



# Isleta Pueblo News

Volume 18 Issue 10

Pueblo of Isleta website: [www.isletapueblo.com](http://www.isletapueblo.com)

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October 2023

## Governor's Report

Maguwam,

Everyone, I hope this newsletter finds everyone in good health. As we approach into the fall season, we want to remind everyone if you are feeling sick, please stay home to prevent the spread of any illness.

This month, my Administration worked to strengthen our partnerships with other governments, and facilitate discussions to support Isleta's interests. I have been participating in NM Governor Lujan Grisham's Tribal Cross Commissioning Task Force to strengthen criminal enforcement with Isleta's neighboring law enforcement agencies. Additionally, I've been continuing to promote Isleta's air quality concerns. Isleta has entered an appearance in a case that would require stricter air quality regulations in Albuquerque and Bernalillo County, which will make a big impact on cleaner air in the Pueblo.

On August 23, a drainage pipe collapsed underneath NM 147, on the Westside of the dam. Please use caution and avoid this area. The Natural Resources Department is working closely with the MRGCD and construction to replace the pipe is anticipated to begin soon.

We are going to be hosting a Community Meeting on Saturday, October 21, 2023 9:00am-12:00pm. This meeting will take place at the Isleta Resort and Casino Ballroom A.

The tribal hunts are coming up soon. Be safe out there and remember that wood hauling during the hunts is prohibited.

I would like to take this time to thank all the mayordomos, their families along with our departments and staff in preparing for The St. Augustine Feast on September 3rd and 4th.

### Mayordomos

**Nicholas Padilla and Rita Jojola**

Please remember to vote in the upcoming MRGCD election October 3rd!

Last, I want to send my condolences to the families of those who have lost their family members during the month of September.  
Ha-Wuh

Max A. Zuni

Governor

Pueblo of Isleta

### Isleta Pueblo News



**Editor:**

Nathaniel Lujan

**Asst. Editor:**

Diane Abeita

**Published By:**

Valencia Express

*Pueblo Of Isleta Elder Center Annual*

## ARTS & CRAFTS FAIR

**SUNDAY NOVEMBER 5<sup>TH</sup>**  
**ISLETA RESORT & CASINO**  
**GRAND BALLROOM**  
**8:00AM - 5:00PM**

FOR MORE INFORMATION OR TO PURCHASE A BOOTH CALL: (505)869-9770

**\*SUPPORT YOUR LOCAL ARTISTS**  
**\*VENDOR SPACE AVAILABLE**  
**\*GREAT PRICES**

**\*OVER 100 VENDORS**  
**\*A VARIETY OF HAND CRAFTED ITEMS**  
**\*RAFFLE DRAWINGS ALL DAY**

## RIO GRANDE: GET OUT AND VOTE!

On **OCTOBER 3**, an election will be held that will determine the makeup of the Middle Rio Grande Conservancy District, **managing water from Cochiti Pueblo to Socorro**. From farming to traditional practices, this Board of Directors dictates water access and protection of the Rio Grande.

## TRIBAL CITIZEN 18+? YOUR VOICE IS NEEDED!

### CANDIDATES:

**Position No. 1 – At Large Director**

**Stephanie A. Russo Baca, Jerome Cordova**

**Position No. 2 – Director for Bernalillo County**

**John P. Kelly**

**Position No. 5 – Director for Valencia County**

**Carol Benavidez, Kirsten Couevas, Brian Jiron**

### VOTING ABSENTEE?

**PRINT AN APPLICATION HERE:**

You can also pick up applications at the MRGCD General Office, the MRGCD Division Offices, or the Sandoval, Bernalillo, Valencia, and Socorro County Clerk's offices. Absentee ballot applications should **only** be sent or hand delivered to the addresses listed on the application, or online at [rbgny4gn7](http://rbgny4gn7). Ballots will then be sent directly to eligible voters by MRGCD afterward.

**BE SURE TO DROP YOUR BALLOT IN THE MAIL, BEFORE SEPT 30.**

**GET MORE INFO AND SEE IF YOU'RE ELIGIBLE AT**  
**[bit.ly/MRGCD23VOTE](http://bit.ly/MRGCD23VOTE)**

**EARLY VOTING BEGINS SEPT 18, 8A-4:30P.**  
**ELECTION DAY IS OCTOBER 3, 7A-7P.**



## ELECTION DAY POLLING LOCATIONS

### SANDOVAL COUNTY

**Cochiti Pueblo Community Room** 255 Cochiti St, Cochiti Pueblo 87002  
**Martha Liebert Public Library** 124 Calle Malinche, Bernalillo 87004  
**Santa Domingo Pueblo Library** Tesuque St, Kewa Pueblo 87052  
**Santa Ana Wellness Center** 225 Ranchitos Rd, Santa Ana Pueblo 87004  
**Sandia Pueblo Senior Meal Site** 481 Sandia Loop, Sandia Pueblo 87004  
**Corrales Community Room** 4324 Corrales Rd, Corrales 87048  
**San Felipe Head Start Auditorium** 10 Meadowview, San Felipe Pueblo 87001

### BERNALILLO COUNTY

**Los Ranchos Villa** 6901 4th St NW Suite U, Los Ranchos 87107  
**MRGCD General Office** 1931 2nd St SW, Albuquerque 87102  
**Harrison Middle School** 3812 Isleta Blvd SW, Albuquerque 87105  
**Raymond G. Sanchez Community Center** 9800 4th St NW #2325, Albuquerque 87104  
**Valley High School** 1505 Candelaria Rd NW, Albuquerque 87107  
**Washington Middle School** 1101 Park Ave SW, Albuquerque 87102  
**South Valley Multi-Purpose Center** 2009 Laramie Rd SW, Albuquerque 87105  
**Isleta Pueblo Recreation Center\*** 60 Tribal Rd 40, Isleta Village Proper 87062

### VALENCIA COUNTY

**Belen Public Library** 333 Becker Ave, Belen 87002  
**Valencia County Clerk's Office** 444 Luna Ave SE, Los Lunas 87031  
**Logsdon Hall** 19676 NM 314, Belen 87002  
**Don Jose Y. Dolores Cordova Cultural Center** 2755 NM 47, Los Lunas 87031  
**Peralta City Hall** 90A Molina Rd, Peralta 87042

### SOCORRO COUNTY

**Socorro Electric Coop** 215 Monzancos Ave, Socorro 87801  
**Midway Fire Department** 13 Chamber Rd, Lemer 87823  
**Northern Socorro Senior Center** 894 NM 304, Veguita 87062

[naeva.org](http://naeva.org)  
[ipvalliance.org](http://ipvalliance.org)





LETTER FROM THE EDITOR

**DEADLINE for November Newsletter articles is set for Wednesday, October 18, 2023, at 4:30 pm.** Articles may be dropped off at the Library or emailed to [Nathaniel.Lujan@isletapueblo.com](mailto:Nathaniel.Lujan@isletapueblo.com). Should you email your article, expect a confirmation email. If you do not receive a confirmation email, odds are it never made it to me and then it's time to panic, so call Nate at 505.869.9808.

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

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

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

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

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

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

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

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

Thank you,  
Nathaniel Lujan

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

The fifteen Newsletter distribution locations are:

1.

TR 2 & TR 22 - Chical SE of Community Hall

2.

TR 10 - Behind the old 47 Sales

3.

TR 1 & TR 5 – Ranchitos / Bosque Farms Reservations Line

4.

Ranchitos Park

5.

Post Office - Big Tree

6.

TR 82 & TR 84 - Teller Road

7.

TR 78 & TR 82 - Carlos Trujillo Sr.

8.

TR 90 @ Y - CF Padilla

9.

Mouse Town Park –

10.

Health Center – South end of Health Center Parking lot

11.

Library Sunlight & Moonlight Intersection

12.

TR 6 - 47 Intersection


13.

TR 12 - 47 & 147 intersection (Old Smoke & Save)

14.

TR 71 & TR 54 @ Y - Holiday Robot / Paved Road / Railroad Tracks

15.

TR 45 & TR 40 @ Y - Tata Mel (POI Signage)
- 

TRIBAL COURT

Isleta Tribal Court is pleased to announce that we have two new probation officers. Chief Probation Officer Dennison Charley and Officer Gwen Sena have come to Isleta Tribal Court with many years of experience. Both officers are proud to be members of the court and look forward to helping out the community and the clients. Probationers are given the upmost respect and service while on probation, to include assisting them in seeking tribal and state program services that they might need. The goal of probation is to reintegrate clients back into society with positive outcomes.

PROBATES

IN THE MATTER OF THE ESTATE OF:  
Andrea Gilbert

Case No. CV-PR-0108-2023

First Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of Andrea Gilbert, deceased 07/30/2021, has been filed in the Pueblo of Isleta Tribal Court. Any person claiming an interest in the Estate is hereby advised to notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for TBD at TBD at the Isleta Tribal Court, located at the Tribal Services Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal Court at (505) 869-9699.

IN THE MATTER OF THE ESTATE OF:  
Joe Padilla

Case No. CV-PR-0195-2022

Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of Joe Padilla, deceased 07/02/2022, has been filed in the Pueblo of Isleta Tribal Court. Any person claiming an interest in the Estate is hereby advised to notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for Tuesday, September 12, 2023 at 3:00 pm at the Isleta Tribal Court, located at the Tribal Services Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal Court at (505) 869-9699.

IN THE MATTER OF THE ESTATE OF:  
Shirley E. Piro

Case No. CV-PR-0092-2023

Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of Shirley E. Piro, deceased 06/22/2023, has been filed in the Pueblo of Isleta Tribal Court. Any person claiming an interest in the Estate is hereby advised to notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for Wednesday, November 15, 2023 at 10:00 am at the Isleta Tribal Court, located at the Tribal Services Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal Court at (505) 869-9699.

IN THE MATTER OF THE ESTATE OF:  
Robert E. Chewiwi

Case No. CV-PR-0087-2023

Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of Robert E. Chewiwi, deceased 01/10/2023, has been filed in the Pueblo of Isleta Tribal Court. Any person claiming an interest in the Estate is hereby advised to notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for TBD at TBD at the Isleta Tribal Court, located at the Tribal Services Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal Court at (505) 869-9699.

IN THE MATTER OF THE ESTATE OF:  
Tracy T. Romero

Case No. CV-PR-0088-2023

Second Notice

TAKE NOTICE that in accordance with notice requirements, a Petition to Probate the Estate of Tracy T. Romero, deceased 05/01/2022, has been filed in the Pueblo of Isleta Tribal Court. Any person claiming an interest in the Estate is hereby advised to notify the Pueblo of Isleta Tribal Court Clerk in writing within thirty (30) days of this notice being posted. Claims must be filed in writing. A hearing in this matter has been scheduled for TBD at TBD at the Isleta Tribal Court, located at the Tribal Services Complex, 3950 Hwy. 47 SE, Building A, Albuquerque, NM. If you have any questions, please contact the Isleta Tribal Court at (505) 869-9699.

**ISLETA FIRE DEPARTMENT**

Pueblo of Isleta Fire Department participated in the New Mexico State Fair for Firefighter/Smoky Bear Day Sept. 7th and the 9/11 Memorial. We set up a water tank and the participants are able to spray water at a target. This year we had over 500 children participate spraying water.



About Route 208

Sus route 208 provides three northbound and three southbound trips morning/midday between Valencia County, the Pueblo of Isleta, and Downtown Albuquerque when the Rail Runner does not operate. Riders are encouraged to use Route 208 in combination with the Rail Runner; for example, by taking the bus to Downtown Albuquerque midday and returning by train in the evening. Weekdays only.

ADA Accessible

All of our buses and trains are ADA compliant and are equipped with wheelchair lifts or ramps.

Title VI / Non-Discrimination Notice

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

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

Contact Information / Información de contacto

NM Rail Runner

866.795.RAIL (7245)

www.riometro.org

Rio Metro Valencia

505.352.3595

www.riometro.org

Rio Metro Sandoval

877.660.1110

www.riometro.org

ABQ RIDE

505.243.RIDE (7433)

www.abq.gov/transit

NM Park & Ride

866.551.RIDE (7433)

www.nmparkandride.com

North Central RTD

866.206.0754

www.ncrtd.org

Santa Fe Trails

905.955.2001

www.santafenm.gov

Socorro Public Transportation

575.835.1501

www.socorronm.gov

Midday Express

Downtown Albuquerque  
Pueblo of Isleta  
Valencia County

208

Schedule Effective June 3, 2020

Horario efectivo a partir del 3 de junio del 2020

**RIO METRO**  
REGIONAL TRANSIT DISTRICT  
866.795.7245 • [rio-metro.org](http://rio-metro.org)

Monday through Friday / lunes a viernes

Downtown Albuquerque, Pueblo of Isleta, Valencia County

208

Each color on the route map represents a fare zone.  
Cada color en el mapa representa una zona de tarifa.

Northbound to Downtown ABQ / Dirección hacia el centro de Albuquerque

|         |         |        |        |         |
|---------|---------|--------|--------|---------|
| 8:20 A  | 8:39 A  | 9:01 A | 9:10 A | 9:30 A* |
| 9:50    | 10:09   | 10:31  | 10:40  | 11:00   |
| 12:20 P | 12:39 P | 1:01 P | 1:10 P | 1:30 P  |

Southbound from Downtown ABQ / Dirección hacia el centro de Albuquerque

|        |        |         |         |         |
|--------|--------|---------|---------|---------|
| 9:35 A | 9:51 A | 10:00 A | 10:22 A | 10:43 A |
| 11:05  | 11:22  | 11:30   | 11:52   | 12:13 P |
| 1:32 P | 1:49 P | 1:57 P  | 2:19 P  | 2:40    |

Legend / Leyenda

Bus Route Zone 1

Bus Route Zone 2

River

Major Cross Streets

Base Point Bus Stop

Non-Stop Point Bus Stop

**RM** Rio Metro

**NMRR** New Mexico Rail Runner Express

Transfer Points / puntos de transferencia

1 NMRR, RM208, RM218

2 RM208, RM218

3 RM218

4 RM218

Fares / Tarifas

Full Fare – One Way (\$1 per. zone)  
tarifa completa – un solo sentido

Reduced Fare – One Way (\$.50 per. zone)  
tarifa de descuento – un solo sentido

Full Fare – Monthly Pass (\$30)  
tarifa completa – boleto para el mes

Reduced Fare – Monthly Pass (\$15)  
tarifa de descuento – boleto para el mes

Reduced fares are available to:

• Youth ages 10-17

• Students with a valid Student ID

• Seniors age 62+

• Medicare card holders

• People with disabilities who show:

- An NM Motor Vehicle Department notification
- A letter from doctor indicating the disability (with exp. date)
- An ABQ RIDE Honored Citizen Card
- A Santa Fe Ride Card or Santa Fe Trails Half Fare Card
- A Disabled Veteran ID card

Tarifas de descuento aplica a:

• Estudiantes juveniles 10-17

• Estudiantes con un ID válido de estudiante

• Mayores de 62 años

• Titulares de tarjetas Medicare

• Personas con discapacidades que muestren:

- Una notificación del Departamento de Vehículos Motorizados NM
- Una carta de un médico que indique la discapacidad (con fecha de finalización)
- Una Tarjeta de Ciudadano Honrado ABQ RIDE
- Una Tarjeta de Viaje de Santa Fe o una Tarjeta de Medio Tarifa de Santa Fe Trails
- Una tarjeta de ID de Veterano Discapacitado

FREE FARES / TARIFA GRATIS

Children 9 and under / Niños 9 años y menores

Active Duty Military & Veterans

Accepted IDs include a DMV or VA issued card, a veteran's ID (VIC) card, a driver's license with a veteran's designation, Department of Defense Active Duty & Dependent Military IDs and the NMRR Freedom Pass

Servicio de veteranos y militares activos

Las identificaciones aceptadas son la tarjeta médica (VA o DMV), una identificación de veterano (VIC), una licencia de conducir con una designación de veterano, el departamento de defensa de la identificación de la fuerza activa y dependiente, y la tarjeta de libertad del Rail Runner.






**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.

|  |  |   |   |
|--|--|---|---|
|  <p><b>SLOTS SHIFT SUPERVISOR</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/20/2023<br/>Level: Non-Exempt</p>                              |  <p><b>SUPERINTENDENT (GOLF COURSE)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/20/2023<br/>Level: Exempt</p>                              |  <p><b>BARBACK (SPORTSBOOK BAR)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Job Family: Food &amp; Beverage<br/>Level: Non-Exempt</p> |  <p><b>COCKTAIL SERVER</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>                  |
|  <p><b>MAIN BANKER</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/20/2023<br/>Level: Non-Exempt</p>   |  <p><b>PROMOTIONS MANAGER</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/20/2023<br/>Level: Exempt</p>  |  <p><b>IT SPECIALIST I - 60HIS1</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>                                     |  <p><b>BARTENDER (TIWA)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>                 |
|  <p><b>OFF-SITE ATTENDANT (GOLF COURSE)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/20/2023<br/>Level: Non-Exempt</p>                    |  <p><b>TABLE GAMES DEALER</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/20/2023<br/>Job Family: Gaming<br/>Level: Non-Exempt</p>             |  <p><b>TABLE GAMES FLOOR SUPERVISOR</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>                                 |  <p><b>POOL ATTENDANT</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>                   |
|  <p><b>RECRUITING COORDINATOR</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/20/2023<br/>Level: Non-Exempt</p>                              |  <p><b>IT INFORMATION SECURITY MANAGER</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/20/2023<br/>Level: Exempt</p>                           |  <p><b>FOOD ATTENDANT (PANDA EXPRESS)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>                               |  <p><b>FOOD ATTENDANT (RISTRA)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>          |
|  <p><b>SLOTS FLOOR ATTENDANT</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/20/2023<br/>Job Family: Gaming<br/>Level: Non-Exempt</p>       |  <p><b>COOK II (EMBERS)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/20/2023<br/>Job Family: Food &amp; Beverage<br/>Level: Non-Exempt</p> |  <p><b>EDR ATTENDANT (EMPLOYEE DINING ROOM)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>                        |  <p><b>PROMOTIONS COORDINATOR</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>          |
|  <p><b>GUEST SERVICE SUPERVISOR</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/20/2023<br/>Level: Non-Exempt</p>                          |  <p><b>COUNT MEMBER</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/20/2023<br/>Job Family: Finance<br/>Level: Non-Exempt</p>                |  <p><b>VALET ATTENDANT</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>  |  <p><b>OFF-SITE ATTENDANT (PW)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>        |
|  <p><b>COUNT MACHINE TECHNICIAN</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/20/2023<br/>Job Family: Finance<br/>Level: Non-Exempt</p>  |  <p><b>COSMETOLOGIST</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/20/2023<br/>Level: Non-Exempt</p>                                       |  <p><b>RETAIL ATTENDANT</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>   |  <p><b>SECURITY OFFICER II</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>            |
|  <p><b>COOK I (PREP)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/20/2023<br/>Job Family: Food &amp; Beverage<br/>Level: Non-Exempt</p> |  <p><b>FOOD ATTENDANT (PALACE WEST)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/20/2023<br/>Level: Non-Exempt</p>                        |  <p><b>RESTAURANT MANAGER (GOLF COURSE)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Exempt</p>                               |  <p><b>RETAIL SUPERVISOR</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>              |
|  <p><b>CAGE CASHIER</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/20/2023<br/>Level: Non-Exempt</p>                                      |  <p><b>CUSTODIAN</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/20/2023<br/>Level: Non-Exempt</p>   |  <p><b>SHOP CLERK (GOLF COURSE)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>                                   |  <p><b>COOK II - (BANQUETS)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>           |
|  <p><b>GUEST SERVICE REPRESENTATIVE</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/20/2023<br/>Level: Non-Exempt</p>                      |  <p><b>FOOD ATTENDANT (FAT BURGER)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/20/2023<br/>Level: Non-Exempt</p>                         |  <p><b>SUPERVISOR F &amp; B (PW RISTRA)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>                           |  <p><b>SPRAY TECHNICIAN (GOLF COURSE)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p> |
|  <p><b>CASHIER (TIWA)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/20/2023<br/>Level: Non-Exempt</p>                                    |  <p><b>COUNT SUPERVISOR</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/20/2023<br/>Level: Non-Exempt</p>                                    |  <p><b>SHUTTLE DRIVER</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>   |  <p><b>BARBACK (TRIPLE 7S)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>            |
|  <p><b>RESTAURANT CHEF (TIWA)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/20/2023<br/>Level: Exempt</p>                                |  <p><b>BUSSER</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/20/2023<br/>Level: Non-Exempt</p>  |  <p><b>CAGE SHIFT SUPERVISOR</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>                                      |  <p><b>MAJOR APPLIANCE TECH III</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>       |
|  <p><b>ASSISTANT SUPERINTENDENT</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/19/2023<br/>Job Family: Recreation<br/>Level: Exempt</p>   |  <p><b>ASSISTANT RESTAURANT MANAGER (777s)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/19/2023<br/>Level: Exempt</p>                     |  <p><b>PARALEGAL</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Exempt</p>  |  <p><b>ESTHETICIAN</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>                    |
|  <p><b>BANQUET CAPTAIN</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/18/2023<br/>Level: Non-Exempt</p>                                   |  <p><b>BANQUET SERVER</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/18/2023<br/>Level: Non-Exempt</p>                                      |  <p><b>WARDROBE ATTENDANT</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>   |  <p><b>ROOM ATTENDANT</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>                 |
|  <p><b>BARTENDER (SPORTSBOOK BAR)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/18/2023<br/>Level: Non-Exempt</p>                        |  <p><b>BARTENDER (777s)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/18/2023<br/>Level: Non-Exempt</p>                                    |  <p><b>COOK I (Chili Ristra)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>                                      |  <p><b>SUPERVISOR F &amp; B (TIWA)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>    |
|  <p><b>BANQUET SERVER</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/15/2023<br/>Level: Non-Exempt</p>                                    |  <p><b>SURVEILLANCE SPECIALIST</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/13/2023<br/>Job Family: N/A<br/>Level: Non-Exempt</p>         |  <p><b>IT SECURITY ADMINISTRATOR</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Exempt</p>                                      |  <p><b>EXECUTIVE HOST MARKETING</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Exempt</p>           |
|  <p><b>SURVEILLANCE AGENT</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/13/2023<br/>Job Family: N/A<br/>Level: Non-Exempt</p>            |  <p><b>SLOTS LAB TECHNICIAN</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/13/2023<br/>Job Family: Gaming<br/>Level: Non-Exempt</p>         |  <p><b>SYSTEMS ANALYST</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Job Family: Information Technology<br/>Level: Exempt</p>         |  <p><b>SERVER (TIWA)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>                  |
|  <p><b>SLOTS FLOOR TECHNICIAN</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/13/2023<br/>Job Family: Gaming<br/>Level: Non-Exempt</p>     |  <p><b>LAKES GROUNDSKEEPER</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>                                 |  <p><b>COOK I (TIWA)</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Job Family: Food &amp; Beverage<br/>Level: Non-Exempt</p>          |  <p><b>PLUMBER II</b><br/>Location: Albuquerque, NM<br/>Publish Date: 09/12/2023<br/>Level: Non-Exempt</p>                     |



**FRONT OFFICE SUPERVISOR**  
Location: Albuquerque, NM  
Publish Date: 09/11/2023  
Level: Non-Exempt




**SPORTS BOOK WRITER**  
Location: Albuquerque, NM  
Publish Date: 09/11/2023  
Job Family: Gaming  
Level: Non-Exempt



**SHIPPING & RECEIVING CLERK**  
Location: Albuquerque, NM  
Publish Date: 09/11/2023  
Level: Non-Exempt




**POKER FLOOR SUPERVISOR**  
Location: Albuquerque, NM  
Publish Date: 09/11/2023  
Job Family: Gaming  
Level: Non-Exempt




**IRRIGATION TECHNICIAN**  
Location: Albuquerque, NM  
Publish Date: 09/11/2023  
Level: Non-Exempt




**HDC SPECIALIST**  
Location: Albuquerque, NM  
Publish Date: 09/11/2023  
Level: Non-Exempt



**COOK I (BANQUETS)**  
Location: Albuquerque, NM  
Publish Date: 09/11/2023  
Job Family: Food & Beverage  
Level: Non-Exempt




**TRAINING & DEVELOPMENT MANAGER**  
Location: Albuquerque, NM  
Publish Date: 09/11/2023  
Level: Exempt



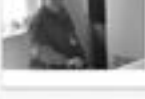
**SLOTS TECHNICIAN INTERN**  
Location: Albuquerque, NM  
Publish Date: 09/11/2023  
Level: Non-Exempt




**SECURITY OFFICER I**  
Location: Albuquerque, NM  
Publish Date: 09/11/2023  
Job Family: Security  
Level: Non-Exempt



**POKER DEALER**  
Location: Albuquerque, NM  
Publish Date: 09/11/2023  
Level: Non-Exempt




**HVAC TECH II**  
Location: Albuquerque, NM  
Publish Date: 09/11/2023  
Level: Non-Exempt



**FOOD ATTENDANT- (BEVERAGE) DAUBERS**  
Location: Albuquerque, NM  
Publish Date: 09/11/2023  
Job Family: Food & Beverage  
Level: Non-Exempt



**HDCT**  
Location: Albuquerque, NM  
Publish Date: 07/11/2023  
Level: Non-Exempt



HR news from Isleta Resort & Casino

➤ **POI/IRC Health & Wellness Fair – Friday, October 13<sup>th</sup>** in the Isleta Ballrooms from 9am to 3pm

- Come out and learn about the new benefits for both POI and IRC team members!
- Enhanced medical benefits for employee family members.
- Enhanced dental benefits to include orthodontic coverage for adults.
- Addition of MDLIVE which offers reliable 24/7 health care by phone or video for medical and mental health support.
- Pet insurance coverage.
- AND MORE!!!

➤ **October Career Fair – Wednesday, October 18<sup>th</sup>** from 10am to 3pm in Triple 7's

- Meet face-to-face with Hiring Managers who will be interviewing and hiring on the spot!
- Learn more about all of the great career opportunities and benefits Isleta Resort & Casino has to offer.

*Join our Team!*



Scan the QR code to learn more about our opportunities and additional reasons why to JOIN OUR TEAM





U.S. BUREAU OF INDIAN AFFAIRS



**PAID INTERNSHIPS  
WILDLAND FIRE MANAGEMENT**



**HELP US PROTECT OVER 18 MILLION ACRES OF  
FEDERAL & TRIBAL LANDS**

**PATHWAYS**  
U.S. BUREAU OF INDIAN AFFAIRS

Whether it's active firefighting roles, personnel support, tribal capacity-building, or ecological restoration efforts, the Branch of Wildland Fire Management offers diverse federal and tribal internship opportunities that directly benefit Indian Country. Pathways Trainees can take advantage of the following:

- Full-Time or Part-Time positions available every Fall, Spring, and Summer (Remote options available)
- Fully paid with accrued sick leave and time off
- Tuition Assistance and Scholarships
- Opportunity to automatically convert to a full-time position after graduation

**APPLY ON USAJOBS.GOV**

For more information:  OTSPathways@bia.gov  www.bia.gov/biajobs



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**(505)259-4178**  
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Energy saving  
Solar energy  
Hookups for appliances and air conditioning units  
Ceiling fan and lighting repair  
24 hour service

*Happy Halloween*



**whiteeagleelectricalservices.com**



**THE PUEBLO OF ISLETA**

Is partnering with:



**GovDeals®**  
Online Government Surplus Auctions

Please watch [www.GovDeals.com](http://www.GovDeals.com) starting in October as the Pueblo of Isleta (POI) will start listing surplus vehicles, equipment, and supplies for

**PUBLIC AUCTION**



Please note that all auctions will be held on-line only. You must register for a **FREE** account on the GovDeals website in order to bid on items. Check back regularly for new listings!

**Good luck, and happy bidding!**

**COME JOIN THE TIWA AA MEETING  
ON THURSDAYS  
FROM 6:10 PM TO 7 PM**

**B'EEH K'OO-EE WELLNESS  
TRAINING CENTER**

**ISLETA HEALTH CENTER COMPLEX  
01 SAGEBRUSH ST. SW  
ALBUQUERQUE, NM 87105**

Pueblo of Isleta Career Opportunities

| Position Posting                         | Office Location                    | Closing Date      | Position Posting                           | Office Location              | Closing Date                    |
|--|------------------------------------|-------------------|--|------------------------------|---------------------------------|
| ACADEMIC SUCCESS COACH                   | Department of Education            | 09/22/2023        | HOME MAINTENANCE TECHNICIAN                | Elder Center                 | Open Until Filled               |
| ARCHIVIST                                | Cultural & Historical Preservation | 09/22/2023        | HOMEOWNERSHIP COUNSELOR                    | Housing Authority            | Open Until Filled               |
| ARCHIVIST TECHNICIAN                     | Tribal Council                     | Open Until Filled | IRRIGATION TECHNICIAN                      | Agricultural Division        | Open Until Filled               |
| ASSISTANT TRIBAL PROSECUTOR              | Prosecutor                         | Open Until Filled | IRRIGATION & LANDSCAPE TECHNICIAN          | Parks & Recreation           | Open Until Filled               |
| AUDIOLOGIST                              | Health Services                    | Open Until Filled | LABORER (3 Positions)                      | Housing Authority            | Open Until Filled               |
| BAILIFF                                  | Tribal Court                       | Open Until Filled | LABORER                                    | Public Works                 | Open Until Filled               |
| BEHAVIORAL HEALTH MANAGER                | Health Services                    | 09/22/2023        | LANGUAGE INSTRUCTIONAL COORDINATOR         | Department of Education      | Open Until Filled – Within Only |
| BEHAVIORAL HEALTH CASE MANAGER           | Health Services                    | Open Until Filled | LIBRARY AIDE I                             | Library                      | 09/29/2023                      |
| BILLING TECHNICIAN PHARMACY              | Health Services                    | Open Until Filled | MAINTENANCE TECHNICIAN                     | Public Works                 | Open Until Filled               |
| BOSQUE AND RIVERINE RESTORATION MANAGER  | Natural Resources                  | Open Until Filled | MAINTENANCE TECHNICIAN (2 Positions)       | Housing Authority            | Open Until Filled               |
| CAREGIVER                                | Assisted Living                    | Open Until Filled | MEDICAL ASSISTANT (2 Positions)            | Health Services              | Open Until Filled               |
| CARPENTER I (2 Positions)                | Housing Authority                  | Open Until Filled | PC TECHNICIAN I                            | MIS                          | Open Until Filled               |
| CARPENTER III (2 Positions)              | Housing Authority                  | Open Until Filled | PEER SUPPORT SPECIALIST                    | Health Services              | Open Until Filled               |
| CERTIFIED CODER                          | Health Services                    | Open Until Filled | PERSONAL CARE SERVICE AIDE                 | Elder Center                 | Open Until Filled – Within Only |
| CERTIFIED FITNESS INSTRUCTOR             | Health Services                    | Open Until Filled | PHYSICAL THERAPIST                         | Health Services              | Open Until Filled               |
| CHILD CARE PROVIDER I (2 Positions)      | Head Start                         | Open Until Filled | PHYSICAL THERAPIST ASSISTANT               | Health Services              | Open Until Filled               |
| COMPUTER IT SPECIALIST                   | Department of Education            | Open Until Filled | PLUMBER                                    | Housing Authority            | Open Until Filled               |
| COMMUNITY HEALTH NURSE                   | Health Services                    | Open Until Filled | POLICE CADET                               | Police Department            | 09/29/2023                      |
| COOK I                                   | Assisted Living                    | Open Until Filled | POLICE CADET                               | Police Department-Open Space | 09/29/2023                      |
| DENTAL ASSISTANT                         | Health Services                    | Open Until Filled | POLICE OFFICER I                           | Police Department            | Open Until Filled               |
| DIRECTOR, TRANSPORTATION SERVICES        | Transportation Service             | Open Until Filled | POLICE OFFICER II                          | Police Department            | Open Until Filled               |
| DISPATCHER I                             | Police Department                  | Open Until Filled | PROJECT ASSISTANT                          | Social Services              | Open Until Filled               |
| EDUCATION ASSISTANT                      | Department of Education            | Open Until Filled | PUBLIC INFRASTRUCTURE INSPECTOR            | Public Works                 | Open Until Filled               |
| EMT – PARAMEDIC (2 Positions)            | Health Services                    | Open Until Filled | PURCHASED / REFERRED CARE ACCOUNTING CLERK | Health Services              | Open Until Filled               |
| EXECUTIVE DIRECTOR, GAMING REGULATORY    | Gaming & Regulatory                | 09/22/2023        | RANGELAND DATA MONITOR                     | Natural Resources            | Open Until Filled               |
| FAMILY SERVICE WORKER                    | Head Start                         | 10/03/2023        | RANGELAND MANAGEMENT SPECIALIST            | Natural Resources            | Open Until Filled               |
| GROUNDSCKEEPER                           | C-Stores                           | Open Until Filled | RANGELAND MANAGEMENT SUPERVISOR            | Natural Resources            | Open Until Filled               |
| GROUNDS MAINTENANCE WORKER (2 Positions) | Public Works                       | Open Until Filled | RECREATION LEAD                            | Parks & Recreation           | Open Until Filled               |
| HEAD START STAFF ASSISTANT               | Head Start                         | Open Until Filled | ROADWAY MAINTENANCE WORKER I               | Construction Operations      | Open Until Filled               |
| HEAD START TEACHER                       | Head Start                         | 10/03/2023        | ROADWAY MAINTENANCE WORKER II              | Construction Operations      | Open Until Filled               |
| HIGHWAY SAFETY POLICE OFFICER I or II    | Police Department                  | Open Until Filled | SALES ASSOCIATE                            | C-Stores                     | Open Until Filled               |
| HOME CARE ATTENDANT                      | Elder Center                       | Open Until Filled | SECURITY OFFICER                           | Health Services              | Open Until Filled               |
|  |                                    |                   | SHIFT LEAD                                 | C-Stores                     | Open Until Filled               |



|                                   |                         |                                 |
|-----------------------------------|-------------------------|---------------------------------|
| SOLID WASTE DRIVER                | Solid Waste             | 09/22/2023                      |
| SPECIAL EDUCATION TEACHER II      | Head Start              | Open Until Filled               |
| SYP – Aquatic Aide (3 Positions)  | Parks & Recreation      | Open Until Filled               |
| TEACHER ASSISTANT                 | Head Start              | Open Until Filled               |
| TIWA LANGUAGE EDUCATION ASSISTANT | Department of Education | Open Until Filled               |
| TRANSPORTATION ENGINEER           | Transportation Service  | Open Until Filled               |
| TRIBAL COUNCIL COORDINATOR        | Tribal Council          | 10/03/2023                      |
| UTILITY FOREMAN                   | Public Works            | Open Until Filled               |
| UTILITY SUPERVISOR                | Public Works            | 10/02/2023                      |
| VETERAN SUPPORT SERVICE MEMBER    | Elder Center            | Open Until Filled – Within Only |
| WATER/WWTP OPERATOR I-IV          | Public Works            | Open Until Filled               |

TRUANCY

Happy Fall,  
The holiday season has begun. If you are an early riser then the International Balloon Fiesta is for you! The Balloon Fiesta has many fun events such as early morning mass ascensions, special shapes rodeo and contests. Did you know that the first Balloon Fiesta was held in 1972 with only 13 Balloons, and was held in the parking lot of the Coronado Mall. Now there are more than 500 balloons from all over the World! Wow, isn’t that amazing?  
Right after the Balloon Fiesta is Halloween! We hope you have a safe and fun Halloween while with friends and family. There are so many fun things to do during this time of year. There’s McCall’s Pumpkin Patch which has so many things to do during the day and at night. There is also the Rio Grande Arts and Crafts Festival, and many Famers Markets though out the fall months.

As we know, October is the month of All Hallows Eve. Here are some facts about Halloween that you might find interesting.

- Pumpkins are classified as a fruit and not a vegetable. The reason for that is that anything that grows from the likes of a flower it is considered a fruit.
- Trick or Treating has existed since medieval times. Trick or treating was inspired by the medieval English tradition of “souling” which involved children going door to door, offering prayers in exchange for food. (Like the traditional “sedemoo” that some of our families participate in.)
- The delicious candy corn was originally called “chicken feed”
- Halloween started from an ancient Celtic Festival. The origin of Halloween dates back 2,000 years to the ancient Celtic festival of Samhain, which was celebrated on October 31 on the eve of their new year. The Celts believe that the dead return to earth on the night of October 31st, and they light bonfires and wear costumes to ward off the spirits.
- There is a name if you have a fear of Halloween it is called Samhainophobia which comes from the origin of the Gaelic festival that began Halloween.

Always remember to be stay safe and know your surroundings when out and about this Halloween season. When the month of October comes to an end, the months of November and December will bring many more celebrations with family.

Free!

COME TO VALLE DE ORO FOR THE...

ANNULAR ECLIPSE!

..of the Heart

ALSO FOR  
BIKES,  
FRIENDS,  
AND DATES!

PHOTOS!  
ECLIPSE SCIENCE!  
FOOD!  
ART ACTIVITIES!

We understand that viewing the  
eclipse is culturally sensitive  
which is why we'll have other  
activities to participate in while  
the eclipse is happening!

From 8AM to Noon

SATURDAY OCT 14TH

7851 2nd Street SW, Albuquerque

QUESTIONS? EMAIL:  
VALLEDEORO@FWS.GOV

ENVIRONMENT

Monthly surface water quality results

| E. coli bacteria in wwu/100 ml<br>by POI Sample Location* | Date of collection |      |     |      |     |     |     |     |     |     |     |
|---|--------------------|------|-----|------|-----|-----|-----|-----|-----|-----|-----|
|   | 2022               |      |     | 2023 |     |     |     |     |     |     |     |
|   | Oct                | Nov  | Dec | Jan  | Feb | Mar | Apr | May | Jun | Jul | Aug |
| South Boundary  | 435                | 1274 | 456 | 866  | 235 | 134 | 20  | 41  | 54  | 110 | 368 |
| 240 Wasteway  | 261                | 1421 | 344 | 727  | 272 | 52  | 63  | 10  | 9   | 182 | 218 |
| Indian Interior Drain @ 240 Wasteway                      | 46                 | 84   | 7   | 8    | 8   | 52  | 42  | 39  | 54  | 71  | 288 |
| NM 147  | 209                | 546  | 396 | 360  | 167 | 85  | 98  | 20  | 41  | 119 | 318 |
| Black Bridge  | 104                | 238  | 488 | 141  | 73  | 63  | 41  | 86  | 51  | 137 | 441 |
| Northern Boundary near Isleta Lakes                       | 228                | 543  | 178 | 161  | 125 | 10  | 41  | 63  | 62  | 115 | 387 |
| Albuquerque Riverside Drain                               | 70                 | 27   | 52  | 64   | 8   | 24  | 5   | 157 | 38  | 238 | 987 |
| Two sample locations, irrigation season only              |                    |      |     |      |     |     |     |     |     |     |     |
| Acequia Madre near Northern Boundary                      | 73                 | 272  | -   | -    | -   | 64  | 93  | 104 | 83  | 235 | 228 |
| Butte Lateral near Interstate-25                          | -                  | 48   | -   | -    | -   | 216 | 62  | 131 | 110 | 129 | 134 |

\*Water quality samples are collected from the Rio Grande except Indian Interior Drain at 240 Wasteway, Albuquerque Riverside Drain, and the irrigation locations.

- Dash in data table indicates sample not collected.  
“MPN” is a unit of measure that stands for most probable number. MPN is equivalent to colony forming units (“CFU”).

The Pueblo of Isleta’s most stringent surface water quality standard for E. coli bacteria is 88 MPN/100 ml at all times and at all flow rates.

Following closure for safety reasons, fishing in the Rio Grande is allowed. Please continue to watch signage at the NM 147 bridge.

Notes regarding surface water quality sampling:

On September 30, 2022 one sampling event was conducted to measure the concentration of pesticides and herbicides at 4 sample locations: the drain near NM 45 and Interstate 25, Atrisco Riverside Drain, NM 147 and the Albuquerque Riverside Drain near the Northern Boundary. All results were non-detect.  
Irrigation waters on the west side were shut off around March 22, 2023 for flushing.

If you have questions about surface water quality, contact Ramona Montoya, Water Quality Control Officer, at 505-869-7565.





# NOW ★ HIRING

## ALBUQUERQUE, NM

### Rural Carrier Associates

**This Position Requires:**

- Sorting mail in delivery sequence and delivering the assigned route
- Receiving and signing for accountable mail
- Selling stamps, stamped paper, money orders, and more
- Performing any other assigned duties and responsibilities

**APPLY TODAY**  
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**APPLY NOW**  
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**Think you have what it takes?**

- 18 years old at the time of appointment or 16 years old with a high school diploma
- United States citizen, permanent resident, or citizen of American Samoa or other U.S. territory
- Able to pass a criminal background check, drug screening, medical assessment, and qualify to operate a Postal Service vehicle

**You can earn**  
**\$19.06/hour**

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ALBUQUERQUE PUBLIC SCHOOLS (APS)

Greetings from Indian Education at Albuquerque Public Schools!

Enrollment in all APS schools is open to all students who reside in Isleta with free busing available to the following schools:

- Los Padillas Elementary School
- Polk Middle School
- Rio Grande High School

To register, the first step is for one parent to log in to ParentVue, If you do not have a ParentVue account, you can create one here:

<https://www.aps.edu/students-parents/parentvue-studentvue/create-your-parentvue-account>

Registration for each of your children is completed through your ParentVue account. There is currently a bug in the system for many home addresses. If you have difficulty, please use the school address for Los Padillas (2525 Los Padillas Rd SW, Albuquerque, NM 87105) to complete registration and then work with your child's school to fix the address when you visit the school.

If you would like for your child to attend one of the other 145 APS schools, you can place a transfer request to the APS school of your choosing. As a member of the Pueblo of Isleta, who resides in Isleta, your transfer is given the highest priority.

The transfer request process can be found here:  
<https://www.aps.edu/schools/transfers/new-students-request-student-id-and-transfer>

Please be sure to select the reason for your transfer as "residing on non-taxable trust lands within a 50 mile radius of Albuquerque" so as to ensure your transfer request receives priority.

--  
Phil Farson  
Senior Director  
APS Indian Education Department  
505.884.6392 ext 80039



## ENVIRONMENTAL JUSTICE

### AIR NETWORK- COORDINATOR

**STIPEND:** \$500.00/WEEK LIVING STIPEND \$300.00/WEEK HOUSING STIPEND EQUAL TO \$1600.00 DEPOSITED ON A BI-WEEKLY BASIS.  
**DATES:** 10/30/2023-9/27/2024  
**TERM:** 48 WEEKS, FULL TIME  
**LOCATION:** VALLE DE ORO NATIONAL WILDLIFE REFUGE  
**STATUS:** FULL-TIME; 1,700-HOUR AMERICORPS SERVICE TERM  
**BENEFITS:** EDUCATION AWARD \$6,495.00 AFTER SUCCESSFUL COMPLETION OF TERM; \$1,300.00 PROFESSIONAL DEVELOPMENT FUNDS, PUBLIC LAND CORPS HIRING AUTHORITY CERTIFICATE UPON COMPLETION.  
*Albuquerque local, and Bi-lingual applicants preferred.*  
**7851 2ND STREET SW ALBUQUERQUE, NM**

Review full position description online  
**APPLY TODAY**  
Questions? Contact: Andrea Hanks ahanks@conservationlegacy.org



**As part of this position, the Environmental Justice Air Network Coordinator will be engaged in:**

Facilitating the assessment, design, and launch of the community-led "EJ Air" monitoring network, which will record and analyze air quality data in the Mountain View Neighborhood, Valle de Oro NWR, and the larger South Valley area. The data collected by the EJ Air project will help identify and assess public health and safety risks from pollution, and paint a picture of the environmental injustices faced by local communities. Ultimately, the project will seek to build solutions to mitigate and prevent further harms.

**Responsibilities:**

- Coordinate and Support General operations of EJ Air Network
- Work with the EJ Air Steering Committee and EJ Air Personnel in planning and implementing a community-led air monitoring network and program.
- Facilitating meetings for the collaborative assessment, design, and launch of the community-led "EJ Air" monitoring network.
- Co-Coordinate EJ Air Network community-based design, network plan, and deployment with Steering Committee, network partners, and sub-contractors.





## ENVIRONMENTAL JUSTICE

### AIR NETWORK- SPECIALIST

**STIPEND:** \$500.00/WEEK LIVING STIPEND \$300.00/WEEK HOUSING STIPEND EQUAL TO \$1600.00 DEPOSITED ON A BI-WEEKLY BASIS.  
**DATES:** 10/30/2023-9/27/2024  
**TERM:** 48 WEEKS, FULL TIME  
**LOCATION:** VALLE DE ORO NATIONAL WILDLIFE REFUGE  
**STATUS:** FULL-TIME; 1,700-HOUR AMERICORPS SERVICE TERM  
**BENEFITS:** EDUCATION AWARD \$6,495.00 AFTER SUCCESSFUL COMPLETION OF TERM; \$1,300.00 PROFESSIONAL DEVELOPMENT FUNDS, PUBLIC LAND CORPS HIRING AUTHORITY CERTIFICATE UPON COMPLETION.  
*Albuquerque local, and Bi-lingual applicants preferred.*  
**7851 2ND STREET SW ALBUQUERQUE, NM**

Review full position description online  
**APPLY TODAY**  
Questions? Contact: Andrea Hanks ahanks@conservationlegacy.org



**As part of this position, the Environmental Justice Air Network Specialist will be engaged in:**


Planning and preparing systems, conduct field work. Utilize state-of-the-art air quality monitoring equipment to record and analyze air quality data. In the following communities: Mountain View Neighborhood, Valle de Oro NWR, and the larger South Valley area. The data collected by the Specialist will help identify and assess public health and safety risks from pollution and develop a narrative of the environmental injustices faced by local communities.

**Responsibilities:**


- Equipment Managment and Operation
- Data quality management, create monthly reports.
- Participate in educational/professional trainings and share knowledge with stakeholder info sessions.
- Participate in meetings and discussions with the EJ Air Steering Committee, local and state agency partners, and community partners.







**BRIAN JIRON**  
EL AGUA ES VIDA  
*"I'm running because water is central to our lives. It is so important that our community is fully informed about the decisions that impact our water. Communication and transparency are critical as we deal with drought and a changing water supply. I am a full-time and fourth generation farmer and I will work to bring balance, to make sensible choices, and to keep the valley green. I ask for your support."*  
—Brian

**About Brian**  


Brian Jiron began farming once he was old enough to drive a tractor. He was raised on the Pueblo of Isleta, farming his family's lands alongside his Grandpa, Dad, brothers, and sister where he also raised and maintained cattle in the rangelands east of the Pueblo. Today, he carries on the tradition of farming with his wife and kids.

As a Range and Irrigation Supervisor with the Pueblo of Isleta's Natural Resource Department, Brian worked to improve irrigation canals, install turn-out, check gates and other irrigation infrastructure. His experience on the range has helped Brian to advocate and facilitate new water lines, solar pumps and water tanks to provide more accessibility to water for the cattle grazing on the Pueblo of Isleta.

**Brian's Priorities are to:**


- Improve MRGCD communication with our community
- Increase transparency in decision-making
- Improve the conditions of our canals, laterals and sub-laterals so we can stretch our water supply
- Advocate for better approaches to protecting our water when addressing complex issues, such as the Rio Grande Compact
- Promote water rights transfer guidelines that keep water in the valley, not transferred out of the basin where it is not serving our interests

**A Record of Experience**

- Full time farmer
- Mayordomo for the Chical and Ranchitos divisions in the Pueblo of Isleta, 5 years
- Range and Irrigation Supervisor, Natural Resources Department, Pueblo of Isleta, 8 years
- Education: 2000 graduate from Los Lunas High School; 5-years in the apprenticeship program with UA Plumbers and Pipefitters Local 412
- Personal: Married to Margaret (a teacher with Los Lunas Schools), three children

**About the MRGCD**

The Middle Rio Grande Conservancy District maintains the network of irrigation ditches, dams and levees from Cochiti Reservoir to the Bosque del Apache near Socorro. It is funded by taxes paid by property owners who live along the Rio Grande and fees paid by farmers who use ditch water to irrigate their land.





**BRIAN JIRON**  
Valencia County  
MRGCD BOARD

BrianJiron4MRGCD@gmail.com  
Cell: (505) 553-2387  
Facebook.com/BrianJironforMRGCD

**PLEASE VOTE IN THE MRGCD ELECTION ON TUESDAY, OCTOBER 3, 2023.**  
**EARLY VOTE SEPTEMBER 18-30, 2023.**

**Middle Rio Grande Conservancy District**  
2023 Valencia County Boundary & Voting Locations





**Absentee Vote**  
August 24 - September 30

Download a Absentee Ballot Application at the MRGCD website: [www.mrgcd.com/board-election-information](http://www.mrgcd.com/board-election-information)  
Turn in your application and wait for your ballot in the mail. Mail back your completed ballot no later than Wednesday, September 30 or hand deliver your ballot to the Belen Division Office, 25 General Edward Baca Rd, Belen, NM 87002 by 7pm October 3. (Absentee Ballots may NOT be turned in to any Early or Absentee Voting location.)

**Early Vote**  
September 18 - September 30

Early Voting locations will be open Monday-Friday from 8am to 4:30pm and ONLY on Saturday, September 30, 2023 from 8am to 4:30pm.

(A) Valencia County Clerk, 444 Luna Ave SE, Los Lunas, NM 87031  
(B) Belen Public Library, 333 Becker Ave, Belen, NM 87002

**Election Day**  
Tuesday, October 3, 7am-7pm

(A) Valencia County Clerk, 444 Luna Ave SE, Los Lunas, NM 87031  
(B) Belen Public Library, 333 Becker Ave, Belen, NM 87002  
(C) Peralta City Hall, 90-A Molina Rd, Peralta, NM 87042  
(D) Logsdon Hall, 19676 NM 314, Belen, NM 87002  
(E) Don Jose y Dolores Cordova Cultural Center, 426 Jarales Rd, Jarales, NM 87023  
(F) Isleta Pueblo Recreation Center, 60 Tribal Rd 40, Isleta Village Proper, NM 87022

Note: To vote, please bring a drivers license or two of three of these: utility bill or voter registration card. Only property owners in the district (those on the home deed) can vote.

\*Isleta Pueblo members over 18 years old can choose to vote in either the Bernalillo County or Valencia County MRGCD election.

MRGCD Jurisdictional Boundary

Precincts

Map Provided by BGE

Paid for by Brian Jiron for MRGCD

2023 ST. AUGUSTINITO FEAST DAYS

Nick Padilla and Rita Jojola want to thank our families, friends, Administration, Tribal Departments and the entire community for the tremendous support provided to sponsoring the 2023 St. Augustinito Feast on September 3rd and 4th. We want to give our respect and thanks to Father Milton and members of our Church, Ms. Carmel Lucero, and all those who attended mass, processions and for the monetary offerings to the St. Augustine Church.

It is not enough to give thanks to the Mayordomos-our lifetime Fathers, wives and members of their families for all their help. We want them to know that we learned so much from them and their families, we respect them for their knowledge and untiring commitment to St. Augustine. They showed us and the community that they are honoring and upholding our traditional values and way of life for today and into the future. May our creator bless our fathers, community and give us strength and wisdom to pass on our language, prayers and most importantly our way of life to our children.

How-wuh, Kherde-Kem from the bottom of our hearts!

Pueblo of Isleta Veterans Association - DD 214 Discharge Documents

A DD 214 is a document issued when a service member performs active duty or at least 90 consecutive days of active duty training. The document contains information normally needed to verify military service benefits, retirement, employment, and membership in veterans' organizations. Application for US funeral flags and military headstones, by next-of-kin.

A veteran, or next of kin, may apply for a DD 214 replacement. Requests to get a copy of DD 214 from discharges less than 62 years ago must be signed and dated by the veteran or next-of-kin by completing VA Form 180. VA Form 180 can be downloaded by going to va.gov. If you are next-of-kin of a deceased veteran, you must provide proof of death of the veteran such as a copy of a death certificate, letter from a funeral home, or published obituary.

The request for a DD 214 must include, if available, the veterans' full name, social security number, place of birth, branch of service, dates of military service, place of discharge, place of entry into service, last unit assigned, and any information that may be pertinent to veterans time of military service. Approximate time to receive a copy of a DD 214 upon request may be at least three months.

In 1973, there was a fire at the National Personnel Records Center in St. Louis where military records are stored. If you were in the Army before 1960, there is a 20% chance that your records were destroyed. If you were in the Air Force before 1964 and your name comes after Hubbard, James E., there is a 75% chance that your records were destroyed.

If you are a veteran, or next-of-kin, in search of a DD 214, you may call POIVA veterans service officer at 505-264-4110 for assistance.

Census/Tribal Enrollment Department

Greetings from the Census/Tribal Enrollment Department. We hope that you are all doing well! The Census/Tribal enrollment department has been busy with updating addresses, along with making sure that all files are complete with all required documents. Our office works closely with BIA the office of the special trustee for minor IIM accounts, updating addresses, making sure all court orders and POA's are on file. If you need to update an address for Minor IIM accounts, that can be done here at our office. Our office staff is still making monthly visits to the State of New Mexico Vital statistics to pick up Birth Certificates and Death Certificates for tribal members. If you have any questions please call our office at 505-869-9766.

As of January 1, 2023 to June 30, 2023 the tribal enrollment committee enrolled 30 new tribal members. The current number of enrolled tribal members is 4, 997.

Address Updates:

Please make sure to update your address each time you move so our office has the most current information on file. We have noticed a lot of address issues within the Census and Treasury department during the past distributions. Our office is the main source that other departments use to verify information. You may also call our office to verify your information regularly to avoid any issues.

New Address update policy:

Address Change

- a) Tribal members are responsible for maintaining a current address with the Tribal Census/Enrollment Department.

b) Acceptable documentation of a change of address shall include at least two (2) of the following:
1. A valid, state issued driver's license or government-issued identification card listing the new address.

2. A current utility bill with the requester's name and address listed on the statement. Eligible utilities bills shall include propane bills.

3. Current insurance card or bill showing the requestor's name and address.

4. Current real property rental agreement or purchase agreement showing the requestor's name and address.

5. State Medical or Public Assistance with requestor's name and address on card, letter from issuing agency showing requestor's name and address, or profile print out from issuing agency showing the same.

6. Bank or credit card statement not more than 60 days old.

7. Employment pay stub containing requestor's name and address.

8. Documentation from an education institution such as a transcript, report card, or enrollment information.

9. A notarized change of address authorization.

Tribal Identification Cards:

Tribal Identification cards will be issued every Tuesdays and Thursdays by appointment.

Reminder\*\*  
ALL TRIBAL IDENTIFICATION CARDS HAVE AN EXPIRATION DATE OF FIVE (5) YEARS.

**\*\*ALL REQUIRED DOCUMENTS MUST BE ON FILE WITH THE TRIBAL ENROLLMENT/CENSUS OFFICE PRIOR TO RECEIVING A TRIBAL IDENTIFICATION CARD. \*\***

Birth Certificates:

State of NM Birth Certificates may be obtained through the Census/Tribal Enrollment Department. We will continue to make monthly visits to New Mexico Vital Statistics on behalf of tribal members. An Authorization form must be signed and notarized at the Census/Tribal Enrollment Department giving Director or Enrollment Clerk authorization to obtain Birth Certificate on behalf of Tribal Member. The cost for each certified certificate is \$10.00 each with cash, check or money order payable to: NM Vital Records Office. P.O. Box 25767 Albuquerque, NM 87125

Death Certificates:

There have been many questions regarding the death certificate process. As a reminder, the Pueblo of Isleta, Census/Tribal Enrollment Department will kindly assist family members in the completion of death certificates of all Tribal Members. Paperwork needs to be completed by the family before starting the process on the state system. Paperwork can be picked up at the Census office.

Once the death certificate has been approved and registered with the NM State Vital Office, An Authorization form must be

signed and notarized at the Census/Tribal Enrollment Department giving Director or Enrollment Clerk authorization to obtain Death Certificate on behalf of the family. All Certified Death Certificate copies are \$5.00 each with cash, check or money order payable to: NM Vital Records Office. P.O. Box 25767 Albuquerque, NM 87125

Residence Ordinance:

Any non-tribal member wishing to reside on the reservation must have a residence ordinance application on file. Applications are available for pick up only at our office. This ordinance is being enforced by Governor's and IPD, please make sure your application is up-to-date. Due to delays in background checks, this application can take up to 6 weeks or longer to complete. Note: only one non-tribal member can be sponsored by enrolled tribal member (over the age of 18) per household. Any minor non-tribal members do not need an application. Please verify with our office the status of your application or any concerns you may have.

Please contact the Pueblo of Isleta Census/Tribal Enrollment Department at (505) 869-9766 if you have any questions.

Census/Tribal Enrollment Staff,  
Nanette Mariano, Director  
Ashlee Abeita, Enrollment Clerk  
Linda Sue Dawn LeBeau, File Clerk

POEH CULTURAL CENTER presents

pathways  
WINTER MARKET

NOVEMBER 25 & 26, 2023 • BUFFALO THUNDER RESORT & CASINO

LARGEST TWO-DAY HOLIDAY ART MARKET IN N.M.

CALL FOR  
ARTISTS

8x8 SINGLE BOOTH \$50 • 8x8 SHARED BOOTH \$70  
INCLUDES: TABLES, CHAIRS, PARKING, WIFI & WATER

DEADLINE: OCTOBER 27 • WWW.POEHCENTER.ORG

POEH CULTURAL CENTER

BuffaloThunder  
RESORT & CASINO

Free Public Parking & Admission • Over 200 Artists  
Live Performances & Food

PATHWAYS is organized by the Poeh Cultural Center,  
a tribally led value based entity of the Pueblo of Pojoaque



Hello Everyone,

First, I am thrilled to be joining you at IRC and I cannot wait to hit the ground running. Throughout the interview process, especially in-person, I felt welcomed by everyone I encountered. I could feel the pride in this property from every team member I spoke to, and I am excited to be a part of it.



I have been married to my wife Shelley for 28 years and we have two grown children and three grandchildren. Our son Karl lives in upstate New York and our daughter Morgan, her husband Jesse, and their children Landon, Zaine, and Emma reside in Michigan.

I am widely known to be unapologetically upbeat and positive in my approach to everything. The world is a mess, and no small amount of kindness is ever wasted. Years ago, I learned that we are not all in the same boat. We are all navigating the same storm, but our boats are quite different. This is why it is important to be kind and see each other as human beings, flaws and all. The human condition is fragile at best. We can all make or break someone else’s day by the way we approach them.

On a personal note, I am a proud descendant of the Little River Band of Ottawa Indians in Manistee Michigan. My mother Connie is a past Tribal Council Member of our tribe and a tribal elder. She instilled in me an unwavering drive, passion, and pride in my heritage. It is an honor to be a part of yours. I look forward to meeting you all soon.

With Honor and Excitement,

Karl Waitner  
CEO, Isleta Resort and Casino

# TIC-TAC-TOBER

OCTOBER 6-28

HOURLY DRAWINGS EVERY FRIDAY & SATURDAYS  
FROM 1PM - 8PM

FOR A CHANCE TO PLAY TIC-TAC-TOBER AND WIN UP TO

## \$5,000!

OCTOBER 13 | 8PM

OCTOBER 27 | 8PM

isleta.com

ISLETA  
resort • casino

## Dental Tips

Hello to all!

IHC’s Dental Team has a brief message

We are all anticipating a New Year where we can begin to feel that “new normal” shaping up. We can all do our part to make healthy habits a permanent New Year’s resolution. It is probably safe to say that none of us has ever washed our hands as often as we have learned to do in 2020! However, with everyone home most of the time, there is also an increase in snacking on sweets and other foods that can cause tooth decay and toothaches. Until more elective dental care and cleanings are back on the table, it is more important than ever to have good home care to maintain your dental health in between cleanings, to prevent having dental emergencies like toothaches. We would like to recommend electric toothbrushes, and regular flossing or water flossing.

If you have questions, we are here to help, please call us at 869-4499. The dental clinic staff is happy to answer questions on how to get the most out of your oral health habits.

Sincerely, The Isleta Dental Clinic

A cartoon illustration of a smiling tooth character with a face, arms, and legs. It is holding a toothbrush in its right hand.

VOTE

Jeromeformrgcd.com

# JEROME CORDOVA

MRGCD DIRECTOR AT-LARGE

5<sup>TH</sup> GENERATION FARMER

33 YEARS OF MANAGEMENT EXPERIENCE

A black and white portrait of Jerome Cordova, a man with grey hair and a goatee, wearing sunglasses and a patterned shirt.

FOR OUR FARMS, OUR WATER, OUR FUTURE.

Paid for by Farmers for Jerome. Paul Baca Treasurer. Printed by Flyer Press

Pueblo of Isleta Department of Education

Academic Success Office  
Michelle “Shelly” Valdez  
(505)869-9790

October greetings to all,  
  
I would like to start by informing you all that Jolynn “Jo” Martinez is no longer with the department of education. She has decided to take another position within the Pueblo. We wish her well on her new professional journey.

High School News:

Thank you to those high school families that attended our back to school nights at the Isleta Resort & Casino. We all hope you enjoyed yourself while learning what services are being offered within the community.

As the first grading periods are ending, it is important that parents know their student’s grades. Grades are readily available to parents through the school app. If you do not have access, it is important that you reach out to your child’s school to be connected. Do not wait until it is too late!

During the next few months, I will be going to the high schools to meet with students. At this time, I can only meet with those students whom have a Release of Information (ROI) on file. If you wish for me to meet with your student and did not give permission for the schools to release information, you may call our office to update your ROI.

The department of education is offering Los Lunas High School students with a teacher for credit recovery on Mondays and Tuesdays from 3:15pm – 5:15pm. Students, if you are in credit recovery come take advantage of this resource for you. Tutoring is being offered after school until 6:00pm Monday – Thursday. We can also set up virtual tutoring with Varsity Tutors for you to receive sessions while at home. You may use the following link to sign up your student.  
[https://isletapueblo.formstack.com/forms/doe\\_afterschool\\_tutoring\\_copy\\_1](https://isletapueblo.formstack.com/forms/doe_afterschool_tutoring_copy_1)  
Take advantage of all the resources and you can to be successful in your high school years.

First Year College News:

I hope that you all are off to a great start on your new education adventure. Students that have completed their higher education file should have received an email from your coordinator about your funding. Those students that may still be missing supporting documentation. You should have also received an email informing you about which documents you are still missing. Incomplete files will not be funded. It is important that you check your emails to ensure you did not miss any important information from your coordinator. Coordinators are assigned by last name. Samantha Taylor works with those last names A – J and Fran Mershon with those last names K – Z.

Tutoring services are also available for college students at the department of education or online. If you want to sign up you may sign up with the following link.  
[https://isletapueblo.formstack.com/forms/doe\\_afterschool\\_tutoring\\_copy\\_1](https://isletapueblo.formstack.com/forms/doe_afterschool_tutoring_copy_1)

At any time you have any question please do not hesitate to contact our office.  
Michelle “Shelly” Valdez

Dear Scholarship Recipients,

Interested in making a difference in our community? We are reaching out to share some exciting volunteer opportunities. We are seeking volunteers to commit eight hours for the upcoming National Indian Education Association Conference, which will be in Albuquerque, October 18-21 at the Convention Center.

Volunteer Sign-up Sheet

Please fill this out with the type of volunteer activity, day and time you are available. Once NIEA staff has placed you in your slot, you will receive a confirmation email with your volunteer dates and times. Each individual volunteer will be asked to check in with NIEA staff every shift to track volunteer hours. **You are required to work for 8 hours over the course of the week.**

Volunteer jobs include bag stuffing, registration, greeter, merchandise sales, workshop monitor, support educator day and student day. Please contact our office or

use the link below to share your interest in volunteering.  
  
Signing up to volunteer is easy! Register here and select the volunteer opportunity.  
[POI DOE Intern/Volunteer Application - Formstack](#)


POI Higher Education Scholarship Application

The Higher Education staff is at the final stages of awarding scholarships for the fall semester. If you are interested in attending school in the Spring, please refer to the deadlines below.

- Spring Application Deadline: November 1st
- Supporting Documents Deadline: January 15th

Please visit the POI Department of Education webpage to submit the scholarship application for the spring semester.

Thank you, The Higher Education Team  
Charlene Lucero, Sam Taylor and Fran Mershon



# LOS LUNAS SCHOOLS

is seeking

## NATIVE AMERICAN LIAISON

- ELEMENTARY LEVEL
- SECONDARY LEVEL


### OVERVIEW OF JOB DESCRIPTION

To assist in creating a school environment in which Native American students are encouraged to develop their unique capabilities within the affective as well as the cognitive areas.


### MINIMUM QUALIFICATIONS:

- Master's Degree from a regionally accredited college or university
- New Mexico Public Education Department Licensure as a School Counselor or Teacher

For more info, call 505-865-9636 or  
Apply Here: [lsschools.tedk12.com](https://lsschools.tedk12.com)





 **BREAKFAST**


**OCTOBER 2023**  
Isleta Elementary School

Isleta Elementary School  
1000 Moonlight Drive  
505.869.2321

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| <div>2</div> <div>Frosted Mini Wheats<br/>WW Toast<br/>Watermelon<br/>Choice of Milk</div> | <div>3</div> <div>Banana Muffin<br/>Graham Crackers<br/>Cantaloupe<br/>Choice of Milk</div> | <div>4</div> <div>Biscuit and Gravy<br/>Grapes<br/>Choice of Milk</div>                           | <div>5</div> <div>Sausage on a Stick<br/>Pears<br/>Choice of Milk</div>            | <div>6</div> <div>Breakfast Burrito<br/>Apples<br/>Choice of Milk</div>                      |
| <div>9</div> <div>Lucky Charms<br/>Dino Bite Crackers<br/>Peaches<br/>Choice of Milk</div> | <div>10</div> <div>Bagel Egg Sandwich<br/>Watermelon<br/>Choice of Milk</div>               | <div>11</div> <div>Oatmeal<br/>WW Toast<br/>Strawberries<br/>Blueberries<br/>Choice of Milk</div> | <div>12</div> <div>Parfait<br/>Graham Crackers<br/>Apples<br/>Choice of Milk</div> | <div>13</div> <div>English Muffin<br/>Pineapple<br/>Juice<br/>Jelly<br/>Choice of Milk</div> |
| <div>16</div> <div>Fruit Loops<br/>Cherries<br/>Choice of Milk</div>                       | <div>17</div> <div>Blueberry Bagel<br/>Boiled Egg<br/>Watermelon<br/>Choice of Milk</div>   | <div>18</div> <div>French Toast Sticks<br/>Fruit Cup<br/>Syrup<br/>Choice of Milk</div>           | <div>19</div> <div>Pancake<br/>Sausage Link<br/>Grapes<br/>Choice of Milk</div>    | <div>20</div> <div>Scrambled Eggs<br/>English Muffin<br/>Oranges<br/>Choice of Milk</div>    |
| <div>23</div> <div>Golden Grahams<br/>WW Toast<br/>Fruit Cup<br/>Choice of Milk</div>      | <div>24</div> <div>Egg Sandwich<br/>Apple Wedges<br/>Choice of Milk</div>                   | <div>25</div> <div>Cinnamon Roll<br/>Fruit Cup<br/>Choice of Milk</div>                           | <div>26</div> <div>Breakfast Cup<br/>Grapes<br/>Choice of Milk</div>               | <div>27</div> <div>Breakfast Bar<br/>Mandarin Oranges<br/>Choice of Milk</div>               |
| <div>30</div> <div>Waffles<br/>Berry Compote<br/>Choice of Milk</div>                      | <div>31</div> <div>Muffin<br/>Breakfast Round<br/>Banana<br/>Choice of Milk</div>           |   |  |  |

This is an equal opportunity institution

\*\*Menu subject to change any time due to food availability\*\*

 **LUNCH**

**OCTOBER 2023**  
Isleta Elementary School

Isleta Elementary School  
1000 Moonlight Drive  
505.869.2321

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
| <div>2</div> <div>Bean and Cheese Burrito<br/>Salsa<br/>Tater Tots<br/>Fruit Salad<br/>Choice of Milk</div>                       | <div>3</div> <div>Baked Chicken<br/>Baked Beans<br/>Garden Salad<br/>Bread Stick<br/>Strawberries<br/>Choice of Milk</div> | <div>4</div> <div>Grilled Ham &amp; Cheese<br/>Tomato Soup<br/>Cucumber Slices<br/>Watermelon &amp; Kiwi<br/>Choice of Milk</div> | <div>5</div> <div>Beef Taco Salad<br/>Salsa<br/>Mixed Fruit Salad<br/>Rice Krispy Treat<br/>Choice of Milk</div> | <div>6</div> <div>Beef Lasagna<br/>Breadstick<br/>Broccoli<br/>Apples<br/>Choice of Milk</div>                                 |
| <div>9</div> <div>Chicken Alfredo<br/>Celery Sticks<br/>Garden Salad<br/>Ranch Dressing<br/>Strawberries<br/>Choice of Milk</div> | <div>10</div> <div>Chicken Quesadillas<br/>Pinto Beans<br/>Cantaloupe<br/>Choice of Milk</div>                             | <div>11</div> <div>Frito Pie<br/>Corn on the Cob<br/>Mango &amp; Berries<br/>Choice of Milk</div>                                 | <div>12</div> <div>Turkey Hoagie Sandwich<br/>Green Beans<br/>Cucumber Slices<br/>Pears<br/>Choice of Milk</div> | <div>13</div> <div>Nacho Supreme<br/>Rainbow Fruit Salad<br/>Sugar Cookie<br/>Choice of Milk</div>                             |
| <div>16</div> <div>Chef Salad<br/>Ranch Dressing<br/>Dinner Roll<br/>Pears<br/>Choice of Milk</div>                               | <div>17</div> <div>Salisbury Steak<br/>Mashed Potato<br/>Broccoli<br/>Apple Cobbler<br/>Choice of Milk</div>               | <div>18</div> <div>Pepperoni Pizza<br/>Corn<br/>Mango Side Kicks<br/>Choice of Milk</div>   | <div>19</div> <div>Hamburger<br/>Garnish<br/>Baked Beans<br/>Grandmas Cookie<br/>Choice of Milk</div>            | <div>20</div> <div>Green Chile Tamale<br/>Bell Peppers<br/>Ranch<br/>Dinner Roll<br/>Kiwi Fruit Salad<br/>Choice of Milk</div> |
| <div>23</div> <div>Sloppy Joes<br/>Tater Tots<br/>Ketchup<br/>Vegetable Melody<br/>Choice of Milk</div>                           | <div>24</div> <div>Pork Roast<br/>Mashed Potato<br/>Corn<br/>Dinner Roll<br/>Honey Dew<br/>Choice of Milk</div>            | <div>25</div> <div>Cheese Enchiladas<br/>Pinto Beans<br/>Garnish<br/>Watermelon<br/>Choice of Milk</div>                          | <div>26</div> <div>Corn Dogs<br/>Goldfish<br/>Fruit Cup<br/>Choice of Milk</div>                                 | <div>27</div> <div>Bean Tostada<br/>Garnish<br/>Salsa<br/>Green Beans<br/>Choice of Milk</div>                                 |
| <div>30</div> <div>Beef Stew<br/>Broccoli<br/>Dinner Roll<br/>Orange Wedges<br/>Choice of Milk</div>                              | <div>31</div> <div>Hot Dogs<br/>Baked Chips<br/>Fruit Cup<br/>Choice of Milk</div>   |   |  |  |

This is an equal opportunity institution

\*\*Menu subject to change any time due to food availability\*\*



U.S. BUREAU OF INDIAN AFFAIRS



PAID INTERNSHIPS  
TRIBAL ENERGY DEVELOPMENT



EMPOWER TRIBES TO DEVELOP  
THEIR ENERGY RESOURCES



PATHWAYS  
U.S. BUREAU OF INDIAN AFFAIRS

The Indian Energy Service Center helps Tribes build renewable and conventional energy programs on Indian lands. We work with Tribes to protect their resources, modernize their business practices, manage their energy and mineral leasing agreements, and improve the efficiency of Indian energy efforts across the federal government for the benefit of Tribes and Tribal communities.

- Full-Time or Part-Time positions available every Fall, Spring, and Summer (Remote options available)
- Fully paid with accrued sick leave and time off
- Tuition Assistance and Scholarships
- Opportunity to automatically convert to a full-time position after graduation

APPLY ON USAJOBS.GOV

For more information:

 OTSPathways@bia.gov

 www.bia.gov/bia/ees



U.S. BUREAU OF INDIAN AFFAIRS



PATHWAYS PROGRAM INTERNSHIPS  
TRIBAL ENERGY DEVELOPMENT



PATHWAYS  
U.S. BUREAU OF INDIAN AFFAIRS

PROGRAM REQUIREMENTS

Pathways Internship Program Participants must:

- Be at least 18 years old
- Be accepted or enrolled in an accredited college, university, or technical school; Tribal College and University (TCU) students are highly encouraged to apply!
- Maintain part-time or full-time student status as defined by your educational institution
- Must have and maintain a cumulative GPA of 2.0 or higher

Some positions require:

- Ability to obtain and maintain a security clearance
- Medical exam, Drug Testing
- Driver's License

CAREER PATH EXAMPLES

- Realty Specialist
- Renewable Energy Specialist
- Environmental Protection Specialist
- Legal Instruments Examiner
- Natural Resources Specialist
- Geologist
- Petroleum Engineer
- Geophysicist
- Electrical Engineer
- Mechanical Engineer

PRIORITY DEGREE FIELDS

- Natural Resources Management
- Geology
- Petroleum Engineering
- Mechanical Engineering
- Electrical Engineering
- Real Estate
- Land Surveying
- Law / Legal Studies
- Renewable Energy
- Civil Engineering

APPLY ON USAJOBS.GOV

For more information:

 OTSPathways@bia.gov

 www.bia.gov/bia/ees



U.S. BUREAU OF INDIAN AFFAIRS



PAID INTERNSHIPS  
TRUST LANDS MANAGEMENT



ENSURE THE PROTECTION OF  
TRIBAL TRUST LANDS FOR  
THE NEXT GENERATION



PATHWAYS  
U.S. BUREAU OF INDIAN AFFAIRS

The Division of Trust Asset Ownership and Title and Division of Trust Land Consolidation play a critical role in protecting Tribal sovereignty. We help Tribes restore ownership of their historic territories, we collect and maintain important land ownership records for all of Indian Country, and we ensure Tribal lands are protected for the next generation of Tribal citizens and their descendants.

- Full-Time or Part-Time positions available every Fall, Spring, and Summer (Remote options available)
- Fully paid with accrued sick leave and time off
- Tuition Assistance and Scholarships
- Opportunity to automatically convert to a full-time position after graduation

APPLY ON USAJOBS.GOV

For more information:

 OTSPathways@bia.gov

 www.bia.gov/bia/ots



U.S. BUREAU OF INDIAN AFFAIRS



PATHWAYS PROGRAM INTERNSHIPS  
TRUST LANDS MANAGEMENT



PATHWAYS  
U.S. BUREAU OF INDIAN AFFAIRS

PROGRAM REQUIREMENTS

Pathways Internship Program Participants must:

- Be at least 18 years old
- Be accepted or enrolled in an accredited college, university, or technical school; Tribal College and University (TCU) students are highly encouraged to apply!
- Maintain part-time or full-time student status as defined by your educational institution
- Must have and maintain a cumulative GPA of 2.0 or higher

Some positions require:

- Ability to obtain and maintain a security clearance
- Medical exam, Drug Testing
- Driver's License

CAREER PATH EXAMPLES

- Realty Specialist
- Tribal Relations Advisor
- Management Analyst
- Legal Instruments Examiner
- Administrative Officer
- Realty Clerk
- Program Analyst
- GIS Specialist

PRIORITY DEGREE FIELDS

- Real Estate
- Law / Legal Studies
- Land Surveying
- Business Administration
- Tribal Policy
- History
- Geographic Information Systems (GIS)
- Finance
- Accounting

APPLY ON USAJOBS.GOV

For more information:

 OTSPathways@bia.gov

 www.bia.gov/bia/ots





U.S. BUREAU OF INDIAN AFFAIRS



PAID INTERNSHIPS  
AGRICULTURE & RANGELAND





**PATHWAYS**  
U.S. BUREAU OF INDIAN AFFAIRS

**SUPPORT FOOD SOVEREIGNTY AND ECONOMIC DEVELOPMENT ON INDIGENOUS LANDS**

The Branch of Agriculture and Rangeland Development provides tribal nations with support and technical assistance for agricultural programs, covering over 46 million acres of tribal lands used for farming and livestock. We offer federal and tribal internship opportunities that directly benefit Native communities, and Pathways Trainees can take advantage of the following:

- Full-Time or Part-Time positions available every Fall, Spring, and Summer (Remote options available)
- Fully paid with accrued sick leave and time off
- Tuition Assistance and Scholarships
- Opportunity to automatically convert to a full-time position after graduation

**APPLY ON USAJOBS.GOV**

For more information:  [OTSPathways@bia.gov](mailto:OTSPathways@bia.gov)  [www.bia.gov/bia/ots](http://www.bia.gov/bia/ots)



U.S. BUREAU OF INDIAN AFFAIRS



PATHWAYS PROGRAM INTERNSHIPS  
AGRICULTURE & RANGELAND





**PATHWAYS**  
U.S. BUREAU OF INDIAN AFFAIRS

**PROGRAM REQUIREMENTS**

Pathways Internship Program Participants must:

- Be at least 18 years old
- Be accepted or enrolled in an accredited college, university, or technical school; Tribal College and University (TCU) students are highly encouraged to apply!
- Maintain part-time or full-time student status as defined by your educational institution
- Must have and maintain a cumulative GPA of 2.0 or higher

Some positions require:

- Ability to obtain and maintain a security clearance
- Medical exam, Drug Testing
- Driver's License

**CAREER PATH EXAMPLES**

- Natural Resource Specialist
- Water Rights Specialist
- GIS Specialist
- Rangeland Program Manager
- Range Technician
- Soil Conservation Specialist
- Range Management Specialist
- Bison Management Specialist
- Program Analyst

**PRIORITY DEGREE FIELDS**

- Agriculture
- Range Management
- Environmental Science
- Hydrology & Water Resource Management
- Biology
- Irrigation Science
- Real Estate
- Geographic Information Systems (GIS)
- Botany
- Animal Sciences

**APPLY ON USAJOBS.GOV**

For more information:  [OTSPathways@bia.gov](mailto:OTSPathways@bia.gov)  [www.bia.gov/bia/ots](http://www.bia.gov/bia/ots)



U.S. BUREAU OF INDIAN AFFAIRS



PAID INTERNSHIPS  
FORESTRY





**PATHWAYS**  
U.S. BUREAU OF INDIAN AFFAIRS

**HELP US PROTECT OVER 18 MILLION ACRES OF FEDERAL & TRIBAL LANDS**

Actively engage in the stewardship of federal and tribal forests. From hands-on forestry technicians to data-driven analysts, the Branch of Forest Resources Planning offers diverse federal and tribal internship opportunities that directly benefit tribal communities. Pathways Trainees can take advantage of the following:

- Full-Time or Part-Time positions available every Fall, Spring, and Summer (Remote options available)
- Fully paid with accrued sick leave and time off
- Tuition Assistance and Scholarships
- Opportunity to automatically convert to a full-time position after graduation

**APPLY ON USAJOBS.GOV**

For more information:  [OTSPathways@bia.gov](mailto:OTSPathways@bia.gov)  [www.bia.gov/bia/ots](http://www.bia.gov/bia/ots)



U.S. BUREAU OF INDIAN AFFAIRS



PAID INTERNSHIPS  
REAL ESTATE SERVICES





**PATHWAYS**  
U.S. BUREAU OF INDIAN AFFAIRS

**PROTECT NATIVE-OWNED LANDS AND HELP TRIBES UTILIZE THEIR NATURAL RESOURCES**

The Division of Real Estate Services protects and maintains the integrity of trust lands and resources by providing policy direction, technical assistance, training, and administrative review and monitoring of real property operations. We work to ensure that the natural resources of Native landowners and Tribes are protected and help tribal communities reap economic benefits from their land. Pathways Trainees can take advantage of the following:

- Full-Time or Part-Time positions available every Fall, Spring, and Summer (Remote options available)
- Fully paid with accrued sick leave and time off
- Tuition Assistance and Scholarships
- Opportunity to automatically convert to a full-time position after graduation

**APPLY ON USAJOBS.GOV**

For more information:  [OTSPathways@bia.gov](mailto:OTSPathways@bia.gov)  [www.bia.gov/bia/ots](http://www.bia.gov/bia/ots)



U.S. BUREAU OF INDIAN AFFAIRS

PAID INTERNSHIPS

TRIBAL CLIMATE RESILIENCE



HELP TRIBAL COMMUNITIES ADDRESS THE IMPACTS OF CLIMATE CHANGE



The Branch of Tribal Climate Resilience helps tribal nations prepare for and respond to the effects of climate change. Whether it's delivering technical assistance, funding, or educational resources, we offer federal and tribal internship opportunities that directly benefit Indigenous communities. Pathways Trainees can take advantage of the following:

- Full-Time or Part-Time positions available every Fall, Spring, and Summer (Remote options available)
- Fully paid with accrued sick leave and time off
- Tuition Assistance and Scholarships
- Opportunity to automatically convert to a full-time position after graduation

APPLY ON USAJOBS.GOV

For more information:

 [OTSPathways@bia.gov](mailto:OTSPathways@bia.gov)  [www.bia.gov/bia/ots](http://www.bia.gov/bia/ots)



U.S. BUREAU OF INDIAN AFFAIRS

PATHWAYS PROGRAM INTERNSHIPS

TRIBAL CLIMATE RESILIENCE



PROGRAM REQUIREMENTS

Pathways Internship Program Participants must:

- Be at least 18 years old
- Be accepted or enrolled in an accredited college, university, or technical school; Tribal College and University (TCU) students are highly encouraged to apply!
- Maintain part-time or full-time student status as defined by your educational institution
- Must have and maintain a cumulative GPA of 2.0 or higher

Some positions require:

- Ability to obtain and maintain a security clearance
- Medical exam, Drug Testing
- Driver's License



CAREER PATH EXAMPLES

- Natural Resources Specialist
- Climate Resilience Coordinator
- Environmental Justice Specialist
- Environmental Protection Specialist
- Program Analyst
- Eco-Restoration Specialist
- Regenerative Agriculture Specialist
- Tribal Climate Liaison
- Ocean and Coastal Resources Specialist

PRIORITY DEGREE FIELDS

- Environmental Science
- Natural Resources Management
- Rangeland Management
- Climate Change / Climate Justice
- Biology
- Conservation
- Ocean & Coastal Sciences
- Geographic Information Systems (GIS)
- Regenerative Agriculture

APPLY ON USAJOBS.GOV

For more information:

 [OTSPathways@bia.gov](mailto:OTSPathways@bia.gov)  [www.bia.gov/bia/ots](http://www.bia.gov/bia/ots)



U.S. BUREAU OF INDIAN AFFAIRS

PATHWAYS PROGRAM INTERNSHIPS

WATER & POWER



PROGRAM REQUIREMENTS

Pathways Internship Program Participants must:

- Be at least 18 years old
- Be accepted or enrolled in an accredited college, university, or technical school; Tribal College and University (TCU) students are highly encouraged to apply!
- Maintain part-time or full-time student status as defined by your educational institution
- Must have and maintain a cumulative GPA of 2.0 or higher

Some positions require:

- Ability to obtain and maintain a security clearance
- Medical exam, Drug Testing
- Driver's License



CAREER PATH EXAMPLES

- Civil Engineer
- Hydrologist
- Power Utility Engineer
- Dam Safety Engineer
- Agricultural & Irrigation Engineer
- Hydrologic Technician
- Equipment Operator
- Utility System Water Repair Operator
- Electrical Engineer
- Water Resources Technician

PRIORITY DEGREE FIELDS

- Civil Engineering
- Engineering & Architecture
- Physical Science
- Environmental Science
- Hydrology & Water Resource Management
- Biology
- Agriculture
- Irrigation Science

APPLY ON USAJOBS.GOV

For more information:

 [OTSPathways@bia.gov](mailto:OTSPathways@bia.gov)  [www.bia.gov/bia/ots](http://www.bia.gov/bia/ots)



U.S. BUREAU OF INDIAN AFFAIRS

PAID INTERNSHIPS

WATER & POWER



HELP US PROTECT AND EXPAND TRIBAL NATIONS' WATER & ENERGY RESOURCES



The Division of Water & Power promotes water rights, tribal self-determination, economic development, and public safety through the management of irrigation, dam, and power facilities owned or operated by the Bureau of Indian Affairs. We offer federal and tribal internship opportunities that directly benefit Indigenous communities, and Pathways Trainees can take advantage of the following:

- Full-Time or Part-Time positions available every Fall, Spring, and Summer (Remote options available)
- Fully paid with accrued sick leave and time off
- Tuition Assistance and Scholarships
- Opportunity to automatically convert to a full-time position after graduation

APPLY ON USAJOBS.GOV

For more information:

 [OTSPathways@bia.gov](mailto:OTSPathways@bia.gov)  [www.bia.gov/bia/ots](http://www.bia.gov/bia/ots)





U.S. BUREAU OF INDIAN AFFAIRS

# PAID INTERNSHIPS

## GEOSPATIAL SUPPORT



**PROTECT NATIVE-OWNED LANDS AND HELP TRIBES UTILIZE THEIR NATURAL RESOURCES**




The Branch of Geospatial Support provides The Bureau of Indian Affairs and all federally recognized Tribes with Geographic Information Systems (GIS) services, training, and support. By utilizing GIS systems, Tribes can map and manage their cultural and natural resources and contribute to critical datasets that benefit Indian Country. We use GIS tools like ArcGIS to support land management programs. Pathways Trainees can take advantage of the following:

- Full-Time or Part-Time positions available every Fall, Spring, and Summer (Remote options available)
- Fully paid with accrued sick leave and time off
- Tuition Assistance and Scholarships
- Opportunity to automatically convert to a full-time position after graduation

**APPLY ON USAJOBS.GOV**


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U.S. BUREAU OF INDIAN AFFAIRS

# PATHWAYS PROGRAM INTERNSHIPS

## GEOSPATIAL SUPPORT



**PROGRAM REQUIREMENTS**

Pathways Internship Program Participants must:

- Be at least 18 years old
- Be accepted or enrolled in an accredited college, university, or technical school. Tribal College and University (TCU) students are highly encouraged to apply!
- Maintain part-time or full-time student status as defined by your educational institution
- Must have and maintain a cumulative GPA of 2.0 or higher

Some positions require:


- Ability to obtain and maintain a security clearance
- Medical exam, Drug Testing
- Driver's License

**CAREER PATH EXAMPLES**

- Geographic Information System Specialist
- Natural Resources Specialist
- Program Analyst
- Data Analyst
- GIS Coordinator
- Cartographer
- Geographer
- Interactive/UX Designer
- Data Management Support Specialist

**PRIORITY DEGREE FIELDS**

- Geographic Information Systems (GIS)
- GIS Systems Management
- Geomatics
- Land Surveying
- Geology
- Cartography
- Natural Resource Management
- Computer Science
- Environmental Science



**APPLY ON USAJOBS.GOV**

OTSPathways@bia.gov [www.bia.gov/bia/ots](http://www.bia.gov/bia/ots)

**FOR MIDDLE AND HIGH SCHOOLS STUDENTS ATTENDING LOS LUNAS SCHOOLS**

**DEADLINE: OCTOBER 27, 2023**

Submit entries to Native Liaisons or Special Services Building on Main Street

# A CALL FOR ARTISTS


**HELP US DESIGN THE NATIVE AMERICAN PROGRAM BANNER**

**ART WORK MUST BE 8X10 SIZE AND REPRESENT INDIGENOUS CULTURE IN THE SCHOOLS**

INFORM NATIVE AMERICAN LIAISON IF YOU NEED MATERIALS FOR YOUR PROJECT.

ARTIST SUBMISSIONS WILL RECEIVE AN APPRECIATION PRIZE. SELECTED ARTWORK WILL BE DISPLAYED BY THE LL SCHOOLS NATIVE AMERICAN PROGRAM.

EMAIL [THOWARD@LLSCHOOLS.NET](mailto:THOWARD@LLSCHOOLS.NET) FOR MORE INFORMATION



**tutor doctor**  
How learning hits home.

**Where trusted and valued Student/Tutor relationships begin.**

**Tutor Doctor is Hiring Tutors!**

**Albuquerque, Rio Rancho, Los Lunas, & Belen**

Tutor Doctor is Currently looking for Tutors for all ages and all subjects.

Tutor Doctor tutors enjoy:

- Self-determined and flexible schedule
- Performance bonuses
- In-person and/or online tutoring

Qualifications:

- Degree Preferred but not required.
- Seeking talent in most any area/level of expertise
- You have a passion for inspiring student success
- COVID vaccinated or unvaccinated applicant's welcome

Responsibilities:

- Provide consistent and dynamic homework support/instruction
- Submission of simple reports within 24 hours of each session

Job Types: Part Time, Flexible, Independent Contract

Pay: \$18.00 +

Fill out an application online  
<https://www.tutordoc.com/albuquerque/about-us/become-a-tutor/>  
or  
call Tutor Doctor at (505) 545-8500



## Pueblo of Isleta Public Library

Since we missed out on promoting national Library card sign up month in September, we would like to invite you all this month to visit our library! Come check out what services we offer and upcoming programs. Some misconceptions we face daily, are you open to just Isleta tribal members? We are a PUBLIC library therefore our services and programs are open to anyone and everyone. Check out what we have coming up for the month of October.

### News

The library will be having a staff meeting on Wednesday, October 4th from 12:30pm to 2pm. The library will remain open during this time so feel free to still come in. We will be discussing upcoming programs and as the holiday months are approaching keep a look out for family programs, book clubs, arts-n-crafts and much more!

The library staff will be participating in this year's Halloween Carnival at the Rec. We have something special planned for this event so make sure and stop by our booth to say hi and join in on the fun. This year's Halloween Carnival will be on Friday, October 20th from 5:30pm to 8:30pm at the new rec.

Reminder to those looking to create spooky Halloween treats from home, school or office parties, the library has Cookie Cutter and Cake Pans bags for check out. Bags come with special shaped cookie cutters or cake pans, piping bags and tips, baking and decorating tips.

Looking for a job? The library is hiring for a Library Aide 1 -Part Time position. You can apply with a physical copy available at the library or online at [isletapueblo.com/careers/](http://isletapueblo.com/careers/). Perfect for college students that like working with children, youth and the community!

We will be closing at 4:30pm on Tuesday, October 31st. We would like to wish everyone a safe and Happy Halloween. Please be aware of your surroundings while driving and walking with your family.

Join the Library weekly for Family Story Time every Wednesday at 10:00am with Edith. Family Story Time is a fun opportunity for parents, grandparents, and caregivers to introduce their children to reading and language. No sign ups required, just come in! For more information on this program, please call Edith at 505-869-9808 or email [Edith.Perez.Bonilla@isletapueblo.com](mailto:Edith.Perez.Bonilla@isletapueblo.com).

### Upcoming

Looking to learn how to play a new instrument? Library staff is in the process of putting together a Musical Instrument Lending service here at the library. Where patrons can check-out musical instruments our current selection includes bass and acoustic guitars. All levels are welcome to try this service from beginners to advanced and can also pair it with our wide selection of guitar tabs available at the library. We are still in the early stages of getting everything together but keep a look out for more information to come soon!

For the month of October come in and check out any library movie and book from our Halloween collection and receive a Spooky Snack Pack filled with popcorn, candy and drinks to enjoy over the weekend. There will be a limit of 5 Snack Packs given out every Friday and one Snack Pack per family. But don't worry, you have plenty of time to come in and get a Spooky Snack

Pack. Dates include Friday, October 6th, 13th, 20th and 27th starting at 2:30pm to 4:30pm or until we run out!

Come in and learn how to do Reverse Tie-Dye on Wednesday October 4th from 5pm to 6:30pm. This fall library staff member Cheyenne will be showing a different method of tie-dye making. Instead of traditional tie-dye making, participants will be painting Halloween themed designs using bleach on black T-shirts. Sign ups begin September 18th and is open to the first 8 people, 14 years old and up. There are three ways to sign up. Come in, call, or online using the library's mobile app. For more information, please contact Cheyenne by phone at 505-869-9808 or by email at [Cheyenne.Castillo@isletapueblo.com](mailto:Cheyenne.Castillo@isletapueblo.com).


Kick off the fall season with a night of Painting with Bob Ross here at the library on Saturday October 14th from 10:30am to 12:30pm. Join in on the fun and paint a happy little fall scene with the one and only Bob Ross! Participants will also enjoy delicious fall themed treats and beverages! Sign-ups start on September 18th and is

open to the first 10 adults, 18 and over. For more information, please contact Elena by phone at 505-869-9808 or by email at [Elena.Lopez@isletapueblo.com](mailto:Elena.Lopez@isletapueblo.com).

Join the library for a fun filled night in making Apple Pie Skulls on Wednesday October 18th from 5:30pm to 6:30pm. This program will be open to the first 6 patrons, ages 9 to 13 years old or until all spots are filled. Sign-ups start on September 18th. For more information, please contact Kyle by phone at 505-869-9808 or by email at [Kyle.Lujan@isletapueblo.com](mailto:Kyle.Lujan@isletapueblo.com).

The library wants to help students who attend Los Lunas Schools make the most of their "All Learners Day" by taking an approach to learning outside the classroom. Students will learn about the Indian Pueblo Cultural Center in a guided tour. This program will be open to 10 students 3rd grade and up that attend any Los Lunas School. Lunch will be provided to all students that attend. Sign-ups will start on October 2nd; space is limited and spots will be filled on a first-come first-serve basis.

# Painting with Bob Ross




Kick off the fall season with the Pueblo of Isleta Public Library! Join us as we paint a happy little fall scene with the one and only Bob Ross! You will also be able to enjoy delicious fall themed treats and beverages!

When: October 14th, 2023  
Time: 10:30 am- 12:30 pm

Ages 18 and Up!

Sign-ups start on September 18th. Only 10 slots available



Contact Elena Lopez with any questions  
Email: [Elena.Lopez@isletapueblo.com](mailto:Elena.Lopez@isletapueblo.com)  
Phone: (505)869-9808



For more information, please contact Diane by phone at 505-869-9808 or by email at [Diane.Abeita@isletapueblo.com](mailto:Diane.Abeita@isletapueblo.com).

Recap

On Thursday, September 28th library staff member Edith hosted a Family Pinch Bowl and Story Time Program here at the library. Families enjoyed an evening together making a pinch bowl using air dry modeling clay. The program started with the reading of Boogie, Boogie Y'all for families to enjoy a story time. We would like to thank everyone who participated and library staff member Edith for putting together a family program.

On September 13th library staff attended the Head Start open house from 5:30pm to 7:30pm. It was a great turn out and we were excited to meet all the incoming students and families that will be attending the Head Start. It was a great opportunity for the library to promote our services. We would like to thank everyone who stopped by our booth to say hello and visit.



Library staff member Diane and Kyle at the Head Start Open House!

The After School Program is doing great with full attendance and students showing up daily to complete homework and reading. Library staff have been busy planning the upcoming holiday seasons with crafts, activities and incentive field trips. The After School Program is currently full, but we do have a waiting list available for any students that are interested.



ASP Program students making a craft after homework and reading!

PUEBLO OF ISLETA PUBLIC LIBRARY

# SPOOKY SNACK PACKS

EVERY FRIDAY FOR THE MONTH OF OCTOBER  
STARTING AT 2:30PM TO 4:30PM!

COME IN AND CHECK OUT ANY LIBRARY MOVIE AND BOOK FROM OUR HALLOWEEN COLLECTION AND RECEIVE A SPOOKY SNACK PACK FILLED WITH POPCORN, CANDY AND DRINKS, TO ENJOY OVER THE WEEKEND!

FRIDAY  
OCTOBER 6TH

FRIDAY  
OCTOBER 13TH

FRIDAY  
OCTOBER 20TH

FRIDAY  
OCTOBER 27TH

WHILE SUPPLIES LAST!

\*A LIMIT OF 5 SNACK PACKS GIVEN OUT EVERY FRIDAY  
\*ONE SNACK PACK PER FAMILY

FOR MORE INFORMATION PLEASE CALL THE LIBRARY AT 505-869-9808

ISLETA PUEBLO PUBLIC LIBRARY

# APPLE PIE SKULLS

JOIN THE PUEBLO OF ISLETA PUBLIC LIBRARY FOR A FUN FILLED NIGHT IN MAKING APPLE PIE SKULLS!

WEDNESDAY OCTOBER 18TH FROM 5:30 P.M. - 6:30 P.M. OPEN UP TO THE FIRST 6 PATRONS OR UNTIL ALL SPOTS ARE FILLED. SIGN UP FOR THE PROGRAM STARTS ON SEPTEMBER 18TH!

FOR MORE INFORMATION EMAIL [KYLE.LUJAN@ISLETAPUEBLO.COM](mailto:kyle.lujan@isletapueblo.com) OR CALL THE LIBRARY AT 505-869-9808

AGES 9 - 13

# Halloween Treats

LOOKING FOR A FUN TREAT TO MAKE FOR HALLOWEEN? CHECK OUT OUR CAKE PANS AND CREATE ONE OF THESE HALLOWEEN THEMED CAKES OR CREATE YOUR OWN!

CALL THE LIBRARY TO CHECK FOR AVAILABILITY AT (505)869-9808

PUEBLO OF ISLETA PUBLIC LIBRARY

# Cookie Cutter Bags

NOW AVAILABLE FOR CHECK-OUT!

Each bag includes:

- Fun cookie cutter shapes
- Piping Bags
- Sugar cookie and icing recipe
- Other tips and tricks

COOKIE CUTTER POLICY:

One per patron 18 and older with one week check out. Must come back with supplies clean for the next patron's use. Patrons will be charged for any missing or damaged items.

FOR MORE INFORMATION PLEASE CONTACT THE LIBRARY AT 505-869-9808

**PUEBLO OF ISLETA PUBLIC LIBRARY**

**LEARNING OUTSIDE THE CLASSROOM**

**INDIAN PUEBLO CULTURAL CENTER EDITION**

A LIBRARY'S APPROACH TO ALL LEARNERS DAY  
FOR STUDENTS THAT ATTEND LOS LUNAS SCHOOLS  
**Wednesday, October 25th @ 9:00am**



Come learn outside the classroom where students can make the most of their "All Learners Day."

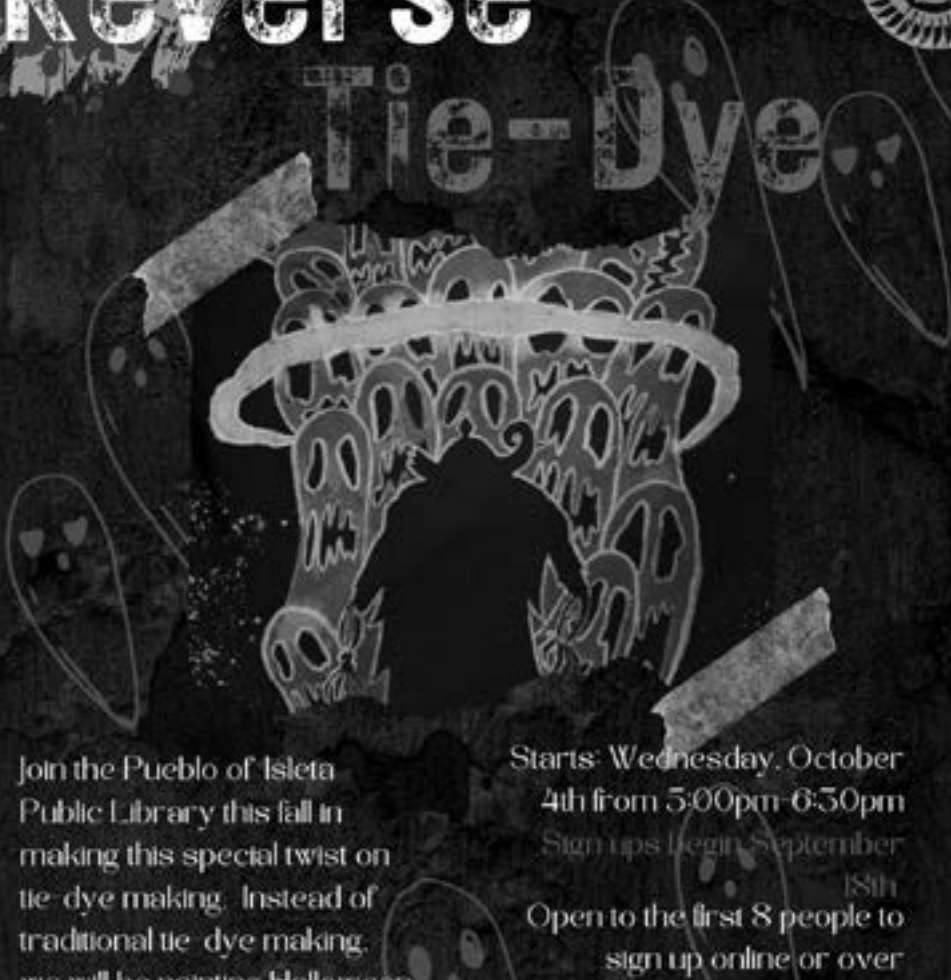
Join us on a guided tour of  
The Indian Pueblo Cultural Center.  
This program will be open to 10 students  
3rd grade and up. Lunch will be provided!

Sign-ups will start on October 2nd. To sign-up you can call the library or come in.  
Space is limited and spots will be filled on a first-come first-serve basis.

For more information please contact Diane by phone 505-869-9808 or email [DianeAbeita@IsletaPueblo.com](mailto:DianeAbeita@IsletaPueblo.com)

**Pueblo of Isleta Public Library**

**Reverse Tie-Dye**



Join the Pueblo of Isleta Public Library this fall in making this special twist on tie-dye making. Instead of traditional tie-dye making, we will be painting Halloween themed designs using bleach on black T-shirts.

Starts: Wednesday, October 4th from 5:00pm-6:30pm  
Sign ups begin September 18th  
Open to the first 8 people to sign up online or over phone.  
Ages 14 & up

For more information please contact Cheyenne by phone at 505-869-9808 or by email at [cheyenne.castillo@isletapueblo.com](mailto:cheyenne.castillo@isletapueblo.com)

ISLETA HEALTH CENTER

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

Andrea Wilson, Fitness Instructor  
Phone: 505-869-4595  
References: [cdc.gov](https://www.cdc.gov) [nhlbi.nih.gov](https://www.nhlbi.nih.gov) [uofmhealth.org](https://www.uofmhealth.org)

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

**Weight**

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

**BMI**

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

**Waist Circumference**

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





ISLETA POLICE DEPARTMENT  
NEWSLETTER

OCTOBER – 2023



HALLOWEEN is just around the corner and the fall weather will be upon us, although we are still experiencing some warm temperatures. Everyone is starting to enjoy the slightly cooler temperatures and are out and about. We ask everyone to be aware of children playing and walking in the neighborhoods. On Halloween night please be vigilant of children hurrying from house to house in their excitement of receiving goodies.

Parents be sure to have your children wearing costumes that fit properly and they are able to see if wearing a mask or face covering. Please escort your children if they are walking and if driving through neighborhoods, please be courteous and vigilant of the little goblins on foot.

Though it may seem to be an inconvenience, when traveling in a vehicle please make sure EVERYONE is properly “buckled up” with seatbelts and properly fitting child restraints.

Please be aware there have been multiple complaints of drivers speeding in the village area and officers will be conducting traffic enforcement patrols. They will also be looking for seatbelt and child restraint violations as well. The speed limits in the village is, for the most part, 15 mph, so please be aware and obey the signs posted.



RESIDENCY

A reminder to all to be aware of the residency ordinance for the Pueblo of Isleta and anyone who is not an enrolled member or non-Indian is not allowed to rent, lease or lend buildings. Members of the Pueblo who plan to reside with a non-member must first request written permission from the Governor before taking up residence within the Pueblo of Isleta. Please refer to the Residency Ordinance or contact Census.

As many will attest, checks have and are being conducted on those believed to be residing within the boundaries of the Pueblo who should not be. We ask that all be aware of the residency requirements, take steps to get approval before allowing someone who violates the requirements to reside here.

Isleta Police Department is active in community events and we will be participants at the Halloween Carnival. We are also preparing for the Reaching for the Stars event in December and everyone at the department will be busy preparing for both these events.

We hope to see you at the Carnival and look forward to interacting with the Community at every opportunity.

The following is published by “Safe Kids Worldwide”

HALLOWEEN SAFETY  
TIPS

Walk Safely

1. Cross the street at corners, using traffic signals and crosswalks. Look left, right and left again when crossing and keep looking as you cross.
2. Put electronic devices down, keep heads up and walk, don't run, across the street.
3. Teach children to make eye contact with drivers before crossing in front of them.
4. Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible.
5. Children should walk on direct routes with the fewest street crossings.
6. Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.
7. Join kids under age 12 for trick-or-treating. If kids are mature enough to be out without supervision, tell them to stick to familiar areas that are well lit and trick-or-treat in groups.

Costumes for a Safe Halloween

1. Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
2. Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
3. Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
4. When selecting a costume, make sure it is the right size to prevent trips and falls.

Drive Extra Safely on Halloween

1. Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
2. Take extra time to look for kids at intersections, on medians and on curbs.
3. Enter and exit driveways and alleys slowly and carefully.
4. Get rid of any distractions - like your phone - in your car so you can concentrate on the road and your surroundings.
5. Turn your headlights on earlier in the day to spot children from greater distances.
6. Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. Be especially alert for kids during those hours.

# Join Our Team!

## Environmental Justice Air Monitoring Network

**We are seeking TWO team members to support the assessment, design, and launch of the community-led "EJ Air" Monitoring Network - which will record and analyze air quality data in the Mountain View Neighborhood, Valle de Oro National Wildlife Refuge, and South Valley of Albuquerque. The EJ Air Project will help identify and assess environmental injustices, public health and safety risks from pollution - and build solutions to mitigate and prevent further harms.**

*Team members will work alongside the EJ Air Steering Committee - consisting of the Mountain View Coalition, Pueblo of Isleta Environment Department, Ancestral Lands Conservation Corps, Friends of Valle de Oro, Los Jardines Institute, Bosque Ecosystem Monitoring Program, and Valle de Oro National Wildlife Refuge.*

**Our ideal candidates are local community members with a passion for building justice and health in their homeplace!**

**FOR DETAILS & APPLICATION INSTRUCTIONS - VISIT THE ANCESTRAL LANDS WEBSITE:**  
[WWW.ANCESTRALLANDS.ORG/POSITIONS](http://WWW.ANCESTRALLANDS.ORG/POSITIONS)  
**CONTACT: AHANKS@CONSERVATIONLEGACY.ORG**

### EJ AIR NETWORK COORDINATOR

- Coordinate & support general operations.
- Organize/facilitate partner & community meetings.
- Support project assessment, design process, and implementation.

### EJ AIR NETWORK SPECIALIST

- Get trained (or expand knowledge) in air quality monitoring with state of the art technology.
- Manage & operate equipment.
- Conduct fieldwork, collect & analyze data.

Los Jardines Institute  
Agriculture • Literacy • Community  
Working for Environmental, Economic, and Social Justice


THE MOUNTAIN VIEW  
COALITION

FRIENDS OF  
VALLE DE ORO  
NATIONAL WILDLIFE REFUGE

ANCESTRAL LANDS  
CONSERVATION CORPS

NATIONAL  
WILDLIFE  
REFUGE SYSTEM

BEMP  
Bosque Ecosystem Monitoring Program



## OCTOBER

...

### DENTAL HEALTH MONTH

#### PREVENT CAVITIES


Brush your teeth twice per day and stick to low sugar foods and drinks. Sugary foods and drinks contain fermentable carbohydrates. When these carbs mix with bacteria that live in the mouth, acid is produced. Unless the acid is removed, the minerals in the tooth enamel are destroyed.


#### LIMIT SWEETS

Eating sweets can cause tooth decay, enamel loss, gum recession and poor oral health. If possible, visit a dental professional twice a year for a cleaning. A dentist would also be able to determine if you have tiny cavities that you may not be aware of yet.

#### INCREASE CALCIUM RICH FOODS


Calcium is probably best known for being an important mineral in bones and teeth. So much so, that most of the calcium in our bodies is stored in the bones and teeth.





## HAPPY HALLOWEEN!

### Frozen "Boo"-Nana Pops



Yield: 4 servings

Serving Size: 1 banana pop

#### Ingredients


- ☐ 1 medium banana
- ☐ 1 cup white chocolate\*
- ☐ 8 mini chocolate chips for eyes
- ☐ 4 popsicle sticks

#### Instructions


- Cut banana in half lengthwise, then in half to make four quarters. Insert popsicle sticks into bananas, and freeze.
- When the bananas are frozen, melt chocolate in the microwave, stirring until the chocolate is melted and soft.
- Dip the bananas into the chocolate, scraping off the excess chocolate and place it on a cookie sheet lined with wax paper.
- Quickly add the chocolate chips for the eyes
- Return to the freezer until frozen and ready to eat. Eat frozen.

ISLETA WIC OFFICE

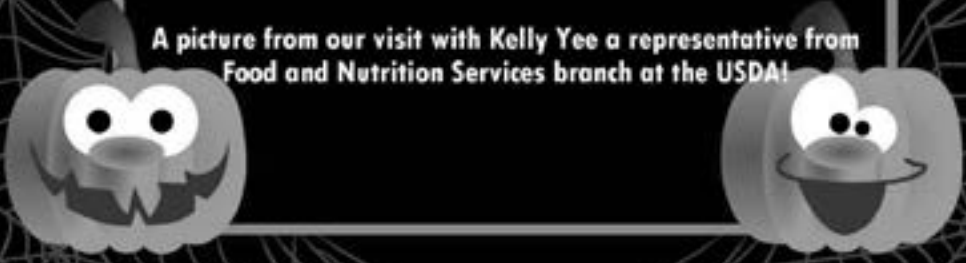
505-869-2662



## HAPPY HALLOWEEN FROM THE WIC OFFICE!



A picture from our visit with Kelly Yee a representative from Food and Nutrition Services branch at the USDA!



*What to do if you find a used needle outdoors*

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

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

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

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

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

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



| Isleta Elder Center Menu 2023   |  |  |   |   |
|---|--|--|---|---|
|    |  |  |   |   |
| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
| 10/2/2023   | 10/3/2023  | 10/4/2023  | 10/5/2023   | 10/6/2023   |
| <b>Chicken Minestrone Soup</b><br>Diced Chicken 3oz<br>Kidney Beans 1/2c<br>5 Way Vegetable 1/2c<br>Stewed Tomatoes 1/2c<br>Elbow Macaroni 1/2c<br>Crackers | <b>Chef Salad</b><br>Ham 3oz<br>Shredded Cheese 1oz<br>Boiled Egg 1oz<br>Mixed Greens 1c<br>Cucumber/Tomato 1c<br>Fruit Cup                  | <b>BBQ Pulled Pork</b><br>Pulled Pork 3oz<br>Baked Beans 1/2c<br>Mixed Vegetable 1/2c<br>Hamburger Bun<br>Fresh Fruit  | <b>Soft Tacos</b><br>Ground Turkey 3oz<br>Peppers & Onions 1/2c<br>Refried Beans 1/2c<br>Salsa 1oz<br>Tortilla 6"<br>Mixed Fruit                            | <b>Teriyaki Salmon</b><br>Salmon 3oz<br>Rice Pilaf 1/2c<br>Green Beans 1/2c<br>Teriyaki Sauce 2oz<br>Fruit Cup              |
| 10/9/2023   | 10/10/2023   | 10/11/2023   | 10/12/2023  | 10/13/2023  |
| <b>Beef &amp; Potato Hash</b><br>Ground Beef 3oz<br>Diced Potato 1/2c<br>Country Blend 1/2c<br>Red Chile 2oz<br>Fresh Fruit<br>Tortilla 6"                  | <b>Breakfast for lunch</b><br>Sausage links 3oz<br>French toast 2oz<br>SF Syrup 2oz<br>Fresh Fruit   | <b>Baked Ziti</b><br>Italian Sausage 3oz<br>Ziti Pasta 1/2c<br>Marinara Sauce 1/2c<br>Mozzarella Cheese 2oz<br>Capri Vegetable 1/2c<br>Fruit Cobbler                             | <b>Garbanzo Bean Soup</b><br>Beef Stew Meat 3oz<br>Garbanzo Beans 1/2c<br>Mixed Vegetable 1/2c<br>Crackers<br>Fresh Fruit                                   | <b>Chicken and Rice</b><br>Diced Chicken 3oz<br>Rice 1/2c<br>Diced Celery & Onions 1/2c<br>Red Chile 1oz<br>Oven Bread      |
| 10/16/2023  | 10/17/2023   | 10/18/2023   | 10/19/2023  | 10/20/2023  |
| <b>Frito pie</b><br>Beans 3oz<br>Red Chile 2oz<br>Frito Chips 2oz<br>Tomato/Shred lettuce 2oz<br>Shred Cheese 2oz   | <b>Baked Chicken w/Pineapple</b><br>Chicken Thigh 3oz<br>Scallop Potatoes 1/2c<br>Green Beans 1/2c<br>BBQ Sauce 2oz<br>Pineapple Tibs 1/2c   | <b>Vegetable Soup</b><br>5 Way Vegetable Blend 1c<br>Diced Potatoes 1/2c<br>Stewed Tomato 1/2c<br>Dinner Roll<br>Apple Cobbler   | <b>Carne Adovada</b><br>Pork Carne Adovada 3oz<br>Spanish Rice 1/2c<br>Mediterranean Blend 1/2c<br>Tortilla 6"<br>SF Jell-O Cup w/Fruit                     | <b>Turkey Pot Pie</b><br>Diced Turkey 3oz<br>5 Way Vegetable 1/2c<br>Cream of Chicken 2oz<br>Biscuit Topping<br>Fresh Fruit |
| 10/23/2023  | 10/24/2023   | 10/25/2023   | 10/26/2023  | 10/27/2023  |
| <b>Baked Cod</b><br>Cod 3oz<br>Sweet Potato 1/2c<br>Mixed Vegetable 1/2c<br>Tartar Sauce 1oz<br>Lemon Wedge<br>Fresh Fruit                                  | <b>Cheeseburger</b><br>Beef Patty 3oz<br>Sliced Cheese 1oz<br>Shred Lettuce/Dice tomato 2oz<br>Tater Tots 1/2c<br>Hamburger Bun<br>Fruit Cup | <b>Sweet &amp; Sour Chicken</b><br>Tempura Chicken 3oz<br>Fried Rice 1/4c<br>Steir Fry Vegetable 1/2c<br>Sweet & Sour Sauce 2oz<br>Fortune Cookie<br>Fresh Fruit                 | <b>Strawberry Salad</b><br>Feta Cheese Crumble 3oz<br>Sliced Strawberries 1/2c<br>Sliced Grapes 1/2c<br>Spring Mix 1c<br>Raspberry Dressing 2oz<br>Croutons | <b>Macaroni Stew</b><br>Ground Beef 3oz<br>Stewed Tomatoes 1/2c<br>Elbow Macaroni 1/2c<br>Crackers<br>Apple Crisp           |
| 10/30/2023  | 10/31/2023   | <div><div>Please call by 9 AM<br/>to cancel Home Delivered Meals.<br/>Thank you.</div></div> |   |   |
| <b>Bread Fish Sandwich</b><br>Fish patty 3oz<br>Hamburger bun<br>Tartar Sauce 1oz<br>Mixed Vegetable 1/2c<br>Fresh Fruit                                    | <b>Pizza &amp; Salad</b><br>Pepperoni 3oz<br>Mozzarella Cheese 2oz<br>Pizza Sauce 1/4c<br>Pizza Crust<br>Tossed Salad 1/2c<br>Fresh Fruit    | <div></div>   |   |   |
| ****Menus are subject to change without notice, based on the availability of products.****  |  |  |   |   |

PEOPLE MAKE MISTAKES  
IN RETIREMENT.

A PRESBYTERIAN ULTRAFLEX  
MEDICARE ADVANTAGE PLAN  
ISN'T ONE OF THEM.

Save more by making our plans a part of your financial plans. Benefits with a \$0 monthly premium include:

- No-cost primary care visits
- More telehealth providers with \$0 telehealth visits with primary care providers, specialists, and urgent care
- Dental, vision and hearing aid coverage
- Drug coverage with no deductible
- Routine acupuncture and chiropractic care
- Worldwide coverage for emergencies

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

New! Receive all the above benefits listed to the left with the Presbyterian UltraFlex (HMO-POS) plan, PLUS an \$860 flex card to pay for over-the-counter products. You also receive out-of-network benefits with a flat copay.

To enroll or for more information, contact:  
Jaqueline Torivio  
at (505) 526-9358  
or by email at [jtorivio@lycinsurance.com](mailto:jtorivio@lycinsurance.com)

Join us for one of our seminars to learn more.

Isleta Elder Center 1005 Tribal Rd 140,  
Isleta Village Proper, NM 87022  
September Dates: 15th, 22nd, & 29th.  
October Dates: 6th, 13th 20th & 27th.

**PRESBYTERIAN**  
Medicare Advantage Plans  
[pms.org/medicare](https://pms.org/medicare)

*Presbyterian Senior Care (HMO) is a Medicare Advantage plan with a Medicare contract. Enrollment depends on contract renewal.*  
*Presbyterian complies with civil rights laws and does not discriminate on the basis of protected status including but not limited to race, color, national origin, age, disability, or sexual orientation or gender expression. If you need language assistance, services are available at no cost. Call (505) 923-5420, 1-855-592-7737 (TTY: 711).*  
*ATENCIÓN: Si usted prefiere hablar en español, están a su disposición servicios gratuitos de ayuda lingüística. Llame al (505) 923-5420, 1-855-592-7737 (TTY: 711).*  
*Dii baa aloo niniizin: Dii saad bee yaaniiti'go Diné Bizaad, saad bee áká'áiníká'áwa'áké', 'i'áá jaa'eh, éi ná hóló, kóji' hódíibíh (505) 923-5420, 1-855-592-7737 (TTY: 711).*  
*For more information, visit <https://www.pms.org/pages/nondiscrimination.aspx>.*

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Isleta Health Center

Do you or someone you know have a drinking problem?

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



In the past 6 months to a year, did you


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

If you answered “yes” to any of these questions, it may be time to seek help...

Isleta Health Center  
Behavioral Health Clinic  
505-869-5475

| OCTOBER  |   |   |   |  |
|--|---|---|---|--|
| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
| 2  | 3   | 4   | 5   | 6  |
| Tai Chi<br>10a-11a<br>Activities Room  | Chair Exercises:<br>11a -12a/Activities Room<br>Water Beads Stress Ball<br>1p - 3p              | Tai Chi<br>10a-11a/Activities Room<br>Halloween Wreath<br>1p -3p/Activities Room  | NO<br>ACTIVITIES  | Chair Exercises:<br>11a-12a/Activities Room<br>BALLOON DART PAINTING<br>1p -3p/Activities Room |
| 9  | 10  | 11  | 12  | 13   |
| SCARECROW GLASS<br>BLOCK<br>1p -3p<br>Activities Room  | BINGO<br>BINGO ENTRY FEE'S ARE<br>DONATION!<br>1p - 3p Activities Room                          | NMICOA Bylaws<br>12:30p-1:30<br>Glowing Fireworks in a Jar<br>1p -3p<br>Activities Room   | MASS<br>11:30a<br>Elder Center Dining Room                      | McCall's pumpkin<br>Patch<br>9a-4p   |
| 16   | 17  | 18  | 19  | 20   |
| Chair Exercises:<br>11a -12a/Activities Room<br>Halloween Design Shirts<br>1p -3p<br>Activities Room       | Chair Exercises:<br>9a-10p/Activities Room<br>BAKING SUGAR COOKIES<br>11a-3p<br>Activities Room | Quarterly Meeting:<br>ACOMA PUEBLO<br>9a - 3p<br>Advisory Meeting @ 9am<br>Commodity Distribution<br>9am-11am   | Tai Chi<br>10a-11a<br>Activities Room<br>Movie Trip<br>11am-3pm | Wood Burning Pumpkins<br>1p - 3p<br>Activities Room  |
| 23   | 24  | 25  | 26  | 27   |
| Stretch & Breathing Exercise<br>11a-12p/Activities Room<br>Personalized Bracelete<br>1p-3p/Activities Room | Tai Chi<br>10a-11a/Activities Room<br>INK BOWLS DESIGNING<br>1p - 3p /Activities Room           | General Meeting<br>@ 12pm Dining Room<br>Topic: TBA   | NO ACTIVITIES   | HALLOWEEN PARTY<br>Costume Contest: 1st, 2nd, 3rd<br>CAKE WALK, GAMES,<br>DANCE                |
| 30   | 31  | Call or Visit the Elder Center to Sign up for Activities & Trips in Advance. All Activities are on a first-come-first-serve basis. Activities are open to everyone age 50+ unless otherwise noted.<br>* CLOSED FOR ALL MAJOR HOLIDAY'S. ACTIVITIES SUBJECT TO CHANGE<br>PUEBLO OF ISLETA ELDER CENTER ACTIVITY CALENDAR<br>October 2023 |   |  |
| No<br>Activities   | HAPPY BIRTHDAY<br>Birthday Celebration<br>Birthday Bulletin Board Punch                         | ISLETA ELDER CENTER<br>505-869-9770<br>MONDAY- FRIDAY   |   |  |





PUEBLO OF ISLETA HEALTH CENTER



# ROCK YOUR MOCS RUN

SAVE THE DATE

Wednesday, November 15, 2023

More information and registration for the Run will be in the November Newsletter

WE RUN TO HONOR OUR CULTURE AND TRADITIONS



## Isleta Health Center Optometry

### Digital Eye Strain

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

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

Isleta Health Center  
Optometry Department



**Isleta Physical Therapy**  
Bernadette Valdez, PT, DPT

As the weather cools in the fall, it is tempting to be less physically active. October is the perfect time to focus on healthy self-care because we are celebrating National Physical Therapy Month! Surprise — physical therapy is not just for injury recovery. Its benefits also include injury and illness prevention.

**WHY NATIONAL PHYSICAL THERAPY MONTH IS IMPORTANT**

**1. It gives us the opportunity to practice self-awareness**

The more we pay conscious attention to our physical habits, the more likely we will take steps to change the ones that may lead to chronic aches and even injuries. For example, if you notice you tend to slump while working at your computer, you can start to correct your posture, which can help prevent aching muscles.

**2. It helps us to understand the impact of physical therapy**

Physical therapy can make it possible to recover more quickly and completely from serious injury or major surgery, while reducing the need for pain medication and other drugs. Moreover, with the additional effects of relaxation and pain relief, emotional ease becomes part of the equation as well.

**3. It reminds us to focus on self-care**

Whether or not you are currently recovering from an accident or recent surgery, you can benefit from spending this month really taking care of yourself. You may be surprised to find that indulging in a little “me time” is good for you mentally and emotionally, as well as physically.

For more information on how to be scheduled, please call the Isleta Physical Therapy Clinic (505) 869-4398.

National Physical Therapy Month

ChoosePT.com | APTA

**THE CLINIC IS GETTING 3 NEW PROVIDERS!!  
MAKE AN APPOINTMENT FOR YOUR ANNUAL  
WELLNESS CHECK!!**

It's important to get routine health care and treatment of general ailments in order to promote your wellbeing!

This care is the first line of defense against illness, chronic conditions, and injury.

Annual well visits are important for everyone, not just our kids, but for adults too!

Schedule a visit at the Clinic to meet the new Providers and to stay healthy!!

**Benefits of Physical Therapy**

Physical therapists are movement experts who improve quality of life through hands-on care, patient education, and prescribed movement. They are a key part of your health care team, working with other health care professionals, like your primary care provider, to help you manage your health.

Physical therapy can help you improve mobility and function, manage pain and chronic disease, recover from and prevent injury, and avoid surgery or rehab afterward. Physical therapists work with you to develop strategies and treatment plans to achieve your fitness, wellness, and job- or sport-specific goals.

Physical therapists and physical therapist assistants work with people of all ages and abilities. They provide care that's specific to your body and your lifestyle. Physical therapy can help you:

**Maximize Your Movement**

Physical therapists identify, diagnose, and treat movement problems to help you keep or restore as much function as possible. Physical function and movement are vital to:

- Health, wellness, and fitness.
- Managing pain.
- Earning a living.
- Independence.

**Achieve the Recommended Amount of Physical Activity**

Regular physical activity can benefit your physical, mental, and social health. It also helps to prevent or improve chronic conditions, such as:

- Heart disease.
- Obesity and diabetes.
- Depression.
- Some cancers.

Physical therapists help people overcome barriers to physical activity.

**Manage Pain Safely**

Physical therapy can help you reduce or avoid the need for risky pain medicines. While prescribed opioids are suitable for some cases, they only mask pain. Opioid risks include depression, overdose, and withdrawal symptoms when stopping use.

The Centers for Disease Control and Prevention recommends safe, effective options like physical therapy to manage most long-term pain.

**Avoid Surgery**

Pain and movement problems can lead to chronic disease and unwanted surgeries. Physical therapists help address these problems to reduce symptoms, prevent them from getting worse, and prevent new problems. This can help you avoid the need for surgery and the risks and costs that come with it.

Research shows that physical therapy is as effective as surgery for conditions, such as:

- Meniscal tears and knee osteoarthritis.
- Rotator cuff tears.
- Spinal stenosis and degenerative disk disease.

Surgery is not always avoidable. Physical therapists can help you prepare for and recover after any needed surgery.

**Take an Active Role in Your Recovery**

Physical therapists and PTAs empower you to take an active role in your care. They also work with each other and other health care providers, to deliver the best care.

**Find a Physical Therapist**

Physical therapists and PTAs deliver care in a variety of settings. You may receive physical therapy in an outpatient clinic, at home, work, or school, or at a fitness center. Physical therapists and PTAs also work in hospitals, nursing homes, and rehab facilities.

You do not need a doctor's referral to see a physical therapist.\* To find a physical therapist in your area, visit [ChoosePT.com/FindaPT](https://ChoosePT.com/FindaPT).

\*Some health care plans require a referral.

To find more information and a physical therapist in your area, visit [ChoosePT.com](https://ChoosePT.com).

**ChoosePT**  
Provided by APTA

**Open Skies**  
HEALTHCARE

*Offers behavioral health services*

**FOR CHILDREN, YOUTH AND ADULTS**

**OUR COMPREHENSIVE COMMUNITY SUPPORT SERVICES (CCSS) HAS IMMEDIATE OPENINGS TO WORK WITH INDIVIDUALS AND FAMILIES.**

OUR PROFESSIONAL COMMUNITY SUPPORT WORKERS IDENTIFY AND COORDINATE SERVICES WHICH ENABLE YOUR CHILD TO STAY IN THE HOME AND ATTEND SCHOOL AND/OR HELP HIM OR HER TO MAKE A SMOOTH TRANSITION FROM TREATMENT BACK TO THE HOME OR THE COMMUNITY. SERVICES FOCUS ON RECOVERY, REHABILITATION AND RESILIENCY, AS WELL AS BUILDING SKILLS FOR INDEPENDENT LIVING, LEARNING, WORKING, SOCIALIZING AND RECREATION.

**CONTACT US FOR INFO AND REFERRALS**

(505) 345 - 8471

[info@openskieshealthcare.org](mailto:info@openskieshealthcare.org)  
[ryanh@openskieshealthcare.org](mailto:ryanh@openskieshealthcare.org)



# PROTECT YOURSELF AND YOUR COMMUNITY

## COVID

COVID cases are rising in our state and our community, affecting those around us. Keep our pueblo safe by:



### MASKING UP

Wear a properly fitting mask when in large crowds, both over your nose and under your chin



### STAYING HOME IF YOU ARE SICK

Do not infect others, staying home will prevent those in your family & our community safe and away from infections



### WASH YOUR HANDS

Washing your hands more often will reduce the chance of the flu & covid. Primarily before eating & after coughing/sneezing



### AVOID TOUCHING FACE

We come into contact with many germs on our hands and touching your nose & mouth area can cause germs to infect us.

### FLU/RSV

Flu/RSV season is approaching and with it comes mild symptoms of headaches, runny nose and body aches. It is best to stay healthy and...

## TREATMENTS

Understand that IHC is here to help our community by providing the following:



### VACCINES/TEST KITS

IHC is distributing free COVID test kits. Call to get yours, COVID vaccines are available in Los Lunas by appointment

## PUEBLO OF ISLETA Health Center

## Health Beat

### Keeping our People Safe - Suicide Prevention

This time of year brings many things including seasonal change, the start of a new educational year, and for many people it can be a major change in our mental wellbeing.

According to the Centers for Disease Control, suicide is considered a death caused by injuring oneself with the intent to die. While a suicide attempt is when someone harms themselves with any intent to end their life, but they do not die as a result of their actions. Suicide can be the product of violence, trauma, and even injury. This is a major public health issue that severely impacts Native American populations across the United States, especially those who identify as lesbian, gay or bisexual. CDC data shows that 90% of individuals who attempt suicide and survive will never go on to die by suicide.

Although suicide is a stigmatized and often taboo subject, it is still preventable and we can all play a role in saving someone’s life. It isn’t always obvious if someone is in distress, but most individuals who are suicidal will show some signs that they are considering harming or killing themselves. Unfortunately, adults are not the only populations that are at risk of suicidal inclinations. Today we are seeing younger generations experiencing hardships that lead to suicidal behaviors.


Signs of suicide within older and younger populations may differ in some instances depending on the individual’s environment. Signs can include speaking about death or suicide, seeking methods of self-harm, and/or talking about being hopeless or having no reason to live. Other potential signs could also include an increase in alcohol or drug use, increase in reckless behaviors, uncontrollable anger, changes in sleep schedules, social withdrawal, and obtaining lethal weapons (guns, sharp objects, etc.). If one or more of those warning signs is observed, especially if they are new behaviors, or seem to be in relation to a painful event, loss, or change, please step in or speak up.

Intervening in these types of situations isn’t easy, and can be very concerning for all involved. But, you are not alone! If you or someone you know is in an emergency call **911** immediately. There are also other free options for those who may find themselves in crisis, and may include dialing **988** which is an active suicide and crisis lifeline that provides 24/7, free and confidential support for people in distress. Sometimes it takes just one person to take action and save a life. If you find yourself or someone you know that is struggling with their mental health please feel free to reach out to B’eeh-K’oo-ee Wellness Center (AKA Isleta Behavioral Health) at 505-869-5475 and set up an appointment with one of our counselors.



## NM Poison Control

During the Pandemic, we should be cleaning and disinfecting more often. It is important that you do not inject or ingest these chemicals into your body. Please remember to keep ALL chemicals out of children’s reach. If any cleaning or disinfectant solution is swallowed or injected, please contact the NM Poison Control immediately.

**1-800-222-1222**




# Call, Text, or Message 988 For Mental Wellness




988 NM Crisis Support  
988nmcrisissupport  
<https://988nm.org/>

## Reasons to call 988:

- Need information or referrals for local community services?
- Feeling sad, confused, or angry?
- Worried about your safety or someone you know?
- Service member or veteran & their families in need.
- Worried about alcohol or drug use or abuse.
- Have something on your mind that you want to talk over.



988 NM Crisis Support  
988nmcrisissupport  
<https://988nm.org/>







Pueblo of Isleta Head Start, Early Head Start, and Child Care  
(505) 869-9796



Happy Halloween

October 2023

| 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  |  |  |   |  |

October 9, 2023—Indigenous People’s Day *NO SCHOOL*

October 11, 2023—Family Night (Dental & Nutrition) *NO SCHOOL*

October 26-27, 2023—Professional Development Days *NO SCHOOL*



What have we been doing?

We are super excited to see all our families and children back in session! Within the first month of school, Head Start, Early Head Start, and Child Care programs are working on building classroom routines and become familiar with their everyday schedules. As for our Home Based program, they have begun building relationships with families, providing insight on program expectations, and child assessments. Head Start children completed their first Bus Evacuations of the year, and they will continue doing so throughout to prepare in case of emergencies! In addition, all programs have received their first set of Growth Assessments which include: hearing, vision, heights, weights, and lead/iron blood screenings!

Our first Family event was a Success! Open house was held in mid-September, which gave children and families an opportunity to share their learning environments and meet their teachers, friends and peers. Children and families worked on a family activity inside their classrooms, visited the Library Program’s Booth, ate a warm spaghetti dinner, and finished off with a nice cool snow cone.

Lastly, We would like to give a big warm welcome to newest Employees!

Ms. Cassandra Lilly our new Child Care Provider and  
Mrs. Joanne Sanchez our new Administrative Assistant!

Head Start



Students doing their First Bus Evacuation



Families meeting teachers , friends, peers, and exploring the classrooms during the Head Start Open House.



Families visiting the POI Public Library booth during the Head Start Open House.



**Transit Services Now Serving the Pueblo of Isleta**

The Pueblo of Isleta and the Rio Metro Regional Transit District Working Together

**Bus Route 208 (No Fares until further notice!)**

Bus Route 208 connects the Pueblo of Isleta and Valencia County communities to the Alvarado Transportation Center (ATC) in Downtown Albuquerque during the morning/midday when the Rail Runner does not operate. Route 208 features three northbound trips arriving at the ATC at 9:30am, 11:00am and 1:30pm, and three southbound trips departing the ATC at 9:35am, 11:05am and 1:32pm. At the ATC, riders can transfer to ABQ RIDE bus routes.

Route 208 serves two bus stops on the Pueblo of Isleta. The stop closest to the village proper is located on NM 147 just east of the Rio Grande Bridge. Please do not park and leave vehicles unattended on the adjoining roads near this stop, as the bus and other vehicles use these roads to turnaround and access other locations. Route 208 also stops at the Isleta Pueblo Rail Runner Station, where riders can transfer to the Isleta Resort and Casino shuttle. Because the bus serves the station, riders can also consider using Route 208 in combination with the Rail Runner, for example, taking the bus to Downtown Albuquerque in the mid-morning and returning by train in the evening.

Please see route flyer that includes map, times of Bus Route 208. (No Fares until further notice!)

**Pueblo of Isleta Dial-a-Ride (No Fares until further notice!)**

The Pueblo of Isleta Dial-a-Ride operates Monday through Friday from 8:15am to 2:45pm, providing trips within the Pueblo and to the ABQ RIDE Route 53 bus stop on NM 314. Service to places like Smiths, Albertsons and Wal-Mart in Los Lunas is also provided with requests made before noon at least one business day prior to your trip.

Request your Dial-a-Ride trip by calling Valencia County dispatch at (505) 352-3595 before noon at least one business day prior to your trip. Requests are accepted between 5:00am and 3:00pm Monday thru Friday. On the date and time of your trip, a wheelchair accessible van will arrive within 15 minutes of your scheduled pickup time. Trips may also be grouped together; riders should expect to travel with others.

For more information about both services, including a copy of the Route 208 schedule, visit [riometro.org](http://riometro.org) and select "Schedules" > "Bus" > "Pueblo of Isleta" from the grey bar near the top of the website. Schedules for Route 208 are also available at the Public Services Department Office at the Tribal Services Complex.

*For publication in the July 2023 issue of the Isleta Pueblo News.*



ISLETA HEALTH CENTER

Flu Vaccines

As we approach the cooler months, it's time to gear up for a healthy and vibrant season ahead. One crucial step in safeguarding your well-being and that of your loved ones is getting your annual flu shot.

Why should you get the flu shot?

**Boost Your Immunity:** The flu shot strengthens your immune system, helping you fend off the flu virus.

**Protect Your Loved Ones:** Getting vaccinated not only shields you but also those around you, especially the more vulnerable members of our community.

**Prevent Overwhelming Healthcare Systems:** By getting vaccinated, you contribute to reducing the burden on our healthcare facilities, ensuring they can focus on other critical health needs.

**Enjoy a Healthier Season:** With the flu shot, you can look forward to a worry-free and active autumn and winter.

**Convenient and Accessible:** Flu shots are readily available at local clinics and pharmacies. Please call the Isleta Health Center at 505-869-3200 for more information.

Let's unite as a community to prioritize our health and well-being. Don't wait – schedule your flu shot today and be a part of the collective effort to stay well and stay strong.


Together, we can keep our community flu-free and thriving!

-Nancy Jo Gonzales,  
Public Health Director

ISLETA ELDER CENTER

ADULT DAY SERVICES

ACTIVITY CALENDAR  
OCTOBER 2023

|  |  |   |   |  |
|--|--|---|---|--|
| <b>MONDAY 2</b><br>9-10am Breakfast, Social Time/Health Check<br>10-11a Pool Noodle Exercise<br>1-3p Plastic Canvas Tissue Box | <b>TUESDAY 3</b><br>9-10am Breakfast, Social Time/Health Check<br>10-11a Strength & Balance Exercises<br>1-3p ADS BINGO  | <b>WEDNESDAY 4</b><br>9-10am Breakfast, Social Time/Health Check<br>10-11a Arthritis Exercises<br>1-3p Halloween Wreath   | <b>THURSDAY 5</b><br>9-10am Breakfast, Social Time/Health Check<br>10-11a Exercise Video<br>1-3p Holiday Painting               | <b>FRIDAY 6</b><br>9-10am Breakfast, Social Time/Health Check<br>10-11a Dynamic Stretches<br>1-3p Walmart Trip           |
| <b>MONDAY 9</b><br>9-10am Breakfast, Social Time/Health Check<br>10-11a Exercise Video<br>1-3p Scarecrow Glass Block           | <b>TUESDAY 10</b><br>9-10am Breakfast, Social Time/Health Check<br>10-11a Pool Noodle Exercise<br>1-3p BINGO (Entry Fees are donations)                        | <b>WEDNESDAY 11</b><br>9-10am Breakfast, Social Time/Health Check<br>10-11a Dynamic Stretches<br>1-3p Beaded Corn   | <b>THURSDAY 12</b><br>9-10am Breakfast, Social Time/Health Check<br>10-11a Home Safety Awareness Video<br>1-3p Leaf Bowl        | <b>FRIDAY 13</b><br><br><b>9am- 3pm<br/>Wagner's Farm -<br/>Corrales Trip and<br/>Lunch</b>                              |
| <b>MONDAY 16</b><br>9-10am Breakfast, Social Time/Health Check<br>10-11a Pool Noodle Exercise<br>1-3p Pine Cone Turkeys        | <b>TUESDAY 17</b><br>9-10am Breakfast, Social Time/Health Check<br>10-11a Strength & Balance Exercises<br>1-3p Halloween Movie Day                             | <b>WEDNESDAY 18</b><br><br><b>9am-3pm<br/>NMCOA Quarterly<br/>Meeting - Acoma</b>   | <b>THURSDAY 19</b><br>9-10am Breakfast, Social Time/Health Check<br>10-11a Exercise Video<br>1-3p Thanksgiving Wreath           | <b>FRIDAY 20</b><br>9-10am Breakfast, Social Time/Health Check<br>10-11a Dynamic Stretches<br>1-3P Wood Burning Pumpkins |
| <b>MONDAY 23</b><br>9-10am Breakfast, Social Time/Health Check<br>10-11a Exercise Video<br>1-3p Christmas Wreath               | <b>TUESDAY 24</b><br>9-10am Breakfast, Social Time/Health Check<br>10-11a Bingo w/ Karen, Dietitian<br>1-3p Dough Ornaments Making                             | <b>WEDNESDAY 25</b><br>9-10am Breakfast, Social Time/Health Check<br>10-11a Dynamic Stretches<br>1-3p Ornament Decorating   | <b>THURSDAY 26</b><br>9-10am Breakfast, Social Time/Health Check<br>10-11a Strength & Balance Exercises<br>1-3p Pumpkin Carving | <b>FRIDAY 27</b><br>9-10am Breakfast, Social Time/Health Check<br>10-11a Arthritis Exercises<br>1-3p Halloween Party!    |
| <b>MONDAY 30</b><br>9-10am Breakfast, Social Time/Health Check<br>10-11a Pool Noodle Exercise<br>1-3p Scented Pinecones        | <b>TUESDAY 31</b><br>9-10am Breakfast, Social Time/Health Check<br>10-11a Prepare for Bake Sale/Cake Walk<br><b>12-3p Bake Sale/Cake Walk Fundraiser Event</b> | <div><div>*Activities may be subject to change*</div><div><div>Happy Halloween</div><div></div></div></div> |   |  |

Helping Your Adult  
Family Member  
Who Has an Addiction

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

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

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

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

Isleta Health Center - Behavioral Health


ADS Fundraiser  
Bake Sale and Cake Walk!



**Tuesday, October 31, 2023**  
**At 12:00pm – 2:30pm**  
**Isleta Elder Center**  
**Adult Day Services Room**



**Bake Sale Prices**  
Cupcakes: 5 for \$1  
Cookies: 3 for \$1  
Funnel Cake: \$5



**CAKE WALK**

Buy Tickets to participate in the Cake Walk!  
1 ticket for \$1 or  
5 tickets for \$4  
One ticket per round of Cake Walk!