



Isleta Pueblo News

Volume 17 Issue 12

Pueblo of Isleta website: www.isletapueblo.com

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December 2022

Governor's Report

Maguwam,

Hello to everyone and I hope this newsletter finds everyone in good health. The holidays are fast approaching and we encourage everyone while attending family events and Traditional activities to continue to mask up when you feel the need to. If you are feeling sick, please stay home to prevent the spread of Influenza and COVID. Again, we always have stressed the use of hand sanitizer and frequent hand washing and we still encourage the community to continue good hand hygiene. In the previous week at the time of this writing we had a spike in numbers of COVID positive individuals. Our number reached to 36 positive cases. The new numbers currently on November 16, 2022 was 16 positive cases within community. Please continue to follow the Health Order and masking requirements that are in place at some of the Tribal Facilities.

At the latter part of October, a delegation from Isleta and Jemez made a trip to Hawaii to visit the "Immersion School" in Hilo. The Isleta delegation include staff from the Head Start, Department of Education and Administration. The delegation met with staff from University of Hawaii Hilo and learned about the history of the Hawaiian language in the public school system. King Kamehameha III established it around 1840 before the Hawaiian Kingdom was overthrown. The language was then eventually banned in the public education system. In the 1960's and early 1970's, there was a revival in cultural identity and pride and the many efforts began to revitalize the language. Due to those efforts, the State of Hawaii mandated that it would promote the study of culture, language and then recognized Hawaiian as one of two Official languages of the State.

Today, we [Isleta Pueblo] are faced with losing our language. While many agree learning the language begins at home, at this time due to the strong influence of the English language it is not happening. There are many other factors for this also. As we move forward to preserving our language, we must do all we can now before it is too late. The Hawaiian proverb says, "In the Language is Life, In the Language is Death". This is true as if we lose our language we will lose our cultural and traditional ways of life. We must come together as a community to encourage our youth and young adults to learn our Tiwa Language. We hope that future Administrations and Tribal Councils will support a program that allows for Immersion in the Classroom. Immersion is just not about teaching the

language but also providing the cultural knowledge in instruction. Students in immersion programs have a sense of pride and we must instill that in our youth. Currently the Department of Education has language pilot program in which language consultants are using immersion to instruct family groups. We must all make a conscious effort if we are to preserve our language. With this visit and the newfound support and collaboration of all involved, we hope to create more Immersion spaces such as in the Head Start and possibly in the new BIE School.

2nd Lt. Governor Sanchez, General Counsel Emily Soli, and Associate General Counsel Lindsay Cutler, met on November 9, 2022, with Mesa del Sol (MDS) representatives regarding their "Framework Plan Amendments to the Employment Center Expansion. The Amendment is proposing to change from "residential" to "employment center." "Employment centers" are predominantly industrial, business, and retail centers. Our concern with any zoning change that would allow for industrial uses could contribute noise, soil and air pollution, as well as potential threat to groundwater pollution. The MSD representative clarified that any manufacturing would be indoors and could not have any impacts to surrounding residential areas. 2nd Lt. Governor, pointed out while in this instance the Amendment pertains to re-designating the 500 acres to a different zoning type, Isleta is concerned is the eventual build out of MSD which will border our reservation boundary east of I-25 and west of Sandia Laboratories and Kirtland Air Force Base. From this meeting with MDS and during the November 17, 2022, Albuquerque Planning Commission meeting, 2nd Lt. Sanchez, testified as to our concerns and the Commission in approving the Amendment, added language to their findings that Mesa del Sol will communicate with POI on any future site plans and will develop a Memorandum Of Understanding. Inclusion of that language into the Planning Commission's findings will ensure that POI is included on future zoning decisions as they happen in later stages of the Mesa del Sol development, which is a positive outcome on our end.

First reports received by Lt. Governor Lucero through our Police Department on the early morning of November 15, 2022, was that an Air Force helicopter had crashed in the mountains. A second report came in that another helicopter has crashed. Upon clarifying the actual

incidents, it was learned that a Huey helicopter made an emergency landing on the Mesa Lucero on Laguna. A rescue helicopter sent to evaluate the situation and provide supplies while in route back, had a warning light come on and made an emergency landing south of the IPD Shooting Range and north of Perea Mesa. Clint Lente our UXO Manager was in contact with Kirtland Air Force Base and received updates on the situation. The downed helicopter on Isleta was able to fly back later that morning. Mr. Lente went to the area, evaluated the landing site conditions, and found some fluids leaked on the ground. Mr. Lente at Tribal Administration's directive coordinated with KAFB's HAZMAT personnel to conduct a clean up to remove any contaminated soil. We also request that KAFB provide a follow-up report on the cleanup effort. This incident heightened our concern with continuing low elevation military flights over the reservation. We will be having a meeting with Senator Heinrich's office and field representative and will be part of the conversation with a follow up meeting with the KAFB Commander. We will report outcome of that meeting and what KAFB intends to address this issue.

This farming season we were fortunate to be blessed with much needed rain after the river almost ran dry here at Isleta. While we did have some prior and paramount (P&P) water stored for that acreage, we did not have to call for it. There remains misunderstanding of how and what conditions allow for the calling of that P&P water. Our water challenges will continue until we finalize our water rights claims. As a community, we must do this together and understand the decisions we have to make are not only for the present but are for the future. This is to insure we claim as much water as we can by maintaining and expanding our agriculture lands, as well as all other water uses, while not diminishing our land and natural resources, culture, and who we are as Isleta people. To this end, we must look to our younger generations to farm, whether small plots or acres, and to keep that tradition alive as who we are.

Lastly, I Governor Abeita, along with my staff Lt. Lucero, Lt. Sanchez and Sheriff Kyle Wade would like to thank the community for your support during our Administration. We wish everyone a safe and happy holiday season and a successful and fruitful New Year. Continue to be strong Isleta.

Haw-wu! Governor Vernon B. Abeita

LETTER FROM THE EDITOR

DEADLINE for January Newsletter articles is set for Wednesday, December 14, 2022, 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 June 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:
Margo Michelle Jojola

Case No. CV-PR-0084-2022

Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of **Margo Michelle Jojola**, deceased **02/04/2021**, 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, December 01, 2022 at 1:30 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.

Vernon B. Abeita
Governor



Lt. Governor, Virgil N. Lucero
Lt. Governor, Blane M. Sanchez

PUEBLO OF ISLETA
OFFICE OF THE GOVERNOR
P.O. Box 1270
Isleta, New Mexico 87022
Telephone: 505-869-3111
Fax: 505-869-7596

Ham Distribution

DATES: Monday, December 12, 2022
Tuesday, December 13, 2022

WHERE: Isleta Pueblo Recreation Center


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) Ham 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.

Thank you.




Vernon B. Abeita, Governor



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Merry
Christmas

Pueblo of Isleta Career Opportunities

Position Posting	Office Location	Closing Date
ACTIVITIES COORDINATOR	Elder Center	Open Until Filled
ACCOUNTANT	Treasury	Open Until Filled
ACCOUNTANT	Housing Authority	Open Until Filled
ADMINISTRATIVE ASSISTANT I	Department of Education	Open Until Filled
ADMINISTRATIVE ASSISTANT I	Recreation Center	Open Until Filled
ADMINISTRATIVE ASSISTANT II	Tribal Administration	Open Until Filled
ADMINISTRATIVE ASSISTANT II	Elder Center	Open Until Filled
AGRICULTURAL IRRIGATION TECHNICIAN	Agricultural Division	Open Until Filled
ANIMAL CONTROL OFFICER	Police Department Open Space	Open Until Filled
BOSQUE RESTORATION TECHNICIAN	Natural Resources	Open Until Filled - Within Only
BOSQUE AND RIVERINE RESTORATION MANAGER	Natural Resources	Open Until Filled
BUYER	Procurement	Open Until Filled
BUSINESS MANAGER II	Public Works	Open Until Filled
CERTIFIED POLICE OFFICER	Police Department	Open Until Filled
CHILD CARE PROVIDER	Health Services	Open Until Filled
CLINICAL THERAPIST	Health Services	Open Until Filled
COMMUNIY SERVICE WORKER COORDINATOR	Tribal Courts	Open Until Filled
COMPUTER IT SPECIALIST	Department of Education	Open Until Filled
COMPLIANCE INSPECTOR SUPERVISOR	Gaming Regulatory	Open Until Filled
COOK I	Elder Center	Open Until Filled
COOK I	Head Start	Open Until Filled
CUSTODIAN	Public Works	Open Until Filled
CUSTODIAN SUPERVISOR	Public Works	11/30/2022
DIRECTOR, CONSTRUCTION OPERATIONS	Construction Operations	Open Until Filled
DIRECTOR, PUBLIC HEALTH SERVICES	Health Services	Open Until Filled
EMT INTERMEDIATE	Health Services	Open Until Filled
EMT INTERMEDIATE PRN	Health Services	Open Until Filled
FARM EQUIPMENT OPERATOR	Conservation	Open Until Filled - Within only
FORESTRY TECHNICIAN	Natural Resources	Open Until Filled
GROUNDS KEEPER	C-Storcs	Open Until Filled
GROUNDS MAINTENANCE WORKER	Public Works	Open Until Filled
HEAD START STAFF ASSISTANT	Head Start	Open Until Filled
HEALTH INFORMATION CLERK	Health Services	Open Until Filled
HIGHWAY SAFETY POLICE OFFICER	Police Department	Open Until Filled
HOME CARE ATTENDANT	Elder Center	Open Until Filled
HOME MAINTENANCE TECHNICIAN	Elder Center	Open Until Filled
INSTRUCTIONAL COORDINATOR	Department of Education	Open Until Filled - Within Only
INVESTIGATOR	Police Department	Open Until Filled
LIFEGUARD	Parks & Recreation	Open Until Filled
MEDICAL ADMINISTRATIVE SUPPORT ASSISTANT	Health Services	11/23/2022
NATURAL RESOURCES MANAGER	Natural Resources	Open Until Filled
PARKS & MAINTENANCE WORKER	Parks & Recreation	Open Until Filled
PERSONAL CARE SERVICE AIDE (2 Positions)	Elder Center	Open Until Filled - Within Only
PHYSICIAN	Health Center	Open Until Filled
POLICE OFFICER I - CERTIFIED	Police Department - Open Space	Open Until Filled - Within Only
POLICE SERGEANT	Police Department	Open Until Filled
PRE K-12 EDUCATION COORDINATOR	Department of Education	Open Until Filled
PROCUREMENT ASSISTANT	Procurement	Open Until Filled
PROJECT ASSISTANT	Social Services	Open Until Filled
PUBLIC HEALTH MEDICAL ASSISTANT	Health Services	11/23/2022
PURCHASED/REFERRED CARE ACCOUNTING CLERK	Health Services	Open Until Filled
RANGELAND MANAGEMENT SUPERVISOR	Natural Resources	Open Until Filled
RANGELAND MANAGEMENT TECHNICIAN	Natural Resources	Open Until Filled
SALES ASSOCIATE	C-Stores	Open Until Filled
SECURITY OFFICER	Police Department	Open Until Rlied
SEPTIC TRUCK DRIVER	Public Works	Open Until Filled
SHIFT LEAD	C-Stores	Open Until Filled
TIWA LANGUAGE EDUCATION ASSISTANT	Department of Education	Open Until Filled
TRIBAL COUNCIL ADMINISTRATOR	Tribal Council	11/30/2022
UTILITY FOREMAN	Public Works	Open Until Filled
VETERAN SUPPORT SERVICE MEMBER	Elder Center	Open Until Filled - Within Only
WATER RESOURCES MANAGER	Water Resources	Open Until Filled
WATER RESOURCES SPECIALIST	Water Resources	Open Until Filled
WILDLIFE BIOLOGIST	Natural Resources	Open Until Filled
W-WW APPRENTICE - W-WW OPERATOR IV	Public Works	Open Until Filled





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.

<input type="checkbox"/>	Title	Location	Address	City , State	Date Posted ▼	<input type="checkbox"/>					
<input type="checkbox"/>	SUPERVISOR F & B	0329 - F&B PANDA EXPRESS	11000 Broadway SE	Albuquerque, NM	11/16/2022	<input type="checkbox"/>	SOUS CHEF	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	10/25/2022
<input type="checkbox"/>	FLOOR BEVERAGE SERVER	0390 - F&B FLOOR BEVERAGE	11000 Broadway SE	Albuquerque, NM	11/16/2022	<input type="checkbox"/>	COOK I	0315 - F&B EMBERS	11000 Broadway SE	Albuquerque, NM	10/24/2022
<input type="checkbox"/>	Cage Cashier	0150 - CASH OPS CAGE	11000 Broadway SE	Albuquerque, NM	11/15/2022	<input type="checkbox"/>	TRAINING SPECIALIST	1530 - TRAINING	11000 Broadway SE	Albuquerque, NM	10/24/2022
<input type="checkbox"/>	EDR ATTENDANT	0370 - F&B EMPLOYEE DINING	11000 Broadway SE	Albuquerque, NM	11/15/2022	<input type="checkbox"/>	SECURITY ADMINISTRATOR	1550 - MIS (IT)	11000 Broadway SE	Albuquerque, NM	10/24/2022
<input type="checkbox"/>	GUEST SERVICE SUPERVISOR	1150 - MARKETING PLAYERS CLUB	11000 Broadway SE	Albuquerque, NM	11/15/2022	<input type="checkbox"/>	PLAYER DEVELOPMENT MANAGER	1195 - MARKETING MANAGEMENT	11000 Broadway SE	Albuquerque, NM	10/24/2022
<input type="checkbox"/>	FOOD ATTENDANT-cashier/attendant/service (Fat Burger)	0328 - F&B FAT BURGER	11000 Broadway SE	Albuquerque, NM	11/14/2022	<input type="checkbox"/>	ADVERTISING MANAGER	1195 - MARKETING MANAGEMENT	11000 Broadway SE	Albuquerque, NM	10/21/2022
<input type="checkbox"/>	Cook I (Fat Burger)	0328 - F&B FAT BURGER	11000 Broadway SE	Albuquerque, NM	11/14/2022	<input type="checkbox"/>	RESTAURANT MANAGER	PANDA EXPRESS	11000 Broadway SE	Albuquerque, NM	10/21/2022
<input type="checkbox"/>	Custodial Assistant Supervisor	1355 - CUSTODIAL	11000 Broadway SE	Albuquerque, NM	11/11/2022	<input type="checkbox"/>	SLOTS FLOOR ATTENDANT	0100 - SLOTS OPERATIONS	11000 Broadway SF	Albuquerque, NM	10/19/2022
<input type="checkbox"/>	HDCT	1355 - CUSTODIAL	11000 Broadway SE	Albuquerque, NM	11/11/2022	<input type="checkbox"/>	CALL CENTER AGENT	0305 - F&B TIWA CAFE	11000 Broadway SE	Albuquerque, NM	10/18/2022
<input type="checkbox"/>	Custodian	1355 - CUSTODIAL	11000 Broadway SE	Albuquerque, NM	11/11/2022	<input type="checkbox"/>	HDC SPECIALIST	UTILITY KITCHEN	11000 Broadway SE	Albuquerque, NM	10/18/2022
<input type="checkbox"/>	ASSISTANT SUPERINTENDENT	0701 - GOLF COURSE MAINTENANCE	11000 Broadway SE	Albuquerque, NM	11/10/2022	<input type="checkbox"/>	STEWARD	0386 - F&B UTILITY KITCHEN	11000 Broadway SE	Albuquerque, NM	10/18/2022
<input type="checkbox"/>	SHUTTLE DRIVER	0250 - HOTEL GUEST SERVICE	11000 Broadway SE	Albuquerque, NM	11/10/2022	<input type="checkbox"/>	HOUSEKEEPING SUPERVISOR	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	10/17/2022
<input type="checkbox"/>	REVENUE AUDITOR III	REVENUE AUDIT	11000 Broadway SE	Albuquerque, NM	11/4/2022	<input type="checkbox"/>	HOTEL PM TECHNICIAN	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	10/17/2022
<input type="checkbox"/>	SLOTS FLOOR ATTENDANT	0100 - SLOTS OPERATIONS	11000 Broadway SE	Albuquerque, NM	11/4/2022	<input type="checkbox"/>	FOOD ATTENDANT (BEVERAGE)	DAUBERS	11000 Broadway SE	Albuquerque, NM	10/14/2022
<input type="checkbox"/>	HOUSEPERSON	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	11/2/2022	<input type="checkbox"/>	Cook I (Banquets)	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	10/13/2022
<input type="checkbox"/>	Laundry Supervisor	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	11/2/2022	<input type="checkbox"/>	COOK II (Banquets)	0340 - F&B CATERING & BANQUETS	11000 Broadway SE	Albuquerque, NM	10/13/2022
<input type="checkbox"/>	SECURITY OFFICER I	0180 - SECURITY	11000 Broadway SE	Albuquerque, NM	11/1/2022	<input type="checkbox"/>	COOK I (Chile Ristra)	0330 - F&B CHILI RISTRA	11000 Broadway SE	Albuquerque, NM	10/13/2022
<input type="checkbox"/>	SECURITY OFFICER II	0180 - SECURITY	11000 Broadway SE	Albuquerque, NM	11/1/2022	<input type="checkbox"/>	ROOM ATTENDANT	0230 - HOTEL HOUSEKEEPING	11000 Broadway SE	Albuquerque, NM	10/5/2022
<input type="checkbox"/>	BARBACK	0327 - F&B SPORTS BOOK BAR		Albuquerque, NM	10/28/2022	<input type="checkbox"/>	SURVEILLANCE AGENT	SURVEILLANCE	11000 Broadway SE	Albuquerque, NM	10/5/2022
<input type="checkbox"/>	LAKES GROUNDSKEEPER	0780 - LAKES	11000 Broadway SE	Albuquerque, NM	10/28/2022	<input type="checkbox"/>	VALET ATTENDANT	0250 - HOTEL GUEST SERVICE	11000 Broadway SE	Albuquerque, NM	10/5/2022
<input type="checkbox"/>	PMT I	1350 - FACILITIES MAINTENANCE	11000 Broadway SE	Albuquerque, NM	10/27/2022	<input type="checkbox"/>	NETWORK SYSTEMS ADMINISTRATOR	1550 - MIS (IT)	11000 Broadway SE	Albuquerque, NM	10/5/2022
<input type="checkbox"/>	CALL CENTER AGENT	0210 - HOTEL RESERVATIONS	11000 Broadway SE	Albuquerque, NM	10/27/2022	<input type="checkbox"/>	LAUNDRY ATTENDANT	0270 - HOTEL LAUNDRY	11000 Broadway SE	Albuquerque, NM	10/4/2022
<input type="checkbox"/>	SPA SUPERVISOR	0595 - SPA MANAGEMENT	11000 Broadway SE	Albuquerque, NM	10/25/2022	<input type="checkbox"/>	BINGO MANAGER	0140 - BINGO	11000 Broadway SE	Albuquerque, NM	9/30/2022
<input type="checkbox"/>	POOL ATTENDANT	1365 - POOL MAINTENANCE	11000 Broadway SE	Albuquerque, NM	10/25/2022	<input type="checkbox"/>	FOOD ATTENDANT (Panda Express)	0329 - F&B PANDA EXPRESS	11000 Broadway SE	Albuquerque, NM	9/29/2022
<input type="checkbox"/>	TABLE GAMES FLOOR SUPERVISOR	0120 - TABLE GAMES	11000 Broadway SE	Albuquerque, NM	10/25/2022	<input type="checkbox"/>	POKER DEALER	0130 - POKER	11000 Broadway SE	Albuquerque, NM	9/29/2022
						<input type="checkbox"/>	POKER FLOOR SUPERVISOR	0130 - POKER	11000 Broadway SE	Albuquerque, NM	9/29/2022





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U.S. Bureau of Reclamation

The U.S. Bureau of Reclamation (Reclamation) seeks community input during public scoping on a proposed action to modify the Isleta Diversion Dam.

Reclamation and Pueblo of Isleta (Pueblo) are proposing to modify the Isleta Diversion Dam (IDD) in the Rio Grande on Pueblo trust lands in Valencia County, New Mexico. Under the 2016 *Agreement of Settlement and Compromise Regarding the Isleta Diversion Dam* (Settlement) the United States (Reclamation and the Bureau of Indian Affairs [BIA]) and the Middle Rio Grande Conservancy District (MRGCD) have right-of-way access to the IDD for operations and maintenance in cooperation with the Pueblo. As part of the Settlement, the Pueblo, MRGCD, and Reclamation have agreed to reduce sediment entrainment in the IDD sluiceways and associated irrigation systems to the greatest extent possible. Reclamation, with the support of the BIA, MRGCD, Pueblo of Isleta, and the State of NM also have a commitment with the U.S. Fish and Wildlife Service to provide fish passage at the IDD for the Rio Grande Silvery Minnow (*Hybognathus amarus*; silvery minnow), a federally endangered species, as part of the Middle Rio Grande Biological Opinion (USFWS 2016) for their water management and maintenance activities. The proposed IDD modifications would improve sediment management and silvery minnow passage at the IDD.

Under the proposed action, modifications would include:


- Realignment of the east bank upstream of the IDD
- Peralta sluiceway modifications
- Installation of a fish passage

The public is invited to attend a public meeting. The public meeting will follow an open house style format and consist of exhibits with different aspects of the project. There will be an opportunity to speak with the Reclamation staff.

Public Meeting Schedule:

- Tuesday, December 20, from 4 p.m. to 6 p.m.
- Hilton Garden Inn Enchanted Ballroom
2601 Yale Blvd SE, Albuquerque, NM 87106

The meeting will provide an opportunity for the public to learn more about the project, have discussions with Reclamation staff, and provide input. Comments received on the proposed action will be reviewed, analyzed, and considered for the environmental assessment.



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VILLAGE

RECYCLING



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Pueblo of Isleta Solid Waste
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- ✓ Attend a college fair with 50+ of our college partners

At College Horizons, students learn about 50+ colleges/universities, establish personal relationships with college admission representatives, and experience life on a college campus for a week.

Eligibility: Applicants must be American Indian (enrolled), Alaska Native (proof of status) or Native Hawaiian (proof of heritage); maintain a 3.00 GPA, and be in 10th or 11th grade in high school.

Cost of Program: There will be no tuition fees for the CH 2023 program. Airfare will be the only expense to attend, but need-based financial aid is available.



SCAN ME

www.collegehorizons.org/apply

2023 PROGRAM HOST SITES:

UNIVERSITY OF REDLANDS	EMORY UNIVERSITY
Redlands, CA	Atlanta, GA
June 24-30, 2023	July 8-14th, 2023

COLLEGE HORIZONS

2022 PARTICIPATING COLLEGES & UNIVERSITIES

Amherst College
Barnard College
Bates College
Bowdoin College
Brown University
California Institute of Technology
Carleton College
Case Western Reserve University
Colorado College
Columbia University
Cornell University
Dartmouth College
Dickinson College
Duke University
Emory University*
Franklin & Marshall College
Harvard University
Harvey-Mudd College
Haverford College
Johns Hopkins University
Lawrence University
Linfield University
Macalester College
MIT

Middlebury College
Mount Holyoke College
New York University
Northeastern University
Northern Michigan University
Northwestern University
Oberlin College
Oregon State University
Pepperdine University
Pomona College
Portland State University
Princeton University
Reed College
Rice University
Seattle University
Smith College
St. Olaf College
Stanford University
Swarthmore College
Trinity College
Tufts University
University of California, Berkeley
University of Connecticut
University of Denver

University of Michigan
University of North Carolina at Pembroke
University of Notre Dame
University of Pennsylvania
University of Portland
University of Redlands*
University of Rochester
University of San Francisco
University of Southern California
University of Utah
University of Virginia
Vanderbilt University
Vassar College
Villanova University
Washington University in St. Louis
Wellesley College
Wesleyan University
Whitman College
Willamette University
Williams College
Yale University

*Notes 2023 Program Host Site

OTHER PARTICIPATING ORGANIZATIONS:

Strive for College – I'm First
The Princeton Review Foundation
Davis New Mexico Scholarship

- Each year, students represent over 50 Tribal Nations in over 25 states
- 45% are first-generation college students

99% of our alumni go directly to college!

Additionally, 95% typically go to 4-year institutions. 33% of those students go to highly selective institutions (schools that accept 50% applicants or fewer).

Approximately 85% of our alumni graduate from college within 5 years



Follow us @collegehorizons



SCAN ME

www.collegehorizons.org

TRUANCY

Let the Holidays Begin!

As we recover from all the delicious Turkey from Thanksgiving, we will start preparing for the Christmas Holiday Season! It's always during these holidays that we make wonderful memories with our families and loved ones.

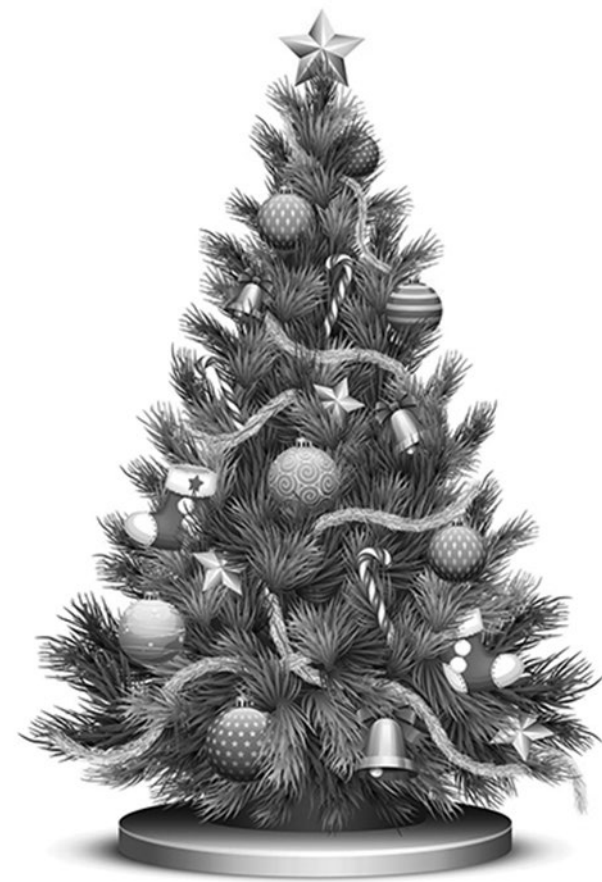
As the season starts, there are many things that we can do to get our families involved in keeping up with family traditions as well as creating new traditions. When families get involved together, it makes the holiday vacation more meaningful. Decorating your home and putting up the Christmas tree together, as well as making cookies and treats, and sharing your past favorite memories is a good way to cherish time together.

The Truancy Department has been working with the Isleta Elementary School to provide PERFECT ATTENDANCE Incentive rewards; a total of 15 students achieved Perfect Attendance for the 1st quarter and received gift cards to Barnes and Noble. There's so much to see and do at the bookstore, so we know that these gifts will be enjoyed by the students. We are also in the process of working with all Los Lunas Public Schools to offer perfect attendance incentives to those students who have no absences and no tardies or early check outs. We will continue to work closely with the Native American Liaisons at the schools to ensure we get a list of perfect attendance students at the end of semester 1. If you have any suggestions for incentives, please contact our department and let us know your suggestions --- we would like to hear from you!

Remember that it's not too late to encourage your students to work on attending school daily and getting passing grades in all their classes! When students are on time to school and all their classes, it sets them up to be successful, and become professionals with their time managements skills.

Soon, all the students will be on Christmas vacation and that will be their time to relax and enjoy their free time. Then back to school in 2023 when they can become engaged in their education to finish off in a successful manner. Happy holidays to all!!

Isleta Truancy Department



DEPARTMENT OF EDUCATION

Higher Education

If you received a Pueblo of Isleta Higher Education Scholarship, please be sure to submit your official transcripts as soon as your grades post, but no later than January 15, 2023. Also, if you submitted an application for the full academic year (Fall 2022/Spring 2023) or for Spring 2023 funding be sure to submit all required documentation no later than **January 15** for consideration.

Pre-K – 12 Services

Save the date for December Family Art Night

Thursday, December 15 (5:30-7:30pm)

Please contact our department for support with your educational needs. We provide services for tutoring, adult education, higher education and career planning. Visit our webpage for more information: <https://www.isletapueblo.com/tribal-programs/educational-services/>

Charts to the right contain information from the New Mexico Tribal Education Status Report (TESR). The New Mexico Public Education Department (NMPED) collaborates with 23 districts and 6 charter schools to meet the statute of reporting to New Mexico tribes regarding the education of Native students statewide. The report is due by November 15 annually. The report includes the following indicators: 1) student achievement, 2) safety, 3) graduation rate, 4) attendance, 5) parent/community involvement, 6) education programs targeting American Indian students, 7) financial reports, 8) current status of federal Indian policies and procedures, 9) public school use of variable calendars, 10) school district plans to decrease the number of dropouts and increase attendance, 11) school district consultation with district Indian Education Committees, school-site Parent Advisory Councils and Tribal, municipal, and Indian organizations, 12) Indigenous research and evaluation and results for effective curricula for tribal students. To view the report in its entirety, you can visit: Reports – New Mexico Public Education Department (state.nm.us)



Thinking About Quitting

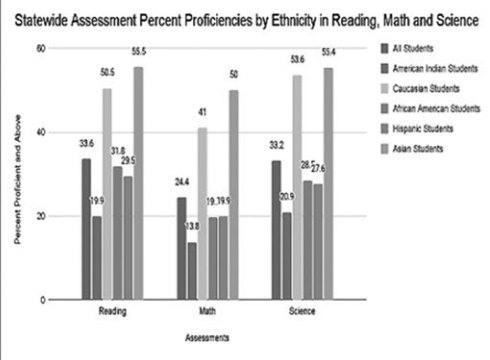
Have you been Thinking About Quitting?
Now is the time to act and
Quit your Nicotine Habit for Good!
Take this 1 time, 1 on 1, 90 minute session over the phone or in person at the Isleta Health Center, to increase your motivation to quit and to get some Tips and Tricks to help you do Quit for Good!

Call Stephanie, Health Educator
@ 869-4479 to learn more

Figure 1. Statewide Assessment by Ethnicity

Figure 1 shows statewide achievement data from SY2021-2022 *The New Mexico Measures of Student Success and Achievement (NM-MSSA)* in Mathematics, English language arts (ELA), for students in grades 3–8, *The New Mexico Assessment of Science Readiness (NM-ASR)* which measures science proficiency aligned to the *New Mexico STEM Ready, Science Standards* for students in grades 5, 8, and 11th grades. SAT: for all 11th grade students includes Reading, Writing, Language and Mathematics, and I-station-reading for K-2 grades.

- 20% of AI students were proficient in reading
- 14% of AI students were proficient in math
- 21% of AI students were proficient in science
- Compared to all students, AI students are about one third as proficient in reading as all students. The same can be said about science.

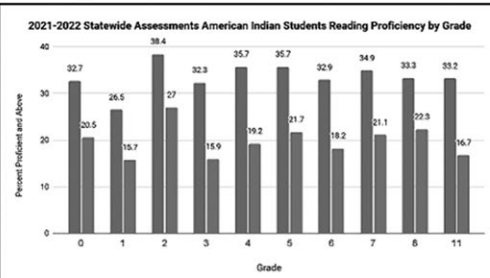


Source: State administrative data: 2022 standardized assessments results from the balanced assessment system

Figure 2. Reading by Grade

Figure 2 shows statewide achievement data from *The New Mexico Measures of Student Success and Achievement (NM-MSSA)* in English language arts (ELA), for students in grades 3–8. SAT: for all 11th grade students, this includes Reading, Language, and I-station includes reading for K-2 grades.

- AI students reading proficiencies were the highest in second, eighth, and fifth grades.
- AI student reading proficiencies were about half as high as all students regardless of grade.
- The gap between all students' reading proficiency and American Indian students is the smallest in second and eighth grades.

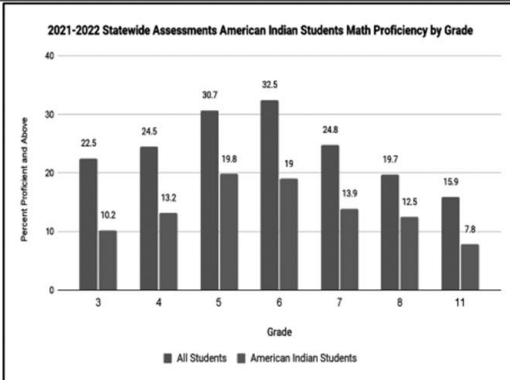


Source: State administrative data: 2022 standardized assessments results from the balanced assessment system

Figure 3. Math by Grade

Figure 3 shows statewide achievement data from *The New Mexico Measures of Student Success and Achievement (NM-MSSA)* in Mathematics, for students in grades 3–8, and SAT: for all 11th grade students.

- Proficiencies between all students and AI students' trends upward from the third grade to sixth and decrease starting in the seventh grade.
- The highest proficiencies for all students were in the sixth grade and AI students was in the fifth grade.

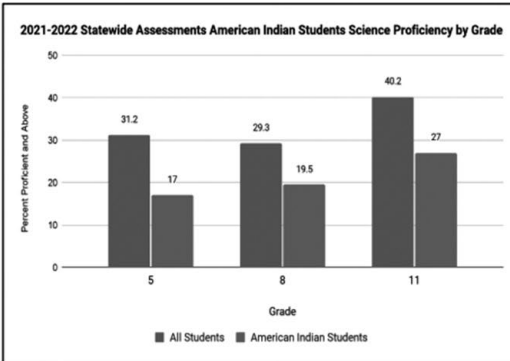


Source: State administrative data: 2022 standardized assessments results from the balanced assessment system

Figure 4. Science by Grade

Figure 4 shows statewide achievement data *The New Mexico Assessment of Science Readiness (NM-ASR)* which measures science proficiency aligned to the *New Mexico STEM Ready, Science Standards* for students in grades 5, 8, and 11th grades.

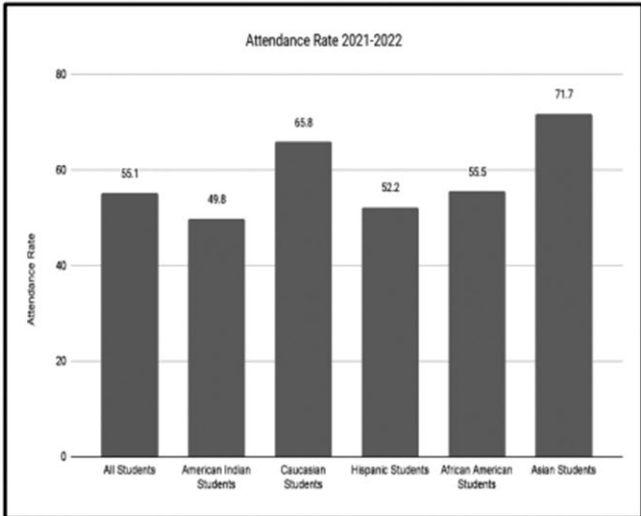
- Proficiencies for all students decreased from fifth grade to the eighth grade but increased in the eleventh grade.
- AI students' proficiency increased steadily from fifth to eighth to eleventh grade.
- All student's proficiencies were at least one third higher than AI proficiencies in science.



Source: State administrative data: 2022 standardized assessments results from the balanced assessment system

Figure 11. Attendance Rates

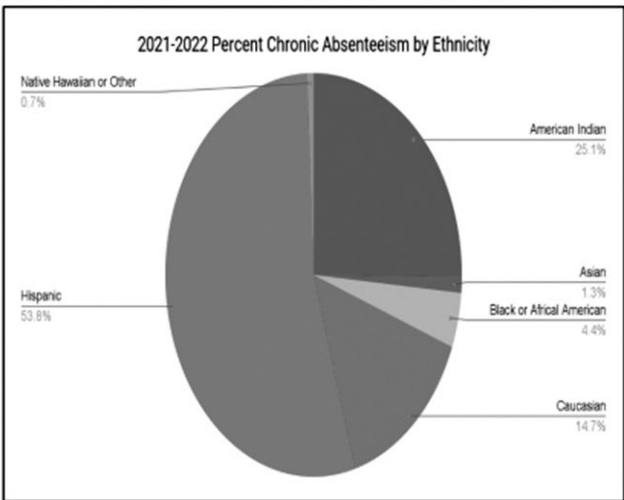
The attendance rate for all students combined was lower than some of the subgroup attendance rates. American Indian students continue to fall behind in attendance compared to other subgroups.



Source: STARS Reports: AYP Attendance Preview-Rolling Attendance Detail

Figure 12. Chronic Absenteeism

The change in the Attendance for Success Act now concentrates on the problem of chronic absenteeism. In 2022, Hispanic students had the largest percentage of chronic absenteeism with 53.8% and American Indian students had a high chronic absentee rate of 25.1%.



Source: STARS Reports: AYP Attendance Preview-Rolling Attendance Detail



Pueblo of Isleta
Department of Education
& Tiwa Language Program

TIWA LANGUAGE PROGRAM

*Participants
must live
within the
boundaries of
the Pueblo of
Isleta.*

The Department of Education is looking for families or individuals interested in Strengthening the Tiwa language.

Those interested must be able to:

- Commit 2 hours per week for six weeks
- Follow language learner norms
- Provide feedback via pre & post surveys
- Willing to actively participate virtually

Please use the following link or QR code to register
https://isletapueblo.formstack.com/forms/tiwa_pilot

Please contact the Department of Education at 505-869-9790 if you have questions.

Updated 6/28/22



HOLIDAY SERVICE SCHEDULE

Monday and Tuesdays trash and recyclables will both be collected on Tuesday December 27th for Christmas week and Tuesday January 3rd for New Year's week. Have carts out by 7am. Have a Merry Christmas and Happy New Year!

TRANSFER STATION HOLIDAY HOURS

Christmas Eve Day December 24th: 7am-12pm
December 25th & December 26th: CLOSED
New Year's Eve Day December 31st: 7am-12pm
January 1st & January 2nd: CLOSED



KEEP ISLETA BEAUTIFUL!
869-4106

SFIS 2023-24 APPLICATION

Opens Nov. 1
Closes Feb. 1, 2023



Apply at www.sfis.k12.nm.us

Documents Required

- Birth or Baptismal Certificate
- CIB/Tribal Enrollment
- Current HS Transcript or,
- Current MS Report Card
- Teacher & Community Recommendation Forms
- Home Language Survey
- Current Test Scores (MAP, NM-MSSA, NM-ASR, SAT or, Other State Assessments)



Admissions Exam

Applicants are required to take the exam on Jan. 28 or Feb. 25, 2023 to be considered for admission. The exam assesses math & reading skills for class placement and a writing section to allow the applicant to express personal interest in attending SFIS.

Contact: 505-989-6370
admissions@sfis.k12.nm.us

Applications must include all required documents by the Feb. 1 closing date.



My name is Jonna Toledo and I work out of the Goodwill store in Los Lunas. What I do is help people find jobs in the community. This is a FREE service that Goodwill offers. I do work by appointment. The first appointment I just get the information to help with your job search. Example: What you are looking for, your availability, experience, etc...we do meet weekly until you find a job. Just because you find a job does not mean we are finished! I will stay in touch with you about once a month for 3 months just to make sure everything is going well. We want to make sure you are being treated well and that the job is a good fit for you. I can give job leads, help fill out applications electronically, make resumes, and we can also practice interviewing skills so you feel comfortable in an interview. I do know lots of hiring managers in the area to help set up interviews. We participate in job fairs as well as organize them and set them up at Goodwill in Albuquerque and Los Lunas. Because we are a non profit there is no charge for this service. It is FREE to the community. Not a lot of people realize that Goodwill does FREE services because they are not really advertised. They just know that the store is a good place to go and get good deals on merchandise. It doesn't matter what type of job you are wanting, I can help! There are several different fields in the area including administrative, custodial/janitorial, retail, daycare, eldercare, warehousing, production, retail and food services. Soon landscaping and outdoor type positions will be opening up. Please contact if you need help. It is always my pleasure to help with your job search. Just call me to set up an appointment! Thank you!



Helping New
Mexicans
overcome barriers
to
employment since
1941


Jonna Toledo, Career Specialist
Goodwill Industries of New Mexico
jtoledo@goodwillnm.org
505-944-0289 Voice
505-750-4315 Remote
201 Desert Willow Rd., Los Lunas, NM 87031




DECEMBER 2022

Isleta Elementary School



BREAKFAST



School Information:
Isleta Elementary School
1000 Moonlight Drive
505-869-2321



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.
Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.
Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div></div> <div>Jump Start Breakfast Kit Fresh Fruit Choice of Milk</div> <div>5</div>	<div></div> <div>Hashbrown Stacker Fruit 100% Apple Juice Choice of Milk</div> <div>6</div>	<div></div> <div>Cinnamon Toast Crunch Cheese Stick Fresh Fruit 100% Orange Juice Choice of Milk</div> <div>7</div>	<div><div>WG Blueberry Muffin Hardboiled Egg Fresh Fruit 100% Apple Juice Choice of Milk</div><div>1</div></div>	<div><div>Sausage and WG Pancake Sandwich Fruit 100% Orange Juice Choice of Milk</div><div>2</div></div>
<div>Sausage Pancake on Stick Fresh Fruit 100% Orange Juice Choice of Milk</div> <div>12</div>	<div>WG Bagel Cream Cheese Fresh Fruit 100% Juice Choice of Milk</div> <div>13</div>	<div>Egg & Cheese Breakfast Taco Salsa Fresh Fruit 100% Orange Juice Choice of Milk</div> <div>14</div>	<div>Honey Nut Cheerios Yogurt Fruit Choice of Milk</div> <div>15</div>	<div>Scrambled Eggs Hashbrown Turkey Sausage Fruit Choice of Milk</div> <div>16</div>
<div>Yogurt Parfait Graham Crackers 100% Orange Juice Choice of Milk</div> <div>19</div>	<div>French Toast Sticks Syrup Fresh Fruit Choice of Milk</div> <div>20</div>	<div>**No School** Winter Break</div> <div>21</div>	<div>**No School** Winter Break</div> <div>22</div>	<div>**No School** Winter Break</div> <div>23</div>
<div>**No School** Winter Break</div> <div>26</div>	<div>**No School** Winter Break</div> <div>27</div>	<div>**No School** Winter Break</div> <div>28</div>	<div>**No School** Winter Break</div> <div>29</div>	<div>**No School** Winter Break</div> <div>30</div>

Menu Subject to Change Due to Availability of FoodThis is an equal opportunity institution**


DECEMBER 2022

Isleta Elementary School


LUNCH





School Information:
Isleta Elementary School
1000 Moonlight Dr
505-869-2321



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



Reference: USDA MyPlate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div></div> <div>Chicken Quesadilla Black Beans Steamed Corn Diced Peaches Choice of Milk</div> <div>5</div>	<div></div> <div>Ham & Cheese Tomato Soup Salad w/Dressing Orange slices Choice of Milk</div> <div>6</div>	<div></div> <div>Beef Stir Fry Brown Rice Broccoli Mixed Fruit Choice of Milk</div> <div>7</div>	<div><div>Spaghetti w/meat sauce Green Beans Pineapple Tibits WG Breadstick Choice of Milk</div><div>1</div></div>	<div><div>Meatloaf Mashed Potatoes Carrot Sticks Mandarin Oranges Choice of Milk</div><div>2</div></div>
<div>Chicken Tenders French Fries Broccoli Grapes Choice of Milk</div> <div>12</div>	<div>Burrito Bowl w/Brown Rice WG Tortilla Vegetable Medley Banana Choice of Milk</div> <div>13</div>	<div>Chicken Alfredo Normandy Blend Apple Slices WG Garlic Toast Choice of Milk</div> <div>14</div>	<div>Cheeseburger Lettuce, Tomato, Pickle Sweet Potato Fries Peaches Choice of Milk</div> <div>15</div>	<div>Chicken Nachos W/Pinto Beans Lettuce and Tomato Orange Slices Choice of Milk</div> <div>16</div>
<div>Beef Tamales w/Red Chile Pinto Beans Corn on Cob Pineapple Tibits Choice of Milk</div> <div>19</div>	<div>Steak Fingers Mashed Potatoes w/gravy Green beans Peaches Choice of Milk</div> <div>20</div>	<div>**No School** Winter Break</div> <div>21</div>	<div>**No School** Winter Break</div> <div>22</div>	<div>**No School** Winter Break</div> <div>23</div>
<div>**No School** Winter Break</div> <div>26</div>	<div>**No School** Winter Break</div> <div>27</div>	<div>**No School** Winter Break</div> <div>28</div>	<div>**No School** Winter Break</div> <div>29</div>	<div>**No School** Winter Break</div> <div>30</div>

Menu Subject to Change Due to Availability of FoodThis is an equal opportunity institution**



There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

BE WARM AND SAFE THIS WINTER!

- Keep anything that can burn at least three-feet (one metre) away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Have a three-foot (one metre) “kid-free zone” around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer’s instructions.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- Test smoke alarms at least once a month.



Heating Equipment Smarts

Install wood burning stoves following manufacturer’s instructions or have a professional do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.

Install and maintain CO alarms to avoid the risk of CO poisoning. If you **smell** gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.



FACT

Half of home heating fires are reported during the months of **December, January, and February.**

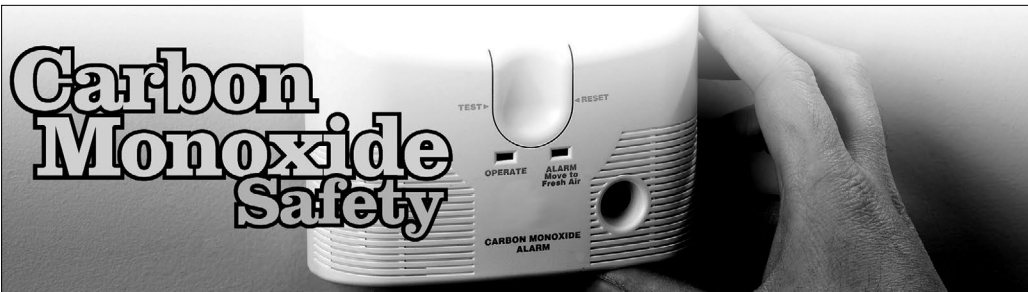


NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

PUEBLO OF ISLETA FIRE DEPARTMENT

505-869-9724

nfpa.org/education ©NFPA 2017



Often called the invisible killer, carbon monoxide is an invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel can be sources of carbon monoxide.

- CO alarms should be installed in a central location outside each sleeping area and on every level of the home and in other locations where required by applicable laws, codes or standards. For the best protection, interconnect all CO alarms throughout the home. When one sounds, they all sound.
- Follow the manufacturer’s instructions for placement and mounting height.
- Choose a CO alarm that is listed by a qualified testing laboratory.
- Call your local fire department’s non-emergency number to find out what number to call if the CO alarm sounds.
- Test CO alarms at least once a month; replace them according to the manufacturer’s instructions.
- If the audible trouble signal sounds, check for low batteries. If the battery is low, replace it. If it still sounds, call the fire department.
- If the CO alarm sounds, immediately move to a fresh air location outdoors or by an open window or door. Make sure everyone inside the home is accounted for. Call for help from a fresh air location and stay there until emergency personnel declare that it is safe to re-enter the home.
- If you need to warm a vehicle, remove it from the garage immediately after starting it. Do not run a vehicle or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not covered with snow.
- During and after a snowstorm, make sure vents for the dryer, furnace, stove, and fireplace are clear of snow build-up.
- A generator should be used in a well-ventilated location outdoors away from windows, doors and vent openings.
- Gas or charcoal grills can produce CO — only use outside.

HOME HEATING EQUIPMENT

Have fuel-burning heating equipment and chimneys inspected by a professional every year before cold weather sets in. When using a fireplace, open the flue for adequate ventilation. Never use your oven to heat your home.



FACTS

- ❗ A person can be poisoned by a small amount of CO over a longer period of time or by a large amount of CO over a shorter amount of time.
- ❗ In 2010, U.S. fire departments responded to an estimated 80,100 non-fire CO incidents in which carbon monoxide was found, or an average of nine calls per hour.



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

Environment Department

Eco-friendly Inspired New Year’s Resolutions

With the holidays now over, you’re probably thinking about making New Year’s resolutions for the 2022 New Year. Let’s face it, it’s hard to make lifestyle changes that you only put less than an hour of thought into. Instead of thinking about your New Year’s resolutions as big projects, try thinking of them as small commitments that could improve your life. With that being said, here are some environmental friendly inspired ideas that can help you live more sustainably:

- **CHOOSE PAPERLESS RECEIPTS:** You can reduce your paper waste by asking for email receipts. Many stores and restaurants now offer email receipts as a secondary option to paper ones.
- **ENCOURAGE OTHERS:** Get family and friends on board with eco-living! Spread awareness and educate those you know on new lifestyle swaps, plastic-free switches or new environmental-friendly alternatives.
- **SAY NO TO SINGLE-USE PLASTICS:** Use those reusable products as much as possible! Just to name a few, here are some examples of reusable products: water bottles, metal straws, reusable grocery bags, etc.
- **START USING REUSABLE STRAWS:** Try switching to a reusable straw such as a bamboo, silicone or stainless steel straw in an effort to become eco-friendlier. Americans use about 500 million plastic straws every day, which could wrap around the Earth 2.5 times a year! Plastic straws are found to be toxic to your own health and the environment.
- **SHOP LOCAL WHEN YOU CAN:** By shopping locally you can help curb the resources and energy necessary for packaging and transportation at large stores. If you shop at farmer’s markets or local grocery stores you will likely receive fresher produce as well!
- **MINDFUL SHOPPING:** Help reduce your carbon footprint by purchasing clothing that is organic and ethical. Support brands who are supporting the fight against climate change. Many companies are now changing their outlook and are becoming more green and sustainable. You may find some of them recycling, using biodegradable products, and using renewable energy. They may also have ongoing projects that donate towards environmental causes.

We all know it’s easier said than done when it comes to resolutions. Remember to practice positive reinforcement instead of putting yourself down if you fail along the way. Instead, focus on the progress you’ve made and learn from previous mistakes so that you can improve to accomplish your goals. You do not need a new year to start something new. Every day is a new day for opportunities to start again or continue progressing your goals! For more information, please call the Environment Department at 505-869-9814.

Isleta Pueblo News



Editor:
Nathaniel Lujan
Asst. Editor:
Diane Abeita
Published By:
Valencia Express



ISLETA POLICE DEPARTMENT NEWSLETTER



CHRISTMAS SO SOON?!

2022 has flown by, it seems, and we have entered the FINAL month of the year. Although we have almost returned to a relatively normal way of life, we still must take precautions to keep COVID-19 at bay. Combined with the flu season, COVID could impact a person’s health even more seriously. It seems children are suffering from RSV and based upon news media, hospitals are having a high rate of these cases impacting the increase in patients. Be Safe and implement safety precautions to include the wearing of masks if necessary, sanitizing surfaces, washing of hands frequently, etc.

CONGRATULATIONS



Kaitlyn Tafoya has successfully graduated 11/15/2022 from the Law Enforcement Academy in Santa Fe, New Mexico. She reported for duty on 11/16/22 and begins the first of three phases of her field training each lasting approximately thirty (30) working days!

Please congratulate her when you see her. Welcome to the family, congratulations to our new LEO sister!!

Well we hope everyone survived the rigors of Black Friday shopping and found all that you were looking for. With that behind us, the next holidays, of course is Christmas and New Year’s.

During this time of the year parties, office and private, are being held and of course among the refreshments provided contain alcohol. We ask all to be safe during this holiday season and to seek a designated driver if you are partaking in alcoholic beverages.

As usual we do see a slight uptick in the number of incidents which include the use of alcohol. Please don’t be the one who adds to our DWI statistics.

National Highway Traffic Safety Administration published the following:

**DRUNK DRIVING |
Holiday Season**

2022 Holiday Season National Enforcement Mobilization / Dec 14, 2022 - Jan 1, 2023

The holiday season is known for being merry and bright, but it is also known for being the deadliest season when it comes to drunk driving. Unfortunately, every holiday season, lives are lost due to impaired drivers.

Isleta Police Department will be active in this mobilizations and both the IHSP Traffic Division as well as the Patrol Division will be proactive in seeking impaired drivers during this holiday season. Prevention is key in averting serious and deadly crashes resulting from impaired drivers and IPD will be proactive in this sense.

THE ISSUE

How alcohol affects driving ability
TRAFFIC SAFETY FACTS & DATA PUBLICATIONS
ALCOHOL-IMPAIRED DRIVING

Alcohol is a substance that reduces the function of the brain, impairing thinking, reasoning and muscle coordination. All these abilities are essential to operating a vehicle safely.

As alcohol levels rise in a person’s system, the negative effects on the central nervous system increase. Alcohol is absorbed directly through the walls of the stomach and small intestine. Then it passes into the bloodstream where it accumulates until it is metabolized by the liver. A person’s alcohol level is measured by the weight of the alcohol in a certain volume of blood. This is called Blood Alcohol Concentration, or BAC. At a BAC of .08 grams of alcohol per deciliter (g/dL) of blood, crash risk increases exponentially. Because of this risk, it’s illegal in all 50 states, the District of Columbia and Puerto Rico to drive with a BAC of .08 or higher, except in Utah where the BAC limit is .05.

However, even a small amount of alcohol can affect driving ability. In 2020, there were 2,041 people killed in alcohol-related crashes where a driver had a BAC of .01 to .07 g/dL.

BAC is measured with a breathalyzer, a device that measures the amount of alcohol in a driver’s breath, or by a blood test.

The Effects of Blood Alcohol Concentration		
BLOOD ALCOHOL CONCENTRATION (BAC) IN G/DL	TYPICAL EFFECTS	PREDICTABLE EFFECTS ON DRIVING
.02	Some loss of judgment; relaxation, slight body warmth, altered mood	Decline in visual functions (rapid tracking of a moving target), decline in ability to perform two tasks at the same time (divided attention)
.05	Exaggerated behavior, may have loss of small-muscle control (e.g., focusing your eyes), impaired judgment, usually good feeling, lowered alertness, release of inhibition	Reduced coordination, reduced ability to track moving objects, difficulty steering, reduced response to emergency driving situations
.08	Muscle coordination becomes poor (e.g., balance, speech, vision, reaction time, and hearing), harder to detect danger; judgment, self-control, reasoning, and memory are impaired	Concentration, short-term memory loss, speed control, reduced information processing capability (e.g., signal detection, visual search), impaired perception
.10	Clear deterioration of reaction time and control, slurred speech, poor coordination, and slowed thinking	Reduced ability to maintain lane position and brake appropriately
.15	Far less muscle control than normal, vomiting may occur (unless this level is reached slowly or a person has developed a tolerance for alcohol), major loss of balance	Substantial impairment in vehicle control, attention to driving task, and in necessary visual and auditory information processing

THE ISSUE

Risk Factors

DRIVING AFTER DRINKING

Driving after drinking is deadly. Yet it still continues to happen across the United States. If you drive while impaired, you could get arrested, or worse — be involved in a traffic crash that causes serious injury or death.

About 30% of all traffic crash fatalities in the United States involve drunk drivers (with BACs of .08 g/dL or higher). In 2020, there were 11,654 people killed in these preventable crashes. In fact, on average over the 10-year period from 2011-2020, about 10,500 people died every year in drunk-driving crashes.

In every state, it’s illegal to drive drunk, yet one person was killed in a drunk-driving crash every 45 minutes in the United States in 2020.

THE ISSUE

Consequences

KNOW THE FACTS Interactions between alcohol and other substances in the body such as certain medications or illegal drugs increase impairment and make driving more risky.

Driving a vehicle while impaired is a dangerous crime. Tough enforcement of drunk-driving laws has been a major factor in reducing drunk-driving deaths since the 1980s. Charges range from misdemeanors to felony offenses, and penalties for impaired driving can include driver’s license revocation, fines, and jail time. It’s also extremely expensive. A first-time offense can cost the driver upwards of \$10,000 in fines and legal fees. Many states require offenders to install ignition interlock devices at the driver’s own expense. An ignition interlock device is a breath test device connected to a vehicle’s ignition. The vehicle cannot be operated unless the driver blows into the interlock and has a BAC below a pre-set low limit, usually .02 g/dL. NHTSA strongly supports the expansion of ignition interlocks as a proven technology that keeps drunk drivers from getting behind the wheel.

THE ISSUE

Responsible behavior

BEING A RESPONSIBLE DRIVER IS SIMPLE: IF YOU ARE DRINKING, DO NOT DRIVE.

- 1. Plan your safe ride home before you start the party, choose a non-drinking friend as a designated driver.
- 2. If someone you know has been drinking, do not let that person get behind the wheel. Take their keys and help them arrange a sober ride home.
- 3. If you drink, do not drive for any reason. Call a taxi, a ride-hailing service, or a sober friend.
- 4. If you’re hosting a party where alcohol will be served, make sure all guests leave with a sober driver.
- 5. Always wear your seat belt — it’s your best defense against impaired drivers.

If you see an impaired driver on the road, contact local law enforcement. Your actions could help save someone’s life.

NEXT MONTH: DRUG
IMPAIRED DRIVING

ANIMAL CONTROL NEWS:

Erika Pasqual

Happy Fall Everyone! This year is moving along quickly, and with the seasons changing it is always good to keep our minds active by touching up on some already known skills.

Isleta Animal Control refreshed their vaccination skills with a hands on training held at Santa Ana Pueblo. Isleta Animal Control along with several other Pueblos attended the hands on training for vaccinating canines and felines against Rabies. The Albuquerque Indian Health Service Lay Vaccinator Program works with many Pueblos by offering yearly training on appropriate methods of vaccine administration, storage, and handling of Rabies vaccines. Isleta Animal Control has been part of the Lay vaccinator program for several years now, which has allowed us to host several vaccine clinics for Isleta tribal members dogs and cats throughout the years. Our next vaccine clinic will be held in 2023.

Tis the season for family gatherings and lots of eating. It is important to keep in mind that our pet’s love the smell and taste of delicious foods and plants, however some of the items in our surroundings can be harmful to our pets. Listed below are a few of items which are popular during the

holidays that should be kept away from your canines and felines:

- * Chocolate * Grapes
- * Onions, Garlic * Coffee * Nuts
- * Tinsel, Ribbons
- * Poinsettias, Holly, Mistletoe

If you feel your animal may have ingested some of these items, please call your local veterinary office or ASPCA Poison Control 1-888-426-4435 (fee may apply).

Have A Safe & Wonderful
Holiday

A reminder to all: The Isleta Police Department does have a Facebook page where community reminders, events and other items of interest are posted. You can view these by using the following link: <https://www.facebook.com/profile.php?id=100086226116534>

*The Isleta Police Department would like to take this opportunity to wish all a very safe and Happy Holiday Season.
It won’t be long and 2022 will be gone and we will be welcoming 2023!!
Merry Christmas
and a Happy New Year*

Isleta Little League
2023 Season

BASEBALL

Flash Sale

ONLINE

ONLY

EARLY
REGISTRATION

\$25

NOVEMBER
25TH-27TH
6AM-5PM

UPCOMING REGISTRATION:
DECEMBER 1ST- FEB 12TH \$50

LATE REGISTRATION WILL BE \$60 AFTER FEB 12TH

<http://tshq.bluesombrero.com/Isletalittleleague>

OR SCAN our QR Code



Pueblo of Isleta Public Library

We hope everyone had a good Thanksgiving with lots of yummy food, and got a jump start on Christmas shopping. With that said we would like to wish everyone a Merry Christmas and a Happy New Year. December can be a busy time, and with that comes the pressure and stress of the holidays. With so much going on, it's easy to get overwhelmed, so please make sure and take a moment for yourself. You can always come into the library and check out a book or a nice holiday movie to snuggle up to with a blanket, some hot cocoa and spend time with your loved ones. The library is busy planning programs for the New Year and we are excited to see what 2023 brings!

News

With the upcoming holidays and unforeseen circumstances, the library hours are subject to change, however a notice will be sent out as soon as we know. Please give us a follow on our Social Media outlets for up-to-the-minute updates on Library closures and delays. We will be closed on the following days:

Saturday, December 24th and Monday, December 26th- LIBRARY CLOSED: In observance of the Christmas Holiday. We would like to wish everyone a Merry Christmas and Happy Holidays!

Saturday, December 31st and Monday, January 2nd – LIBRARY CLOSED: In observance of the New Year's Holiday. The library staff would like to wish you and your family a Happy New Year filled with happiness and good health. Remember to be safe and responsible.

The library will be having a staff meeting on Thursday, December 1st at 8am. The library will remain open during this time so feel free and come in and use the library as normal. During this time, we will be discussing upcoming programs for the remaining days of the 2022 as well as planning for the beginning of 2023. We apologize for any inconvenience this may cause.

With the weather quickly changing and with unpredictable weather patterns, please keep in mind that unexpected closures may occur. Notices will be posted throughout the library and up to the minute, notices will be posted on the library's social media accounts.

Have you returned your library books? If you have had library material out more than a calendar year a fine will be applied to your library account. If you have library items at home, please bring them. Return them in good condition and there will be no fines applied to your account. There are four ways to check your library account:

- Visit our online library catalog at <https://isletapueblo.booksys.net/opac/pipl/index.html> and log on with your library card number and pin number.
- Download our Librista app on your mobile device and log on with your library card number and pin.
- Visit the library and speak with someone at the front desk.
- Give us a call at 505-869-9808.

Join us every Wednesday at 10:30am with library staff member Renetta. Renetta will read a story and do a small activity with the families and children who attend. Family Story Time is geared towards children 16 months to 5 years old, but everyone is welcomed! No sign up is required, and monthly calendars will be available for story time here at the library. For more information on the story and activity for that day please call Renetta at 505-869-9808 or email Renetta.Jojola@isletapueblo.com.

Finals are coming up and the library is available if you need a spot to study! Utilize our FREE computers, printing, lap top check outs, Wi-Fi, charging stations, and conference room to prepare for your upcoming finals.

Upcoming

The library's Elf on the Shelf is back at the library for the holiday season, let's see what mischief he'll be up to this year. In honor of this holiday tradition the library will be hosting an Elf on the Shelf Story Time for families on Wednesday, December 7th from 5:00pm to 6:30pm. Participants will get to hear the Elf on the Shelf Story, make Christmas Candy Sleighs and drink hot chocolate. This program is geared for families whose children still believe in the "Christmas Spirit." Registration starts November 28th and is open to 5 families of at least 5 family members. To sign up please call or come into the library. For information, please contact Diane or Renetta by phone 505-869-9808 or email Diane.Abeita@isletapueblo.com and Renetta.Jojola@isletapueblo.com.

Looking for some Holiday fun? Bring the family and join the library for a fun filled

night in making Ugly Sweater Cookies on Wednesday, December 21st from 5pm to 6:30pm. Design your very own Ugly Sweaters on sugar cookies using frosting and sprinkles. All supplies will be provided and this program is open to 4 families of 5 members per family or until spots fill up. Registration begins on Monday, December 6th, to sign up please call or come in to the library. For more information, please contact Cheyenne by phone at 505-869-9808 or by email at Cheyenne.Castillo@isletapueblo.com.

Library staff member Kyle will be leading a Family Paint Night on December 20th from 5:30 pm to 6:30 pm here at the library. Now that it is getting colder outside and Christmas is almost here, come join the library for a fun evening painting with the entire family. Sign-ups begin on November 22 and is open till all 10 spots are filled. For more information about this program, please contact Kyle at 505-869-9808 or by email at Kyle.Lujan@isletapueblo.com.

School will be out soon for Winter Break and the library staff members Kimberly and Elena will be hosting a 3-day program starting December, 27th - 29th from 10am to 2pm. **T'Was A Grimm Winter Night.** Participants

PUEBLO OF ISLETA PUBLIC LIBRARY

Ugly Sweater Cookies

BRING THE FAMILY AND JOIN THE PUEBLO OF ISLETA PUBLIC LIBRARY FOR A FUN FILLED NIGHT IN MAKING UGLY SWEATER COOKIES! DESIGN YOUR VERY OWN UGLY SWEATERS ON SUGAR COOKIES USING FROSTING AND SPRINKLES!

SUPPLIES WILL BE PROVIDED!

OPEN TO 4 FAMILIES OF 5 MEMBERS PER FAMILY OR UNTIL ALL 20 SPOTS ARE FILLED

REGISTRATION BEGINS ON MONDAY, DECEMBER 5TH.
PROGRAM IS ON WEDNESDAY, DECEMBER 21ST FROM 5:00PM-6:30PM

FOR MORE INFORMATION PLEASE CONTACT CHEYENNE BY PHONE AT 505-869-9808 OR BY EMAIL AT CHEYENNE.CASTILLO@ISLETAPUEBLO.COM

will be reading the Disney Story of princesses then exposing their creepy origins. After each story a food craft will follow based off their Grimm background. For more information, please contact Kimberly or Elena by phone at 505-869-9808 or email Kimberly.Lacsina@isletapueblo.com or Elena.Lopez@isletapueblo.com.

Tutoring session will be beginning soon for the month of November and December. In collaboration with Tutor Doctor the library will be offering professional tutoring services for students. The library is now enrolling students for a period of 16 sessions of tutoring. This is a great opportunity to end the school year on a good note and enter the second half of the school year with more confidence. To sign up please call or come into the library, space is limited and spots will fill up fast. A mandatory meeting will be scheduled for anyone that is interested. Date and time to be announced. If you have any questions or concerns about this service, please give the library a call at 505-869-9808.

More program announcements to come! For up to the minute info on the library, follow us on our Social Media accounts where we will be promoting upcoming programs and events.

Recap

Library staff members Kimberly and Elena attended a YALSA’s (Young Adult Library Services) conference on November 3rd through the 6th in Baltimore, Maryland. They learned about different library programs and services to help support teens in our community. They are excited to share what they learned and put it to use here at the library. So, keep a lookout for new tween and teen programs.

We would like to acknowledge our After School Program students for doing such a great job with their reading and keeping up with their homework. We are currently planning a Christmas Party for our students on Thursday, December 8th. Festivities will include activities, crafts, games, and of course, food. This will also give parents a chance to get any last-minute Christmas shopping done. Students will soon be on Winter Vacation as well during this time. We hope students can relax and enjoy their free time. We look forward to seeing everyone after the break for the second half of the school year.



Autumn Paint Night at the Library!



After School Program students making Cinnamon Tortilla Treats!



After School Program students working on their Fall Tree Luminarias!

Christmas Electric Light Parade

Legend

- ★ Parade Start
- Parade End
- Parade Route
- ▭ Village of Los Lunas
- ▭ Surrounding Communities
- Valencia County

For More Information:
<https://www.loslunasnm.gov/551/Christmas-Parade>

N 0 0.25 0.5 Kilometers
0 0.25 0.5 Miles

December 3, 2022

Sign up your float now at www.loslunasnm.gov

Main Street

HERITAGE PARK - DON PASQUAL RD.

ELF ON THE SHELF



STORY TIME
HOT CHOCOLATE
CHRISTMAS CANDY SLEIGHS



Join Us!
As we read *The Elf on the Shelf: A Christmas Tradition*
Followed by a craft, food and refreshments!

Registration starts: November 28th
To sign up stop by the library or
call (505) 869-9808
Program is on: Wednesday, December 7th
5:00pm-6:30pm

Open to 5 families of at least 5 family members.
All Supplies provided!



Families with children who still believe in the Christmas Spirit



Any questions? Please call Diane or Renetta at (505) 869-9808

PUEBLO OF ISLETA PUBLIC LIBRARY

FAMILY PAINT NIGHT

DECEMBER 20, 2022

Now that it's getting chillier outside and Christmas is almost here come join the Library on December 20 to enjoy a fun evening painting with the entire family!

Sign-Ups begin November 28, 2022

Open till all 10 spots are filled
5:30 P.M. to 6:30 P.M.
Supplies will be provided


For more information contact Kyle at (505) 869-9808
or by email Kyle.Lujan@IsletaPueblo.com



Pueblo of Isleta Public Library

In Collaboration with Tutor Doctor




TUTORING SESSION
BEGINNING SOON!




THE LIBRARY WILL BE COLLABORATING WITH TUTOR DOCTOR TO OFFER PROFESSIONAL TUTORING SERVICES FOR STUDENTS!

TUTORING SESSION WILL BE SCHEDULED AFTER A MANDATORY MEETING FOR PARENTS AND STUDENTS!

A MANDATORY MEETING WILL BE SCHEDULED FOR ANYONE THAT IS INTERESTED. DATE AND TIMES TO BE ANNOUNCED!

 Assess Match Tutor Support

If you have any questions you can give us a call at 505-869-9808



PUEBLO OF ISLETA PUBLIC LIBRARY

T'WAS A GRIMM WINTER NIGHT

ALL THROUGH THE LAND,
NOT A STORY WAS HAPPY.
WRITTEN BY THE BROTHERS' HAND

WOULD YOU CUT YOUR TOE OFF TO FIT YOUR FOOT INTO A GLASS SLIPPER?

REGISTRATION STARTS DECEMBER 5TH! OPEN TO THE FIRST 10 PEOPLE
DECEMBER 27TH - 29TH
10:00 AM - 2:00 PM

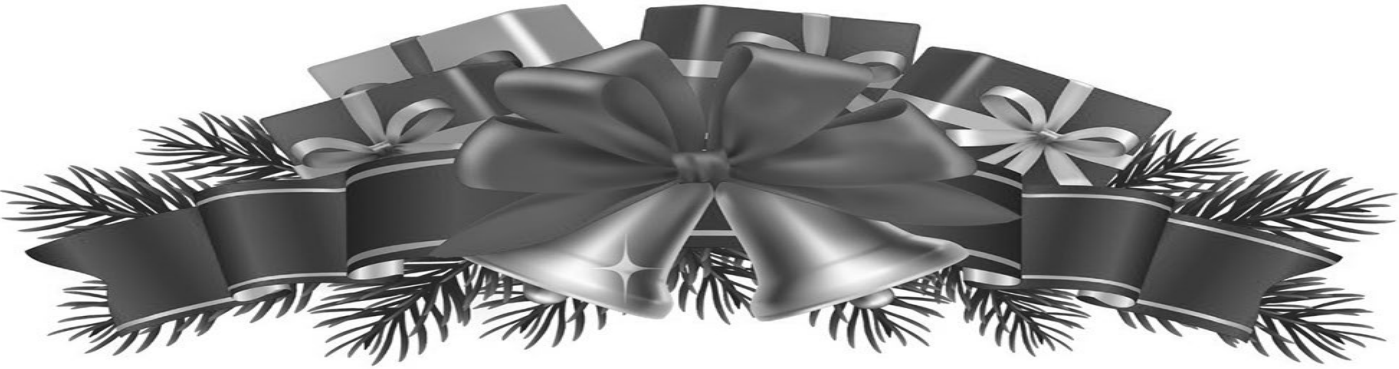
WE WILL BE READING THE DISNEY STORY OF THESE PRINCESSES THEN EXPOSING THEIR CREEPY ORIGINS! AFTER EACH STORY, WE WILL DO A FOOD CRAFT BASED OFF OF THEIR GRIMM BACKGROUND

****LUNCH WILL BE PROVIDED****
****AGES 9 AND UP****
CINDERELLA (DEC 27TH)
RAPUNZEL (DEC 28TH)
SNOW WHITE (DEC 29TH)



****DISCLAIMER: THESE GRIMM FAIRYTALES CAN BE GORY. SIGN-UP AT YOUR OWN DISCRETION****

ANY QUESTIONS? PLEASE CALL KIMBERLY OR ELENA AT (505)869-9808
OR EMAIL KIMBERLY.LACSINA@ISLETAPUEBLO.COM OR ELENA.LOPEZ@ISLETAPUEBLO.COM



Valle de Oro National Wildlife Refuge



PHOTO CONTEST



2021 Best of Show Winner, by Cinda Wylie

Valle de Oro
NATIONAL WILDLIFE REFUGE
7851 2nd Street SW
Albuquerque, NM 87105

Refuge open daily from one hour
before sunrise to one hour after sunset

*Entries must be an electronic submittal at
300 dpi. Images should not be smaller than
5x7 in. and no larger than 9x12 in.*

Valle de Oro NWR invites photographers of all
ages and skill levels to enter the 2022 contest by
submitting images that highlight the beauty of
the refuge's wildlife, landscapes, and visitors.

RULES:

All photos must be taken of/on Valle de Oro
National Wildlife Refuge. Each participant may
electronically submit six (6) photos total.

All submitted photos will become the property
of the U.S. Fish and Wildlife Service and may be
made as public domain images on the web or
other publications. Entrants retain the right to
use their photos for any other purpose.

Winning images will be displayed in the new
Valle de Oro NWR Visitor Center, and prizes will
be awarded by the Friends of Valle de Oro.

CATEGORIES:

Photographers should choose the most
appropriate category for each submitted image.

- Wildlife/Plants: Including mammals, birds,
insects, plants, fungi, etc.
- Landscapes: Including habitat or generalized
wildlife, such as a field of geese on refuge.
- People: Visitors, staff or volunteers enjoying
the refuge, connecting people and nature.
- Construction: Including restoration work on
refuge.

DEADLINE FOR ENTERING: DECEMBER 31, 2022
Email entries to valledeoro@fws.gov



LUMINARIA MAKING EVENT

SATURDAY, DECEMBER 10, 2022
9am to 4pm

Valle de Oro National Wildlife Refuge
Multipurpose Room

Stop by the visitor center any time
between 9am and 4pm to make
luminarias to display around the
refuge visitor center!

All events are
FREE and family
friendly!

LUMINARIA WALK & STAR PARTY

FRIDAY, DECEMBER 16, 2022
6pm to 9pm

Enjoy refreshments and crafts while
admiring the beautiful community
created luminarias located around
the Valle de Oro NWR Visitor Center.
A holiday story will be read at
6:30pm

Friends of Valle de Oro NWR
Nature Store will be **OPEN!**

The
Albuquerque
Astronomical
Society
Star Party will be
held from 7pm
to 9pm



Isleta Health Center Optometry Department



Eye Health for Adults Over 60

See your eye doctor regularly!

First and most important, it is recommended that you have your eyes examined by an optometrist or ophthalmologist at least once per year. You will be screened for eye diseases such as glaucoma or macular degeneration. If these are identified early, you can work with your eye doctor to preserve your vision for many years to come.

Maintain a healthy lifestyle!

Conditions such as Diabetes and High Blood Pressure can affect your eyes. It is very important to work with your Primary Care Doctor to maintain healthy blood sugar and blood pressure. A healthy lifestyle not only helps the body, but also helps the eyes.

Use the right eye drops!

Dryness of the eyes is very common with age. It is recommended that you use eye drops for lubrication, also known as “artificial tears”. Avoid drops that say, “get the red out” as these can actually make the eyes feel more dry. Instead, look for drops that say “lubricating” or “moisturizing”. If you are not getting sufficient relief, talk to your eye doctor about other options.

Be aware of normal aging changes to your vision!

The eyes change with time. Driving at night and moving from dimly lit to well-lit areas become more difficult. Be extra cautious while driving, especially at night. You may also find that good quality lighting will improve your ability to read and do other near tasks.

Wear Sunglasses!

Good sunglasses with UVA/UVB protection will help to slow the progression of cataracts and other eye damage that can be caused by UV light. Wide-brimmed hats can also help to decrease the UV light that enters the eyes.



PARKS & RECREATION DEPARTMENT

I hope everyone had a wonderful Thanksgiving Holiday with your families. I definitely enjoyed the time off and the time with my family. I think it’s actually the first Holiday Season since 2019 that my family and I truly felt comfortable getting together without worrying to much about the Covid virus. All of us need to continue to be proactive and take whatever safety measures we can to continue to keep our family, ourselves safe, and Covid free.

As for the department and the pueblo, things seem to be getting better and better every day. We are gradually seeing more and more tribal members use our facilities (Parks, Ball Fields, Old Rec, New Rec, pool, etc.) and our services/activities. It has been awesome to see people come back. Remember we need to continue to stay healthy and take care of our departments and ourselves, so come back to our facilities or come start using our facilities even if it’s for the first time. All our staff is here to help you. I hope to see you here soon.

Wishing all of you a Very Merry Christmas and a Happy and Prosperous New Year!

SPORTS SECTION

Straight from the desk of Coach George Waquie! The Pueblo Harvest Event finished November 19, 2022 and this year’s winners were as follows:

- 1st Place Grace Jojola
- 2nd Place Karen Abeita
- 3rd Place Shirley Jojola

I want to thank all 25 individuals that participated in this Year’s Pueblo Harvest Event. We are already looking forward and planning next year’s Pueblo Harvest Event. Keep up the great work with staying fit and healthy.

We have seen quite a few tribal members outside walking the track around the fields here at the Recreation Center and that’s awesome, keep it up, but keep in mind that our gymnasium and our treadmills are also available to all of you to use for your walking needs, especially if it’s too cold to be outdoors. Please feel free to come do your early morning walks in our recreation center gymnasium; we would love to see you here, we might even have some fresh coffee available for you after your walk! Our fitness facility also has other types of equipment available to you for your fitness needs as well.

The Co-Ed Volleyball Season is up and going, so if you want to come and watch some games, they are being played on Monday and Wednesday nights, 6:30 pm and 7:30 pm are the game times. Come cheer on your fellow tribal members!

We also want to remind all of you that Pickle ball is set up in the gym on Wednesdays from 11 am to 3pm. It’s a fun activity/sport that can be played by all ages, so if you would like to learn how to play come on down, we would like to teach you the game. We are hoping to start a Pickle Ball League and coming down on Wednesdays is a good opportunity to learn this fun game.

We will also like to start up a Corn Hole league, so if you are interested, please call or email Coach Waquie at (505) 869-9777 or George.Waquie@Isletapueblo.com. The sooner we get the interest the sooner we can start the league.

I hope to see you and hear from you soon!

AQUATICS SECTION

Isleta Aquatics hopes you and your families had a great Thanksgiving! We are excited to be collaborating with the Isleta Elder Center to provide age appropriate programming for our elders! For any questions on times and activities please call the Elder Center or the Aquatics office at 505-869-9783.

Isleta Aquatics would once again like to invite all to come check out our facility! Although the temperature continues dropping outside, our pool area as well as the pools themselves stay just as warm as they are in the summer! Come get out of the cold and enjoy a nice warm aquatic activity this winter! The Lap Pool is 80 degrees, Wading Pool is 90 degrees, and the Jacuzzi is 102 degrees! We will have sessions available from 6:00am-8:30am as well as 2:30pm-7:30pm Monday through Thursday, and 6:00am-8:30am and 2:30pm-5:30pm Fridays. We will close mid-day to accommodate swim time for youth programs Isleta has to offer as well as daily pool maintenance. We also offer our adults only lap swim on Mondays, Wednesdays and Fridays from 12pm-2:00pm. All three types of swim session can be reserved in one and two hour increments at the front desk of the Rec Center. Swim lesson

registration forms are available at the front desk at the Rec Center or contact Josh or Connie at 505-869-9783 for more details on availability and registration.

Isleta Aquatics is still looking for Lifeguards! Previous experience is welcome but we can train and certify those that need it and qualify. Schedules are flexible and work around school and extracurricular activities. If you know anyone interested in becoming a Lifeguard, please call or visit the POI website for the job posting! For anyone interested in information about Lifeguard certification, child or adult swim lessons, water aerobics and other aquatic programming please call Josh or Connie at 505-869-9783.

FITNESS SECTION

Getting Comfortable in Our Own Skin

By Anne Asman

Since starting my job as a fitness instructor (a year ago practically to the day!) I have had the privilege of training and teaching quite a few tribal members and employees. To call it an honor is an understatement as I am just so grateful to have the opportunity to share with my clients and students what exercise and Yoga have done for me. The benefits, as I know many of you have found, are boundless. From your feedback, I’ve heard about better digestion, deeper sleep, more moments of feeling calm, getting stronger and more mobility, decreased chronic pain, better flexibility, easier time with breastfeeding and more efficient breathing (especially during intense exercise).

Those are just some of the comments and some of the feedback I have received from all of you. However, that does not even cover what I am able to see. In each of you, I have noticed more confidence in how you move. I see progress and consistency, community and camaraderie and the enjoyment that comes when we move our bodies and connect with others. I have also watched so many of you become more comfortable in your own skin.

As a fitness professional, I often hear about how others feel about themselves—their weight and appearance; overall body image issues that I equate to “stinkin’ thinkin’.”

Body image is an important conversation to have and to have often. I have found that many times it is how one feels about themselves that prevents them from going into a gym or exercising at all. My friends both here at the Pueblo and elsewhere have shared with me that it can be challenging to walk into a gym with all of the “young, perfect bodies.” This dysmorphic experience can sometimes lead to feelings of inadequacy and discouragement from going back. It is also important to note that in our society, celebrities are applauded for how they look and for setting standards that are mostly unrealistic and (if we can be honest here and not shaming) with the help of a lot of plastic surgery and other cosmetic enhancements. Granted, some celebrities claim they have never had plastic surgery and they eat and drink the way the “average person” does. However, it is important to look critically at these claims and to do our own research to find the truth, especially if we are holding ourselves to those standards and obsessing over every morsel of food we put in our mouths, and of course how often and how hard we train at the gym.



Namaste.
Photo Credit: MART PRODUCTION
from Pexels via Canva

Let me note here, this is not a criticism of people who strive for a “standard of perfection” by way of exercise and other methods for enhancing their appearance, but it is rather an insight into the mental aspects that drive our motivation to exercise and what may or may not keep us from going back. Let alone how these thoughts cause us to feel about ourselves all day, every day.

As we wrap up 2022 and head into the New Year, I wish for all of you to feel wonderful about yourselves. If you are already there, that is AWESOME, and we will do a happy dance for you. If you struggle with

this, let us fist bump over this challenge by prioritizing feeling comfortable in our own skin.

All of this said, the light in me bows to the light in all of you.

PARKS MAINTENANCE SECTION

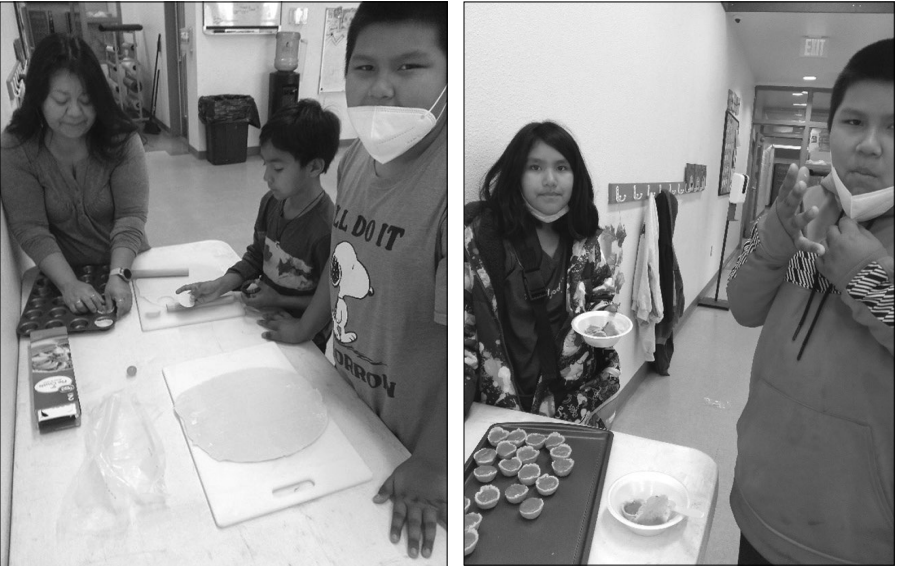
Our Parks Maintenance crew continues to work hard on beautifying our parks and fields every day and it shows. I get compliments all the time about how good our parks and fields look. This crew is hard at work no matter the weather outside. They are true professionals. They have been busy with other duties as assigned as well, in October the Parks Crew were a huge help with the parking and traffic for the Halloween Carnival, we couldn't have done it without their help. In November, the Parks Crew was right there helping with the Turkey distribution and this month (December) the crew will be out there braving the elements again helping with the Ham distribution. The Parks crew is always ready and willing to help whenever they are asked. That is awesome for us and all the upcoming events that we will be having. I want to personally thank my Parks Crew for all that they do for us here in the department and for everything that they do for the pueblo as well. I have an awesome crew!!!!

RECREATION SECTION


Merry Christmas and a Happy New Year to all of you!

After School Program – The After School program students learned how to bake simple desserts for Thanksgiving and different ways to use apples for desserts. One of their favorite desserts that they all seemed to like was traditional Apple Pie with Vanilla Ice-Cream, who does not like that, right! They made a different type of apple pie dessert that is called a Apple-Pie-dilla. This dessert consist of apple pie filling and tortillas, and it is cooked like a quesadilla. Another snack they made were mini pumpkin pies. They were bite-size and delicious, that's for sure! For the month of December, the students will be making various types of cookies; gingerbread houses and candy cane bark that sound delicious, we are looking forward to the finished products!

Christmas Break Program – The After School Program will open up 10 slots for the Christmas Break to Isleta Tribal students enrolled in Isleta Elementary, Bosque Farms, Sundance Schools or APS Elementary Schools during the break. Christmas Break program will start Monday, December 19, 2022 and will run through Friday, December 30, 2022. The Hours for the program will be from 7:30am to 5:30pm. The Program will provide an assortment of activities such as gym play, nature walks, craft making, cooking, swimming and much more. The Deadline to reserve a slot for your child is Friday, December 9th, 2022. For more information about this program or for information about the after school program in general, please contact LeeAnne Zuni, Activities Coordinator for more information. 505-869-9777.




Name: _____



Merry Christmas!


V
T L L
P G L F M
W R E A T H X
P A E D S O Q B P
X L Q S H T R A P H X
Z L N V E W O N N C R S T
R N E C A G A
P C T G K M E N D
Q M M S G I E L D Y N
G I B I M N N N Q Y I F B
C I R B S I O G T I C E Z P S
N I N E R T V G I S V A L H J J Q
N F C G I C L C J X M P N F P N L D Z
D D T K E N U E L U T R E E C D O O C L R
R D C T D Z T B E L L S H
E B E A O S T A R R S F X L I
Q E R E R E N U T C R A C K E R D
M E T E R O S A N T A S J R W H D A K
N U H R A S L E I G H E D S S N O W M A N
Y S P I Z D Q S Q W J G G B O W L H V Z H B Z
K N O R T H P O L E Y L A F S U G A R P L U M S T



ANGEL	GARLAND
BELLS	GINGERBREAD
BOW	HOLLY
CANDY CANE	LIGHTS
CAROLS	MISTLETOE
EGGNOG	NORTH POLE
ELF	NUTCRACKER

I R I
G L H
H A O
T N L
S D L
Y L Y

ORNAMENTS	STAR
PRESENTS	STOCKING
REINDEER	SUGARPLUMS
SANTA	TREE
SLEIGH	WREATH
SNOWMAN	



mpmideas.com

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Isleta Child Care Meeting

The Isleta Child Care Program will have a child care meeting to discuss:

- Child care services
- Child Care and Development Fund (CCDF)

You are invited to join us to discuss child care services. If you have a child between the ages of 16 months to 5 years of age, reside within the Valencia and Bernalillo boundaries, and are in need of child care services, we would like to hear from you. For more information, please contact Elthia Zuni at 505-869-9805.

When: January 18, 2023
Time: 6:00 pm
Location: Isleta Head Start and Child Care Center.
Dinner will be provided.

Pueblo of Isleta WIC Program

The Pueblo of Isleta WIC Program would like to welcome Amy Ruhrkraut to the team! Amy is our newest WIC Nutritionist and she is looking forward to serving our WIC clients!

The Holidays are approaching and we have some healthy holiday recipes to share! You can use some of your WIC food benefits to make this yummy maple apple oatmeal.



WIC Holiday Maple Apple Oatmeal

- Ingredients:**
- 3 cups apple juice-WIC food
 - ½ teaspoon ground cinnamon
 - ½ cup fresh apple, chopped-WIC food
 - 1-1/2 cups oats, uncooked (quick or old-fashioned)-WIC food
 - ¼ cup maple syrup
 - ½ cup chopped nuts (optional)

Stove-Top Directions

1. In saucepan, bring juice and cinnamon to a boil. Stir in oats, apple and syrup.
2. Return to a boil; reduce heat to medium. Cook 1 minute for quick oats and 5 minutes for old fashioned oats or until most of juice is absorbed; stirring occasionally.
3. Stir in nuts (optional).
4. Let stand until desired consistency. Serve.

Please give us a call to check your WIC eligibility (505) 869-2662





Pueblo of Isleta

Head Start, Early Head Start, and Child Care Center

2 Sagebrush Street, Albuquerque, NM 87105

(505) 869-9796



December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- December 14, 2022– Family Engagement Family Night @ 5:30pm at the Center
- December 15, 2022– Policy Council Meeting @ 5:30pm at The Center
- December 16, 2022– Half Day/Early Release & No Transportation
- December 19, 2022 till January 2, 2023– Winter Break (NO SCHOOL)
- December 2022– Parent Committee Meeting– TBD
- January 3, 2023– Professional Development Day (NO SCHOOL)
- January 4, 2023– Children Return/Program services resume

ST. AUGUSTINE



PARISH ONLINE GIVING

St. Augustine Parish is now offering online giving services to better serve our parishioners. We are providing this option in addition to cash or check donations. You can still give through traditional methods, but now you can make recurring or one-time gifts online with a credit/debit card or electronic check.

To give online through our new platform, visit our giving page on our website <https://www.isletachurch.org/>. You can also give through text message by sending “Give” to (505) 207-4077.

This program is beneficial to you, in that you do not need to worry about having cash or a check on hand at Mass, and it benefits the Parish by reducing the time needed to process donations and run financial reports.



ISLETA HEALTH SUPPORT GROUP

Our Goal: Provide health education and peer support to people impacted by chronic health concerns, to empower with knowledge & support, in order to strengthen the health of the community.

HEART HEALTH

Tuesday, December 13, 2022
10:30-noon
Janet Johnson, NM DOH Tribal Liaison

▶▶▶ Meet in Person: Isleta Health Center **B'eeh-K'oo-e** Activities Center
Or Meet Virtually: meet.google.com/xej-utda-mzk
Dial-In: 1-401-594-0386 PIN: 547-249 049#

JOIN US!

PRIZES
ALL WELCOME!
EVERYONE WELOCME!

Learn about Chronic Disease,
Get Support and Be Empowered!

Contact Stephanie Barela, Isleta Health Educator
(505) 869-4479 | Stephanie.Barela@islclinic.net



STRENGTH


Resiliency has always been our Strength, we shall continue to adapt!


1ST DOSE + 2ND DOSE + BOOSTER(S) (WHEN ELIGIBLE)

= UP-TO-DATE ON COVID-19 VACCINES


If you are 5 years or older & completed the COVID-19 vaccine primary series, you may be eligible to get boosted.

Contact your local IHS, tribal, or urban Indian health care facility or pharmacy to get vaccinated. Scan this QR code for more info:





Being fully up-to-date with COVID-19 vaccines is the best defense against severe illness from the virus.



Mental Health Awareness

Orion Zuni, Experiential Educator
Isleta Behavioral Health Services
(505) 869-5482

“You don’t have to struggle in silence. You can be Un-silent. You can live well with a mental health condition, as long as you open up to somebody about it.”
~Demi Lovato

Mental Health Awareness was established to bring attention to the importance of mental health and wellness in American lives, and to celebrate recovery from mental health illness. Although we may not realize it, mental health is an essential aspect of a person’s overall health.

What is mental health?

Mental health is focused on our emotional, psychological, and social well-being. It is very impactful to the way we think, feel, and act. Mental health is very important at every stage in life, from childhood and adolescence through adulthood into our elder years. It helps determine how we handle stress, relate to others, and when making choices. Throughout our lives we may face mental health problems that could impact our thinking, mood, and behavior.

There are many factors that can contribute to mental health problems, and could include:

- Life experiences, such as abuse or trauma
- Family history of mental health problems
- Biological factors, such as genes or brain chemistry

Mental health problems affect everyone and are very common within our community. Typically, mental health problems are clinically diagnosable and are products of our experiences, biology, psychology and social factors. There are many various types of treatments for mental health problems and are dependent on the individual. Treatments can include therapies (talk, trauma, EMDR, etc), medication, or both depending on the individual’s needs that will target specific mental health problems.

While it is important to consider mental health as a part of our overall health and wellbeing, it still holds a lot of stigma behind it. Many people with mental health problems can be highly productive members of our community. You probably know someone who struggles with mental health problems but does not show it. Even very young children may show early warning signs of mental health concerns. Unfortunately, less than half of children and adolescents with diagnosable mental health problems receive the treatment they need. Mental health support early in a child’s life can help before problems interfere with other developmental needs.

While there are many factors that play into mental health problems, there are also positive ways of maintaining positive mental health and can include:

- Getting professional help if you need it
- Connecting with others
- Getting active physically
- Helping others
- Maintaining a healthy sleep schedule
- Developing healthy coping skills

Positive mental health allows us to realize our full potential, cope with the stress of everyday life, work productively, and make meaningful contributions to our community.

While mental health problems are very common, help is available. People with mental health problems can get better and many recover completely. If you or someone you know is struggling with mental health feel free to reach out to the Isleta Behavioral Health Clinic at 505-869-5475 and set up an appointment with one of our counselors.

Boost Your Natural Immune Response


VACCINATE THE WHOLE FAMILY

For those 5 years and older, it is important to get the COVID-19 Vaccine to help prevent the Virus!

Vaccines protect against these people diseases:


Hepatitis A	Diphtheria	Varicella
Hepatitis B	Tetanus	HPV/cancer
Polio	Pertussis	Shingles
Hib	Measles	Meningococcal ACWY
Pneumonia	Mumps	Meningococcal B
Flu	Rubella	Rotavirus

WhyImmunize.org



Vaccines protect against these pet diseases:


Panleukopenia	Distemper
Herpes Virus-1	Parvovirus
Calicivirus	Adenovirus
Feline leukemia	Parainfluenza
Rabies	Kennel Cough



Fix Adopt Save.
Our Community Commitment

FixAdoptSave.org


Babies need vaccines:



DTaP	MMR
Hepatitis A	Hepatitis B
PCV13	Flu (Yearly)
Rotavirus	Varicella
Polio	Hib

School age kids need vaccines:


(4-6 years old)



DTaP	MMR (2 nd Dose)
Polio	Varicella (2 nd Dose)
Flu (Yearly)	

Teens need these vaccines:

(11-12 & 15-16 years old)




HPV	Flu (Yearly)
Tdap	Meningococcal ACWY & B

Pregnant moms need:

Flu (Yearly)
Tdap 1 dose with each pregnancy


...to protect both mom and baby



Healthy adults 19-59 need:

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


More vaccines may be needed for certain medical conditions




Adults 65 and over need:

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

More vaccines may be needed for certain medical conditions




Cats need:



- FVRCP (combo vaccine) starting at 6-8 weeks of age; then every 3-4 weeks until 16-20 weeks old
- FeLV at 8 weeks; 2nd one 3-4 weeks later
- Rabies at 12 weeks
- Yearly boosters

Dogs need:



- DHPP (distemper, adenovirus, parvo, parainfluenza) starting at 6 weeks; then every 3-4 weeks until 16-20 weeks old; last 2 DHPP vaccines should contain leptospirosis
- Rabies at 12 weeks, Rabies booster after 1 year, then every 3 years
- Bordetella at 12 weeks, 2nd dose 3 weeks later
- Yearly boosters (DHLPP & Bordetella)

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

Vaccines are the simplest way to Keep you & your family healthy & well.

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

KEEP YOUR CHILDREN SAFE


Contact the Isleta Health Center Health Educator at 869-4479 to have your Child Safety Seat Checked to make sure it is properly installed and appropriate for your child.

CAR SEAT SAFETY

INFORMATION + STATISTICS

CRASH INJURIES

are the leading cause of death among children in the US!




Car seats can reduce that risk by up to

71%

when installed **CORRECTLY**


90%

of parents **THINK** their child is riding safely in their car seat but...



only **1 out of 4** car seats are installed **CORRECTLY**

PROPER FIT AND INSTALLATION ARE CRUCIAL TO YOUR CHILD'S SAFETY. WHEN SHOPPING FOR A CAR SEAT, CONSIDER THESE 5 STEPS.



SELECTION

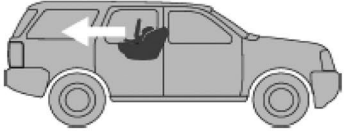
FIND THE BEST CAR SEAT.

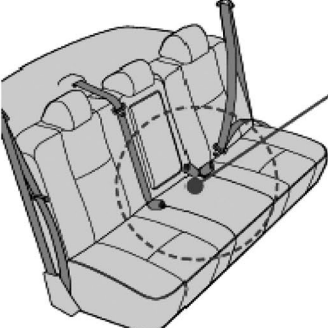
Choose the one that best fits your child and your vehicle. All current car seats are required to pass government safety standards. It's important to select a model that you are comfortable installing correctly on your own. Make sure the features are easy to use and understand.

DIRECTION

REAR-FACING IS SAFEST.

Keep your child rear-facing until age 2 or until they reach the maximum weight or height allowed by the car seat manufacturer. Advancing a child to a forward facing car seat before they are ready puts them at greater risk for injury in a crash.






LOCATION

REAR CENTER IS IDEAL.

Whenever possible, position your child in the rear center seating position. This is the best protection from side impact crashes. The back seat is the safest place for all children under the age of 13!



INSTALLATION

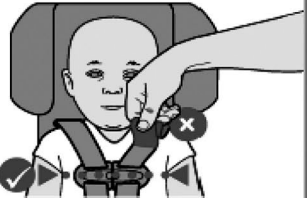
READ MANUALS.



Stay up to date and read your current vehicle and car seat manuals for proper use instructions.

PROPER FIT

POSITION HARNESS STRAPS PROPERLY.

The harness should be at or slightly below the child's shoulders when rear-facing. This will prevent the child from sliding upwards in the event of a crash. (For older children who are forward-facing, place harness at or above the child's shoulders.) Harness should be snug so that you cannot pull the strap from the body and pinch the fabric together. The straps should be flat and untwisted.





ISLETA HEALTH CENTER

Health Education
Presentation Request

If you would like the Isleta Health Center Staff to provide a presentation, please click on the link below and complete the form:

<https://forms.gle/8cN4DES6D6CJw95V9>

We will try our best to accommodate your needs, however, please understand there may be some limitations.

Please contact Stephanie Barela, (505) 869-4479 or stephanie.barela@islclinic.net if you have any questions.



Freedom
From Smoking

WANT TO QUIT SMOKING?
GET SUPPORT FROM THIS GROUP PROGRAM!
8 WEEK EVENING PROGRAM STARTS
JANUARY 11TH, 2023
WEDNESDAY EVENINGS
@ ISLETA HEALTH CENTER
CALL FOR MORE INFO!



Weekly Prizes!

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

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

CONTACT:
Stephanie Barela @
505-869-4479
for more information or to
reserve your spot in this class!



Sponsored by the
Isleta Health Center

COVID-19 COUNSELING
& SUPPORT SERVICES

IT'S FREE &
ANONYMOUS.

CALL (505) 954-1057



HUMAN SERVICES
DEPARTMENT

Health Beat: Hand Washing Awareness Week Dec 5-11, 2022

Stephanie Barela, Health Educator
www.cdc.gov
505-869-4479 | sbarela@islclinic.net

Do you like being sick? Probably not, most of us hate being sick, so take the first week in December to celebrate Hand Washing Awareness Week and learn how and why to wash your hands! As the CDC says, “Handwashing is like a ‘do-it-yourself’ vaccine—it involves five simple and effective steps, (Wet, Lather, Scrub, Rinse, Dry), washing your hands can reduce the spread of diarrheal and respiratory illness.”

How to Prevent the Spread of Germs by Washing Your Hands

According to the CDC website, you can prevent the spread of many diseases and conditions by washing hands with soap and water; this is the best way to reduce the number of germs. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs and might not remove harmful chemicals

Make sure you wash your hands before and after the activities below:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How to Wash Your Hands

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air-dry them.






Call or Visit the Elder Center to Sign up for Activities in advance. All Activities are on a first-come-first-serve basis.
Activities are open to everyone age of 50+ unless otherwise noted.

DECEMBER

2022 Activity Calendar

*Activities are Subject to Change

<div>Isleta Elder Center</div> <div>(505) 869-9770</div> <div>Monday-Friday 8am-4:30pm</div> <div>Closed for All Major Holidays</div>			1	2
Lunch Served Monday-Friday Noon-1pm			Activities Room Movie Day 1pm-3pm Polar Express ELDER CENTER	Activities Room Open Activities 1pm-3pm ELDER CENTER
5	6	7	8	9
Advisory Committee MTG 9am Elder Center	Corn Hole AT Isleta Elder Center 10am-Noon Activities Room	PICKLEBALL 10AM-12PM AT POI RECREATION CENTER	Dining Room Mass 11:30am ELDER CENTER 	Senior Fun Fitness Session At POI Recreation Center 9am-12pm
12	13	14	15	16
Senior Fun Fitness Session At POI Recreation Center 9am-12pm	Cookie Recipe Sharing 1pm-3pm Activities Room Elder Center	General MTG/Friendship Lunch Noon/Elder Center Guest Speaker Enviromental Dept.	 Reindeer Games 1pm-3pm ACTIVITIES ROOM ELDER CENTER	Christmas Lunch Elders Limited 1st 100 Elders 50yrs & Older 12pm-1pm
19	20	21	22	23
Christmas Ornament Decorating WITH Youth/Lunch 10am-1pm Activities Room/Elder Center	Christmas Card Making WITH Youth/Lunch 10am - Elder Center Activities Room	Commodities Distribution PICKLEBALL 10AM-12PM At POI RECREATION CENTER	Senior Fun Fitness Session At POI Recreation Center 9am-12pm	Activities Room Open Activities 1pm-3pm ELDER CENTER
26	27	28	29	30
CLOSED MERRY CHRISTMAS 	YOGA W/YOUTH/LUNCH 11AM AT POI RECREATION CENTER	What you've learned from an Elder/Lunch with youth 12pm-3pm DINING ROOM ELDER CENTER	New Year BINGO 1pm-3pm Dining Room ELDER CENTER	Activities Room Open Activities 1PM-3PM ELDER CENTER

		Isleta Elder Center Lunch Menu 2022			
<div><div>****MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE, BASED ON THE AVAILABILITY OF PRODUCTS.****</div><div>Please call by 9 AM to cancel Home Delivered Meals. 505-869-9770 - Thank you.</div></div> <div></div>		Thursday 12/1/2022	Friday 12/2/2022		
		Macaroni Stew	Chicken Cordon Bleu		
		Ground Beef 3oz	Chicken Cordon Bleu 3oz		
		Stewed Tomatoes 1/2c	Mashed Sweet Potato 1/4c		
		Macaroni 1/2c	Pinon Sauce 2oz		
		Crackers 2ea.	Asparagus 1/2c		
		Apple Crisp 1/2c			
Monday 12/5/2022	Tuesday 12/6/2022	Wednesday 12/7/2022	Thursday 12/8/2022	Friday 12/9/2022	
Sausage Minestrone Soup	Beef Fajitas	BBQ Riblet Sandwich	Chicken & Rice	Spaghetti	
Sausage 3oz	Beef Strips 3oz	Riblet Patty 3oz	Diced Chicken 3oz	Ground Beef 3oz	
Kidney Beans 1/4c	Peppers & Onions 1/2c	BBQ Sauce 1oz	Rice 1/2c	Pasta 1/2c	
5 Way Vegetable 1/2c	Lime Cilantro Rice 1/4c	Hoagie	Diced Onions/Celery 1/2c	Marinara Sauce 1/4c	
Diced Tomato 1/4c	Tortilla	Baked Beans 1/4c	Red Chile 1oz	Capri Vegetable 1/2c	
Elbow Macaroni 1/4c	Garnish 2oz	Mixed Vegetable 1/2c	Dinner Roll	Fruit Cup	
Fresh Fruit	Fresh Fruit				
Monday 12/12/2022	Tuesday 12/13/2022	Wednesday 12/14/2022	Thursday 12/15/2022	Friday 12/16/2022	
Beef & Potato Hash	Teriyaki Salmon	Baked Chicken w/pineapple	Sloppy Joe	 <div>Christmas Luncheon</div> <div>NO HOME DELIVERED MEALS</div>	
Ground Beef 3oz	Salmon 3oz	Chicken Thigh 3oz	Ground Beef 3oz		
Diced Potatoes 1/2c	Steamed Rice 1/2c	Green Beans 1/2c	Sloppy Joe Sauce 1/4c		
Country Blend 1/2c	Teriyaki Sauce 2oz	Scallop Potatoes 1/4c	Hamburger Bun		
Fresh Fruit	Broccoli 1/2c	BBQ Sauce 1oz	Sweet potato tots 1/2c		
	Fresh Fruit	Pineapple Tibs 1/2c	Cottage cheese/peaches		
Monday 12/19/2022	Tuesday 12/20/2022	Wednesday 12/21/2022	Thursday 12/22/2022	Friday 12/23/2022	
Vegetable Beef Stew	Pork Fried Rice	Green Chile Enchilada Soup	Philly Cheesesteak	BBQ Wings	
Ground Beef 3oz	Diced Pork 3oz	Diced Chicken 3oz	Sliced Beef 3oz	Chicken wings 3oz	
5-way Vegetable Blend 1/2c	Steamed Rice 1/4c	Green Chile 2oz	Peppers & Onions 1/2c	BBQ Sauce 2oz	
Crackers	Peas & Carrots 1/2c	Shredded Cheese 2oz	Cheese Sauce 2oz	Curly Fries 1/4c	
Fresh Fruit	Fortune Cookie	Zucchini 1/2c	Tater Tots 1/4c	Celery & Carrot Sticks 1/2c	
	Low Sodium Soy Sauce 1oz	Crackers 2ea	Hoagie	Low Fat Ranch 2oz	
		Fresh Fruit	Fresh Fruit		
Monday 12/26/2022	Tuesday 12/27/2022	Wednesday 12/28/2022	Thursday 12/29/2022	Friday 12/30/2022	
<div>CLOSED FOR Christmas</div> 		Meatloaf	Chicken Fried Steak	Hot Roast Beef Sandwich	
		Ground Beef 3oz	Chicken Fried Steak 3oz	Roast Beef 3oz	
		Mashed Potato 1/4c	Country Gravy 2oz	Potato Wedge 1/4c	
		Gravy 1oz	Mac & Cheese 1/4c	Gravy 1oz	
		Mixed Vegetable 1/2c	Country Vegetable Blend 1/2c	Mixed Vegetable 1/2c	
		Fresh Fruit	Fresh Fruit	Toast	
			