets/72157637670412155/>

Congratulations to the Pueblo of Isleta, the St. Augustine Church, and all the committees and people involved in the church's restoration! And many thanks to our community for their patience and support during the church's restoration effort!

The National Trust for Historic Preservation, a privately funded nonprofit organization, works to save America's historic places. Learn more at <http://www.preservationnation.org/>.



BLUE STAR MOTHERS

Support our Troops

Barbara Carlberg, President of Blue Star Mothers of Valencia County, spoke to the Pueblo of Isleta Veterans Association members last evening at their monthly meeting. BSMVC was established in 2007 and is a chapter of the national organization, Blue Star Mothers of America, Inc. BSM of Am. originated in 1942, during WWII, as a support organization for their sons and daughters serving in the Armed Forces as well as to assist in the country's war effort. Chartered by Congress in 1960, BSM has since grown to 211 chapters nationwide.

Blue Star Mothers provide a wide range of support to our active duty military personnel and their families, our veterans, and our wounded warriors. One of their major projects is to mail 'care packages' to our deployed troops overseas and just this week, sent 208 Christmas boxes containing a variety of food and snack items, socks, hygiene and first aid items, handmade Christmas cards, ornaments, and stockings; and books, DVDs, and other entertainment items. "Although most of our boxes went to the Middle East (Iraq, Afghanistan, Kuwait, Bahrain), others went to troops all over the globe. We were happy to include a 'touch of NM' by including green chile, salsa, and green chile jerky in the boxes," stated Carlberg. Many of the items included in the boxes are donated by individual citizens, organizations, and businesses in both Valencia and Bernalillo Counties.

Blue Star Mothers of Valencia County is always welcoming new members. Any biological, adoptive, or foster mother, stepmother, grandmother or legal guardian of a son or daughter who is currently serving or has previously served in the U.S. Armed Forces or has been honorably discharged is eligible to be a member. Spouses, other family members, or friends of the military are eligible to be an associate member. If you are interested in joining, please call Barbara Carlberg at 505-807-1033 or e-mail her at bluestarmothersvalenciaco@gmail.com

"Our next mailing of care packages will probably be at the end of February, and we are always seeking addresses for our deployed men and women so that they can receive a box." So if you have a valid address for someone who would like to have a package, please contact Barbara.



Native Business: Operating and Capital Budgets

Economic development within Indian Country is being pushed forward at increasing speed as Tribes learn to utilize both operating and capital budgets because these tools coordinate the allocation of resources, i.e. people, money, equipment, land and building, etc. Success may still be had without utilizing an operating and capital budget but likely at a slower pace.

Operating and capital budgets tie together goals, strategy, and tactics of an organization. An operating budget is a detailed projection of all estimated income and expenses based on forecasted sales revenue during a given period, usually a year. A capital budget is the planning of long term corporate financial projects using debt or equity to increase the value of a business, usually three to five years but can be longer. An operating budget is a short term budget; a capital budget is long term.

A primary goal of Tribal economic development is to increase the value of a portfolio of businesses so sufficient cash is produced to support a community. A business increases in value as it is able to improve both gross sales and net income after operating expenses and finance charges which is dependent upon management's effectiveness to plan, understand, and execute an overall strategy. Additionally, success can be defined in many different ways but usually tied to profit because the purpose of a business is to make profit and a result of profit is cash, the lifeblood of an organization.

Jim Stanley freely shares his knowledge in an effort to foster economic success in Indian Country. He is a tribal member of the Quinault Nation, Treasurer of the Tribal C-Store Summit Group, and Chairman of the Quinault Nation Enterprise Board. To contact Jim for comments, go to JimStanley.biz.

Isleta Health Center – Q&A series

The Isleta Health Center is conducting a series of "Questions & Answers" to explain the reasons for its administrative processes. If you have questions which you would like to have answered in this forum please feel free to send them to:

*Isleta Health Center
Attn: Administrative Services
P.O. Box 580, Isleta, NM 87022*

*Or simply drop off at the Q&A
Box located at the Front
Receptionist desk.*

Why do they do that?

Question #1: Why do I need to go through the Patient Registration process if I just did my registration update last week?

Answer: Although it seems an inconvenience to the patient to re-verify their demographic information every time they check in to the clinic, it is a standard process required by all health care facilities whether the Isleta Health Center or the Lovelace downtown hospital. The primary purpose is to collect your accurate and complete demographic information to assist in the Health Center's provision of high quality and appropriate patient care. For example, if you or a family member had a recent lab test and the results are critical; your primary care physician (PCP) must be able to contact you immediately to give you explicit medical instructions.

Question #2: Why do I need to provide my Medicare, Medicaid, and/or private insurance policy numbers at the time I register?

Answer: Using the same lab result scenario from Answer #1 above, your PCP may need to issue you a referral for immediate medical care outside of the Health Center. The Health Center's care coordinators must rely on the insurance information you provide at the time of registration in order to effectively coordinate your care through your insurance authorized network of providers to reduce potential medical costs to you and your family.

Question #3: Why does the Health Center charge my medical insurance if it already receives funding from the federal government per its trust responsibility to provide health care services to all eligible American Indians?

Answer: The amount of federal funding the Pueblo of Isleta receives from the Indian Health Service is not adequate to meet the growing health care demands. Luckily, the provisions of the Indian Health Care Improvement Act (IHCIA) authorize an Indian Tribe a *right of recovery*. This means the Pueblo of Isleta has a right to recover from insurance companies the reasonable expenses it incurred in providing health services to its members just like any other private doctor or medical facility does. The difference is the Health Center will not charge you the balance not paid by your insurance plan.

Question #4: Why does the Health Center require a copy of my Tribal Identification card, Tribal enrollment letter, or Certificate of Indian Blood (CIB)?

Answer: The Health Center is required to maintain documented proof that it only provides services to eligible American Indians per its contract agreement with the Indian Health Service. The documented proof is an official CIB (Certificate of Indian Blood) or official tribal enrollment letter that certifies an individual possesses a degree of American Indian blood of a federally recognized Indian tribe. The Pueblo of Isleta must present this proof during its annual audit.

Parks & Recreation

As we enter December, the end of 2013 is at hand. This however, has not diminished any of the activities in any way. In fact, it is quite the opposite. Two big events that we the Pueblo of Isleta will be involved with or hosting will be the Toys for Tots campaign that is being handled by the Isleta Police Department and the "Light the Path Memorial Walk" (Friday, December 13th) which is being coordinated by the Behavior Health Department and assisted by our Parks & Recreation Department. These two events are big and will be taking place in early to mid December. Light the Path Memorial Walk will involve lighting several thousand Luminarias that will light the path from the New Rec. Center to the San Augustine Church and back. Also, the walking path at the park just north of the New Rec. Center will be lit with Luminarias so those willing to participate but cannot make the full walk can still be involved. Recapping the activities that took place or will be held in November 2013, once again the Parks & Recreation Department was in the forefront. We hosted a Spin Instructors Class on Saturday and Sunday, November 2nd and 3rd, that brought students here from all over the Southwest. We assisted with transportation and luncheon for the Wetlands Conference held by the Environment Division. We hosted the Veteran's Day celebration and were the recipient department of a new memorial and flag from our Pueblo of Isleta's Native American Veteran's Organization headed up by Tata Fred Lujan. We assisted and were the host site of Roc the Mocs Fun Walk and Run held by the Behavior Health Department and Councilor Santana Titla and her staff. This Fun/Walk Run had approximately 100 people attend. Last but not least, we assisted with the All Indian Governor's Conference being held at our casino with transportation to a number of sites that were visited in our Pueblo of Isleta.

Spin Instructors Class

Once again, rather than sending our employees out to get certified or recertified, we hosted for the 5th year in a row a Spin Instructors Class here in our Pueblo of Isleta Aerobics room. Our efforts to host the class were coordinated by our very own Head Lifeguard, LeeAnn Lente. She reported that all slots were filled on Saturday and enough students were present on Sunday to once again make this class a success and one that will continue in the future. This goes a long way in the way of savings for training because we do not have to pay for travel and per diem and yet we get the benefit of the much needed training for our staff members. Additionally, the Pueblo of Isleta benefited by having those individuals who came from other cities and towns stay at our Isleta Hotel and Casino Resort.

Wetland's Conference

On November 6th we assisted Ruben Lucero and Ramona Montoya with the Environment Division with transportation to a number of sites that they visited as part of a show and tell part their conference. We also hosted their luncheon for the day, where a boxed lunch that was provided by our Isleta Hotel and Casino was served. This luncheon also served as a nice show and tell of what we offer here as a Parks & Recreation Department as we gave a number of tours to our guests who came from many towns and cities throughout Indian Country. Our visitors were definitely impressed. Incidentally, all six of our vans were used for transporting the individuals involved in the conference.

Veteran's Celebration



As part of our Veteran's Celebration we were the host site of the Gourd Dance that was sponsored by our Veteran's Organization and performed by the Veterans from Santo Domingo, Laguna and Jemez Pueblo and possibly others who we were not aware of but still attended. The event was held on Sunday, November 10th in the New Rec. Gymnasium which was very well attended. Governor Eddie Paul Torres began the ceremonies to a welcoming address and prayer in our native tongue. Pictured is part of the ceremonies that took place where all Veteran's present were honored with the Gourd Dance and Drum group.



Isleta Memorial Dedication (Veteran's Day)

On Veteran's Day, November 11th our Pueblo of Isleta Veteran's Organization headed by our very own Tata Fred Lujan as Commander had a dedication of a new flag and a new memorial built by Pueblo Member Mike Paquin and his construction company in honor of our past, present and future veterans from the Pueblo of Isleta.

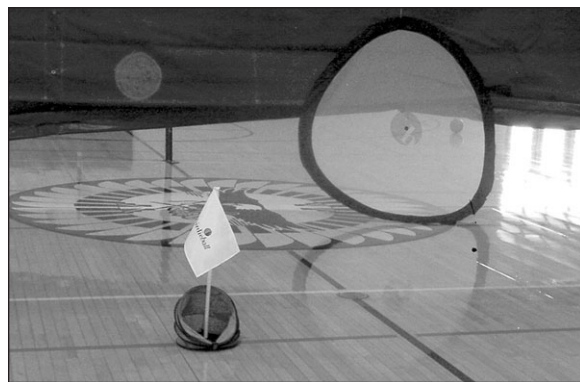
Our Lt. Governors Antonio Chewiwi addressed the group and Lt. Isidor Abeita was also on hand for this memorable occasion. Governor Eddie Paul Torres was in Washington D.C. meeting with our President Barack Obama along with many Native Leaders from throughout the country. As mentioned earlier, the memorial was dedicated to all Veterans who have served the Armed Forces, currently serving and future veterans from our Pueblo of Isleta. It is absolutely beautiful. Come by and see for yourself. It is right under our Flag Pole at the New Rec. Center. The new flag that was dedicated was given to our Veteran's organization to fly over the Pueblo by Representative Steve Pearce. Also honored on that day was our oldest Veteran Tata Bart Lente who served in World War I. After all was said and done, all in attendance were served a luncheon that consisted of Red and Green Enchiladas, bean and rice and dessert. The food and celebration were absolutely incredible. Thank You Isleta Veterans for serving our Country. Pictured is a collage of pictures depicting the event for the day.





Recreation Programs

As I mentioned in last month's newsletter, our afterschool golf lessons with Golf Pro Marcus Molina, have really taken off on a positive note. Because of the recent inclement weather, the golf lessons and children's enthusiasm were not deterred. Marcus brought the lessons and children into the gym along with some fake grass and targets for the children to swing for. They really have been enjoying his approach to teaching where they are all having fun. Pictured are the children taking instructions and listening intently as they sit on the fake grass which they will begin to hit off towards the two targets.



The other program

that has really gained momentum is the Cross-fit training program that Derrick Jiron has been teaching to those interested. Some of the comments that I hear on a daily basis is, "I thought yesterday's program was tough, today's was just as good". As Derrick explains to his students who are mainly female, the whole idea is to have your body experience something new every day so it does not become routine. This is what has kept the interest high and exciting for those who do take his class. The muscles are shocked in different ways everyday and they (students) go away with a big sense of accomplishment with their workout. Pictured are several of his students taking his class.



TRAFFIC DIVISION NEWS

Isleta Police Department Traffic Division

The Division is hoping that everyone had a very wonderful Thanksgiving and find it hard to believe the Christmas Season is now upon us. 2014 is just around the corner --- how quickly 2013 went by!

With the coming Christmas Holiday Season upon us, the Traffic Division is preparing for increasing traffic upon the roadways with holiday shoppers. Of course, there are the usual Christmas parties contributing to impaired drivers driving through and in the Pueblo of Isleta.

With this in mind, Saturation Patrols will be in high gear during the month of December with particular emphasis during the "Don't Shatter the Dream Mobilization" promoted by the Indian Highway Safety Program. The Traffic Division and Patrol Division of the Isleta Police Department will be out in force attempting to detect not only impaired drivers but drivers who violate traffic laws. Although the emphasis is on "Drunk Drivers" we are looking for seatbelt/child restraint violations, speed, traffic light violations, etc. We are intent on making the roadways in the Pueblo of Isleta as safe as we possibly can during this season.

The “Don’t Shatter the Dream Mobilization” begins December 20, 2013 and operations continue through January 7, 2014. During this period there will a number of saturation patrols and a sobriety checkpoint(s) throughout the Pueblo.

School children will be out for the holidays as well and with the excitement and hustle bustle of the season will be out and about in the neighborhoods. Please be aware, watch for them and obey traffic laws. Make sure they buckle up and make sure you buckle up too!

Our usual advisories and warnings: DON'T DRINK & DRIVE — we'll be watching!

The following are statistics for New Mexico for the year 2011 as published by the “Century Council — Distillers Fighting Drunk Driving & Underage Drinking”.

New Mexico

2011 Alcohol-Impaired Driving Fatality Data

Total Alcohol-Impaired Driving Fatalities	105
Percent of Total Driving Fatalities Involving Alcohol-Impaired Drivers	29.7
Under 21 Alcohol-Impaired Driving Fatalities	9
Percent of Total Driving Fatalities Involving Under 21 Alcohol Impaired Drivers	16.4

2011 Alcohol-Impaired Driving Fatalities per 100,000 Population

Alcohol-Impaired Driving Fatalities per 100K population	5
Under 21 Alcohol-Impaired Driving Fatalities per 100K population	1.5

2001-2011 % Change in Alcohol-Impaired Driving Fatalities per 100K Pop

10-year Change in Alcohol-Impaired Driving Fatalities per 100K pop	-40
10-year Change in Under 21 Alcohol-Impaired Driving Fatalities per 100K pop	-68.9

Percent of Alcohol-Impaired Driving Fatalities Involving high BAC drivers (.15+)

BAC=.15+	70
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Percent of Drivers in Fatal Crashes Involving Repeat Offenders

BAC .08-.14	33
BAC .15+	67

2010 and 2011 12-20 Year Old Alcohol Consumption

Past Month Alcohol Consumption	23.1
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Binge Drinking in Past 30-days	14.4
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2011 Arrest Data

Under 18: Driving under the influence	139
Total: Driving under the influence	11460
Under 18: Liquor laws	869
Total: Liquor laws	5084
Under 18: Drunkenness	5
Total: Drunkenness	658

The data submitted in the spreadsheet is 2011 data except for the Youth Alcohol Consumption Data, which is 2008 and 2009.

Alcohol-Impaired Driving Fatality Data Source: NHTSA/FARS, 1/13.

*Youth Consumption Data Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2010 and 2011

*Arrest Data Source: 2011 FBI Uniform Crime Report (Tables 38 and 69).

**Drunkenness is not considered a crime in some states; therefore, the figures may vary widely from state to state.

*Limited, incomplete, or no data were reported by the Alabama, District of Columbia, Florida, Hawaii, Illinois, and New York in the 2011 Uniform Crime Report. Data should be used with caution and should not be compared to other states or previous year data.

Note: Because the number of agencies submitting arrest data varies from year to year, users are cautioned about making direct comparisons between 2011 arrest totals and those published in previous years’ editions of Crime in the United States. Further, arrest figures may vary widely from state to state because some Part II crimes of the Uniform Crime Report are not considered crimes in some states.

We want everyone to have a safe and joyous holiday season with friends and loved ones so please don’t become a statistic and

DON'T DRINK & DRIVE
DON'T TEXT & DRIVE
EVERYONE - BUCKLE UP!!!!

Help us keep the roadways on the Pueblo of Isleta safe for everyone!

Contact Information:
Isleta Police Department Traffic Division
Sharon K. Mitamura, Supervisor
poi06053@isletapueblo.com
(505) 724-9282 OR (505) 382-1518 Cell

Per Capita Distribution

When: Tuesday, December 10th, 2013

Where: Isleta Recreation Center

Time: 8:00 am – 5:30 pm

ONE DAY ONLY

*If checks are NOT picked up on December 10th, they may be picked up at the Treasurer’s Office located at the Isleta Tribal Complex until February 28th, 2014.
If checks are NOT picked up by February 28th, they will be null and void.*

Bernalillo County Commissioner Art De La Cruz Promotes Reading at Isleta Elementary School


Isleta Elementary School students will get an early holiday gift on Friday, December 13, 2013 when Bernalillo County District 2 Commissioner Art De La Cruz donates 400 free books for them to read over the winter break.

De La Cruz, who has been donating books to kids since 2010, is a firm believer in the power of literacy. "Reading is for winners," he says. "I believe in kids having books of their own. I want to show kids that reading is fun and that books can make them think and experience things they have never experienced before. Especially action/adventure books. Those were my favorites when I was a kid."

Since late 2010, the commissioner has donated nearly 4500 books to over 2000 students. Each Isleta Elementary student will get to choose two books to keep. School principal Shawna Castillo also says the fourth, fifth, and sixth graders who are participating in the book give-away will present written reports to Commissioner De La Cruz highlighting interviews they have conducted with tribal elders.

Experts have long extolled the value of reading. They say it stimulates the brain and thus, can reduce stress; fills your head with new pieces of information that you might use someday; expands your vocabulary; helps your memory and develop problem-solving skills; improves focus, concentration and writing skills; and is a free way to have fun.

"I'm a great believer in helping kids develop and progress," De La Cruz says. "And reading is a fun and inexpensive way to use your brain when you're not in school."




Winter Break Video Game Tournament

The Pueblo of Isleta Winter Break Video game tournament will be held on Tuesday and Wednesday January 2nd and 3rd and the tournament will be from 1-4pm on both days. This is an all Ages event everyone is welcome.

Before the event starts. Just a REMINDER there will be no lunch or snacks provided, so come on a full stomach! So stop by and show your skills behind the controller, and play some of Isleta's Finest Gamers.!

Day 1: Call of Duty Ghosts

Day 2: Marvel vs Capcom 3



EVENTS:

Day 1: Call of Duty Ghosts.

Day 2: Marvel vs Capcom 3

There will be 30mins of Game practice before The tournaments start.

Also on Day 2 the 1st, 2nd, and 3rd place prizes Will be awarded :)

1st place: Gamestop Gift Card

2nd place: Hastings Gift Card

3rd place: iTunes Card

For more information call Keenan

At the library

Phone (505) 869-9808

Email: poi2002@isletapueblo.com

Facebook: www.facebook.com/isletapueblolibrary


SPECIAL YOUTH DEER HUNT

CALLING ALL TRIBAL YOUTH MALES

AGES 13-15

DECEMBER 14-15, 2013

- 15 Permits
NO EXCEPTIONS
- RIFLE ONLY
- Must be in possession of NM Hunters Safety Education Certification at time of permit registration.



Permit Registration will be held at Public Services located on the east side of the clinic.

From : December 2-6, 2013.

Drawing will be held : December 7, 2013.

Drawing will be closed to the public.

All individuals will be notified by telephone.

5th Annual Light the Path Memorial Walk: "Honor THEM, Heal US, Hope FOR ALL"

December 13, 2013, 5:00 P.M. at Isleta Recreation Center

The time has come upon us to remember our loved ones that have journeyed before us. The 5th Annual Light the Path Memorial Walk will take place on Friday, December 13th, 2013, at the Isleta Recreation Center. This event is sponsored by the Isleta Behavioral Health Services in conjunction with various departments from the Pueblo of Isleta. The event will start at 5:00pm at the Isleta Recreation Center. The procession to St. Augustine Church will begin roughly at 6:00pm and proceed back to the Recreation Center. Upon return, a dinner will be served and the Behavioral Health Prevention Program Youth Group will read poems, present a slideshow with pictures of loved ones, and raffle "awesome" door prizes. Luminaries will light up the main tribal road entrances to the village, the church plaza area, and as well as the recreation center.

Last year's event was a huge success with over 1,000 luminaries lighting several tribal roads that lead the procession towards the St. Augustine Church to enjoy a simple blessing then returning back to the Recreation Center to feast on a warm home cooked meal.

Luminary bags may be picked up the next day after the event for your own personal use. If you would like to volunteer and help fill the bags with sand, placing luminaries on the path and lighting them, you are more than welcome to join us. This will be done on the morning BEFORE the event, on December 12th 2013 at 10:00 a.m. Then, will be placed along Tribal Roads beginning at 2:30 p.m.. IF weather conditions are bad, the filling of the bags and placing luminaries will be done on the DAY OF December 13th, 2013 at 10:00 a.m. Please, report to "The Tree" outside of Governor's office/Post Office. Clean-up will follow right after the event is over!

In closing WE all have someone special that has left so many memories while they were here with us on Earth. So in turn we want to "Honor THEM, Heal US and Hope FOR ALL".

*If more information is needed, please contact Behavioral Health @ 869-5475.

Pueblo of Isleta Department of Education

We are looking for Isleta Tribal Members to serve on the Pueblo of Isleta Board of Education. Please submit a letter of interest to Beverly Piro at the Department of Education. If you prefer, you may submit your letter of interest via e-mail to poi08101@isletapueblo.com. For more information, please contact Beverly at 869-9790.

Tentative scheduled meetings for the DOE Board of Education will be as follows:

December 11, 2013

January 08, 2014

Meetings will start at 6:00 PM at the Tribal Complex Conference Room.

Pueblo of Isleta Veteran's Association

As was reported in the November Newsletter, we have made some progress in developing a permanent site for the POIVA. "Progress is slow, but we are moving in a positive direction." We now have in place a module building at the Richard Baker Field in Los Charcos. We are hopeful that by March 2014, all the utility hook-ups will have been completed, and we will have our own permanent site...no longer will we be the "homeless Vets."

Our next meeting will be on Wednesday, 18 December 2013 at 6:00 PM...at where we do not know. Our temporary meeting site, the Old Headstart Building, has heaters which do not work...and it may therefore be too cold to meet there, and of course our building at Los Charcos will not be ready for meeting. Look for posters at the Post Office and other public places for the location.

To be a member, dues are \$10 per year, and we now have new, very nice shirts and a cap with your branch of service insignia, and everyone who joins will receive a shirt and cap. Can't beat that for \$10, and a chance to hang out with a bunch of Veterans...Any Veteran with an honorable discharge, or any active duty veteran may join the POIVA.

Any questions, call Ulysses (Adjutant) at 307-1582, or send e-mail to uabeita@yahoo.com.



Pueblo of Isleta, Dept. of Education
YOUTH GROUP PLANNING SURVEY

Thanks for taking the time to fill out this survey. Your answers will help determine whether or not a youth group is of interest to the youth of Isleta. We want to increase the number of students involved, and need your help to do that. Please feel free to share your thoughts and ideas.

1. How do you feel about joining/starting a youth group?

2. How would you participate in the youth group?

3. What topics and activities are you most interested in doing with this youth group?

	Definitely	Maybe	Not at all
a. Changing perceptions of youth about alcohol and drug use	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
b. Changing perceptions of adults and community about alcohol And drug use	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
c. Education about energy drinks	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
d. Health fairs	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
e. Parades	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
f. Cultural Awareness/Education	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3

4. What other topics or projects would you like to do with this youth group?

5. We hope students will be interested in starting a youth group. How important are the following factors to increasing youth involvement in activities and meetings?

	Very Important	Kind of Important	Not very Important
a.Time of meetings/activities	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
b.Location of meetings/activities	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
c.Food and beverages provided	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
d.The activities of the group	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3

6. What day and times are best for you to meet?

7. What location(s) are best for you to meet at?

Please submit forms to Department of Education

If interested please provide contact information:

Name:

Address:

Phone: Cell:

Email:

Parent Signature: Date:

—WIC NOTES—

The WIC Office Staff sends our thanks to Governor Torres, Lt. Chewiwi, Lt. Abeita and Tribal Council for the generous gift of Thanksgiving turkeys.

Xylitol —What is it?

A WIC participant recently asked " *What is Xylitol?*"

Xylitol (pronounced: zahy-li-tawl) is a naturally occurring compound found in most plant material, including many fruits and vegetables. It is used both as a sweetener in food and as a medicine.

Xylitol is widely used as a sugar substitute and in "sugar-free" chewing gums, mints, and other candies. Xylitol is a very unusual sweetener because when added to chewing gum, and other oral care products, it can prevent tooth decay and dry mouth. Imagine that - a sweetener that not only does not cause cavities but prevents them.

Sorbitol is the most commonly used sweetener in sugarless gums, so it's important to read the chewing gum label and look for xylitol on the label.

As a medicine, xylitol is used to prevent middle ear infections (otitis media) in young children, and as a sugar substitute for people with diabetes. It is extracted from birch wood to make medicine.

Dog owners should know that xylitol can be toxic to dogs, even in relatively small amounts. If your dog eats a product that contains xylitol, it is important to take the dog to a veterinarian immediately.

How does it work?

Xylitol tastes sweet but, unlike sugar, it is not converted in the mouth to acids that cause tooth decay. It reduces levels of decay-causing bacteria in saliva and also acts against some bacteria that cause ear infections.

Pregnancy and breast-feeding: Because not enough is known about the intake of xylitol during pregnancy and breastfeeding, it's best not to eat foods with xylitol during this time.

From our WIC home to yours...we wish all of you a peaceful and joyous Christmas.

Christmas Sweet Potato and Apple Casserole

Ingredients:

- 3 sweet potatoes, peeled and quartered
- 1/2 C firmly packed brown sugar
- 1 t. ground cinnamon
- 1 t. ground nutmeg
- 2 large apples-peeled, cored and cut into 1/4 inch rings

Topping:

- 1/2 C all-purpose flour
- 1/4 C firmly packed brown sugar
- 1/2 C butter
- 1/4 C chopped pecans

Directions

- Place sweet potatoes in a large saucepan with enough water to cover. Bring to a boil and cook 25 minutes, or until tender. Drain, cool and cut into 1/4 inch slices.
- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 7x I I inch baking dish.
- In a small bowl, mix brown sugar, cinnamon and nutmeg.
- Layer sweet potatoes, brown sugar mixture and apples in the prepared baking dish.
- In a medium bowl, mix flour, brown sugar, butter and pecans. Sprinkle over the sweet potatoes.
- Bake in the preheated oven 30 minutes, or until lightly browned.

Heidi Lanes, WIC Nutrition Coordinator



Happy belated Thanksgiving from our Library staff to your family! I am sure we are all still recovering from a great big Thanksgiving meal. 'Tis the season to be JOLLY. It is that time of year again for Christmas shopping, long lines, and of course smiles because Santa Claus will be coming to town.

News

The library will be opening late on December 2nd and 3rd at 1:30pm due to First Aid Training and CPR Training for all the Library Staff. In the event that a mishap should take place at the Library, the library staff will be well prepared to assist patrons that need help.

On Wednesday, December 4, we will be having our monthly Staff meeting and will open at 11:00am. We have these meetings every first Wednesday of each month so that we can have better services for our community as far as new program ideas and also taking into consideration our Library patrons' concerns and suggestions.

On Christmas Eve, December 24th the Library will be closing at 2:30pm and we will be CLOSED on Christmas Day. Have a Merry Christmas and be safe and snuggled in your warm homes with your loved ones. December 31st, New Year's Eve, we will be closing at 4:30pm. Wherever you decide to celebrate the New Year have fun and be safe! Remember don't drink and drive or text and drive; be safe on the roads.

We will be closed on New Year's Day, January 1st. Think about your New Year's resolution, whether it may be to live a healthier lifestyle, fitness or being more productive, we have all the books, movies, and music to get you motivated to accomplish your goals. Come check out our wide collection of workout dvd's, cookbooks and music to get you pumped up and excited.

Due to our upcoming traditional dances during Christmas time, please note that the Library hours may change. Please check back regularly for signs posted in the Library and Facebook updates about our closures.



Children enjoying Indiana Bones and his crazy characters and voices during his time at the Library.

The library has hired 3 new part-time employees to join the Library staff. Keenan and Dianna are here to help assist you and also our Afterschool Homework kids. They are learning the ropes so please be patient and welcome them with a friendly smile. You will see our third part-time employee soon.

Upcoming

Santa Claus! The Library has set up a Mailbox for all the Letters to Santa Claus. Have your child write a letter to Santa and drop it off at the Library. The last day to turn in letters for Santa will be December 11th. Parents, please call the Library for more information.

December 11th will be the day Santa Arrives! Come in and take pictures with Santa from 2pm-6pm. The pictures will be sent out by email, so please have an email

ready when you arrive. This allows you to easily send it to family members via text messages or social media such as Facebook. Family pictures will be printed out and you can pick those up December 16th.

Indiana Bones will be visiting the Library once again! He blew the kids away with his entertaining American Indian Stories and he's back December 12th to share Christmas Stories starting at 4:30 and ending around 5:30. Mark your calendars because he is one storyteller you will not want to miss.

We will be having a Fire Drill December 16th with our Afterschool Homework Help Program. Since this is our busiest time of the day, we want to practice with the students that come here and also our patrons so we can be prepared if a fire should occur at the Library. If you have a child that attends the Library afterschool please remind them that this will take place and not to panic, it is just a drill.

Have you read the Polar Express book?

Come into the Library for our Polar Express Program which consists of 3 programs leading up to our field trip on the rail runner! December 17th and 18th at 4:30pm come in and hear the fascinating story about the Polar Express. After the story is read, we will have a craft each day that will have significance to the story.

- December 17th the children will choose from a variety of Christmas crafts to make and keep the spirit of Christmas glowing just like in the Polar Express book.
- December 18th the children will make a train just like in the book but it will be made out of candy.
- On December 23rd, come in and make cookies for Santa! We will be making a Gingerbread family of 3.



Indiana Bones and his new fans posing with Drago, crystal skull and fossils that he used during his story performance.

Your child must attend at least 2 out of 3 events listed above in order to attend the field trip on the Rail Runner. For all these events, space is limited to the first 30 patrons or until supplies last. There is no sign up sheet. First come, first serve. Families will be taken in first. All supplies provided.

Our field trip on the Rail Runner will be December 30th. We will board the Train from Los Lunas Rail Runner Station to Albuquerque downtown where Library staff will wait for you to drive you to have hot chocolate at Barnes and Noble and receive a special gift.

January 2nd and 3rd will be our Annual Winter Break Video Game Tournament. We will be having two game tournaments going on at the same time for the gamers with different interests. One game tournament is competing with the games Marvel vs. Camcon 3 and Call of Duty: Ghosts on Xbox 360. The first day gamers will compete against each other on Call of Duty: Ghosts from 1:00pm to 4:00pm. The second and last day will be Marvel vs. Camcon 3 tournament. Come show your skills and prove you're the top gamer of these games. Awards will be given out the second day January 2nd. Show up ready to play and on a full stomach! Snacks will not be provided. The other Game tournament is still in the works so please stay tuned and look for flyers.

Recap

The Library offered a Resume Help Computer Class which was geared towards anyone and everyone that was looking a

job and needed help creating a resume. We helped a few patrons that were interested. We helped patrons in developing their resume and also provided transportation to two career fairs held at Valencia Campus and Hotel Cascada. We would like to thank the patrons that took advantage of this class and I hope all the information provided in these classes were helpful in finding a job and preparing for a job interview. We will be having more computer classes in the upcoming year. Stay tuned for more information and if you have any suggestions about a class please feel free to let the Library staff know.

The Library staff is now properly trained on the Fire Extinguisher in case of a small fire. We learned the different situations in which certain fire extinguishers need to be used. We also had hands on training with a simulated fire and water fire extinguisher. The experience was nothing like we expected and some put out the fire faster than others. We would like to thank the fire department for the training provided to our staff and also the safety coordinator for providing us with important safety issues.


Indiana Bones the storyteller was a big hit at the Library. In honor of Native American Heritage Month he shared 4 stories about legends from different tribes and nations. He was enthusiastic and brought character to the stories and made them come to life. The kids surrounded him after the show with tons of questions and wanting to see his fossils and Dragon AKA Drago. We are very excited to have him back for Christmas Stories and hope you all can join us with

your families.

Thanksgiving Crafts were fun this year! The first day patrons made a Thanksgiving center piece made out of an Orange, Pinecones, and cutouts of their hands that were used for the feathers. They took their center pieces home and got to share the craft on the dinner table. The second day the patrons made an Oreo Turkey made out of Candy corns, Reese's cups, Oreos and Whoppers. They had fun creating something that they can eat! Some ate their creation right away and some waited till they got home.

Our comic book lovers took a trip with us to search and pick out new books for our Library at a Comic Book store called Astro-Zombies on Central in the Nob Hill area. The store has a wide collection of comic books ranging from vintage, rare and popular books. Our Library likes to stay updated with new material, especially Graphic Novels because of its popularity amongst our patrons young and older. After they chose books for the Library they got to pick out one book for them to take home, which the Library purchased for them. We would like to thank the patrons that participated in this field trip and helping the Library Staff pick out new material.

A Big THANK YOU to those of you who donated to the Food and Coat Drive. Patrons that donated three cans of non-perishable food or two jackets received a coupon worth five dollars that is good towards any Library fines. Thank you for your donation and your help with those in need. Many Blessings to you all!



MERRY CHRISTMAS


The Pueblo Of Isleta Public Library Presents Santa Pictures

THE POLAR EXPRESS


Isleta Pueblo Public Library Welcomes all families & children Come in and have your picture taken with Santa! THIS HOLIDAY SEASON... BELIEVE. Experience the warmth, Santa and The Polar Express brings to our community!

Date: December 11, 2013
Time: 2pm-6pm
Your Email will be needed to receive pictures. Prints will only be for families.

Emailed pictures will be sent out no later than DEC. 16, 2013




Any Questions contact us:
(505) 869-9808
Pueblo of Isleta Public Library
950 Moon Light Dr.
Albuquerque, NM 87105
Email: poi02002@isletapueblo.com
Facebook: www.facebook.com/IsletaPuebloLibrary



THE POLAR EXPRESS


At the Isleta Pueblo Public Library



December 17th & 18th
4:30pm
Book reading of The Polar Express & Arts and Craft Project


December 23rd
1pm-3pm
Make Cookies for Santa: A Gingerbread Family

December 30th
7:30am-1pm
The Polar Express Round-trip on the Rail runner:
Departure from Los Lunas-8:15am
Arrive to Albuquerque-8:42am
We will visit Barnes & Noble Book Store.



Room for only 20 Students. You must attend at least 2 events listed.

For more information please call the Library at 505-869-9808.



Pueblo of Isleta Head Start / Early Head Start & Child Care Center

2 Sagebrush Road
Isleta, New Mexico 87022
(505) 869-9796

This is the Annual Report for the Pueblo of Isleta Head Start & Child Care Program. The report is for the period September 1, 2012 to August 31, 2013.

ISLETA HEAD START VISION
*“Developing school readiness through quality education
nurturing the traditional and cultural values of our Isleta
Head Start children, families and community.”*

ISLETA HEAD START MISSION
*To develop the whole child in all comprehensive areas reflecting
the traditional Isleta culture and language. A safe, positive,
healthy, and family-centered environment is supported with:*
i. a highly competent staff
*ii. parental enrichment and enhancement of their child’s
education*
*iii. a structured developmentally appropriate learning
environment*
iv. strengthened community collaboration
v. sustained stakeholder communications

The total budget for the Early Head Start & Head Start program was \$1,688,181 and included:

Department of Health & Human Services funds are reflected as follows:

Personnel	\$ 1,018,425
Fringe Benefits	\$ 251,365
Travel	\$ 30,561
Supplies	\$ 120,704
Equipment	\$ 22,400
Other	\$ 244,726
Total	\$ 1,688,181
POI Federal Share	\$ 418,809

The annual audit conducted in December, 2012 had one finding: Failing to properly determine one child's eligibility status. That audit report has been completed and returned to the Head Start and to the Loftis Group.

The last Monitoring Review was held in November 2010. There were seven findings and one deficiency which have been corrected:

1. Program Planning-Program did not develop long-range goals and short-term goals
2. Four staff did not receive initial health examinations
3. Staff did not identify documents used to verify the incomes of four families
4. Staff signatures were not on all the verification forms
5. Program did not establish agency-determined program goals for improving school readiness
6. Program did not share monthly program information reports with Policy Council & Tribal Council
7. The grantee did not complete an Annual Report in Fiscal Year 2009-2010
8. Deficiency-Criminal Background Checks were not conducted prior to hire

Head Start

There were 90 children between the ages of 3-5 years that were served. There were a total of 12 children on the waiting list.

There were 88 families served for Head Start.

The monthly average attendance for the 2012-2013 program year was approximately 87.35%.

The percent of children enrolled in the program that received medical exams was 96.7%. The percent of children enrolled in the program that received dental exams was 95.6%.

The percent of children enrolled in the program that were up-to-date on immunizations was 95.6%.

Children with an Individualized Education Program (IEP), indicating they were determined eligible to receive special education and related services was 13.3%

All children who were going to kindergarten received transition services. The program has partnered with the local public schools to improve the school readiness of the Isleta Head Start children and maintain the educational continuum for them.

Early Head Start

There were 60 children between the ages of 3months-3 years that were served. There were 5 pregnant women that were served. There were a total of 11 children on the waiting list.

There were 56 families served.

The monthly average attendance for the 2012-2013 program year was approximately 82%.

The percent of children enrolled in the program that received medical exams was 81.5%. The percent of children enrolled in the program that received dental exams was 52.3%.

The percent of children enrolled in the program that were up-to-date on immunizations was 73.8%.

Children with an Individualized Family Service Plan (IFSP), indicating they were determined eligible to receive early intervention services was 24.6%

Parent Involvement is of great interest to the Pueblo of Isleta Head Start Program. There are multiple approaches to involving parents in the Head Start process. All parent training(s) and interactions emphasize the fact that parents are the first teachers of their child and as such they have the greatest impact on that child. Involving parents includes but is not limited to:

Election of Policy Council members and officers: Demonstrate the representative and interactive nature of Head Start. This opportunity provides parents a chance to get a full understanding of what Head Start is and how Head Start works behind the scenes. Parents are active in the decision making of developing and revising policies, the hiring and firing process, and are fully aware of the program’s budget and expenditures.

Classroom Newsletters and other informational flyers: Detail the benefits of parent involvement and suggested tips for working with their children at home.

Monthly Parent Committee meetings: Allow parents to be actively involved in the lesson planning process for their child’s classroom. Parents get an opportunity to learn about how the teachers are using the Creative Curriculum and offer suggestions for activities and field trips.

Monthly Family Nights: Geared towards providing information on topics that the parents have requested (i.e. Child Development, Child Nutrition, Parenting, and Health Topics).

Parent representation on the Health Advisory Committee (HAC): Parents are invited to serve on the Health Advisory Board and attend the quarterly HAC meetings.

Open-Door Policy: Parents are welcome to visit the center whenever they would like to come in. Parents are encouraged to share their special abilities with the program whether it’s a talent like art and cooking or reading to their child’s class. Any time a parent can give to the program is much appreciated.

Home Visits, 2 times per year: During Home Visits the parents and the teacher have the opportunity to discuss the progress of the child and to make suggestions that may enhance the growth and development of that child.

Parent\Teacher Conferences, 2 times per year: During Conferences the parents and the teachers have the opportunity to discuss the progress of the child and to make suggestions that may enhance the growth and development of that child.

Participation in the annual Self-Assessment: The annual self-assessment is held in March of each year. The parents attending this have the opportunity to see how the program works and to make recommendations for improvement.

Participation in the Community Assessment: The full community assessment is completed every three years. During this process the parents have an opportunity to focus on what is truly needed for their children and for their community and avail of the opportunity to support that need.

Participation in the Transition Ceremony: Parents have an opportunity to get involved and help send the children to Kindergarten in an exciting way. By getting parents excited about their child's new educational opportunity, the excitement passes on to the child as well.

School Readiness goals have been developed and implemented. Parent Family Community Engagement Goals have been developed.

Parents celebrate the holidays by sharing a dinner with their children at the center. This is an opportunity to get to know the teachers and the other parents and discuss common issues and concerns.

Parents are invited to travel on field trips with the children. Parents are invited to share their culture through stories and native foods.

The philosophy is to get the parents involved with their child in Head Start, demonstrate the benefits of involvement and how it contributes to the academic and social emotional success of that child throughout their educational career.

Any questions regarding the 2012-2013 annual report can be directed to Amalia "Molly" Sanchez, Isleta Head Start Executive Director

REDUCE YOUR RISK

Get Smart. Get Fit. Get Checked.

Isleta Health Center,

(Information from the "Guide to Preventable Cancers")

The key to leading a long healthy life is to get smart, get fit and get checked! We can all play a part in reducing our risk for cancer by choosing a healthy lifestyle that avoids commercial tobacco and includes healthy food choices, exercise, and protection against too much sun, moderate alcohol consumption and regular cancer screenings. Learn about ways to PREVENT OR REDUCE YOUR RISK FOR CANCER in this section in the Newsletter.

GET FIT!

Eat a variety of healthy foods, especially fresh fruit and vegetables. More and more studies have come out to show the link between what you eat and do not eat can attribute to getting or not getting cancer. One third of cancers diagnosed every year may be related to what people eat. To help lower your and your family's risk for cancer, you could reduce the amount of fat, especially animal fat that you eat. Also, limit your red meat intake as well as your processed food intake, like bologna (baloney) and spam. Make sure you and your family eat meals with lots of fruits (i.e. berries) and veggies, like corn, squash and nuts, beans and whole grains.

Stay active and maintain a healthy weight. Add activities into your family's daily life that get you up and moving, like pick berries, gather food, go on a walk or dance. Any activity that gets you up and moving will reduce stress, increase energy, control weight and reduce the risk for cancer. All you need to do is be active for at least 30 minutes a day and you will reduce your risk of cancer.

Being inactive or obese is linked to breast, colorectal and endometrial cancer and also some limited evidence of links to lung, gallbladder, prostate and pancreatic cancer. In some cancerous tumors, especially those that hormones play a role in, evidence shows that high-fat diets and lack of exercise is a contributing factor. Staying active helps control weight and may also help the digestive system function properly, it may boost the immune system and may also have a positive effect on hormones.

**SUPPORT THE HEALTH OF YOUR FAMILY
EDUCATE YOURSELF ON CANCER AND
REDUCE YOUR RISK**



Ham Distribution

**DATES: Monday, December 16, 2013
& Tuesday, December 17, 2013**

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!

E. P. Torres

Edward Torres, Governor



ISLETA EARLY HEAD START

Early Head Start Home-Based Option

Imagine your child two years from now, five years, ten years, as an adult. What do you want for your child? What do you want your child to learn? What kind of person do you want your child to be?

The Early Head Start home-based program option was created to help you help your child reach these goals—and others you may not have dreamed of yet. We believe in you! We are here to support you.

Once a week, a home visitor will come to your home. Your home visit will last 90 minutes. You, your spouse or partner, your child's brothers and sisters, and any other household members can all take part. You will talk together about your child and how things are going for your family. Together, you will plan activities for you to do with your child during home visits and during the week between visits.

Over time, as you get to know one another, you will become partners in helping your child grow and learn.

Twice a month, you and your child will meet with other children and parents. You will have time to get to know one another and share interesting experiences. Your home visitor will be there too. We call these meetings "socializations."

You can also take part in the program in other ways. One of the special things about Early Head Start is that mothers and fathers are truly involved. Your program, like every Early Head Start program, is designed to meet the needs of its children, families, and the community.

Your program will look to you and other parents for ideas to help shape the program policies and experiences for children and families.

**We are looking for children
ages 0 – 30 months who are Isleta
Native/Descendant or who reside on
the reservation.**

**We also have a program option for
pregnant mothers, who are Isleta
Native/Descendant, reside
on the reservation, or who are
expectant mothers of Isleta children.**

**For more information or to
schedule an appointment to complete
an application, call us immediately
at 869-9796!**

Isleta Pueblo News



Editor:
Ulysses Abeita
Asst. Editor:
Beverly Piro
Published By:
Valencia Express

5TH ANNUAL LIGHT THE PATH MEMORIAL WALK

"Honor THEM, Heal US, Hope FOR ALL"

Friday, December 13, 2013

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 November 29, 2013.**

**IN ADDITION TO THE LUMINARIA BAGS, WE
WILL ALSO HAVE A SLIDESHOW IN
MEMORIAM OF OUR LOVED ONES.**

**Pictures can be submitted by email:
isletamemorialwalk@hotmail.com
or they can be delivered to the Truancy Office now
located at the NEW TRIBAL SERVICES COMPLEX.**

Photos must be submitted no later than November 29, 2013.
Photos will not be returned, so please send a copy.

PLEASE CONTACT JENNIFER SANDOVAL OR KORY KIE AT 869-5475 FOR ADDITIONAL INFORMATION.

WIC Notes

Questions on Flu

The following information is taken from the American Academy of Pediatrics website:

Here are answers to common questions about treating flu in your children and advice on when you need to seek medical attention.

What if your child gets sick? What are symptoms of swine flu in children?

Influenza (flu) is very different from the common cold. With the flu, children have sudden onset of significant fever with respiratory symptoms and chills. Older children will complain of headache, scratchy throat and muscle aches. Children will develop a nasal congestion and cough.

What should parents do if their child has flu-like symptoms?

This flu season, it's more important than ever to keep sick children at home until at least 24 hours after their symptoms go away.

If a child has mild illness, or something that looks like the flu, with fever and chills, headache, body ache, coughing, sore throat, they should definitely stay home from school or day care. They should continue taking Tylenol and Motrin for fever. Parents should be sure child does not get dehydrated.

If your child is 5 years old or older and is otherwise healthy, consult your doctor as needed. Parents should make sure the child drinks enough fluids and gets a lot of rest.

If your child is younger than 5, or if your child of any age has a medical condition such as asthma, diabetes, or a neurologic problem, call your doctor or get medical attention. Younger kids and kids with longstanding medical conditions are at risk of serious disease if they get either seasonal or H1N1 flu.

Are there signs parents should watch for?

Parents should monitor closely for any signs that children are getting worse, if they have any difficulty breathing, if they are not able to drink, or are not urinating well, if they are very irritable even after their fever goes down, if they have any sort of rash, or if the fever goes down and flu symptoms get better, then get worse again.

Call a doctor or seek immediate medical attention if your child:

- Has bluish or gray skin color
- Is not drinking enough fluids or taking feeding well
- Has trouble breathing
- Has severe or persistent vomiting
- Is not waking up or not interacting
- Is so irritable that the child does not want to be held
- Has flu-like symptoms improve but then return with fever and worse cough
- Has other conditions such as heart or lung disease, diabetes, or asthma and develops flu symptoms including fever and cough

Eight Medications You Should Never Give To Your Baby

Babies are much more likely to have adverse reactions to drugs than adults. Over-the-counter (OTC), prescription, or herbal medicines can cause serious problems.

Until your baby is 6 months old, consult a doctor before giving her **any medication at all**.

1. Aspirin

Never give your baby aspirin or any medication containing aspirin. Aspirin can make a child susceptible to Reye's syndrome --a rare but potentially fatal illness. Don't assume that the children's medicines found in drugstores will be aspirin-free. Aspirin is sometimes referred to as "salicylate" or "acetylsalicylic acid." Read labels carefully, and ask your doctor or pharmacist if you're not sure whether a product is aspirin-free.

For fever and other discomfort, ask your doctor about giving your baby acetaminophen or ibuprofen.

2. Over-the-counter cough and cold medicines

The American Academy of Pediatrics (AAP) advises against giving OTC cough and cold medicines to babies. Studies show that they don't actually help to soothe symptoms of kids this age. And they can be harmful, especially when a child mistakenly gets more than the recommended dose.

In addition to side effects like drowsiness or sleeplessness, upset stomach, and a rash or hives, a child can suffer serious effects such as rapid heart rate, convulsions, and even death.

3. Anti-nausea medications

Don't give your baby an anti-nausea medication (prescription or OTC) unless her doctor specifically recommends it. Most bouts of vomiting are pretty short-lived, and babies and children usually handle them just fine without any medication. In addition, anti-nausea medications have risks and possible complications. If your baby is vomiting and begins to get dehydrated, contact her doctor for advice on what to do.

4. Adult medications

Giving your baby a smaller dose of medicine meant for an adult is dangerous. If the label doesn't indicate an appropriate dose for a baby her size, don't give that medication to your baby.

5. Any medication prescribed for someone else or for another condition

Prescription drugs intended for other people (like a sibling) or to treat other illnesses may be ineffective or even dangerous when given to your baby. Give her only medicine prescribed for her and her specific condition.

6. Anything expired

Toss out medicines, prescription and OTC alike, as soon as they expire. Also get rid of discolored or crumbly medicines — basically anything that doesn't look the way it did when you first bought it.

After the use-by date, medications may no longer be effective and can even be harmful. Don't flush old drugs down the toilet, as they can contaminate groundwater and end up in the drinking water supply. It's best to be sure medication is in a tightly secured bottle and throw it away in an outside trash can where children/pets cannot get to it.

7. Extra acetaminophen

Some medicines contain acetaminophen to help ease fever and pain, so be careful not to give your baby an additional separate dose of acetaminophen. If you're not sure what's in a particular medicine, don't give her acetaminophen or ibuprofen until you've first gotten the okay from your doctor or pharmacist.

8. Herbal Products

Many herbal remedies are gentle and safe, but just because something is natural, or comes from a plant, doesn't mean it's safe for your child. Herbal products can cause allergic reactions, liver damage, and high blood pressure. In certain doses or when combined with the wrong medications, they can be fatal.

Check with your doctor before giving your child any herbal products. And always let the doctor know about any herbal remedies your child is taking before she prescribes a medication.

(Adapted from babycenter bulletin 10/08)

If you would like to suggest a topic for WIC NOTES, please contact our office at 924-3180. We would enjoy hearing from you.

Heidi Lanes
WIC Nutrition Coordinator



Isleta Health Center Calendar			Questions? Call 869-3200		December 2013	
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2 Early Recovery Skills: 9-11am @ IBHS. Young Leaders Youth Krew: 5-6:30pm @ IBHS.	3 Women's Path to Recovery: 9-11:30am @ IBHS. Acu-Detox: 1-2pm @ IBHS. Adult Wellness: 5-6pm @ IBHS.	4 Parent Group: 9-11am @ IBHS. Anger Management Group: 1-3pm @ IBHS.	5 Str8 Rez: 4:30-6pm @ IBHS.	6	7
8	9 Early Recovery Skills: 9-11am @ IBHS. Young Leaders Youth Krew: 5-6:30pm @ IBHS.	10 Women's Path to Recovery: 9-11:30am @ IBHS. Acu-Detox: 1-2pm @ IBHS. Adult Wellness: 5-6pm @ IBHS.	11 Parent Group: 9-11am @ IBHS.	12 Str8 Rez: 4:30-6pm @ IBHS.	13 5 th Annual Light the Path Memorial Walk: Hosted by the Behavioral Health Services. Event begins at 5:00pm at the POI Rec Center. Please call Jennifer Sandoval or Kory Kie at 869-5475 for more information.	14
15	16 Early Recovery Skills: 9-11am @ IBHS. Young Leaders Youth Krew: 5-6:30pm @ IBHS.	17 Women's Path to Recovery: 9-11:30am @ IBHS. Acu-Detox: 1-2pm @ IBHS. Adult Wellness: 5-6pm @	18 Parent Group: 9-11am @ IBHS. Anger Management Group: 1-3pm @ IBHS.	19 Str8 Rez: 4:30-6pm @ IBHS.	20	21
22	23 Early Recovery Skills: 9-11am @ IBHS. Young Leaders Youth Krew: 5-6:30pm @ IBHS.	24 Women's Path to Recovery: 9-11:30am @ IBHS. Acu-Detox: 1-2pm @ IBHS. Adult Wellness: 5-6pm @ IBHS.	25 CHRISTMAS DAY Clinic Closed NO CHR Transports	26 Str8 Rez: 4:30-6pm @ IBHS.	27	28
29	30 Early Recovery Skills: 9-11am @ IBHS. Young Leaders Youth Krew: 5-6:30pm @ IBHS.	31 Women's Path to Recovery: 9-11:30am @ IBHS. Acu-Detox: 1-2pm @ IBHS. Adult Wellness: 5-6pm @	News/Events:			

5TH ANNUAL LIGHT THE PATH
MEMORIAL WALK

"Honor THEM, Heal US, Hope FOR ALL"

Friday, December 13, 2013

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 November 29, 2013.

IN ADDITION TO THE LUMINARIA BAGS, WE WILL ALSO
BE HAVING A SLIDESHOW
IN MEMORIAM OF OUR LOVED ONES.

Pictures can be submitted by email: isletamemorial-walk@hotmail.com or
can be delivered to the Truancy Office
NOW located at the NEW TRIBAL COMPLEX.

Photos must be submitted no later than November 29, 2013.
Photos will not be returned, so please send a copy.

PLEASE CONTACT JENNIFER SANDOVAL OR KORY KIE AT 505-869-5475 FOR ADDITIONAL INFORMATION.

Isleta Elder Center
Activities Calendar
December 2013

December 2:

December 3:

December 3:

December 5:

December 6:

December 9:

December 10:

December 10:

December 12:

December 12:

December 13:

December 16:

December 17:

December 16-17:

December 18:

December 18:

December 19:

December 23:

December 24:

December 25:

December 30:

December 31:

Bowling - Fun Connection - 10 am - 12 noon

Elder Christmas Pictures for Holiday Project
-10 am - 12 noon

Line Dancing - Elder Center - 10 am - 11:30 am

Santa Fe Indian School "Annual Elder
Christmas Party"- 7:30 am- 2 pm

Wal-Mart (Shopping Assistance) - 10 am - 2 pm

Bowling - Fun Connection - 10 am - 12 noon

Line Dancing - Elder Center - 10 am - 11:30 am

Per Capita Distribution - Recreation Center

Country Western Dance - 10 am - 11:30 am

Catholic Mass - Elder Center - 11:30 am

Christmas Shopping - Coronado Center - 10 am
- 2 pm

Bowling - Fun Connection - 10 am - 12 noon

Line Dancing - Elder Center - 10 am - 11:30 am

Ham Distribution - Elder Center

Friendship Breakfast-Elder Center-9am-9:30am

General Meeting - "Christmas Carols" and
Holiday Refreshments - 10 am

Christmas Party for POI Elders - Isleta Casino
& Resort - 6 pm - 10 pm

Bowling - Fun Connection - 10 am - 12 noon

Line Dancing - Elder Center - 10 am - 11:30 am

Center Closed - Merry Christmas!

Bowling - Fun Connection - 10 am - 12 noon

Line Dancing - Elder Center - 10 am - 11:30 am

*The Elder Center Staff would like to wish everyone a Merry
Christmas and a Happy New Year!*