



San Agustinito Feast

Third Annual Washington DC Policy Conference

September 17-20, 2013, Governor Eddie Paul Torres, Isleta Tribal Council President Michael A. Lente, and Tribal Attorney David C. Mielke traveled to Washington DC to attend a Policy Conference with Senator Tom Udall, Representative Steve Pearce and Senator Martin Heinrich. Governor Torres will be providing testimony regarding water resource management on water scarcity and issues regarding the operation, management and ownership of the Isleta Diversion Dam. Governor Torres will provide a brief of the conference in the next newsletter.

**State of New Mexico Indian Affairs
Department**

On September 17, 2013, Mr. Duane T. Duffy, Deputy Cabinet Secretary, NM Indian Affairs Department, contacted Governor Eddie Paul Torres to request permission to conduct aerial photographic surveying of the Rio Grande river on the Isleta reservation to determine the level of damage caused to the river, drainages and draws during the weeks of heavy flooding. Governor authorized the flights and surveying with a request that any photographs taken on the Pueblo lands be duplicated and provided to the Isleta Public Service Department for future planning use.

Women, Infants and Children Program (WIC) Evaluation

During the week of September 9, 2013 the Pueblo of Isleta WIC Program had a Federal Management Evaluation (ME) conducted by three program reviewers from the Dallas, TX FNS Regional Office. The Review Team spent five days conducting an in depth review of all program operations which included:

budgets, funding, civil rights, nutrition and breastfeeding education, management and organization, policies, WIC vendors, client services, and food funds management.

The Pueblo of Isleta Women, Infants, and Children's Program (WIC) is federally funded through the Food and Nutrition Service (FNS) a division of the United States Dept. of Agriculture (USDA).

We are pleased to report the WIC program had no negative findings in any of the areas reviewed. It is highly unusual for a federal review/audit to yield zero findings. It is equally pleasing to note that WIC Director Mary Dominguez and the POI WIC staff received commendations for their performance. The Reviewers were impressed with the quality of the nutrition education and the compassionate manner in which services are delivered. The Reviewers were repeatedly told by WIC participants how much they appreciated the WIC staff and the things they learn about during their visits to the WIC clinic. Additionally, WIC participants expressed how welcome they always feel when they walk through the WIC doors.

In addition, I would also like to recognize the vital services the Treasurer's office and the MIS department play in making the WIC program a source of pride for our community.

Tiwa Lending Services

September 18, 2013, Ms. Sheila D. Herrera, Executive Director of Tiwa Lending Services announced that the U.S. Department of the Treasury's Community Development Financial Institutions Fund (CDFI Fund) has certified Tiwa Lending Services as a Community Development Financial Institution (CDFI). CDFI certification means that an organization meets the requirements described in the CDFI Program regulations at 12 CFR Section 1805.201. These requirements include the following: having a primary mission of promoting community development; predominantly serving and maintaining accountability to eligible Target Markets; being a financing entity; providing Development Services; and being neither a government entity nor controlled by a government entity. Congratulations to Ms. Sheila D. Herrera for achieving certification of Tiwa Lending Services as a CDFI.

Message from Governor Eddie Paul Torres

Thank you Great Spirits, Mother Earth for showing us ways to live in peace and harmony with one another and for bringing rains to help all living things grow. Let us remember our dearly departed brothers and sisters in our prayers and hold in your hearts fond memories. May the Great Spirit always guide you and look over you.

PUBLIC MEETING

Thursday, October 17

5:00 - 7:00 p.m.

Location: Pueblo of Isleta Elderly Center

The Pueblo of Isleta announces a public meeting for the NM 314 and NM 45 Improvement Project.

Project Description: The Pueblo of Isleta, in coordination with the New Mexico Department of Transportation (NMDOT), is planning a highway project to correct safety issues and improve operations along an approximate 1-mile stretch of roadway beginning on NM314 at the north end of the BNSF Railroad Overpass and extending north to approximately milepost 0.7 on NM45.



The proposed project will include the realignment and reconstruction of the NM314/NM45 Intersection; geometric improvements to the north and south along the project limits and at the NM317, Tribal Road 74 and future Moonlight Drive Intersections; access modifications to adjacent businesses and residents; drainage improvements; roadway lighting, and miscellaneous safety improvements within the project limits.

Public Meeting Purpose: To present the Project to the public and receive comments from the public.

ADA: To request Americans with Disabilities ACT (ADA)-related accommodations for this meeting, contact Katherine Trujillo at (505) 869-9683 at least two days before the public meeting.

Comments:

Written comments will be accepted at the public meeting, or they may be mailed or faxed to Wilson and Company, 4900 Lang Avenue, Albuquerque, NM 87109, fax (505) 348-4055.

Isleta Tribal Court Probate Process

This month the Tribal Court would like to provide information about the probate process. A probate case begins when a family member files a petition with the Court requesting the Court to "probate the estate" of a loved one who has passed away. "Probate the estate," means to distribute the property of the decedent (person who has died) to the rightful recipients. In some cases, the decedent has left a will and in some cases there is no will. An estate is probated in both situations. Petitions to probate an estate are also filed because the Survey and Mapping Department (previously called the Realty Department) does not allow the transfer of land from a deceased person's name to another person without proof that the estate was probated.

After a person files a petition to probate an estate, the Court will schedule an initial hearing usually within thirty (30) days. However, the process for matters where a will does not exist is different from matters when a will does exist.

Process When There is No Will — Intestate Matters

At the first hearing the Judge appoints an Administrator of the Estate who is responsible for managing and settling the decedent's affairs. The Judge also outlines the Administrator's duties, which includes: notifying the heirs of the decedent that he/she was appointed as the Administrator; notifying creditors of the probate matter; compiling a list decedent's real and personal property and obtaining a survey of any and all property; paying the debts of the estate and/or preparing a plan as to how outstanding debts will be paid; and publishing two notices in the Isleta newsletter. The Administrator also meets with heirs to determine whether they can agree on the distribution of the property. (However, if parties cannot agree the Court will hear from all parties at the final hearing and then decide.) The Administrator then submits a distribution plan that has been agreed upon by the parties or proposes a plan to the Court regarding how the property should be distributed. After the Administrator has completed all of his/her duties a final hearing will be held and the Court issues a final probate order.

Process When a Will Does Exist — Testate Matters

If a will exists, the will usually designates a specific person to serve as the Administrator, also called a Personal Representative or an Executor. At the first hearing the Judge explains the Administrator's duties, which includes: notifying the devisees (persons named in the will) and heirs that he/she was named in the will to serve as the Administrator; notifying creditors of the probate matter; paying the debts of the estate and/or preparing a plan as to how outstanding debts will be paid; and publishing two notices in the Isleta newsletter regarding the probate matter. At the second hearing, if there are no objections as to the validity of the will, the Judge will distribute the property as outlined in the will and issue a final probate order.

Isleta Tribal Court has recently developed a probate packet for both Intestate and Testate probate cases. The probate packets include instructions explaining all the steps that the Administrator must follow and the forms that must be completed and filed with the Court. The Court has tried to make these forms user-friendly. The probate packet will be given to the Administrator and explained at the initial hearing.

The probate process is not a lengthy process and takes as long as necessary for the Administrator to complete all of the duties. The Court sets the first hearing within a month of filing the petition. A second hearing is set in about sixty (60) days, which can be a final hearing if all documents are completed and filed with the Court and if there are no objections by heirs or other interested parties. However, if the Administrator has not completed all requirements by the second hearing, the Court will schedule review hearings every thirty (30) days until all of the probate requirements are met and then schedule a final probate hearing.

PUBLIC NOTICE

SECOND NOTICE - A Petition to Probate the Estate of Caroline G. Olguin, deceased on July 11, 1997, Case No. CV — PR — 0510, 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) from the date of this notice being posted. A hearing on this matter has been scheduled for **Wednesday, November 6, 2013 at 9:30 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.

SECOND NOTICE - A petition to Probate the Estate of Robert Lujan, deceased on October 24, 2009, Case No. CV — PR — 0568 — 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.

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.

SECOND NOTICE - A petition to Probate the Estate of Raymond B. Jojola, deceased December 26, 2012, Case No. CV — PR — 0849 — 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 (30) days from the date of this notice being posted. A hearing on this matter has been scheduled for **Tuesday, November 19, 2013 at 2:30 PM.**

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.

SECOND NOTICE - A petition to Probate the Estate of Juan Cruz Abeita, Deceased November 12, 1991, Case No. CV — PR — 0695 — 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 on this matter has been scheduled for **Thursday, October 10, 2013 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.

SECOND NOTICE - A petition to Probate the Estate of Joseph A. Juancho, Jr., deceased on November 8, 2011, Case No. CV — PR — 0674 — 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 of this posting. A hearing on this matter has been scheduled for **Wednesday, October 13, 2013 at 3:30 PM.**

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.

SECOND NOTICE - A petition to Probate the Estate of Alfredo Lucero, deceased May 23, 2013, 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 on this matter has been scheduled for **Wednesday, November 6, 2013, at 9 AM.**

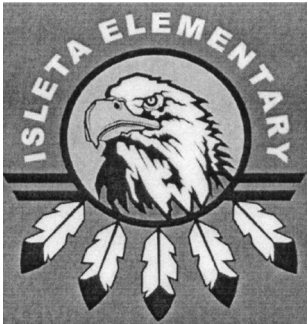
Claims must be submitted in writing with the Pueblo of Isleta Tribal Courts. If you have any questions, please call the Tribal Court Clerk at (505) 869-9699.

SECOND NOTICE - A petition to Probate the Estate of Rumalda Lucero, deceased on June 14, 2004, Case NO. CV — PR — 0858-2013, 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.

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.

ORDER FOR NAME CHANGE

Take Notice that in accordance with Pueblo of Isleta Tribal Court requirements, the Petitioner Marie A. Jiron has applied to the Isleta Tribal Courts, at the Tribal services Complex, Bldg. A, 3950 Hwy. 47 SE, Albuquerque, NM 87105, for an **Order for Change of Name** of the minor child **Daniel Michael Joseph Jiron-Olguin to Thur-Shun Michael Anthony Jiron.** Any person claiming an interest in this matter may notify the Court in writing and/or attend the hearing. The hearing on this matter is to be determined. Any interested parties may contact the Tribal Court Clerk with any questions at (505) 869-9699.



Isleta Elementary
School

Home of the Eagles

Upcoming Events for the
Month of October

October 7	21st Century/Afterschool Program begins Monday-Thursdays
October 8	Board Meeting - 6pm
October 14	NO SCHOOL - Columbus Day
October 21-25	Scholastic Book Fair EVERYONE IS WELCOME
October 23, 24, 25	Parent/Teacher Conferences — Early Release Days 12:45
October 24	Picture Re-take Day
October 28-30	Red Ribbon Week - Activities all week (TBA)
October 30	***Fall Festival — EVERYONE IS WELCOME *** 5PM-7PM in the School Gym
November 1	NO SCHOOL

Isleta Elementary School

August 2013

Perfect Attendance

Abeita, Alondra	Jojola, Travis
Abeita, Joyce	Jojola , Isabella
Abeita, Rueben	Keryte, Genevieve
Abeita, Tala	King, Mikyle
Abeita, Travis-Kasey	Kowemy, Kree
Abeita, Ualzonha	Lente, Gabriella
Anzara, Jayden	Lente, Jose
Aragon, Dawn	Lente, Lorencita
Archibeque, Selena	Lente, Victoria
Augustine, James	Lomayestewa, Ahmon
Benavidez, Mary	Lomayestewa, Jarious
Benavidez, Sterling	Lucero, Aidan
Castillo, Alexander	Lucero, Anthony
Chavez, Candice	Lucero, Nadia
Chavez, Paullene	Lujan, Aaliyah
Cherino, Aubrey L	Mariano, Patrick
Cherino, Ava R	Martinez, Aiden
Cherino, Carla E	Martinez, Cheyenne
Cunningham, Angelica	Martinez, Samyia
Cunningham, Gabriel	Orozco, Estevan
Curtis, Miyawni	Otero, Tyler
Edaakie, Kendra	Otero, Vincent
Fuentes, Mariah	Otero-Riley, Karlo
Garcia, Curtis	Pedro, Ciara
Garcia, Nicole	Pulliam, Madison
Guardado-Lucero, Santiago	Reano, Albenita
Gutierrez, Bryon	Romero, Isaiah
James, Elion	Romero, Seferino
James, Ezra	Roybal, Tonita
Jim, Brandy	Scott, Jonah
Jiron, Isaac	Torres, Erica
Jojola, Celestino	Trujillo, Jose
Jojola, Gabriella	Trujillo, Tristen
Jojola, Jacob	Zuni, Christopher
Jojola, Juan	Zuni, Gregory
Jojola, Marcus	Zuni, Nicholas
Jojola, Matthew	
Jojola, Natalie	

Isleta Elementary School

August 2013

Student Of The Month

Kindergarten	Tyler Otero	Mrs. Chavez
1st Grade	Marcus Jojola	Ms. Gonzales
2nd Grade	Anthony Otero-Riley	Ms. Benjamin
2nd Grade	Isaac Jiron	Mrs. King
3rd Grade	James Augustine	Ms. Jaramillo
4th Grade	Faron Candelaria	Mrs. Curley
5th Grade	Lindsey Paddyaker	Ms. Abeita
5th Grade	Madison Pulliam	Mrs. Shutiva
6th Grade	Emily Jaramillo	Mrs. Castillo

Isleta Higher Education Program

Applications for the Spring 2014 semester are now being accepted. New students, please submit Isleta Scholarship Applications on/or before deadline dates:

Spring Term	November 1st
Summer Term	April 1st

All students will need to submit **All Required Documents** (see Scholarship Checklist on Isleta Higher Education website) to determine eligibility on/or before deadlines dates:

Spring Term	December 1st
Summer Term	May 1st

Reminders:

- √ Emails addresses are very important. Isleta's Higher Education Program provides all correspondences; such as award letters or letters to the school on behalf of students, via email only.
- √ Please immediately report any changes to enrollment status, withdrawal or contact information to the Isleta Scholarship Program.
- √ Raymond Archibeque is available at Department of Education office every Wednesday 9:00 am to 1:00 pm to complete the "Free Application for Federal Student Aid" (FAFSA) *by Appointment Only* please call Department of Education to schedule an appointment.
- √ Continuing students are required to submit **Official Transcripts** at the end of each term. **Failure to provide Official Transcripts may delay or suspend your scholarship award**
- √ If you have any questions or need further assistance, please do not hesitate to contact the Scholarship Coordinator, Evangeline Chavez or Executive Director, Geraldine Jojola at 505 869-9790.

From the Department of Cultural and Preservation

(Some history and something to think about)

April of 1885 reports to the Department of the Interior — according to statistics, Pueblo Indians of New Mexico numbered 9,200 of whom only 75 could speak English.



Pueblo of Isleta School Children (1900's)

Isleta Elder Center
Activities Calendar - October 2013

- October 1:

Line Dancing - 10 am - 11:30 am
- October 3:

Catholic Mass - 11:30 am
- October 4:

Shopping Assistance - Wal-Mart w/Adult
Day Care - 10 am - 2pm
- October 4:

Shuffleboard at Recreation Center - 9 am-12 noon
- October 7:

Bowling - Fun Connection - 10am - 12 noon
- October 8:

Commodities
- October 8:

Line Dancing - 10am - 11:30 am
- October 9:

NM Indian Council on Aging (NMICOA)
Quarterly Meeting - Isleta Resort & Casino-
9am -5 pm
- October 13-16:

Elder Out-of-State Trip - Laughlin, Nevada
- October 14:

Bowling - Fun Connection - 10am -12 noon
- October 15:

Line Dancing -10am - 11:30 am
- October 16:

Elder Center & Assisted Living Facility-
GROUNDBREAKING - 9am
- October 18:

Shuffleboard at Recreation Center - 9 am-12 noon
- October 21:

Bowling- Fun Connection - 10am - 12 noon
- October 22:

Commodities
- October 22:

Line Dancing- 10am - 11:30 am
- October 22:

Shuffleboard at Manzano Mesa
Multigenerational Center - 10:30 am
- October 23:

HEALTH CARE REFORM RESOURCE FAIR
- 9am - 3pm
- October 28:

Advisory Committee Meeting - 10 am - 12 noon
(Open to the Public!)
- October 29:

Dance - Belen Senior Center - 10 am
- October 30:

Fall "Cruise" & Lunch - 9 am - 2pm
- October 31:

Halloween Bingo and Refreshments - 1pm
- Other:
- October 1-31:

LIHEAP — Open Enrollment
- October 9:

Prime Time 50+ Expo - Embassy Suites -8:30 am -3 pm

From the Lucero and Lujan Families

*Gone But Never Forgotten
From our thoughts to our memories,
From our days to our nights.
From east to the west,
From my love that I write.
From the sadness we shed when you went
away,
But in our hearts and minds you will
forever stay!*

On behalf of the Lucero and Lujan families, we would like to express our sincere appreciation for all those who came out to support us during the loss of our Mother, Grandmother, Sister, and Aunt Melissa. She was a unique individual with a beautiful spirit and has definitely made herself unforgettable and loved by many. She will be missed and always loved. May she rest in peace as she joins her Mother, Father, and all of her relatives that have gone before her. May they welcome her into their kingdom and watch over all of us as our Guardian Angel.

Melissa is survived by her son Michael Lucero, daughter Nicole Lucero, granddaughters Kairi and Jade Lucero, and brothers Ted, Kenneth, and Paul Lujan.

Once again, thank you to the community for their support!

From the Jaramillo Family...
Sincere Appreciation

The Jaramillo Family wishes to express our sincere appreciation for the thoughtfulness, help and generosity we received during our mother and grandmother Dominica's passing. The presence of family and friends during this difficult time was a great blessing to us. The kind words and memories shared by so many brought about a sense of peace and comfort in our time of sorrow. Please accept our heartfelt thanks for your support.



October 16, 2013
Groundbreaking for Elder Center and
Assisted Living Center Construction Project

- 9:00 am

Welcome and Opening Prayer/
Governor Torres
- 9:15

Project Overview/Shawna Ballay,
Planning Department Committee
- 9:30

Introductions
New Elder Center/Rita Jojola, EC
Director
- 9:35

Assisted Living Center/Natalie Abeita,
ALC Administrator
- 9:40

Open for Q & A
- 10:00

Ground Breaking
- 10:15

Closing Prayer Governor Torres

Natalie Abeita to be Administrator of New
Assisted Living Facility

It is with great honor and excitement that I, Natalie A. Abeita, formally introduce myself as Administrator for the new Assisted Living Facility for The Pueblo of Isleta. I would like to thank the Pueblo of Isleta for the opportunity to oversee the completion of our facility, and for the responsibility to provide care and services to our elders, disabled adults, and their families. I am humbled and honored to have been chosen to carry out this task for our Tribe and community.

I have worked in the Long Term Care profession for the past 6 years. I started as a Financial Consultant for a 58 bed long term care facility. Then was recruited as a Business Office Manager for a 120 bed skilled/long term care facility, where I assumed more responsibilities and found that the long term care profession was indeed my career of choice. Not only did I enjoy the environment, but I enjoyed the interaction with the residents as well as their families. In May 2013, I obtained my Administrator's License to further my career with the hopes of being able to run a long term care facility where I could follow in the footsteps of my mentor, whom also happens to be my mother.

The Pueblo of Isleta will finally have a facility to care for our own tribal members, some of who may already reside in other facilities or who are in need of placement. We will be the first Pueblo to construct a licensed 20 bed Assisted Living Facility on our reservation. Currently, we are in the process of working with the State of New Mexico's Department of Health to obtain our licensure. We are also in the final stages of selecting a contractor. Soon after the contract to construct our facility has been awarded, we will plan for a groundbreaking ceremony which the community will be welcome and encouraged to attend.

Words cannot describe the magnitude of excitement, joy, and pride I have for being tasked to oversee this project from beginning to end. I promise the people of Isleta Pueblo that my heart and complete dedication to our facility will never be wavering. I plan on ensuring its success for the people that made this facility a reality, but most importantly for the future residents who will call this home.

I will send updates on the progress of construction as well as continuing to educate the community between the differences of Nursing Home Facilities vs. Assisted Living Facilities. I will be doing this with articles in the newsletter, along with the monthly General Ed. Meetings at the Elderly Center (every 3rd Wednesday of the month) and with Community Outreach. I appreciate your well wishes and prayers for the overall success of our facility and that all moves ahead as planned.

Herkem, Natalie A. Abeita
Licensed Administrator
"Honor Our Elders, for They have the Wisdom to
Teach what We have Not yet Learned."

Pie Orders

**To help raise funds to send Phillip Goff
To Paris France with his LLHS English class
In March of 2014.**

Pies for order are:

Southern Pecan \$ 15.00

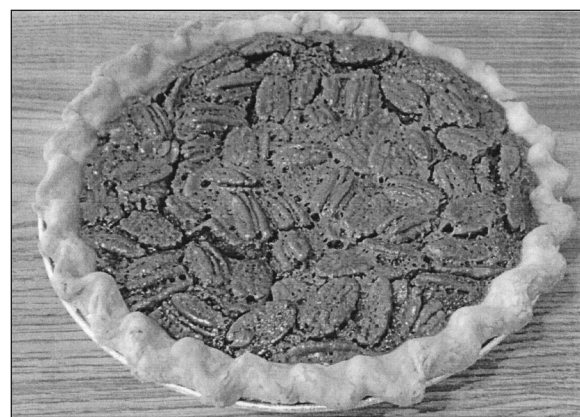
Chocolate Bourbon Pecan \$ 20.00

New Mexico Pinon \$ 35.00

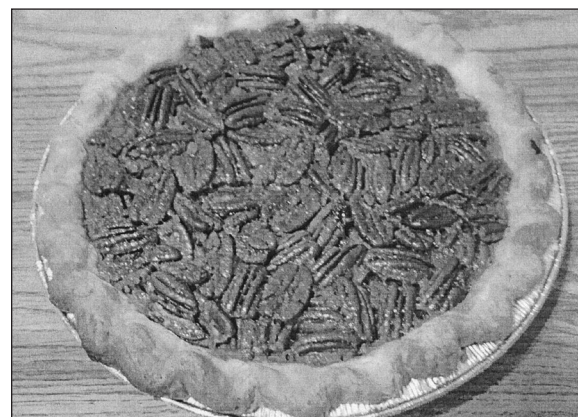
**Baking days are every Monday
till December 16, 2013**

If interested Contact Tina Goff at 550-2803

*Sorry no picture available of Pinon pie.
Warning these pies are NOT DIABETIC friendly!!*



Chocolate Bourbon Pecan \$ 20.00



Pecan \$ 15.00

Addressing of Residences



The Isleta Police Department wishes to implement community based policing through a proactive partnership with the community, although this cannot be successful without the assistance of the community. We held our first community forum on September 12, 2013 at 6:30 pm and had 28 community members in attendance.

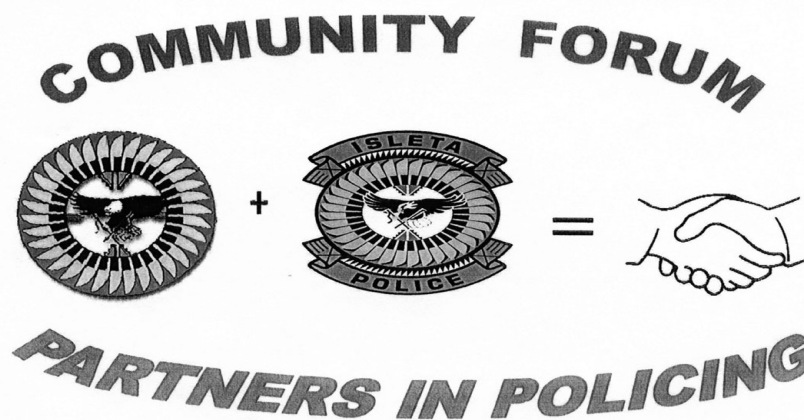
I was pleased with the turn out, but hope to fill the room for our next meeting in December.

Community based policing takes a joint effort to problem solve and implement efforts arrived by all parties. For instance, it was brought to our attention about numerous homes not being clearly marked (addresses) which can mean a delayed response time for emergency services. I assigned Sergeant Linda Milane to this task and she is moving forward by concentrating on each of the 6-districts. She and our officers will be contacting homes that are not clearly marked so they can mark these residences. This will begin in district 6 (the Village area) and they will work way to each district. This task is targeted to be completed by year end.

Also, we have a community "Anonymous Hotline" for community members to report any gang, drug, vandalism, or illegal activity. The telephone number is 505-264-7258, this number should not be used if police are needed immediately. When a person calls to report the activity, leave as much information so we can investigate the activity. All information reported will be kept confidential.

In closing, we as a department want to make the community a safer place to call home, but we must do it as a team. If there are any suggestions, feel free to contact me at 505-869-9707.

Respectfully,
Gerald S. Maestas/Captain
Isleta Police Department



**Pueblo of Isleta
Anonymous Hotline 505-264-7258
Call to report Drug, Gang Activity,
Vandalism or illegal activity.**

DRAWING FOR DEER HUNT (Bucks ONLY)

October & November 2013

Must be a Tribal Member (NO exceptions) 16 yrs. or older. Hunters 16 to 18 years of age must have a valid Hunter's Safety Course certificate. Each hunter must choose ONE specific hunt date only.

Bow Hunt — October 18-20, 2013

First Rifle Hunt — November 16-17, 2013

Second Rifle Hunt — November 23-24, 2013
(East Manzano Mountain Area)

Third Hunt (Seniors 60+) — November 28-29, 2013
(Rio Puerco Area)

50 names will be drawn for the first General Hunts, 25 names will be drawn for the Seniors Only Hunt.

If you would like to enter the drawing, please submit your name at the Resources Division office beginning Monday, October 7th through Friday, October 11, 2013 between the hours of 8:00 a.m. — 4:30 p.m.

Drawing will be held October 12, 2013.
Please have your Tribal ID# available.

If you have any questions, please contact the Resources Division office at (505)869-9782. NOTE: No wood hauling will be allowed during the hunts.

Jose Castillo and Jacqueline Jiron submit winning designs to LL Fire Dept.



Jacqueline Jiron and Ms. Bolintineanu, her art teacher.

A couple of weeks ago, several Los Lunas High School students were honored at the Fine Arts Assembly for logo designs submitted to the Los Lunas Fire Department. Students Jose Castillo and Jacqueline Jiron’s designs were selected from hundreds of designs submitted.

The designs will be used for the new fire department patch and truck decal. The fire department has ordered the new patches and should be on uniforms and fire department vehicles very soon.

Congratulations to Jose and Jacqueline.



Jose Castillo Fire Dept. Patch



Jacqueline Jiron Fire Dept. Decal

WIC Notes

Influenza, commonly shortened to "flu," is an extremely contagious respiratory illness caused by influenza viruses. Flu appears most frequently in winter and early spring. The flu virus attacks the body by spreading through the upper and/or lower respiratory tract.

What's the difference between a cold and flu?

The common cold and flu are both contagious viral infections of the respiratory tract. Although the symptoms can be similar, **flu is much worse**. A cold may drag you down a bit, but the flu can make you shudder at the very thought of getting out of bed.

Congestion, sore throat, and sneezing are common with colds. Both cold and flu bring coughing, headache, and chest discomfort. **With the flu, though, you are likely to run a high fever for several days and have headache, myalgia, fatigue, and weakness.** Usually, complications from colds are relatively minor, but a severe case of flu can lead to a life-threatening illness such as pneumonia.

How is flu spread?

The flu virus is spread from person to person through respiratory secretions and typically sweeps through large groups of people who spend time in close contact, such as in daycare facilities, school classrooms, college dormitories, military barracks, offices, and nursing homes.

Flu is spread when you inhale droplets in the air that contain the flu virus, make direct contact with respiratory secretions through sharing drinks or utensils, or handle items contaminated by an infected person. When the flu virus is on your skin it can infect you when you touch or rub your eyes, nose, or mouth. That's why frequent and thorough

hand washing is a key way to limit the spread of influenza. Flu symptoms start to develop from one to four days after infection with the virus. The flu is not caused by cold weather.

Specific strains of flu can be prevented by a flu vaccine, either a flu shot or nasal spray flu vaccine. In addition, antiviral medications are available to prevent flu. These medications may help reduce the severity and the duration of flu and are best used within the first 48 hours of flu symptoms. Condensed from Web MD. For more about the flu, visit webmd.com

What Foods Help Fight the Flu? If you are already suffering with the flu, you may be wondering if there's a "flu diet". Food has the power to heal and strengthen our immune system, allowing us to recover from illness more quickly. Of course, proper nutrition is necessary for maintaining good health. But when your body battles flu symptoms for days or even weeks, your diet becomes even more essential in helping you achieve a speedy recovery. It's critical that necessary vitamins and minerals be included in your daily diet to help you build your strength.

Whether you are sick with the flu or not, protein is always necessary to keep your body strong. **Proteins** are essential to help your body maintain and build strength. Lean meat, poultry, fish, legumes, dairy, eggs, and nuts and seeds are good sources of protein.

By eating foods high in protein, we also get the benefit of other healing nutrients such as vitamins B6 and B12, both of which contribute to a healthy immune system. Vitamin B6 is widely available in foods, including protein foods such as turkey and beans as well as potatoes, spinach, and

enriched cereal grains. Proteins such as meats, milk, and fish also contain vitamin B12, a powerful immune booster.

Minerals such as selenium and zinc work to keep the immune system strong. These minerals are found in protein rich foods such as beans, nuts, meat, and poultry.

Heidi Lanes
WIC Nutrition Coordinator

This recipe was so well liked by our WIC Education classes, we wanted to share it with you. Please give it a try.

WIC APPLESAUCE CAKE

1/2 cup butter, softened	3/4 tsp nutmeg
1 cup sugar	1/2 tsp salt
1 egg (WIC Food)	1/2 tsp ground cloves
1 1/2 cups flour	1 1/4 cups applesauce (WIC Food)
1 1/2 tsp baking soda	1/2 cup raisins (optional)
1 tsp cinnamon	1/2 cup chopped walnuts (optional)

Cream together butter and sugar until well mixed. Beat in egg. In small bowl stir together flour, baking soda, cinnamon, nutmeg and cloves. Gradually add to creamed mixture. Beat applesauce into creamed mixture. Stir in raisins and nuts. Pour into greased and floured 9x5 inch loaf pan. Bake at 350° for 1 hour. Cool in pan 10 minutes. Remove from pan, cool on wire rack. Sprinkle with powdered sugar, if desired.

People with higher intakes of fruit have lower rates of heart disease, obesity and cancer. The fiber in fruit may be responsible for some of these benefits. Apples and applesauce are a good source of fiber.

Greetings Isleta Families!

My name is Valerie S. Otero. I am the Director of Federal Programs with the Los Lunas Schools. One of my responsibilities is coordinating the Title VII and Title VIII Native American programs. I am very excited to work with the children and families of Isleta. I have over 26 years of experience in the education field and working with families and students. I was an elementary school principal with the Los Lunas Schools for the previous five years. Prior to that, I was an assistant principal for two years. The majority of my educational experience is working with children and families directly as a classroom teacher. With that, I am very familiar with the anticipation most parents and students face prior to the beginning of a new school year. I would like to wish you and your children a successful new school year!



Parent meetings are held every third Tuesday of each month. We meet at the Teacher Resource Center on Coronado Avenue in Los Lunas. Our first meeting was a success! Several families were in attendance. The second Parent Committee meeting is scheduled for October 15th from 6:00 -7:00 pm. At this meeting we will discuss goals for the year. You will not want to miss this very informative meeting. Forming partnerships with families in support of student success is essential. Working with you and your family is time well invested. I look forward to seeing you on the 15th of October and supporting you and your family.

Human Resources Department

Greetings to everyone! To date, the Human Resources Department has posted approximately 100 job vacancy announcements in 2013 for various departments within the Pueblo of Isleta.

A list of updated vacancy announcements can be found on the Pueblo of Isleta's website address at www.isletapueblo.com in the Career Opportunities section of the Human Resources tab. The job application can also be found under the Human Resources tab and can be downloaded electronically. In order to accommodate applicants, job applications can be accepted in person, through fax machine, and by email. We are located at the Tribal Service Complex building at 3950 Highway 47, just south of the Isleta Resort & Casino, and our office is open from 8:00 a.m. until 4:30 p.m. Monday through Friday. Our fax machine number is (505) 869-7579. Our email address is poiemployment@isletapueblo.com for anyone interested in sending in the application electronically. An application must be submitted for each vacancy announcement so that the applicant's experience, education and skills are emphasized to best meet the needs of the position.

What is the process after an application is submitted to the Human Resources Department?

After the vacancy announcement closes, the applications are rated by the Human Resources Department according to tribal member preference, years of experience, and education. Based on that rating, the list of eligible applicants is given to the department that is hiring for that specific position. The department will schedule and conduct interviews. After a selection is made by the department, the Human Resources Department will contact the candidate to offer the position. The candidate will then be sent for a drug test and background check. Upon favorable clearance, the candidate will be hired and employed by the Pueblo of Isleta.

Important details to consider when applying for a position:

- Include a resume for every position that you are applying for.
- Submit an application for every position that you would like to apply for.
- Vacancy announcements that are listed as "Posted Within" are open for tribal members and current employees of the Pueblo of Isleta.
- Vacancy announcements that are listed as "In and Out" are open to the everyone.
- Review closing dates to ensure that applications are submitted in a timely manner.
- Research the position that you are applying for prior to the interview so that you are prepared and knowledgeable about the position.

Please call us at (505) 869-7584 or come in for assistance.

Gross Halloween Treats

Tasty Turds

Dare to make....Wait!!! Dare to eat some of these disgusting treats!!!

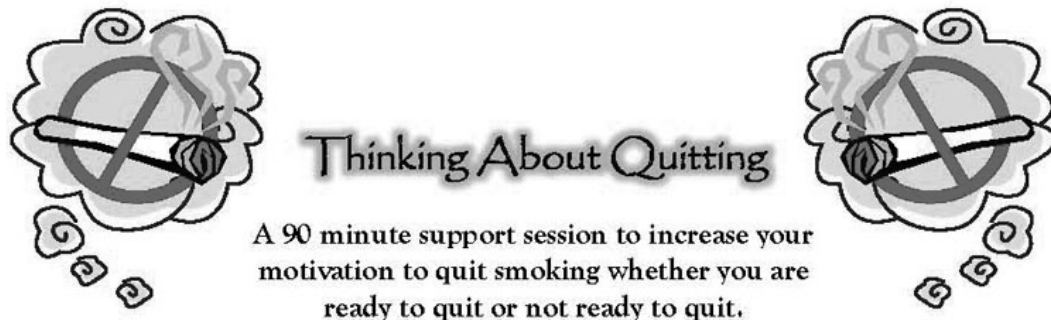
If you dare to...Join us at the Pueblo of Isleta Public Library

on Monday, October 28, 2013

The first 30 participants of all ages are welcome to make and take these tasty turds home!!!

This gross Halloween recipe is easy to make and eat... that is, once you make yourself take the first bite.

For More Information
Please call the Library
at (505) 869-9808



You will receive (free):

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

Topics Covered include:

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

Call Stephanie, Health Educator



Health Beat

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

GET YOUR KIDS THE HPV VACCINE NOW TO PREVENT CANCER LATER

Why does my child need the HPV vaccine?

HPV is short for human papillomavirus. There are four types of this common germ that can be prevented by a vaccine (shot). It is recommended for preteen boys and girls at age 11 or 12, so they are protected before ever being exposed to this virus. If your preteen/teen hasn't gotten the vaccine yet, make an appointment at the clinic for them to get it.

HPV vaccines offer the greatest health benefits to individuals who receive all three doses. They are given in a series of 3 shots over 6 months. It is very important to complete all 3 shots to get the best protection. If your son or daughter hasn't started or finished the HPV vaccine series yet—it's not too late! Now is a good time to ask their doctor or nurse about vaccines for your preteens and teens. Call the Health Center to make a Nurse appointment to make sure your children are up to date on their vaccines.

**CANCER IS A SCARY THING, SO DO WHAT YOU CAN NOW TO
PREVENT CERTAIN TYPES OF
CANCER IN THE FUTURE!**

Reference: www.cdc.gov

ISLETA BEHAVIORAL HEALTH

Presents the

5th Annual Light the Path Memorial Walk

The months are cruising, time is coming and going, and it is time for our annual event to remember our loved ones that have journeyed before us. The 5th Annual Light the Path Memorial Walk will take place on Friday, December 13, 2013. This year's theme is: **"Honor THEM, Heal US, Hope FOR ALL"**. The focus and purpose of this event is to join together to honor, heal and remember our loved ones that have passed, and to remember the importance of being a community that unites together for support. We may have lost someone special to sickness, an accident, alcohol or drug abuse, but WE will never forget how much they meant to us.

The annual event is currently in the planning stages; however, we want to spread the word that name tags **are now available**. To receive name tags for the walk to honor your loved ones, please come by the Isleta Behavioral Health Services program at the Isleta Health Center. Name tags will be placed on the luminaries the night of the memorial walk. In addition, the names will also be featured on a banner that commemorates all of the loved ones that have been recognized. **The last day to provide names to IBHS for the banner for this year's event will be on November 29, 2013 at 4:30 pm.** Any names received after this deadline will be placed on the luminaries only. The Isleta Community Action Team decided that the proceeds from donations received for name tags will go to a bereavement fund as a way of offering a gift to families who are suffering a loss. We are asking for a monetary donation for the name tags for this fund.

Last year's event was a huge success with over 3,000 luminaries lighting several tribal roads in the village, as well as lighting the path along the procession to St. Augustine Church from the Isleta Recreation Center. Once at the church, there was a simple blessing for everyone, and then we returned back to the Rec Center to feast on wonderful food. Although the weather was uncontrollable last year, we hope and pray for a better outcome this year.

If you are interested in the planning or want to volunteer for this event, you are more than welcome to join us. **Contact Isleta Behavioral Health Services at 869-5475 to register and for more information.** This event is sponsored by the Isleta Community Action Team, which is comprised of many Pueblo of Isleta tribal programs, many dedicated volunteers, and other groups listed below:

- POI Behavioral Health Services
- POI Head Start & Child Care
- POI Truancy
- POI Department of Education
- POI Police Department
- POI Veterans Association
- POI Recreation Center
- St. Augustine Church
- POI Public Library
- Valencia High School
- ROTC Color Guard

In closing, we all have someone special that has left so many memories while they were here with us on Earth. So, in turn, we want to Honor Them, Heal Us and instill Hope For All.

Feds Grant Certification to Tiwa Lending Services

By Edward Calabaza

After more than two years, the Isleta-based non-profit, Tiwa Lending Services (TLS) has been granted certification by the U.S. Treasury Department as the state's newest Community Development Financial Institution or CDFI.

"Only a few organizations are selected to become certified CDFI's so this is wonderful news for TLS and the Pueblo of Isleta," said Sheila Herrera, TLS executive director. "This certification allows us access to additional funding programs and increases our ability to leverage and raise capital from other funding sources such as banks, foundations, and government agencies. Not to mention notoriety that we didn't have before."

The Isleta Tribal Council began exploring this opportunity in 2009, but TLS did not become a separate entity until 2011 when council approved \$3 million dollars in startup funds to assist tribal members with low-interest loans to build new homes, purchase a first home or remodel an existing

one. There are 28 tribal members who currently have accounts with TLS.

Over the next year, TLS hopes to begin making small business loans of up to \$50-thousand. The loans will be made available to qualifying tribal and non-tribal members from adjacent communities such as Bosque Farms, Peralta and Los Padillas.

"The hope is that the loans will lead to new businesses or the expansion of existing businesses on the reservation," added Herrera. "Once open, it's hoped that our tribal members will be able to get jobs with these businesses. Perhaps some of our youth pick up a new trade that will eventually lead to experience and gainful employment."

To qualify for certification, a lending organization must meet stringent criteria outlined by the Treasury Department. It includes:

- Having a primary mission of promoting community development
- Predominantly serving and

maintaining accountability to eligible Target Markets

- Being a financing entity
- Providing Development Services in conjunction with its financing activities and
- Being neither a government entity nor controlled by a government entity.

Under the U.S. Department of the Treasury, the CDFI program helps to promote access to capital and local economic growth in urban and rural low-income communities across the nation.

Two Isleta tribal members currently serve on TLS' five-member board. Shawn Abeita serves as an at-large member and Edward Calabaza serves as the board's vice-president.

For more information about TLS or to apply for a home loan, please visit www.tiwalending.org.

Getting Rid of Old Bombs

Project Success:
Protecting the People and
the Environment

The Public Services Department—Resources Division worked diligently in the East Mountains along with CB&I Federal Services to remove Unexploded Ordnance. They rendered safe a total of 66 munitions of explosive concern. They routinely conduct water and soil samples in the project areas to ensure contamination does not exist. This project is funded by the Department of Defense—Native American Lands Environmental Mitigation Program where the Pueblo of Isleta Public Services Department—Resources Division has successfully completed numerous projects. I humbly accepted a plaque on behalf of the Pueblo of Isleta commemorating the 640 acres cleaned-up during the project over the summer as outlined in the cooperative agreement with the U.S. Army Corps of Engineers.



Caution: Unexploded Ordnance regardless of age have potential to be extremely dangerous causing serious injury or even death when detonated as illustrated in the picture above. I encourage anyone who has found these bombs and retained them as souvenirs to please immediately contact the Public Services Department—Resources Division at (505) 869-7560 so these items may be disposed of properly. I appreciate your cooperation.

Pueblo of Isleta Veterans Association "Veterans Helping Veterans and their Families"

Be a member of POIVA. Membership is open to all Veterans with an honorable discharge from any branch of the US Armed Forces.

Annual dues are \$10.00.

Meetings are held on the third Wednesday of the month at 6:30 PM (1830 hrs.) at the POIVA Veterans Center in Chical (Old Headstart Bldg.), east on Tribal Road 2.

The Pueblo of Isleta Veterans Association was established in 2010 to:

- Help ensure that all eligible veterans and their families are assisted to apply for veterans services and benefits entitled to them;
- Help ensure that all tribal, state and federal agencies are responsive to the needs of veterans and their families;
- Promote and protect the social & physical welfare, educational, economic and cultural values for all veterans.

If POIVA is not able to answer your question we can refer you to other veterans' service providers.

Current officers:

Commander: Fred R. Lujan
Vice – Commander: Michael L. Lucero
Finance Officer: Ken Miller
Adjutant: Ulysses Abeita
Sgt. – at – Arms: Marcus Lujan
Judge Advocate: Steven Abeita
Chaplain: Joe L. Jaramillo

Pueblo of Isleta Veterans Association
P. O. Box 338
Isleta, NM 87022
Phone # (505) 307 - 1582

Parks & Recreation

As we roll into October 2013 a definite change is in the air. Those warm summer days have given way to cold chilly evenings and crisp morning air. So change is definitely in the air, even with the activities that are now taking place like Cross Country Running and Co-Ed Volleyball. As mentioned, the fall season is the start of our Co-Ed Volleyball League. Anyone who is interested in playing or needs more information can contact Carl Anderson at 869-9777 and register a team or possibly get on a team who needs additional players. Bottom line, get involved. Games will be played every Sunday morning beginning at 10:00 am. For those of you folks who walk in the early morning on the outdoor track, you can also utilize the gym once it gets too cold for you outside. As far as recapping September 2013 activities, we had a number of special events that the children really enjoyed. The first was a Dog Show that Shoobie Jojola from our Old Rec. program brought on two occasions to the New Rec. Center. The dog owners had the opportunity to explain the different types of dogs, their behaviors and mannerisms and allowed the children to really have a hands on experience with the different breeds of dogs that they brought in for this show and tell event. The other two events that took place involved us taking children to the New Mexico State Fair on Tuesday, September 17th and also being involved with the Red Ribbon Run that every year coincides with the New Mexico State Fair. All children that we took to the New Mexico State Fair were treated to a pass for all the rides and food and drink. As one child said; "it was great to finally go to the State Fair because my parents could not really afford to take us, what an awesome experience". Pictured are of those students and dog owners who were on hand to present their dogs to our after-school program.



Cross Country

As mentioned earlier, this time of the year Cross Country takes place with Head Coach Phillip Abeita at the helm. He reports that practices have been great and well attended, however because of the recent rains and flooding that other Pueblos experienced, for two weeks in a row the Cross Country Meets had to be postponed or cancelled all together. Hopefully, they will be made up, but time and the weather will play a major factor. Pictured are many of those students who are part of the Pueblo of Isleta Cross Country Team. Keep up the Good Work habits.



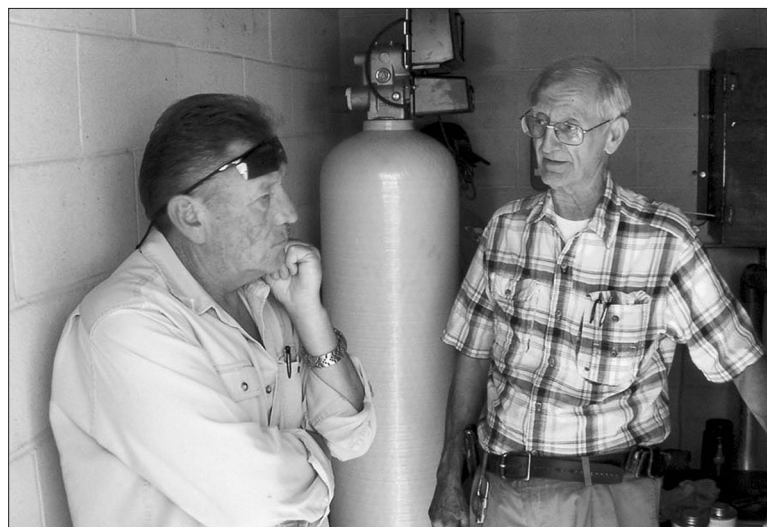
Red Ribbon Run

Once again and like years past, we the Pueblo of Isleta Parks and Recreation Department along with other runners from our Pueblo were involved with the 22nd Annual Multi-Cultural Red Ribbon Relay Run which began in Bernardo, New Mexico and ended 3 days later at the Indian Village at the New Mexico State Fair. We had our fair share of runners involved who have been involved for a number of years. The first leg of the run went from Bernardo, NM to our Pueblo of Isleta San Augustine Church. On the second day the run began at our church to Bataan Park in Albuquerque, N.M. On the 3rd day we went from Bataan Park to the New Mexico State Fair Grounds. The theme for the run was "United We Run to Be Drug Free". A number of people like Councilor Juan Rey Abeita, Bernadette Jojola, Marcelina Zuni, Amy Abeita-Jiron, and Todd Jiron along with our Pueblo of Isleta Police Department make this one of their annual must do lists items. Pictured in the first picture is many of those who were involved from our Pueblo of Isleta and the other picture is of the back side of many of those runners as they trek their way to the New Mexico State Fair.



Park Management

Because we utilize well water from old dilapidated wells that are non-potable drinking water, we of as late had to upgrade the system at the Robert David/Fred Zuni Park in the Chical Neighborhood. What this upgrade entailed was us having to put a filtering system that would keep the high level of manganese and other elements from clogging our irrigation system. Because of this high nitrates in the water we were having to replace many of sprinkler heads and filters at an alarming rate and great expense to the program budget. This will head that off for a number of years and quite possibly on a permanent basis. Pictured is Carl Hime from Pure Water Technologies explaining to process to Park Superintendent Robert Apodaca. Incidentally, all work was done by our very own park employee Ronald Abeita with technical assistance by Carl Hime.



WIC NOTES

• Is it normal that my baby often has hiccups?"

Yes. Hiccups are particularly common in babies under a year old. Babies even hiccup in the womb, which can alarm pregnant moms but is also totally normal. Some mothers wonder how babies can hiccup in utero — after all, they're not really breathing yet. But hiccups have nothing to do with breath: They're sudden contractions of the diaphragm caused by irritation or stimulation of that muscle.

Infant hiccups are usually caused by feeding (breast milk, formula, or other foods) or a drop in temperature that causes a baby to get cold.

Hiccups usually bother parents more than baby. Unless the hiccups interfere with daily activities like sleeping or eating, there's no need to see a healthcare provider. However, babies with gastroesophageal reflux disease may hiccup more frequently. If your baby hiccups often, mention it to her doctor, particularly if she spits up a lot or coughs and seems very cranky.

In addition, if your child's hiccups are uncontrollable, happen very frequently, or occur often after age 1, talk to your doctor. As for how to stop hiccups, there's really not much you can do, and they'll go away soon on their own.

• "Is it normal that my baby arches her back and throws herself backwards when she's upset?"

Yes, scary though it is, this behavior is common — and perfectly normal — in babies and toddlers.

Virtually all babies go through this phase. Experts attribute the classic arch-and-throw to frustration and uncontrollable emotions, which can overwhelm your child's sense of safety and control of her body.

Many parents notice their children doing this somewhere around the nine-month mark. The trigger is usually emotional, meaning your baby becomes frustrated and that causes the arching. A 9-month-old can envision the way she wants things to be and feels angry when they don't go her way. You

New Baby Questions:

may never figure out what prompted your child to arch. It may be something as minor as you handing her the wrong toy or singing her the wrong song.


Whatever the cause, you'll want to beware when your child begins hurling herself out of your arms, and take extra care in picking up your child in mid-arch. Be ready to hold on tight. You can also quickly set your baby down on a soft surface and allow her to throw herself backward on a soft carpet, pillow, or mattress.

Don't worry — back arching is very unlikely to be a sign of a medical problem. Seizures, a rhythmic shaking of the limbs, look very different from an arch of frustration.

However, back arching that occurs exclusively after your baby eats, often accompanied by gas, turning her head to the side, flexing her elbows, and extending her hips, can be a sign of gastroesophageal reflux (GERD). Talk to your pediatrician if you suspect seizures or reflux.

But if your child is like most, the back-arching is a sign of nothing more than your child's growing independence and emotional development.

Heidi Lanes
WIC Nutrition Coordinator



Isleta Cancer Education & Support Group


2nd Tuesday of Each Month
Next Meeting is October 8, 2013

TIME:
10:30am to Noon

PLACE:
ISLETA HEALTH CENTER
SMALL CONFERENCE ROOM

10/8/2013	Clinical Trials	Sydney Goosing	New Mexico Cancer Care Alliance
11/12/2013	To Be Determined	??	??
12/10/2013	Survivors Panel	Cancer Survivors	TBD

Please join us!



Everyone welcome!

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



Pueblo of Isleta Public Library

Happy Autumn Pueblo of Isleta! Hope everyone had a nice summer! Time to enjoy the cool weather, the leaves changing colors along our Beautiful Rio Grande River, and the colorful hot air balloons in our Beautiful State of New Mexico!

News:

We have scheduled a time for our Pueblo of Isleta Head Start and Child Care Program students to attend Story Time at the Library on Tuesday and Thursdays. Please be careful as you drive into our library parking lot as the teachers and students walk over to our facility during the nice autumn days. The Library will have a booth set up at the Isleta Head Start Open House on Thursday, October 10, 2013, at 5:30 p.m.

Ghost Tour on a Full Moon Night!!! Join the Library as we journey through Old Town of Albuquerque, on Friday, October 18th at 10:00 p.m. The Library will be taking 15 adults on this "Full Moon Ghost Tour". To reserve your spot for this field trip, you will need to write 4 short synopsis's about 4 different Ghost Stories of your choice. From our Library collection we have a wide selection of Ghost Books for you to check-out. So stop by and visit. Tis the season to be Scared!!! It will be a Full Moon that night...so be prepared for the unexpected. Happy October!!!

Speaking of a Frightful Season...Once again, the Library will set up a Halloween Booth at the Isleta Recreation Center on Friday, October 25th from 5:00 p.m. to 8:00 p.m. Everyone is invited to attend this year's Halloween Carnival!!! So dress-up in your favorite Halloween costume and visit our booth. See you there!!!

And you must not forget about our "Creepy Halloween Snacks" we make every year!!! This year our Creepy Snack Day will be on Monday, October 28th and Tuesday, October 29th at 4:30 p.m. in the Library's Arts and Crafts Room. The first 30 participants of all ages are more than welcome to make and take these tasty treats home!!! On Monday, we will be making "Tasty Turds" yuck...nuff said....and on Tuesday, "Zombie Sushi" So make sure you come in and enjoy making some of these gross/creepy snacks to trick your family and friends.

We now have New Search Stations available at our Library!!! This will allow you to search for books, movies, and music. A great way to search for the material you are interested in. It will inform you if



Diane reading "Pickles to Pittsburg"



Students learning Email Basics

the material is available to check-out, if not when the material is due. For more information about our New Search Stations, ask a librarian for assistance.

Closure Dates

On Wednesday, October 9, 2013, the Library will open at 10:30 a.m. after our Library Staff Meeting. This is when the staff shares information to improve our services.

Also, on Thursday October 10, 2013, the Library will open at 1:00 p.m. The Library Staff will take part in a Fire Drill/Fire Extinguisher training. The Fire Department will be training our Library Staff on how to properly exit the library with our patrons safely and calmly, should an emergency ever occur. We would like to thank the Isleta Fire Department Staff for this very valuable training on Fire Safety Procedures.

The Library will be closed from 12:00 p.m. to 2:00 p.m. on Friday, October 25, 2013, for our Halloween Carnival set up.

The Library will also close at 4:30 p.m. on Halloween Night, so we may all enjoy Halloween with our families. Hope you have a fun safe night!!! "Happy Halloween"

Recap

The Email computer classes scheduled for September went well. We had a good turn out and more patrons were asking for another class to be held, with different dates and times for the near future. So be on a look out for more classes to be scheduled in the months ahead. Participants learned the essentials of Understanding Emails, Composing and Sending Messages,

(Continued next page)



Mom and Son enjoying our Spaghetti and Meatball cupcake activity.

they created their own Email Accounts, and learned how to Sign-In and Out. If you are interested in communicating online with friends, family and colleagues, make sure you sign up for our next Email Class. Information will be posted as time progresses. We are also planning on setting up a Social Media Class (Facebook, Instagram, Pinterest, etc.) for those of you interested.



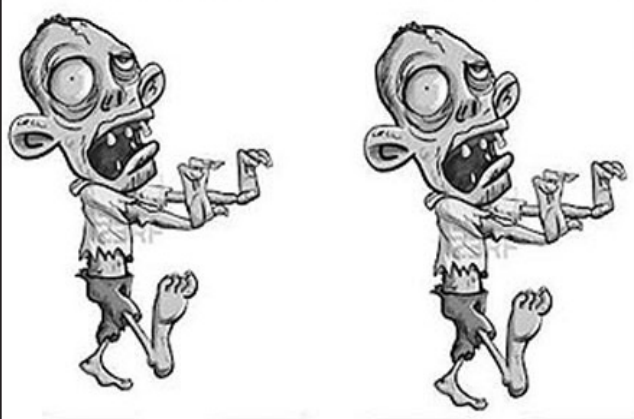

Our First Incentive Program Field Trip was to earn points to go see the new movie

"Cloudy With a Chance of Meatballs 2". Students worked hard to earn their points for this fun-filled night of a movie at Century Rio 24 and dinner at Furr's Buffet!!! Good Job to all the students who participated for this field trip. We read the book "Cloudy With a Chance of Meatballs" and "Pickles to Pittsburg" the sequel to Cloudy With a Chance of Meatballs written by Judi Barrett and drawn by Ron Barrett. We also had a fun activity making cupcakes that looked a lot like spaghetti and meatballs. Great Job Kids!!!

Pueblo of Isleta Public Library Hours and Business Info:

Monday – Thursday: 8:00 a.m. to 6:30 p.m.
Friday: 8:00 a.m. to 4:30 p.m.
Saturday: 9:00 a.m. to 1:00 p.m.
Sunday: CLOSED

Phone: (505) 869-9808
Fax: (505) 869-8119
Email: poi2002@isletapueblo.com

Join us October
29th for our
Creepy Snack
at 4:30

Space is limited! Open to
the first 30 patrons. All
ages welcomed!

Phone: (505) 869-9808
Fax: (505) 869-8119
E-Mail: poi02002@isletapueblo.com



WIC NOTES—

Having a Healthy Baby

Eat Foods Containing Folic Acid Every Day

What Is Folic Acid?

- A B-vitamin everyone needs for good health
- Also called folate or folacin
- Especially important for all girls and women of child-bearing age to protect their unborn babies

Why Is Folic Acid Important? You need folic acid:

- To help prevent birth defects of the brain and spinal cord
- At least 1 month before becoming pregnant and during the early weeks of pregnancy
- Throughout your child-bearing years
- To help prevent birth defects of the brain and spinal cord
- To build red blood cells.

How Much Folic Acid Do I Need?

- 400 micrograms (400mcg) every day.

What foods are good sources of Folic Acid?

- Breakfast Cereals
- Whole Grain Breads — look for the words "100% Whole Grain" and "100% Whole Wheat".
- Citrus fruits and juices
- Green leafy and other Vegetables-asparagus, beets, broccoli, Brussels sprouts, cauliflower, corn, romaine lettuce, and spinach.
- Beans- pinto, black beans, lima, kidney, split peas, and soy beans.

Can Women Get Too Much Folic Acid?

- If a woman of reproductive age eats a bowl of fortified cereal containing 100 to 400 micrograms of folic acid, takes a vitamin containing 400 micrograms of folic acid, and eats foods rich in folate all in one day, she would not have a problem with too much folic acid. Even in very high amounts, folic acid is nontoxic. Nevertheless, with the exception of women who have had a prior Neural Tube Defect (NTD)-affected pregnancy, it is recommended that women consume no more than 1,000 micrograms of synthetic (in pill form) folic acid a day.

Heidi Lanes, WIC Nutrition Coordinator

HEALTH INSURANCE EXCHANGE OPENS IN OCTOBER

This is the fourth in a series of articles about health care changes coming in 2014.

A new marketplace for the purchase of health insurance opens in October. The New Mexico Health Insurance Exchange will provide consumers and small businesses with a centralized shopping place for health insurance. The State opted to create the Exchange as part of the Affordable Care Act, sometimes labeled "Obama Care."

Among its many provisions, the Affordable Care Act mandates that individuals acquire and maintain health insurance which provides "minimum essential coverage." It was felt that consumers needed a marketplace conducive to comparison shopping to achieve that goal. That is what the New Mexico Health Insurance Exchange will endeavor to provide.

All insurance plans offered on the Exchange are certified to provide "minimum essential coverage." This includes hospitalization, emergency care, ambulatory services, maternity and newborn care, prescription drugs, laboratory services, mental health and substance abuse services, rehabilitative services, preventive services and pediatric services. Coverage purchased on the Exchange begins January 1, 2014.

Plans offered on the Exchange are categorized as Bronze, Silver, Gold or Platinum. The plans within each of these categories are comparable to each other, which is intended to enable an "apple-to-apple" comparison. Bronze plans tend to have lower premiums, but higher cost sharing (in other words, higher co-pays and deductibles). At the other end of the spectrum, platinum plans likely have higher premiums but lower cost sharing. A person who is relatively healthy and expects to have few doctor visits might select a bronze plan, for example.

The Exchange can only be accessed by computer (www.bewellnm.com) now, but a toll-free telephone number should be published soon. You will be asked for some basic information and then options best suited to your situation will be provided. People who might qualify for Medicaid, which is a program that provides free health coverage to those with low household income, will also be directed to that program via the Exchange. Those with limited income, but not low enough to qualify for Medicaid, may be eligible for federal assistance to help pay their insurance premiums. This assistance can subsidize premium payments each month, or be collected as a tax credit at the end of the year. Those who

don't have insurance or an exemption from the insurance mandate, will pay a penalty with their 2014 taxes. Native American members of federally-recognized tribes and those descendants who are eligible for services at Indian Health Service and tribal facilities can obtain an exemption from the insurance requirement.

Even though many Native Americans are exempt from the mandate to carry health insurance, the competitive health insurance plans offered by the New Mexico Health Insurance Exchange, and the federal subsidies available to those on limited income, may make health insurance affordable. Health insurance provides individuals with more options and brings more funding into community health centers. It also saves scarce Contract Health funds. For these reasons, Native Americans may want to explore the health insurance opportunities offered on the New Mexico Health Insurance Exchange.

The New Mexico Health Insurance Exchange is one of several changes in health care beginning January, 2014. The Isleta Health Board and Isleta Health Center are helping to explain these changes in a series of newsletter articles and community presentations.

JOM October Activities

ALL AGES
El Rancho de Los Golondrinas
October 5, 2013
8:00am

ACTIVITY
Train Ride to Chama
October 19, 2013
10:00 a.m. - 5:30 p.m.
Middle School and High School Students

McCall's Pumpkin Patch
October 26, 2013
We will be taking two trips:
Grades k-8 9:00 am-3:00 pm
Grades 9-12 5:00pm-10:00pm

Halloween Activity Night
October 29, 2013
5:00pm- 7:30pm
Come join us for games, crafts, door prizes and more!

JOM Eligible Students, first come first serve basis. For more info please contact Beverly @ 869-9790



Pueblo of Isleta Head Start/Early Head Start 2012-2013 Creative Curriculum Gold Assessment Summary



The Pueblo of Isleta Early Head Start/ Head Start currently use the Creative Curriculum Gold Assessment. The Gold Assessment is currently aligned with the New Mexico Early Learning Guidelines, Head Start Early Learning Guidelines and Common Core Standards. The Gold Assessment has nine areas of development and learning. The first four areas describe major areas of child growth and development; Social Emotional, Physical, Language and Cognitive. The following five areas are content learning standards; Literacy, Mathematics, Science and Technology, Social Studies and the Arts. The tenth area of development is English language Acquisition. Currently no children in the Early Head Start/ Head Start are under this category. There are a total of 36 objectives in all nine areas.

Observations occur ongoing throughout the program year. Teachers analyze the observations at the end of each check point, Fall, Winter, Spring and Summer (Summer is only done by the Early Head Start Program).

Below is the Data summary for both Early Head Start and Head Start. If you wish to review any of the graphs please contact Andrea Pesina or Michelle Valdez @ 869-9796.

Early Head Start

The following identify which learning area had the most growth, children that exceed the expectation, and the learning area with the least amount of growth. There was a total of 24 out of 24 analyzed in the report. The learning area with the highest growth was the Language. The area that most children exceeded the expectation was in Social and Emotional. The learning area that had the lowest growth was Physical Fine Motor. The learning area that most children did not meet the expectation was Physical Gross Motor.

Head Start

This year's report included 86 children of the 87 funded. There was one child that was dis-enrolled at the end of the school year. This year all areas of development were met by the program. The learning area with the highest growth was Literacy. The area that had the most children that exceed the expectation was Social and Emotional. The learning area that had the lowest growth was Physical Development in Gross motor. The learning area that had the most children that did not meet the expectation was Mathematics.

WIC Notes

What are growth charts?

If you are a WIC participant, you are probably familiar with the growth charts we use to help determine your child's weight and height.

Growth charts are tools that your WIC office and your doctor's use to evaluate and keep track of your child's physical growth. At each checkup, we measure your child's height and weight. Then those numbers are plotted on a chart of national averages for children of the same age and sex.

From that plot we can tell you what percentile your child is in. If your 5-year-old son is in the 75th percentile for weight, for example, that means 75 percent of the boys his age in the United States weigh the same or less than your child and 25 percent weigh more.

WIC also keeps track of your child's body mass index (BMI). This number — which expresses the relationship between your child's height and weight — helps us decide if your child is of normal weight, overweight, underweight, or at risk for becoming overweight.

A child's BMI should change as he grows. Preschoolers, for example, generally have less body fat than babies and toddlers, so they typically have a lower BMI. Once a child reaches school age, however, the BMI number starts increasing as his body grows.

Parents sometimes worry needlessly about their children's growth percentages. Remember that your child is an individual

and will develop at his own pace. These measurements are only a general guide to help you, your WIC office, and your doctor assess your child's growth. What's important is that your child's growth curve, as it's plotted on the growth chart, is progressing. The WIC office will be looking to see whether he's gaining appropriately each time (no big dips or spikes in the growth curve).

What is Anemia?

If you are a parent of a WIC child you are familiar with the finger poke test we perform to determine your child's blood iron level. If this test shows your child to have low blood iron then your child is anemic. Most cases of childhood anemia are caused by an iron deficiency in the diet.

Blood iron helps to carry oxygen to all the organs and tissues of the body. If your child has low blood iron then not enough oxygen is getting to these organs. Anemia can cause your child to have various symptoms including:

- Fatigue-in children this is often seen as fussiness/ crankiness.
- Tiredness-even after a full night's sleep.
- Decreased Appetite-Another symptom of iron-deficiency anemia in children is loss of appetite. The child has little interest in food.
- Dizziness-Oxygen is very important to the brain. If the brain does not get enough oxygen-rich red blood cells, a child may feel dizzy or light-headed.
- Paleness-Children who have anemia do not have a rosy glow. Instead, their

skin is often pale or yellowish.

- Irritability-Suffering from fatigue, dizziness and other symptoms, the child doesn't feel well and this can lead to irritability.
- Rapid Heartbeat- the heart does not get enough oxygen, so it pumps faster to get the oxygen it needs to function. Thus, rapid heartbeat is another common childhood anemia symptom.

The degree to which your child has some or all of these symptoms depends on how severe your child's anemia is.

These same symptoms can be present in adults with anemia.

The good news is if your child is anemic we can help. Your WIC staff will talk with you about what iron rich foods to offer your child and continue to monitor your child's iron level to be sure it is improving. With our help you will soon have your child on the road to recovery.


Heidi Lanes, WIC Nutrition Coordinator



Isleta Pueblo News

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

Isleta Health Center Calendar Questions? Call 869-3200 **October 2013**

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1 Women's Path to Recovery: 9-11:30am @ IBHS. Grief & Loss Group: 2-4pm @ IBHS. Adult Wellness: 5-6pm @ IBHS.	2 Parent Group: 9-11am @ IBHS. Acupuncture Detox: 1-2pm @ IBHS.	3 Str8 Rez: 4:30-6pm @ IBHS Freedom From Smoking (Session 1): 5:30pm @ Health Center (869-4479 for information).	4	5
6	7 Early Recovery Skills: 9-11am @ IBHS. Young Leaders Youth Krew: 5-6:30pm @ IBHS.	8 Women's Path to Recovery: 9-11:30am @ IBHS. Isleta Cancer Education & Support (ICES): 10:30-12pm @ Health Center, w/Sydney Goosing of NM Cancer Care Alliance, topic "Clinical Trials" Adult Wellness: 5-6pm @ IBHS.	9 Parent Group: 9-11am @ IBHS. Anger Management Skills: 1-3pm @ IBHS. Acupuncture Detox: 1-2pm @ IBHS.	10 Str8 Rez: 4:30-6pm @ IBHS. Freedom From Smoking (Session 2): 5:30pm @ Health Center (869-4479 for information).	11 Isleta Diabetes & Obesity Prevention Advocacy Group: 9-11am @ Health Center/Large Conference Room	12
13	14 <i>Unweaving the Threads for a Healthy Community</i> Isleta Golf Course 8am to 4:30pm Call 869-5475 for information	15 Women's Path to Recovery: 9-11:30am @ IBHS. Grief & Loss Group: 2-4pm @ IBHS. Adult Wellness: 5-6pm @ IBHS.	16 Parent Group: 9-11am @ IBHS. Acupuncture Detox: 1-2pm @ IBHS.	17 Str8 Rez: 4:30-6pm @ IBHS. Freedom From Smoking (Session 3): 5:30pm @ Health Center (869-4479 for information).	18	19
20	21 Early Recovery Skills: 9-11am @ IBHS. Young Leaders Youth Krew: 5-6:30pm @ IBHS.	22 Women's Path to Recovery: 9-11:30am @ IBHS. Adult Wellness: 5-6pm @ IBHS.	23 Parent Group: 9-11am @ IBHS. Anger Management Skills: 1-3pm @ IBHS. Acupuncture Detox: 1-2pm @ IBHS. Freedom From Smoking (Session 4): 5:30pm @ IHC (869-4479 /information). Bone Voyage Your Pounds Away – Fun Walk/Run: 5pm Registration/ Walk starts at 6pm @ Diabetes Building.	24 Str8 Rez: 4:30-6pm @ IBHS. Freedom From Smoking (Session 5): 5:30pm @ Health Center (869-4479 for information).	25	26
27	28 Early Recovery Skills: 9-11am @ IBHS. Young Leaders Youth Krew: 5-6:30pm @ IBHS.	29 Women's Path to Recovery: 9-11:30am @ IBHS. Grief & Loss Group: 2-4pm @ IBHS. Adult Wellness: 5-6pm @ IBHS.	30 FALL FESTIVAL AT ISLETA ELEMENTARY SCHOOL	31 Happy Halloween! 		



Freedom From Smoking

DO YOU WANT TO QUIT SMOKING?

IF YOU ANSWERED "YES!"
SIGN UP FOR OUR

Freedom From Smoking

PROGRAM NOW!

CLASS STARTS OCTOBER 3RD
5:30PM @ ISLETA HEALTH CENTER



Weekly Prizes!

→ Nicotine Replacement Therapy for those clinic patients who attend weekly sessions!

→ Get support from others that are going through the same thing.

CONTACT:

Stephanie Barela @
505-869-4479

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



Sponsored by the
Isleta Health Center

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

Call Isleta Health Center
to register: 869-4479

Must Pre-Register!
SPACE LIMITED FOR THE FIRST
100 TO SIGN UP!

PLEASE REGISTER BY NOVEMBER 11TH!

PRIZES, HATS, FOOD & MORE!