



Isleta Pueblo News

Volume 8 Issue 11

November 2013

FROM THE OFFICE OF THE GOVERNOR

New Mexico Architectural Foundation Tour

October 5, 2013, Ms. Shawna Ballay, Director of the Pueblo of Isleta Public Services Department, helped coordinate a tour for the New Mexico Architectural Foundation (NMAF) of architectural projects on the Isleta Pueblo. The featured sites for the tour included the Headstart Building, St. Augustine Church, CCD Building, Elderly Center & Assisted Living Facility and the Old Elementary School.

The New Mexico Architectural Foundation promotes architectural excellence in New Mexico by stimulating public understanding and appreciation of architecture and our architectural traditions. The Foundation participants applauded the Pueblo of Isleta for their creativity and personal obligation to promote and preserve cultural activities and artifacts for all to enjoy.

New Mexico Indian Council on Aging, Inc.

On October 9, 2013, the Pueblo of Isleta, Isleta Casino and Resort hosted the Quarterly Meeting of the New Mexico Indian Council on Aging (NMICOA). Governor Eddie P. Torres opened the conference with an opening traditional prayer and welcome to all attendees. In addition to NMICOA Board business, the following presenters provided information on Aging and Long Term Services by Gino Rinaldi, Cabinet Secretary, Creating a Will by Vern Teller, Isleta Tribal Council Secretary, Cultural Affairs Department presentation by Valentino Jaramillo, Pueblo of Isleta Cultural Affairs Director, Evolution of Traditional Native Dress/Show by Rita Jojola, Isleta Elder Center Director, Status Report of Health Grant by Erick Lujan, Health Board Representative and POI Language Program Presentation by Paul Lujan, Program Coordinator. The meeting serves as an excellent venue for the elderly to interact and stay informed about essential services available to them.

Elderly and Assisted Living Center: Ground Breaking Ceremony

October 16, 2013, the Pueblo of Isleta commemorated the ground breaking ceremony for our new Elderly and Assisted Living Center. The event was attended by community members, NM State Senators and Representatives, and Isleta Tribal Council members. The agenda for the event included a traditional prayer offered by Mr. Joe D. Lucero with a welcome by 1st Lieutenant Antonio Chewiwi. A project overview was provided by Ms. Shawna Ballay, POI Public Service Department, with an overview of services by Ms. Rita Jojola, Elderly Care Director and Ms. Natalie Abeita, Assisted Living Center, Administrator.

As expressed by the Planning Committee, of all the construction projects the tribe has undertaken, building the Assisted Living Facility is probably the one project that gives our community a heartwarming feeling. This new venture will provide an opportunity for all of our elders living in long-term care facilities outside our community to return home to Isleta. The opportunity to care for our elders, giving to them love, tenderness and respect which they deserve is the primary goal.

Construction of the Center is scheduled to commence in November 2013, and completed within one year.

NM 314 and NM 45 Improvement Project

October 17, 2013, Pueblo of Isleta Public Service Department held a public meeting at the Isleta Elderly Center to provide information and to solicit public comments on the proposed realignment and reconstruction of 314/NM 45 Intersection. The Pueblo of Isleta, in coordination with the New Mexico Department of Transportation (NMDOT), is planning a highway project to correct safety lanes and improve transportation along an approximate one mile stretch of roadway beginning at NM 314 at the north end of the BNSF Railroad Overpass and extending north to approximately milepost 0.7 NM 45. The proposed project will include the realignment and reconstruction of the 314/NM 45 intersection; geometric improvements north and south along project points and at NM 317, Tribal road 74 and the future Moonlight Dr. intersection and an access modification to adjacent business/residences; drainage improvements and miscellaneous safety improvements.

The initial public meeting was well attended by approximately 50 concerned residents. Governor Eddie P. Torres encouraged all participants to express their concerns emphasizing this project which is for the betterment of our community.

2013 POI Social Services & Indian Child Welfare (ICWA) Program Review

The bureau of Indian Affairs, Southern Pueblos Agency completed the Isleta Social Services and Indian Child Welfare Act (ICWA) program reviews for Calendar Year 2013. The ICWA Program Review was conducted on July 30, 2013 and the Social Services Program Review was conducted on September 17-18, 2013. The purpose of program reviews is to assess both the administrative and direct service operations of the program. The goal of the reviews are to identify both consistencies and inconsistencies of program operation, i.e., regulatory and statutory compliance issues, as well as day to day program

operations, to determine opportunities for technical assistance and policy guidance between the Southern Pueblos Agency and the tribal program, to identify and share best practices with other programs with the intent of improving the quality of services to Indian tribes and Indian people.

Entrance and exit meetings took place for both reviews at the onset and at the conclusion of the reviews. The Pueblo of Isleta is pleased to report that both programs received excellent ratings with no federal review finding errors or compliance issues. The Isleta Social Services and ICWA staff were commended by the Southern Pueblos Agency for their dedication, commitment and level of professionalism that is demonstrated in all aspects of their work with individuals, families, organizations and community. The staff were also commended for their excellent work with regard to case management, client file organization, and the utilization of best and promising practices as well as ongoing client contact and coordination, and collaboration with other partners in the field of Child and Family Welfare. The Pueblo of Isleta is very pleased with the outcome of both program reviews. The staff of Isleta Social Services and ICWA Programs are to be commended for their continued commitment to the community and the services that are provided to the most vulnerable of our community: the children, elders and our families.

Third Annual Washington, DC Policy Conference

September 17-20, 2013, Governor Eddie Paul Torres and Tribal Council President Michael A. Lente traveled to Washington DC to meet with congressional representatives regarding water resource management to water scarcity. The theme of the meeting was on the Pueblo's water crisis and needed coordinated actions to protect our supply of irrigation water currently and into the future. Part of the strategy is to participate in water management and water planning through the state engineer's process in protesting water release of prior and paramount water during non-irrigation months. Governor Torres reemphasized in his meeting that the Pueblo's relationship to the water and the river is an integral part of our identity and culture.

National Congress of American Indian (NCAI) 70th Annual Convention

October 14-17, 2013, 2nd Lieutenant Governor Isidor Abeita attended NCAI 70th Annual Convention in Tulsa, Oklahoma representing the Pueblo of Isleta. The Pueblo of Isleta, as a voting member of NCAI, elected a new Executive Committee. The Executive Committee is charged with

(continued next page)

advancing the mission of NCAI to protect and advance tribal sovereignty by representing the issues and priorities of tribal nations throughout the country. The newly elected Executive Committee consists of:

- President: Brian Cladoosby, Chairman, Swinomish Indian Tribal Community
- Recording Secretary: Michael Finley, Chairman, Colville Tribe
- Recording
- Secretary: Robert Shepard, Sisseton Wahpeton Oyate
- Treasurer: Dennis Welsh Jr, Tribal Council Member, Colorado River Indian Tribes.

The NCAI agenda included:

- Economic, Finance, and Community Development
- National American Indian Housing
- Technology & Telecommunications
- Transportation & Infrastructure
- Human Resources
- Education
- Elders & Disabilities
- Health
- Indian Child and Family Welfare
- Land & Natural Resources
- Energy & Mineral Policy
- Environmental Protection and Land Use
- Trust Lands, Natural Resources, & Agriculture
- Litigation & Governance
- Human, Religious & Culture
- Jurisdiction & Tribal Governance
- Taxation
- Tribal Gaming
- Veterans Issues

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

Governor Eddie Paul Torres received an invitation on behalf of President Obama and the White House Council on Native American Affairs to participate in the 2013 White House Tribal Nations Conference in Washington, D.C., on Wednesday, November 13, 2013. The Pueblo of Isleta is among the 566 federally recognized tribes who will be attending the conference which will be held at the Department of Interior, Sidney R. Yates Auditorium. President Obama is expected to deliver remarks and interact with tribal leaders to further strengthen the government to government relationship between federally recognized tribes and the Obama Administration.

Governor Torres will be prepared to discuss policy/issues on community and culture, economic development and commerce, education, health & human services, land & natural resources and tribal governance.

2013 Albuquerque First Top CEO Honorees

On October 17, 2013, in Albuquerque, the Albuquerque Business First held a Networking Reception and Awards luncheon at the Crown Plaza to honor twenty-two of New Mexico's top local executives. We are proud to announce that our very own PAMELA GALLEGOS, CEO, Isleta Resort

& Casino was honored and recognized for her contributions as Chief Executive Officer to tribal businesses within the New Mexico Community. The prestige award goes to those who have done an outstanding job in their roles as corporate executive stewards and are evaluated on professional achievement, leadership and community involvement. Congratulations! To Ms. Pamela Gallegos for a job well done.

Pueblo of Isleta Community Meeting

Governor Eddie Paul Torres has scheduled a Community Meeting at the Isleta Resort & Casino-Ballroom for November 23, 2013, 9:00 am to noon. The agenda for the meeting will include the following topics and issues:

- Update on Isleta Resort and Casino transition — Pamela Gallegos, CEO
- Project Initiatives for 2014 — Governor Eddie Paul Torres
- Community development projects update — Shawna Ballay
- Affordable Care Act Facts — David Antle, CEO Health Center
- Assisted Living Services — Natalie Abeita
- UNMH Native American Health Services — Brandon Smith, Health Liaison
- Tribal Court Process — Lawrence Lucero, Chief Judge
- Law Enforcement Crime Report —

- Kevin Mariano, Chief of Police
- Update on Tribal Constitution reform- Tribal Council Constitution Committee
- Update on enacted Tribal Laws/ Ordinances- Tribal Council Law & Order Committee

Pueblo of Isleta Turkey Distribution

Governor Eddie Paul Torres has scheduled November 12 & 13, 2013, 8:00 am to 6:00 pm for Thanksgiving Turkey Distribution at the Isleta Elderly Center. The distribution will be made to enrolled Isleta Tribal members residing in Isleta Pueblo, Los Lunas, Belen, Bosque Farms, Albuquerque, Rio Rancho and Bernalillo. Please provide proof of Isleta tribal membership. Distribution will be restricted to one turkey per household. Thank you for your cooperation. I wish you a caring and sharing thanksgiving.

Message from Governor Eddie Paul Torres

As we give thanks as a Community, let us all pray to our Great Spirits, our Heavenly Father, and give heartfelt thanks for all the blessings of Life they've bestowed upon us. For the beauty of Mother Earth, for the joy and health, friends and family we graciously share. I pray for a joyous and safe Thanksgiving to all.

2ND ANNUAL ISLETA CANCER EDUCATION CONFERENCE

SATURDAY • November 16, 2013
9:00am-4:30pm @ Isleta Golf Course

LEARN ABOUT CANCER

- What is Cancer?
- Cancer risk and risk reduction
- Isleta specific cancer numbers
- Understanding the latest on cancer

14yrs old & over • And more! Lunch Served!

Call Isleta Health Center
to register: 869-4479

If you need a ride, please call.

Must Pre-Register!

SPACE LIMITED FOR THE FIRST

100 TO SIGN UP!

PLEASE REGISTER BY NOVEMBER 11TH!

PRIZES, HATS, FOOD & MORE!



PREVENT FROZEN PIPES

The winter months mean freezing outdoor temperatures which can cause water lines to freeze. Frozen pipes can burst and cause extensive water damage. An eighth-inch (three millimeter) crack in a pipe can emit up to 250 gallons (946 liters) of water a day. Both plastic (PVC) and copper pipes can burst. By taking a few simple precautions, you can save yourself the mess, money and aggravation frozen pipes cause.

Before the cold hits

Insulate pipes in your home's crawl spaces, garage, unfinished basement and attic. These exposed pipes are most susceptible to freezing. Remember - the more insulation you use, the better protected your pipes will be.

Disconnect garden hoses and insulate all outdoor faucets (hose bibs). This reduces the chance of freezing in the short span of pipe just inside the house.

Heat tape or thermostatically-controlled heat cables can be used to wrap pipes. Be sure to use products approved only for the use intended (exterior or interior). Closely follow all manufacturers' installation and operation instructions.

Seal leaks that allow cold air inside near where pipes are located. Look for air leaks around electrical wiring, dryer vents and pipes. Use caulk or insulation to keep the cold out and the heat in. With severe cold, even a tiny opening can let in enough cold air to cause a pipe to freeze.

When the temperature drops

A trickle of hot and cold water might be all it takes to keep your pipes from freezing. Let warm water drip overnight, preferably from a faucet on an outside wall.

Open cabinet doors to allow heat to get to un-insulated pipes under sinks and appliances near exterior walls.

Before you go away

Set the thermostat in your house no lower than 55°F (12°C).

Ask a friend or neighbor to check your house daily to make sure it's warm enough to prevent freezing or shut off and drain the water system.

Be aware that if you have a fire protection sprinkler system in your house, it will be deactivated when you shut off the water.

If your pipes freeze

Don't take chances. If you turn on your faucets and nothing comes out, leave a faucet turned on for water to drain from, and so you can see when the water starts to flow again.

If you have any further questions or concerns, please contact the Public Services/Utility division @ 869-9782. After hour emergencies, please call 505-869-3030.

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 L. Piro at the Department of Education. If you prefer you may email your letter of interest 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:
November 13, 2013

December 11, 2013

January 08, 2014

The meetings will start at 6:00pm at the Tribal Complex conference room.

Language Program

On August 30, 2013 the Department of Education along with Governor Torres met with Bureau of Indian Education (BIE) to sign a Memorandum of Agreement allowing the Isleta tribal Language Program access to the Isleta Elementary School. The Language Program will take over the school's bilingual program for Tiwa Language lessons.



Signing of the Memorandum of Agreement

This is a great accomplishment. This process has been a long and vigorous and took 7 years to complete. We at the Language Program are excited and work with our children as we attempt to have our children engage in the Isleta language.

Building update: Our portable buildings that were once located at the Old Elementary School are now located between the Library Education Complex and the Isleta Elementary School. Buildings are currently 70% complete. The buildings need electrical power, computer and phone, and some minor repairs and they will be ready for occupancy. Once buildings are complete we will continue with community based services and afterschool programs.

Irrigation Water Outlook for the Remainder of the 2013 Irrigation Season

The record breaking rains during the month of September were a blessing for the Pueblo of Isleta. The irrigation system was full and the farmlands were saturated. Several of the northern Pueblos suffered extensive damage to their irrigation infrastructure and some were without water for three weeks while repairs were implemented. The rain event of September 13 formed a sediment plug at Peralta Arroyo on Cochiti Pueblo that completely blocked the Rio Grande! A temporary channel was constructed through the plug by the Bureau of Reclamation the second week of October and stormwater stored in Cochiti Reservoir was released in late October resulting in higher than normal flows through the Isleta reach of the Rio Grande.

Irrigation deliveries to the Six Middle Rio Grande Pueblos including Isleta will be available through November 15, 2013. There have been no releases of Prior and Paramount water from El Vado reservoir since late July. As of October 3, there was 12,700 ac/ft. of P&P water left in storage in El Vado Reservoir. This water will be released to Elephant Butte Reservoir beginning November 16, 2013.

Water deliveries to the Acequia Madre and Butte Lateral have been fairly consistent and there have been no shortages experienced by Isleta farmers on this canal. The water to charge these canals is diverted at the Angostura Diversion Dam near Algodones and then flows through the north and south valleys of Albuquerque before entering Isleta on the north boundary.

Water deliveries to the Chical, Cacique, and Los Charcos areas will be diverted at the Isleta Diversion dam. Irrigation deliveries to the Six Middle Rio Grande Pueblos including Isleta will be available through November 15, 2013.

Finally, the long range weather forecast for the coming winter is for above average temperatures and below average precipitation. This means New Mexico will remain in moderate to severe drought conditions for the foreseeable future.

Traffic Division - Isleta Police Department - November 2013

GREETINGS! We have been absent in our publications for a few months but we are back! We will be providing information, concerns, and remedies for many situations encountered on the roadways of the Pueblo. We also invite any questions, concerns, etc. that you, the members of the Pueblo, may have about traffic situations.

We are hoping that all had a fun but safe Halloween. It is hard to believe that we are just around the corner from the main holiday season, starting with the Thanksgiving Holiday and then into the Christmas season! Where does the time go?!

The Traffic Division is sponsored by the Indian Highway Safety Program and funded through a grant. It is statistically driven which is derived from citations issued (speed, seatbelt, childseat restraints, to name a few), crash investigations, impaired drivers arrested, etc. This, however, is not the only function of this division. We also are involved in community activities presenting information to the community at our Traffic Safety Booths. We have participated in the "Child Abuse Awareness" activities during the month of April, the Health Fair in early summer, among other community events. We have also been visible at the New Mexico State Fair, the Metro Teen Court Law Enforcement Appreciation Day and most recently participated in the Big Brothers and Big Sisters Community Outreach Event in Los Lunas. The Traffic Division is also active in many of the Childseat Safety Clinics both on the Pueblo and throughout Bernalillo and Valencia Counties. The Department currently has three (3) active carseat technicians, two of whom are members of the Traffic Division. The newest member of the division will be attending a carseat technician course in the future and all will be utilizing their skills. Not only will we be out in an effort to detect and cite those not utilizing or incorrectly using carseats for their young passengers, but we are in planning stages of having presentations in the future. Adults, you too will be cited if not in compliance with the seatbelt law — remember safety is a main priority for this division and seatbelt safety is of great importance.

Distracted driving has been a problem for quite some time, but has become much more evident with the introduction of the cell phone. Initially just taking or making a phone call presented a distraction leading to crashes. However, TEXTING is even more serious. The following is presented by the National Highway Traffic Safety Administration on texting.

With the U.S government pushing awareness, many U.S. states have also followed suit and passed various laws either banning or limiting distracted driving practices in the state. Oftentimes, the main culprit in distracted driving incidents is driving while texting, so that practice has received much focus from state legislators across the country.

As of September 2013, only three states remain with no ban at all in place regarding texting while driving. Arizona, Montana and South Carolina each has no ban in place for texting while driving.

A total of 41 states — plus the District of Columbia — have complete bans in place (all drivers) for texting while driving, while the remaining six states (Missouri, Mississippi, New Mexico, Oklahoma, South Dakota and Texas) has partial texting-while-driving bans in place.

There is much variation between specific laws in individual states regarding texting-while-driving and other distracted driving practices, but it appears that the American public in general is taking notice of the dangers of distracted driving. If and when the final three states adopt either partial or complete bans, the entire country will be connected in its effort to curb dangerous driving habits.

Source: CarinsurancePedia

Please remember our purpose is not solely the enforcement of traffic laws by issuing citations but also encompasses educating the public about traffic laws so we obtain a greater percentage of compliance. With more drivers aware and in compliance with traffic laws, our roadways become much safer places to travel. All it takes is one intoxicated person, one person texting, one road rage incident, etc. to turn someone's life upside down. We don't want to have to respond to that one crash where someone is seriously injured or killed but we have had to do this in the past and it is disheartening when we learn the crash was preventable had the driver complied with traffic laws.

Proactive enforcement for speed, erratic driving, impaired drivers is imperative in prevention but education is equally important.

So we ask you, the community, to help us to make the roadways in our community safe places on which to travel for all. Don't become a statistic. Additionally, if any of you have questions or concerns about traffic laws or areas of concern, please do not hesitate to contact any member of the Traffic Division.

REMEMBER

Buckle Up! Don't Drink & Drive!
Don't Text & Drive! Don't Exceed the Speed Limit!

Submitted by: TSO Sharon K. Mitamura
(505) 869-9722 or (505) 382-1518 poi06056@isletapueblo.com

ONE TEXT OR CALL COULD WRECK IT ALL

Distracted driving is a dangerous epidemic on America's roadways. In 2011 alone, over 3,000 people were killed in distracted driving crashes.

The U.S. Department of Transportation is leading the effort to stop texting and cell phone use behind the wheel. Since 2009, we have held two national distracted driving summits, banned texting and cell phone use for commercial drivers, encouraged states to adopt tough laws, and launched several campaigns to raise public awareness about the issue.

Distraction.gov is your resource for learning more about distracted driving. Get the facts, get involved, and help us keep America's roadways safe.

Just three states left with no ban on texting while driving

By e-wisdom news service September 25th, 2013

Texting while driving, and more broadly distracted driving, has received increasing attention over the past few years.

The spotlight has been on distracted driving for some time now, with the U.S. government launching Distraction.gov back at the start of 2010 as statistics started to pile up about the danger involved with driving while distracted.

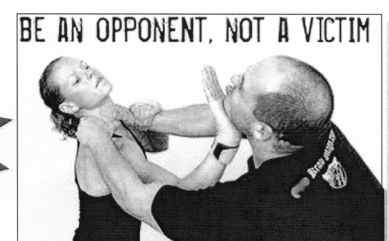
The statistics are astounding. For example, 10 percent of all crashes that involved injury also involved distracted driving. And, unfortunately, the percentages push even higher when the demographic changes to younger drivers.

With the U.S government pushing awareness, many U.S. states have also followed suit and passed various laws either banning or limiting distracted driving practices in the state. Oftentimes, the main culprit in distracted driving incidents is driving while texting, so that practice has received much focus from state legislators across the country.

As of September 2013, only three states remain with no ban at all in place regarding texting while driving. Arizona, Montana and South Carolina each has no ban in place for texting while driving.

1st ANNUAL FEMALE SELF DEFENSE CLASS!

Come learn Basic Self-Defense Techniques and
Safety Ideas!
That may save your life!



When: Saturday, November 23, 2013.
From 9:30am-12:00pm
Ages 12 and Up

Where: The Isleta Recreation Center
(Aerobics Room)
7 Tribal Rd 64
Isleta NM 87022

Dress in comfortable athletic attire



Sponsored By:
Isleta Karate One

RSVP BY NOVEMBER 15, 2013
Call Sensei David Roybal:
(505)-401-3115



Community Based Policing

Hello, the holidays are fast approaching and we would like to offer some safety tips. A thief will always try to locate the easiest prey and by utilizing these tips, they tend to burglarize the homes that are easier to enter.

To Do List:

- Lock all outside doors and windows before you leave the house or go to bed. Even if it is for a short time, lock your doors.
- Leave lights on when you go out. If you are going to be away for a length of time, connect some lamps to automatic timers to turn them on in the evening and off during the day and ask your neighbors to keep an eye on your home.
- Keep your garage door closed and locked.
- Don't allow daily deliveries of mail, newspapers or flyers build up while you are away. Arrange with the Post Office to hold your mail, or arrange for a friend or neighbor to take them regularly.
- Check your locks on doors and windows and replace them with secure devices as necessary.
- Pushbutton locks on doorknobs are easy for burglars to open. Install deadbolt locks on all your outside doors.
- Sliding glass doors are vulnerable. Special locks are available for better security.
- Other windows may need better locks. Check with a locksmith or hardware store for alternatives.

Don't Tempt a Thief:

- Lawn mowers, barbecues and bicycles are best stored out of sight
- Always lock your garden sheds and garages.
- Use curtains on garage and basement windows.
- Never leave notes on your door such as "Gone shopping."

Locks...Get the Best:

- No lock, regardless of its quality, can be truly effective. Key-in dead bolt locks provide minimum security. Ask a locksmith for advice on your situation.
- Change locks immediately if your keys are lost or stolen.
- When moving into a new home, have all locks changed.

Targeting the Outside:

- Have adequate exterior lighting. A motion-sensitive light is recommended for backyards.
- Trim trees and shrubs so that they cannot be used as hiding places for intruders.
- Make sure your door hinges are on the inside.

Windows:

- Most windows can be pinned for security.
- Drill a 3/16" hole on a slight downward slant through the inside window frame

and halfway into the outside frame - place a nail in the hole to secure the window.

Alarms:

- An alarm system is excellent for home security. It provides peace of mind to homeowners, especially while on vacation. There is a wide variety of alarm systems on the market.
- Make several inquiries to different companies for the best security system available to you.
- If you have a home alarm system, use it! Activate your alarm system — Alarm systems are only useful when you remember to activate them.
- Many individuals have alarm systems but do not arm them because it is inconvenient. Many burglars know this and will not be deterred by a window sticker or sign indicating that the home has an alarm system.

If Your Home Is Broken Into:

If you come home to find an unexplained open/broken window or door:

- Do not enter - the perpetrator may still be inside.
- Use a neighbor's phone to call police.
- Do not touch anything or clean up until the police have inspected for evidence.
- Write down the license plate numbers of any suspicious vehicles.
- Note the descriptions of any suspicious persons.

Other precautions you should take:

- Never leave keys under doormats, flowerpots, mailboxes or other "secret" hiding places - burglars know where to look for hidden keys.
- Keep a detailed inventory of your valuable possessions, including a description of the items, date of purchase and original value, and serial numbers, and keep a copy in a safe place away from home — this is a good precaution in case of fires or other disasters. Make a photographic or video record of valuable objects, heirlooms and antiques. Your insurance company can provide assistance in making and keeping your inventory.
- Trim your shrubbery around your home to reduce cover for burglars. Be a good neighbor. If you notice anything suspicious in your neighborhood, call 9-1-1 immediately.
- Mark your valuables with your driver's license number with an engraver you can borrow from your precinct. Marked items are harder for a burglar to dispose of and easier for police to recover.
- Form a Neighborhood Watch Group. We can help you work with your neighbors to improve security and reduce risk of

burglary.

- Consider installing a burglar alarm system.

Burglaries increase during the holidays because burglars believe new items may be under the tree and these items are easier to sell. If you see something out of the ordinary, **Do Not Hesitate** to call police. We are here to help make the community a safer place to call home, but we have to work as a **team (Community & Police.)**

We are also working diligently with the courts and roads in accomplishing our task of addressing the residences that have no markings. This is occurring on Fridays and the courts have assigned community service workers to assist with this task. We are going to try and complete this task by year end.

There will be a community meeting held on Thursday, November 21, 2013, from 5:30-7:00 p.m. at the Old Court House in the village. I would like to invite everyone to attend and provide us with your ideas and concerns affecting the community. Social Services will conduct a brief presentation on Domestic Violence and how the community can help combat this problem. Come out and join us to express your ideas and concerns, **"Together, we can make this community a safer place to call home."**

In closing, we have received a rise in calls regarding the **"Anonymous Hotline."** Remember, this is your hotline to remain anonymous and report any gang, drug, vandalism, or illegal activity. The telephone number is 505-264-7258, this number should not be used if police are needed immediately. When a person calls to report the activity, leave as much information so we can investigate the activity. I can promise you that no information of the reporting person will be dissipated.

If there are any suggestions, feel free to contact me at 505-869-9707.

Respectfully,
Gerald S. Maestas/Captain
Isleta Police Department

Isleta Pueblo News



Editor: Ulysses Abeita
Asst. Editor: Beverly Piro
Published By:
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IMPORTANT information from Solid Waste: Your household thermostats

As temperatures drop and winter comes near, the time to service your heaters is here. Many times thermostats are replaced when performing winter service. If your thermostat is being replaced, please, do NOT throw it in the trash!

Most thermostats manufactured before 2005 contain **mercury**.

Mercury is an extremely toxic heavy metal. Even though it is a metal, in household thermostats, mercury is liquid. Mercury is one of the most toxic and environmentally damaging elements we encounter in day-to-day use. Disposal of mercury is regulated by Federal, State, and Local government because it can cause serious damage to human health and the environment.

When thrown into the garbage, the mercury in thermostats can leach into the soil and contaminate community water sources, including the groundwater we depend on for our drinking water. Thermostats and other products that contain mercury are categorized as hazardous waste. In many states, it is illegal to throw away a mercury thermostat.

Are there other products in my home that may contain mercury? YES!

Thermometers, fluorescent light tubes, and even the new spiral type fluorescent lights known as CFLs contain mercury.

Here is some additional information about mercury.

If you break a mercury thermometer, thermostat, or fluorescent bulb, here are some precautions you need to be aware of and steps to follow as you need to be a lot more careful cleaning up after a breakage at home or elsewhere where there has been a small mercury release or spill.

- *Don't* vacuum up the spill or breakage. This will release mercury into the air and greatly increase the level of contamination.
- *Don't* sweep up the mercury or broken glass with a broom. This breaks up the mercury into smaller drops, increasing its surface area so that more mercury gets into the air or becomes spread around.
- *Don't* pour mercury down the drain. It can clog your plumbing and seriously pollute your septic system or the sewer system into which your plumbing drains.

- *Don't* wash mercury-contaminated clothing. This contaminates your washing machine, all of the other clothes in the load, and the water that is washed down the drain. If you use a clothes dryer afterwards you would be releasing mercury into the air and essentially poisoning yourself.
- *Don't* do anything that would spread the mercury or cause it to become airborne.
- *Don't* track it around on your shoes, and
- *Never* ever re-use any cloth or sponge that came into contact with the mercury.

Now that you have an idea of what to avoid, here are some steps to take: Fluorescent bulbs and compact fluorescent bulbs or CFLs contain small amounts of mercury. Here's what to do if you break a bulb:

1. Clear the room of people, especially children, and pets. Do not allow children to help you clean up.
2. Shut off the heater or air conditioner, if applicable. Open a window and allow the room to air out at least 15 minutes.
3. Wearing protective gloves on both hands (such as latex or rubber), use a sheet of paper or cardboard to scoop up glass fragments and metal pieces. Deposit the breakage into a glass jar with a lid or into a sealable plastic bag.
4. Use sticky tape to pick up the smaller pieces of debris. Drop the used tape into the jar or bag.
5. While paper and tape should be sufficient to clean up breakage on a hard surface, you might need to vacuum a carpet or rug. Vacuum only after all visible remains have been cleaned up and then label the bag with "Danger — Mercury inside". Please place all items including the gloves in the sealed bag. Call the Solid Waste division of Public Services to schedule pick up at 869-9782.
6. If your vacuum has a canister, wipe it clean with damp paper towels and dispose of the used towels.
7. Remember, do not throw any mercury contaminated items in your trash containers.

REFERENCE: Anne Marie Helmenstine, Ph.D
About.com Chemistry



Turkey Distribution

DATES: Monday, November 12, 2013
& Tuesday, November 13, 2013

WHERE: Isleta Elderly Center

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

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

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


E. Paul Torres, Governor

HONORING OUR Veteran's GOURD Dance

November 10th, 2013

Starting at 12:00 PM

**PUEBLO OF ISLETA Recreation Area
Isleta, NM**

MC - Mike Salabyie Gallup, NM

Head Gourd Dance Singer - Mario Beneguer Phoenix, AZ

Head Gourd Dancer: Tyrone Begay - Ft. Defiance, AZ

Arena Director: LBA

ALL Veterans, Gourd Dancers, Singers & Public Invited

For More Information, contact Lloyd Torralba @ (505) 238-8476

This is a DRUG and ALCOHOL Free Event.

Sponsored by the Southwest Native American Veteran's Alliance.

Isleta Elder Center - Activities Calendar November, 2013

November 1:	Shuffleboard @ Recreation Center - 9 am - 12 noon
November 4:	Bowling - Fun Connection - 10 am - 12 noon
November 5:	Line Dancing - Elder Center - 10 am - 11:30 am
November 6:	Bingo @ Hard Rock
November 7:	Country Western Dance Instruction - 10 am - 11:30 am
November 7:	Catholic Mass - 11:30 am
November 8:	Shuffleboard @ Recreation Center - 9 am - 12 noon
November 8:	Wal-Mart (Shopping Asst. /Lunch) -10 am - 2 pm
November 11:	Center Closed - Veteran's Day Holiday
November 12-13:	Turkey Distribution - Elder Center - 8 am - 6 pm
November 14:	Breakfast at Barelás Coffee House, S. Broadway Cultural Center (Dia de los Muertos Exhibit) - 9 am-2pm
November 14:	Country Western Dance Instruction - 10 am - 11:30 am
November 15:	Shuffleboard @ Recreation Center - 9 am - 12 noon
November 17:	Arts & Crafts Fair - Isleta Resort & Casino - 9 am - 4 pm
November 18:	Bowling - Fun Connection - 10 am - 12 noon
November 19:	Line Dancing - Elder Center - 10 am - 11:30 am
November 19:	Shuffleboard @ Manzano Mesa /Lunch-10:30am-4:30pm
November 20:	Friendship Breakfast -Elder Center - 9 am - 9:30 am
November 20:	General Meeting - Elder Center - 10 am - 12 noon <ul style="list-style-type: none"> • POI - Planning Dept. - Transportation • POI - Behavioral Health - Program/Events • Back by Request- Health Reform Fair/Centennial Care Presentations (questions/answer session). Prizes, Health record filing tips & file box for everyone, goodies...
November 21:	Santa Ana Casino "Play Day" - 9 am - 2 pm
November 21:	Country Western Dance Instruction - 10 am - 11:30 am
November 22:	Shuffleboard @ Recreation Center - 9 am - 12 noon
November 22:	Thanksgiving Dinner & Bingo - 12 noon - 3 pm
November 25:	Bowling - Fun Connection - 10 am - 12 noon
November 25:	Advisory Committee Meeting - 10 am - 12 noon (Open to the Public)
November 26:	Line Dancing -Elder Center - 10 am - 11:30 am
November 28-29:	Center Closed - Happy Thanksgiving!

Other Important Meeting Dates - Events are not affiliated with the POI Elder Center

November 16:	2nd Annual Isleta Cancer Education Conference, Isleta Eagle Golf Course
November 16:	POI Behavior Health - Moccasin Fun Run/Walk
November 19-20:	3rd Annual Caregivers Conference; Pueblo of Jemez Senior Center
November 20:	Healthy Aging Collaborative Fall Symposium — Dept. of Health Topic: Alzheimer Disease and Related Health Care Issues
November 23:	POI Community Meeting — Isleta Resort & Casino — 9 am

The Isleta Elder Center by Request will hold another Centennial Care / Health Care Reform Event: November 20, 2013 10 am

We held a Fair on October 23rd and unfortunately not all confirmed health vendors were able to attend. For that reason, many attendees did not get to ask questions related to their individual needs. Therefore, we are holding another event on November 20th. If you have questions about health care change, please come to this event. We will be providing a "Health Record Keeping Filing Box," and other goodies.

Thank You from the family of Eulalia J. Zuni

We, the family of Eulalia J. Zuni, would like to express our heartfelt thankfulness and gratitude to the Elderly Center Staff, Isleta Health Clinic Staff, Dr. Nelson, CHR/ EMT Staff for all your services & assistance that was given to our Mother/Grandmother/ Great-Grandmother. A Very Special "Thank You" to all of the Caregivers that gave their "Unconditional Love & Patience" during Chee-ee Lia's needs. We would also like to extend our sincere appreciation to the community of Isleta, Father George, Bernadette Cotton & Frances Abeita, The Church Choir and Celeste Lucero for all your support, prayers and condolences during the time of our loss. May God bless each and every one of you and your families. We were very blessed for her to have lived to be 102 1/2 years old.



CONGRATULATIONS TO FRANCES Z. ABEITA

Congratulations to Frances Z. Abeita from our Isleta St. Augustine Parish. She is one of the recipients of the St. Francis of Assisi Awards which are awarded to lay volunteers who are role models in their service to their communities. The award ceremony took place on October 4th, 2013 at the St. Francis Basilica in Santa Fe. The persons who were selected are from various parishes in the archdiocese of Santa Fe. These volunteers are following the long tradition started by past generations who give unsparingly of their time and talents.

She was nominated by Fr. George Pavamkott O. Praem: "Frances is one among the very devoted volunteers of St. Augustine. She is one of our Finance Committee members and was its Chair for many years. She is the coordinator and counter for the collections. For more than 10 years she has been an extraordinary Eucharistic minister and visits the homebound along with the Pastor. She provides special gifts to the homebound during Thanksgiving, Christmas and Easter. She is a member of the Bereavement Committee. She can be counted upon for wherever the need is; she never says no. During the Pueblo Feast days and traditional activities, Frances opens her home to many people to share a meal, provides fellowship and great hospitality. She is generous in finding time for those who need help and by providing food and financial support to them, and even helps them to find jobs. St. Augustine Church in our community is grateful to her. I am proud to have recommended her for the 2013 Archbishop's St. Francis of Assisi Award."

2013 Archbishop's St. Francis of Assisi Awards



Cathedral-Basilica of St. Francis of Assisi
Santa Fe, New Mexico
Friday, October 4, 2013



Pueblo of Isleta Public Library

Happy Daylight Savings Time, People of the Island! How many of you used the excuse that you forgot to change your clock back for being late to work. I bet that was an awkward conversation because then you should have been in an hour early. Like the Veterans say, if you are not five minutes early then you are LATE! On that note, Happy Veterans Day and be sure to buy your local Veteran that next round of beverage.

NEWS:

On Tuesday, November 5 the Library will be participating in a simulated "lock down" exercise with the Isleta Elementary. The library staff will be expected to lock the doors, close the blinds, shut off the lights, and usher patrons to our designated safe room for training purposes. After the exercise is complete, business will return to normal for the Library. However, the roads and parking lot may be occupied by the Isleta Police Department while the Elementary conducts their "lock down" exercise. We have been informed by I.P.D. that the exercise should start after the 9 AM hour.

Wednesday, November 6 the Library will OPEN at 11 AM due to our monthly staff meeting which is the first Wednesday of each month. Please understand the importance of these meetings as this is when we discuss the issues brought to our attention by you the community members, collaborate to improve our library services, and brainstorm with hopes of new and innovative programs.

Thursday, November 7 the Library will OPEN at 1 PM due to our third Fire Drill Training with the Isleta Fire Department. After our Fire Drill exercise, the library staff will be undergoing Fire Extinguisher Training. We understand that many of you rely on the Library for your daily tasks; however to create a safer environment for you, your children, extended family, and your fellow community members we need to undergo this training. So, Thank You for being understanding.

Monday, November 11 the Library will be CLOSED in observance to Veterans Day. Be sure to give Thanks to all your Veterans as it is their day when we all should show our appreciation for their sacrifices and hardships which they endured.

Thursday, November 28; Friday, November 29; & Saturday November 30 the Library will be CLOSED due to Thanksgiving and Thanksgiving Break (aka Black Friday and Small Business Saturday). Many of the Library staff have family outside the Pueblo of Isleta and therefore this is their opportunity to spend time with their family whom they rarely get to visit.

UPCOMING PROGRAMS:

The Library, in collaboration with Myra Garro (Isleta Human Resources) and Ulysses Abeita (Adult Education), will be conducting **Resume Workshops at the Library on November 5, 6, & 7 from 1 PM to 2:30 PM.** Participants will learn how to create a professional resume, update resumes, save resumes, undergo a "mock

interview", receive feedback on their "mock interview", given insight to theory of Job/Career Fair, and will be escorted to two Job/Career Fairs. The first job fair will be on Wednesday, November 13 at the Embassy Suites (9 AM to 12:30 PM) and the second will be on Thursday, November 14 at Hotel Cascada (11 AM to 2 PM). To sign up for this program, please call the library and speak to Tara or Diane Abeita. Space is limited so call and reserve your spot today.

On Thursday, November 14, starting at 4:30 PM, Emmy Award Winning Storyteller Indiana Bones will be gracing our Library for an evening of stories from his many "excursions". This is to help us celebrate the month of November aka "Native American Heritage Month". Every one of all ages is welcome to attend this first ever storytelling event. As a bit of advice be sure to come early so you are not in the front seats in the path of his bullwhip.

WIA workers Anadine and Christino will be hosting two Thanksgiving Craft projects for the community. These will be their first programs which they created and will be responsible for conducting with the general public. Our goal is teach them skills that will transfer over to which ever profession they should choose in life while giving back to the Pueblo of Isleta.

The first Thanksgiving Craft will take place on Wednesday, November 20 at 4:30 PM and will be of a Turkey Center Piece conducted Anadine. This program is open to everyone but is limited to the first thirty people or while supplies last. Family will be given first priority.

The second Thanksgiving Craft will take place on Thursday, November 21 at 4:30 PM and will be of a edible Turkey dessert conducted by Christino H. This program is also open to everyone but is limited to the first thirty people or while supplies last. Family will be given first priority.

Once again the Library will be taking a van of students and interested adults to Astro-Zombies Comics to select additional graphic novels to help update our graphic novel collection at the Library. As a sign of gratitude for helping us update our collection, we will purchase each participant a graphic novel or two. **The field trip to Astro-Zombies Comics will on Wednesday, November 27 with the van leaving the library at 1:30 PM.** We can only fit twelve into a van comfortably so be sure to call the library to let us know that you would like to take advantage of this opportunity.

RECAP:

We made an appearance at the Isleta Head start with all our library information and upcoming events for the new students. It was great to see all the little smiling faces as they showed there family their classrooms and projects. The Head Start students were excited to know that they can get their own library card! So if your child is a new student at the Head start they can come to the library and sign up.

The Library staff has been going through Fire Drill training and learning all there is to know about safety and escape plans when such unexpected events occur. All this training is a MUST and is to the benefit of

the community, so please be patient with us with our closures pertaining to this.

Patrons joined us as we took a creepy walk during Old Town's Ghost Tour special full moon event on October 18th at 10pm. The tour last a little after midnight. This night was also a partial full moon eclipse, which we did not find out until one of our after school students informed us and made the anticipation of the tour all that more creepy to look forward to. We took 13 adult patrons that earned their way on this trip by reading one of our ghost books and writing 4 synopsis in order to secure there spot. The tour guide led us around old town, first mentioning that this tour is our own risk and shared many stories of guests being touched by spirits. Thankfully, none of us had such an experience and only the concern haunted us throughout the tour. We all took pictures after each story was

told and caught orbs floating around. It was a great tour and hope to do this again next year and the next year, we might just make it an annual event! We would like to thank the ghost tour guides of Old Town Ghost Tour for the scary stories of true events that happened there. And also a thank you to those that participated on this trip and got the full GHOST experience. And just so everyone knows, old town is one big haunted house with many stories to be told!

Once again we participated at the Annual Halloween Carnival held at the Recreation Center, which was a load of fun! As you all know the library always likes to keep our theme for the carnival a secret and this year we decided on Despicable Me. This movie is a big hit at the library and always gets checked out so we wanted to showcase it at the Halloween Carnival. Nate was Gru and Tara, Diane, and Dawn were minions! We

also had Anadine as one of the characters from Despicable Me 2 and Christino as the carnival man as seen on the first movie. Our game was based on the game featured on Despicable Me when Anges tries to win a pink and fluffy unicorn. A big thank you to the recreation center for always having this event for the community and making the library staff excited each year we participate!

Pueblo of Isleta Hours & Business Info:

Monday – Thursday: 8am to 6:30pm
Friday: 8am to 4:30pm
Saturday: 9am to 1pm
Sunday: CLOSED

Phone: 505.869.9808
Fax: 505.869.8119

Email: poi02002@isletapueblo.com

Thanksgiving Craft



Happy Thanksgiving

Join us at Pueblo Of Isleta Public Library

Wednesday, November 20, 2013

For a Turkey Thanksgiving center piece Craft

Program starts At 4:30pm

All ages welcome, space is limited to the first 30 patrons,

or while supplies last

If you have any questions please call Anadine

Phone: (505) 869-9808



Oreo Turkey Craft



Come and join us Thursday, November 21st at 4:30 to make some of these yummy Oreo turkey treats!!!

Limited space! First 30 patrons or while supplies last all ages welcome!

For more information call Christino At (505) 869-9808



Resume Help! Computer Class

Tuesday, Wednesday, Thursday

November 5, 6, 7 @ 1:00pm-2:30pm

Job Fair's are fast approaching and the Library staff is here to help you work on your resume. We will help you set up your resume with a layout that works best for you. We will help you prepare for job fairs and job interviews.

The Library will be taking participants to each job fair listed below. We only have 6 available spots.

Registration is required. Must have basic Microsoft Word and typing skills.



Job Fair Wednesday November 13 at the Embassy Suites Hotel 9am-12:30pm

Albuquerque Career Fair Thursday, November 14 at Hotel Cascada 11am-2:00pm

For more information please call Tara or Diane at the Pueblo Of Isleta Public Library 505-869-9808.

Astro Zombies!

Come join us as we ZAPP through Astro Zombie Comic bookstore to look for NEW comic books for the Library!

November 27th, Wednesday, 1:30pm

We will be taking the first 12 patrons of any age.

Please speak to a Library Staff member for more details!

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



A Message from Isleta Tribal Court

Probate Matters

The Court would like to inform the community that it has overturned previous rulings that placed a five-year statute of limitation in probate matters. The Court believes that the five-year statute of limitation in civil cases should not apply to probate matters because it puts parties in a situation that prevents them from probating the estates of loved ones and therefore unable to transfer property and resolve probate matters.

Unpaid Fines, Fees and Obligations

Court records indicate that there are 97 individuals who have outstanding fines and fees, and restitution that have not been paid. In addition, there are 41 individuals who owe child support in amounts ranging from \$5,000 to \$45,000, the balances of which continue to increase as payments are not being made. On June 26, 2013, the Tribal Council passed Resolution No. 2013-060A, which allowed the withholding of per capita for unpaid housing payments, court fines, child support, ditch dues, or incarceration bills for the first distribution held in August. However, the Resolution does not allow any withholdings from the second distribution in December. Therefore, the Court is not ordering that distribution checks be withheld in December. But the Court strongly urges individuals to use their per capita check to pay their delinquent balances for fines or fees owed to the Court, especially child support payments. Note: Please be advised that the Court will continue to issue bench warrants for individuals who are past due in paying fines, fees, child support and restitution.

Information Regarding Bonds and Refunds

When an individual is arrested the bond amount is set by the arresting police officer based on the Pueblo of Isleta Bond Schedule. Bond must be posted in order for the defendant to be released from jail. The purpose of a bond is to ensure that the individual appears in court

to address his/her charges. When bond is posted it is held until the end of the case, which is usually when the defendant enters a plea agreement or has a trial. If the bond is not posted immediately, the defendant is arraigned in Court within forty-eight (48) hours.

At the time of arraignment the presiding Judge may keep the bond at the same amount, lower the bond, or raise it depending on the defendant's criminal history and the seriousness of the charge(s). The bond is set as either a cash only bond or cash/surety. If it is cash only, the total amount must be posted with the Tribal Court. If the bond is cash/surety, 10% of the amount may be posted with a bonding company or the Valencia County Detention Center (VCDC). When bond is posted through a bonding company, a service fee is imposed and the bonding company does not refund the bond at the end of the case. If bond is posted with VCDC, the VCDC remits that amount to the Court. Bond posted with either the Court or VCDC may be refunded at the end of the case so long as the defendant appears for all hearings. Fines, fees and court costs are deducted from the bond and the balance is refunded to the individual who posted the bond (not to the defendant) in the form of a check issued by the Tribal Treasurer's Office. It takes approximately five to seven business days for the Treasurer's Office to issue a bond refund check.

It is important to note that the individual who posts the bond risks losing their bond money if the defendant fails to appear for a court hearing. When a defendant does not appear in court the Judge issues a bench warrant and forfeits the bond, which means the Court retains the bond money. Then the Judge sets a new bond that must be posted when the defendant is arrested on the bench warrant.

Tribal Court staff is available from 8:00 a.m. to 4:30 p.m. to answer any questions regarding court matters. Please call the Court at (505) 869-9699 or come to the front window for assistance.

PUBLIC NOTICE

SECOND NOTICE. A petition to **Probate the Estates of Ambrosio Abeita, deceased on January 26, 1990, and Anita L. Abeita, deceased on October 1, 1998, Case No. CV – PR – 0068 – 2008**, has been filed in the Pueblo of Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Courts within thirty (30) days from the date of this notice being posted.

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

A Petition to Probate the **Estate of John Paul Abeita, deceased on April 17, 1995, Case No. CV – PR – 0509-2012**, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days from the date of this notice being posted. A hearing in this matter has been scheduled for **Wednesday, January 15, 2014 at 11:00 AM**.

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

A Petition to **Probate the Estate of Rosalind Montoya Cata, deceased on January 16, 2007**, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Isleta Tribal Court Clerk. Within thirty (30) days from the date of this notice being posted.

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

A Petition to **Probate the Estate of Nick Jaramillo, deceased on July 11, 1999, Case No. CV – PR – 0818 – 2013**, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) thirty days from the date of this notice being posted.

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

A Petition to **Probate the Estate of Jose A. Lente, deceased on April 19, 2005, Case No. CV-PR-0630-2012**, has been filed in the Pueblo of Isleta Tribal Courts. Any Person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days from the date of this posting. A hearing in this matter has been scheduled for **Wednesday, January 15, 2014, at 3:00 PM**.

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

A Petition to **Probate the Estate of Eva Lucero, deceased on September 1, 2010, Case No. CV-PR-0893-2013**, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of

Isleta Tribal Court Clerk within thirty (30) days of this posting. A hearing on this matter has been scheduled for, **Wednesday, November 13, 2013**

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

A Petition to **Probate the Estate of Miguel (Mack) Lucero, deceased on July 9, 2003 Case No. PT-107-2007**, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days from the date this notice being posted. A hearing in this matter has been scheduled for **Wednesday, February 5, 2014 at 9:00 AM**.

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

A Petition to Probate the **Estate of Alvina David Lucero, deceased on June 21, 2001, Case No. PT-107-2007**, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days from the date of this notice being posted. A hearing on this matter has been scheduled for **Wednesday, February 5, 2014 at 9:00 AM**.

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

A Petition to **Probate the Estate of Juana Basista Marcum (Jiron), deceased on September 20, 1993, Case No. PT – 004 - 09**, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days from the date of this notice being posted. A hearing on this matter has been scheduled for **Wednesday, January 15, 2014 at 10:00 AM**.

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

A Petition to **Probate the Estate of Francis P. Montoya, deceased May 8, 2011, Case No. CV-PR-0862-2013**, has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days from the date of this notice being posted. A hearing in this matter has been scheduled for **Monday, February 3, 2014 at 2:30 PM**.

Pueblo of Isleta Veterans' Association

It's a slow continuous journey....and so the POI Veterans Association (POIVA) is "slowly, continuous to make progress".

As you read this article, there should be in Los Charcos, at the Richard Baker Field, a portable building, which will be a part of the Richard Baker Memorial Veterans' Center....after the Association collects \$2.5 million dollars...and plus the \$188,000 capital outlay funds sitting somewhere in Santa Fe....

And while we sit around waiting for "that bird to fly in with the care package", we will continue to provide services to our fellow veterans and their families.

If you are an honorably discharged veteran, you may join the POIVA for a mere annual fee of \$10.00 per year... that's less than \$0.85 per month. The next meeting is on 20 November 2013 at 6:00 PM. This time we will be meeting at the Elderly Center, where Rita Lujan, Elderly Center Director, and her staff will provide information on a grant that the Elderly Center received that is for the purpose of providing assistance to elderly veterans....and are you like 85% (the other 15% don't understand either) of Americans, confused about all the new health care insurance, or whatever it is termed? Be at the next meeting, where we will have special guest, Dr. Ron Lujan, (Taos Pueblo), who will make a sincere attempt to de-confuse you...and how all this affects veterans.

Dr. Lujan will also provide info on another confusing health issue that directly affects veterans...the MOU between IHS and VA Medical Centers.

For any questions, call Ulysses at 307-1582.

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

A Petition to **Probate the Estate of Jose F. Montoya, deceased January 24, 1991**, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days from the date of this notice being posted. A hearing in this matter has been scheduled for **Monday, February 3, 2014 at 1:30 PM**.

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

A Petition to **Probate the Estate of Eileen C. Trujillo, deceased October 16, 2010, Case No. CV – PR – 0184 – 2010**, has been filed with the Pueblo of Isleta Tribal Courts.

Any person claiming an interest in the Estate is hereby requested to notify the Isleta Tribal Court. Within thirty (30) days from the date of this notice being posted. A hearing for this matter has been scheduled for **January 15, 2014 at 3:45 PM**.

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

SECOND NOTICE. A Petition to **Probate the Estate of Emily Jojola, deceased on January 2, 2008, Case No. CV – PR – 0065 – 2009**, has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days from the date this notice being posted. A hearing on this matter has been scheduled for **Wednesday, December 22, 2013 at 9:30 AM**.

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

15th Annual VAIHS Native American Veterans Symposium

*Friday, November 8, 2013 • 7:30am - 4:30pm • Route 66 Casino Hotel
6:00 am - Cadence Run/Walk 1.5miles, meet in hotel lobby*

Sponsored by the Albuquerque Area Indian Health Service, NM Veterans Administration Healthcare System - hosted by the Pueblo of Laguna.

Purpose: To recognize and Honor the Military Service of Native Americans; and to orient Veterans and their families on the benefits and programs available from the Indian Health Service and the NMVA Healthcare system.

Thursday, November 7, 2013

6:00pm -7:00pm Presenters/Exhibitors briefing, Main Street Cafe
7:00-8:00pm Special Presentation "Laguna Marmon Brigade and the Protection of the New Mexico Territory" Pagueate Ballroom

*For Registration contact Grace Baca at (505) 248-4600/4714
or by email: Grace.Baca@ihs.gov*

ROCK YOUR MOCS 2013 FUN RUN/WALK SATURDAY NOV. 16, 2013 AT ISLETA RECREATION CENTER

Invites you and your Native friends & Relatives to Proudly Rock your Mocs in our 1st Annual Fun Run/Walk at Isleta Pueblo

**Open Registration at 10am
Walk/Run Starts at 11am
CALL: 505.869.5475 or 505.869.9777**

Raffle for Runners & Volunteers Needed

Parks & Recreation

As October 2013 comes to an end and we head toward the final two months of the year, we can honestly say that October was not only very busy, but memorable as well. We started off the month with a Swim Meet for ages 6 years old and up that was very well attended. We had a number of special events that took the children to places like McCall's Pumpkin Patch, Golf Lessons both at Isleta and Albuquerque, It's Family Fun Center, along with the Cross Country Team going to several different Pueblos for their competitive meets. On a bitter sweet note, we had Eugene (Shoobie) Jojola leave our program after 13 years of working at Old Rec. Fitness facility. The adults were also involved with Co-Ed Volleyball and several of our Tribal members represented the Pueblo of Isleta in the Albuquerque Duke City Marathon. Also, we culminated the month with our Halloween Extravaganza which was once again very well attended by all ages young and old.

Swim Meet

Once again the Pueblo of Isleta was the host site for a Developmental Swim Meet for ages 6 years old and up, which many of our tribal members compete for the Tidal Wave Swim Team, Los Lunas or Valencia High Schools. The meet had a total of a 170 swimmers compete and everybody really enjoyed our facilities and the hard work the staff put on to ensure a very well organized and safe event. As mentioned earlier, the meet was very well attended by many visitors and spectators as well. We have our own Lifeguards (Kaitlyn Chavez, Kaitlin Jaramillo, and Lindred Onsae) who are the coaches of the TWST Club. Our very own Fitness Specialist, Derrick Jiron has also been assisting with training by putting the SWST Team through some Cross Fitness training that Coach Lindred Onsae says has helped the team grow stronger in arm and leg strength that helps a swimmer tremendously.

Shoobie Leaves the Rec. Program

After thirteen (13) years of working with the Old Rec. Program, running the Summer Program for 4 & 5 year olds and the afterschool program at Old Rec., Eugene (Shoobie) Jojola decided it was time to leave the program and pursue another avenue of working for the Pueblo of Isleta Diabetes Prevention Program. As he mentioned: "I hate to leave the children's program, but I now have an opportunity to make a little more money and I have to think about trying to make life easier on my family". He also added that he will miss all the little kids growing up but he will stay involved wherever possible. On the bitter sweet note: "as the Director for the Parks & Recreation Department, I have seen Shoobie grow as an individual to the outstanding person he is today and we will sorely miss him. I do however understand that he must continue to grow his base and do better for himself and family. Congratulations Shoobie with your new job and new surroundings. Pictured is Shoobie on the last day of his tenure with us as he spent his last day with several of the kids in the program.



Golf Lessons

As of this month (October) the after school children's program has begun taking Golf Lessons with Professional Golfer, Marcus Molina from the N.M. Golf Now Program. The children have really taken to him and his program's approach to teaching the children. When we were first approached about this program, which he teaches to the Bernalillo County and Albuquerque Parks & Recreation Programs, his goal is to teach children who are interested in golf, and who may want to pursue golf in High School and quite possibly in College. He explained, especially to the young girls, that so many of the College Scholarships go unfilled because not enough women are pursuing golf as a sport. Pictured is Marcus Molina working with the children as he explains the game of golf and proper etiquette prior to children learning proper grips and swinging of the golf club.



Pumpkin Picking/Halloween Extravaganza

Once again the Pueblo of Isleta Parks and Recreation Department, through the assistance of Pueblo descendent Dan Abeita, we the Pueblo of Isleta were afforded the opportunity to pick approximately 5000 pumpkins from the John Aday Ranch in Estancia, New Mexico free of charge. All the pumpkins picked were given out on a first come first serve basis to our Pueblo residents. Several of our residents used them for the pumpkin carving contest at the Halloween Extravaganza.

Speaking of the Halloween Extravaganza, it was once again a huge success. As Kimberly Chiwewe, Coordinator for the event put it, "as big as this event has become, there is no way we could do what we did without the cooperation of all the departments that actually got involved and came through with some amazing booths and costumes. My hat goes out to all of them, (Department of Education, Elderly-Assisted Living, MIS, Public Service Dept., Governor's Office, Cultural Affairs, Human Services Department, Social Services, Library, Police Dept., Isleta Business Corporation, Treasury, and our Parks & Recreation Dept.) and I thank them from the bottom of my heart because they all came out unselfishly of themselves, especially on a Friday night and enjoyed the evening with the whole community. A special evaluation and thank-you luncheon will be held in honor of their participation. Pictured is a collage of pictures from the Pumpkin Picking and the Halloween Extravaganza.





Parks Division

As we now get into the fall season, the grass at our parks is no longer being cut twice per week as in the busy summer growing season. This however has not diminished the work that must be done to insure that we keep a top notch program in place. Fertilization schedules are a must prior to winter setting in, basketball courts are being patched and repainted and the over-all maintenance schedule is at a high point removing dead leaves and branches along with cleaning up all the weeds after a late rainy season. Incidentally, the Parks and Recreation Department has taken on a new responsibility in maintaining the Roadways along our Pueblo of Isleta as well as the new landscaping that was most recently finished in front of the Tribal Complex but went into disarray because of no one available to do the daily maintenance which is a must, if it is to stay healthy and looking good. Additionally, we will also take over the maintenance of the whole Highway 47 landscaping project and the New Elderly Center landscaping projects once they are both complete. Pictured are three pictures: the first being of the patch and paint work that is being done at the Jose Lawrence Jojola/Celso Montoya Park in the Village/Church Neighborhood. The 2nd is of the park staff cleaning the weeds and erosion caused by the recent flooding rains at the Highway 47 Streetscape in front of the Tribal Complex, and the last is of a beautiful picture of the Robert David / Fred Zuni Park in the Chical neighborhood after it was fertilized and cleaned.



Duke City Marathon

The Albuquerque Duke City Marathon had several of our tribal members representing the Pueblo of Isleta Parks and Recreation Department. Tribal Members Phillip Abeita ran the Full Marathon and came in 3rd place in his age category along with Alyssa Jojola who came in 5th place in her age category. Other Tribal Members who competed and made us very proud representing us, were Kendra Lente in the 10-K Run, Ashley Zuni in the 1/2 Marathon, Justine Aragon in the 10-K Run, Zerrick Ponder in the 10-K Run, and Marcelina Anderson Zuni, Ryan Zuni, Ruben Lucero, Krystal Lucero, and Angela Zuni in the Co-ed Marathon Relay. **Congrats. To all of you for your dedicated service to your training. Great Job.** Hopefully next year we can double our enrollment in the race. I was hoping that we would have had a picture of all participants but due to time constraints we were not able to have one.

WIC NOTES

Is Caffeine Safe during Pregnancy and Breastfeeding?

Many pregnant and breastfeeding women are concerned about consuming too much caffeine. Caffeine is found in coffee, tea, some soft drinks, chocolate and some over-the-counter medications. Most research shows that it is safe for both pregnant and breastfeeding women to consume moderate amounts of caffeine. Moderate caffeine intake is considered to be about 300 mg/day. This is typically about the same amount that is found in two or three 8-ounce cups of coffee or six cups of tea. Pregnant and breastfeeding women don't have to give up their morning cup of coffee, tea or soft drink. However, if their usual coffee consumption is more than two to three cups per day, it would be wise to cut back.

Moderate caffeine consumption throughout the entire pregnancy has not been shown to increase the risk of birth defects. Although the topic remains controversial, most scientific research organizations conclude that moderate caffeine consumption during pregnancy does not increase the risk of miscarriage. The March of Dimes takes a more conservative approach, recommending pregnant women limit caffeine consumption to less than 200 mg/day.

Caffeine from foods and beverages becomes part of a mother's breastmilk, but nursing moms usually can consume small to moderate amounts (200-300 mg/day, the amount in two or three 8-ounce cups of coffee) of caffeine without affecting their baby. That said, every baby is different. If your baby seems to become irritable, jittery, or agitated when you have even a small amount of caffeine you may want to cut it out of your diet and see if it makes a

difference in your baby's behavior. Preterm and younger newborn infants metabolize caffeine very slowly so you may want to consider keeping your caffeine intake to a minimum during the early weeks of your baby's life. After about 3 months of age your baby will be better able to process caffeine and excrete it from her system more readily.

Is Alcohol Safe during Pregnancy

There is no data to support how much alcohol is safe to during pregnancy, therefore, most health care providers recommend drinking no alcohol during pregnancy. Alcohol consumption during pregnancy can cause birth defects ranging from mild to severe. Babies born to mothers who consumed alcohol during pregnancy may suffer from mental retardation, emotional, learning, and behavior problems; and defects involving the heart, face, and other organs. Also women who may be pregnant or trying to get pregnant should not drink alcohol.

Some women worry about having consumed alcohol soon after conception, before becoming aware of their pregnancy. Generally, women should not worry if they consumed small amount of alcohol during this time. However, they should stop drinking alcohol as soon as they find out they are pregnant.

Is Alcohol Safe during Breastfeed

Breast-feeding and alcohol don't mix well. There's no level of alcohol in breast milk that's considered safe for a baby.

When you drink alcohol, it passes into your breast milk. Although a breast-fed baby is exposed to just a fraction of the alcohol his

or her mother drinks, a newborn eliminates alcohol from his or her body at only half the rate of an adult.

Research suggests that breast-fed babies who are exposed to one drink a day might have impaired motor development and that alcohol can cause changes in sleep patterns. Also, while folklore says that drinking alcohol improves milk production; studies show that alcohol actually decreases milk production.

If you choose to drink, avoid breast-feeding until alcohol has completely cleared your breast milk. This typically takes two to three hours for 12 ounces of 5 percent beer, 5 ounces of 11 percent wine or 1.5 of 40 percent liquor, depending on your body weight. If you plan to drink alcohol, consider having a drink just after breast-feeding so that the alcohol begins to clear your breast milk during the natural interval between breast-feeding sessions.

Pumping and dumping breast milk doesn't speed the elimination of alcohol from your body. However, if you'll be missing a breast-feeding session, pumping and dumping will help you maintain your milk supply and avoid engorgement.

Remember, breast-feeding is the optimal way to feed a newborn and is recommended until a baby is at least age 1. If you choose to drink, plan carefully to avoid exposing your baby to alcohol.

If you have questions on these or other topics please contact our office.

Heidi Lanes, WIC Nutrition Coordinator

Pueblo of Isleta Johnson-O'Malley Program

Greetings! We hope that you all are doing well and that you are enjoying the beautiful colors of the fall leaves. We have been so busy with everything that is occurring with the JOM Program. We have a couple of new JOM staff members on board as of today and are awaiting the third member to join us, hopefully soon! We would like to take this time to introduce the newest additions to the JOM family. We have Ms. Alena Garcia who is the new Academic Coach and Ms. Mellerie Abeita who is the new JOM Administrative Assistant I:

My name is Alena "Shay-Pof" Garcia, I am from Isleta. I am a graduate of the University of New Mexico where I received my undergraduate degree in Finance. Upon graduation I moved to Scottsdale, Arizona to work for a financial firm. I obtained my Master's Degree in Marketing from the University of Phoenix. I moved back to New Mexico and decided to pursue my Psychology degree with a minor in family studies at the University of New Mexico. I worked closely with children and families as a Family Advocate at a domestic violence shelter. While working as a Family Advocate, I

was more determined to pursue a career that allowed me to work with families. I am currently enrolled at New Mexico Highlands University pursuing my Master's Degree in Counseling.

When I am not busy with school and in pursuit of a fulfilling career you can often find me participating in the fun runs offered here in Isleta. Do not hesitate to stop me to say, "hello"! I am happy to answer any questions you may have.

And next we have Ms. Abeita:

Hello everyone, my name is Mellerie Abeita and I am the new Administrative Assistant for the JOM program. I am known for previously working with the Isleta Pueblo Census Department as well as Isleta Pueblo Public Works Department. I am a very driven individual and I plan to build great success with all events present and future. I am super excited and look forward to working with all of the students, parents, as well as the school administrators. If there are any questions I am always available so please don't hesitate to give me a call or come into see me.

These two ladies have done an exceptional job familiarizing themselves with the ins and outs of JOM. Now that we have the Academic Coach with us we will begin offering Tutorial services November 5. Please remember this is not "homework" help. Students will be required to attend their scheduled tutorial times. Tutorial services will be provided at the Department of Education. Tutoring is offered:

TUESDAY & THURSDAY:

3:30 pm — 4:30 pm

4:30 pm — 5:30 pm

WEDNESDAY & FRIDAY:

3:30 pm — 4:30 pm

4:30 pm — 5:30 pm

Please contact Elena to sign your student up for tutoring. You may contact her at 505-869-9810. We are working on the even calendar for November and will be sending notices out to our JOM families soon. If you have a JOM eligible student and are interested in services, please contact us for more information.

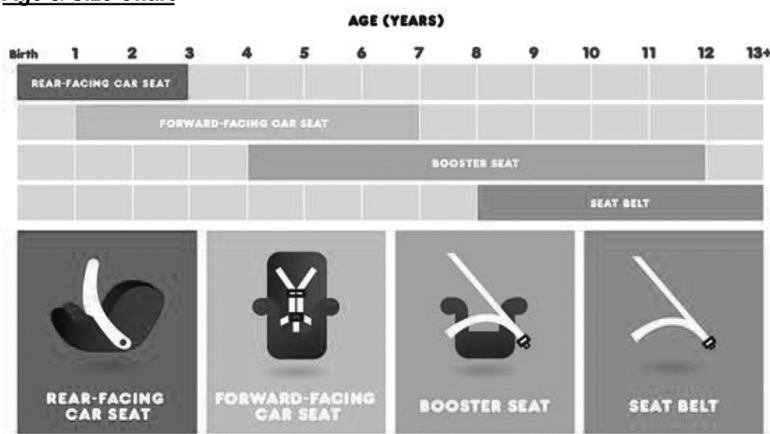
Car Seat Recommendations for Children

Stephanie Barela, 869-4479

<http://www.safercar.gov/parents/RightSeat.htm>

There are many car seat choices on the market. Use the information below to help you choose a car seat that best meets your child's needs. **To have your car seat checked and to make sure your child is in the correct car seat, call me at 869-4479 or Frances Anchondo at 869-4482 to make an appointment.**

Age & Size Chart



Recommendations

Birth – 2 years

Your child under age 2 should always ride in a rear-facing car seat. There are different types of rear-facing car seats: Infant-only seats can only be used rear-facing. Convertible and 3-in-1 car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.

2 - 3 Years

Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness.

4 - 7 Years

Keep your child in a forward-facing car seat with a harness until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.

8 - 12 Years

Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. Remember: your child should still ride in the back seat because it's safer there.



Freedom From Smoking

8 sessions to STOP SMOKING!

- Session 1
(Thinking about Quitting)
- Session 2
(On the road to freedom)
- Session 3
(Wanting to quit)
- Session 4 (QUIT DAY)
- Session 5
(Winning Strategies)
- Session 6
(The new you)
- Session 7
(Staying Off)
- Session 8
(Let's Celebrate)

Want to Stop Smoking?
SIGN UP FOR FREEDOM FROM SMOKING



Contact
Stephanie Barela
at 505-869-4479



weekly prizes!
Help from Others that are going through the same thing!

Nicotine Replacement Therapy for those clinic patients that attend weekly sessions!



Sponsored by
Pueblo of Isleta
Health Center

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: isletamemorialwalk@hotmail.com or

can be delivered to the Truancy Office

located at the Old Head Start Bldg. (191 Tribal Road 2) in Chical.

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



PUEBLO OF ISLETA
DEPARTMENT OF HEALTH SERVICES

BE COVERED! Be Ready.....Be Prepared.....Be Well!

GET THE HEALTH SERVICES YOU NEED WHEN YOU NEED THEM.

Good news for you and your family!

The Affordable Care Act (ACA) becomes effective 1/01/2014!


The ACA includes several provisions that will benefit you as a Native American. I would like to help evaluate your current situation to determine what no or low cost benefits might be available to you and your family. Please contact me at (505) 869-4469 and I will be happy to schedule an appointment time convenient to meet with you.

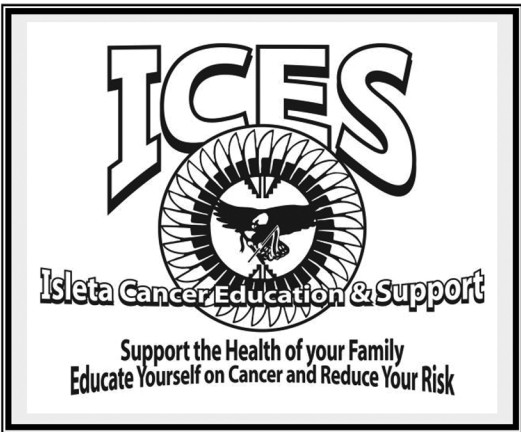
Please review the checklist before you call for an appointment for benefit assistance. It will make your application process go more quickly and smoothly.

- ✓ Make a list of any questions you have regarding your coverage
- ✓ Bring a valid ID or Drivers license, social security cards, birth certificates and Certificate of Indian Blood (CIB) or Tribal enrollment cards for both you and your spouse
- ✓ Bring with you the name, dates of birth and social security numbers for all the members of your immediate family who live with you
- ✓ Proof of your household income, as paycheck stubs, Social Security award letter, or a letter of support if you have no income
- ✓ Proof of residency, as current utility bill, lease or rental agreement, property tax bill, or a letter from the person you live with if the house/rental is not in your name, along with a utility bill with that person's address
- ✓ Proof of any assets you may own, as Savings or Checking accounts, Certificates of Deposits, Stocks, Mutual Funds & Bonds, Trust Funds, or Land or House that you do not live in
- ✓ Proof of open enrollment, as a notice from your current employer or open enrollment letter from Medicare

Call, Sharon Jiron, Benefits Coordinator at (505) 869-4469 to schedule your appointment today!

Office Location: 1 Sagebrush Street, Isleta New Mexico - Business Services, Room 419

Isleta Health Center Calendar				Questions? Call 869-3200		November 2013	
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	
NEWS/EVENTS: 11/16: Everyone is invited to the 2nd Annual Cancer Conference! Call Stephanie B. for more details & to sign up! ***** 11/16: 1st Annual Isleta Pueblo "Rock Your Mocs Fun Run/Walk." You and your Native friends & relatives are invited to proudly 'Rock Your Mocs' at the Isleta Recreation Center. Registration @ 10:00am Run starts @ 11:00am. Call 869-5475 for more details and information.					1	2	
3	4 Early Recovery Skills: 9-11am @ IBHS. Young Leaders Youth Krew: 5-6:30pm @ IBHS.	5 Women's Path to Recovery: 9-11:30am @ IBHS. Acu-Detox: 1-2pm @ IBHS. Adult Wellness: 5-6pm @ IBHS.	6 Parent Group: 9-11am @ IBHS.	7 Freedom From Smoking (Session 6): 5:30pm @ Health Center. Call 869-4479 for information. Str8 Rez: 4:30-6pm @ IBHS.	8	9	
10	11 Veteran's Day Clinic Closed No CHR Transports!	12 Women's Path to Recovery: 9-11:30am @ IBHS. Isleta Cancer Education & Support (ICES): 10:30-12pm @ Health Center, Prep for Cancer Conference Acu-Detox: 1-2pm @ IBHS. Adult Wellness: 5-6pm @ IBHS.	13 Parent Group: 9-11am @ IBHS.	14 Freedom From Smoking (Session 7): 5:30pm @ Health Center. Call 869-4479 for information. Str8 Rez: 4:30-6pm @ IBHS.	15	16 Isleta Cancer Education Conference: 9 - 4:30pm @ Isleta Golf Course. Call 869-4479 for Information Rock Your Mocs 2013 Fun Run/Walk: Registration begins at 10am @ the Isleta Rec.	
17	18 Early Recovery Skills: 9-11am @ IBHS. Young Leaders Youth Krew: 5-6:30pm @ IBHS.	19 Women's Path to Recovery: 9-11:30am @ IBHS. Acu-Detox: 1-2pm @ IBHS. Adult Wellness: 5-6pm @ IBHS.	20 Parent Group: 9-11am @ IBHS.	21 Isleta Diabetes & Obesity Prevention Advocacy Grp: 1-3pm @ Health Center, Large Conference Room Str8 Rez: 4:30-6pm @ IBHS.	22	23	
24	25 Early Recovery Skills: 9-11am @ IBHS. Young Leaders Youth Krew: 5-6:30pm @ IBHS.	26 Women's Path to Recovery: 9-11:30am @ IBHS. Acu-Detox: 1-2pm @ IBHS. Adult Wellness: 5-6pm @ IBHS.	27 Parent Group: 9-11am @ IBHS.	28 Thanksgiving Holiday Clinic Closed No CHR Transports!	29 Thanksgiving Holiday Clinic Closed	30 	



WHEN:

Second Tuesday of the Month

11/12/2013	Support/Preparation for Cancer Conference	None	N/A
12/10/2013	Survivors Panel/Holiday Party	Cancer Survivors	TBD
Topics are Subject to Change. Call to sign up!			

TIME:

10:30am to Noon

PLACE:

Isleta Health Center

Contact Stephanie Barela @ 869-4479 if you have questions.

Please join us!



Everyone welcome!



Thinking About Quitting

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



You will receive (free):

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

Topics Covered include:

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

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