

Isleta Pueblo News

Volume 16 Issue 9

Pueblo of Isleta website: www.isletapueblo.com

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September 2021

Governor's Report

Maguwam,

Hello to everyone and hope this newsletter finds everyone in good health. By the time this newsletter is published we will have honored our Patron Saint, St. Augustine with a mass and a procession around the plaza. On September 3rd and 4th there will be a mass celebrating Little St. Augustine. We hope our Patron Saints hear our prayers for our continued protection of our families and community.

Again we are faced with a bit of uncertainty in regards to COVID-19. Cases of COVID are on the rise with the lifting of restrictions by the State of New Mexico. The Pueblo took a conservative and safe approach to the state's move to open. We continued the mask mandate within the Pueblo. As time went on the cases of COVID increased within the state. With the increase of COVID cases in the state, the state of New Mexico issued another Public Health Order of a mask and vaccine mandate. We did see an increase within the pueblo; however, we did not exceed the limit of positive cases to discontinue any events within the pueblo. We still encourage everyone to consider receiving the Vaccination. As reported from our Health Officer with the COVID Mitigation Team, those individuals who are not vaccinated are the majority of cases we have seen in the past couple weeks. The average number of individuals isolated due to COVID has risen to 9. Let us protect our families and community. We urge everyone to continue to social distance and use all safety measures that have been recommended, i.e. wearing of masks, use of hand sanitizer and or frequent washing of hands. Getting vaccinated prevents you from being hospitalized and reduces the symptoms of COVID. The COVID Incident Command Team has been working hard to provide the best recommendations for the Pueblo of Isleta. If you feel sick or experience symptoms, please stay home and get tested. Call the COVID Hotline for any questions or scheduling an appointment to receive the vaccination, 505-869-9720.

Recently we have been made aware of vandalism at the Post Office. An unknown individual has been using a sharp object to scratch the boxes. They have also attempted to peel or scrape off the adhesive numbers on the boxes. As everyone knows, the Post Master does not lock the door to allow access to boxes after hours. If this trend continues the Post Master has stated that they will be forced to lock all doors at close of business. They want to continue to provide that access to those who cannot make it during normal business hours. We ask that if you see any unusual activity in or around the Post Office to please call Isleta PD.

Also with the recent incident of the individual who fled from Albuquerque Police and made it onto the Pueblo. We encourage Pueblo residents to sign up for the community alert system. The system will notify those who willingly sign up for any alerts or community information sent out

by the Pueblo of Isleta. If you should have any questions, please call the Governor's office for more information. Please see the attached information and QR code (pg 3).

Please be on the lookout as Tribal Administration and Isleta probation will be planning a volunteer cleanup of the Isleta Cemetery. We will be coordinating efforts to prepare for upcoming events such as All Souls Day and Veterans Day. We encourage all to come out and assist in the effort to beautify the cemetery. Once dates have been planned we will post that information throughout the community. If you may be interested in assisting, please call the Governor's Office and speak to Lt. Governor Lucero.

We want to congratulate Charles Jojola for being selected as an umpire for the 2021 Little League Softball World Series in Greenville, South Carolina. know Charles as Tata Gene Jojola. Gene has been an umpire with the Isleta Little League since the establishment in 2005. He received his training in Williamsport, Pennsylvania through the Little League Organization and gained his experience umpiring a multitude of baseball and softball games throughout District 9, the state level, regional level, and the world series. His career as an umpire expands over 15 years. Below are the highlights of his umpire career.

2005-2021: District & State Tournaments 2005: Isleta Little League chartered;

Umpire in Chief & District Umpire 2014 & 2015: Southwest Regional Little

League Softball Tournament; Waco, Texas 2016: Little League Softball World Series; Portland, Oregon

2017: Southwest Regional Junior Softball Tournament; Isleta, New Mexico

2021: Little League Softball World Series; Greenville, South Carolina

The most recent selection as an umpire has given Gene some TV air time on ESPN+ and ESPN2 in all different positions of being an umpire. He was selected as the home plate umpire for the 1st game of the series.

Being a Little League umpire is a volunteer position and a big commitment to the community and all the children involved in the Little League Organization. Gene, we are all very proud of you and thank you for representing District 9, Isleta Little League, and your community of Isleta Pueblo. (photo credits to D. Lucero and LLWS)









With the recent rainfall and the fall season approaching, and speaking with traditional leaders, a decision was made to open the mountain range area. As we plan for the fall and winter to gather wood and enjoy the mountains please be careful and stay safe. Wood permits are available at the Governor's office, Police Substation, and the Open Space office. Please keep our mountains clean and trash free.

As we enter into September, many tribal members are excited and preparing for hunting doves here in the reservation or big game in the State of New Mexico. We ask that everyone stay safe and utilize safe practices of hunting. Here on the reservation, Open Space will be out patrolling the rangeland and mountain areas to ensure the safety of the community. Please use good judgement and safe gun and archery handling while out hunting. Please keep in mind hunting on the reservation is for tribal members only.

May the creator bless you with a good and healthy life and we pray to keep our community safe.

Governor Vernon B. Abeita

LETTER FROM THE EDITOR

DEADLINE for October Newsletter articles is set for Tuesday, September 21, 2021, at 4:30 pm. Articles may be dropped off at the Library or emailed to Nathaniel. Lujan@isletapueblo.com. Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it's time to panic, so call Nate at 505.869.9808.

People who wish to submit an article or flyer are responsible for generating their own article or flyer. Should you need help, please call the Library at 505.869.9808 and set up a date and time to sit down with a Library staff member who will help you throughout the process. The Library will NOT accept notes dropped off at the Library or information over the phone to generate your article.

PROBATES need to be published in the Newsletter for two consecutive months. Probates are considered court documents, therefore, all submitters must provide: 1) Name of Deceased, 2) Date of Deceased 3) Court Case # and 4) Date of Court Date. A Probate form can be found on the Newsletter Archive page at http://www.isletapueblo.com/newsletters.html.

CLASSIFIED ADS: The new administration has requested that the Newsletter start a Classified Ad section for Tribal members selling land, houses, mobile homes, vehicles, and farm equipment. Leasing of houses and mobile homes will be accepted. Smaller items which can be sold at the local flea markets or weekly yard sales will NOT be accepted.

Currently, this service is FREE to Tribal members. Land, houses, and mobile homes must be within the reservation boundaries. Ads must meet the 160 character limit. Ads that exceed the 160 characters will NOT be submitted into the Newsletter. A single picture may be submitted with the ad. Submitters of classified ads are responsible for generating their own ads as this is a FREE service.

As a reminder, Tribal business owners may submit a small flyer at no charge. Like the classified ads, business owners are responsible for generating their own flyers as this is a FREE service.

Classified ads and business flyers will be posted no more than two consecutive months. In the event where the Newsletter may exceed the 24-page limit, classified ads and business flyers will be "bumped" for newsletter articles. Again, this is a FREE service for Tribal members.

The Isleta Newsletter is owned and operated by the Pueblo of Isleta. Therefore, the Governor of the Pueblo of Isleta has the final say of all articles and contents within the Isleta Newsletter.

For additional questions, you may call the Library and speak with Nate or Diane at 505.869.9808.

Thank you, Nathaniel Lujan

Newsletters may be found at the fifteen distribution locations listed below. Remember, Digital copies of the Newsletter may be obtained from the Newsletter archive at http://www.isletapueblo.com/newsletters.html

The fifteen Newsletter distribution locations are:

- 1. TR 2 & TR 22 Chical SE of Community Hall
- 2. TR 10 Behind the old 47 Sales
- 3. TR 1 & TR 5 Ranchitos / Bosque Farms Reservations Line
- 4. Ranchitos Park
- 5. Post Office Big Tree
- 6. TR 82 & TR 84 Teller Road
- 7. TR 78 & TR 82 Carlos Trujillo Sr.
- 8. TR 90 @ Y CF Padilla
- 9. Mouse Town Park –
- 10. Health Center South end of Health Center Parking lot
- 11. Library Sunlight & Moonlight Intersection
- 12. TR 6 47 Intersection
- 13. TR 12 47 & 147 intersection (Old Smoke & Save)
- 14. TR 71 & TR 54 @ Y Holiday Robot / Paved Road / Railroad Tracks
- 15. TR 45 & TR 40 @ Y Tata Mel (POI Signage)

PROBATES

IN THE MATTER OF THE ESTATE OF: Rafina Montoya (DOD: 08/29/1995)

Case No. CV-PR-0118-2021

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of <u>Rafina Montoya</u>, deceased <u>08/29/1995</u>, has been filed in the Pueblo of Isleta Tribal Court. Any person claiming an interest in the Estate is hereby advised to notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for <u>Wednesday, August 11, 2021 at 9:00 am</u> at the Isleta Tribal Court, located at the Tribal Services Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal Court at (505) 869-9699.

IN THE MATTER OF THE ESTATE OF: Joseph L. Juancho (DOD: 04/25/2021)

Case No. CV-PR-0084-2021

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of <u>Joseph L. Juancho</u>, deceased <u>04/25/2021</u>, has been filed in the Pueblo of Isleta Tribal Court. Any person claiming an interest in the Estate is hereby advised to notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for <u>Thursday, August 19, 2021 at 10:45 am</u> at the Isleta Tribal Court, located at the Tribal Services Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal Court at (505) 869-9699.

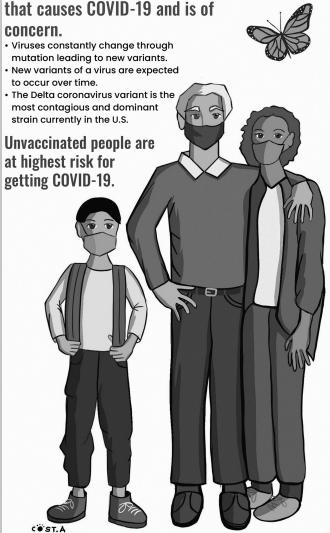
IN THE MATTER OF THE ESTATE OF: Anthony Velardez (DOD: 12/26/2020) Case No. CV-PR-0052-2021

Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of <u>Anthony Velardez</u>, deceased <u>12/26/2020</u>, has been filed in the Pueblo of Isleta Tribal Court. Any person claiming an interest in the Estate is hereby advised to notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for <u>Thursday, September 19, 2021 at 9:15 am</u> at the Isleta Tribal Court, located at the Tribal Services Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal Court at (505) 869-9699.



Delta is a new variant of the virus



The Delta variant:

- Spreads more rapidly.
- May make people more sick.
 Is spread the same way as other coronavirus variants that cause COVID-19.
 - Spreads when an infected person breathes out droplets and very small particles that contain the virus that are breathed in by other people.

Vaccination is the best protection against any variant.

- Get vaccinated.
- If you're already vaccinated, encourage your family, friends and neighbors to get vaccinated.
- Vaccination is likely to slow the spread of all the variants and reduce the odds of new and even more dangerous variants.

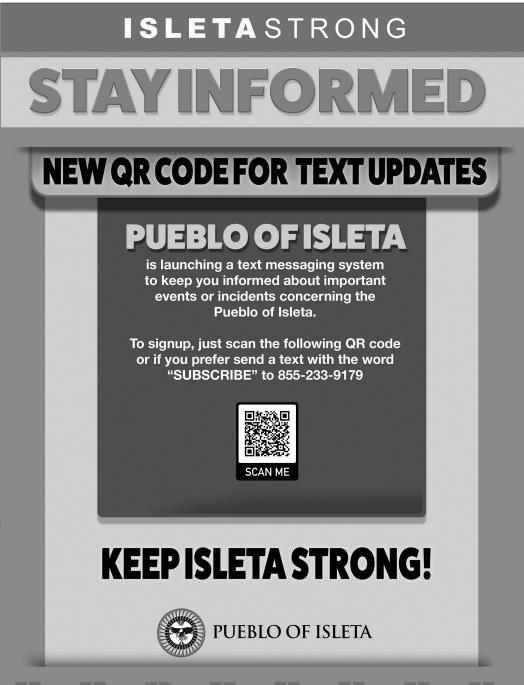
Contact your local IHS, tribal, or urban Indian health care facility for more information on getting vaccinated.

For more information on COVID-19 variants, scan this QR code:









ISLETA HEALTH CENTER CHR Program

Hello everyone!

My name is Brandi Lucero and I am the new coordinator for the CHR Program at Isleta Health Center. I am an enrolled member and have served as a community health worker (CHW) for over 5 years. I received my Bachelors in Public



Health with a minor in Chemistry from Fort Lewis College. My start as a CHW began by working with a nationally known non-profit in 2015 serving the Four Corner region with access to comprehensive sexual health education, HIV testing and counseling, professional training, and linkage to essential resources. Before leaving the non-profit world, I helped establish the Native Community Health Network (NCHN), which is a community health workers program that serves Indigenous communities within the Southwest Region. Transportation is a new realm for me but I am very appreciative of the current CHR drivers, Renee and David, for teaching me and helping get up to speed with our services. I am happy I was given this opportunity to work with my community and provide a much-needed service for our people. I hope to have your support and welcome all feedback from our community members.

Brandi Lucero CHR Coordinator Pueblo of Isleta Health Center Brandi.lucero@islclinic.net

Below is a reminder of the CHR services available to enrolled tribal members residing with the reservation boundaries:

The Isleta CHR Program provides tribal community members' transportation services to and from their scheduled non-emergency medical appointments and can provide medication delivery services from Isleta Health Center.

- Medication delivery services are for those whom are on COVID quarantine, home-bound, or elderly. A completed Medication delivery form is required BEFORE anyone can receive delivery services. Our medication delivery services only pick-up medication from Isleta Health Center and requires a **24-hour notice**. A signature is required upon delivery. Medication Form can be accessed from CHR office at the Health Center or our CHR team member can start one for you over the phone.
- Our transportation services can help transport you or a loved one to their scheduled, non-emergency medical appointments within Isleta, Los Lunas, and Albuquerque areas. We transport throughout the week. A completed transportation form is required BEFORE anyone can receive transportation services. Please keep in mind that our transport services strongly recommends a 48-hour notice and services are on a **space available basis**. If we are unable to transport you or your loved one, our team can provide linkage to another transit provider that services our community. We are implementing COVID safety precautions while transporting approved by our COVID Mitigation Team. Transportation Form can be accessed from CHR office at the Health Center or our CHR team member can start one for you over the phone.

If you are interested in our services or need a ride to your next appointment please, call our office at 869-4485. *POI departments can make referrals to our program and are encouraged.



Job Postings

Visit us online at

http://www.isleta.com/career-opportunities.aspx

Fax: 505-244-8232

OUR LOCATION

Isleta Resort and Casino is located 7 minutes south of downtown Albuquerque at Interstate 25 and Hwy 47, exit 215. The Human Resources office can be found on the east side of the building through the Employee Entrance doors.

☐ Title	Location	Address	City , State	Date Posted ▼
Sr. Director of Human Resources	1510 - HUMAN RESOURCES	11000 Broadway SE	Albuquerque, NM	8/19/2021
Cashier (Embers)	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	8/19/2021
Food Attendant (Beverage) - Daubers Grill	0331 - F&B DAUBERS GRILL	11000 Broadway SE	Albuquerque, NM	8/18/2021
☐ Entertainment Manager	0691 - MARKETING ENTERTAINMENT	11000 Broadway SE	Albuquerque, NM	8/18/2021
HDC Specialist	0386 - F&B UTILITY KITCHEN	11000 Broadway SE	Albuquerque, NM	8/16/2021
☐ Network Administrator	1550 - MIS (IT)	11000 Broadway SE	Albuquerque, NM	8/13/2021
IT Manager - Applications	1550 - MIS (IT)	11000 Broadway SE	Albuquerque, NM	8/13/2021
Room Attendant	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	8/11/2021
☐ <u>Training Coordinator</u>	1530 - TRAINING	11000 Broadway SE	Albuquerque, NM	8/11/2021
MASSAGE THERAPIST	0500 - SPA THERAPY	11000 Broadway SE	Albuquerque, NM	8/11/2021
Cook I (Fat Burger)	0328 - F&B FAT BURGER	11000 Broadway SE	Albuquerque, NM	8/4/2021
Floor Beverage Server	0390 - F&B FLOOR BEVERAGE	11000 Broadway SE	Albuquerque, NM	8/4/2021
☐ <u>Irrigation Technician</u>	0701 - GOLF COURSE MAINTENANCE	11000 Broadway SE	Albuquerque, NM	8/2/2021
Cook I (Panda Express)	0329 - F&B PANDA EXPRESS	11000 Broadway SE	Albuquerque, NM	8/2/2021
☐ <u>Groundskeeper</u>	0701 - GOLF COURSE MAINTENANCE	11000 Broadway SE	Albuquerque, NM	8/2/2021
PMT III	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	8/2/2021
Cook I (Prep)	0385 - F&B PREP KITCHEN	11000 Broadway SE	Albuquerque, NM	8/2/2021
Count Member	0160 - CASH OPS COUNT	11000 Broadway SE	Albuquerque, NM	7/29/2021
Shop Clerk	0700 - GOLF COURSE OPERATIONS	11000 Broadway SE	Albuquerque, NM	7/29/2021
Promotions Manager	1195 - MARKETING MANAGEMENT	11000 Broadway SE	Albuquerque, NM	7/28/2021
Custodian	1355 - CUSTODIAL	11000 Broadway SE	Albuquerque, NM	7/26/2021
Guest Service Representative	1150 - MARKETING PLAYERS CLUB	11000 Broadway SE	Albuquerque, NM	7/22/2021
Cook I (Employee Dining)	0370 - F&B EMPLOYEE DINING	11000 Broadway SE	Albuquerque, NM	7/21/2021
Sous Chef (Chile Ristra)	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	7/21/2021
☐ <u>Valet Attendant</u>	0250 - HOTEL GUEST SERVICE	11000 Broadway SE	Albuquerque, NM	7/19/2021
Front Desk Agent	0205 - HOTEL FRONT DESK	11000 Broadway SE	Albuquerque, NM	7/19/2021
Restaurant Chef (Embers)	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	7/19/2021
Slots Shift Supervisor	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	7/16/2021
Slots Lab Technician	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	7/16/2021
Hotel PM Technician	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	7/15/2021
Sous Chef (Banquets)	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	7/14/2021
Cook II (Employee Dining)	0370 - F&B EMPLOYEE DINING	11000 Broadway SE	Albuquerque, NM	7/14/2021
Cook I (Banquets)	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	7/14/2021
☐ <u>Table Games Floor Supervisor</u>	0120 - TABLE GAMES	11000 Broadway SE	Albuquerque, NM	7/13/2021
☐ <u>Table Games Dealer</u>	0120 - TABLE GAMES	11000 Broadway SE	Albuquerque, NM	7/13/2021
Banquet Server	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	7/13/2021
Food Attendant (Chili Ristra)	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	7/13/2021
Promotions Coordinator	1110 - MARKETING SPECIAL EVTS	11000 Broadway SE	Albuquerque, NM	7/12/2021
Guest Service Supervisor	1150 - MARKETING PLAYERS CLUB	11000 Broadway SE	Albuquerque, NM	7/12/2021
Landscape Technician III	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque,	7/12/2021

Laundry Attendant	0270 - HOTEL LAUNDRY	11000 Broadway SE	Albuquerque, NM	7/9/2021
Spa Receptionist	0595 - SPA MANAGEMENT	11000 Broadway SE	Albuquerque, NM	7/9/2021
Spa Attendant	0595 - SPA MANAGEMENT	11000 Broadway SE	Albuquerque, NM	7/9/2021
□ ност	1355 - CUSTODIAL	11000 Broadway SE	Albuquerque, NM	7/7/2021
Surveillance Agent	0170 - SURVEILLANCE	11000 Broadway SE	Albuquerque, NM	7/7/2021
Cook I (Chili Ristra)	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	7/6/2021
Slots Floor Attendant	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	7/2/2021
Compensation & Classification Analyst	1510 - HUMAN RESOURCES	11000 Broadway SE	Albuquerque, NM	7/2/2021
Slots Compliance Coordinator	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	6/30/2021
Food Attendant (Chills)	0332 - F&B CHILL COFFEE BAR	11000 Broadway SE	Albuquerque, NM	6/28/2021
Slots Shift Supervisor (PW)	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	6/25/2021
Convention Services Coordinator	0220 - HOTEL SALES	11000 Broadway SE	Albuquerque, NM	6/23/2021
Cook I (Embers)	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	6/15/2021
Banquet Manager	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	6/14/2021
Outside Service	0700 - GOLF COURSE OPERATIONS	11000 Broadway SE	Albuquerque, NM	5/6/2021

Pueblo of Isleta Career Opportunities

r debio of Isleta	Career Opportunities	
Position Posting	Office Location	Closing Date
ADMINISTRATIVE ASSISTANT II	Elder Center Within Only	08/22/2021
AUTO & DIESEL MECHANIC	Construction Operations	Open Until Filled
BEHAVIORAL HEALTH MANAGER -REPOSTED	Health Services	Open Until Filled
BOSQUE RESTORATION TECHNICIAN	Water Resources Within Only	08/20/2021
BUS DRIVER- (PART TIME)	Head Start	Open Until Filled
BUSINESS MANAGER	Isleta Elementary School	Open Until Filled
CAREGIVER (2 positions)	Assisted Living Facility	Open Until Filled
CARPENTER I,II, or III - REPOSTED	Housing Authority	Open Until Filled
CEO HEALTH SERVICES	Health Services	08/24/2021
COMPUTER IT SPECIALIST - REPOSTED	Department of Education	Open Until Filled
DIRECTOR - IPHA	Housing Authority	08/31/2021
DISPATCHER	Police Department	Open Until Filled
EDUCATION ASSISTANT	Isleta Elementary School	08/25/2021
EMT INTERMEDIATE - REPOSTED	Health Services	Open Until Filled
EMT INTERMEDIATE (PRN)	Health Services	Open Until Filled
FACILITIES WORKER -REPOSTED	Head Start	Open Until Filled
FEDERAL PROJECT MANAGER	Housing Authority	Open Until Filled
GENERAL COUNSEL	Legal Department	Open Until Filled
HEAD START TEACHER	Head Start	08/29/2021
HOME CARE ATTENDANT	Elder Center	Open Until Filled
HOME OWNERSHIP COORDINATOR	Housing Authority	Open Until Filled
HOME OWNERSHIP COUNSELOR	Housing Authority	Open Until Filled
HVAC TECHNICIAN - REPOSTED	Public Works	Open Until Filled
INSTRUCTIONAL COORDINATOR - REPOSTED	Department of Education Within Only	Open Until Filled
LAND SURVEY TECHNICIAN AIDE - REPOSTED	Survey & Mapping	08/31/2021
LANGUAGE TEACHER	Department of Education Within Only	Open Until Filled
MAINTENANCE TECHNICIAN	Public Works	Open Until Filled
MENTAL HEALTH & ADDICTIONS COUNSELOR	Health Services	Open Until Filled
OFFICE CLERK	Isleta Elementary School	Open Until Filled
PAINTER	Housing Authority	Open Until Filled
PARKS & MAINTENANCE WORKER	Parks & Recreation	Open Until Filled
PERSONAL CARE SERVICE AIDE (2 Positions)	Elder Center Within Only	Open Until Filled
PHYSICIAN- AMENDED	Health Center	Open Until Filled
PLUMBER	Isleta Pueblo Housing Authority	Open Until Filled
POLICE OFFICER I CERTIFIED - REPOSTED	Police Department	Open Until Filled
PURCHASED REFERRED CARE ACCOUNTING CLERK	Health Services	Open Until Filled
REGISTERED NURSE (Part-Time)	Assisted Living Facility	Open Until Filled
ROADWAY MAINTENANCE WORKER I	Transportation Services	08/27/2021
SALES ASSOCIATE - REPOSTED	C-Stores	Open Until Filled
SCHOOL COUNSELOR - REPOSTED	Isleta Elementary School	Open Until Filled
SHIFT LEAD	C-Stores	Open Until Filled
UTILITY WORKER	Public Works	Open Until Filled
VAN DRIVER	Elder Center	Open Until Filled
VICTIM ADVOCATE	Prosecutor	08/30/2021

The Hubbell Crash Site

In 1946, there was a crash on the Pueblo of Isleta involving a U.S. Navy twin engine air transport plane. The plane had 11 military personnel on board, and all 11 were killed in the crash.

There was over 1,800 pounds of debris that was recovered, consisting of over 8,500 pieces of the plane.





The aircraft involved in the crash was a cargo transport counterpart for the Douglas C-47 'Skytrain'. Shown above is the 'Skytrain'.

Have you been told a story of a plane crash on the reservation? If so, we would love to hear it and investigate the story. Please contact the UXO/ HAZMAT Department at (505)869-5748 with any tips or findings.





The WB-57F Crash Site

On June 27, 1972 a Navy aircraft broke at high altitude during a training mission. Both of the planes engines as well as many pieces were recovered.

The debris field of the crash was scattered over 850 acres of land on the Pueblo of Isleta.

Among the debris found was the pilots helmet with the name still on it.





The WB-57F was used for high altitude atmospheric sampling and radiation detection for nuclear test monitoring. Shown above is a WB-57F from 1978.

Have you been told a story of a plane crash on the reservation? If so, we would love to hear it and investigate the story. Please contact the UXO/HAZMAT Department at (505)869-5748 with any tips or findings.

Pueblo of Isleta Veterans Association (POIVA)

POIVA has now continued having regular meetings, on the first and second Thursday of each month at 6:00 PM. POIVA is located in Los Charcos, approximately three miles south of the "Little Casino".

Beginning on September 7, 2021, POIVA Veterans Service Officers (VSO's) will be providing outreach services at the Isleta Health Clinic Lobby on the first Tuesday of each month from 10:00 AM - 12:00 PM.

If you should have any questions on Veterans benefits, please come by and visit with the VSO's, or call us for more information. VSO's will schedule to meet with you if you are unable to meet at the above times.

- Tony Munoz 505-948-8630
- Marcus Lujan 505-514-7332
- Ulysses Abeita 505-264-4110

If you plan to visit with us, bring with you a copy of the Veteran's DD-214. A DD-214 is a Certificate of Release or Discharge from Active Duty. (DD simply stands for Department of Defense). If you are a Veteran and you have misplaced your DD-214... we can help you to order one. A DD-214 is a very important document, it is required if you, the Veteran, your spouse, and or your children plan to claim VA benefits, i.e. education, medical, VA Home Loans, military headstones, funeral flags, burial at national cemetery, etc. (Spouses, widows, and, or children may be eligible for VA benefits.)

If a DD-214 has been lost, contact one of the VSO's, and we will help you prepare the proper forms to replace your DD-214. If you have your DD-214...keep it in a safe place. POIVA has contacted POI Census and they will file your DD-214 along with your tribal records.

For any more questions you may also call Commander Fred R. Lujan at 505-573-3733.



2021 FIRE SEASON

Isleta Fire Department

Fire season is here! The Isleta Fire Dept. will be available to assist and stand-by for community members with agricultural burns.

Burn permits will be required, instructions on burn permits must be followed.

For more information contact the numbers listed below.

505-869-9725 505-869-9724 Isleta Dispatch 505-869-3030

Pueblo of Isleta UXO/HAZMAT DEPARTMENT Native American Lands Environmental Mitigation Program

The Pueblo of Isleta UXO/HAZMAT/NALEMP Department aims to make the community safer by cleaning up munitions left by the United States Military. By removing the debris left, we can help preserve the land and keep it safe for future

generations.

Munitions can be found by anyone, and can be in forms such as ammuni tion, bombs, hand grenades, etc. If you come across anything of this manner PLEASE contact Clint Lente, UXO/HAZMAT Manager at

(505) 869-5748.

DO NOT try to move or touch anything yourself as it can be very



Shown above are just some of the munitions found on the reservation.

dangerous.

Make sure to always follow the 3 $\,\mathrm{R's}$ of Explosive Safety:

Recognize - that what you have found is a munition and is dangerous

Retreat - do not touch, move, or disturb it. Leave the area.

Report - Contact the UXO/HAZMAT Division and provide as much information as possible about the location. Coordinates are the best.





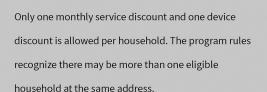
US Army Corps of Engineers.

EMERGENCY BROADBAND BENEFIT PROGRAM

A Federal Communications Commission program that provides a temporary discount on monthly broadband bills for qualifying households.

IF YOUR HOUSEHOLD IS ELIGIBLE, YOU CAN RECEIVE:

- Monthly Benefit: Up to a \$50/month discount on your broadband service and associated equipment rentals
- Enhanced Tribal Benefit: Up to a \$75/month discount if your household is on qualifying Tribal lands
- One-time Device Discount: Up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50) where available





To learn about eligibility and application options, visit GetEmergencyBroadband.org.





EMERGENCY BROADBAND SUPPORT CENTER (833) 511-0311 | 9 am-9 pm ET 7 DAYS PER WEEK | EBBHelp@usac.org

Head Start, Early Head Start, and Child Care P.O. Box 579 Isleta, NM 87022 Office: (505) 869-9796



Welcome families to the beginning of the new school year 2021-2022. We are excited to announce our reopening of the Isleta Head Start, Early Head Start, and Child Care Center for full capacity in person services. Our reopening plan

has been approved by the Isleta Pueblo COVID-19 mitigation team and we will be practicing all safety measures to keep all children and families safe and healthy. The following procedures are being followed to ensure the health and safety of all children, families and staff:

- · Daily COVID-19 screening and temperature checks
- · Daily sanitation schedules and rotation of sanitized toys.
- Masks are required for all individuals 2 years and older. There is an area available in each classroom for mask breaks when needed.
- · Frequent hand-washing in the classrooms.
- · 3 ft. Social distancing will be encouraged.

We look forward to an awesome year with you and your family to ensure your child's learning experience is fun, successful, and safe!

Upcoming Dates:

September 1, 2021- Family Night/Open House

September 6, 2021- Labor Day (NO SCHOOL)

September 7, 2021- Professional Development Day (NO SCHOOL)

September 16, 2021- Policy Council Meeting @ 5pm

Important Parent Reminders:

• Daily COVID-19 screening must be completed:

"Bus Riders" (Head Start only): Parents must submit online screening by 6:30am.

"Child Drop-Off" (All Programs):

Parents must submit online screening by 7:15am.

• Child Drop-Off: Pay attention to traffic control staff, drive slow, watch for pedestrians crossing, and be mindful we are only allowing 15-25 families to enter the building at a time.

Isleta Health Center Program Postponements

The Isleta Health Center (IHC) is doing our part to encourage social distancing, by continuing to postpone the following programs until further notice:

The IHC Programs below are postponed:

- ICAP Moccasin Making Class on Tuesday evenings
- Isleta Diabetes Prevention Exercise Classes (Eagle HIIT) held Mondays and Wednesdays
- Isleta Diabetes Weight Training held Tuesdays and Thursdays (Wellness Center available by appointments only)

ISLETA ELEMENTARY SCHOOL

KINDERGARTEN

Dear Parents.

I am very glad to be working with your child this year in kindergarten at the Isleta Elementary school. I would like to tell you a little about myself.

I have lived in New Mexico all my life. My parents were both teachers in Albuquerque and their love of teaching rubbed off on me. I became an educator in 1983 and have had experiences in many different areas of teaching over the last 38 years.

In regular education, I have level 3-A Instructional Leader Teacher Certifications in early childhood education, K-8 Elementary Education, and Pre-K through 12th Physical Education. I have earned a master's degree from the University of New Mexico and have taken over 47 hours of continuing education in a variety of fields. I have taken trainings each year at Isleta Elementary to help with current topics.

In addition to my training in regular education, I have earned a level 3-A Instructional Leader Teacher Certification in Pre-K through 12th Special Education. I have experience working with profoundly physically disabled students.

This is my fifth year of teaching at Isleta Elementary. I am proud to say that I have helped many children who struggled with reading to advance in their reading skills using the Orton Gillingham and Spaulding methods.

It's been a joy working with the children, parents and staff of Isleta Elementary. I am looking forward to getting to know your child and helping them to grow this year.

So far, we have been learning how to hold a pencil, how to cut properly, how to write numbers 1-4, recognizing letters of the alphabet, and sounds of the alphabet. In science, we are learning what animals need and in social studies we are learning how to work with others.

August Birthday Celebrations go to Amais Abeita on August 11th and Liliana Perea on August 18th.

Happy Birthday! Thank you, Ms. Melendrez

FIRST GRADE

I just wanted to touch base and let you guys know that we have started off this year with a great effort in class. These students have been through a lot with last year mainly being online, so we are excited to see each other and work together this year. I have had the pleasure of meeting all the students, and we discuss everything from the importance of sharing, to the importance of giving our best work. We have discussed the importance of communities, and how we are tied together in many communities. We have also talked about the school rules and how we can be successful this year as we come back to learn and start working. We are starting off with some review lessons and beginning steps, but I see students that are ready to learn and have had a wonderful time getting to know them.



PUEBLO OF ISLETA ELEMENTARY SCHOOL

1000 MOONLIGHT DRIVE ALBUQUERQUE, NM 87105 (505) 869-2321 Fax: (505) 869-1625 "2021-2022 School Year"



August 19, 2021

Dear Parents/Guardians:

Welcome Back to School! We hope everyone had a wonderful summer! Our staff has been busy preparing for your child(ren).

We have Houghton Mifflin Harcourt as our Core Reading and Math Programs. We are very excited to use these programs as we strive towards academic achievement and constant growth. With these programs, we will also continue to nurture and care for all students, as well as promote high-level learning.

We would like to welcome our new staff members; Mr. Michael Bellamy, 1st Grade/Computer Teacher; Ms. Yvonne Valdez, Cook; and Mr. Jose Chavez, Bus Driver. We Welcome you!

Thank you to all who ensure our school is a safe place to be, where we can all celebrate a successful school climate and culture together.

Let's have a great School Year 2021-2022! Go Eagles!

Mr. Joe Robledo III, Principal

The mission of Pueblo of Isleta Elementary School is to provide a safe and collaborative environment which will cultivate the academic and social development for all students regardless of their socio-economic status by emphasizing academics and technology for the purpose of students setting and meeting higher educational goals.

Principal Mr. Joe Robledo III

The students have been pretty good in following the social distancing and keeping up with the mask as well. I know that is a challenge for us, so it is more impressive seeing these younger students push through and follow the rules in order to maintain a safe environment. I am really excited to see the progress this year and look forward to hearing any feedback from you so we can help give these students the best education possible. Thanks in advance for all of your time and efforts,

Go EAGLES!!!

Sincerely, Mr. Bellamy

SECOND GRADE

Ms. Rosana

In addition to making new friends, being reminded of important new COVID classroom procedures, and getting used to some school/bus physical changes, our students spent the first week thinking about good citizenship by reading Clark the Shark and Spoon. By sharing about themselves,

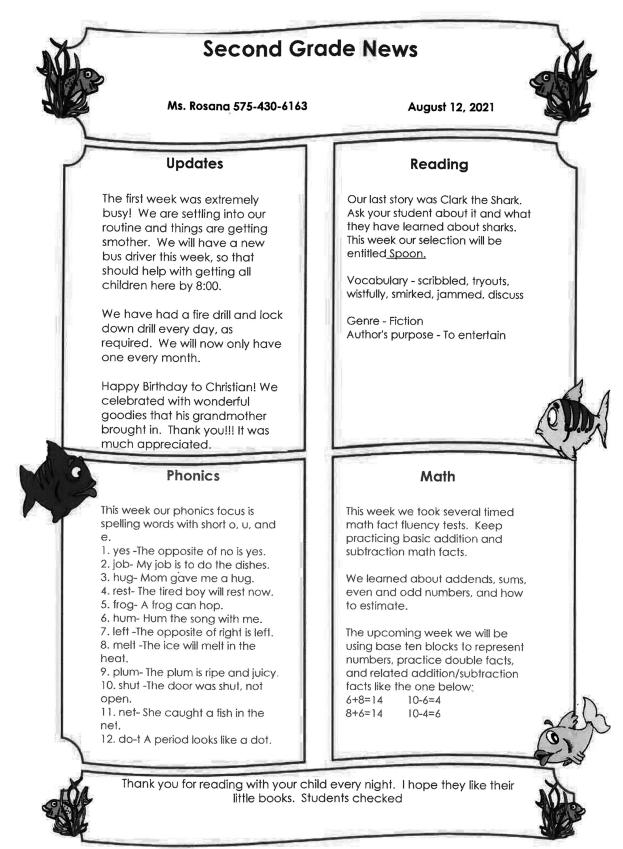
they engaged in questioning and discourse. It was a great first week and 2nd grade has great attendance and participation!

THIRD GRADE

Mrs. Barbara's Fabulous Third Grade

Third grade class is adjusting to the changes of our school. They are getting into the routine of coming in the morning and switching out their home mask for a school mask. Then they switch it back at the end of the day.





Third Grade (Continued)

They are also getting used to eating breakfast and lunch in the classroom to avoid contact with too many students in the cafeteria.

Students seem to be excited to be back in school. They are back in the swing of learning great things.

In math they are reviewing addition and subtraction with regrouping.

In reading they are reading three different stories per week and answering comprehension questions and working on different skills. This week they are working on Point Of View.

In Social Studies they are reading and learning about America's Heritage and Culture.

They also enjoy going to their specials. (Music, Art, P.E, Library and soon TIWA classes)

I am truly enjoying having the students back at school.

FOURTH GRADE

Students are extremely happy to be back at school. They wrote about their summer break and shared about themselves.

Social Studies they are learning about maps, longitude, latitude, and time zones.

Science they are investigating an object of their choice and how to make it better (engineering). Math has been reviewing place value, rounding, subtraction, and addition of multi-digit numbers.

In reading we read The Story of You and tied it into the student's experiences, cultural, and their own identity.

Ms. Ortiz

FIFTH GRADE

Greetings!



I am very pleased with how students have adjusted to in-person learning by following all our safety guidelines. The new norm is wearing masks in the classroom and sanitizing work areas.

This month we started our Reading/ Language Arts with

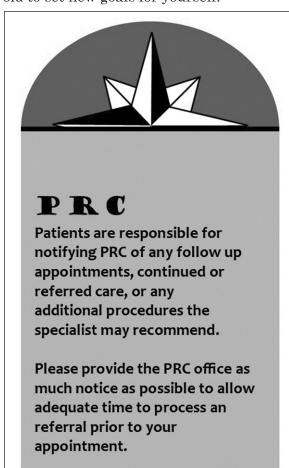
a humorous fictional story by Louis Sacher and are now reading a chapter book Wayside School Gets A Little Stranger, by the same author. Students are identifying story elements within each wacky chapter that has students laughing out loud. They've been working hard creating a comic strip illustrating and captioning conflicts and resolutions within each chapter.

In Math we have nearly mastered our first standard in numbers and base ten. We are now using properties of multiplication to solve problems. In Social Studies we are discovering the four Native American regions prior to the birth of the United States.

I am pleased to have happy, sweet, and eager to learn students who have been working very hard. I look forward to an exciting school year!

SIXTH GRADE

In 6th Grade we are working on getting back to learning in the classroom. After nearly a year and a half of online classes we are super excited to be back together! Review has been the key focus for these last couple of weeks. Each day I see that the students are becoming more confident and ready to tackle new skills! Our theme for this month has been "The Path to Success." We are learning about various people and how they have accomplished their goals in life. This has opened the door to allow each of us to start looking down the road to our own future. You are never too young or too old to set new goals for yourself!



- PRC will assist with payment for medical services only.
- PRC does not cover Durable Medical Equipment like Orthopedic braces, crutches, wheelchairs, hospital beds.

Questions? Please call 869-4488

- PRC does not cover Labs at other facilities, unless it is associated with a hospital stay.
- PRC does not cover pharmacy, rehab services or long term care facilities.

Call PRC for more information.

FREE TRAINING! **ENVIRONMENTAL TECHNICIAN**



FREE NEW MEXICO ENVIRONMENTAL JOB TRAINING PROGRAM

September 20 through October 21, 2021



Santa Fe Higher Education Center, 1950 Siringo Road. Santa Fe

Apply Now!

www.sfcc.edu/programs/ environmental-job-training

Learn More.

505-428-1866 janet.kerley@sfcc.edu The New Mexico Environmental Job Training Program is a FREE five-week intensive training program that provides training, skills and certifications needed to become an Environmental Technician. Instruction is provided through Santa Fe Community College's nationally-ranked EPA workforce development program.

Begin your environmental career with training in:

- General Hazardous Waste Site Worker (HAZWOPER)
- CPR and First Aid
- Forklift Operator
- OSHA Construction Standards
- Confined Space Entry and Non-Entry Rescue
- Solid Waste Management
- Hazardous Waste Management (RCRA)
- Phase I and Phase II Environmental Assessments
- Environmental Sampling
- DOT HazMat

Participants also will meet with environmental employers and Department of Workforce Solutions staff to provide guidance on résumé preparation and job interview skills.

Those who successfully complete the program are eligible for job placement assistance. Most entry-level positions offer benefits with an average starting wage between \$16 to \$19 per hour.

Employers may require health screenings, drug testing and background checks.

Participants must be:

- a high-school graduate or have a GED
- 18 years or older
- unemployed, under-employed or low-income
- fully vaccinated for the COVID-19 virus
- able to lift 30 lbs.
- able to attend the entire five-week program

This project is funded by an EPA Environmental Job Training grant. Sponsors and partners include:













FREE ENVIRONMENTAL TECHNICIAN TRAINING FREQUENTLY ASKED QUESTIONS

What do Environmental Technicians do?

Environmental technicians can work in a variety of industries or businesses. Many become members of multidisciplinary teams with scientists, engineers and technicians to investigate sources of pollution and clean up contaminated sites. Some environmental technicians perform tasks association with storage, collection, packaging, transportation and disposal of solid and hazardous wastes to comply with EPA, OSHA and DOT regulations.

What is the cost?

There is no cost to participants, though you must be:

- a high-school graduate or have a GED
- 18 years or older
- unemployed, under-employed or low-income
- fully vaccinated for the COVID-19 virus
- able to lift 30 lbs.
- able to attend the entire five-week program

All fees, tuition and teaching materials are paid for through an EPA Brownfield Environmental Job Training Grant

Do I get paid to attend the training?

No. However, you could qualify for job assistance through Workforce Innovation and Opportunity Act funds.

What is the application process?

- · Complete the online application at www.sfcc.edu/ programs/environmental-job-training
- A phone interview will be conducted to clarify submitted information, answer applicant's questions and schedule an in-person interview.
- The in-person interview is conducted to determine how the SFCC Environmental Technician Training Program can assist you in obtaining a job in the environmental profession.

What is the application screening process?

- Applicants who will most benefit from this training based on veteran status, employment status, income and other socio-economic factors
- Applicants who demonstrate that they are able to complete this training and want to obtain full-time employment in an environmental career
- Space is limited and applicants may be accepted on a first come, first served basis

What does underemployed mean?

Working 20 or less hours per week What constitutes low income?

Below is the threshold for annual income based on family/household size:

· Family of one \$13,652 Family of two \$22,373 Family of three \$30,718 Family of four \$37,920

family of six What kind of physical abilities do I need to have?

\$44,746

Ability to lift 30 lbs.

Family of five

- Ability to wear a respirator
- Most jobs require physical exertion and working outdoors

Will I have a job at the end of this training? Job readiness is taught within the program. You will

also be connected with employers. However, a job is not quaranteed.

Do I have to take a drug test or a background check?

- There is no drug test or background check for the training program. However, most employers require one or both.
- SFCC maintains a drug-free environment

FREE NEW MEXICO ENVIRONMENTAL JOB TRAINING PROGRAM

September 20 through October 21, 2021

Santa Fe Higher Education Center, 1950 Siringo Road. Santa Fe

www.sfcc.edu/programs/environmental-job-training

Learn More.

505-428-1866 • janet.kerley@sfcc.edu

TRUANCY

Hello from the Truancy Department,

After a year of not attending school in person, we hope that you are enjoying returning back to school with peers and classmates. At times it seems that it can be challenging to modify schedules to get back into the swing of things, but we'll learn to adapt to all the changes that are occurring around us.

As the school year starts, we wonder what the future of the school year will bring, but we are here to support our students and their families to ensure that your children continue their education and will continue moving forward. The slightest change in schedules and learning can affect most children and the outcome of their learning; patience and understanding will allow us all to get through the bumps in the road as they are presented to us.

In early August, the Truancy Department was present at the Department of Education/ Johnson O'Malley School Supply Distribution. While there, we had the opportunity to meet our Isleta students and their families and shared who we are and a bit of our policies and procedures as well as the Tribal Law and Order Code 30-05-06 FAILURE TO SEND A CHILD TO SCHOOL. As we've reassured many of our families, we are here to help assist and help advocate for our students so that they do not fall behind in their studies and become disengaged by not attending school regularly. The Truancy Department is here to assist with referring students and their families to the many resources that are available within the Pueblo of Isleta.

We also had the opportunity to request that our parents read and sign the Truancy Department Student Release of Information, which allows us to request attendance for our students. Once this release of information is shared, we can request information and follow up on any attendance concerns, upon referral from your child's school. Before we request information, the Truancy Department will contact the parents/guardians to notify them of any concerns. Not only does this release give us permission to request attendance information, but it also allows for the Truancy Coordinators, Administrative Assistant or the Manager to help advocate for the student in the event the parent/guardian is unavailable.

With this being said, the Truancy Department's goal is to have all Pueblo of Isleta students have a signed **Student Release of Information** on file with our office by November 2021. Please do not hesitate to contact our office so that we can schedule a day and time to come fill out the release or to schedule a home visit; we can also email the release of information at your request. At the end of September 2021, the Truancy Department will compile all the student names from the Release of Information forms that we have received, and will have a drawing for each of the following grade levels: K - 6th,, 7th -9th, and 10th – 12th grade. Those students who are picked will receive either a Gen 2 Tablet or a gift card from a local eatery.

As always, the Truancy Department Staff look forward to making this a successful school year.

Truancy Department Staff Yolanda, Jared, Melissa & Kaylee

Weekday Schedule LUNES A VIERNES

Schedule Effective May 7th, 2021 Horario efectivo a partir del 7 de mayo del 2021

READING THE SCHEDULE

- 1. Decide whether you are going north (at top) or south (at bottom).
- 2. On the left-hand side, find the station from which you are leaving.
- 3. Read across to find the times the Rail Runner departs from that station
- 4. From there, read down to find what time the Rail Runner will arrive at the station to which you are traveling.

COMO LEER EL HORARIO

- 1. Decida si va a ir al norte (en la parte de arriba) o al sur (en la parte de abajo).
- 2. En el lado izquierdo, encuentre la estación desde la cual usted sale.
- 3. Lea para encontrar los horarios en los que sale el Rail Runner de la estación.
- 4. Desde allí, lea para encontrar la hora en la que el Rail Runner llegará a la estación hacia la cual usted

Title VI

committed to its Title VI obligations. We do complaint, contact us at 809 Copper Ave. NW, not discriminate on the basis of race, color discrimination obligations or to file a Title VI or national origin in the delivery of service. The Rio Metro Regional Transit District is To obtain more information on our non-ABQ, NM 87102.

cumple con las obligaciones del Título VI. No un reclamo del Título VI, contáctenos en 809 deberes antidiscriminatorios o para presentar El Distrito de Tránsito Regional de Río Metro nacional al brindar nuestros servicios. Para obtener más información sobre nuestros discriminamos por raza, color ni origen Copper Ave. NW, ABQ, NM 87102.

Shown are departure times, unless otherwise noted Horario demuestra tiempos de salida a no ser que se indique lo contrario 8:22P 8:31P 6:01P 7:12P 8:08P 7:42P 8:38F 7:26P 7:35P 6:16P 6:48P 8:33P 6:29P 7:06P 7:31P 8:13P 8:23P 7:12P 7:26P 6:12P 6:57P 7:07P 7:17P 5:34P 5:49P 5:54P 5:43P 6:07P 6:34P 4:41P 4:59P 5:43P 5:53P 3:46P 3:59P 4:06P 4:26P 4:46P 4:54P 5:19P 6:00P 4:35P 10:51A 11:01A 11:11A 10:03A 10:08A 9:35A 9:50A 9:44A 9:55A 10:28A 8:15A 8:27A 8:35A 8:42A 7:19A 7:36A 6:46A 7:42A 7:52A 7:58A 8:39A 6:59A 7:29A 8:18A 8:49A 5:49A 6:10A 6:22A 6:34A 6:46A 6:02A 7:40A 7:05A 6:18A 7:24A 5:05A 5:35A 6:38A 5:17A 5:02A 5:11A 5:22A 5:31A 5:55A 6:28A 4:32A 5:01A 5:48A :58A 41A :47A :52A 5:25A :08A 202 SF County / NM 599 READ DOWN **ESTACIONES DE TREN** Bernalillo County Downtown ABQ Los Ranchos / JC Downtown Bernalillo Sandoval / US 550 Santa Fe Depot TRAIN STATIONS Los Lunas Isleta Pueblo Sandia Pueblo Zia Road South Capitol

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Schedule Effective May 7th, 2021 Horario efectivo a partir del 7 de mayo del 2021 Saturday Schedule HORARIO DEL SÁBADO

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Los Lunas	7:34A	12:40P	5:50P	7:53P	10:45P	
Isleta Pueblo	7:45A	12:51P	6:01P	8:04P	10:56P	
Bernalillo County	7:53A	12:59P	460:9	8:12P	11:03P	
Downtown ABQ	8:04A	1:14P	6:20P	8:23P	11:11P	
Montaño	8:13A	1:23P	6:29P	8:32P	1	
Los Ranchos / JC	8:19A	1:29P	6:35P	8:38P	1	
Sandia Pueblo	8:24A	1:34P	6:40P	8:43P	1	
Downtown Bernalillo	8:32A	1:42P	6:48P	8:51P	1	
Sandoval / US 550	8:36A	1:46P	6:52P	8:55P	1	
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SF County / NM 599	9:15A	2:25P	7:31P	9:34P	1	
Zia Road	9:26A	2:36P	7:42P	9:45P	1	
South Capitol	9:34A	2:44P	7:50P	9:53P	1	
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Santa Fe Depoi

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Zia Road SF County / NM 599

Southbound Saturday

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Sunday Schedule HORARIO DEL DOMINGO

#701 #703 #705 #707 - 10:00A 3:05P 8:10P - 10:05A 3:10P 8:15P - 10:13A 3:18P 8:23P - 10:22A 3:27P 8:32P - 10:40A 3:45P 8:50P - 10:58A 4:03P 9:08P - 11:01A 4:06P 9:11P
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#703 #705

>>> Free Bus Connections





Present your valid mobile or printed New Mexico Rail Runner Express ticket and ride most buses for free. If you're riding the train free and are planning on making a connection, ask a Ticket Agent for a bus transfer slip.

Parks & Recreation Department

Things are going well for us here; our numbers are continuing to pick up daily in all areas. All our staff, participants and users continue to follow all the covid safe practices for everyone's safety. Please make sure that each and every one of you follow any and all required mandates centered around covid safety. Keep in mind that these mandates are put in place to protect you and everyone else around you as well, let's all continue to work together to beat this virus.

I'm sure many of you have noticed that there have been a few outdoor events/activities that were held in or at the Parking lot north of the recreation center in August. The ones that stand out are the National Night Out and the Environmental Drive by Event, both of these events/activities were fairly well attended and it was good to see people out and enjoying each other again, it was also awesome to see everyone following all the covid safety guidelines. It almost felt like normal again! If we all continue to follow those guidelines, there is a distinct possibility that you will see more of those types of events/activities happening in the near future. With that being said, keep an eye open for the possibility of a Halloween event/ activity taking place. We are currently putting together a safety plan and working on the logistics for a Halloween event/activity. If we can get our safety plan approved and if the covid numbers stay low or trend downwards we should be able to have something for Halloween. Keep in mind that if we do get approval to have something for Halloween, it will definitely be much smaller and very different than anything we've had in the past, so keep your eyes open for information.

PARKS MAINTENANCE SECTION

The parks crew keeps plugging along! The staff/ crew in this division quietly bust their butts on a daily basis to keep the parks, fields and grounds weed free and looking awesome. If you're like me, you probably pass by our parks and grounds every day without giving them a second look. Do me a favor and the next time you pass by one of our parks, fields or grounds, take a few minutes to really look at them and see how beautiful they look. By doing this you can truly get a feel for the workmanship that this group of parks maintenance workers and staff puts in to their craft. These individuals that work in our Parks Maintenance Division and other staff members that work in that division honestly take pride in their work and it shows. If you happen upon any of our staff working out there, please don't hesitate to stop in and tell them thank you for the work that they do, I know they would appreciate it.

SPORTS SECTION

Giving you an update on the events/activities happening at the Recreation center. We just finished up on the first Triathlon that we sponsored. This wasn't a normal Triathlon, we wanted to make it a fun type of Triathlon Challenge that was challenging but doable for individuals that aren't quite triathletes. Because of the social distancing mandate, we scheduled the times for each participant to compete and it seemed to work out well. We hope to have more of these types of events in the future. We will try to post the results from our Triathlon in next month's newsletter. If you are ready to play some Volleyball, we will start taking registrations for Co-Ed Teams interested. So call the Recreation Center and sign your team up for the upcoming season. It will be for Tribal Members and POI employees only. Right now the Volleyball League starting date has not been determined, much like all other events/activities we will need to get a safety plan put together and approved before we are able to determine a starting date and get a schedule put together,





so it might be a little while before we get the approval. Don't let this stop you from signing up your team. We will be limiting the number of teams in the league, so call and signup your team as soon as possible. We are also working on an upcoming 3-point shooting contest so lace-up your shoes and come have some fun testing your shooting skills against other tribal members. Registration for this event/activity begins on August 23rd and will continue through September 27th. Due to covid restrictions we will have to schedule your shooting times if you sign up for the event/activity. Contact our Sports Coordinator George Waquie at 869-9777 for more information about these events, or any other upcoming events and don't hesitate to call Mr. Waquie to offer your suggestions as well.

RECREATION PROGRAM

After School Program - Welcome back students! We are happy to see new faces in the After School Program. At this time, we have 9 active students participating in the program and still accepting students. The program begins from 3:00pm to 5:30pm, Monday through Friday. When students arrive to program they are required to do at least 20 minutes of homework or reading then go into an activity for the afternoon of gym play or craft time. Now that the pool is open, the program is scheduled to have swim days for the students! With COVID-19 still here, we are still practicing the COVID-19 guidelines in the program with social distancing, wearing masks and proper hand washing. If you are interested in the After School Program for your child, call the Recreation Center and we can share more information about the program.

Distance Learning program – At this time we are set up again for school closures due to the rise of Covid-19 cases in the schools. The program offers a classroom setting for students who are in need of Internet services for school purposes. The hours are from 7:30am to 3:00pm, Monday through Friday. Students are required to do a temp check every day, wear masks at all times and bring the necessary school materials needed for the day.

Summer Recreation Program — Summer Recreation program went well, as planned. This summer was different for the children and summer staff. All activities were done with an hourly rotation schedule to various locations of the recreation center with the five age groups. One of the major things we all missed was going on field trips this summer but we had to be safe due to COVID-19. Children and staff learned a lot from each other from socializing more one on one and learning new things to do together in a group and trying to make it more fun each day.

AQUATIC CENTER

We hope everyone is doing well and we hope everyone is having a great start to the school year! The summer swim lesson sessions were a big hit! Our participants and instructors both enjoyed themselves and we are proud of the progress in the participants' skills and comfortability in the water! Our first fall swim lesson session filled quickly and started August 16th and will run through September 15th. We are currently taking registration forms for the second fall swim lesson session that

will begin in mid-September. Registration forms are available at the front desk at the Rec Center. Swim lesson registration is on a first come first served basis so get your forms in as soon as possible to reserve your child's spot. Lanes are available by appointment for lap swim in 1hr increments from 6:30am to 6:30pm, Monday through Thursday and 6:30am-5:30pm on Fridays. We would like to encourage anyone interested to call the Rec Center at 505-869-9777 to reserve your lane! We are also taking applications for lifeguards and are looking for staff for the fall. For anyone interested in applying or for any questions about the Lifeguard certification or for information about swim lessons and other aquatic programming please call 505-869-9783.

FITNESS SECTION





The recreation center has started boot camp on Wednesday evenings starting at 5:30pm. Everyone is welcome of all ranges of athleticism, Novice to Advanced. Boot Camp is held outside at the North track. This is a quick and fun way to stay in shape. We look forward to seeing new faces. With the word new faces being said, masks are not required during outdoor exercises at this time, but that may change. If you are interested, all you have to do is show up. No sign-ups are required but if you need more information, please call the Recreation Center at 505-869-9777.

All other functions in the fitness areas at both Fitness West and the Recreation Center continue as normal, masks must be worn indoors at all times, the cleaning and sanitizing continues daily two or more times a day, staff is available for one on one training throughout the day.

The recreation Center fitness staff is working with the assisted living facility to once again offer basic fitness opportunities to the residents there. At this time they are going there twice a week to work with the residents and they seem to be responding great to the class and our fitness instructors.



Thank you Summer staff for all your dedication working for the summer program. You all accomplished something with the children and with yourself, a Summer memory. Looking back from day one to the end of summer program, you learned 50 new names with a face and a parent and a car. You listened to stories from a child that may be funny or sad. You comforted a child when he or she has fallen and scraped their knee and put on 10 thousand Band-Aids each day. You purchased pizza for lunch time because your group was tired of CHICKEN! You made slime until it came out right or cleaned paint off your arms many times. You shared your own personal things like Pokémon card collections, basketball moves, showing how far you can throw a Frisbee, and much more. And even helped a little one fix their shoes when they were on backwards or finding their backpack or water bottle. And one more thing, is being there for that one child who just wanted attention from someone and it was from you. Thank you summer staff for a being you and making this summer great!



Pueblo of Isleta Public Library

With summer coming to an end, the warm weather is slowly disappearing and fall is soon approaching. It's hard to believe how fast this year has gone with only a few months left. School is in full swing and as you are all aware school schedules can change very quickly. The library is here to assist students with any help they may need with student hours, computers, Wi-Fi connection or a spot to study. The library has resources available for students of all ages to have a successful year.

News

The library will be closed on Monday, September 6th in observance of Labor Day. All library media checked out on September 2nd and 3rd will be due on September 7th. We apologize for any inconvenience this may cause. Enjoy your Labor Day weekend and the official mark of the end of summer. The library will be having their monthly staff meeting on Friday, September 10th to discuss upcoming programs and address any questions or concerns. The holiday months are coming up so keep a look out for family programs, arts and crafts and much more.

The Library is now open to all Tribal Members, Tribal Employees and Pueblo of Isleta Residents starting on Monday, August 16th. All Tribal Members are free to come in and browse our collection! We are no longer requiring appointments for computer usage. Masks must be worn at all times in the library. A screening will take place before you enter the library. We are asking that patrons disinfect their hands before browsing through our collection. Disinfectant stations will be set up throughout the library. Curbside and library material online will still be available to those who are not comfortable with coming into the library just yet. To enter the library please call 505-869-9808, our phone number will also be posted at the front entrance of the library. The library will continue to adhere to all Tribal Policies and procedures. If you have any questions or concerns please give the library a call and speak with a library staff member we will be happy to answer any questions you may have.

Join the library team, we are currently hiring for a Library Aide I part time position. Applications can be found at isletapueblo.

com or you can pick up an application at the library. Applications must be submitted to Isleta Human Resources located at the Tribal complex. If you have any questions regarding this position please give us a call at 505-869-9808 and talk to a staff member.

We know it's only September but Halloween is around the corner! The library is already planning for Halloween festivities. Come check out our variety of Halloween books ranging from costume making, scary Halloween treats or Halloween crafts. We also have Cake Pan bags, featuring a pumpkin shaped pan and skull shaped pan great for making a tasty treat like a cake or pizza skulls for a Halloween party or just for fun. We hope this year we can bring back our Creepy Snacks Program. If you have an idea or suggestion about a Halloween/Fall program we can do at the library, please feel free to share. Please continue to check our social media accounts for announcements and updates. Check out our flyer to see what other creative examples you can do with our cake pans.

With school back in session please be cautious when driving around or near the library. With students getting on and off the bus and students walking to the library please be aware of your surroundings. We also have Head Start classes attending daily story time and will be using the sidewalk to come to the library. It is very important that drivers watch their speed and be cautious when driving.

Come join us for weekly Family Story Time here at the library. Family Story Time is a fun opportunity for parents, grandparents, and caregivers to introduce their children to reading and language. Open for ages 16 months to 5 years old, but please keep in mind that it is open for the whole family to come. Story time will be every Wednesday

at 10:30am. If you have any questions about our story times, give the library a call and speak with Cheyenne at 505-869-9808 or email at Cheyenne.Castillo@isletapueblo.com.

Get a Library card with the Pueblo of Isleta Public Library and take advantage of our FREE services. We are a PUBLIC library and everyone is welcome to use our services. The Library is offering a contactless curbside service as well as computer use

by appointment only for essential use. Curbside services will be Monday-Thursday from 10am to 5pm and Friday 10am to 4pm. To check out material please download our mobile app Librista.



To drop off any library materials please use our drop off box, which is located in the front of the library. Drop off material will be quarantined for one day, disinfected and then checked in.

With things changing daily library staff is closely monitoring the COVID-19 situation and as a result library programs and services are being impacted. We will continue to keep you updated and informed about upcoming programs and services as more information comes along. Below is a list of our new hours of operation.

Library Temporary COVID-19 Hours of Operation

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

Library staff members are on site to answer any questions or address any concerns you may have and we are always open to any suggestions you might have to helps us better serve the community. Please don't hesitate to give us a call at 505-869-9808.



Library Access from Home

If you ever have questions or need help accessing our online services, please call us at the library at 869-9808 during regular business hours or message us on social media (FB, Snapchat, & Instagram).

The Library's digital services give cardholders 24/7 free access to eBooks, audiobooks, music, magazines and periodicals (NY Times), so you can maximize your reading, and listening experience at home. We've got you covered.

The library online services will ask you to enter your library barcode number which is located on the back of your library card and a 4 digit pin or password. If you do not have a 4 digit pin or password set up with us, you can call the library during business hours and a staff member can help you set that up over the phone.

Below is a list of the digital services the library has to offer.

To search our library collection and view your account you can download the Librista app on your iPhone, Android and Kindle devices. This feature will let you see what library material is available, let you search our library collection and view your account. New York Times online is now available to our library patrons for FREE. Find breaking news, multimedia, reviews & opinions on Washington, business, sports, movies, travel and so much more. New York Times will be available on library computers, library Wi-Fi or if you are at home on your devices you can access through the library website and click on the icon located on the general library section.

The library now has LinkedIn Learning formally known as Lynda.com, which is FREE online training on various computer software and programs. The LinkedIn Learning Online Training Library is a massive online training resource. Using their thousands of videos, members are able to learn - self-paced and on-demand - topics ranging from Google, Zoom and so much more. Members must have a Library card in order to utilize the LinkedInLearning.com site. The link to LinkedinLearning.com may be found on our Library website at http:// isletapueblo.com/library.html. Just click on the "Start Learning Click Here" button to start your digital continuing education.

Download the mobile app Libby to start borrowing and reading eBooks and audiobooks for FREE. Put your library in your pocket with Libby. To access this app you will need your library barcode and password.

Free Music! Take advantage of our Freegal Music service. Log on with your library card number and pin to start downloading and streaming music. Library patrons receive 3 free downloads each week and UNLIMITED streaming of music with NO AD interruptions. Log on to freegalmusic. com or download the Freegal Music app. If you have any questions about this service or would like to set up a password please give the library a call at 505-869-9808.

For additional help and information library staff members have made YouTube videos featuring the library's digital services and how to utilize them. Check them out by visiting the library's YouTube page at www. youtube.com/user/poilibrary.



Mixed Media Adult Painting Program on its way!



Participants with their finished product.



After School students preparing to make something yummy!

Upcoming

With the Summer Reading Program and Summer Meal Program concluding here at the library our focus and attention can now go to planning family, adult, teen, and children programs. August was a busy month as we were preparing for the After School Program, updating policies for re-opening and the library's annual report. Library staff will now be working on programs to serve the community. We are excited to share all our ideas and look forward to seeing everyone once again coming to the library to participate in our programs. For upcoming programs please follow our social media accounts (Facebook, Instagram & Snapchat) or look for flyers posted around the community. We also would like to hear from you if you have any ideas, suggestions or would like us to revisit a certain program please give us a call and share.

Recap

On Tuesday, August 3rd library staff set up a booth at National Night Out at the Isleta Recreation center. Library staff promoted library services and got the word out on the libraries re-opening. It was so wonderful to see community members once again. As a bonus visitors that stopped by received a library bag filled with goodies such as books and media. We also had an activity for the kids set up, where they got to a build a Bristle Bot by Brown Dog Gadgets. We would like to thank everyone who stopped



Participants learning the mixed media painting process.



National Night Out Library Booth!

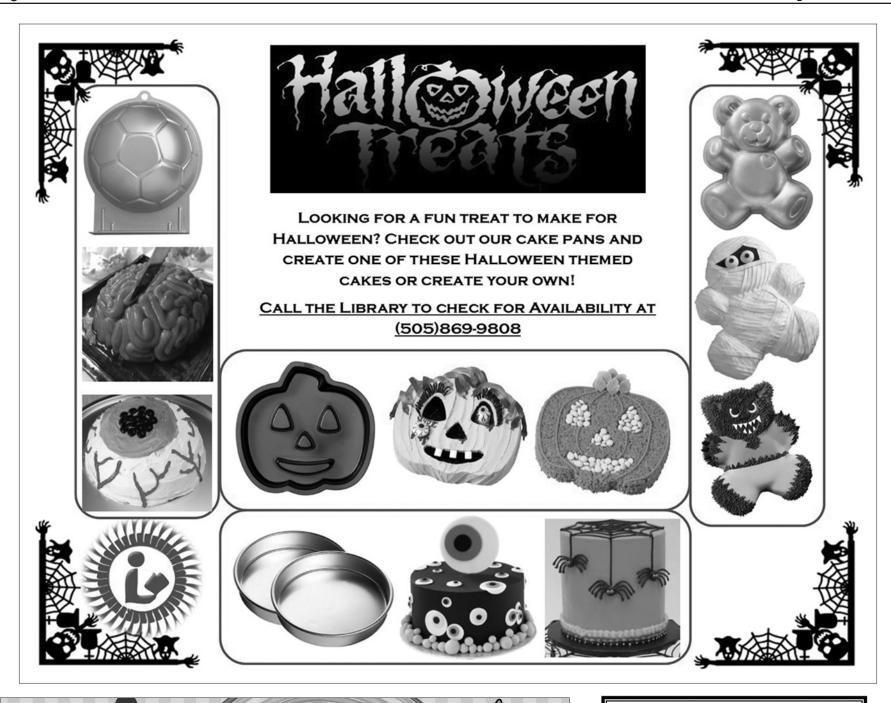


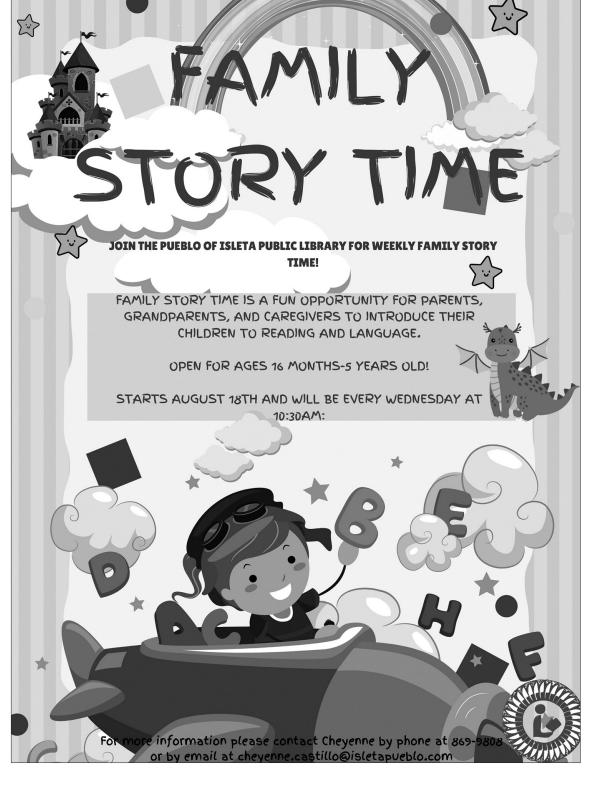
After School Program students working together to make a delicious treat!

by and we hope to see every one soon at the library.

On Thursday, August 5th the library hosted a Mixed Media Adult Paint program. Participants painted a butterfly using acrylic paint on canvas, with mixed media such as stencils, pastels and ink. Library intern Renee Chavez led the program in guiding the participants step by step in painting and using mixed media. It was a great night to say the least and we look forward to having more programs here at the library. We would like to thank everyone who signed up and participated. For upcoming programs please keep a look out for flyers posted throughout the community and up to the minute post on our social media accounts.

Our After School Program is in full swing with students attending after school from Isleta Elementary, Sundance Elementary Bosque Farms Elementary. We currently have 15 students enrolled in our program with transportation to the library after school provided for Bosque Farms Elementary students. Although our program is currently full, we are continuously accepting students and their names will be put on our waiting list. For the month of August students adjusted to their new routine with homework and reading. After homework and reading were completed students participated in crafts, activities and computer days. We are so excited about the upcoming school year and happy to welcome back all the students.







Please carefully read your appointment letter which is attached to your referral.

It has valuable information to get you to your appointment on time...

Questions? Call 869-4488



Purchased/Referred Care
(PRC) provides a referral for
one visit at a time.

Questions

Call PRC at 869-4488







Valle de Oro National Wildlife Refuge Biological Technician

Year-long AmeriCorps Service Term for Native American adults 21+

Ancestral Lands Conservation Corps and the Valle de
Oro NWR are seeking a Biological Technician to help
restore natural habitat in the Middle Rio Grande Valley
ecosystem. The refuge occupies the ancestral lands of
the Tiwa people and is committed to engage
indigenous communities in the stewardship of the
Valley and surrounding environments.

The Biological Technician will be on the ground managing and developing wildlife and habitat restoration projects on the refuge. The Technician will report to the US Fish and Wildlife Service.

Benefits: \$400 weekly stipend, housing allowance, paid training, AmeriCorps Education Award, and Public Lands Corps non-competitive hiring status

Apply online with resume and letter of interest. Full job description at Ancestrallands.org

> Ryan Aguilar, ALCC IP Coordinator raguilar@conservationlegacy.org Cell: 505.250.2708







LABOR DAY SERVICE SCHEDULE

Monday & Tuesdays trash will both be collected on Tuesday September 7th.





KEEP ISLETA BEAUTIFUL!

869-4106



It's hunting season, if you are lucky enough to draw a hunt and blessed with good fortune to tag out, please respect the life you taken.

DO NOT THROW AWAY HEADS AND HIDES IN THE TRASH!

Their lives are precious. Treat them with respect, don't treat them like trash. We will bury your heads, hides and remains and give them back to our Mother Earth, the way we were taught by our elders. Please don't let our ways of respecting the lives of the big game animals fade away. Bring remains to the Transfer Station and let an attendant know and we will bury them. Call 869-4964 for more information.



Photo of deer head thrown away in the trash for trash pick-up, very sad.

Isleta Historical Society



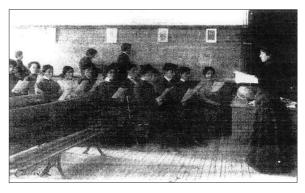
Protect the Land • Preserve the Culture • Honor the Ancestors

This continues a monthly series of articles about historic Isletans and significant happenings at Isleta. The Isleta Historical Society is an independent, inclusive group looking to broaden understanding through vigorous research, interviews, visits to museums and other historical sites etc. We are interested in your reaction to these stories and encourage you to contact us with ideas for future publications. Visit us on Facebook and Instagram @isletahistoricalsociety or email us at isletahistoricalsociety@gmail.com. We will not use any information without your permission. Thank you!

Members: Randy Jiron, Kateri Jojola, Malcolm Ebright, Valentino Jaramillo, Rick Hendricks, and Ted Jojola

Musical Bands in Isleta - Part One

Native Americans have been performing popular music on stages for as long as pop music has existed. Many of the first Native performers picked up their interest in music at Indian boarding schools. Boarding schools offered musical instruction in order to assimilate Indian children, but it also gave students a means to express themselves and often to reinforce their tribal identities. Music allowed "Native peoples to wield Indianness, not simply in order to make a living, but as a weapon of political critique."



Music Class at Carlisle Indian School, 1901, Frances Benjamin Johnston Collection, Prints and Photographs Division, Library of Congress, LC-USZ62-71318

One of the ways this happened was through the marching bands formed in most boarding schools and the all-Indian bands formed by Indian school alumni that began playing locally, touring, developing their own repertoire, and sometimes recording CDs. Examples of such bands at Isleta are the Thunderbirds, the Poor Boys, the Westwinds, the Hamilton Streetcar Band, and the Beltones, which morphed into the Soultones and then back into the Beltones.



One of the first boarding school marching bands was established at Carlisle in 1880. They played pieces by classical composers such as, Grieg, Schubert, and Mozart. The Carlisle marching band played in the inaugural parades for Presidents William McKinley, Theodore Roosevelt, and Woodrow Wilson. It is clear that many students thoroughly enjoyed their musical experience. At the opening of the Brooklyn Bridge in 1883, the Carlisle band was the

first "real American band" to cross the bridge, according to Luther Standing Bear, a Carlisle alumnus.



Luther Standing Bear, 1883, Cumberland County Historical Society, Carlisle, PA

Almost all the boarding schools had bands, music clubs, and choirs. At the Rainy Mountain Indian School for Kiowas, "band was one of the school's most popular diversions," according to the director who noted that the students were "more enthusiastic and responsive in this [music] than in any other branch of study." In short, they were having fun, on their own terms, a pleasure that would carry over into their own musical pursuits after graduation. Some student musicians took advantage of the extensive travel their bands permitted, providing them a bit of vacation from the school routine and a chance to see other parts of the country. For example, in 1904, the Phoenix Indian School Band made an eleven-week tour of California and reservations in the western states. As historian John Troutman put it, "these opportunities fed the passion that many of the boys expressed for the school bands". Many students took their passion for music and started their own bands back in their home communities.



Albuquerque Indian School Band, Leonard Abeita Collection

In the early 1900s, ethnologists worked to preserve Native music and songs by recording them. Then in 1923, Commissioner of Indian Affairs Charles Burke issued a circular attempting to ban all Native dances and songs. The Pueblos responded immediately by appointing a committee composed of Tony Abeita (Isleta), Sotero Ortiz (San Juan/Okay Owinge), and Alcario Montoya (Cochiti), which drafted a memorial opposing the ban on freedom of religion grounds. The memorial was published in newspapers across the country and helped lead — along with opposition to the ban from the tourist industry — to a standoff where the ban on Pueblo dances and songs was not enforced. The dances continued and the songs continued, even stronger because of the overwhelming public support.



Tsianina Redfeather Blackstone at her piano, George Grantham Bain Collection, Prints and photographs Division, Library of Congress, negative LC-DIG – gg bain – 30380

Promoters of New Mexico's tourist industry, which included ethnologist Edgar Hewett, founder of Santa Fe's Indian Market and the Santa Fe Fiesta, relied heavily on Pueblo singers and dancers to perform at both events. Hewett also brought other Native musical performers to New Mexico, such as his friend Tsianina Redfeather Blackstone, a singer from the Cherokee and Creek Nations. Blackstone performed songs with Native elements, written by non-Indian composers such as Charles Wakefield Cadman, who appropriated elements of Native music and incorporated them into his ballads. Blackstone met Hewett in 1915 and the two became friends. Hewett often called upon her to perform at the Santa Fe Fiesta, and she obliged.

Tsianina was an activist who incorporated her political beliefs into her performances. Some might say that Tsianina was a willing partner in Cadman's appropriation of Native music which compromised her activism, and there is some truth to this position. But it is also true that Blackstone's political activism helped lead to the Indian reform movement. She was also the forerunner of Native activist singer-songwriters like Buffy Sainte-Marie.

Musical Bands in Isleta - Part Two

There has always been music at Isleta. Most importantly are the songs accompanying ceremonial dances, some of which have been recorded. At the photo exhibit, Time Exposures, at the Isleta casino, some of these songs can be heard. Other traditional songs include lullabies such as the one Maria Chiwiwi sang for archeologist Janet Montgomery-McGovern prior to 1932.



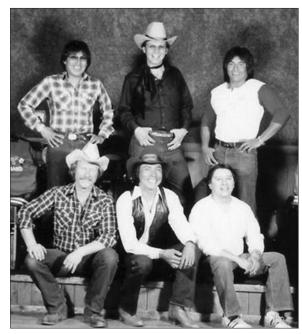
Maria Chiwiwi, Janet Montgomery-McGovern, photographer

However, the subject of this article are the bands that grew up in the 1960s and 1970s as a result of the explosion of rock and roll, country-western, and soul music at that time. Among the bands we will discuss are the Thunderbirds, the Isleta Poor Boys, and the Beltones, which morphed into the Soultones around 1967 when soul music came to Isleta.

These Isleta bands were a response to the changes in the national music scene when artists such as the Beatles, Hank Williams, and the Rolling Stones could be heard on records, TV, in live performances, and on the radio. Isletan Norman Jojola, a member of the Isleta Poor Boys band, recalled how teenagers and younger kids would gather around a radio and listen to the latest music. Some got together and formed garage bands, using the musical training they received in school. Often the band leaders would learn all the parts of a song by ear, just by listening to it on the radio. These bands would start practicing and then began to play at bars, weddings, graduations, and feast day evenings. As Norman tells it, "It went from a hobby to a job."

The Isleta Poor Boys had a fabled history, going from a small garage band to recording a record in Nashville, Tennessee in the famous Sun Studios where Elvis Presley recorded. The first Poor Boys band consisted of Clarence Jojola, lead guitar and singer; Charles Lente, vocals; Melvin Anzara, lead guitar; Tony Jaramillo, bass guitar; and Raymond Abeita, drums. When Charles Lente and Ray Abeita left the band, Clarence called Norman Jojola and asked him to join the band on the drums. Norman was hesitant because he played rock and roll, and the Poor Boys played country western. Clarence, as band leader, encouraged Norman and helped him make the transition, which was relatively easy. Norman Jojola played with the Poor Boys from around 1980 to 1985. Initially they started out playing for local weddings, graduations, New Year's Eve parties, and in local bars, also for dances in the evenings of the annual feast day. In 1980, the Isleta

Poor Boys entered the local Battle of the Bands competition, sponsored by Seagram's 7 Whisky.



The Isleta Poor Boys
left to right (top): Phillip Riley (bass),
unknown musician, Norman Jojola
(drums); left to right (bottom): Bob
Emmeret (banjo), Clarence Jojola
(lead vocal, rhythm guitar), Tony
Jaramillo (steel guitar)

After winning the regional competition, the Poor Boys entered the statewide competition. The finals were held in Albuquerque at the Caravan East Bar with a panel of judges. Unlike some of the bands, the Poor Boys did not have any special outfits. Norman Jojola remembers that the band members joked, "what are we going to do if we win?" In fact, they did win, and they were off to Nashville for the international competition. Norman said that Nashville reminded him of Santa Fe, and he felt right at home. The band members met a lot of studio musicians in Nashville and learned a lot about technique just by watching them. The Poor Boys did not win the competition but were able to record a 45-rpm record of two of their songs at Sun Studios during the finals of the International Battle of the Bands, October 12 to 17, 1981.

The sponsors required that the bands time their sets to last as close to twelve minutes as possible, and that each band include an original song featuring Seagram's 7 in the lyrics. The whisky-makers were apparently hoping one of those songs would be a hit so they would get even more exposure for their sponsorship. The Isleta Poor Boys complied when Clarence wrote the song, "Seagram's 7." The band recorded a 45-rpm single with the Seagram's song, and another called "She's Mine" by Tony Jaramillo. The Poor



The Isleta Poor Boys Seagram's Battle of the Bands 45 rpm Record

Boys learned a lot from other musicians in Nashville. They met country stars such as Loretta Lynn and, according to long-time band member Tony Jaramillo, the Poor Boys began to take themselves more seriously. They practiced more, polished their act, and even returned to Nashville to play some gigs the next year. All in all, the Nashville trip was a great success for the Poor Boys from Isleta.

In 2015, Clarence's wife Grace asked the remaining Poor Boys to get together once again to play at a memorial for Clarence who had died the previous year. They agreed. Charles Lente was recruited as lead singer because none of the other band members could sing. Grace gave the reformed band a list of twelve songs to play, but they needed to come up with forty songs for a threehour set. The band members remembered many of their songs and it was easy to pick them up again according to band member Norman Jojola. The memorial was held at the Isleta Community Center. They enjoyed playing together again so they started performing as the Dirt Road Band. They practiced about twice a week as they had earlier and played at the same venues as in the past (weddings, bars, etc.). When the Dirt Road Band made a CD, their music became popular again can sometimes be heard on Gallup radio stations. Who knows, after COVID is over, the Dirt Road Band, aka the Isleta Poor Boys, may play at a venue near vou.



Dirt Road Band CD Cover

Again, we want to thank everyone who has been reading these articles. We invest a great deal of time and energy into these articles, and we do so because we are interested and passionate about the topics we cover. We believe that by sharing these stories with the community it may instill a sense of confidence in who we are as Isletans. We are grateful for all of our readers and have been receiving feedback from the community. Some of you have even reached out with ideas about what topics to cover next or areas of interest for the Historical Society to dig deeper into. We thank you for your interest in the stories we are telling about the Pueblo and the people and encourage you to reach out to us with any information, ideas, or comments that you feel would be helpful to us. We will soon be publishing on our social media platforms so be on the lookout for that content. Again, any information is greatly appreciated and will not be used without your permission. Thank you!



NEWSLETTER

ISLETA POLICE DEPARTMENT SEPTEMBER – 2021

Another month gone! Children back in school, Labor Day around the corner and Fall (September 22, 2021) will be upon us in no time.



2021

The Isleta Police Department hosted the Second Annual National Night Out August 3, 2021 at the Isleta Recreation Center. As taken from the natw.org:

"National Night Out culminates annually on the first Tuesday in August. National Night Outenhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity

Potato Sack Races: Who is the masked badge wearing person? Did he win?







Another month gone! Children back in to bring police and neighbors together under school, Labor Day around the corner and positive circumstances.

The best way to build a safer community is to know your neighbors and your surroundings. National Night Out triumphs over a culture that isolates us from each other and allows us to rediscover our own communities."

We thank Governor Abeita for opening the event with prayer at our event and interacting with the departments and attendees throughout the evening.

The turnout was encouraging particularly after being through the COVID-19 pandemic restrictions and not having the event in 2020. Safety guidelines were established and maintained by everyone. Thank you all for your cooperation and help in keeping our community safe during this event! Games and activities such as basketball, potato sack races, horseshoes and corn hole were available and it appeared everyone, to include some IPD officers, had a great

time. Departments turned out as well to set up information booths and interacted with the community to include our Animal Control Officers, IPD Dispatch personnel, Health Center, Human Resources, Head Start, Department of Education, Natural Resources, Isleta Police Department, IPD Prosecutor's Office, Recreation Center Fire Department, Isleta EMS to name a few.

Prizes were given away during the raffle ticket drawing with many donations from community businesses and individuals as well as outside businesses.

Many thanks to all for your help in making this event such a success. The NNO 2021 Planning Committee cannot thank all of you enough.

Isleta Truancy Staff worked diligently to prepare the meal bags which were handed out to those who attended and we thank you!

















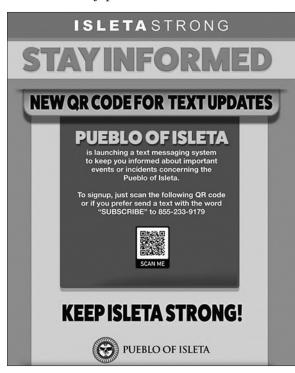






STAY INFORMED!

During the National Night Out 2021 Event information was disseminated regarding the new text messaging system to keep everyone informed of important events or incidents in the Pueblo. Though not everyone has signed up it seems those who have were notified of the Tribal Services Complex being closed on the day of the water main break as well as an individual who was running from police last month. This is proving to be an effective tool for getting important information out to the community and employees. When the community is informed about these incidents it aids the Police Department in their ability to focus attention on the matter at hand and saves time if the community knows of a dangerous situation and implements safety precautions. An example was the incident mid August when a wanted person was on foot running through the Bosque eluding police. A text message alert was sent out to those who have the application and many took necessary precautions.



OPEN SPACE OFFICERS

The Open Space Division, formerly known as Wildland, works in conjunction with the Isleta Police Department and will assist IPD not only during special events but whenever called upon. The Officers of







Open Space are not a separate entity but a division of the Police Department and perhaps there have been a few misnomers about their duties. They are fully certified and possess law enforcement powers to stop, arrest and prosecute for crimes or traffic offenses committed. They have the authority to conduct traffic stops, issue citations, handle criminal matters and process these incidents appropriately (arrest or summons and prosecute). These officers no longer merely handle offenses that occur in open space areas, and with that said some community members may see Open Space Units patrolling within the Pueblo as well. All of these officers have attended basic police academy training, are certified and have been cross-commissioned with other agencies. They must also maintain their certifications with required biennium training annually. We thank them for their service and dedication!

ISLETA POLICE COMMUNICATIONS

"Hello everyone! This is Christopher Padilla, Supervisor of the Isleta Police Communications Division I. I would first like to thank all my dispatchers for their hard work and dedication they have provided to the community and Departments as well as their patience.

We recently had our 911 system upgraded to a system titled Motorola Callworks. This system makes our job much easier when receiving landline and 911 calls. Our mapping system which was installed in the program was also updated and now can be used much like the application Google Earth. This program provides us with the Tribal roads and house numbers. I am working closely with Anthony Skelton (GIS) to help keep the mapping and addressing updated".

SCHOOL IS BACK IN SESSION

The children have been back in school for almost a month and after being in virtual classrooms for the last year, were excited to see their friends and teachers. So keep in mind children are walking, bicycling and boarding school buses to get to their schools. Isleta Police Department has officers who



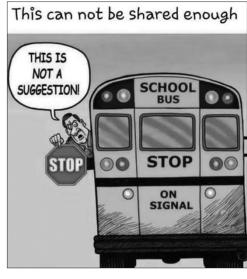




are observing the bus stop areas and will be watching for person(s) who violate traffic laws and present safety issues to the children boarding and deboarding school buses.







As the cartoon above suggests when a school bus stops to pick up or drop off children their emergency lights will be illuminated and the stop sign will be extended. Please STOP! We have seen individuals who try to drive around the bus as they see no children crossing. This will definitely earn you a citation. The purpose of the lights and sign are to provide safety for the children and you. There are multiple blinds spots when you attempt to pass the bus and you could hit an oncoming vehicle or strike an innocent child. (Continued Next Page)

ISLETA POLICE DEPT. (Con't)

Children are sometimes unpredictable and could be speaking with friends and suddenly decide to dart across the street to get home but that is the purpose of the warning signals/sign – OBEY THEM PLEASE! Too many tragedies have occurred nationwide because drivers assume they can just drive around.

Following below are some safe practices guides for parents and drivers as published by the National Highway Traffic Safety Administration (NHTSA)

Bus Stop Safety BEST PRACTICES GUIDE REDUCING THE ILLEGAL PASSING OF SCHOOL BUSES

The greatest risk to your child is not riding a bus, but approaching or leaving one. Before your child goes back to school or starts school for the first time, it's important for you and your child to know traffic safety rules. Teach your child to follow these practices to make school bus transportation safer.

FOR PARENTS

RELATED TOPIC PEDESTRIAN SAFETY Safety Starts at the Bus Stop

Your child should arrive at the bus stop at least five minutes before the bus is scheduled to arrive. Visit the bus stop and show your child where to wait for the bus: at least three giant steps (six feet) away from the curb. Remind your child that the bus stop is not a place to run or play.

Get On and Off Safely

When the school bus arrives, your child should wait until the bus comes to a complete stop, the door opens, and the driver says it's okay before approaching the bus door. Your child should use the handrails to avoid falling.

Use Caution Around the Bus

Your child should never walk behind a school bus. If your child must cross the street in front of the bus, tell him/her to walk on a sidewalk or along the side of the street to a place at least five giant steps (10 feet) in front of the bus before crossing. Your child should also make eye contact with the bus driver before crossing to make sure the driver can see him/her. If your child drops something near the school bus, like a ball or book, the safest thing is for your child to tell the bus driver right away. Your child should not try to pick up the item, because the driver might not be able to see him/her.

FOR DRIVERS

Make school bus transportation safer for everyone by following these practices:

- When backing out of a driveway or leaving a garage, watch out for children walking or bicycling to school.
- When driving in neighborhoods with school zones, watch out for young people who may be thinking about getting to school, but may not be thinking of getting there safely.
- Slow down. Watch for children walking in the street, especially if there are no sidewalks in neighborhood.

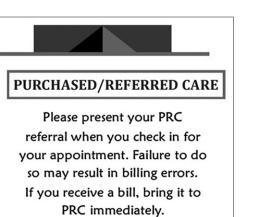
- Watch for children playing and congregating near bus stops.
- Be alert. Children arriving late for the bus may dart into the street without looking for traffic.
- Learn and obey the school bus laws in your state, as well as the "flashing signal light system" that school bus drivers use to alert motorists of pending actions:
- o Yellow flashing lights indicate the bus is preparing to stop to load or unload children. Motorists should slow down and prepare to stop their vehicles.
- o Red flashing lights and extended stop arms indicate the bus has stopped and children are getting on or off. Motorists must stop their cars and wait until the red lights stop flashing, the extended stop-arm is withdrawn, and the bus begins moving before they can start driving again.
- <u>School Bus Driver In-Service</u>
 <u>Curriculum</u> Regular training is important
 for school bus drivers to stay up-to-date on
 the latest industry standards and to help
 them maintain and improve the safety
 of children in and around the school bus.
 NHTSA is now offering an improved School
 Bus Driver In-Service Curriculum.

The Isleta Police Department asks motorists and parents of children riding buses to help us keep them safe. Provide good safety practices for children when boarding, riding and de-boarding school buses.

KEEP ISLETA SAFE AND STRONG TOGETHER!!







For more information, Call PRC at 869-4488.

Isleta Health Center Optometry

Digital Eye Strain

Dr. Mitchel Anderson, OD, Optometrist Phone: 505-869-4080



We are using screens now more than ever before. Many of us use our computer screens at work and spend much of our spare time on our TVs, phones or tablets. This can be a wonderful thing, but there are also potential side effects. One of the effects of increased screen time is that it can bother our eyes, a recent term has been coined for this: "Digital Eye Strain". Our eyes feel strained due to the background light from the devices, and due to small muscles inside our eyes that are working hard to keep us focused on the devices in front of us.

The Optometry Times and many eye-care professionals have recently created a simple rule to help combat this Digital Eye Strain. They call it the 20-20-20 Rule; this means that for every 20 minutes you spend on a digital screen, you should take a 20-second break to look at something at least 20 feet away. Oftentimes, our eyes feel most relaxed when we let them rest for a moment and just look into the distance. If you can actively remember to take short breaks from staring at screens throughout your day, your eyes will thank you. Especially if you are feeling eyestrain or fatigue at the end of the day, this is something you should implement into your daily routine. Vision is such an important part of our lives, let's remember to take care of our eyes so they can take care of us for many more years to come.

Isleta Health Center Optometry Department





Did you know that the Isleta Elder Center is an agency site for <u>Commodities – Five Sandoval Indian Pueblos Food Distribution Program</u>?

The Food Distribution Program is a federal program that provides USDA food assistance to Native American & non-Native American households living on a reservation & to households living in designated areas near a reservation that contain at least one person who is a member of federally-recognized tribe.

Commodities Distribution is scheduled once a month here at the Isleta Elder Center—call the Center for Commodity dates. If you or someone you know is interested & would like to apply for Commodities, please call the Isleta Elder Center. I will assist you with the application process over the phone.

Income qualifications:

One-person household \$1,231.00 Two-person household \$1604.00 Three-person household \$1,977.00 Four-person household \$2365.00



For more information, contact:

Pauline Lucero, Benefits & Billing Manager

Monday thru Friday from 8:30 a.m. to 4:00 p.m. If your call is not answered, it is important to please leave me a detailed message with your name & phone number. I will return your call within 24

hours or same business day.

This over the phone service is being provided to ensure you remain

safely in your home.

NEW AT THE LIBRARY!

THE PUEBLO OF ISLETA PUBLIC LIBRARY WILL NOW BE OFFERING MAGAZINES ON OVERDRIVE, A FREE SERVICE THAT ALLOWS YOU TO CHECK OUT MAGAZINES, BOOKS AND AUDIOBOOKS ALL IN ONE PLACE!
YOU CAN ACCESS OVERDRIVE BY GOING TO HTTPS://NM.OVERDRIVE.COM/
YOU WILL NEED YOUR LIBRARY CARD NUMBER AND PIN TO LOG ON. YOU CAN SET UP YOUR PIN AT THE LIBRARY.



Magazines now available!



Libby.
The one-tap reading app from our library.

Acc Son

You can also download the Libby mobile app that corresponds to OverDrive to access Magazines, E-Books and Audio books right from your mobile device!



If you need help accessing OverDrive or the Libby app, visit the Library or call us at (505)869-9808



ISLETA HEALTH CENTER PURCHASE REFERRED CARE (PRC)

- PRC staff will meet with patients for urgent issues in the clinic lobby.
- Patients are required to call PRC for all ER/Urgent Care notifications within
 72 hours of visit, numbers are listed below.
- Leaving a voicemail over the weekend/ holiday is an acceptable notification
 - When leaving a voicemail please provide the following information:
 - Name
 - Date of Birth
 - ➤ Hospital/Clinic visited
 - > Reason for visit
 - If you have any follow-up appointments
- Patients are required to call PRC for <u>ALL</u> scheduled appointments (i.e., procedures, tele-med and in-person visits).
- Referrals will be faxed directly to the requested facility. If a patient is requesting a referral, it will be mailed to the address listed in the patient's chart, unless otherwise requested by the patient. Please ensure we have the correct address and contact information on file.
- Patient bills may be faxed, emailed, mailed or dropped off with the triage nurse in the lobby area. Please include your date of birth on the bill.

The PRC department is experiencing a high call volume and may be difficult to reach, if your call goes to voicemail please leave a detailed message including your name, date of birth, and phone number where you can be contacted and PRC Staff will return your call in a timely manner.

Contact Information for PRC Staff

Erin Cooeyate, Manager: 505-869-4488 erin.cooeyate@islclinic.net

Renee Lujan (A-K Clerk) 505-869-4862 renee.lujan@ISLCLINIC.NET

Antoinette Peralta (L-Z Clerk): 505-869-4396 aperalta@ISLCLINIC.NET

PRC <u>Fax</u> Number: 505-869-4881

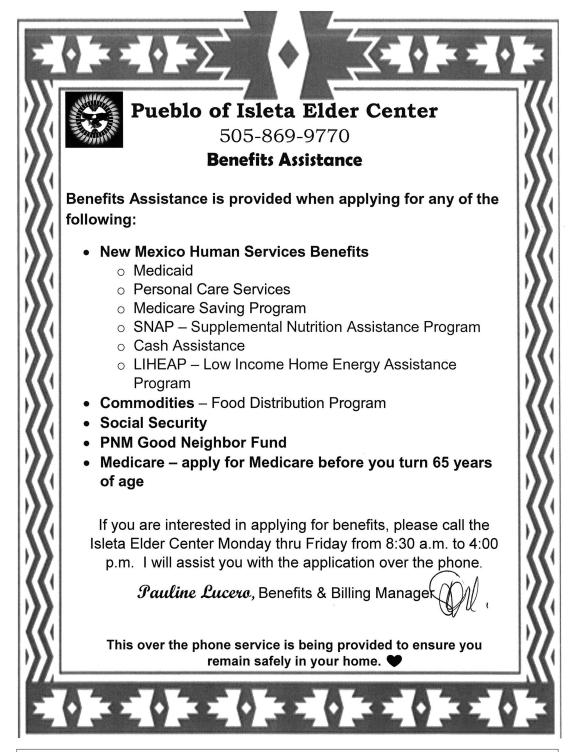
Please Remember:

- Referrals are good for only one visit. It is important to contact PRC for any follow-up appointments you may have.
- When registering at the facility for your medical appointment, please make sure to have Isleta Health Clinic listed as payor of last resort. This will help to avoid bills sent directly to you. However, in the event you do receive a bill, please bring it to PRC for processing.
- Please make sure your address, phone number, and insurance are up to date. The correct information is important when referrals are provided to your healthcare facility.

Did you call for an Ambulance?

Please report the information to PRC within 72 hours.

869-4488





Isleta Elder Center Personal Care Services

Isleta Elder Center *Personal Care Services* assist elders and/or disabled adults over the age of 21. PCS enables an individual to live in the comfort of their home and maintain the highest level of independence.

Isleta Elder Center Personal Care Services:

Provides services in the client's home five to seven days a week; these hours will depend on the assessment through their MCO – Managed Care Organization.

Provides support in assisting the client to reach highest level of independence.

Provides a PCS Aide or the client can select a qualified family member who is 18 years or older to assist their PCS client. (with the exception of a spouse)

PCS Aides will follow their client's plan that may or may not include the following:

Assist client with hygiene, grooming, and bathing that includes shampooing hair, shower, bath, sponge bath, dressing, combing hair, applying lotion etc.

Assist client with meal and snack preparation

Assist client with eating or drinking, may include partial or total assistance.

Assist client with Self-Administered medications-prompting and reminding only

Assist client with mobility -stand-by help, prompting/cueing, transferring/repositioning

Provide client with household services-dusting, sweeping, mopping, changing linens, laundry, washing dishes etc.

Provide client with transportation services-grocery shopping, errands, etc.

Provide minor cleaning/sanitizing to wheelchairs, canes, walkers, etc.



For more information, contact:

Fauline Lucero, Benefits & Billing Manager Monday thru Friday 8:30 a.m. to 4:00 p.m.

505-869-9770 ext. 9339

Isleta Behavioral Health Clinic September Awareness Month: Addiction Recovery

ACES, Health Outcomes and Hope

In recognition of Substance Addiction Recovery Awareness, the following is information provided to community to help understand what ACES (Adverse Childhood Experiences) are, how they affect us, and potential solutions to address illnesses such as Addiction.

Adverse childhood experiences are lived experiences, that may be or have been traumatic in childhood, and adolescent years, from the ages of 0-17 years of age. Such experiences or toxic stressors can be filtered into three main areas: Abuse, Neglect and Household Dysfunction.

- 1. Abuse experiencing physical, emotional or physical abuse.
- Neglect physical or emotional neglect.
- Household Dysfunction experience to Domestic Violence (sometimes community/ neighborhood violence), divorce, family living with mental or substance use disorder, incarceration or family suicidal ideations (attempts, or death by suicide).

The examples above are not meant to be a complete list of adverse experiences; many other factors may be considered traumatic experiences that could affect health and overall wellbeing.

Scientific studies show ACE's have a direct correlation to and are closely linked to chronic health issues, mental health disorders, and substance use disorders in adulthood. ACEs also negatively influence employment- job opportunities, job sustainability, education-high school, secondary or trade school. The science of stress and impacts it has on us. Not all stress is bad. Some types of stress is healthy and positive because it prepares us to respond to temporary challenges in our lives. Things such as running a race, starting new employment, birth of a new child, starting a new school. Our stress response activates and then quickly returns to baseline. More intense situations or longer lasting stressors can be tolerable only if we have support systems in our lives to help us cope. If we do not have support, severe or frequent exposure to certain types of stress can have a 'toxic' effect on the body and brain. Common brain science tells us these areas of the brain are impacted, hippocampus, prefrontal cortex, amygdala and brain connections. The effects on hippocampus leads to depression/anxiety, impairment in learning and memory. Effects on prefrontal cortex and amygdala are lead to irregularities in emotional processing and self-regulation.

The impacts of ACEs can be negative to one's life, including the family. Behavioral changes happen, which includes Substance abuse and misuse, mental health disorders, chronic health diseases (heart, lungs), diabetes or cancer. There is hope! Hope that we can lead healthy and fulfilling lives, for ourselves, families, communities—and generations to come. We have the ability to be resilient, as it relates to brain functionality. Our brains are malleable (ability to change through experience) and resilience is the ability to thrive, adapt and cope despite tough and stressful times, and is an ideal counterbalance to ACEs. Also, to be able to provide a nurturing, safe and stable environment, help children learn to cope with adversity, reduce a child's ACE exposure, and build everlasting coping skills. ACEs work through experience, not only just exposure.

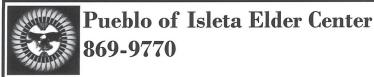
Recovery from addiction is reliant on one's ability to accept the substance use as an issue. But also to the extent of how or if maybe adverse childhood experiences are responsible—at least in part—for substance use disorder (or that of a loved one). By getting help through treatments, ACEs from the past can be addressed and help you chart a new course toward the future.

September Isleta Elder Home Delivered Meals



Monday	Tuesday	Wednesday	Thursday	Friday
IMPORTANT	REMINDERS!!	9/1/2021	9/2/2021	9/3/2021
	ease call by <u>9 AM</u>	Grilled Ham and Cheese Shredded ham 2 oz Sliced cheddar cheese 1 oz WW bread	Chicken Pot Pie Chicken 3 oz Mixed vegetables 1/2 c Biscuit	Baked Ham Ham slice 3 oz Yams 1/2 c
to cancel	Home Delivered Meals. Thank you.	Peas/carrots 1/ 2c Fresh fruit	Fruit cup 1/2 c	Steamed broccoli 1/2 c Cherry cobbler 1/2 c
9/6/2021	9/7/2021	9/8/2021	9/9/2021	9/10/2021
CENTER CLOSED *LABOR* DAY	Beans w/Green Chile Pinto beans 1/2 c Green chile 1/2 c Corn bread Fruit cup 1/2 c	Ranch Chicken Wrap Baked chicken 3 oz Romaine 1 c Carrot coins 1 c WW tortilla Fruit cup 1/2 c	Sloppy Joe Ground beef 3 oz Sloppy joe mix 1/2 c WW bun Sweet potato tots 1/2 c Cottage cheese w/ peaches 1/2 c	Red Chile Enchiladas Ground beef 2 oz. Shred Monterey jack cheese 1 oz. Red chile puree 1/4 c Capri vegetables 1/2 c Corn tortilla 2 oz. Fresh fruit
9/13/2021	9/14/2021	9/15/2021	9/16/2021	9/17/2021
BBQ Chicken Boneless chicken thigh 3 oz. California vegetables 1 c BBQ sauce 1 oz. Dinner Roll Fruit cup 1/2 c	Spaghetti w/ Meat sauce Ground beef or pork 3 oz Marinara sauce 1/2 c WW noodle 1 c Italian vegtables 1/2 c Fruit cup 1/2 c	Vegetable stew Beef 3 oz Carrots 1/4 c Green beans 1/4 c Peas 1/4 c WW roll Fresh fruit	Egg Salad Sandwich Hard boiled egg 2 ea Croissant 2 oz Carrot coin 1 c Fruit cup 1/2 c	Meat Loaf Ground beef 3 oz Mashed potato 1/2 c California Blend 1/2c Brown gravy 1 oz WW roll
09-0-21	9/21/2021	9/22/2021	9/23/2021	9/24/2021
Macaroni Stew Ground beef 3 oz Elbow pasta 1 c Stewed tomato 1/2 c Mixed vegetable 1/2 c Fresh fruit	Beef Tacos Ground Beef 4oz Lettuce/Tomato 2oz Cheese 1oz Spanish Rice 1/2c Chuckwagon 1/2c	Bean and Cheese Burrito Pintos 1/2 c Cheddar cheese 1/2 c Carrots 1/2c Roasted potato wedge 1/2 c Fruit cup 1/2 c	Country Chicken w/Gravy Breaded chicken patty 3 oz Mashed potato 1/2 c Vegetable melody 1/2 c Chicken gravy 1 oz Fresh fruit	Hot Dogs Beef frank 3 oz WW bun Baked Beans 1/2c Broccoli 1/2c Apple crisp 1/2 c
9/27/2021	9/28/2021	9/29/2021	9/30/2021	
Ham and Broccoli Casserole Ham 3 oz Rice 1/2 c Broccoli 1 c Shredded cheddar .5 oz WW crackers Fruit cup 1/2 c	Tortilla Burger Beef patty 3 oz Sliced American cheese .5 oz Lettuce/tomato/onion 2oz. WW tortilla Tater tots 1/2 c Fresh fruit	Potato Stew Ground Pork 3 oz Potato 1/2 c Tortilla Red Chile Fruit 1/2c	Beef Strognoff Beef 3 oz WW pasta 1/2 c Gravy 1 oz Italian Vegetable 1/2c Fresh fruit	

^{**}Menus are subject to change without notice, based on the availability of products.**





Applications & assistance is available for LIHEAP (Low Income Home Energy Assistance Program). LIHEAP is a federally-funded program that helps low-income households with their home energy bills such as gas, electric, propane, or firewood. *There is no deadline to apply, however, you can only apply once a year.*

You will need to submit the following documents (thru text or email):

- 1. Photo ID (for each person listed on application)
- 2. Income verification (for each person listed on application)
- 3. Current PNM & NM Gas Bill

If you are interested in applying for LIHEAP, please call the Isleta Elder Center, Monday thru Friday 830 am—4 pm.

For your safety & ours, you will be assisted with the application over the phone.



Know Your Numbers, You Are Important, You Are Worth It HEALTHY AGING

Stephanie Barela, Health Educator

Phone: 505-869-4479

https://www.unicityhealthcare.com/celebrating-healthy-aging-

month-during-september/

Thanks to improvements in medicine and health, we live longer lives now. As such, it is even more important than ever before to develop healthy habits as we age. A great time to start building these habits is in September, since it is *Healthy Aging Month*. This national focus is to direct national attention on the positive aspects of growing older. This campaign is a way to help others become aware of their physical and mental health, diet, social skills and even financial situations, which are all factors that contribute to successful aging. According to www. unicityhealthcare.com, this month "encourages people to act how you feel — instead of acting your age! This month also encourages our seniors to take charge of their well-being, by aging with a healthy body (physical health) and a healthiest mind (mental health)". Learn these tips to make the most of this month:

Get Moving

Get up and get moving. It is important to simply just get up and be active. If you are not used to being active, you can start with simply just walking 10-15 minutes, 3 or 4 times a week and then increase as you go. It is important to consult your doctor before starting an exercise routine and start out slowly to allow for plenty of time to get used to each level of activity. If you are a little more active already, try taking up tennis or go to the Rec Center and swim or use the exercise equipment. Even just gardening, cleaning your house or turning on the radio and dancing for a song or two, can get your heart rate up and improve your health.

Maintain A Healthy Diet

As we age, our metabolism slows down, causing us to need fewer calories. Adding this to the fact that many Americans tend to eat larger portions than recommended, because many of us are not aware of proper portion sizes, this over eating leads to obesity. Obesity can lead to even bigger health concerns, such as, diabetes or heart disease.

Healthy eating is a big part of staying healthy. Here are a few things to remember:

- o Eatatleast5ormorefruits and vegetables (USDA recommendation)
 - Increasing the amount of fresh vegetables in our diet is an easy way to feel full without many calories.
 - Your plate should have slightly less than one-quarter proteins (lean meat, fish, poultry or legumes) and fruits, slightly more than one-quarter grains and vegetables.
 - Additionally, stay hydrated by drinking a lot of water, at least 6-8 glasses per day.

Stay Social

Those people who have a sedentary lifestyle and do not interact with friends and family, tend to have more health issues and isolation can lead to depression, so reach out to your friends and family. Make a point to call someone you have not spoken with in a long time and don't be afraid to make new friends. Instead of feeling lonely and bored reach out and invite friends and family over! Just by interacting with and talking to someone daily, you will do your mind and mental health a world of good.

Balance Both Your Body & Mind

Keep your mind active by reading the newspaper or doing a puzzle. According to unicityhealthcare.com, "keeping your mind active and engaged may ward off brain chemistry changes that could lead to Alzheimer's disease. Working on puzzles or reading books are also great for the mind and will help reduce stress that comes with aging problems. You can even take up a new creative hobby! For your body, perhaps practice yoga to improve your flexibility and balance. It is also great for the mind and will help reduce stress that comes with aging problems."

• Get Regular Check-Ups And Yearly Physicals

Don't skip your regular medical appointments and make sure to schedule tests your doctor recommends (vision, dentist and physician). If you are not feeling well, do not wait for it to go away. While you don't need to visit the doctor for every ailment, know yourself and your body well enough to detect if there is something out of the ordinary. Many diseases can be prevented when caught early if you remain diligent about your health. Take medications and vitamins/supplements as prescribed in order to ensure you are feeling your best.

HEALTH BEAT:

What to Do if you Know Someone Is Having Suicidal Thoughts

Kaylee Chavez, Case Manager, Isleta Behavioral Health Services

Phone: 505-869-5475

National Suicide Prevention week is September 5th-11th. What a great time to learn what to do if you know someone is having suicidal thoughts. Safety and protection trumps confidentiality in any crisis. If a person poses a danger to self or others, ask the person directly if he or she (1) is having suicidal thoughts, (2) has a plan to do so, and (3) has access to lethal means.

Some questions that you can ask include:

- 1. Are you thinking about killing yourself?
- 2. Have you ever tried to hurt yourself before?
- 3. Do you think you might try to hurt yourself today?
- 4. Have you thought of ways that you might hurt yourself?
- 5. Do you have pills/weapons in the house?

You cannot predict death by suicide, but you can identify people who are at increased risk for suicidal behavior and refer them to effective treatment. Take seriously all suicide threats and all suicide attempts and act by seeking help. If you think an individual may harm him or herself, do not leave the person alone. If you or someone you know exhibits any suicidal behavior, please seek help. The numbers listed below are resources that can assist with crises related to suicide:

- > HAVEN Behavioral Health Hospital, 505- 254-4564
- > Presbyterian Anna Kaseman Hospital, 505-291-2121
- > UNM Emergency Room, 505-272-2111
- > UNM Psychiatric Emergency, 505-272-2800
- > New Mexico Crisis and Access Line, 1-855-662-7474
- > UNM Children's Psychiatric Hospital, 505-272-2890
- **>** 911

If you have any other questions or would like additional information, please contact Isleta Behavioral Health Clinic at 505-869-5475.

Transportation Providers Servicing Isleta Pueblo

Isleta CHR Program (505) 869-4485

Fee: Free for Tribal members residing <u>within</u> the reservation Non-emergency, scheduled medical appointments ADA accessible || 48-hour notice

Did you know your MCO or Insurance Provider can help you find transportation to your non-emergency medical appointments too? We encourage you to call your insurance provider to find out. Most member service lines are available to help you plan your ride to your medical visits Monday – Friday, 8:00 a.m. – 5:00 p.m.

Western Sky Community Care: (844) 543-8996 Presbyterian Health Plan: (505) 923-5200 Blue Cross Blue Shield: (866) 689-1523

Rio Metro (505) 352-3595

Fee: None ADA accessible 24-48 hour notice

Sun Van (505) 243-7433

Fee: 60+ free | \$2 one-way ADA accessible 72-hour notice

Triple D (505) 881-7433

Fee: Direct Medicaid ADA accessible 24-hour notice

We Care Transport (505) 343-4300 Fee: Insurance based

ADA accessible
2-week notice

Department of Senior Affairs

(505) 764-6400 Fee: 60+ free ADA accessible 7-day notice

If you need assistance navigating or scheduling with another transportation provider, please call (505) 869-4485



Plumbing & Utility

Service & Construction

PUBLIC SERVICE ANNOUNCEMENT



PUEBLO OF ISLETA VILLAGE SEWER LINE IMPROVEMENT PROJECT

The Pueblo of Isleta has contracted TLC Plumbing & Utility for the Village Sewer Line Improvement Project to complete sewer upgrades within the next 300 days. While work is taking place you can expect Traffic & Sewer Flow Disruptions from 7:00 AM to 5:30 PM on March 23, 2021 through February 2, 2022.

Please see information below for a quick reference of the project, contractor, and contact information. Thank you for your patience, it is greatly appreciated.

TLC Contact Information:

Project Name: Village Sewer Line Improvements
Contact: Bobby Thomas/Ron Abeita
Contact Phone: 505-362-1814 (Ron Abeita)
Daytime Phone: 505-362-2317 (Bobby Thomas)
Email: bthomas@tlcplumbing.com
After-Hours Emergency Phone: 505-362-1814

Pueblo of Isleta Contact Information:

Project Name: Village Sewer Line Improvements
Project Manager: Ernest Archuleta, PE
Contact Phone: 505-231-4597
Email: Ernest.Archuleta@wsp.com

Public Works Director: Edwin Jaramillo
Contact Phone: 505-869-5170 & 505-869-9781
Email: Edwin.Jaramillo@Isletapueblo.com

5000 Edith Blvd NE • Albuquerque, NM 87107 Phone: (505) 761-9696 • Fax: (505) 761-9875 • www.tlcplumbing.com

Mapof Village Sewer Line Improvement Project



NOTICE TO RESIDENTS:

Public Works staff would like remind residents to please obey all traffic control signs and drive safely when traveling around the construction sites. You are only putting yourself and the workers at risk of damages and injuries when not obeying the signs.

Please be patient as the work is being completed.

Isleta Behavioral Health Clinic September Awareness Month: Addiction Recovery

The Importance of Support during Recovery

If you're a friend or family member of someone in recovery from addiction, you may want to know what you can do to support your loved one. You want to be helpful and supportive, but you may feel unsure of the best approach. Unfortunately, there is no one-size-fits all type of answer, but the tips provided in this article are a great starting point.

Supporting vs. Enabling: What's the Difference? First, it is necessary to differentiate supportive versus enabling behaviors.

Support differs from enablement in the following ways:

- It offers help, but not at the expense of your own needs.
- It does not shield the person in recovery from the consequences of their actions, but holds them accountable.

Tips for Supporting a Loved One During Their Recovery

1. Take care of yourself first.

When supporting a person in recovery, it can be easy to begin placing the needs of your loved one above your own. This results in a lack of self-care, increased illness and weakened mental health. By ensuring your own physical, emotional, and mental needs are met, you are in a better space to be able to help your loved one through the difficult journey of recovery.

2. Remember that they're still human.

Addiction is a disease. This disease has the power to distort our value system prioritizing substance use above all else. It is OK to get frustrated or angry with your loved one, but be wary of treating the person like an outcast or a disgrace to the family. This can shame your loved one and interfere with them reaching out for support.

3. Be careful to not use your love and comfort as a weapon.

Being in a close relationship with someone who is actively recovering from substance misuse can be very challenging. But saying things like, "If you loved me, you'd quit," is destructive behavior that almost always backfires. Instead, remind your loved one often that you are willing to be their recovery support and that they're not alone.

4. Help create a sober peer network

Recovery from addiction requires major lifestyle changes, including reevaluating social circles. Maintaining sobriety means less time spent with people who use alcohol or drugs, and more time with people who support their sobriety. This takes time, but in the end, it results in better, more rewarding relationships.

5. Educate yourself.

As with any other chronic illness, the more informed you are the better you will be able to support your loved one. You can help them, and yourself, by educating yourself.

If you would like additional resources on the topic of recovery, support, enablement or have any questions, please contact us at 505-869-5475.



Diane Abeita

Published By:

Valencia Express

MBER 2021 ISLETA HEALTH CENTER Questions? Call 869-3200

SAT/SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DPP=Diabetes Pro 869-4595 BHS=Behavioral H	evention Program: Health Services: SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH	ISLETA HEALTH SUPPORT GROUP End of Life Issues/Hospice Tuesday, September 14, 2021 Isleta Health Training Center RSVP by September 13th Contact Stephanie Barela 869-4479 sbarela@islclinic.net	The Ripple Effect: 9:00 - 12:00pm For more information please call: 869-5475 Wellbriety Group: 11:00 -12:00pm For more Information please call: 869-5475 Afterschool Peacemaking Collaborative Program: 3:30-5pm For more information please call: 869-5475	CLINIC OPENS AT 9:50am ICAP Sewing Class - 5:00-7:00pm @IHC Training Center. For more information please call: 869-5475	3
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oost Your Natural Immune Response **VACCINATE THE WHOLE FAMILY**

For those 12 years and older, it is important to get the COVID-19 Vaccine to help prevent the Virus!

Vaccines protect against these people diseases:

Hepatitis A Hepatitis B Hib Pneumonia

Diphtheria Tetanus **Pertussis** Measles Mumps Rubella

Varicella **HPV/cancer** Shingles Meningococcal ACWY Meningo coccal B Rotavirus

Whylmmunize.org







Vaccines protect against these pet diseases:

Panleukopenia Herpes Virus-1 Calicivirus Feline leukemia

Distemper Parvovirus Adenovirus Parainfluenza Kennel Cough



FixAdoptSave.org

Babies need vaccines:



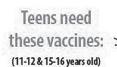
DTaP Hepatitis A PCV13 Rotavirus Polio

MMR Hepatitis B Flu (Yearly) Varicella Hib



School age kids need vaccines:

(4-6 years old) DTaP MMR (2" Dose) Varicella (2rd Dose) Polio Flu (Yearly)



HPV Flu (Yearly) Meningococcal ACWY & B

Pregnant moms need:



Flu (Yearly) Tdap 1 dose with each pregnancy ...to protect both mom and baby

Healthy adults 19-59 need:

HPV before age 50 Tdap (if never received) Tetanus every 10 years Shingles (at 50 years of age)

More vaccines may be needed for certain medical conditions



Adults 65 and over need:



Flu (Yearly) Shingles Pneumonia (starting at age 65) Tdap (if never received) Tetanus every 10 years

More vaccines may be needed for certain medical conditions

· FVRCP (combo vaccine) starting at 6-8 weeks of age; then every 3-4 weeks until 16-20 weeks old · FeLV at 8 weeks; 2nd one 3-4 weeks later

Cats need:

· Rabies at 12 weeks

Yearly boosters

Dogs need:

• DHPP (distemper, adenovirus, parvo, parainfluenza) starting at 6 weeks; then every 3-4 weeks until 16-20 weeks old; last 2 DH PP vaccines should contain leptospirosis

· Rabies at 12 weeks, Rabies booster after 1 year, then every 3 years

- Bordetella at 12 weeks, 2nd dose 3 weeks later

• Yearly boosters (DHLPP & Bordetella)

* FixAdoptSave.org offers affordable and accessible spay/neuter programs and services.

Vaccines are the Simplest way to keep you & your family healthy & well.

ASK your doctor, nurse, pharmacist and veterinarian about which vaccines are right for your family!