



Isleta Pueblo News

Volume 8 Issue 6

June 2013

FROM THE OFFICE OF THE GOVERNOR

COMMUNITY MEETING MAY 11, 2013

As your elected Governor and in concert with the Tribal Council, I want to take the opportunity to thank all of you for your support by attending our first community meeting which served to provide you with an update of tribal government services being provided to our community by our tribal work force. My personal belief is in diversity and inclusiveness, as taught in our culture. I value the strength that results from our varied experience, ideas and perspectives. Our collective histories create the fabric that is Isleta. We honor our past and work to shape our future. Respect for all culture is our future. We balance economic prosperity and the preservation of our natural resources. We welcome the involvement and commitment that produces a greater quality of life with our people and tribal government working together. I encourage your participation and appreciate the written questions that were submitted. I will be responding to your concerns in our next Tribal Newsletter.

MAY 22, 2013 RECOGNITION OF MS. VERNA TELLER

During opening ceremonies of the New Mexico Regional Common Ground Alliance (NMPRC) Expo and Conference held at the Hard Rock Hotel at Isleta, Ms. Theresa Becenti-Aguilar Commissioner District 4, honored Ms. Verna Teller, former first female Governor of Isleta Pueblo. Commissioner Theresa Becenti-Aguilar read a PRC proclamation recognizing Ms. Teller's accomplishments as a diplomat and role model to Native American women. We congratulate Ms. Teller for her many accomplishments and serving as a positive role model to our youth.

WATER OUTLOOK FOR 2013 IRRIGATION SEASON

Governor Eddie Paul Torres, serving as Chairman for the Six Rio Grande Pueblos, has been actively involved to ensure that the Six Middle Rio Grande Pueblos will have sufficient water flow to meet their crop irrigation requirements.

Discussions have been taking place on how to meet the irrigation needs of the Pueblos. One option is to distribute the water to Cochiti, Santo Domingo and San Felipe for seven to ten days and then to Santa Ana, Sandia and Isleta for seven to ten days. This will result in some Isleta canals being dry for several days at a time. Another option is to have the water released in large blocks to reduce carriage losses to the river

system allowing irrigation to take place for a few days at all Pueblos, and then having minimum flows throughout the system in between block releases. Water deliveries to Isleta farmers this irrigation season will be very low and the ditches may not be full all the time. Scheduling of water deliveries with the Isleta Mayordomos will be required. 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. Please cooperate with your Mayordomos and fellow farmers to make efficient use of our precious water supply.

For your information here are a listing of the 2013 Majordomo Contact information:

Acequia Madre, Head Mayordomo, Mike Papuyo; 991-3190 / 550-6821. Assistant Mayordomo, Myron Anzara; 681-5025

Ranchitos, Head Mayordomo, Amador Lente; 459-8222, Assistant Mayordomo, Jacob Valdez.

Chical, Head Mayordomo, Larry Jaramillo; 350-5094 / 869-6211. Assistant Mayordomo, Rob Benavides, 350-5354.

FIRE DANGER IN THE MANZANO MOUNTAINS

In consultation with Pueblo Traditional Leaders, Governor Torres has ordered that the Manzano Mountains on the Isleta reservation be closed to public access due to the high risk of fire. The mountains hold a sacred significance and a valuable resource that can only be protected by our personal commitment. Thank you for your understanding and I pray for your cooperation.

ANNUAL STATE-TRIBAL LEADERS SUMMIT JUNE 20-21, 2013

The Fifth Annual State-Tribal Leaders Summit is set for June 20-21, 2013, Mescalero Apache Tribe, Inn of the Mountain Gods Resort and Casino. Tribal leaders will meet with Governor Susana Martinez to discuss topics of mutual concern and provide for possible solutions ranging from policy or administrative changes to regulation revisions, executive orders or legislation, which may or may not require funding. In a survey of topic areas for discussion at the Summit, the following were identified as priorities by Isleta: Education; Health; Infrastructure/Economic Development; and Water Rights/Natural Resources. Governor Eddie Paul Torres and 1st Lieutenant Antonio Chewiwi will be attending this important State-Tribal Leaders Summit to

represent the interests and concern of the Pueblo of Isleta.

GOVERNOR'S FEAST DAY JUNE 29, 2013

In great anticipation, Governor Torres and his staff are making plans for the Annual Governor's Feast Day scheduled for June 29, 2013. Everyone is invited and welcomed to participate in this special event for the community.

In preparation for the feast, the Governor and Tribal Programs and Departments are planning a coordinated community clean-up of the village proper to show our pride and respect in our community. Everyone is invited to participate in this worthwhile endeavor. Dates for the community clean-up will be posted.

ACADEMIC ACHIEVEMENTS

The month of May 2013 has been one of personal achievement for all our youth who have successfully met set goals of scholastic achievement. As a community, we join the proud parents in encouraging our youth to set those future goals which will enrich their lives and community. Follow your dreams, for you truly are our Future. **CONGRATULATIONS!**

Thank you again for your continued support and understanding, may the GREAT SPIRIT look over you and keep you Safe. I wish you and your families a safe and happy Memorial weekend.

NOTICE FROM THE ISLETA TRIBAL COURT

TRIBAL MEMBERS NOT IN COMPLIANCE WITH COURT ORDERS

The Pueblo of Isleta Tribal Court has been reviewing cases in "bench warrant" or "non-compliant" status. There are many individuals who have not fulfilled their obligations with the Court such as: paying fines and/or fees, not completing classes or community service, and other requirements.

The Court is asking all individuals with these outstanding obligations to contact the Tribal Court, as soon as possible, in order to make arrangements to come into compliance and that they provide their current contact information. These individuals must contact the Court by **4:30 p.m. on July 1, 2013**. Those who do not respond to this request will be issued an Order to Show Cause and the matter will be set for a hearing.

Please call the Tribal Court at (505) 869-9699, or come to our offices, Monday through Friday, 8:00 a.m. to 4:30 p.m. to address these issues.

June Water Outlook for the 2013 Irrigation Season

The Middle Rio Grande Conservancy District (District) provides irrigation water to the Six Middle Rio Grande Pueblos and non-Indian farmers from Cochiti to Bosque del Apache National Wildlife Refuge. In the event of a water shortage, water is stored in El Vado Reservoir in northern New Mexico near Chama for use by Pueblo farmers only. Due to the continuing drought, irrigation deliveries for non-Indian farmers may be curtailed during late June or early July 2013 if the current weather pattern persists. As of June 1, 2013 the Bureau of Reclamation has stored approximately 23,000 ac/ft. of Prior & Paramount (P&P) water for use by the Six Middle Rio Grande Pueblos.

The May runoff forecast of 2013 for New Mexico's rivers continued to deteriorate. Flow on the Rio Grande at the Otowi gage upstream of Cochiti reservoir is projected at 24 percent of the 1981-2010 average according to federal forecasters at the Natural Resources Conservation Service. The forecast for the rest of the summer calls for less than normal rainfall and above average temperatures. The Bureau of Reclamation and MRGCD have cautioned farmers in the Middle Rio Grande Valley that irrigation water supplies may be used up by late June or early July.

Irrigation diversions for the Six Middle Rio Grande Pueblos will be dependent on the Natural Flow in the Rio Grande. During the irrigation season when the natural flow in the Rio Grande is not sufficient to meet the crop irrigation requirement, Prior and Paramount water will be released from El Vado for use by the Six Middle Rio Grande Pueblos only.

Discussions have been taking place on how to meet the irrigation needs of the Pueblos. One option is to distribute the water to Cochiti, Santo Domingo and San Felipe for seven to ten days and then to Santa Ana, Sandia and Isleta for seven to ten days. This will result in some Isleta canals being dry for several days at a time. Another option is to have the water released in large blocks to reduce carriage losses to the river system allowing irrigation to take place for a few days at all Pueblos, then having minimum flows throughout the system in between block releases.

Water deliveries to the Acequia Madre will be reduced this summer due to low flows in the Rio Grande. The Natural Resources Department will continue to work with the Bureau of Reclamation, Bureau of Indian Affairs, and the MRGCD to ensure adequate deliveries to the Acequia Madre.

Water deliveries to Isleta farmers this irrigation season will be very low and the ditches may not be full all the time. Scheduling of water deliveries with the Isleta Mayordomos will be required. 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.



Susana Martinez, Governor
Gino Rinaldi, Cabinet Secretary

FOR IMMEDIATE RELEASE
May 15, 2013

Kenny Vigil, Public Information Officer
kennyc.vigil@state.nm.us
Cell: 505-470-2290

**35th Annual New Mexico Conference on Aging
Is Scheduled For August 20 & August 21, 2013
At The Hard Rock Hotel Conference Center**

The 35th annual New Mexico Conference on Aging, which provides older adults, caregivers and professionals who work with them the opportunity to learn and have fun in an environment that supports independence and dignity, is scheduled for August 20 and 21, 2013 at the Hard Rock Hotel Conference Center in Albuquerque.

More than 1,400 individuals are expected to attend the Conference which will feature over 50 workshops, 60 interactive exhibits and a Health & Enrichment Fair. The conference also includes a variety of entertainment reflecting New Mexico's cultural diversity.

The conference will feature two general sessions:

- On Tuesday, August 20th, Amy Goyer, Author, Consultant and AARP Family Expert will present "Caring for Loved Ones – Aren't We All?" In this session, sponsored by AARP, Ms. Goyer will share her passion and expertise in the areas of caregiving, grandparenting, parenting and family issues.
- On Wednesday, August 21st, Michael Hess PhD will present "Wellness & Health Promotion". In this session, sponsored by NM Senior Olympics, Dr. Hess will discuss the importance of health promotion throughout our lives.

The Conference will also present awards to individuals and organizations that have made significant contributions benefitting New Mexico, its local communities and older adults.

COSTS	Pre-Registered Full Conference	Pre-Registered One Day	On-Site Full Conference	On-Site One Day
Standard Rate	\$95	\$50	\$105	\$60
Senior Rate (age 55 or older)	\$35	\$20	\$45	\$30
Student Rate	\$35	\$20	\$45	\$30

To receive a registration packet, or for additional information about the Conference, call the NM Aging & Long-Term Services Department at 505-222-4500 or toll free at 1-866-842-9230, or email andrea.allen@state.nm.us. For information on the Hard Rock Hotel & Casino call 505-724-3800 or 1-877-475-3827. Prices and contact information for hotels near the Conference are available in the registration packet. Visit the Department's website at www.nmaging.state.nm.us for more information about the Conference.

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Partners in Lifelong Independence and Healthy Aging
Toney Anaya Building • 2550 Cerrillos Road • Santa Fe, New Mexico 87505
505-476-4799 • Toll-free 1-866-451-2901 • www.nmaging.state.nm.us

ISLETA BUSINESS CORPORATION

Isleta Business Corporation and Comanche Ranch are looking to buy Large Quantities of Alfalfa from Isleta Tribal members during this farming season.

If you are interested or would like more information please call:

Amanda Jiron
505-869-9685

Senior Companions Receive Recognition

Senior Companions receive Service Recognition by City of Albuquerque on Wednesday, May 22, 2013 at the New Mexico Veterans Memorial Center.



Pictured (left to right) Patricia L. Lucero, Home Services Manager (Sr. Companion Site Manager); Elizabeth Jiron, Sr. Companion Volunteer - recognized as the longest Volunteer with 10 years of service time; Richard J. Berry, Mayor City of Albuquerque; and Carlotta Roth, Sr. Companion Volunteer here in Isleta.

The Senior Companion Volunteer Program provides caring companionship to homebound elders. With minimal compensation; Volunteers provided a service in 2012 that would have had a price tag of \$650,000. in salaries.

Hats off to Our Wonderful Volunteers here in Isleta! If you are interested in becoming a Senior Companion Volunteer; please contact Karen Jiron, Senior Companion Coordinator at 869-9770.

Community Health Representatives (CHR) Isleta Health Center Summer 2013

The CHR Department has a few transportation reminders:

- **24 hours advance notice** is required for all transportation needs.
- We transport patients to medical, physical therapy, and dialysis appointments only.
- You are required to complete a *Transportation Form* that will be kept on file for your transportation needs.
- If you use a wheelchair, please ensure that you have an aide to assist you at your appointments.
- We deliver medications from the IHC Pharmacy to people that are homebound, elderly, people that cannot drive, or those who have had surgery and cannot get to the Pharmacy.
- Medication delivery also requires **24 hours advance notice**. You are also required to complete a *Medication Form*, which will be kept on file for medication delivery needs.
- We do not deliver medications (narcotics) that require an ID for pick up at the IHC Pharmacy.
- Medications are delivered **only to the patient** and a signature is required upon receipt. Also, CHR staff will not leave medications with anyone other than patient.
- No smoking or drinking is allowed in our vans.
- Anyone under the influence of alcohol or drugs will not be transported.
- If you cancel a scheduled transport or are not home at time of scheduled pick up three consecutive times, your transport needs will be suspended for three months.
- You must be ready to go when CHR van drivers arrive at your home. In order to ensure that all other patient's scheduled appointments are kept, CHR drivers are allowed to wait a total of eight (8) minutes only for home pick-ups.
- All clients and patients must show respect to all drivers.

CHR Phone: 869-4485 If no answer, leave a message or call 869-3200 and leave a message with Health Center receptionist.

Office Hours: 8:00am to 4:30pm

Transportation Hours: 8:15am to 2:30pm

No transports are made to Albuquerque after 2:30pm.

Thank you for your cooperation,
CHR Program Staff



**ISLETA
TRAVEL CENTER
ONE STOP**



**ALL FOUNTAIN DRINKS
\$.99**




Now Open at 5am
Easy access off I-25 at Exit 215

Pueblo of Isleta - Elder Center Activities Calendar June 2013

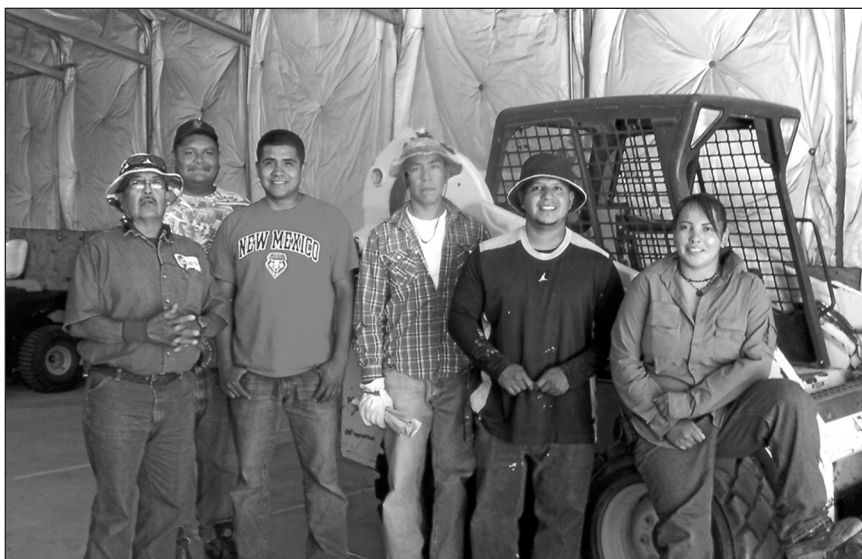
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|-------------|--|
| June 6: | Catholic Mass - Kiva Room |
| June 7: | Nickel Bingo - 1:00 pm - Adult Day Care |
| June 11-16: | NM Senior Olympic-State Games-Roswell, NM |
| | Field Trip - Sandia Feast - 9:00 am |
| June 13: | Commodities |
| June 14: | Center Closed - Staff Training |
| June 18: | Friendship Coffee & Breakfast - 9:00 - 9:30 am |
| June 19: | General-Meeting: 1) VSP Vision; 2) Assisted |
| June 19: | Living Facility & New Elder Center - Update (NCA & Shauna) |
| June 20: | Father's Day Fishing Trip at Isleta Lakes - Fishing Cost - \$12 for POI Elders |
| June 24: | Field Trip-Bowling at Santa Ana & Lunch at Sadie's (Casino) - 9 am |
| June 24: | Advisory Committee Meeting - (Open to Public) |
| June 27: | Center Closed - Staff Training |
| June 28: | Commodities |
| June 28: | June Birthday Celebration/Cake! - 12 noon |

Parks & Recreation

By the time everyone receives this newsletter, our Summer Recreation should be in full swing. We are currently enrolling anyone and everyone 6 years old and older to participate in our summer program. The program for 4 & 5 year olds over at Old Rec. with Shubbie Jojola is filled to capacity. He is however taking on a waiting list. Parents and Guardians, we ask that you get your children registered, if not in our program, get them in a program that the children will be engaged in positive behaviors. Other programs within the Pueblo of Isleta are being held at the Library with Nathaniel Lujan, and also a program with the Language Program with Paul Lujan. Remember it is not about competition to who gets the most children, but about getting the children involved and active so we can all do our part about fighting diabetes and obesity that plagues so many people in Indian Country. Parents and Guardians, don't forget, we will also be serving the breakfast and lunch program to all children 18 years and younger. So if the children who aren't enrolled in the program because they are too young or we are filled, you can still bring them by for breakfast and lunch. Breakfast will be served from 7:30 am until 8:30 am. Lunch will be served from 11:30 am until 1:00 pm. Both programs run Monday through Friday. Also, Nanas Abie, Marie and Gloria will once again be offering the Arts/Crafts program to our children from 9:00 am until 12 noon Monday through Thursday. Our first major field trip of the summer will be on Friday, June 7th and we will be going to Cliff's Amusement Park. Parents, please remember all children must have a signed field trip form for field trips taking us away from our Reservation.

Park Management

As we get into our busy summer schedule our Park Management staff too is busy keeping our Parks looking beautiful and well maintained. I would like to welcome our newest members of our Park Management staff and tribal members who make this possible. They are: Matt Zuni, Felipe Johnson, Brian Lente, Isidor Lujan and our first female Park Employee Kaylene Jojola. Park



Superintendent, Robert Apodaca has nothing but high praise for his newest employees who have taken ownership to the quality of work they have been performing. The rest of the employees who are part of the Park Management staff are: Assistant Superintendent-Donald Lucero, Grounds Foreman-Robert Lujan, Mechanic-Nick Padilla and Irrigation Specialist-Ronald



Abeita. As Director of your Parks & Recreation Department, I too have high praise for the all the staff and I honestly believe we have the best people around that have taken pride and ownership in the quality of work they do.

Pictured is Kaylene Jojola sitting on a tractor prior to going out to her work assignment. Next to her are two pictures of Robert Apodaca and Nick Padilla as Nick prepares to move several of our buildings as the yard is being rearranged for a bigger portable building. Next to them is our newest crew members from Left to Right are: Ronald Abeita, Felipe Johnson, Isidor Lujan, Matt Zuni, Brian Lente, and Kaylene Jojola. Also pictured are the bleachers that our Tribal Council approved that replaced all of our old wood bleachers at all baseball fields. They were bought at a cost close to \$30,000. Thank you Governors and Tribal Council members for your support of all children's programming efforts.



Training

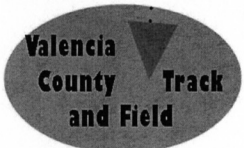
During the month of May, we also had the opportunity to get some much needed training for a number of employees who got certified or re-certified as personal trainers and Spin Instructors. The Certified Personal Training Class was held in Grants, New Mexico where staff members Bernadette Jojola, Phillip Abeita, Alyssa Jojola, and Jonathan Lente attended. The training for Spin Instructors was held here at the Pueblo of Isleta where staff members Mike Lente, Ray Mora, LeeAnn Lente and volunteer instructor Patricia Abeita attended this 2-day certification seminar.



Pictured are 2 pictures depicting the training for Spin Instructors held on May 18 and 19th, 2013.

Aquatics Program

On Tuesday, May 21st we had a Tribal Member who came in for a Massage with our Therapist, Jonathan Lente, who went unconscious prior to him beginning the massage. As soon as he realized that she was totally unresponsive and not asleep he called in our Lifeguard staff that immediately went into action performing C.P.R. and also utilizing the AED system. Although our EMT's were called they continued to work on her until she began breathing on her own and until our E.M.T's arrived along with our Police Department. Her life was saved by the quick acting Lifeguard staff that is trained to handle situations like this. **Congratulations**, to the Aquatic Manager on duty that day, Alyssa Jojola, assisted by Matt Jojola, Maureen Lujan and Kaitlyn Chavez and to our Head Lifeguard LeeAnn Lente who is so meticulous in her training of our Lifeguards. As Lin Onsae, Aquatic Coordinator said: "It was a total team effort that kept our Tribal Member alive until she was taken away to the hospital." For all tribal members' information, most of our staff is certified in C.P.R or has the basic knowledge of what to do in case of an emergency. This will also include our New Summer Youth employees that will begin work on June 3rd who will get some basic training in First Aid and CPR.



**COME AND JOIN THE
VALENCIA JAGUAR
TRACK AND FIELD
CAMP!**

**HAVE FUN WHILE
WORKING ON YOUR
SKILLS AND
FUNDAMENTALS!!**

**Boys and Girls
Track and Field
Fundamental and Skill
Camp**

K-7th Graders Welcome

**Where: VHS
Track**

When: 6/10-15

Monday-Friday

from 8-9:30 am

Cost: \$20 before June 1

\$25 after June 1

(Includes a t-shirt, snacks, and prizes)

**Sponsored by the VHS
Girls and Boys Cross
Country Team / XC
Boosters**

Contact:
Coach Lynette
Padilla-Orpinel
730-2514
lpadilla@lsschools.net

drills, races, field events, contests and camp T-shirt)

*Household family member
discounts available.

**8th Annual
VALENCIA
JAGUAR
Youth Track and
Field Camp**

**June 10-15, 2013
Monday-Friday
At
Valencia High School**

**Boys and Girls
Fundamental and
Skills Camp**



2013 VALENCIA HIGH SCHOOL

JAGUAR

FOOTBALL



COST: \$35 in advance, \$45 at the gate or \$275 per team (15 max)

CAMP WILL INCLUDE: Valencia camp T-shirt & meal for both days. Punt-pass and kick contest on Friday.

OBJECTIVE OF CAMP: Provide an opportunity for youth football players to experience the offensive and defensive aspects of Jaguar Football under the lights! Emphasis will be on providing each participant with football fundamentals as well as specialty skills.

CAMPER REGISTRATION FORM

Camper: _____

AGE: _____

YAFL/Mid School team & division: _____

Parent Contact: _____

Shirt Size: YOUTH ☐ S ☐ M ☐ L ☐ XL

ADULT ☐ S ☐ M ☐ L ☐ XL ☐ 2X

MAKE CHECK PAYABLE TO: Valencia Football Booster Club
P.O. Box 3055, Los Lunas, NM 87031

INSURANCE WAIVER

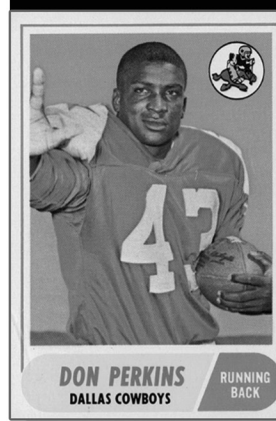
I hereby authorize the directors of the VHS Football Camp to act for me according to their best judgement in any emergency requiring medical attention. I hereby release the VHS football Camp and its agents from any cause of action I may have during this football camp.

Parent/Guardian Signature _____

SUMMER CAMP

THURS. JUNE 27TH & FRI. JUNE 28TH • 6PM - 8PM

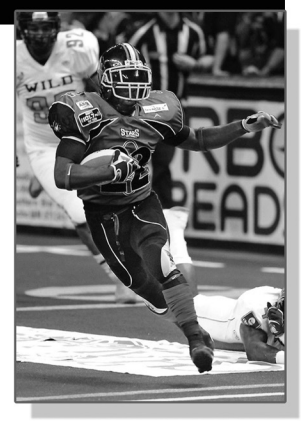
*SCHEDULED TO APPEAR!



FORMER DALLAS COWBOY
DON PERKINS



FORMER NMSU STAR
DENVIS MANN



FORMER LOBO GREAT
& CURRENT NM STAR
DONTRELL MOORE

*SUBJECT TO CHANGE!

DOOR REGISTRATION & CHECK- IN TIME: 5:30PM

For information contact:
Melissa Lucero @ 459-6472 or email
melissalucero27@yahoo.com

Los Lunas/ Valencia High School Title VII Indian Education

We CONGRATULATE all 2013 Seniors on their high school accomplishment and we wish you the best as you seek your higher education. Please keep us posted as you progress in what ever you do, and we are here to continue to assist you.

Parents of 2013 summer school.. Please remember to encourage your student(s) to work as hard as possible to complete what subject they are taking. Summer school is a very fast-paced learning time and we ask that you attend school daily, along with reporting to school on time. Student must maintain excellent attendance. TWO (2) absences will result in dismissal from the program and loss of credit. (You will automatically be dis-enrolled with no tuition reimbursement.) Summer school hours are 8:00 am to 11:30 (lunch 11:30-12:00) 12:00 to 3:30 pm. Monday through Friday ..May 29th through July 3rd **..NO TRANSPORTATION WILL BE PROVIDED..**

Students must follow all school personnel and school rules as outlined in the Student Behavior Handbook including the District Computer and Internet Code of Conduct. Summer School will be offered at Valencia H S and Los Lunas H S will be at the Los Lunas Middle School along with Isleta Pueblo E2020 (Isleta Pueblo Library).

If you have any questions or concerns, feel free to call Mr. Analla 865-7273 or email banalla@lsschools.net

PUEBLO OF ISLETA DEPARTMENT OF EDUCATION

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

There will be a Board of Education meeting on June 19, 2013 at 5:30pm at the Department of Education.

Pueblo of Isleta Veterans' Association — Election of New Officers

First...make a note that the next meeting will be on Wednesday, 19 June 2013 at 6:30 PM...and ASAP we will let everyone know where we will be meeting. Any Veteran with an honorable discharge may join the Association. Annual dues are \$25.

At the May, 2013 meeting, the Association elected the following new officers:

- Commander — Fred Lujan
- Vice — Commander — Michael Lucero
- Finance Officer — Ken Miller
- Adjutant — Ulysses Abeita
- Sgt.-at-Arms — Marcus Lujan
- Chaplain — Jason Humphreys
- Judge Advocate — Steve Abeita

We want to thank all the past officers, for their time and effort they have given to the Association:

- Joe L. Jaramillo — Commander
- James Keryte — Vice — Commander

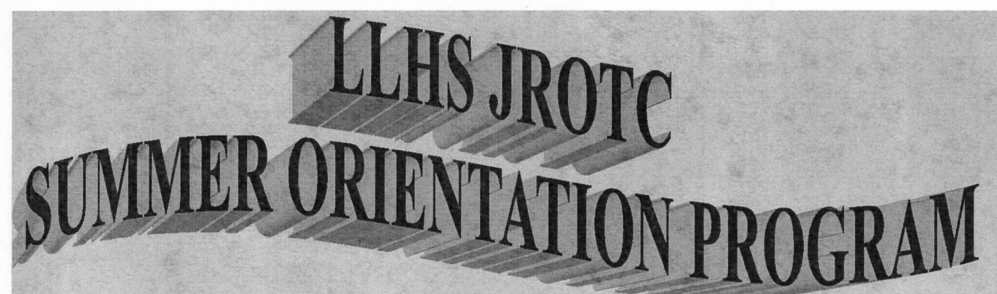
We are grateful to that both will continue to be loyal and dedicated members of the Association and will be there continue our mission, "to help veterans and their families".

For any questions, call Ulysses Abeita at 307-1582.

Isleta Higher Education Supplemental Scholarship Program

Term	IHEP Application Due Date	Other required documents Due Date
Fall	July 1	August 1
Spring	November 1	December 1
Summer	April 1	May 1

Any questions please contact: IHEP
Evangeline Chavez, Scholarship Assistant
Poi08004@isletapueblo.com
P. 505.869.9790 F. 505.869.7573



DATE: 11-14 June 2013 (Tuesday – Friday)

TIME: 7:30 – 11:30 a.m. daily

PLACE: Los Lunas High School, Building H-1

FOR: Soon to be 6th through 9th graders, girls and boys (school district immaterial)

COST: \$20 for T-shirt, awards and daily refreshments. Please reserve no later than 23 May. (Availability is limited to the first 30 who register)

DRESS: T-shirts and jeans with sneakers; also head covering and personal water bottle, marked with full name; further suggest sunscreen and sunglasses.

ACTIVITIES: Included are introductions to the JROTC activities of: drill; health and fitness training; map orienteering; competition rifle marksmanship; obstacle course negotiation; rope-bridging; and team/character building events; Mini Raider Challenge.

INSTRUCTORS: Current JROTC cadets under the supervision of LLHS School District JROTC teachers.

REGISTER by contacting First Sergeant (Ret) Melvin Crites, 865-4646, Ext. 6194, 908-1494 or e-mail mcrites@lsschools.net



Isleta Elementary School

1000 Moonlight Drive
Albuquerque, NM 87105

Registration

2013-2014 School Year



Registration will be held

Beginning May 1, 2013 thru June 28, 2013

From 7:30 a.m. to 4:00 p.m.

At Isleta Elementary School (Next to Isleta Public Library)



Requirements for NEW students:

- ✓ State Birth Certificate
- ✓ Certificate of Indian Blood
- ✓ Immunization Record
- ✓ Physical



Please call Heather or Pauline at 505-869-2321 if you have any questions, we will be happy to help you!

WIC NOTES

Who Doesn't Love Chocolate

Healthy chocolate sounds like a dream come true, but chocolate hasn't gained the status of health food quite yet. However, a growing number of studies suggest that it can be a heart-healthy choice. Flavanols found in cocoa, which is chocolate's main ingredient, have been shown to reduce cell damage implicated in heart disease. It's best to choose dark chocolate with a cocoa content of 65% or higher.

Even 3 oz can add 450 extra calories to your diet, therefore, you may want to limit yourself and stay physically active.

This cookie recipe has been adapted to decrease the calories and keep the same intense flavor as the original higher calorie recipe.

The original recipe called for a half-cup of butter, which added 27 calories and three grams of fat per cookie. Using 1 1/2 tablespoons of butter saved 22 calories and 2.4 grams of fat *per cookie*! The original's seven eggs were replaced with two eggs and 1/2 cup egg substitute to slash the cholesterol by 35 milligrams per cookie. Finally, 1/2 cup of walnuts was used instead of the two cups called for in the original recipe. Walnuts provide heart-healthy fat, but they pack a lot of calories. Cutting back on the amount eliminated 39 calories *per cookie*.

Before / After

Serving size
1 cookie

Calories per serving
294 / 142

Fat
17.4 g/4.7g

MUD SLIDE COOKIES


- 1 1/2 tablespoons butter
- 2 ounces bittersweet chocolate, coarsely chopped
- 2 ounces unsweetened dark chocolate, coarsely chopped
- 1 tablespoon instant coffee granules
- 1 tablespoon hot water
- 1 teaspoon vanilla extract
- 1 1/2 cups all-purpose flour
- 1/2 cup unsweetened cocoa
- 2 teaspoons baking powder
- 1/8 teaspoon salt
- 2 1/2 cups sugar
- 1/2 cup egg substitute
- 2 large eggs
- 1/2 cup chopped walnuts
- 1/4 cup semisweet or dark chocolate minichips

Preparation


1. Preheat oven to 350°.
2. Place butter, bittersweet chocolate, and unsweetened chocolate into a microwave-safe bowl; microwave at HIGH 1 minute or until chocolate is almost melted. Stir until smooth. Combine coffee granules and 1 tablespoon hot water, stirring until granules dissolve. Stir coffee and vanilla into chocolate mixture.
3. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, cocoa, baking powder, and salt, stirring well with a whisk. Combine sugar, egg substitute, and eggs in a large bowl; beat with a mixer at high speed 6 minutes or until thick and pale. Gently stir 1/4 of egg mixture into chocolate mixture; stir chocolate mixture into remaining egg mixture. Stir in flour mixture, nuts, and chocolate chips.
4. Cover baking sheets with parchment paper. Drop dough by rounded tablespoonfuls 2 inches apart on prepared baking sheets; with moist hands, gently press dough into 1/4-inch-thick rounds. Bake at 350° for 15 minutes or until set. Cool 1 minute. Remove from pans; cool completely on wire racks.

Heidi Lanes, WIC Nutrition Coordinator

**NEED EXTRA
CASH ???
BUY
JUNK VEHICLES
OR
SCRAP METAL.
WILL PAY
CASH.
Call
Pat Jojola
220-2359**



Johnson-O' Malley Summer Bridge Program



June 10—July 18, 2013

Our goal is to provide educational support for Native American students as they transition from one grade to another. Students will complete "Summer Bridge" books. "Summer Bridge" books help the student maintain current academic skills and slowly introduce new concepts. Students will also participate in hands-on activity based themes.

Transportation is not provided. Placement is limited to the first 15 applications with a wait list created for additional students.

Registration packets will be available at the JOM Office May 06, 2013. Deadline for the JOM Summer Bridge Program application is June 3, 2013.

Upcoming Events:

May 9th Mothers Day Activity Night

May 16th End of the year ice cream social

June 13th Father's Day Activity Night

July 20th Bully Discussion for Parents

Summer Sessions:

AM Session (K-3rd grade):
9:00AM – 12:00PM

PM Session (4th-8th grade):
1:00PM – 4:00PM

For additional information, please contact Beverly or Brandon at (505)



PUEBLO OF ISLETA PUBLIC LIBRARY

Ah, yeah it's June and that means Fiesta Time is just around the corner, People of the Island. So, start brushing up on your two-step dance moves!!!

NEWS:

Our 2013 Summer Reading Program will be in full swing come Monday, June 10 through Friday, July 26 which means the Library will be full of kids ranging from three to thirteen years of age. A majority of the Library Staff will be busy conducting the Summer Reading Program which may result in slower but the same quality of service. Should you need a computer and the Library is too loud for you, you may utilize the computer lab at the Department of Education. Our Library hours will remain the same, Monday through Saturday. On that note, I would like to Thank you in advance for your cooperation and understanding.

The Library will once again be a host site for the Bernalillo County Summer Lunch Program which will start Monday, June 3 through Friday, August 2 from 11:30am to 1:00pm Monday through Friday. FREE Meals are for all children and teens one to eighteen years of age. The only catch is that the meals must be eaten at the Library and no food may be taken home. Parents and Guardians may eat unopened food that the children do not want to eat. Those are the only rules for FREE LUNCH throughout the summer for our community youth so let's all obey and follow them.

New Mexico Governor Susana Martinez has issued a Summer Reading Initiative which consists of five FREE Summer Reading Programs in which students entering Preschool through fourth grade may read and document the books on an issued brochure from any public library. This statewide program complements the summer reading programs in libraries and provides additional incentives for elementary school children to read this summer.

Dion's & the Isotopes have teamed up for a baseball theme reading program for ages Preschool through 5th Grade and runs from March 13th through July 17th. Students who read 6 books will receive a Back Pack and a 2nd Scorecard. Students read 12 books will earn an Official Club Read T-Shirt, A New Book, One Ticket Voucher for an Isotopes Non-Restricted Monday-Thursdays Home Game, and a Coupon for a FREE Small Drink at Isotopes Park and will be entered into the Grand Prize Drawings (see brochure for Grand Prize list).

The New Mexico True Reading Program is a FREE reading program for students entering 2nd, 3rd, & 4th Grade and runs May 22nd to August 1st. Students who read 6 books will receive a certificate from Governor Susana Martinez. Students who read 12 books and submit a short write-up about why they love our state will receive a New Mexico Culture Pass good for admission to each of New Mexico's 16 Museums and

historic sites and an entry into the drawing for one of the Grand Prizes (see brochure of Grand Prizes list).

The "I'm a Reading Animal" program is a FREE reading program for students entering 2nd, 3rd, & 4th Grade and runs May 22nd through August 1st. Students who read 6 books will receive a certificate from Governor Susana Martinez and Mayor Richard Berry and a coupon for FREE animal crackers from the zoo. Students who read 12 books and submit a short write-up about which book was their favorite and why will receive a free child's admission ticket to the ABQ BioPark and entry into the drawing to be a Junior Zookeeper for a day or win a trip to Disney's Animal Kingdom.




The Lobo or Aggie Summer Reading Shootout program is students entering 2nd, 3rd, & 4th Grade and runs May 22nd to August 1st. Students who participate in the Lobo Shootout Reading Program and read 6 books will receive a certificate from Governor Martinez and Lobo Head Coach Neal or Sanchez and a Lobo Basketball Poster, whereas those students participating in the Aggie Shootout Reading Program will receive a certificate from Governor Martinez and Aggie Head Coach Menzies or Trakh and an Aggie Basketball Poster. Students who read 12 books and submit a short write

up about which book was their favorite and why will receive a "New Mexico True" Lobo or Aggie Basketball and an entry to the Grand Prize drawing (See brochure for Grand Prize List).

All "New Mexico True" reading brochures may be picked up at the Library, download from the Library's Website (www.isletapueblo.com/library.html), Library's Facebook Page (www.facebook.com/IsletaPuebloLibrary), or downloaded from the Reading Challenge website (www.ReadingChallenge.ped.stte.nm.us). Students may also check out their books from the Library with a valid P.O.I. Public Library Card.

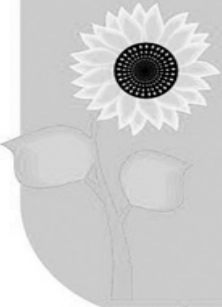


We are in process of creating a Technology Survey which we hope will give us a better understanding of the type of technology in our community. With this knowledge we plan on creating classes that will help you use your devices to its full potential. The data will let us know if the Library is behind the times from a technology stand point based on the technology in your households, or if we are to advance for our community. Like our last survey, patrons will be given an opportunity to enter drawings to the Mayhem Festival, Wiz Khalifa, and Luke Bryan Concerts at the Isleta Amphitheater.

2013 Summer Lunch Program

Free meals provided during summer months
for children and teens 1-18 years old .
No registration required

Pueblo of Isleta Public Library
June 3-August 2
11:30am-1:00pm
Isleta Recreation Center
June 3- August 2

For information or if you have any questions please
call the Pueblo of Isleta Public Library at
505-869-9808

UPCOMING:

On Thursday, June 6th the Library will be taking 12 Graphic Novel Fanatics to Astro-Zombies (Graphic Novel Store) on Central so they may help the Library update its Graphic Novel collection for the summer. The owner (Mike) of Astro-Zombies will allow us to roam his store freely before store hours with the aide of his knowledgeable staff to answer and suggest new graphic novels to the students in an attempt to encourage the students to read throughout the summer months.

RECAP:

The Library would like to Thank everyone who has taken the time to complete our three page survey. We had fifty-five patrons complete the survey in the first week which gave our Librarian some numbers and topics to discuss at the Governor's first Community Address back in May. Many of you had some great suggestions which the Library Staff acted on after reading the feedback, so I hope you all have seen and enjoyed the changes which have already been implemented. Others took this opportunity to vent and told us what they really thought, but we already knew people were upset with the Library and its staff, so please allow me to try and justify some of our actions.

Some of the major complaint was that the Library was too loud, especially when the kids got out of school, the students did not allow adults onto the computers, and there was no quiet place for adults to sit down to read books.

In an attempt to quiet the students, the Library Staff became stricter with the students. As stated in last month's library newsletter article, it was mentioned that the Library was going to start suspending the naughtier students, which is what exactly took place. In a one month time frame, four students were suspended which resulted in the others students changing their attitudes. As for the students who did agree with the Library's disciplinary actions, well they choose to stop attending the Library and started attending other after school programs which seems to have worked out for everyone.

As for the Computer Problem, students are not allowed to use the General Computers since both Teen and Children's rooms have computers and gaming consoles. In addition to our enforced rules, we purchased eight new computers (1 for the teen room, 3 for the children's room, 4 for the general

computers) for the Library and hope to have them set up by the end of the summer. Also as a friendly reminder, the Departments of Education has a Computer Lab which is located on the south end of the complex.

To create a comfortable quiet reading area, we have moved our furniture area around and have placed our new book section closer to "lounge" area. We are hoping that by putting the new books closer to the couches the patrons would pull a book off the new book shelf and sit down in the lounge area to read the book(s) for a few minutes with the hopes that they will check out the book(s).

At this time the Library would like to Thank Councilman Juan Rey Abeita for donating his concert tickets from both the Showroom and Isleta Amphitheater to the Library so we may offer them to our Patrons. As patrons completed our Library Survey, we gave them a ticket which made them eligible for the Concert Ticket Drawings.

Winner of the tickets are as follows:


Valine Chapo was the winner of the two VIP Tickets to this year's Edgefest Concert at the Isleta Amphitheater. Eugene Lucero was the recipient of the two tickets to the American English Beatles Tribute Concert at the Isleta Showroom. Joshua Lente was a lucky library patron to win The Temptations Concert Tickets which took place at the Isleta Showroom. Our last library survey concert ticket giveaway will be to the Marilyn Manson & Alice Cooper Concert which consists of a VIP Parking Pass, two VIP Catering, & two VIP Seats at the Isleta Amphitheater on Thursday, May 30th.

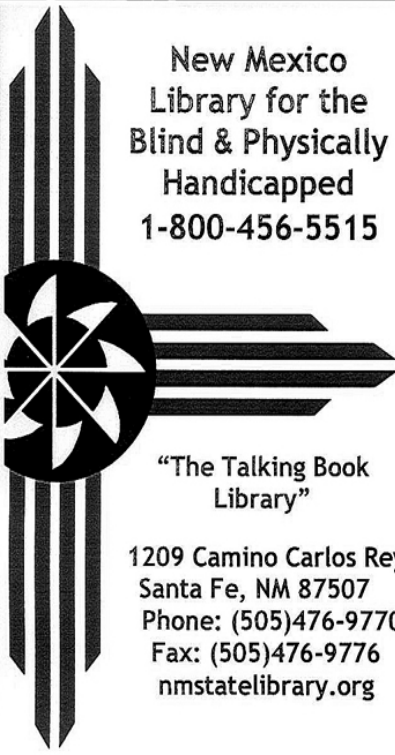
The New Mexico State Library has finally hired a new Tribal Libraries Program Coordinator, Alana McGrattan, which means that the State Library is once again providing our Tribal Library with services. One particular service which our library will take full advantage of is the New Mexico Library for the Blind and Physically Handicapped. Please read the flyer which is posted in this newsletter. The flyer states that you must call a 1.800.456.5515 or visit their website at <http://nmstatelibrary.org> to obtain an application that will allow these patrons to take advantage of this FREE service which includes Juvenile services, Titles in Level II Braille, Magazines, Audio books on tape & Digital cartridge, digital book downloads, and recorded book at cooperating Public Libraries. Should you need additional help obtaining an application, please visit for further assistance.

**PUEBLO OF ISLETA PUBLIC
LIBRARY BUSINESS HOURS &
CONTACT INFO:**

Monday – Thursday: 8:00AM to 6:30PM
Friday: 8:00AM to 4:30PM
Saturday: 9:00AM to 1:00PM
Sunday: CLOSED

Phone: (505) 869-9808
Fax: (505) 869-8119
Email: poi02002@isletapueblo.com
Website: www.isletapueblo.com/library.html
Facebook: www.facebook.com/IsletaPuebloLibrary


New Mexico State Library
A Division of the Department of Cultural Affairs



**New Mexico
Library for the
Blind & Physically
Handicapped**
1-800-456-5515

“The Talking Book
Library”

1209 Camino Carlos Rey
Santa Fe, NM 87507
Phone: (505)476-9770
Fax: (505)476-9776
nmstatelibrary.org

FREE to all eligible patrons

New Mexico State Library is a division of the
Department of Cultural Affairs

Funded in part by the Friends of the NMLBPH
Funded in part by WLS

GUIDE TO SERVICES

The New Mexico Library for the Blind & Physically Handicapped is a free Federal/State program that strives to positively contribute to the lives of the citizens of New Mexico who are unable to read the printed word due to a visual or physical impairment.

We offer more than 60,000 popular, unabridged titles on audiocassette. Recorded books can be ordered via a statewide toll-free phone number, fax, e-mail, or the Internet. Additional titles can be order via interlibrary loan. Nearly 4,000 New Mexicans are currently served, but it is estimated that many more may be eligible. LBPH offers additional distribution of tapes and equipment through select public libraries.

Eligibility requirements include legal blindness, physical disabilities, and reading disabilities.

If you or a friend experience:

**Low Vision
Physical Disability
Dyslexia**

It is still possible to enjoy the pleasure of reading by listening to a recorded book.

To receive an application contact the library by phone, mail, e-mail, or fax. Also, an application form is printable for filling out and mailing at the Internet site:

[**http://nmstatelibrary.org**](http://nmstatelibrary.org)

Special playback equipment is loaned at no cost and for as long as the patron is active in the program. All library materials are sent and received as Free Matter for the Blind and Physically Handicapped.

Available Services Include:

Juvenile services, Titles in Level II Braille, Magazines, Audio books on tape & digital cartridge, Digital book downloads, recorded books at cooperating Public Libraries.

EATING SUGGESTIONS TO PREVENT A STROKE

Making healthy food choices which are lower in sodium (salt) and fat (saturated fats, trans fat & cholesterol) can help to lessen your risk of stroke. Here's how....

Low fat cooking at home with fresh, frozen or canned (reduced sodium or no salt added) products allows more control compared to eating out or buying convenience & processed items. Use more herbs & spices which don't contain salt: garlic, pepper, basil, oregano, Mrs. Dash or your own salt-free seasoning mixture, chili, lemon juice, etc.

The DASH (Dietary Approaches to Stop Hypertension) eating plan suggests including plenty of fruits & vegetables (4 1/2 cups) & fat-free or low-fat dairy foods (2-3 cups) each day to lower blood pressure.

To lower your SODIUM INTAKE, choose LESS:

- ▶ salt & seasonings containing salt (garlic salt, onion salt, lemon pepper)
- ▶ convenience & processed foods (TV dinners), instant or dehydrated items (instant gravy & potatoes); salty snack foods (chips, pretzels, crackers)
- ▶ smoked or cured meats (bacon, ham, lunchmeats, corned beef, hot dogs)
- ▶ processed cheese (Velveeta) & cheese spreads
- ▶ regular canned or dried soups (Ramen) & broth
- ▶ sauerkraut, olives, pickles, relish & items in a brine
- ▶ regular condiments (catsup, mustard, soy sauce, BBQ sauce, bottled salad dressings)

To lower your SATURATED FAT & CHOLESTEROL INTAKE, choose LESS:

- ▶ animal sources- fatty cuts of red meat & pork; sausage, bacon, hot dogs, lunchmeats
- ▶ whole milk products: cheese, cream cheese, sour cream, ice cream
- ▶ hardened (hydrogenated) fats: lard, shortening, salt pork, butter, margarine
- ▶ egg yolks (limit to 3 per week); skin on poultry
- ▶ Baked goods, pastries, doughnuts, high fat crackers & snack chips

Shop for low fat or fat-free forms of the above items. Look for products which say "no trans-fatty acids" (mainly found in margarines, crackers, baked goods). Bake, broil, grill, boil (less frying) & try your favorite recipes prepared with lower fat ingredients. Include omega-3 fatty acids found in certain fatty fish (salmon, sardines, tuna, mackerel) twice a week. Heart healthy fats are olive oil, canola oil, olives, nuts & avocado yet be mindful of their calories.

Terri P. Elisberg, RD, LD, CDE, Nutritionist
Isleta Diabetes Prevention Programs
869-4093 telisberg@islclinic.net

ACT IN TIME TO HEART ATTACK SIGNS

Heart Attack Warning Signs

LEARN WHAT A HEART ATTACK FEELS LIKE.

Act fast. Call 9-1-1.

It could save your life.

Treatments can stop a heart attack as it is happening.

They work best if given within 1 hour of when heart attack signs begin.

If you think you are having a heart attack, call 9-1-1 right away.

KNOW THE HEART ATTACK WARNING SIGNS:

Your chest hurts or feels squeezed



One or both arms, your back, or stomach may hurt.



You may feel pain in the neck or jaw.



You feel like you can't breathe.



You may feel light-headed or break out in a cold sweat.



You may feel sick to your stomach.

YOU MAY NOT BE SURE IT IS A HEART ATTACK.

A heart attack may not be sudden or very painful. You may not be sure what is wrong. But it is important to check it out right away.



**ACT FAST.
CALL 9-1-1.**



Call 9-1-1 in 5 minutes or less.
Do not drive yourself to the hospital.



When you call 9-1-1, an emergency vehicle arrives right away. Treatment can begin at once.

TO HELP SURVIVE A HEART ATTACK, TAKE THESE STEPS:

- 1** Learn the heart attack warning signs, and act fast if you feel them.
- 2** Talk with family and friends about the warning signs and the need to call 9-1-1 right away.
- 3** Ask your doctor about your heart attack risk and how to lower it.

Mother Native doesn't take breaks. Neither Should Your Household Protection Plan.



Homeowners / Renters Insurance

White Feather Family

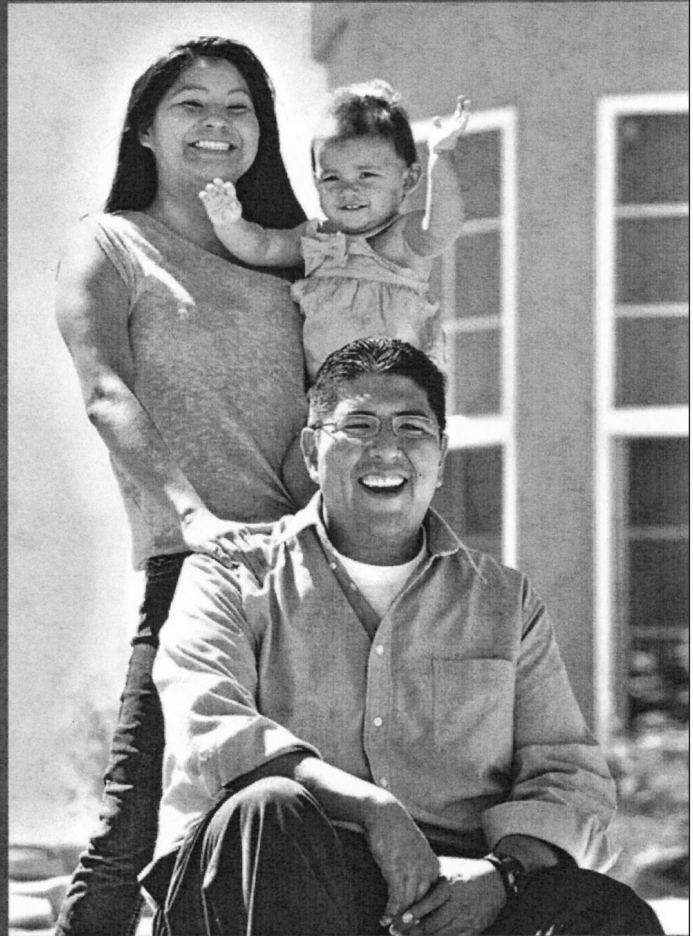
AMERIND Risk created an affordable insurance plan for homeowners living in Indian Communities. Our focus is on our customer's needs and the creation of flexible solutions to those needs. We understand safe living conditions in Indian Country and together we can better protect our communities.



AMERIND Risk
MANAGEMENT CORPORATION

Tribes Protecting Tribes

Putting the pieces back together since 1986



800-352-3496

www.AMERINDRisk.org



TIWA LENDING SERVICES

Tiwa Lending Services/Survey Participant Winners/Child Abuse Awareness Parade

Congratulations TO OUR WINNERS !!!

Leo Abeita

Dinner for Two at Texas Road House:

Isleta Travel Center/One-Stop/\$20.00 Gift Certificate Gas Vouchers

- | | |
|-----------------------|--------------------|
| 1. Jeanette Olguin | 2. Margaret Abeita |
| 3. Debbie Tafoya | 4. Rosalee Lucero |
| 5. Roshanna Toya | 6. Mike Toya |
| 7. Carmela Sutherland | 8. Darryl Chavez |
| 9. Carlos Tosado | 10. Geneva Torres |

UPCOMING NEWS:

FINANCIAL EDUCATION CLASSES OPEN TO THE ISLETA PUEBLO TRIBAL MEMBERS STARTING IN MID JULY!!!!

WEBSITE FOR TIWA LENDING SERVICES UP AND RUNNING IN JUNE

Tiwa Lending Services Mission is to community development and economic growth of the Isleta Pueblo Community by creating homeownership and small business opportunities for the Isleta Tribal members and other Native Americans residing in Isleta and in the surrounding communities.

For further information on Tiwa Lending Services products or services, please contact Sheila Herrera at (505) 916-0556 or stop by our office located at Tribal Road 40 Building 117A.

Special Thanks to our Sponsors **Isleta Business Corporation (IBC)** and **Texas Roadhouse**

TIWA LENDING SERVICES IS COMMITTED TO HELPING ISLETA FAMILIES BECOME ECONOMICALLY INDEPENDENT.

Isleta Health Center Calendar				Questions? Call 869-3200		JUNE 2013	
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	
						1	
2	3	4	5	6	7	8	
9	10	11 Isleta Cancer Education & Support (ICES): 10:30-12pm, @ IHC w/Anjie Cureton Topic: "Stress Management." Diabetes Support Group: 6-7pm @ DPP Wellness Center.	12 80s Fun Walk/Run-O-Rama: Registration begins at 5:15pm @ Isleta Diabetes Prevention Programs plaza.	13	14	15	
16 Father's Day!	17	18	19	20	21 	22	
23	24	25	26 Community Traditional Games Food Drive: 6-7pm @ Recreation Center park in village (DPP).	27 IDOPAG Advocacy Group: 1-3pm @ Isleta Health Center (DPP)	28	29	
30							

ISLETA BEHAVIORAL HEALTH SERVICES

Isleta Health Center

On May 17, 2013, Isleta Behavioral Health Services held the "Adopt-A-Plot" garden planting event. The morning activities were for individuals and families to come together to plant tomatoes, beans, squash, and other seeds in a plot of their choosing, with a section saved for planting blue corn. The weather was perfect for being outdoors. The elderly participated by planting their own herbs and flowers to take home with them, and they enjoyed their time visiting with old and new friends. The event ended with everyone enjoying a BBQ lunch. Thanks to all of you who helped to organize this event and for all of you who came out to support our community.

There are a few plots left for anyone who is interested in "adopting a plot." We encourage you to come by IBHS to visit and maintain your plot. Call 869-5475 for more information.

