Isleta Pueblo News

Volume 16 Issue 11 | Pueblo of Isleta website: www.isletapueblo.com | Like us on Facebook | November 2021

Governor's Report

Ma-gu-wam. Hello everyone. We hope everyone is doing well and staying safe. As we have stated in past articles, we must remain vigilant and keep our guard as Covid-19 still has not gone away. We continue to pray that our community remains safe. So, again we continue to stress to everyone to please abide by Public Health Order. It is for our safety as well as the community as a whole. I want to encourage those that have not been vaccinated for Covid-19 to get vaccinated. We have seen breakthrough cases here within the Pueblo. This means those that have received the vaccine are contracting Covid-19. The symptoms these individuals had were not severe enough to have been hospitalized. This is why we continue to encourage those individuals who have not received the vaccine to get vaccinated. As of September 30, 2021 there has been a total of 450 Covid-19 cases with a Pueblo of Isleta Tribal Affiliation that have been identified. The greatest number of these cases that were identified occurred during October 2020 through January of this year. Total number of cases in October 2021 was 13 as compared to 36 cases in the same month a year ago. There were no individuals hospitalized during this time. There were no Covid related deaths for October. The Isleta Health Clinic (IHC) will continue to offer the Covid Vaccine to those who want it. They have now began administering the booster to individuals who received the Pfizer vaccine that are immunocompromised and the elderly (see attached Flier). The IHC is awaiting approval to begin administering the Moderna booster. If you interested in receiving the booster and/or the first series of vaccination, please call the Covid hotline at (505) 869-9720.

Administration and Council have been meeting with Representatives from the state including Governor Michelle Lujan Grisham. Congresswoman Melanie Stansbury stood up to her word and came and visited with Isleta Administration and Council. During the visit we discussed concerns and issues the Pueblo is facing. One concern discussed with Congresswoman Stansbury was the lack of support for Pueblo irrigation infrastructure. With talks with other Pueblos, Congresswoman Stansbury was successful in getting $200 million to Pueblo's irrigation improvement project. This was secured as an amendment from the natural resource committee. Congresswoman Stansbury also will be assisting us in coordinating talks with Kirtland Air Force Base in regards to the low flying military aircraft that has been consistently seen over the Pueblo Lands. We hope to establish a good working relationship and reestablish agreements with Kirtland that benefit both entities via the assistance of Congresswoman Stansbury.

We also met with Congresswoman Leger Fernandez, on Saturday, October 16. The Representative excused herself from the NM Federation of Democratic Women meeting held at the Isleta Resort Casino to meet with Tribal Administration and Council. Representative Leger Fernandez introduced herself providing her background and work that included representing tribal interest and serving as legal counsel for Santo Domingo and Taos Pueblos. A variety of subjects were discussed from US Department of Agriculture grants, broadband, Economic Development Administration funding, Air Force airspace issues, land to trust, and water to solar energy. Though Isleta is not in the Congresswoman's district, she expressed her willingness to support our issues and concerns in any way she can.

On October 20, Governor Lujan Grisham visited the Pueblo. Administration and Council had the opportunity to sit down and discuss issues we would like her to address during the next legislative sessions including support for our 2022 Infrastructure Capital Improvement Plan projects list. Governor Lujan Grisham has and continues to be supportive of the Pueblo's efforts in regards to support for our Elderly programs, Gaming, Taxation, Education (including Library services) and other infrastructure and highway projects. In the area of water, we requested NM and the State Engineers' support for Isleta's and the Six Middle Rio Grande Pueblos efforts to store water at Abiquiu Lake the next two years while El Vado Reservoir is under repair. Additionally, we asked that discussions begin with NMDOT to address improving the Isleta Riverside Drain crossing under NM 147, which is undersized and needs upgrading by the Middle Rio Grande Conservancy District to address the increasing occurrences of being plugged with debris.

Administration would like to give a big thanks to Behavioral Health, Courts, Public Works and Solid Waste for the assistance they provided during the community

(Continued Next page)

cleanups held. We also give a big "Thank You" to the many volunteers who showed up which made the two events a great success. It was good to see the community come together to spruce up the areas. We did not expect the turn out for the cemetery cleanup in which there were approximately 200 people who came out and volunteered. The turnout for the village proper cleanup was not as great but we were able to clean up many places that seem to be neglected. Thanks again for those individuals who set time aside to beautify our community. We hope to schedule more of these events in the future. We have attached some photos from the Village Cleanup.

As we move into fall, many people have been busy with harvesting wood to prepare for the winter months to come. Wood permits are available at the Governor's office and at the Open Space office during normal working hours. Please keep in mind the permits are good for one (1) month from the date of issue. We cannot stress enough how important it is to keep safety in mind. Felling trees and using chainsaws can be dangerous. Please always provide a plan and let someone know where you will be, especially if you are headed into the Manzano's. Many places have no cell or poor cell phone reception. We want everyone to be safe and enjoy what resources we have. Remember that signing for a permit you are agreeing to abide by all the rules found on the permit. If anyone should have questions, do not hesitate to reach out to the Open Space Department or the Governor's Office.

One last thing to bring out is the request to obey speed limits and especially in the village. With the ongoing Sewage Improvement Project, we need to drive with caution. Please observe the posted speed limits we have. Be respectful of others, as you would expect others the same for you.

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

Turkey Distribution

DATES: Tuesday, November 16, 2021
Wednesday, November 17, 2021

WHERE: Isleta Pueblo Recreation Center TR 40

Facemask are required at all times, inside/outside

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

FOR: Tribal members living within Isleta Pueblo Boundaries ONLY

Individuals must provide proof of Tribal membership and residency.

Only one (1) Turkey per household 18 yrs & over.

A written letter for picking up for another household living within the Isleta Pueblo Boundaries is required.

Your cooperation will be appreciated.

For COVID-19 Quarantine households turkeys will be delivered.

Thank you.

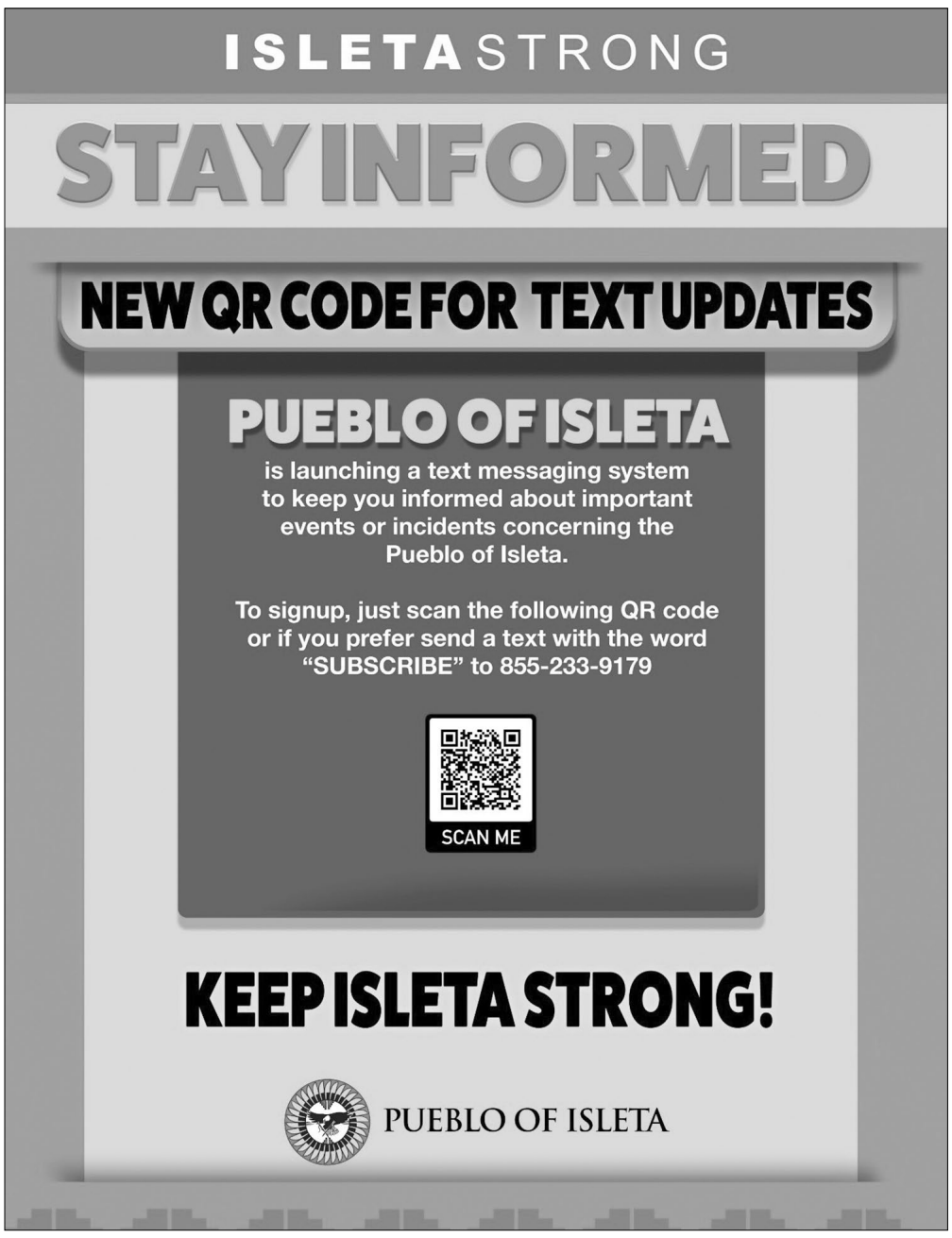
Governor, Vernon B. Abeita

VETERANS OUTWARD SERVICE

Pueblo of Isleta Veterans Service Officers will be at the Isleta Health Center every first Tuesday of the month from 10 am to 12 pm.

For more information, please contact Ulysses Abeita at (505) 264-4110 or uly2283mc@gmail.com

Fainting goats for sales.
Please contact Esquipula Garcia
@ (505) 331-1590 for questions.



LETTER FROM THE EDITOR

DEADLINE for December Newsletter articles is set for Tuesday, November 16, 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: Case No. CV-PR-0144-2021
Jose Francisco Roberto Jojola (DOD: 02/15/2021)

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Jose Francisco Roberto Jojola**, deceased **02/25/2021,** 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 **Wednesday, January 05, 2021** at **9:30 am** 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: Case No. CV-PR-0147-2021
Mary J. Coriz (DOD: 04/19/2021)

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Mary J. Coriz**, deceased **04/19/2021**, 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 **Wednesday, January 05, 2021** at **10:45 am** 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: Case No. CV-PR-0164-2021
Jose I. Olguin (DOD: 07/12/2021)

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Jose I. Olguin**, deceased **07/12/2021**, 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 **TBD** at **TBD** 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: Case No. CV-PR-0156-2021
Isidor Carpio (DOD: 12/15/2013)

Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Isidor Carpio**, deceased **12/15/2013**, 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 **Thursday, October 14, 2021** at 10:30 am 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: Case No. CV-PR-0118-2021
Rufina Carpio Montoya (DOD: 08/29/1995)

Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Rufina Carpio Montoya**, deceased **08/29/1995**, 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 **Monday, November 01, 2021** at **03:00 pm** 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: Case No. CV-PR-0111-2021
Melvin Isidore Anzara (DOD: 07/17/2010)

Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Melvin Isidore Anzara**, deceased **07/17/2010**, 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 **Thursday**, **November 18, 2021 at 09:15 am** 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: Case No. CV-PR-0123-2021
Marie Daisy Zuni (DOD: 01/15/2021)

Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Marie Daisy Zuni**, deceased **01/15/2021**, 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 **Thursday, November 18, 2021** at **10:30 am** 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: Case No. CV-PR-0126-2021
Carlos Zuni (DOD: 11/18/2020)

Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Carlos Zuni**, deceased **11/18/2020**, 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 **Tuesday, November 30, 2021** at **09:30 am** 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: Case No. CV-PR-0128-2021
Lonnie A. Trujillo (DOD: 06/20/2021)

Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Lonnie A. Trujillo**, deceased **06/20/2021**, 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 **Tuesday, November 30, 2021** at 10:30 am 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: Case No. CV-PR-0116-2021
Juan Felipe Lucero (DOD: 05/15/2020)

Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Juan Felipe Lucero**, deceased **05/15/2020**, 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 **Thursday, December 02, 2021** at 09:15 am 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: Case No. CV-PR-0005-2021
Martha M. Lucero (DOD: 01/01/2021)

Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Martha M. Lucero**, deceased **01/01/2021**, 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 **Monday, December 06, 2021** at **03:00 pm** 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.

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

Weekday Schedule *LUNES A VIERNES*

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

Shown are departure times, unless otherwise noted.
Horario demuestra tiempos de salida a no ser que se indique lo contrario.

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 se dirige.*

ESTACIONES DE TREN — **Northbound** / *rumbo norte* — *Shown are departure times unless otherwise noted*

TRAIN STATIONS	#502	#504	#506 EXPRESS	#506	#508	#510	#512	#514	#516	#518	#520
Belen	–	–	5:39A	6:35A	8:04A	–	3:35P	–	5:51P	7:01P	7:57P
Los Lunas	–	–	5:49A	6:46A	8:15A	–	3:46P	–	6:01P	7:12P	8:08P
Isleta Pueblo	–	–	6:02A	6:59A	8:27A	–	3:59P	–	6:16P	7:26P	8:22P
Bernalillo County	–	–	6:10A	7:06A	8:35A	–	4:06P	–	6:29P	7:35P	8:31P
Downtown ABQ	4:32A	5:02A	6:22A	7:19A	8:42A	9:35A	4:26P	5:34P	6:48P	7:42P	8:38P
Montaño	4:41A	5:11A	–	7:29A	–	9:44A	4:35P	5:43P	6:58P	–	–
Los Ranchos / JC	4:47A	5:17A	6:34A	7:36A	–	9:50A	4:41P	5:49P	7:06P	–	–
Sandia Pueblo	4:52A	5:22A	–	7:42A	–	9:55A	4:46P	5:54P	7:12P	–	–
Downtown Bernalillo	5:01A	5:31A	–	7:52A	–	10:03A	4:54P	6:07P	7:26P	–	–
Sandoval / US 550	5:05A	5:35A	6:46A	7:58A	–	10:08A	4:59P	6:12P	7:31P	–	–
Kewa	5:25A	5:55A	7:05A	8:18A	–	10:28A	5:19P	6:34P	7:50P	–	–
SF County / NM 599	5:40A	6:10A	7:24A	8:39A	–	10:51A	5:43P	6:57P	8:13P	–	–
Zia Road	5:50A	6:20A	–	8:49A	–	11:01A	5:53P	7:07P	8:23P	–	–
South Capitol	6:00A	6:30A	7:40A	8:56A	–	11:11A	6:00P	7:17P	8:33P	–	–
Santa Fe Depot	6:10A	6:40A	7:45A	9:01A	–	11:16A	6:05P	7:22P	8:38P	–	–

READ DOWN
LEA HACIA ABAJO

ESTACIONES DE TREN — **Southbound** / *rumbo sur* — *Shown are departure times unless otherwise noted*

TRAIN STATIONS	#501	#503	#507	#509	#511	#513	#515	#701 EXPRESS	#517	#519	#521
Santa Fe Depot	–	–	5:39A	7:13A	1:02P	–	4:15P	5:04P	5:30P	6:46P	9:00P
South Capitol	–	–	5:43A	7:18A	1:07P	–	4:20P	5:09P	5:35P	6:51P	9:05P
Zia Road	–	–	5:49A	7:25A	1:14P	–	4:27P	–	5:42P	6:58P	9:12P
SF County / NM 599	–	–	6:01A	7:37A	1:26P	–	4:39P	5:26P	5:54P	7:10P	9:24P
Kewa	–	–	6:19A	7:55A	1:44P	–	4:57P	–	6:12P	7:28P	9:42P
Sandoval / US 550	–	–	6:38A	8:14A	2:03P	–	5:16P	6:02P	6:31P	7:47P	10:01P
Downtown Bernalillo	–	–	6:43A	8:18A	2:07P	–	5:20P	–	6:35P	7:51P	10:05P
Sandia Pueblo	–	–	6:52A	8:27A	2:16P	–	5:29P	–	6:44P	8:00P	10:14P
Los Ranchos / JC	–	–	6:57A	8:32A	2:21P	–	5:34P	6:14P	6:49P	8:05P	10:19P
Montaño	–	–	7:02A	8:37A	2:26P	–	5:39P	–	6:54P	8:10P	10:24P
Downtown ABQ	4:45A	5:30A	7:10A	8:45A	2:42P	4:30P	5:50P	6:25P	7:02P	8:18P	10:32P
Bernalillo County	4:53A	5:41A	7:19A	–	2:50P	4:38P	5:57P	–	7:09P	–	–
Isleta Pueblo	5:01A	5:49A	7:27A	–	2:57P	4:45P	6:06P	–	7:17P	–	–
Los Lunas	5:13A	6:06A	7:39A	–	3:10P	4:58P	6:22P	–	7:31P	–	–
Belen	5:24A	6:17A	7:50A	–	3:20P	5:08P	6:33P	–	7:42P	–	–

READ DOWN
LEA HACIA ABAJO

Train has designated QUIET CAR
El tren tiene un vagón silenciado (QUIET CAR)

" _ " Means train does not stop
Significa que el tren no se detiene

0:00 Train arrives but does not continue
El tren llega a destino pero no continúa

Saturday Schedule *HORARIO DEL SÁBADO*

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

ESTACIONES DE TREN — **Northbound Saturday** / *sábado rumbo norte*

TRAIN STATIONS	#702	#704	#706	#708	#710
Belen	7:24A	12:30P	5:40P	7:43P	10:35P
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	6:09P	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	–
Los Ranchos / JC	8:19A	1:29P	6:35P	8:38P	–
Sandia Pueblo	8:24A	1:34P	6:40P	8:43P	–
Downtown Bernalillo	8:32A	1:42P	6:48P	8:51P	–
Sandoval / US 550	8:36A	1:46P	6:52P	8:55P	–
Kewa	8:54A	2:04P	7:10P	9:13P	–
SF County / NM 599	9:15A	2:25P	7:31P	9:34P	–
Zia Road	9:26A	2:36P	7:42P	9:45P	–
South Capitol	9:34A	2:44P	7:50P	9:53P	–
Santa Fe Depot	9:39A	2:49P	7:55P	9:58P	–

READ DOWN
LEA HACIA ABAJO

ESTACIONES DE TREN — **Southbound Saturday** / *sábado rumbo sur*

TRAIN STATIONS	#701	#703	#705	#707	#709	#711
Santa Fe Depot	–	10:00A	3:05P	–	8:10P	10:14P
South Capitol	–	10:05A	3:10P	–	8:15P	10:19P
Zia Road	–	10:13A	3:18P	–	8:23P	10:27P
SF County / NM 599	–	10:22A	3:27P	–	8:32P	10:36P
Kewa	–	10:40A	3:45P	–	8:50P	10:54P
Sandoval / US 550	–	10:58A	4:03P	–	9:08P	11:13P
Downtown Bernalillo	–	11:01A	4:06P	–	9:11P	11:16P
Sandia Pueblo	–	11:10A	4:15P	–	9:20P	11:25P
Los Ranchos / JC	–	11:15A	4:20P	–	9:25P	11:30P
Montaño	–	11:21A	4:26P	–	9:31P	11:36P
Downtown ABQ	6:30A	11:31A	4:39P	6:51P	9:41P	11:45P
Bernalillo County	6:40A	11:41A	4:50P	7:01P	9:51P	–
Isleta Pueblo	6:48A	11:49A	4:58P	7:09P	9:59P	–
Los Lunas	6:59A	12:00P	5:09P	7:20P	10:10P	–
Belen	7:09A	12:10P	5:19P	7:30P	10:20P	–

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LEA HACIA ABAJO

Sunday Schedule *HORARIO DEL DOMINGO*

ESTACIONES DE TREN — **Northbound Sunday** / *domingo rumbo norte*

TRAIN STATIONS	#702	#704	#706
Belen	7:24A	12:30P	5:40P
Los Lunas	7:34A	12:40P	5:50P
Isleta Pueblo	7:45A	12:51P	6:01P
Bernalillo County	7:53A	12:59P	6:09P
Downtown ABQ	8:04A	1:14P	6:20P
Montaño	8:13A	1:23P	6:29P
Los Ranchos / JC	8:19A	1:29P	6:35P
Sandia Pueblo	8:24A	1:34P	6:40P
Downtown Bernalillo	8:32A	1:42P	6:48P
Sandoval / US 550	8:36A	1:46P	6:52P
Kewa	8:54A	2:04P	7:10P
SF County / NM 599	9:15A	2:25P	7:31P
Zia Road	9:26A	2:36P	7:42P
South Capitol	9:34A	2:44P	7:50P
Santa Fe Depot	9:39A	2:49P	7:55P

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LEA HACIA ABAJO

ESTACIONES DE TREN — **Southbound Sunday** / *domingo rumbo sur*

TRAIN STATIONS	#701	#703	#705	#707
Santa Fe Depot	–	10:00A	3:05P	8:10P
South Capitol	–	10:05A	3:10P	8:15P
Zia Road	–	10:13A	3:18P	8:23P
SF County / NM 599	–	10:22A	3:27P	8:32P
Kewa	–	10:40A	3:45P	8:50P
Sandoval / US 550	–	10:58A	4:03P	9:08P
Downtown Bernalillo	–	11:01A	4:06P	9:11P
Sandia Pueblo	–	11:10A	4:15P	9:20P
Los Ranchos / JC	–	11:15A	4:20P	9:25P
Montaño	–	11:21A	4:26P	9:31P
Downtown ABQ	6:30A	11:31A	4:39P	9:41P
Bernalillo County	6:40A	11:41A	4:50P	–
Isleta Pueblo	6:48A	11:49A	4:58P	–
Los Lunas	6:59A	12:00P	5:09P	–
Belen	7:09A	12:10P	5:19P	–

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LEA HACIA ABAJO

>>> 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.**

ABQ RIDE

NORTD

RIO METRO SANDOVAL

SANTA FE TRAILS

RIO METRO VALENCIA

Title VI

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

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

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.

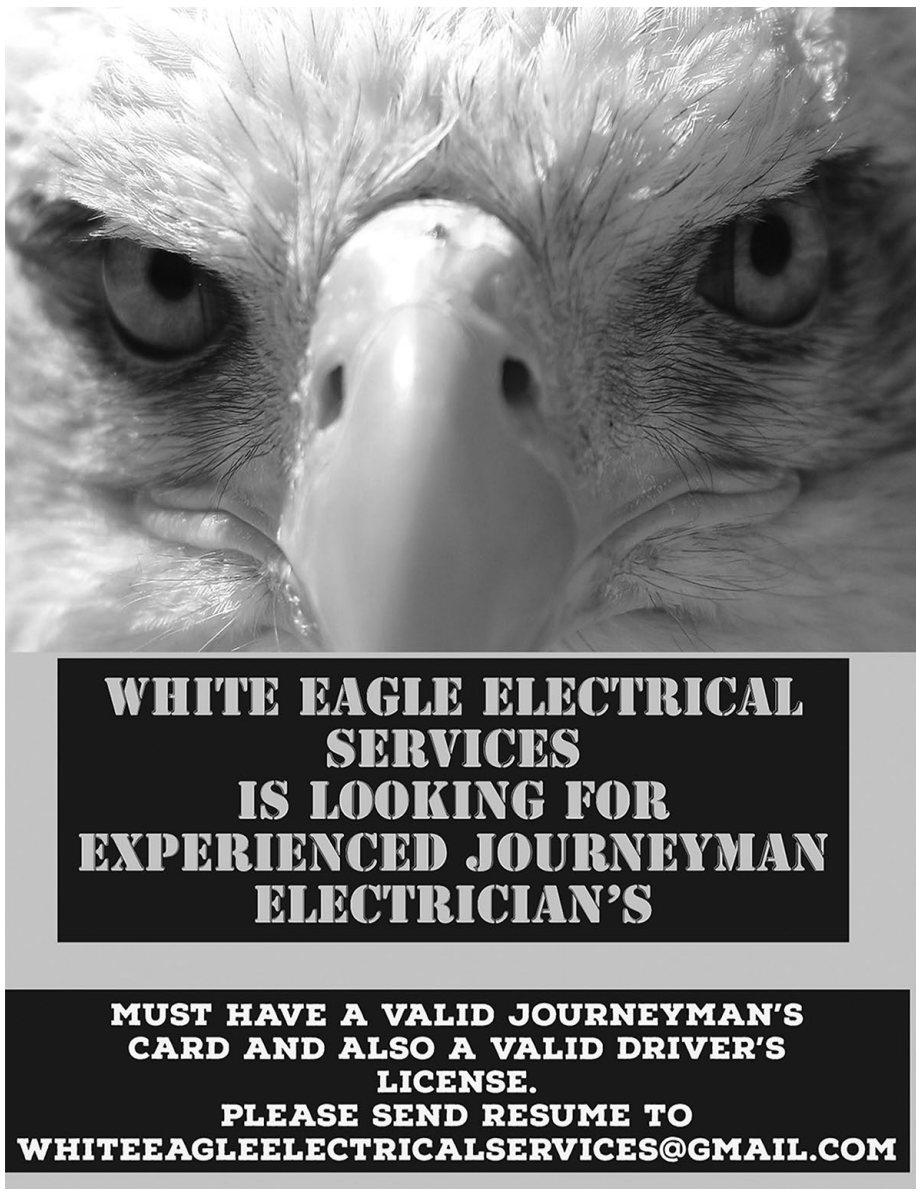
Title	Location	Address	City , State	Date Posted
F&B SYSTEMS COORDINATOR	0395 - F&B MANAGEMENT	11000 Broadway SE	Albuquerque, NM	10/21/2021
Sous Chef (Banquets)	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	10/19/2021
Guest Service Supervisor	1150 - MARKETING PLAYERS CLUB	11000 Broadway SE	Albuquerque, NM	10/19/2021
BAKER I	0380 - F&B BAKERY	11000 Broadway SE	Albuquerque, NM	10/18/2021
SUPERVISOR F & B	0390 - F&B FLOOR BEVERAGE	11000 Broadway SE	Albuquerque, NM	10/18/2021
COCKTAIL SERVER	0327 - F&B SPORTS BOOK BAR	11000 Broadway Boulevard Southeast	Albuquerque, NM	10/18/2021
PASTRY CHEF	0380 - F&B BAKERY	11000 Broadway SE	Albuquerque, NM	10/18/2021
DATABASE MANAGER	1130 - MARKETING DATABASE	11000 Broadway SE	Albuquerque, NM	10/18/2021
GRAPHIC DESIGNER	1100 - MARKETING ADVERTISING	11000 Broadway SE	Albuquerque, NM	10/14/2021
COOK II	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	10/14/2021
SURVEILLANCE AGENT	0170 - SURVEILLANCE	11000 Broadway SE	Albuquerque, NM	10/14/2021
Bingo Supervisor	0140 - BINGO	11000 Broadway SE	Albuquerque, NM	10/14/2021
SHIPPING & RECEIVING CLERK	1580 - SHIPPING & RECEIVING	11000 Broadway SE	Albuquerque, NM	10/14/2021
COOK II	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	10/14/2021
COOK III	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	10/13/2021
POOL ATTENDANT	1365 - POOL MAINTENANCE	11000 Broadway SE	Albuquerque, NM	10/12/2021
SLOTS FLOOR ATTENDANT	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	10/8/2021
COOK II	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	10/8/2021
Sr. Director of Human Resources	1510 - HUMAN RESOURCES	11000 Broadway SE	Albuquerque, NM	10/8/2021
SR DIRECTOR OF MARKETING	1195 - MARKETING MANAGEMENT	11000 Broadway SE	Albuquerque, NM	10/8/2021
RESTAURANT CHEF	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	10/5/2021
Slots Lab Technician	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	9/30/2021
BARTENDER	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	9/29/2021
SLOTS FLOOR ATTENDANT	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	9/29/2021
BARTENDER	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	9/29/2021
SUPERVISOR F & B	0328 - F&B FAT BURGER	11000 Broadway SE	Albuquerque, NM	9/28/2021
HDCT	1355 - CUSTODIAL	11000 Broadway SE	Albuquerque, NM	9/28/2021
PMT II	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	9/28/2021
POOL ATTENDANT	1365 - POOL MAINTENANCE	11000 Broadway SE	Albuquerque, NM	9/28/2021
Food Attendant (Chills)	0332 - F&B CHILL COFFEE BAR	11000 Broadway SE	Albuquerque, NM	9/28/2021
Assistant Superintendent	0701 - GOLF COURSE MAINTENANCE	11000 Broadway SE	Albuquerque, NM	9/28/2021
Custodial Assistant Supervisor	1355 - CUSTODIAL	11000 Broadway SE	Albuquerque, NM	9/28/2021
Banquet Manager	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	9/28/2021
Banquet Server	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	9/28/2021
Banquet Captain	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	9/28/2021
Cook I (Embers)	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	9/28/2021
Cook I (Panda Express)	0329 - F&B PANDA EXPRESS	11000 Broadway SE	Albuquerque, NM	9/28/2021
Cook I (Banquets)	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	9/28/2021
Cook II (Employee Dining)	0370 - F&B EMPLOYEE DINING	11000 Broadway SE	Albuquerque, NM	9/28/2021
Expeditor	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	9/28/2021
Landscape Technician III	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	9/28/2021

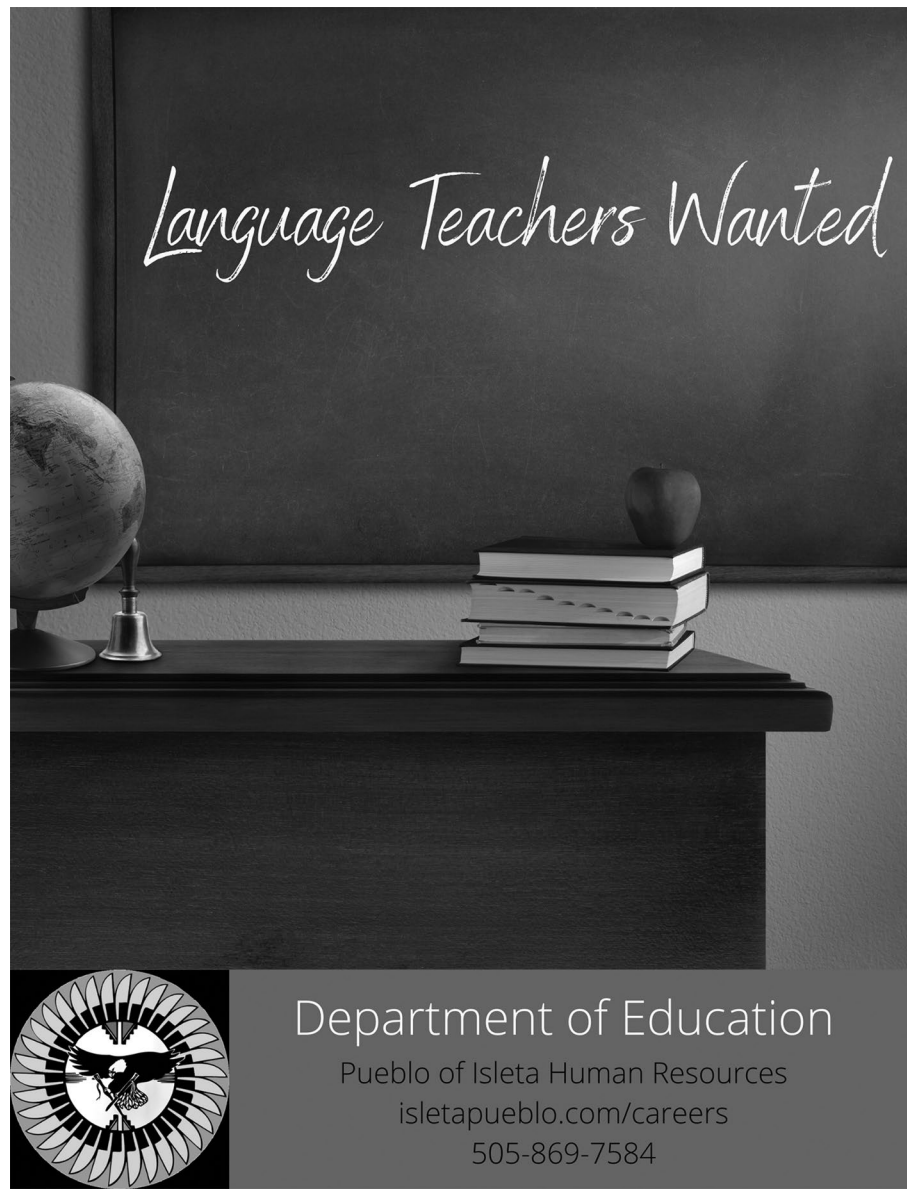
Table Games Floor Supervisor	0120 - TABLE GAMES	11000 Broadway SE	Albuquerque, NM	9/28/2021
Spa Attendant	0595 - SPA MANAGEMENT	11000 Broadway SE	Albuquerque, NM	9/28/2021
SAFETY SPECIALIST	1520 - RISK MANAGEMENT	11000 Broadway SE	Albuquerque, NM	9/28/2021
Compensation & Classification Analyst	1510 - HUMAN RESOURCES	11000 Broadway SE	Albuquerque, NM	9/28/2021
Spa Receptionist	0595 - SPA MANAGEMENT	11000 Broadway SE	Albuquerque, NM	9/27/2021
FRONT DESK SUPERVISOR	0205 - HOTEL FRONT DESK	11000 Broadway SE	Albuquerque, NM	9/27/2021
STEWARD	0386 - F&B UTILITY KITCHEN	11000 Broadway SE	Albuquerque, NM	9/27/2021
Outside Service	0700 - GOLF COURSE OPERATIONS	11000 Broadway SE	Albuquerque, NM	9/22/2021
SLOTS SHIFT SUPERVISOR	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	9/20/2021
SECURITY OFFICER I	0180 - SECURITY	11000 Broadway SE	Albuquerque, NM	9/20/2021
SECURITY OFFICER II	0180 - SECURITY	11000 Broadway SE	Albuquerque, NM	9/20/2021
PMT III	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	9/17/2021
Guest Service Supervisor	1150 - MARKETING PLAYERS CLUB	11000 Broadway SE	Albuquerque, NM	9/16/2021
CALL CENTER AGENT	0210 - HOTEL RESERVATIONS	11000 Broadway SE	Albuquerque, NM	9/14/2021
Guest Service Representative	1150 - MARKETING PLAYERS CLUB	11000 Broadway SE	Albuquerque, NM	9/13/2021
Front Desk Agent	0205 - HOTEL FRONT DESK	11000 Broadway SE	Albuquerque, NM	9/9/2021
SUPERVISOR F & B	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	9/9/2021
FOOD ATTENDANT	0328 - F&B FAT BURGER	11000 Broadway SE	Albuquerque, NM	9/9/2021
FOOD ATTENDANT	0329 - F&B PANDA EXPRESS	11000 Broadway SE	Albuquerque, NM	9/9/2021
Table Games Dealer	0120 - TABLE GAMES	11000 Broadway SE	Albuquerque, NM	9/8/2021
SLOTS SHIFT MANAGER	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	9/8/2021
LANDSCAPE TECHNICIAN	0701 - GOLF COURSE MAINTENANCE	11000 Broadway SE	Albuquerque, NM	9/8/2021
SLOTS MANAGER	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	9/8/2021
SUPERVISOR F & B	0390 - F&B FLOOR BEVERAGE	11000 Broadway SE	Albuquerque, NM	9/8/2021
RETAIL ATTENDANT	0400 - RETAIL ENCHANTMENT	11000 Broadway SE	Albuquerque, NM	9/7/2021
LAUNDRY ATTENDANT	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	9/7/2021
ROOM INSPECTOR	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	9/7/2021
HOTEL PM TECHNICIAN	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	9/7/2021
SPA SUPERVISOR	0595 - SPA MANAGEMENT	11000 Broadway SE	Albuquerque, NM	9/3/2021
VALET ATTENDANT	0250 - HOTEL GUEST SERVICE	11000 Broadway SE	Albuquerque, NM	9/3/2021
SHUTTLE DRIVER	0250 - HOTEL GUEST SERVICE	11000 Broadway SE	Albuquerque, NM	9/3/2021
SOUS CHEF	0370 - F&B EMPLOYEE DINING	11000 Broadway SE	Albuquerque, NM	9/3/2021
COOK II	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	9/3/2021
Plumber II	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	8/26/2021
HVAC Tech II	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	8/26/2021
SLOTS FLOOR TECHNICIAN	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	8/26/2021
Count Member	0160 - CASH OPS COUNT	11000 Broadway SE	Albuquerque, NM	8/26/2021
Cashier (Embers)	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	8/19/2021
Room Attendant	0230 - HOTEL HOUSEKEEPING	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
Irrigation Technician	0701 - GOLF COURSE MAINTENANCE	11000 Broadway SE	Albuquerque, NM	8/2/2021
Groundskeeper	0701 - GOLF COURSE 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
Custodian	1355 - CUSTODIAL	11000 Broadway SE	Albuquerque, NM	7/26/2021

Pueblo of Isleta Career Opportunities

ACADEMIC COACH	Isleta Elementary School	10/26/2021
ACADEMIC SUCCESS COACH	Department of Education	10/21/2021
ACADEMIC SUCCESS COORDINATOR	Department of Education	10/21/2021
ACCOUNTING TECHNICIAN	Treasury	10/29/2021
ADMINISTRATIVE ASSISTANT I	Health Services Behavioral	10/21/2021
AGRICULTURAL IRRIGATION TECHNICIAN	Agricultural Division	10/21/2021
AUTO & DIESEL MECHANIC	Construction Operations	Open Until Filled
ANIMAL CONTROL OFFICER	Police Department - Open Space	Open Until Filled
ANIMAL CRUELTY INVESTIGATOR	Police Department - Open Space	Open Until Filled
ASSISTANT MANAGER	C-Stores	10/22/2021 - Within Only
BACKGROUND SPECIALIST / ADJUDICATOR	Human Resources	10/22/2021
BEHAVIORAL HEALTH MANAGER	Health Services	Open Until Filled
BENEFITS COORDINATOR	Human Resources	10/22/2021
BILLING TECHNICIAN PHARMACY	Health Services	10/21/2021
CAREGIVER (2 Positions)	Assisted Living Facility	Open Until Filled
CARPENTER I, II or III	Housing Authority	Open Until Filled
COMPUTER IT SPECIALIST	Department of Education	Open Until Filled
COMMUNITY HEALTH NURSE	Health Services	Open Until Filled
COOK I	Assisted Living Facility	10/29/2021
COURT CLERK	Tribal Court	10/29/2021
COVID CUSTODIAN (2 Positions)	Public Works	Open Until Filled
DIRECTOR, IPHA	Housing Authority	Open Until Filled
DISPATCHER	Police Department	Open Until Filled
EMT INTERMEDIATE	Health Services	Open Until Filled
FACILITIES WORKER	Head Start	Open Until Filled
FAMILY INTERVENTIONIST	Social Services	Open Until Filled
FEDERAL PROJECT MANAGER	Housing Authority	Open Until Filled
FILE CLERK	Census	11/01/2021 - Within Only
FITNESS INSTRUCTOR	Recreation Center	Open Until Filled
GENERAL COUNSEL	Legal Department	Open Until Filled
HEAD START STAFF ASSISTANT	Head Start	Open Until Filled
HOME CARE ATTENDANT	Elder Center	Open Until Filled
HOME OWNERSHIP COUNSELOR	Housing Authority	Open Until Filled
HRIS TECHNICIAN	Human Resources	10/22/21
HVAC TECHNICIAN	Public Works	Open Until Filled
ICWA COORDINATOR	Social Services	Open Until Filled
INSTRUCTIONAL COORDINATOR	Department of Education	Open Until Filled - Within Only
INTERNAL AUDITOR	Gaming Regulatory	Open Until Filled
LANGUAGE TEACHER	Department of Education	Open Until Filled - Within Only
LIFEGUARD	Parks & Recreation	Open Until Filled
MAINTENANCE TECHNICIAN	Public Works	Open Until Filled
PAINTER	Housing Authority	Open Until Filled
PARKS & MAINTENANCE WORKER	Parks & Recreation	Open Until Filled
PATIENT REGISTRATION CLERK	Health Center	11/02/2021
PERSONAL CARE SERVICE AIDE (2 Positions)	Elder Center	Open Until Filled - Within Only
PHYSICIAN-AMENDED	Health Center	Open Until Filled
PLUMBER	Housing Authority	Open Until Filled
POLICE CADET (2)	Police Department- Open Space	10/22/2021
POLICE OFFICER I - CERTIFIED	Police Department	Open Until Filled
POLICE OFFICER I - CERTIFIED	Police Department- Open Space	Open Until Filled - Within Only
PRESENTING OFFICER	Tribal Administration	10/21/2021
REGISTERED NURSE (Part Time)	Assisted Living Facility	Open Until Filled
SALES ASSOCIATE	C-Stores	Open Until Filled
SCHOOL COUNSELOR	Isleta Elementary School	Open Until Filled
SPECIAL EDUCATION TEACHER	Isleta Elementary School	10/26/2021
TUTOR I	Department of Education	Open Until Filled
VAN DRIVER	Elder Center	Open Until Filled

Pueblo of Isleta Job Opportunities





Pueblo of Isleta Higher Education News

Greetings Students and Community members, Happy Fall! The University of New Mexico -Valencia Campus is open for enrollment to study for either the Early Childhood Education (ECE) Certificate or ECE Associates Degree. www.unm.edu/apply or call 925-8560. CNM Ingenuity is open for enrollment to study for the Commercial Driver's License (CDL) Class. Any questions! Call the Department of Education for additional information.

Considering college? Think of the many possibilities for you to develop a vision for your future. Create a plan. Do well in school. Join extracurricular activities such as a sport or club that will show your interests.

College Prep Timeline

10th Grade

- Study for and take the Preliminary Scholastic Aptitude Test (PSAT) and Advanced Placement (AP) Exams.
- Be comfortable with computers, smartphones or tablets. Discover helpful apps, podcasts and videos.
- Build rapport with your guidance counselor and take the required courses for a successful junior and senior year.

11th Grade

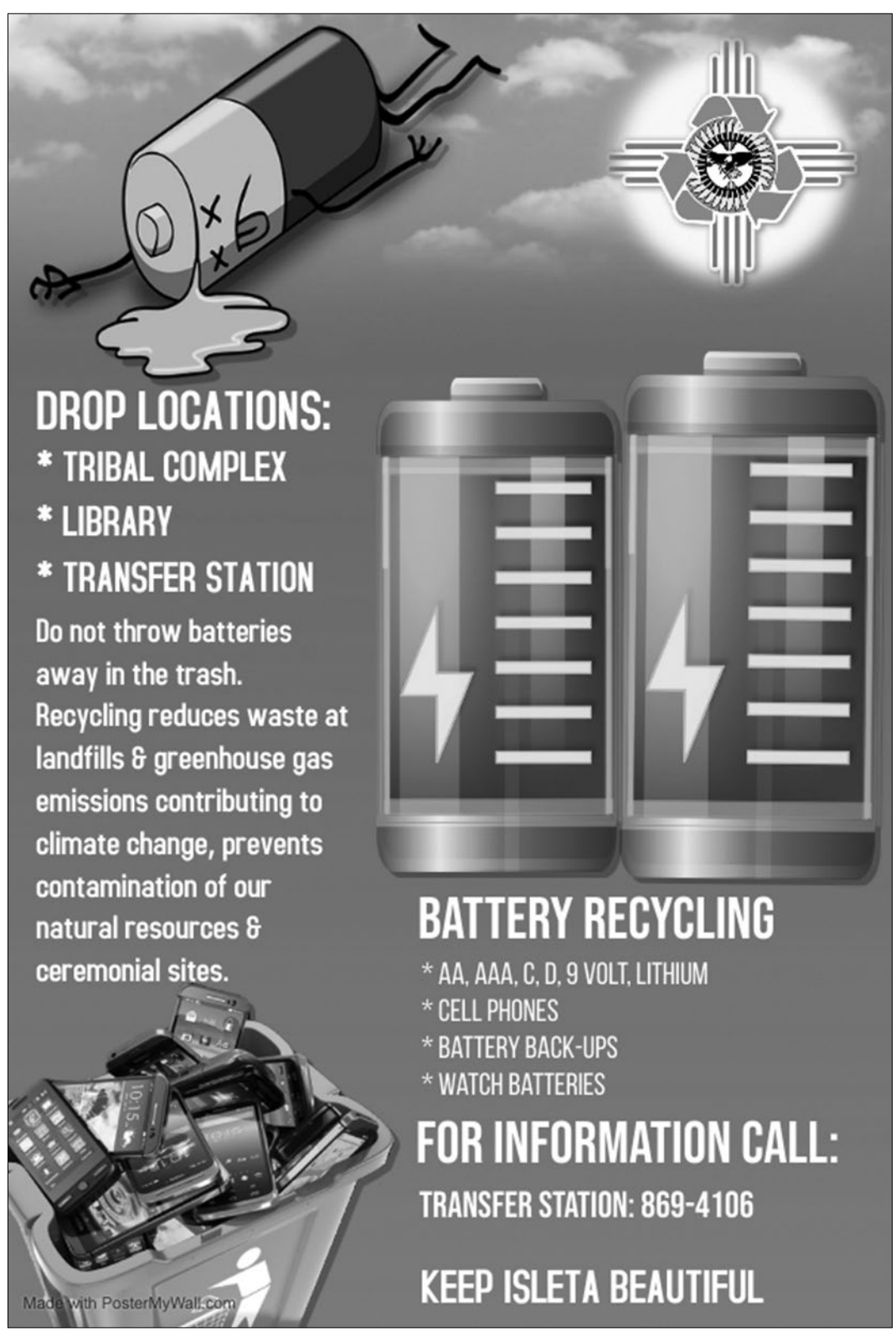
- Enroll in dual credit and/or AP courses.
- Research and visit schools and college fairs.
- Study for and take the SAT and/or ACT exams.

12 Grade

- Enroll in dual credit and/or AP courses.
- Submit your FAFSA after October 1st.
- Apply to schools and schedule a campus tour on your family vacation.

"Education is the most powerful weapon which you can use to change the world."
- Nelson Mandela

A. Tachine, M. Makomenaw, Native Pathways: A college-going guidebook. NMEAF.org



White Eagle Electrical Services LLC
(505)917-6933
(505)259-4178
Jpirowees@gmail.com

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24-hour service

PUEBLO OF ISLETA
SOLID WASTE
DIVISION

ATTENTION HUNTERS

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 869-4106 for more information.

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

Virtual and In Person
9th Annual Isleta
Rock Your Mocs
5K Fun Run & Walk
November 15th – 20th, 2021
Isleta is the run to do internationally!!!!!
To register for virtual run GO TO Runsignup.com
search for **Rock Your Mocs 5K**
https://runsignup.com/Race/NM/isleta/RockYourMocs5K
for in person registration call
Isleta Behavioral Health Clinic 505-869-5475

DEPARTMENT OF CULTURAL AND HISTORIC PRESERVATION

Ma k'u wam from the Department of Cultural and Historic Preservation and the Yonan An Cultural Center! Listed below are the latest goings-on at the Yonan An Cultural Center:

Tuesday Coffee: A weekly community coffee meeting on (you guessed it!) Tuesday mornings from 9:30 to 10:30. Tuesday Coffee is a new program for POI community members to familiarize themselves with the Digital Photo Archive and enjoy each other's company (as well as coffee and pastries!). The Digital Photo Archive is an expansive and growing collection of photographs taken in and around Isleta from the 19th century through today. Folks who are interested are more than welcome to bring additional photos to share as well! Dates and times for the month of November are as follows:

November 9 9:30-10:30 a.m.
November 16 9:30-10:30 a.m.
November 23 9:30-10:30 a.m.
November 30 9:30-10:30 a.m.

Sunday Matinee: Yonan An is happy to announce that November marks the start of a new film series on Sunday afternoons featuring an assortment of documentary, short, feature-length, and animated films by Indigenous filmmakers! We'll start the series off with a spotlight on the work of Sterlin Harjo (Seminole Nation, with Muskogee heritage), director and co-creator of the new hit television series "Reservation Dogs." In addition to his work on "Reservation Dogs," Sterlin has directed several feature-length films and is a member of the Native sketch comedy group, the 1491s. This month we'll screen three of his films, with conversation and snacks to follow. Dates and times are listed below. Hope to see you here!

November 7	2:00-4:30	"Barking Water" (2009)
November 14	2:00-4:30	"This Could Be the Last Time" (2014)
November 21	2:00-4:30	"Mekko" (2015)

The Yonan An Cultural Center is located at 70 Tribal Road 40 (the old elementary school). For special events, please use the covered entrance at the northeast corner of the building (across from the Elder Center). For all other business during the work week, please use the rear entrance at the southwest corner of the building (across from the Little League fields). In accordance with POI COVID safety protocols, gatherings are limited to 30 people, and all attendees must wear masks. Looking forward to seeing you soon!

Kheurkem!

PURCHASED/REFERRED CARE

Please present your PRC referral when you check in for your appointment. Failure to do so may result in billing errors. If you receive a bill, bring it to PRC immediately.

For more information, Call PRC at 869-4488.

DEPARTMENT OF EDUCATION

"Education is the most powerful weapon which you can use to change the world."
— ***Nelson Mandela***

Do you enjoy working with children or young adults? Do you want to make a positive impact on hundreds of lives? Are you looking to strengthen your skills and inspire others? Would you like to develop meaningful teaching lessons that are culturally relevant to the Native American population? If you have answered yes to any one of these questions, we need you to consider the teaching profession.

The Pueblo of Isleta would like to support you in your pathway to becoming a teacher. Currently, there are hundreds of vacancies in the Los Lunas and Albuquerque Public School Districts for teachers. In addition, the Pueblo of Isleta Elementary School and the Isleta Head Start have additional opportunities. The need to grow teachers from our community is urgent.

If you are interested in learning more about the pathway to becoming a teacher, please contact our office at 505-869-9790 or email: poischolarships@isletapueblo.com for more information.

Our deadline to apply for Spring 2022 funding is November 1, 2021. Please visit our website for more information.

TRUANCY

Greetings from the Truancy Department,

The Truancy Department hopes you and your families had a safe and fun Halloween and hope you are looking forward to a wonderful holiday season, which kicks off with Thanksgiving Day with your families. We hope that this year will be different from last year, with restrictions being somewhat lifted and more family members are able to be together. Keep in mind that by following recommended Covid safe practices, you will help keep you and your loved ones safe. Constant hand washing, using hand sanitizer, social distancing and wearing a mask are important in staying healthy.

The first quarter/grading period has ended and we hope you are enjoying being back to in person learning. For the first quarter of the 2021-2022 school year at Isleta Elementary School, there was a total of 15 students that received perfect attendance incentives. Perfect attendance is having no absences, no tardies, not arriving to school late and no early checkouts. So with this in mind, remember that your student has 3 more Quarters to work on earning Perfect Attendance.

The Truancy Department not only works with students from Isleta Elementary School, but with students attending the surrounding school districts. You can contact our office for more information. As always, the Truancy Department is here to assist the youth in being successful with their education.

With the colder weather and flu season upon us, remember to stay bundled up to ensure less illness and less absences from school.

Thank you,
Isleta Truancy Department Staff

Isleta Pueblo News

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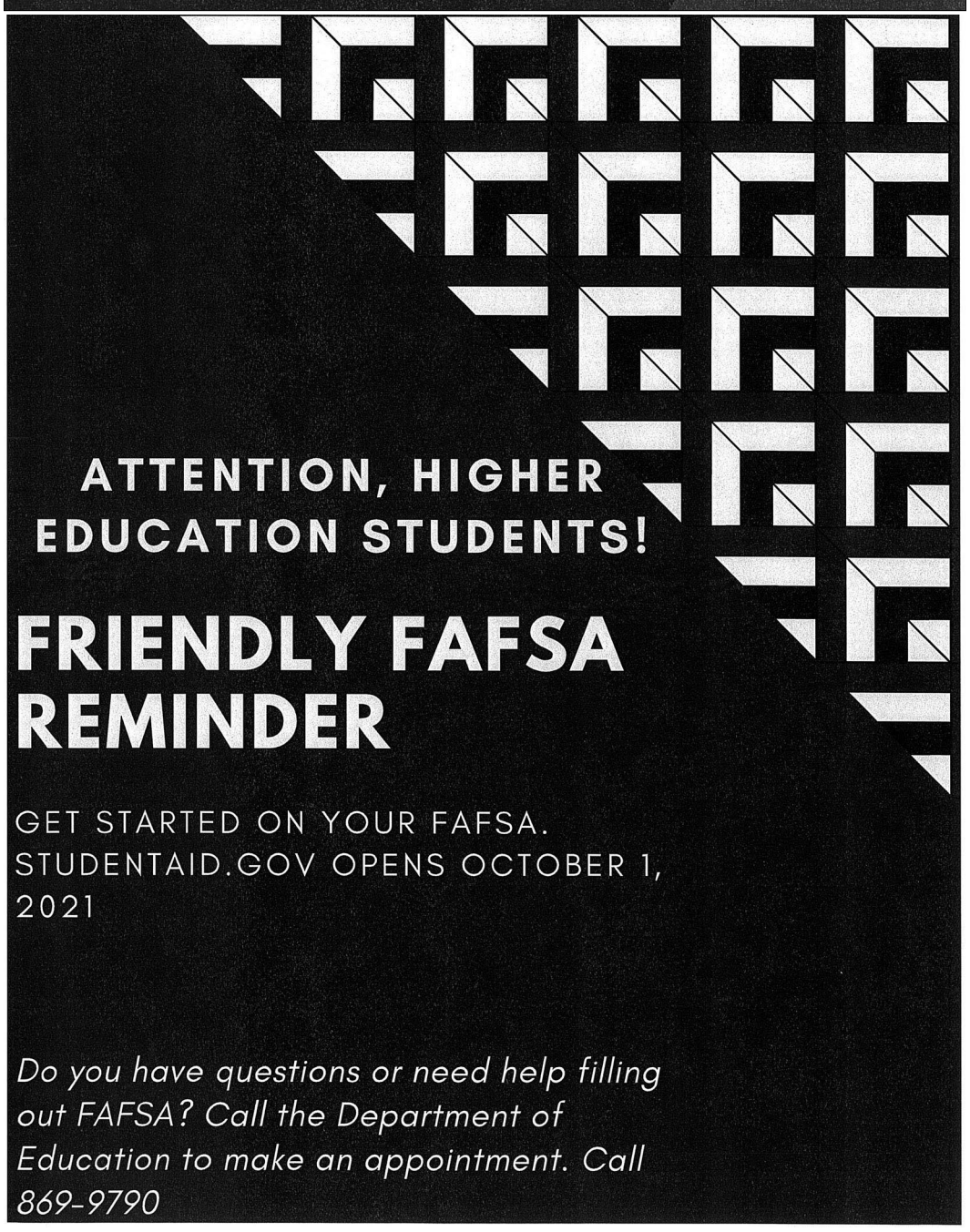


DEPARTMENT OF EDUCATION

The Tribal Administration and the Department of Education were happy to recognize 42 college graduates at recognition ceremony on October 22, 2021. These graduates completed their coursework for their degrees in the Fall of 2019, 2020, and Spring 2021. We are excited to have so many of our community members advance in their education and professions. Congratulations Graduates! As we move forward we encourage students to reach out to the Department of Education if they would like support in attaining their professional goals.

Pueblo of Isleta College Graduates

Adrianna Abeita
Brookline College
Bachelor of Arts in Health Care Administration

AuDrena Abeita
Central New Mexico Community College
Associate Degree in Early Childhood Multicultural Education

Ashlee Abeita
Central New Mexico Community College
Associate Degree in Office Administration

Margaret Abeita
Colorado State University
Bachelor of Science in Criminal Justice

Christine Abeita
Central New Mexico Community College
Associate Degree in Hospitality & Tourism

Victoria Abeita Vega
University of New Mexico
Bachelor of Science in Biology

Justine Aragon
Park University
Bachelor of Arts in Public Administration, Associate of Science in Criminal Justice Administration

Jason Armijo
Central New Mexico Community College
Associate Degree in Hospitality & Tourism

Katherine Benavidez
University of New Mexico
Bachelor of Science in Civil Engineering

Nanette Coriz
University of New Mexico/Central New Mexico Community College
Associate Degree in Integrated Studies, Associates in Business Administration

Antonio Dailey
University of New Mexico
Bachelor of Arts in Music Education

Leilani Foulk
University of New Mexico
Masters of Arts in Family & Child Studies: Human Development and Family Relations

Toshio Herrera
University of New Mexico
Bachelor of Science in Computer Engineering

Mahlon Howard
University of Colorado-Boulder
Bachelor of Science in Civil Engineering

Shay Jaramillo
Brookline College
Bachelor of Science in Nursing

Jonas Jaramillo-Smith
Intellitec College
Certificate in Automotive Technology

Tatianna Jiron
New Mexico Military Institute
Associate Degree Criminal Justice

April Jiron
Central New Mexico Community College
Associate Degree in Hospitality & Tourism

Calvin Jiron
Central New Mexico Community College
Associate Degree in Hospitality & Tourism

Tiffany Jiron
Central New Mexico Community College
Associate Degree in Human Services

Marie Jiron
PIMA Medical Institute
Certificate in Medical Assistance

Chris Jiron
National American University
Bachelor of Arts in Business Administration

Trina Jojola
Central New Mexico Community College
Associate Degree in Applied Science

Michelle Jojola-Mirabal
University of New Mexico
Bachelor of Arts in Sociology

Justin Lente
Central New Mexico Community College
Associate Degree in Hospitality & Tourism

Savannah Lovato
University of New Mexico
Associate Degree in Liberal Arts

Rebekah Lovato
University of New Mexico
Bachelor of Science in Population Health

Heaven Lucero
University of New Mexico
Bachelor of Arts in Earth and Planetary Sciences

Gabrielle M Lucero
University of New Mexico
Bachelor of Science in Civil Engineering

Garbielle L. Lucero
New Mexico State University
Bachelor of Business Administration

Sonny Olguin
University of Portland
Bachelor of Arts in History

Joseph Ortiz
Ohio State University
Bachelor of Arts in Education

Stephanie Padilla
University of New Mexico
Juris Doctor

April Padilla
University of New Mexico
Master of Arts in Special Education

Mekalah Padilla
University of New Mexico
Bachelor of Science in Chemical Engineering

Angelistia Romero
University of New Mexico
Associate in Elementary Education

Antoinette Wade
Central New Mexico Community College
Associate Degree in Hospitality & Tourism

Marissa Weldon
University of New Mexico
Associate Degree in Criminology

Orion Zuni
Fort Lewis College
Bachelor of Arts in Public Health

Christina Zuni
New Mexico State University
Bachelor of Creative Media in Cinematography

Sara Zuni
Central New Mexico Community College
Certificate in Project Management

Diedra Zuni
Central New Mexico Community College
Associate Degree in Early Childhood Multicultural Education

We would like to thank all the community members who participated in the, "Strengthening our Tiwa Language" workshop. The conversations were rich and many ideas were shared. Please be on the lookout for upcoming opportunities.

DEPARTMENT OF EDUCATION JOHNSON O'MALLEY

Native Youth Climate and Adaptation Leadership Congress (NYCALC) presents:

Our Pueblo Needs Less Waste! Plastic Awareness Campaign

Do you remember a time when life was essentially plastic-free? Where purchased goods were put into a brown bag, food items were purchased fresh or in cans, and most beverages came in cardboard or glass bottles. Today, something made of plastic is always within sight.

Times with plastic have truly changed. It is not just in the grocery stores, it is everywhere. There is plastic in food packaging, household products, personal care items, shipping material, and much more. Why is this a concern? For generations, Pueblo People were taught to respect the Mother Earth and her natural resources. Consuming plastic products is harming the environment and recognizing the range of harms can lead to making the appropriate change.

First, let's identify what plastic is and how bad plastic is for the environment. Plastic is created by breaking down crude oil and rearranging its components into synthetic polymers. These synthetic polymers are unique. They can be lightweight, malleable, and durable. Because of these characteristics, plastics is mass-produced at a very inexpensive cost for manufacturers. Although plastic has become a material that has changed our lives for convenience, it has also become trash that ends up in the garbage can. The fact is, plastic does not just disappear after being thrown away. Once plastic has provided its intended use, the material is then potentially polluting our environment. We can recycle responsibly, but real change will only happen if we stop consuming plastic products altogether.

In order to envision our community free of plastic pollution, we must face the reality of how plastic affects our environment today. Plastic pollution is a huge topic to cover, but here are some important facts to know:

THE FACTS
(Adapted from Plastic Pollution Coalition website: https://www.plasticpollutioncoalition.org/the-facts)

- **Plastic never goes away.** Plastic is a durable material made to last forever, yet 33% of it is used once and then discarded. Plastic cannot biodegrade; it breaks down into smaller pieces.
- **Plastic spoils our groundwater**. There are tens of thousands of landfills across the globe. Buried beneath each one of them are plastic leachate, which are full of toxic chemicals that seep into groundwater.
- **Plastic attracts other pollutants.** Manufacturers' additives in plastics, such as flame-retardants, BPAs, and PVCs, can leach their own toxins. These oily poisons repel water and stick to petroleum-based objects like plastic debris.
- **Plastic threatens wildlife.** Entanglement, ingestion, and habitat disruption all result from plastic ending up in the spaces where animals live. In our oceans alone, plastic debris outweighs zooplankton by a ratio of 36-to-1.
- **Plastic piles up in the environment.** Americans alone discard more than 30 million tons of plastic a year. Of that, only 8% of it gets recycled. The rest ends up in landfills and a small portion is incinerated.
- **Plastic poisons our food chain.** Even plankton, the tiniest creatures in our oceans, are eating microplastics and absorbing their toxins. The substance displaces nutritive algae that creatures up the food chain require.
- **Plastic affects human health.** Chemicals leached by plastics are in the blood and tissue of nearly all of us. Exposure to them is linked to cancers, birth defects, impaired immunity, endocrine disruption and other ailments.
- **Plastic costs billions to abate.** Everything suffers, from tourism, recreation, business, the health of humans, animals, fish and birds—because of plastic pollution. The financial damage continuously being inflicted is inestimable.

Worldwide, 9.1 billion tons of plastic has been produced to date, which has generated 6.9 billion tons of plastic waste. Approximately 9% of plastic waste has been recycled and 12% has been incinerated. The remaining 79% of plastic waste has accumulated in landfills and the natural environment.

Plastic is a material that is made to last forever. The more we purchase, the more plastic we encounter. Out of the plastic that is purchased, 40% are single use. If we don't make change now, by 2050, 13.2 billion tons will enter landfills or into our environment. In order to fight this battle with plastic, we must adapt our lifestyle in ways to eliminate or decrease our plastic intake. Due to convenience and habit, of course it seems harder than it really is. Making small strides is a big step towards tackling our community plastic problem.

Eliminating plastic in our lives doesn't have to be hard. Most food outlets will happily put the food directly into your own reusable container if you ask. If you forgot your Tupperware, you may always ask for foil. You can also shop at bulk food stores and bring your own containers to fill. Take your own reusable cup or a mason jar, if you are planning a trip to your favorite juice or smoothie shop. You can also help encourage your favorite cafes and food retailers to switch to eco-friendly and compostable alternatives. Reusable bags always benefit the customer both in shopping and in living.

CALCULATE YOUR PLASTIC CONSUMPTION

How many of the following items do you consume?

CHART 1 (Daily)	#/DAY		#/YEAR
Plastic bottles		x 365 =	
Plastic cups		x 365 =	
Straws		x 365 =	
Cotton swabs with plastic sticks		x 365 =	
Cigarette butts *		x 365 =	
Plastic resealable bags		x 365 =	
Plastic cling wrap		x 365 =	
Plastic silverware		x 365 =	
Plastic plates		x 365 =	
Food containers		x 365 =	
CHART 1: Total # consumed / year:			

*(Majority of cigarette butts or filters are made from fibrous material called cellulose acetates, a kind of plastic that are thin tows that are packed tightly to form a filter source)

CHART 2 (Monthly)	#/MONTH		#/YEAR
Food Packaging **		x 12 =	
Plastic grocery bags		x 12 =	
Cleaning containers***		x 12 =	
Toothbrushes		x 12 =	
Toothpaste		x 12 =	
Medicine bottles		x 12 =	
Diapers		x 12 =	
Feminine products		x 12 =	
CHART 2: Total # consumed / year:			

** Plastic bags for produce, produce in plastic packaging, large beverage containers.
*** Dish washer fluid, laundry detergent, fabric softener etc.

	Total # Consumed / Year
Chart 1	
Chart 2	
GRAND TOTAL	

There are also certain products that contain a plastic ingredient called Polyethylene. Polyethylene is often found in many personal care products. Read personal care labels and avoid items that contain Polyethylene. Non-stick pans contain Polyfluorinated Alkyl Substances (PFAs), another harmful plastic ingredient that can go into the food you cook. Select cookware that does not contain PFAS. Choose fabrics that are natural and more ecologically friendly over synthetic fabrics. Last, always remember to recycle. Recycle as many products as you can.

By reducing our plastic intake, we are not only making changes in our own lives, but changes in the environment as well. Let's be that change!

Would you like your own starter reusable kit?

The first 100 community Earth Protectors to stop by the Department of Education on Saturday November 20 between 10am-1pm will receive a starter kit and pledge to a plastic free life.

Call Department of Education at 505-869-9790 or Environment Department at 505-869-9814 for more information.

The NYCALC teams consists of:
Tessa Harris, Student Leader
Travis Abeita, Student Leader
Isabella Olguin, Student Leader
Heaven Lucero, Mentor
Tish Howard, Mentor

To learn more, visit:

"The Story of Plastic" film has a FREE showing on the Discovery YouTube channel until November 30th, 2021.
https://www.youtube.com/watch?v=PCNanJNJ8JA

Dangerous Chemicals in Plastic-
https://www.youtube.com/watch?v=2_6R0fhGtHQ

How to Make Your Own Reusable Bag
https://www.youtube.com/watch?v=K6WMBCVeT0A
https://www.youtube.com/watch?v=zgpaM3u2zng (No sew!)

Calculate Your Plastic Intake- www.omnicalculator.com/ecology/plastic-footprint

St. Augustine Parish Isleta Pueblo

Ministry of Consolation

MISSION STATEMENT

We are a ministry of consolation at St. Augustine Parish to offer spiritual comfort and support to families who have experienced the loss of a loved one. We will continue to honor and respect our traditional teachings.

Pueblo of Isleta Public Library

We are fast approaching the end of 2021, and we are now in the last two months of the year. With Thanksgiving and Christmas coming soon the New Year will be here before we know it. With that being said let's enjoy the rest of 2021 with the beautiful scenery of autumn and prepare for shorter days and longer nights. The library will soon be planning for the upcoming year so keep a look out for new programs for children, teens and adults!

News

The Library will be CLOSED on the following dates during the month of November.
Thursday, November 11th in observance of Veteran's Day. We would like to thank all that have served our country past and present. All Library media checked out on the 9th will be due on the 12th.

Thursday, November 25th, Friday November 26th, and Saturday, November 27th in observance of the Thanksgiving Holiday. All Library media checked out on Wednesday, November 24th will be due on Monday, November 29th. Don't forget that the library has a variety of cookbooks to try something new alongside your turkey dinner. The entire library staff would like to wish everyone a Happy Thanksgiving!

Please keep in mind with the Holiday Season and unpredictable weather, unexpected closures may occur. Notices will be posted and up to the minute notices will be posted on the Library's social media accounts.

With the Holidays approaching comes the start of all the Holiday eating from left over Halloween candy, Thanksgiving to Christmas and everything in between. To help you stay on track, or if you want to jump-start to those New Year's resolutions, the library has fitness bags and workout videos available for check out.
An alarm was placed on the emergency door in the Teen Room so construction is now complete. The Teen Room now has an active emergency door in case of an emergency or fire. Library staff noticed that there was no exit in the Teen Room during an Active Shooter Training. From that point on we wanted to get an emergency door installed in the Teen Room and we are happy to say it is now complete and we all feel a little safer.

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. For the month of November after story time we will be doing crafts that include a Paper Carmel Apple Friends, a Paper Raccoon, a Black Cat and a Fall Windsock and a Popsicle Stick Turkey. Story time will be every Wednesday at 10:30am here at the library. 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.

Upcoming

For the month of November the library staff will be going through a series of trainings that include CPR, First Aid and Mental Health Training. We will be training on the procedures and protocols of the trainings mentioned above to gain the necessary knowledge in case of an emergency here at the library. With the focus being on staff training for the month of November library programs may be limited during this time.

The library is currently in the works of getting Capira Mobile, which is a custom app for our library. This new feature will help us engage patrons like never before using features like iBeacon, Digital Library Collection, Mobile Library Card Sign Up and Event Notifications and Reminders to name a few. We are excited to get this app and running and we look forward to sharing our knowledge with out patrons. More details and information coming soon!

Recap

Descendant's Program was a wicked fun filled three-day event here at the library. The 1st day participants made Uma tentacle pretzel sticks, a potion bottle while enjoying the Descendant's movie and eating pizza from Peter Piper Pizza. The 2nd day participants made Descendant's themed friendship bracelets, chocolate apples, and enjoyed Chick-fil-A while watching the Descendant's movie. The 3rd and final day participants made chocolate covered strawberries, painted and played a Decedent's game. We can't forget about the food, which was provided by Dion's with the Descendant's movie playing in the background. We would like to thank everyone who participated during Fall Break and to library staff member Shaypof for putting this program together.

The Anime Glass Painting program was held in the month of October. Participants painted their favorite Anime character on glass. If this sounds familiar you might have seen the trend going around Tik Tok. This program was geared towards Tweens, Teens and Young Adults. Thank you library staff member Cheyenne for introducing this program and everyone that participated.

Spooky Snack Packs were given out every Friday for the month of October to anyone that checked out an item from the library's Halloween collection. The Spooky Snack Packs included popcorn, candy and drinks for patrons to enjoy with their families. We are currently planning something similar for the month of December so keep a look out for more details coming soon!

Family Pumpkin Carving Night was held on Thursday, October 14th here at the library. We had a full house with 5 families joining us for a fun night of carving. Participants had a free range to be creative with paint, carving templates, felt stickers, or character pumpkin push-ins. Everyone did an awesome job carving their pumpkins and also got to enjoy the Adams Family

Movie in the background. Participants got to do a photo op with a Scary Halloween backdrop and played a little Corn Hole for a little extra entertainment. We would like to thank all the families who participated in our Family Pumpkin Carving Night and also the Isleta Rec for letting us borrow the Corn Hole set up.

The Spooky Gingerbread House program was held on Wednesday, October 20th. Participants got to be creative and design and build a Spooky Gingerbread House for Halloween. All supplies were provided and this program was held in the back area of the library. We also had a Halloween Backdrop so families could take pictures and display their Spooky Gingerbread House. We would like to thank all the families that participated and Cheyenne for putting this program together.

The After School Program has been busy with homework, reading, crafts and activities. Students started the month of October with a much-deserved Fall Break from school. Returning from Fall Break, students got right back to the routine of doing homework and participating in crafts such as making Carmel apples, Rice Crispy Halloween Treats, and Pumpkin Carving just to name a few. As a special surprise the library treated the students with a Halloween Party on Thursday, October 21st. Students received a goody bag with Halloween items and got to enjoy an early dinner from Chick-fil-A. Students have been doing a great job coming in completing their homework, reading and participating in daily crafts and activities. We would like to say keep up the good work to all our After School Program Students.

Pumpkin Carving Family Night participants carving their pumpkins!

What a fun night to carve a pumpkin!

Descendant's Program participants coming together for a fun filled three-day event over Fall Break.

Spooky Gingerbread House participants working away!

Anime Glass Painting Program participants painting anime characters on glass during the month of October!

We think this pumpkin is ready for Halloween!

Isleta Historical Society

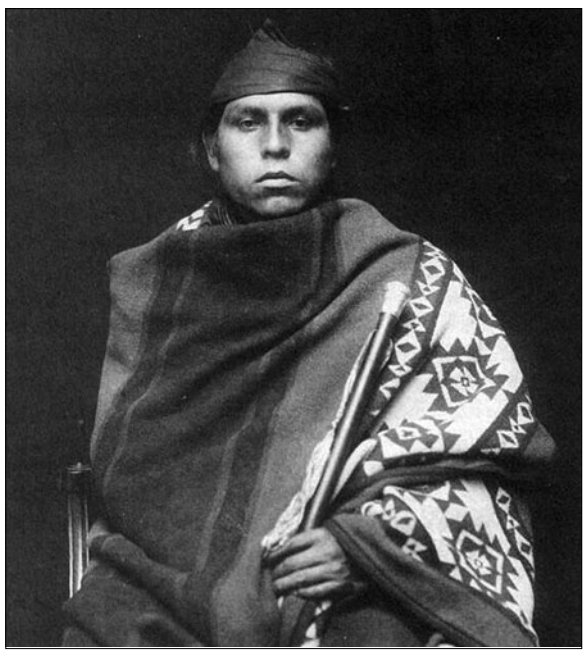
Protect the Land • Preserve the Culture • Honor the Ancestors

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

The Pueblo Canes – Part One

New Mexico pueblos are unique among Native tribes in the US: they still live on their ancestral lands (though diminished in size), and all nineteen pueblos hold canes of office given to them from the Spanish, Mexican, and US governments as a living symbol of their sovereignty and self-government. All the Pueblos cherish their canes, especially the most prized Lincoln canes given to each pueblo during the administration of President Abraham Lincoln. The Pueblo canes are the most visible representation of sovereignty in the Pueblo world and they symbolize the authority of the tribal officials who hold them. The following Isleta Pueblo offices hold at least one cane, including canes of office for the governor, first and second lieutenant governors, the cacique, war captains, and their assistants. The governor holds the prestigious Lincoln cane.

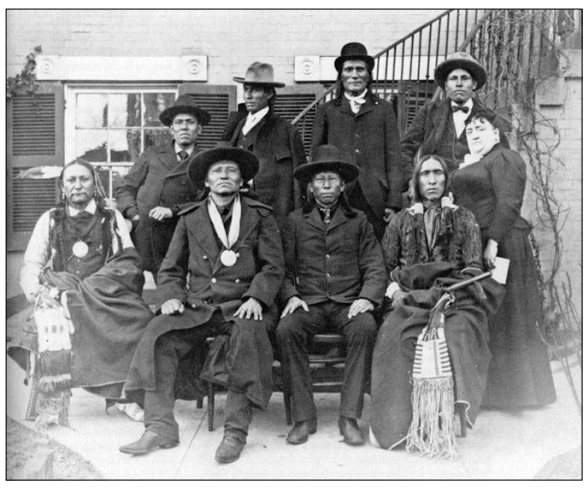


Martín Vigil, Tesuque Pueblo, holding pueblo cane,
Courtesy of the National Anthropological Archive, Negative no. BAE GN 02062

Spaniards introduced the practice of recognizing Native authorities in their New World colonies around the early 1600s. The symbols of that recognition not only included canes, but also silver medals as tokens of peace and friendship. These peace medals were given more often to nomadic tribes like the Comanches, Navajos (Diné), and Utes, whose leaders were later seen in photos wearing their peace medals. In New Mexico canes were probably first given to the Pueblo leaders by Spanish authorities in the year 1620. When Governor Diego de Vargas arrived in 1692, he appointed Luis Picurí from Picuris Pueblo as governor or leader of the thirteen pueblos conquered during Vargas's reconquest and gave Picurí a cane as a symbol of his authority. He also gave canes to the governors of each of the pueblos he subdued. Vargas had an ample supply of canes and distributed them freely, even giving them to the war captain and campaign captain of the Jemez Indian allies in 1694 who were about to set off with him on an expedition.

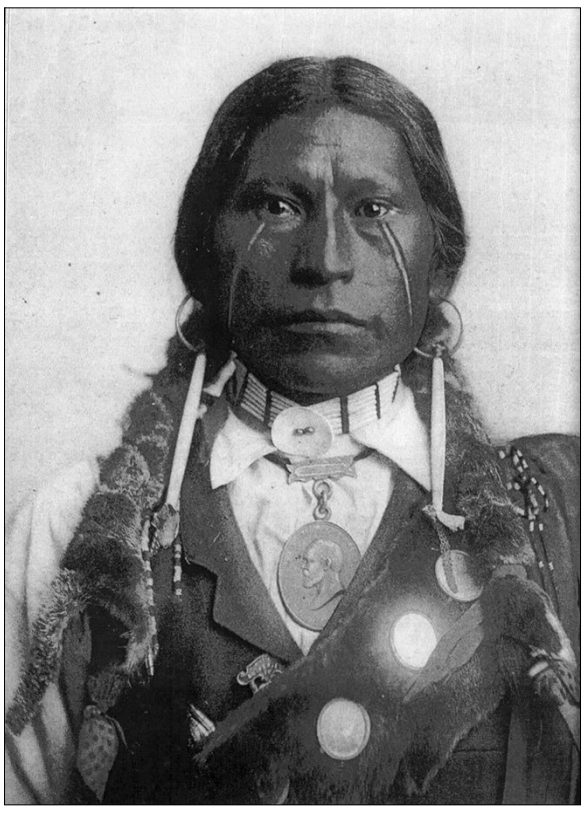
The Peace Medals

The history of the pueblo canes given to the pueblos by the governments of Spain, Mexico, and the United States as a symbol of their nation-to-nation relationship is deeply connected with the peace medals given to nomadic tribes and sometimes to the pueblos as well. Like the Spanish, the British and the French also used silver medals to promote peace and alliances when dealing with native tribes. When these European countries first engaged in diplomatic relations with the native peoples of North America, they soon learned to follow native customs of gift-giving, feasting, and paying respect to native leaders. When the Spanish Crown sent an expedition to visit Indian nations, its officials carried the canes and medals ready for use in gaining the friendship of the Indians and winning their affections. The English and the French gave the leaders of delegations visiting London and Paris medals or medallions with the likeness of the monarch stamped on them, sometimes on a gold chain, forerunners of the peace medals given to eastern tribes in the nineteenth century. When the tribes of the Illinois Confederacy sent representatives to Paris to speak to fifteen-year-old King Louis XV, the king "gave each chief a royal medallion on a gold chain, a rifle, a watch, and an engraving depicting ... the royal audience." Members of Indian delegations to Washington often displayed these medals with pride.



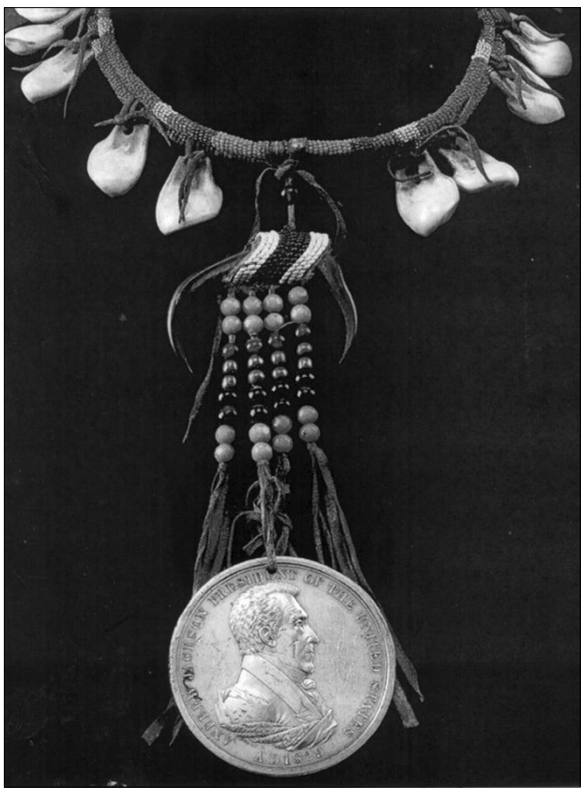
Cheyenne and Arapaho delegation to Washington, D.C.,
White Spoon and Black Coyote in first row are wearing peace medals,
Viola, Diplomats in Buckskin, 157.

Late in the colonial period, Spain began to bestow specially minted peace medals on Indian leaders who were accustomed to receiving them from Spain's European rivals. Unlike canes (bastónes), which enjoyed long use throughout the empire, Spain only gifted peace medals after its acquisition of Louisiana in 1763. Peace medals, with the likeness of the sovereign — either the king or the president of the United States — conveyed the meanings of the outcome desired by the presenter: peace, friendship, and loyalty. Indian peace medals were "tokens of friendship and symbols of allegiance. Among the Indians the medals were cherished possessions, to be buried with the chiefs or passed down from generation to generation." ("The Indians forced Spaniards to be sure that the quality and quantity of gifts corresponded to the status of individual recipients.") In a single meeting between the Spaniards and the Arancanian Indians, the Spaniards delivered 200 silver-headed bastónes to the caciques. At Chaco in 1776 the Mocobies Indians "complained about bastónes that had handles of tin rather than silver." "A Quapaw chief rejected a Spanish medal in 1771 because it was smaller than the one given to him by the French. Gálvez responded by ordering the smaller medals melted down to make larger medals." By 1783 Spanish authorities were giving away so many expensive medals in Louisiana that Commandante General Bernardo de Gálvez urged that only the 'medal chief' of each village should receive them. But local officials recognized that this economizing would irritate Indian leaders and never followed through.



Apache chief James A. Garfield with peace medal

The British gave peace medals in exchange for French peace medals. In 1765 the British Indian Superintendent, John Stuart, gave British peace medals to the Choctaws and Chickasaws at a conference in Mobile, Alabama in exchange for French medals. Sometimes Indian agents distributed peace medals. In February 1792, Secretary of War Knox appointed Leonard Shaw as agent to the Cherokee nation. "Shaw took with him presents of clothing and silver ornaments (including medals) for the chiefs, for winning the friendship of the tribes." Secretary of War Thomas McKinney noted the importance of medals in relations with the Indians: "without medals, any plan of operations [with] the Indians ... is essentially enfeebled ... The medals are, besides [tokens] of Government Friendship, badges of power to them, and trophies of renown. They will not consent to part from this ancient *right*, as they esteem it."



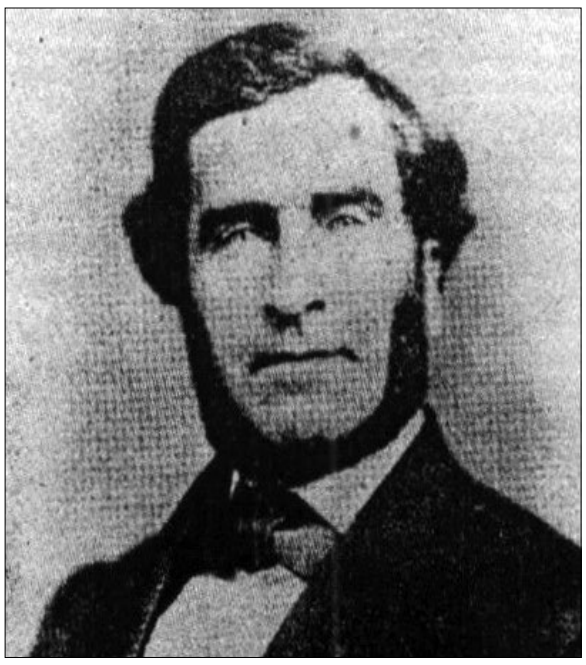
Presidential peace medal with elk teeth and beadwork added

The first American peace medals were produced under the administration of George Washington in hopes of placating southern tribes like the Choctaws and the Creeks. In January 1786 a peace conference was held at Hopewell, South Carolina, when the Choctaw chiefs "produced their medals and commissions desirous of exchanging them for [those of] the U.S. "When the U.S. was competing" with the British for the friendship of the tribes, the medals were of supreme importance for the chiefs. They signified their switch of loyalty from the British to the US when they turned in their British medals and exchanged them for American medals. "A proposed regulation from 1829 set forth the ... rules to govern the distribution of medals by Indian Agents." "The largest medals will be given to the principal village chiefs, ... the second size ... to the principal war chiefs, and ... the third size to the less distinguished chiefs and warriors." Peace medals and canes, or bastónes, were often given together with other gifts to nomadic tribes such as the Comanches, Navajos, Utes, as well as the Caddoan-speaking Indians of East Texas.

"As relations between [the U.S.] ... and Indian tribes changed during the nineteenth century the peace medals became less significant. Less and less symbols of national allegiance and friendship, [they became] simply rewards for good behavior." Native leaders soon realized that the gifts of peace medals came at a price: the loss of most of the tribe's land. Those leaders would soon find out that the Americans' idea of peace was one-sided. US leaders expected the Indians to keep the peace and not attack US settlers or troops, while the Americans felt at liberty to attack the Natives, move them from their homelands, and destroy their government. The canes in contrast, represented the acknowledgement by US officials of the Pueblos' rights to govern themselves, protect their lands, and provide for their people's welfare.

The Lincoln Canes

The Lincoln canes are the most cherished of all the canes. There is a myth, often repeated, that President Lincoln delivered the canes in person, a myth driven in part by an old Hollywood movie showing



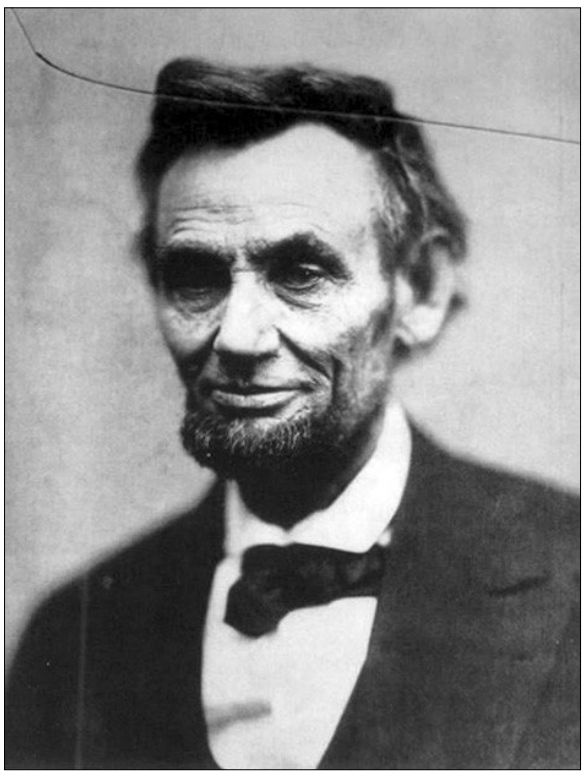
Michael Steck

Lincoln riding a stagecoach out to New Mexico to present the canes to the Pueblo governors. It didn't happen that way.

In the fall of 1864 during Lincoln's presidency, Indian agents gave canes to all nineteen pueblos. The canes were made of ebony with a silver cap with A. Lincoln engraved on it. Michael Steck, New Mexico Superintendent of Indian Affairs, conceived of the idea in collaboration with President Lincoln. Much of the story of the Lincoln canes is the story of Michael Steck, who was a progressive Indian superintendent, but was beset by huge political pressures that undid his policies (the Navajo relocation to Bosque Redondo, which Steck vehemently opposed, took place during his administration).

Steck served as Indian agent to the Apache prior to his appointment as Indian Affairs superintendent. During his time as Apache agent, Steck realized the importance of the canes of office even to the nomadic Apache. In March 1859, during a treaty negotiation with the Pinal Apaches, Steck noted that the Pinal chief's final request was "for a letter and a cane." While Steck was agent to the Apaches, he often called influential chiefs to the agency for informal meetings, which were often more effective than officially sanctioned peace negotiations. In a world where the Apaches could trust almost nobody, they found a friend in Michael Steck. He gained the trust of almost every chief through his acts of kindness and forbearance. Unfortunately, several of the treaties he negotiated with Apache bands failed to be confirmed by Congress.

When Steck became New Mexico's Superintendent of Indian Affairs in May of 1863, with responsibility for nineteen New Mexico pueblos, he looked for a way to honor them. Steck realized that the Pueblos were a self-sufficient, self-governing people who needed little monetary help except in times of crop failures. They, however, did need help with non-Indian encroachments on Pueblo lands. Steck conceived the idea of bringing new canes with Lincoln's name on them to the Pueblos along with the patents to their lands. Steck first mentioned the canes in a December 17, 1863 letter to his secretary, William B. Baker: "I will get the staffs of office for the pueblos, their patents are being issued … Old Abe has been very sick. He is better. [He went] out to a lecture last night but looked thin and haggard."



The Commissioner of Indian Affairs William Dole, authorized the Lincoln canes, though the matter was probably discussed informally with Lincoln. In early 1864 when the canes were discussed and purchased, the country was in the middle of the Civil War, and Lincoln was consumed by it. When Steck ordered the canes in February 1863, Lincoln said to a friend, "This war is eating my life out. I have a strong impression that I shall not live to see its end." The war would continue until April 9, 1865: less than a week later, Lincoln was assassinated.

To be continued…

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!

ISLETA POLICE DEPARTMENT NOVEMBER – 2021

Time seems to be flying! We are entering the 11th month of the year and fall is definitely upon us. The changing colors on the Bosque are a sight to see and the crispness in the air is undeniable. Thanksgiving holidays will be a few short weeks away and then the frenzy of Christmas shopping, etc.

DOMESTIC VIOLENCE AWARENESS MONTH was the month of October and be it known there were a few incidents. However, please keep in mind there are services available to victims of this crime not only on the Pueblo but nationwide. If you have been a victim or are fearful you may become a victim of domestic violence, please reach out to someone be it a friend, neighbor, family member and make them aware. There are resources available to you as a victim to include our Victim Services Department, Tribal Courts and the Police Department. The dynamics of domestic violence are sometimes quite complicated for many reasons but an understanding of the cycle of violence is necessary.

As author of this newsletter, I have completed training for our agency and others just this past month for domestic violence, refreshing and reminding officers of their duties and investigative issues when responding to this type of incident. It includes the safety and well-being of those involved in the incident as well as safety measures for officers when responding. Please contact me if you have questions or need additional information.

CHANGES IN LOCAL CALLING:

Please make note and make changes in your directories, the requirement to dial all ten digits of a telephone number to make a call within the State of New Mexico began, October 24, 2021. This change affects 36 states in the U.S. and New Mexico is included. The reason? There is a new three digit number, 988, to call the National Suicide Prevention Hotline and because there are many numbers with this prefix the required change to dialing all ten digits of the phone number was necessary. A list of the 36 states include:(See Chart Above)

So no matter who you are calling, enter the area code then the number or the call will not go through. Change your contacts on your phone to avoid frustration when calling.

THANKSGIVING HOLIDAYS

Children will be looking forward to a break from school for the Thanksgiving holidays, so please be aware of them being at home and playing in neighborhoods. Watch your speed limits in residential areas and be alert for that stray ball and bike riders that may suddenly come into your path. Let's keep everyone safe during the holiday.

Many thanks to all motorists who maintained watch for children at school bus zones. IPD Officers have monitored random bus routes following the bus and finding motorists are aware and obey the signals put out and illuminated on the buses. Thank you for keeping our children safe!

10 digit dialing (or 1+10-digit dialing for landline customers in the area codes below with an asterisk).

State	Area Codes	State	Area Codes
Alaska	907	Minnesota	218, 952
Alabama	251	Mississippi	662
Arkansas	501	Missouri	314, 417, 660, 816
Arizona	480, 520, 928	Montana	406
California	209*, 530*, 562*, 626*, 650*, 707*, 925*, 949*, 951*	Nevada	775
Colorado	719, 970	New Hampshire	603
Delaware	302	New Jersey	856, 908
Florida	321(Brevard County only), 352, 561, 941	New Mexico	505, 575
Georgia	478, 912	New York	516, 607, 716, 845, 914
Guam	671	North Carolina	910
Hawaii	808	Ohio	440,513
Illinois	309, 618, 708*	South Dakota	605
Indiana	219, 574	Tennessee	731,865
Iowa	319, 515	Texas	254, 361, 409 ,806, 830, 915, 940
Kansas	620, 785	Vermont	802
Kentucky	859	Virginia	276,804
Louisiana	337, 504	Washington	509
Michigan	616, 810, 906, 989	Wisconsin	262, 414, 608 ,920

*1 + 10-digit dialing is required for landline customers

REMEMBER COVID-19 SAFETY PROTOCOLS ARE STILL IN EFFECT FOR THE PUEBLO

Wear your masks, maintain social distancing, sanitize and most importantly report if you are experiencing symptoms!

Please observe the curfew restrictions which are still in effect as well. Non-tribal individuals are not allowed on the Pueblo at this time so please help us keep everyone safe!

ISLETA STRONG TOGETHER!

THE ISLETA POLICE DEPARTMENT WISHES EVERYONE A SAFE AND HAPPY HOLIDAY!

SEATBELTS/CHILD RESTRAINTS

Whether taking a trip to the grocery store or shopping mall or just down the road to a family member or friend please remember to BUCKLE UP! It is mandated by State Law and is for the safety of all who travel in the vehicle. For children, appropriate fitting car seats or booster seats must be installed and used. Adults/teenagers are not excluded from buckling up.

The following was taken from the Safer NM Website:

"It's the Law – EVERYONE in a car must be properly belted in all seating positions."

Seat belts and child safety seats save lives, and Safer is dedicated to efforts which increase their proper use. The NHTSA reports that using child safety seats decreases the risk of death by an estimated 71% for infants and 54% for older children.

Pueblo of Isleta Fire Department

3950 Hwy 47
Albuquerque NM 87105
505-869-9724

With Fall already in full swing, starts the beginning of another fire season-prescribed fire season. As we begin smelling smoke, the Isleta Pueblo Fire Department, and all Pueblo partners want to remind Community members and visitors of the important role that fire plays in our community. Beginning with our Prescribed Fire Mitigation Project our message is to become a fire-wise and fire-safe community. In order to accomplish this mission, the Isleta Pueblo Fire Department is in the process of establishing a Prescribed Fire Mitigation Project. This project will be designed to assist the members of the community who for many years have used fire to burn off their fields for the next planting season. Over the past several years we have had an increase in agricultural burns. Currently the Pueblo of Isleta has issued over 446 burn permits. The Isleta Volunteer Fire Department will and does assist the community and the Pueblo Administration in the burning off of fields and ditches. Isleta Pueblo is a rural community covering 330 square miles and has a population of 3500 and an approximate of 1900 homes.

The intent of this project is to assist the community members to have a pre-planned fire wise, fire safe prescribed burn process that will mitigate any losses of property to the community members.

The Pueblo of Isleta fire department is comprised of 10 Volunteers and 1 paid Fire Chief who have attended the appropriate Wildland Firefighting training. All firefighters are required under the National Wild Fire Coordinating Group and the Southern Pueblos Agency to follow proper guidelines for wildland firefighting and will maintain the proper certification and personal protective equipment required to do so.

To accomplish this mission, the Isleta fire department will establish a training curriculum, training procedures to present to the members of the community prior to the burn season, and to coordinate within the community a time table so all members can burn off their fields within a timely, efficient and fire wise manner. This will be done in four to six meetings held throughout the Pueblo and or via video call if needed.

Scope of work will entail meeting with the members of the community to train on the proper procedure to apply wet lines around the property so as to not escape to neighboring land, how to monitor the local weather conditions to determine if it is a good day and time to burn and how and where to obtain a burn permit. Meetings will be determined as to dates and times and notifications will be sent out.

The fire department will establish and assist in the pre-planning of the proposed burns. Establishment of a sustainable water source in the event the property is not located with a reasonable response area of available water. Assist with the extinguishment of the fire at the end of the project and ascertain the fire is out and will not rekindle or re-ignite.

Hopefully this will decrease the amount of time, effort and additional resources that sometimes are needed to accomplish the burns in our community.
If you have further questions or comments, please feel free to contact the Fire Department at 505-869-9724

PARKS & RECREATION DEPARTMENT UPDATE

RECREATION SECTION

This past month the After School Recreation Program did some fun after school projects that the participants really enjoyed. The following are just some of the fun things they did:

Fun Science Activities
– Science with Mentos and Diet Coke!! After observing the science experiment with Mentos, it makes you wonder what happens to our stomachs when we drink a soda pop and a mixture of other ingredients. By adding the Mentos candy to the diet coke, it causes the production of more carbon dioxide bubbles to make an eruption. The participants watched their Recreation Leaders demonstrate the experiment not knowing which way the bottle will fly. They were amazed of the reaction of the two ingredients combined.

Step by Step Painting
– The participants and Recreation leaders both painted a Halloween picture by following step by step instructions given by LeeAnne, the Activities Coordinator. The youth painters range from 1st graders to 5th graders. The participants were given one color at a time and painted as instructed to do so. Some of the participants were unsure of themselves about painting but they all seemed to love their masterpieces when they were all finished!!

Halloween Snack Making
– The participants also made caramel apples with candy sprinkles and decorated cookies for Halloween. The after school staff were very generous to purchase pumpkins for the participants, those pumpkins were used for the participants to have a pumpkin carving session for Halloween. I want to thank Luke and Jeremy for purchasing the pumpkins.

Craft for Halloween
– As you come to the recreation center for a quick workout, you may have seen areas decorated for Halloween. The After School Program participants did various craft projects and their projects are on display. One activity was making yarn pumpkins by using glue like the Paper Mache technique. The children also made pony bead pumpkins, and a fall door décor for their homes.

Halloween Scavenger Hunt
– The participants also participated in a Halloween scavenger hunt looking for various orange envelopes throughout the recreation center. Their scavenger hunt lists consisted of leaves, pencils, candy, bubbles, toothbrush and much more. All the participants received a prize, they are all winners in our book.

SPORTS SECTION

This is what's been happening in the sports department for the month of October.

Pueblo Harvest Run/Walk – This event started on October 18th and will conclude on November 19th, this year we have over 50 participants in the event. That's a great turnout, the number of participants definitely increased this year.

3-Point Shooting Contest – This activity will be lots of fun, once the results are final we will be posting those so all of you can see who is the best 3-Point shooter in the Pueblo.

Volleyball League – We are hoping to start the volleyball league on November 16th this year if everything goes as planned. The games will be played on Tuesday and Thursday evenings probably at 6:30 pm and 7:30 pm. We're very excited to be hosting a sporting event and seeing the community get out to have some fun again.

STORY RIDERS PROGRAM – We partnered up with the Story Riders program and this program started on October 18th, and will conclude on November 14th. Just to give you a brief overview on the Story Riders, it was presented to us by Janice Lucero and Marcos Sandoval. The program is designed to reach out to children here in the pueblo and teach them about bikes and biking and everything that comes with it. In this program the children are taught things like how to fix a flat tire, how to fix brakes and make adjustments to them as well. They are also taught biking safety and the rules of riding. When they go on rides the children stop along the way to talk to community elders to hear stories. This is a nice opportunity for them to learn things from the past. Just seeing these kids' faces light up and the interest was awesome. They rode around the community here and trails as well. At the end of their experience they were able to get a bike and helmet to take home and tools to fix their bike. We want to thank Behavior Health for donating some hydration packs, all the kids received one. We also had a bike clinic for the community on Oct 16th that was fun as well. We are going to be having an adult bike clinic so keep your eyes on the lookout for that. I just want to thank Marcos Sandoval, Janice Lucero, Daryl Lucero and Kateri Jojola for all their help with this program. We are hoping to continue programs like this in the future for our youth.

DEPARTMENT OF EDUCATION

SCHOLARSHIP APPLICATION FOR HIGHER EDUCATION AVAILABLE NOW ON OUR WEBSITE

www.isletapueblo.com/tribal-programs/educational-services

or Google: POI Educational Services

YOU MAY ALSO FIND OUR UPCOMING EVENTS AS WELL AS LINKS TO SUPPORTING DOCUMENTS ON THE WEBSITE

Application absolute deadline dates :

- Fall Term/Semester or Full Academic Year – July 1st 11:59pm
- Spring Term/Semester – November 1st 11:59pm
- Summer Term/Semester – April 1st 11:59pm

Supporting document absolute deadline dates:

- Fall Term/Semester – August 31st 11:59pm
- Spring Term/Semester – December 31st 11:59pm
- Summer Term/Semester – May 31st 11:59pm

Are you looking to get your certificate, associate, bachelor's, or master's degree? Please contact our office at:

Department Of Education
950 Moonlight Dr. SW
Albuquerque, NM 8710
(505) 869-9790

Helping Your Adult Family Member Who Has an Addiction

Although you may be tempted to rescue, bribe, pamper, scold, or threaten your adult family member who continues to use and abuse alcohol and/or drugs, this is not a helpful approach.

Families share experience, strength, and hope at Al-non meetings. These meetings teach you how to stop "enabling". The word enabling means "allowing, permitting, or aiding" the alcoholic/addict to stay in their sickness and enabling keeps you, the family, trapped in the problem. Enabling can make you physically and emotionally sick and cause increased stress with you and your home environment. Addiction is not something that affects just the alcoholic/addict but has a negative impact on the entire family and the community.

No one wants their adult family member to suffer with an addiction and your intentions to help are out of love and concern. When enabling turns into an intervention, things begin to change. It is time to take your focus off the adult family member's addiction and place it onto yourself and your family. You regain power to make meaningful choices about what you will do and what you won't do. Enabling does not teach responsibility.

You can contact Al-non at *(505) 262-2177* and find out the nearest location from your community to attend, *(IBHS does not provide transportation)*.

Isleta Health Center - Behavioral Health

The many faces of systemic violence

By Tiffany Jiron

October is nationally proclaimed as Domestic Violence Awareness Month and during this month, many of us in the work to end violence against women across the nation are busy trying to educate our communities to bring an end to this systemic crisis disproportionately impacting Indigenous communities across the country.

Most of our movement leaders come to this work with real-life lived experiences and want to help others live a life without violence. In tribal communities, where the rate of violence is five times more likely to occur than in non-native communities, it's important to understand the root causes of violence. It's important to understand the historical context and historical trauma and how they are a direct consequence of ongoing systemic violence against our Indigenous nations as a result of the establishment and expansion of the settler colonial project we know as the United States of America.

Systemic violence is not a theoretical issue, rather it is lived day in and day out. As an example, it is a fact that four out of five American Indian and Alaskan Native women experience violence in their life. This includes sexual violence, physical violence by an intimate partner and at least half experience stalking and 66% experience psychological aggression by an intimate partner. Overall, more than 1.5 million American Indian Women and Alaskan Native Women will experience violence in their lifetime.

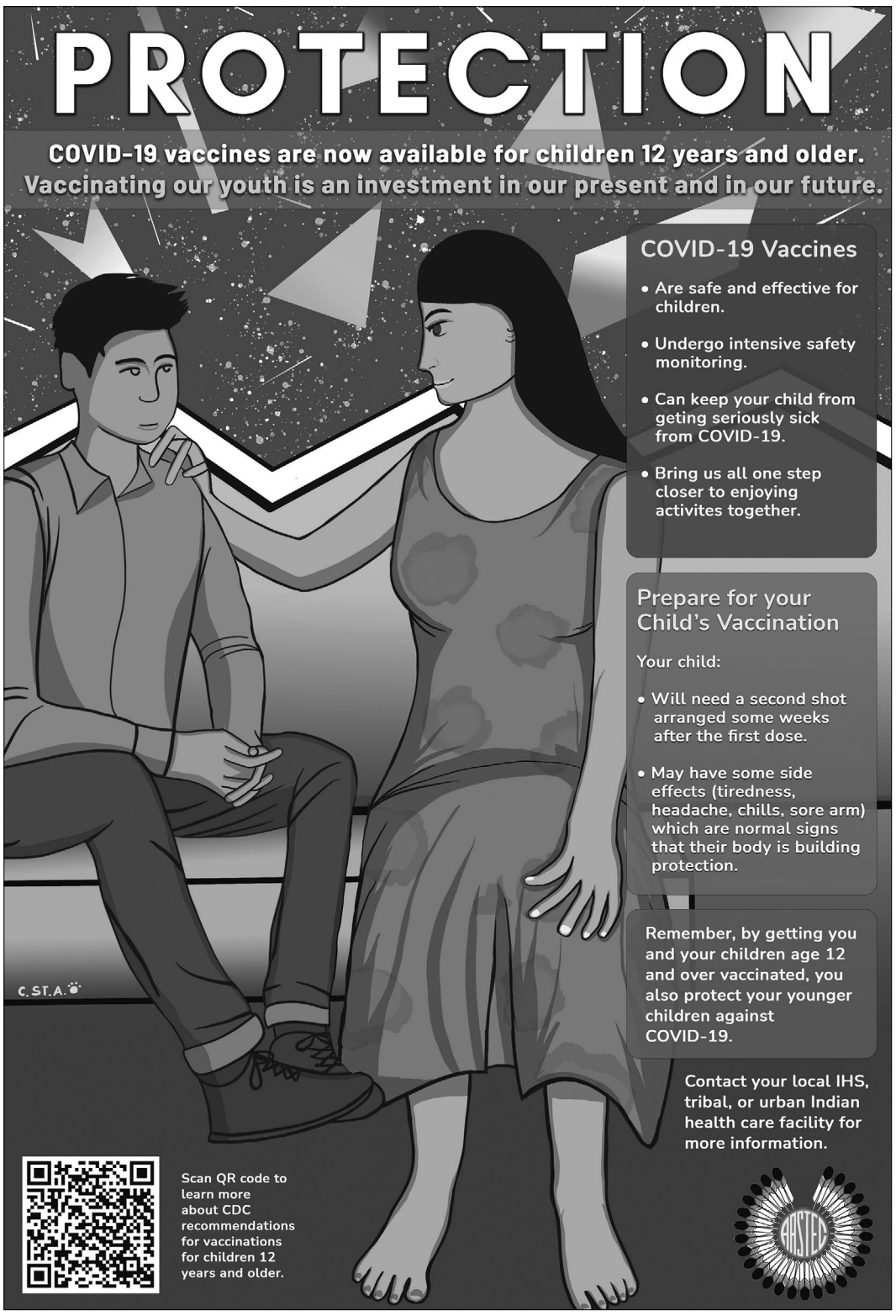
To adequately deconstruct the roots of systemic violence, we must first acknowledge that there are systems at play specifically created to perpetuate further exploitation of labor and disenfranchisement of black and Indigenous people while removing us from the land. One recent example is the forced separation of Indigenous families. It is estimated that 60% of all Indigenous children were removed from their families into abusive and deadly boarding schools during the Boarding School Era. This was the U.S. government's system that forced Native American children away from their homes and its devastating result was violence–a trauma-response behavior that has been passed down to the next generations.

Systemic violence also translates into impacts in people's health and their ability to access adequate care. This area was highly visible once the social determinants of tribal communities during the Covid-19 pandemic were finally highlighted and got the attention of news reporters and leaders showing the gaps and lack of support for our people in response to the pandemic. A strong reminder of how systemic violence holds many faces but its impact is felt gravely in our communities.

Access to resources, generational wealth by land dispossession, and opportunity in the U.S. functions within a class system that benefits some and excludes others–as part of the systemic violence foundation in our society. This is the very foundation that can and must be changed.

This month is an opportunity to learn more, get involved, and support organizations working to dismantle systemic violence that impacts communities across NM through its many faces. This is the time to materialize resources and programs through our state, county, and municipal governments to tackle violence against our families.

Tiffany Jiron is from Sheh-Wheef-Tui also known as Isleta Pueblo and she is also the Advocate Coordinator for the New Mexico Coalition to Stop Violence Against Native Women.



Counseling Can Help

The Behavioral Health Clinic is open for direct patient contact with careful adherence to protocols as established by the Isleta Health Center to include:

- Patients must wear a face mask at all times when in the facility and when in your vehicle checking in for your appointment
- All patients must check in at the front of the Isleta Health Center where your temperature will be taken and you will receive a wristband and instructions how to proceed
- Please arrive 15 minutes ahead of your appointment time
- Patients and staff maintain social distancing at all times
- Lobby and offices are sanitized before and after each patient visit

Talking to others is always helpful and talking with a professional therapist can really help – especially during this difficult time.

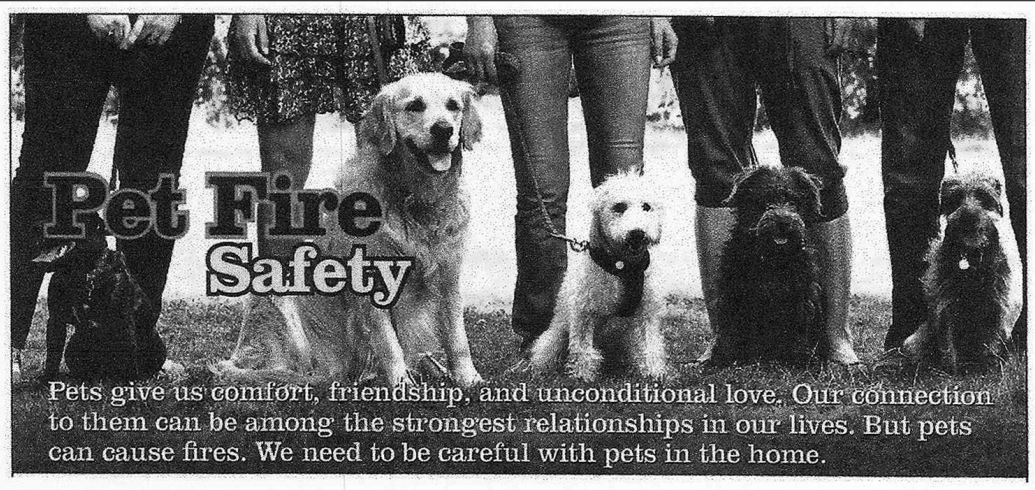
Call 869-5475- Make an appointment to meet with a therapist - see if counseling can help.

Sometimes you can't wait -

If you or someone you know is having a mental health crisis, call **1-800-273-8255** for the **National Suicide Prevention Lifeline.**

You can also text HOME to 741-741 for free, 24-hour support from the **Crisis Text Line.**

Give time and attention to all your health needs – physical, emotional, and mental.



SAFETY TIPS

- Pets are curious. They may bump into, turn on, or knock over cooking equipment. Keep pets away from stoves and countertops.
- Keep pets away from candles, lamps, and space heaters.
- Always use a metal or heat-tempered glass screen on a fireplace and keep it in place.
- Keep pets away from a chimney's outside vents. Have a "pet-free zone" of at least 3 feet (1 meter) away from the fireplace. Glass doors and screens can stay dangerously hot for several hours after the fire goes out.
- Consider battery-operated, flameless candles. They can look and smell like real candles.
- Some pets are chewers. Watch pets to make sure they don't chew through electrical cords. Have any problems checked by a professional.

SMOKE ALARMS

- Have working smoke alarms on every level of the home. Test your smoke alarms at least once a month.
- If the smoke alarm sounds, get out and stay out.
- Never go back inside for pets in a fire. Tell firefighters if your pet is trapped.

NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

Pets and Wildfires

Make sure pets are included in your family's wildfire evacuation plan. Build an evacuation kit for each pet in your household. Ensure each kit is a size and weight that can be quickly and easily loaded into a vehicle when nackinsr to evacuate.

FACT

Pets or wild animals have a part in starting about 750 home fires per year. These involve cooking equipment, fireplaces and chimneys, space heaters, lamps, bulbs, wiring, and candles.

PUEBLO OF ISLETA FIRE RESCUE FIRE DEPARTMENT

SAFETY TIPS

MAKE a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.

KNOW at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.

HAVE an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.

PRACTICE your home fire drill at night and during the day with everyone in your home, twice a year.

PRACTICE using different ways out.

TEACH children how to escape on their own in case you can't help them.

CLOSE doors behind you as you leave.

IF THE ALARM SOUNDS •••

If the smoke alarm sounds, GET OUT AND STAY OUT.
Never go back inside for people or pets.
If you have to escape through smoke, GET LOW AND GO under the smoke to your way out.

CALL the fire department from outside your home.

FACTS

- A closed door may slow the spread of smoke, heat, and fire, Install smoke alarms inside every sleeping room and outside each separate sleeping area, Install alarms on every level of the home. Smoke alarms should be interconnected, When one smoke alarm sounds, they all sound,
- According to an NFPA survey, only one of every three American households have actually developed and practiced a home fire escape plan,
- While 71% of Americans have an escape plan in case of a fire, only 47% of those have practiced it,
- One-third of American households who made an estimate thought they would have at least 6 minutes before a fire in their home would become life-threatening. The time available is often less, And only 8% said their first thought on hearing a smoke alarm would be to get out!

Isleta Health Center

Do you or someone you know have a drinking problem?

Alcohol use is not a problem for everyone but it can become a problem if you are not aware of the signs. It helps if you know the signs so you can do something about it before it becomes a problem. If you are curious whether your alcohol use might be a problem, take a moment to answer these questions:

In the past 6 months to a year, did you

- End up drinking more, or longer, than you intended
- Tried to cut down or stop drinking but continued to use alcohol
- Drive a car or operate heavy machinery while drinking or "buzzed"
- Have to drink more than you used to in order to get the same effect
- Continue to drink even if you felt depressed, anxious, or guilty
- Continue to drink even though you had health problems because of the alcohol
- Continue to drink even though it caused problems with family, friends, and/or the job
- Spend a lot of time figuring out how you would get your next drink
- Experience hangovers that got worse each time you drank
- Ever have a drink the following day just to "steady your nerves" or to "take off the edge"

If you answered "yes" to any of these questions, it may be time to seek help…

Isleta Health Center
Behavioral Health Clinic
505-869-5475

Isleta Health Center Optometry

Digital Eye Strain

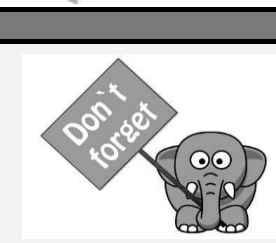
Dr. Mitchel Anderson,
OD, Optometrist
Phone: 505-869-4080

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

Isleta Elder Home Delivered Meals 2021

Monday	Tuesday	Wednesday	Thursday	Friday
11/1/2021	11/2/2021	11/3/2021	11/4/2021	11/5/2021
BEEF TIPS	**CHICKEN FAJITAS**	**TUNA SANDWICH**	**SHREDDED BEEF BURRITO**	**CHICKEN NOODLE SOUP**
Slow Roasted Beef 3oz Steamed Rice 1/4c California Vegetable 1/2c Gravy 1oz Fruit	Diced Chicken 4oz Peppers and Onions 1/4c Spanish Rice 1/4c Shredded Cheese 1oz Chuckwagon 1/2c Tortilla	Tuna 3oz Celery Sticks 1c Low Fat Ranch 2oz Goldfish 2oz Fruit Cup 1/2c WW. Bread	Beef 3oz Cheese 1oz Green Chile 2oz Zucchini 1c Fruit	Diced Chicken 3oz Egg Noodle 1/4c Mixed Vegetables 1/2c Oyster Crackers 1pkg Sugar Free Jello 1/2c
11/8/2021	11/9/2021	11/10/2021	11/11/2021	11/12/2021
SALISBURY STEAK	**CHILE CON CARNE**	**SWEET & SOUR CHICKEN**	****CENTER CLOSED****	**GRILLED TURKEY SANDWICH**
Salisbury Steak 3oz Mashed Potato 1/4c Gravy 2oz Carrots 1/2c Dinner Roll Fresh Fruit	Lean Ground Beef 3oz Pinto Beans 1/4c Red Chile 2oz Corn Bread =2g Vegetable blend 1/2c Fruit cup 1/2c	Chicken 4oz Steamed Rice 1/4c Oriental Vegetables 1/2c Sweet & Sour Sauce 2oz Fortune Cookie Fruit		Sliced Turkey 3oz Sliced Cheese 1oz Green Chile 1oz WW Bread Winter Blend 1/2c
11/15/2021	11/16/2021	11/17/2021	11/18/2021	11/19/2021
POSOLE	**SWEDISH MEATBALLS**	**BEANS W/HAM**	**PIZZA**	**PORK TAMALES**
Pork 3oz Red Chile 2oz Hominy 1/2c Tortilla Fruit Cup	Meatballs 3oz Steamed Rice 1/4c Italian vegetable 1/2c Dinner roll	Beans 1/2c Ham 2oz Red Chile 1/4c Tortilla Melon cup 1/2c	Pepperoni 3oz Mozzarella Cheese 2oz Marinara Sauce 2oz Italian Vegetable 1/2c Fruit Cocktail 1/2c	Tamale 4oz Red Chile 2oz Ranch Beans 1/2c Chuckwagon 1/2c Sugar Free Jello 1/2c
11/22/2021	11/23/2021	11/24/2021	11/25/2021	11/26/2021
BEEF POT PIE	**OPEN FACE TURKEY**	**BEEF BARLEY SOUP**	CENTER CLOSED THURSDAY & FRIDAY 	
Beef 3oz 5 way vegetable 1c Biscuit Apple Crisp 1/2c	Turkey 3oz Mashed Potatoes 1/2c Gravy 2oz Broccoli 1/2c WW bread Pumpkin Pie	Ground Beef 3oz Mixed Vegetable 1c Barley 2oz Crackers 2ea Fruit		
11/29/2021	11/30/2021			
FRITO PIE CASSAROLE	**CHICKEN WRAP**		Please call by 9 AM to cancel Home Delivered Meals. Thank you.	
Ground Beef 3oz Beans 1/4c Red Chile 2oz Shredded Cheese 1oz Fritos 2oz Garnish 2oz Fruit	Chicken 3oz Lettuce & Tomato 2oz Tortilla Potato Salad 2oz Fruit			

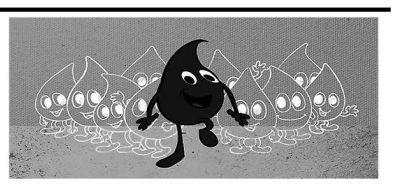
******Menus are subject to change without notice, based on the availability of products.******

Know Your Numbers, You Are Important, You Are Worth It
Tips to Staying Healthy with Diabetes

Lorraine Garcia, Special Events Coordinator

Isleta Diabetes Prevention Programs

505-869-4595



Since March 2020, our community has been spent on responding and addressing the COVID-19 pandemic within the Pueblo of Isleta. The Diabetes Prevention Programs would like to give you some tips on ***Staying Healthy with Diabetes***.

Tip 1: Learn about Diabetes

- Type 2 diabetes-Your body does not make or use insulin well. You might need to take pills or insulin to help control your diabetes. Type 2 is the most common type of diabetes.

Diabetes can cause serious health problems such as heart attack, eye problems, nerve damage, kidney problems, and teeth and gum problems. It is important to make healthy food choices, have a healthy weight, move more every day, and take your medications.

Tip 2: Know your **Diabetes ABCs**

A for the A1C test: (A-one-C).

- A1C is a blood test that measures your average blood sugar level over the past three months. It is different from the blood sugar checks you might do each day.
- The A1C goal for many people with diabetes is **below 7**. Ask your health care team what your goal should be.

B for Blood Pressure.

- Blood pressure is the force of blood against the wall of your blood vessels. If your blood pressure gets too high, it makes your heart work too hard.
- Your blood pressure goal should be below 140/80 unless your doctor helps you set a different goal.

C for Cholesterol.

- There are two kinds of cholesterol in your blood: LDL and HDL. LDL or "bad" cholesterol can build up and clog your blood vessels. HDL or "good" cholesterol remove the "bad" cholesterol from your blood vessels.
- Ask your health care team what your cholesterol numbers should be, and if they are not where they should be, ask what you can do about it.

Tip 3: Learn how to live well with diabetes

- Eat Well
- Lower Stress
- Take Your Medications

Tip 4: Get routine care to stay healthy

- See your health care team at least twice a year

Reference: www.cdc.org/diabetes

PRC

Patients are responsible for notifying PRC of any follow up appointments, continued or referred care, or any additional procedures the specialist may recommend.

Please provide the PRC office as much notice as possible to allow adequate time to process an referral prior to your appointment.

Questions? Please call 869-4488

Did you call for an Ambulance?

Please report the information to PRC within 72 hours.

869-4488

ISLETA HEALTH CENTER

Ma Gu Waam from
Shay Jaramillo, BSN, RN

Happy Fall to everyone!
I hope everyone is staying safe.

It is that time of year again; flu shot season. Call to schedule your flu shots today, 6 months and older are eligible.

Below are some helpful Q&A tips about the Medical department:

➢ Did you know that you have to call at 8:00am for a walk in appointment? Dial 869-4385 to speak to a nurse, and remember we open at 10:00 am on Thursdays.

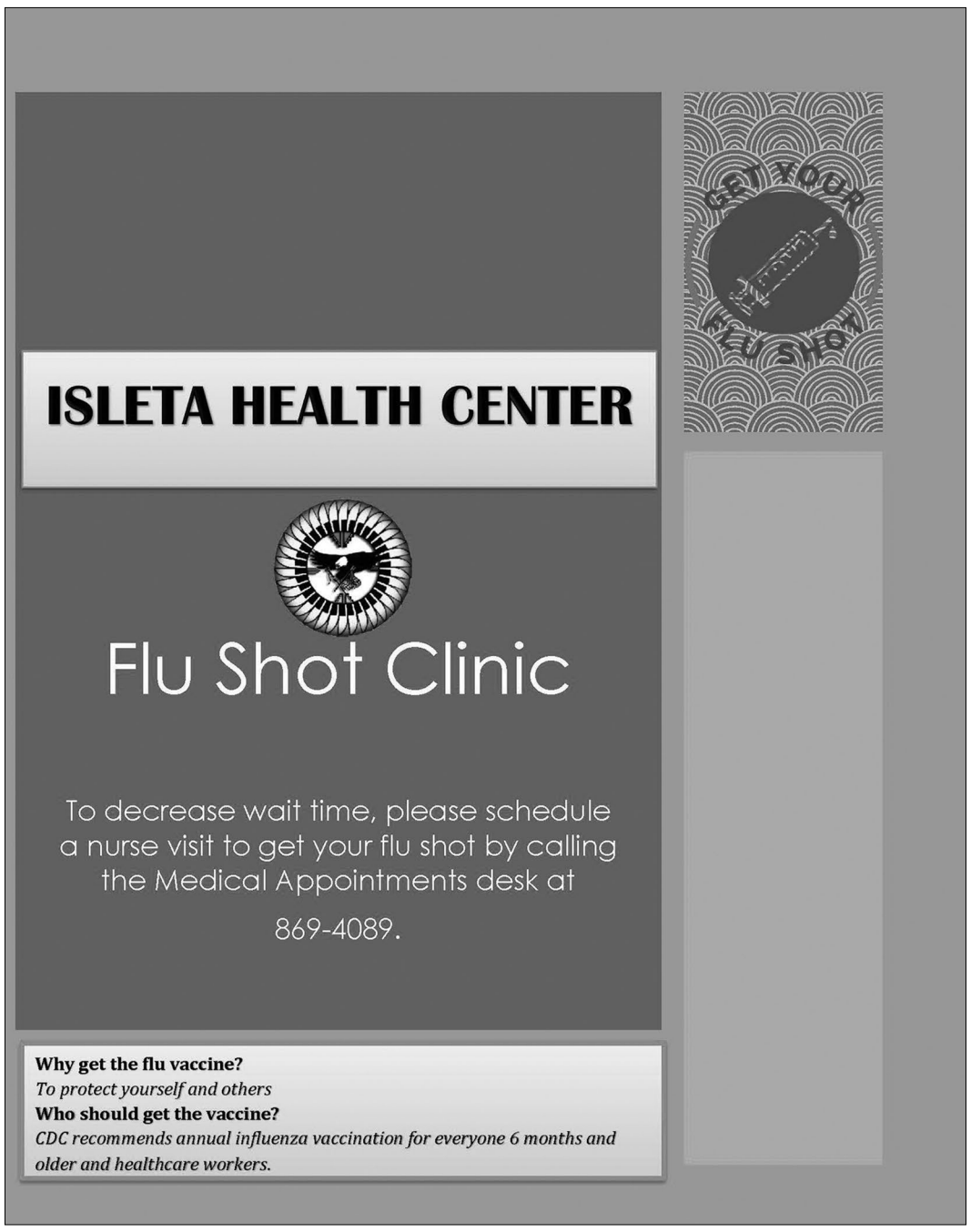
➢ Did you know we now have a pediatrician? His name is Dr. Sapien and he joined the IHC team on June 28, 2021. He is here twice a month; make an appointment for your child(ren) today.

➢ Did you know if you are transported by ambulance from the Health Center that you will still need to notify PRC within 72 hours?

➢ Did you know you can now print your child(ren)s or your own vaccine record? Visit VaxViewNM.org to print.

➢ Did you know you could request your medication refills without asking your doctor? This can be done by calling the Pharmacy refill line or the pharmacy directly. If you are out of refills, the pharmacy staff will ask your doctor to refill the medication for you.

➢ Did you know the best way to prevent illnesses such as the flu, cold and COVID is to WASH YOUR HANDS? Washing your hands with soap and warm water as soon as you get home from work, school, running errands or being outside will help keep yourself, your family and the community healthy.



ISLETA SOCIAL SERVICES:
K'EA-WAH SUPERVISED VISITATION &
SAFE EXCANGE PRGAM

WE'RE LOOKING FOR: ADVISORY COMMITTEE MEMBERS

Monthly Meetings: Fridays 1PM to 2:30 pm

★★★★

LETTERS OF INTEREST WILL BE ACCEPTED UNTIL POSITIONS ARE FILLED.

All persons interested may submit a Letter of Interest to:
K'ea-wah Supervised Visitation & Safe Exchange Program
C/O K. Nicole Panteah
PO Box 1270
Isleta, NM 87022
or E-mail to: kimberly.panteah@isletapueblo.com

Thinking About Quitting

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

You will receive (free):

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

Topics Covered include:

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

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

Sessions are now available in person or over the phone

ISLETA HEALTH CENTER

CHR PROGRAM

Happy start to the holiday season from our CHR program, we hope everyone is well and in good spirits. We have wrapped up our Section 5310 Program Grant for Fiscal year 2021 and I am happy to share the data with the community. Overall, we have had 1,769 one-way rides; these rides include going to and from medical & pharmacy appointments. Each ride is tallied separately therefore, the number may reflect duplicates of routine clients. Our total mileage for our fiscal year (October 2020-2021) is 38, 376. Yes, you read that correctly!

If you didn't know that is equivalent to:

One time around the world plus (just a little under) two trips around the Moon!

or

Ten roundtrips from Isleta Health Center to Disney World in Orlando, Florida.

Either way that is a great deal of miles and time on the road.

CHR does our best to get clients to their appointments safely and on time. If you or a family member need a ride to a non-emergency medical appointment, please give us a call at 869-4485. Although our transport services are on a limited space-available basis, we can help connect you to other transport providers. We also recommend that you reach out to your medical insurance provider to find out if transportation is covered under your insurance plan.

On another note, our program had a booth set up at the IRC/POI Employee Health Fair held on October 13, 2021; we performed blood pressure and oxygen saturation screenings. We screened over 80 of our colleagues and a little over 120 people stopped by. A huge thank you to the following businesses that donated to our set up to help entice people to stop by and get screened: Baskin Robbins, Benny's, Chical Haystack, Jerry's Market, Sopas and Southwest Grill. A very special thank you to Pueblo Resurgent's, Cotton Blossom Gardens, and Heart of the Dragon Fly Farms that also donated merchandise. If you have not done so yet, please check out these local farmers on Instagram and give them a follow: (@puebloresurgents, cottonblossomgardens, and @heartofthedragonflyfarms).

(CHR Program- Renee Pulliam, Brandi Lucero, & David Sanchez)

(CHR staff and CHN- Susan Chewiwi performing blood pressure screenings)

ISLETA HEALTH CENTER

Medical and Lab Clinics

- Please call (505) 869-4089 to schedule your appointments.
- All Visits are by appointment.
- Please update your phone and address with patient registration with any changes.
- Please allow three to five business days for paperwork processing.
- Lab appointments require a physican order.
- Notify PRC if you go by ambulance, go to an urgent care or emergency room.
- If you are sent to Albuquerque IHS for an X-ray or Ultrasound remember to take all your documents, (CIB, drivers license, insurance card).

Countdown to Christmas!

Tiwa Lending Services can help you prepare for the holiday season with our Consumer Loan Program. Our loans are year-long and start at $500.00.

Consumer Loan Eligibility Requirements:

- Enrolled Isleta Tribal member
- Minimum age 18
- Proof of income
- Active checking or savings account with bank institution

For more information call, email, or visit us:

Phone: 505-916-0556
Email: Sheila@tiwalending.org or Miranda@tiwalending.org
Address: 117 Building A Tribal Road 40 Isleta, NM 87022

Give yourself the gift of establishing or improving your credit scores while being ready for the holiday season!

ISLETA HEALTH CENTER

CHR

SERVICE NOTICES:

NO TRANSPORT OR MEDICAL DELIVERY SERVICES ON NOVEMBER 25TH & 26TH.

TRANSPORTATION REQUESTS FOR NOVEMBER 29TH AND 30TH MUST BE MADE BY 12PM ON NOVEMBER 24TH

869-4485

ISLETA HEAD START, EARLY HEAD START, & CHILD CARE

OPEN SLOTS!!!

APPLY NOW

Eligibility Requirements:

*Birth Certificate
*CIB and/or Proof of Residency
*Proof of Income
*Health Insurance

IT'S NOT TOO LATE!

Early Head Start ages: Prenatal/Newborn—3 years old
Head Start ages: 3—5 years old
Child Care ages: 16 months—5 years old

Program Options:

Early Head Start Center-Based: 8:00am-3:00pm
Early Head Start Home-Based: 1.5 hours per week
Head Start: 8:15am-2:45pm
Child Care Full-Day: 8:00am-3:00pm
Child Care Before & After-School: As early as 7:30am & As late as 5:00pm

02 Sagebrush St. Alb., NM 87105/PH: (505) 869-9796

Pueblo of Isleta Head Start, Early Head Start, and Child Care Center
2 Sagebrush St. Albuquerque, NM 87105
Office: (505) 869-9796

Important Dates:

November 1-12, 2021- Parent Teacher Conferences
November 3, 2021- Family Night (Disabilities)
November 10, 2021- Parent Committee Meeting @ 5:30pm (At Center)
November 11, 2021- Veteran's Day Observed (NO SCHOOL)
November 18, 2021- Policy Council Meeting @ 5:00pm (Virtual: Blue-Jeans)
November 24-26, 2021- Thanksgiving Break (NO SCHOOL)
November 29, 2021- Children return back to school

What to do if you find a used needle outdoors

People, especially children, must never touch or pick up needles found on the ground. Discarded needles can be harmful. Needles or hypodermic needles are also known as syringes or sharps.

Cleaning up discarded needles must be done carefully to protect human health and the environment.

If a used or discarded needle is found on Isleta tribal land, please call Isleta Police Dispatch at 869-3030 to report the location so that a qualified tribal employee can safely collect and dispose of the discarded needle.

Individuals who use needles for insulin shots or other medical uses are expected to dispose of their used needles appropriately in sharps containers that individuals have to purchase themselves.

An exclamation mark within a triangular border is the international symbol for caution. Always exercise caution if you see a discarded needle.

If you have any questions about this article, please contact Environment Department at 869-7565.

Greetings from Isleta Social Services

With the end of the year quickly approaching, we here at Isleta Social Services would like to make our community members aware of some of the changes that have happened especially with the COVID-19 pandemic that has affected us in so many ways, not just in families - but as a community. With a COVID19 plan in place, we opened up our doors to in-person office visits, we conduct temperature scans and respectfully ask that a questionnaire be completed before we move forward with visits.

Since school has started, we are seeing a rise of bullying and suicide within our younger generation. We have been collaborating with Isleta Behavioral Health to help put an end to the bullying which could ultimately lead to suicide. No child should have to feel that it is unsafe to go to school, so let's help prevent bullying by speaking to our children about the negative impacts of behaviors and words towards one another. With hectic schedules, zooms and trying our best, we often forget how critical it is for our kids to know we're there for them. Please check in with your child on a regular basis.

Signs a child is Bullied:

Unexplainable injuries, feeling sick, or faking illness, declining grades, loss of interest in school work or not wanting to go to school, feeling helplessness or decreased self-esteem.

Signs a child is Bullying Others:

Getting into physical or verbal fights, have friends who bully others, don't accept responsibility for their actions and often gets sent to the principal's office or detention frequently.

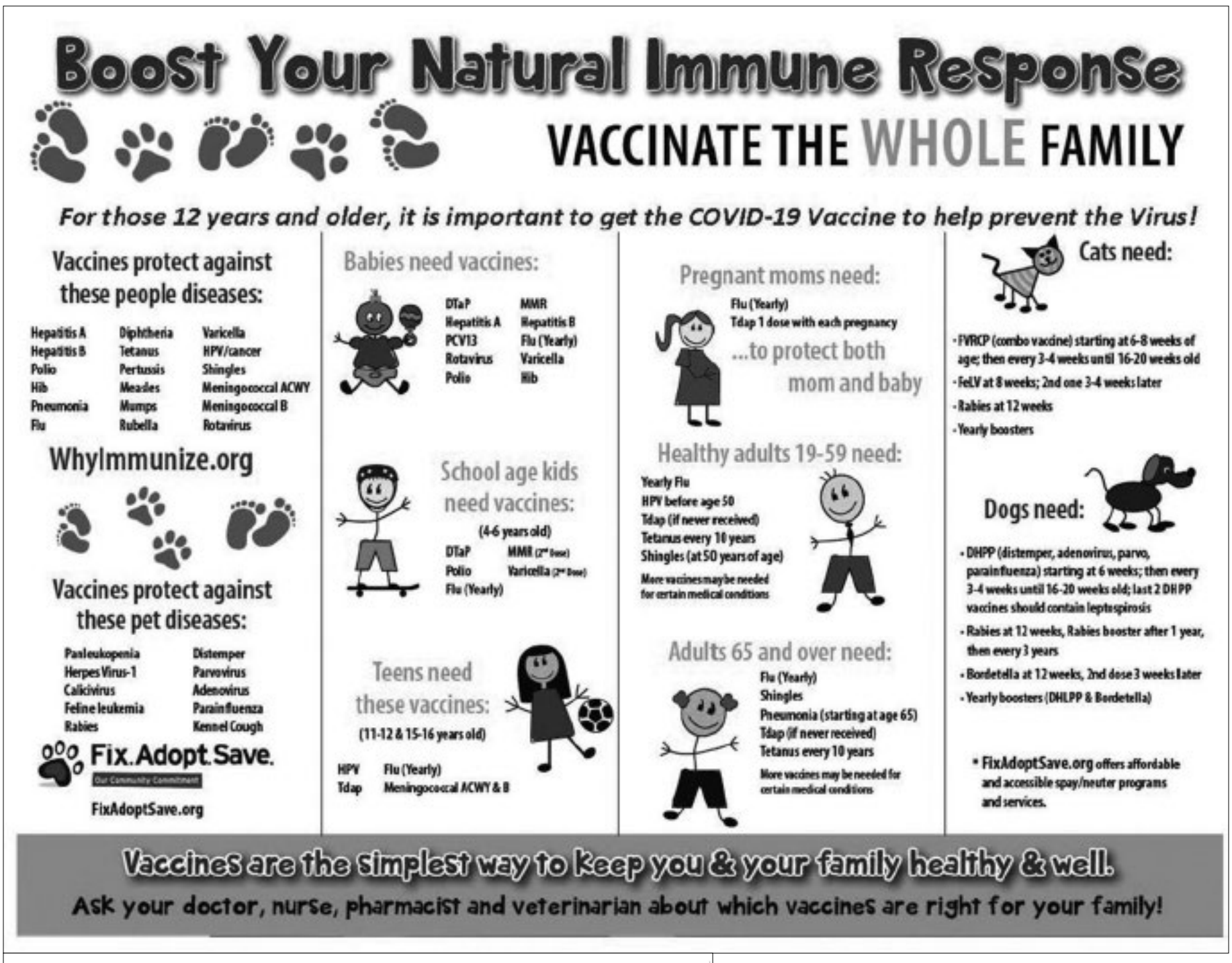
Signs of Suicide:

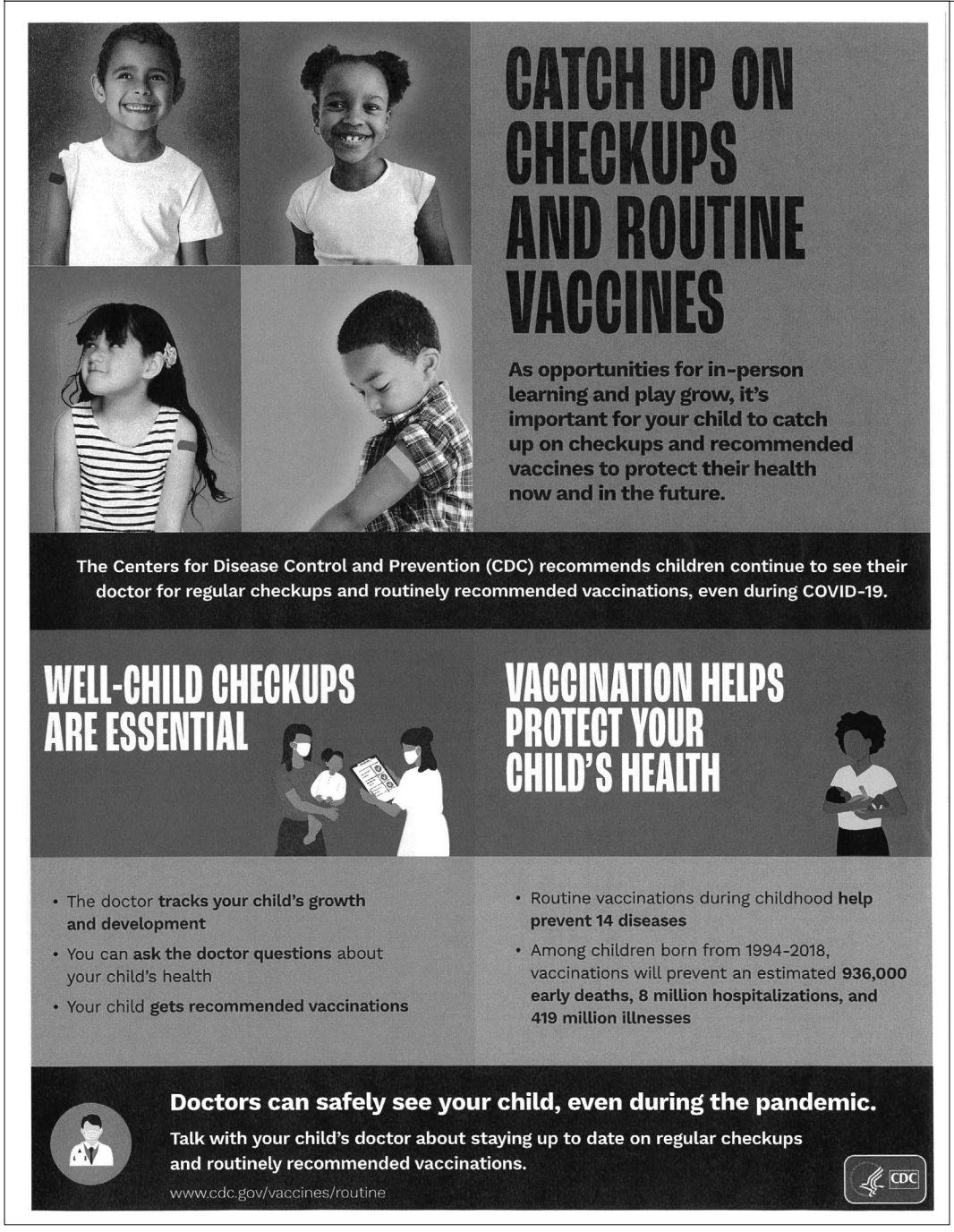
Talking about dying or killing themselves, hurting themselves, feeling hopeless or having no purpose, extreme mood swings, withdrawing or feeling isolated.

GET HELP...Suicide Prevention Life Line: 1-800-273-TALK (8255)

We have been in collaboration with Isleta Behavioral Health, Pueblo of Isleta Victim Advocates, Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC), Albuquerque Area Indian Health Board (AAIHB) and have been working on a project on Adverse Childhood Experiences (ACES). Earlier this year we conducted a survey within the community. We wanted to find out how much our community knows about ACES and the general knowledge surrounding such events. Adverse Childhood Experiences/ACES can be various forms of physical and emotional abuse, neglect and household dysfunction experienced in childhood. We have interviewed some community members to gain insight of how aware our community is about ACES. With the completion of the interviews that were conducted, we are aware that we, as a community, need more information on what ACES really is and how it affects us. We are in the process of gathering specific information and will be hosting various presentations, trainings, and community events in the near future for service providers and community members on how to address ACES. Please stay tuned as we proceed on distributing information and resources for the community.

For more information and resources contact Isleta Social Services: 505-869-2772. Stay safe and be well.





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)

Keeping lungs healthy and spreading cancer awareness

We rarely think about breathing except when we have trouble doing so, especially during these times of extreme caution. October and November are observed as Healthy Lung Month and Lung Cancer Awareness Month. Numerous organizations such as the Lung Health Institute, Centers for Respiratory Health, Lung Cancer Foundation of America, the American Lung Association, and many more have taken great strides to educate the public about the importance of protecting our lungs against respiratory related illnesses/cancers, air pollution, and smoking.

Lung health has been a concern throughout our history and a phenomenon that has intrigued doctors, health workers, and scientists. Diseases such as tuberculosis, the flu, and many other airborne ailments have been around for a long time. Our lungs are important and Healthy Lung Month is an opportunity to create awareness around healthy lifestyle choices.

More recently, anti-smoking movements have joined the healthy lung movement. Health warning labels first appeared on cigarette packaging in 1966, and years of campaigning have successfully led to the change in perception of smoking in public spaces. **People now realize that smoking is a major cause of cancer, and avoiding commercial tobacco will pay off with an improved ability to breathe deeper and longer, and ultimately give you a healthier life.**

Not all smokers get lung cancer, and not everyone who has lung cancer is a smoker. But there's no doubt that smoking is the biggest risk factor, causing 9 out of 10 lung cancers. Breathing in secondhand smoke increases the risk of lung cancer. Lung disease affects an astounding number of Americans. More than 35 million Americans live with a chronic lung disease like asthma and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis.

The bottom line is **if we take care of our lungs, our lungs will take care of us**. Some advice to keep your lungs in healthy condition is to avoid commercial tobacco products and areas with secondhand smoke. In addition, get regular medical check-ups to get the opinions of a professional of your lungs' current health.

Early symptoms of lung cancer to look out for include:

- lingering or worsening cough
- coughing up phlegm or blood
- chest pain that worsens when you breathe deeply, laugh, or cough
- hoarseness
- shortness of breath
- weakness and fatigue
- loss of appetite and weight loss

Fact:
The truth is, lung cancer kills more than Breast, Prostate, and Colorectal Cancers combined; but, federal funding for research of lung cancer is only 19% - 57.7% of the other research fields.

- $15,917 for breast cancer - 43,600 deaths each year
- $7,500 for prostate cancer - 34,130 deaths
- $5,398 for colorectal cancer - 52,980 deaths
- $3,116 for lung cancer - 131,880 deaths

According to the CDC, secondhand smoke is responsible for 7,300 lung cancer deaths each year in the United States.

Smoke Free Signals

Telephone: (505) 837-2104 | Fax: (505) 837-0575 | 2700 San Pedro Dr. NE | Albuquerque, NM 87110

www.SmokeFreeSignals.com

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room with a lit candle.
- Make sure your smoke alarms are working. Test them by pushing the test button.

Did you know?

Have activities that keep **kids out of the kitchen** during this busy time. Games, puzzles or books can keep them busy. Kids can get involved in Thanksgiving preparations with recipes that can be done **outside** the kitchen.

NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

PUEBLO OF ISLETA FIRE EPARTMENT 505-869-9724

ISLETA HEALTH CENTER

Know Your Numbers, You Are Important, You Are Worth It Weight, BMI, and Waist Circumference

Andrea Wilson, Fitness Instructor
Phone: 505-869-4595
References: cdc.gov nhlbi.nih.gov uofmhealth.org

Weight, waist measurement, and/or BMI are different measurements used to measure the health of an individual. Being overweight or obese increases your risk for developing health diseases such as type 2 diabetes, high blood pressure, high blood cholesterol, and many others. If you are overweight and/or obese, losing a small amount of weight (between 5-10% of your current weight) will help you lower your risk for developing these health diseases. The best way to lose weight is by eating a healthy and balanced diet, and by exercising at least 150 minutes per week.

Weight

The ideal weight for males and females can differ. It also depends on factors such as: age, height, fat and muscle composition, frame size, etc. It is important to know how much we weigh, that way we know our risk for developing health diseases. If you are overweight and/or obese, you are at a higher risk for developing health diseases such as diabetes, heart disease, stroke, and some types of cancer. You can maintain a healthy weight by exercising regularly, and eating a healthy and balanced diet. One way to determine a healthy weight is calculating your BMI.

BMI

BMI is known as Body Mass Index. BMI is a measurement of body fat based on an individual's height and weight. It is important to note that BMI does not consider muscle mass, and for this reason individuals with a high muscle mass may have a high BMI. In this specific case, the individual would have a high BMI, but have a healthy-looking physique. There are different BMI categories, which include: Underweight= <18.5, Normal weight= 18.5-24.9, Overweight= 25-29.9, and Obesity= BMI of 30 or greater. For example, if you are 5'5" and you weigh 170 pounds, your BMI would be 28. A BMI of 28 would place you in the overweight category. In order to move into the normal weight BMI category, you would have to lose about 30 lbs. Let's say you lost 30 lbs. and you now weigh 140 lbs. Your BMI would be 23, which is considered a normal weight. You can calculate your BMI through various websites, InBody, handheld body fat analyzers, body fat scales, bod pods, and skinfold calipers. You can decrease your BMI by exercising and eating a healthy and balanced diet in order to lose weight. A decrease in weight results in a decreased BMI.

Waist Circumference

Your waist size is also another way in which you can measure your health. A large waist circumference is associated with an increased risk for type 2 diabetes, high cholesterol, high blood pressure, and cardiovascular disease. You can measure your waist circumference by placing a tape measure at the top of your hip bone, then bringing the tape measure all the way around your body, level with your belly button. A healthy waist measurement for males is less than 40 inches, and a healthy waist measurement for females is less than 35 inches. You can decrease inches from your waist measurement through calorie deficit and exercising often.

NOVEMBER 2021 ISLETA HEALTH CENTER

Questions? Call 869-3200

SAT/SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 **The Ripple Effect** : 9:00 - 12:00pm For more information please call: 869-5475 **Power Source:** 3:30-4:30pm For more information please call: 869-5475	**2** **The Ripple Effect** : 9:00 - 12:00pm For more information please call: 869-5475 **Isleta Youth Wellness Program**: 4:30-6pm For more information please call: 869-5475	**3** **The Ripple Effect** : 9:00 - 12:00pm For more information please call: 869-5475 **Wellbriety Group**: 11:00 -12:00pm For Information please call: 869-5475 **Isleta Youth Wellness Program**: 4:30-6pm For more information please call: 869-5475	**4** *CLINIC OPENS AT 9:50am* **ICAP Sewing Class** - 5:00-7:00pm @IHC Training Center. For more information please call: 869-5475 **Isleta Youth Wellness Program**: 4:30-6pm For more information please call: 869-5475	**5**
6/7	**8** **The Ripple Effect** : 9:00 - 12:00pm For more information please call: 869-5475 **Power Source:** 3:30-4:30pm For more information please call: 869-5475	**9** **The Ripple Effect** : 9:00 - 12:00pm For more information please call: 869-5475 **Isleta Youth Wellness Program**: 4:30-6pm For more information please call: 869-5475	**10** **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 **Isleta Youth Wellness Program**: 4:30-6pm For more information please call: 869-5475	**11** Clinic Closed VETERANS DAY 11 NOV HONORING ALL WHO SERVED	**12**
13/14	**15** **The Ripple Effect** : 9:00 - 12:00pm For more information please call: 869-5475 **Power Source:** 3:30-4:30pm For more information please call: 869-5475	**16** **The Ripple Effect** : 9:00 - 12:00pm For more information please call: 869-5475 **Isleta Youth Wellness Program**: 4:30-6pm For more information please call: 869-5475	**17** **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 **Isleta Youth Wellness Program**: 4:30-6pm For more information please call: 869-5475	**18** *CLINIC OPENS AT 9:50am* **ICAP Sewing Class** - 5:00-7:00pm @IHC Training Center. For more information please call: 869-5475	**19**
20/21	**22** **The Ripple Effect** : 9:00 - 12:00pm For more information please call: 869-5475 **Power Source:** 3:30-4:30pm For more information please call: 869-5475	**23** **The Ripple Effect** : 9:00 - 12:00pm For more information please call: 869-5475 **Isleta Youth Wellness Program**: 4:30-6pm For more information please call: 869-5475	**24** **The Ripple Effect** : 9:00 - 12:00pm For more information please call: 869-5475 **Wellbriety Group**: 11:00 -12:00pm For Information please call: 869-5475 **Isleta Youth Welness Program**: 4:30-6pm For more information please call: 869-5475	**25** Clinic Closed HAPPY THANKSGIVING	**26** Clinic Closed
27/28	**29** **The Ripple Effect** : 9:00 - 12:00pm For more information please call: 869-5475 **Power Source:** 3:30-4:30pm For more information please call: 869-5475	**30** **The Ripple Effect** : 9:00 - 12:00pm For more information please call: 869-5475 **Isleta Youth Wellness Program**: 4:30-6pm For more information please call: 869-5475	**ISLETA HEALTH SUPPORT GROUP** **Risk from Potential/Actual Releases of Pollutants into the Environment** **Tuesday, November 9, 2021** **Isleta Health Training Center** **RSVP by November 8th** **Contact Stephanie Barela** **869-4479**	We are Thankful for YOU!	**DPP=Diabetes Prevention Program: 869-4595** **BHS=Behavioral Health Services :869-5475**

PLANNING for 2022! Please call with Topic Suggestions

Health

Isleta Health Support Group

11/9/2021 5pm-6:30pm	**EVENING SESSION** Risk from Potential/ Actual Releases of Pollutants into the Environment	Isleta Environmental Department	Presented at Training Center Or On-line at home
12/14/21 10:30-noon	Kidney Disease	Cindy Brown Home Instead	Isleta Health Center Kitchen Or On-line at home

meet.google.com/vbx-qpbs-uni
Dial-in: (US) +1 224-900-6889
PIN: 377 032 430#

Must pre-register to attend in person (limit 8) or to receive online access.

Please RSVP by the Monday before the mtg.

Contact
Stephanie Barela
869-4479
sbarela@islclinic.net

MASKS REQUIRED

ALL WELCOME

ISLETA HEALTH CENTER CHR PROGRAM

Need a ride to your next medical appointment?

THERE ARE MANY AVENUES YOU CAN TRY TO GET YOU THERE:

1.ASK YOU FAMILY MEMBERS OR NEIGHBORS

2. CALL CHR AT 869-4485, THEY MAY HAVE OTHER RESOURCES AVAILABLE

3.CALL YOUR MEDICAL INSURANCE (MEMBER SERVICES) TO CHECK IF YOUR BENEFITS INCLUDE TRANSPORTATION TO MEDICAL APPOINTMENTS. NUMBER CAN BE FOUND ON YOUR INSURANCE CARD.