



# Isleta Pueblo News

Volume 10 Issue 1

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

January 2015

## FROM THE OFFICE OF THE GOVERNOR

I want to take this opportunity to thank all our community membership for the great honor and responsibility you have entrusted in me by re-electing me to serve as your Governor of the Pueblo of Isleta for the next two years.

As I've previously stated, we have accomplished so much during the last two years however, our job is only partially done. We have to continue to envision, work, and invest in the future of our tribe for the benefit of our upcoming generations. I would like to thank our community membership, Tribal Council and our dedicated workforce for all their support and hard work in helping to build a positive future for the Pueblo of Isleta.

As we proceed into the coming year, I plan to host community meetings to keep the community informed on the state of our tribal government. I am looking forward to hearing your concerns and recommendation to allow us to create a positive vision together for the Pueblo.

### The White House Tribal Nations Conference

On Wednesday, December 3, 2014, the White House hosted the 6th Annual White House Tribal Nations Conference in Washington DC. President Barack Obama welcomed Tribal Leaders from the 566 federally-recognized Native American nations as well as 40 Native Youth Ambassadors from several different tribal nations. President Obama announced that five years ago, the largest-ever gathering of tribal leaders at the White House was held for the first time, a historical event. President Obama thanked every tribal leader representing their tribe for making this conference happen, especially those who come year after year and are committed to making our nation-to-nation relationship as strong as it can be. Due to Traditional obligations, Governor Torres was unable to attend the 6th Annual White House Tribal Nations Conference. Michael Allen Lente, Tribal Council President, represented the Pueblo of Isleta at the conference.

### President Obama announced the following initiatives:

\* **New Native Youth Community Projects**, administered by the Department of Education (ED) through the existing Demonstration Grants Program to provide funding in a select number of Native communities to support culturally relevant coordinated strategies designed to improve the college-and-career readiness of Native children and youth.

\* **New National Tribal Youth Network** program in partnership with the Aspen Institute's Center for Native

American Youth. The Youth Network will support leadership development, provide peer support through an interactive online portal that links resources and tools, and empowers youth to become leaders within their communities. The White House, in cooperation with the Aspen Institute, will also host a high-level convening on challenges facing Native youth in February 2015.

\* The release of the White House **Native Youth Report** that acknowledges past failures of federal policy on the education of Native students, explores the breadth of the challenges facing Native children, and makes recommendations for a path forward.

\* The launch of the **Cabinet Native Youth Listening Tour**, which will begin next year as part of the President's call to hear directly from Native youth on how to bolster federal policies to improve youth outcomes. In addition, the Administration will expand federal outreach on youth internships and employment opportunities across the federal agencies.

\* The first ever **White House Tribal Youth Gathering** to engage hundreds of Native youth in a day-long convening in the summer of 2015. This gathering builds on the November 2014 Native Youth Conference hosted by Substance Abuse and Mental Health Services Administration (SAMHSA) and the tribal youth visit with President Obama.

In addition to these efforts, the Department of the Interior (DOI) is making progress to transform the Bureau of Indian Education (BIE). Since Secretary Jewell's Secretarial order directing Indian Affairs to restructure the BIE to serve as a support network to schools rather than a direct education provider, DOI, along with ED has made steady progress towards implementing the Administration's vision of high-achieving tribally-controlled schools.

### SUPPORTING THE ACADEMIC ACHIEVEMENT OF ALL NATIVE AMERICAN STUDENTS

**Promoting Educational Self-Determination for Tribal Nations through Sovereignty in Indian Education Enhancements.** In October 2014, DOI took a critical step towards furthering tribal control over BIE-funded schools when it issued \$1.2M to six tribes to research, assess and develop implementation plans to establish tribally managed school systems.

**Building tribal capacity through State Tribal Education Partnership (STEP) grants.** The STEP grant program is designed to strengthen Tribal Education Agencies (TEAs), and improve partnerships between tribes, states, and school districts so they can work together more effectively to meet the academic, cultural, and social needs of Native students. ED's Office of Indian Education (OIE) published a Notice of Proposed Priorities (NPP) for the STEP program on October 31, 2014.

### Expanding Access to STEM Programs.

In September 2014, ED entered into an agreement with the National Park Service at DOI, and the Hands on the Land program at the National Environmental Education Foundation, to develop a project around STEM skills at 17 Bureau of Indian Education (BIE) funded schools and one state funded school near 21st Century Community Learning Center programs. The project will introduce students to STEM activities focused on natural and cultural resources to improve the retention of students in STEM activities during their middle and high school years.

### Convening Native Languages Summit.

Following the first Native Languages Summit in June 2014 which brought together 300 participants, the National Endowment for the Humanities, the National Science Foundation, and the Association of Tribal Archives, Libraries, and Museums have joined ED and the Departments of the Interior (DOI) and Health and Human Services, (HHS) to convene a second Native Languages Summit in the Fall of 2015. The Summit will discuss best practices in preserving and revitalizing Native languages.

**Improvements in ED's Special Programs for Indian Children.** On December 3, ED will publish a notice of proposed rulemaking that proposes changes to the Demonstration grants program to add the **Native Youth Community Projects** mentioned above. It also makes substantial improvements to the Professional Development program, which funds the training of new American Indian/Alaska Native teachers and administrators.

### BUILDING STRONGER TRIBAL BUSINESSES AND ECONOMIES

**Including Tribal Nations in Department of Labor (DOL) Grant Programs.** DOL will announce that the agency will treat federally-recognized tribal governments the same way it treats state and local governments when

( Continued next page )

determining eligibility for employment and training grants. Following this announcement, DOL will consult with tribes, develop model grant language, incorporate the language into all relevant Funding Opportunity Announcements, and inform tribal leaders of upcoming funding opportunities.

#### **Supporting the Hiring of Tribal Members by Federal Contractors.**

DOL's Office of Federal Contract Compliance Programs' (OFCCP) Indian and Native American Employment Rights Program assists federal contractors that would like to use a tribal preference for work on or near tribal lands to do so consistent with existing law. OFCCP will sign an MOU with the Council on Tribal Employment Rights to formalize the agency's working relationship with the Council. In turn, the Council will work closely with Tribal Employment Rights Offices (TEROs) to ensure contractors are able to hire tribal members.

#### **Supporting Native CDFIs'**

**Sustainability and Impact.** In October, the Department of Treasury announced a specialized training and technical assistance series to Native Community Development Financial Institutions (Native CDFIs) to foster their growth and sustainability, and enhance their ability to deliver financial services and financial products to Native American, Alaska Native, and Native Hawaiian nations, tribes, and communities.

#### **Improving Transportation and**

**Infrastructure.** As part of a set aside to the Federal Highway Administration's (FHWA) Tribal Transportation Program (TTP), DOT awarded \$8.5 million this year in Tribal Transportation Program Safety Funds to 183 tribal nations for 195 projects that address safety needs in tribally identified areas of planning, engineering, education, and emergency response and enforcement. Similarly, under the discretionary component of the Tribal Transit Program (TTP), Federal Transportation Authority (FTA) funded 48 projects in 19 States totaling \$5.04 million for Indian tribes to enhance and expand their transit services.

#### **Improving Tribal Water**

**Infrastructure.** This year, the Environmental Protection Agency (EPA) distributed \$29 million to initiate the construction of 77 wastewater infrastructure projects for tribal nations to address the desperate need for basic sanitation services on tribal lands. Additionally, EPA distributed over \$18 million for the construction of drinking water infrastructure projects for tribes to improve access to safe drinking water.

### **IMPROVING TRIBAL JUSTICE**

#### **Disseminating Reports and**

**Recommendations on Tribal Justice.**

In November, the Department of Justice (DOJ) disseminated a report titled **Ending Violence So Children Can Thrive** that outlines policy and practice

recommendations on the issue of children's exposure to violence in Indian Country. The report is the culmination of the work of DOJ's Task Force Advisory Committee on American Indian and Alaska Native Children Exposed to Violence, which conducted four public hearings and several listening sessions across the country to gather information on these important issues. Additionally, DOJ's Office for Victims of Crime's National Coordination Committee on American Indian/Alaska Native Sexual Assault Nurse Examiner-Sexual Assault Response Team released a report titled **Improving Federal Agency Response to Sexual Violence in Tribal Nations: Issues and Recommendations.**

### **SUPPORTING HEALTHY, STRONG NATIVE AMERICAN COMMUNITIES**

#### **Expanding Access to Health Care.**

HHS plans to announce the publication of a proposed rule for Medicare like rates for Indian Health Service (IHS) payments for purchased/referred care for non-hospital based and provider services. Additionally, HHS/CMS and Treasury/IRS have developed a new streamlined process for American Indian and Alaska Native citizens and family members who are eligible for health services from an Indian health-care provider to claim an exemption from the Affordable Care Act's individual shared responsibility payment through the tax filing process. CMS also issued approximately \$4 million for Connecting Kids to Coverage American Indian and Alaska Native Grants to increase participation in Medicaid and CHIP. In November, the Office of Personnel Management (OPM) announced new flexibility concerning the participation of tribal employers that will make it easier for them to enroll their employees in the FEHB Program.

#### **Improving Behavioral Health.**

In November, HHS's SAMHSA hosted a Native Youth Conference focused on improving the health and well-being of Native youth. At the conference, youth shared their views on federal policies, programs, and activities; contributed to the national tribal behavioral health agenda; and learned about best practices supported by SAMHSA's tribal grants. In August, SAMHSA also announced the creation of a new Office of Tribal Affairs and Policy to serve as the point of contact on behavioral health issues and to support policies and innovative practices.

### **PROMOTING CLIMATE RESILIENCE AND LAND AND NATURAL RESOURCES**

#### **Technical Assistance for Tribal Renewable Energy Projects.**

Department of Energy's Office of Indian Energy announced a new round of competition for the Alaska Strategic Technical Assistance Response Team Program (START), a technical assistance program that supports the development of clean energy, energy efficiency projects, capacity building and energy planning

efforts for rural Alaska Native villages and corporations.

### **ADVANCING THE GOVERNMENT TO GOVERNMENT RELATIONSHIP**

#### **Restoring Tribal Homelands in Trust**

**for Tribes.** DOI continues to prioritize placing tribal homelands in trust for tribes, and has placed more than 280,400 acres of land into trust since 2009. Interior Secretary Jewell's goal for DOI is to place at least 500,000 acres of land into trust by the end of the Obama Administration. In May of this year, DOI issued a proposed rule that would allow the Department to consider fee-to-trust applications from tribes in Alaska. Additionally, under DOI's Land Buy-Back Program for Tribal Nations, the Department is paying fair-market value to individuals who choose to sell fractional interests in trust or restricted land. Purchased interests are immediately transferred to tribal trust ownership, ensuring that land stays in trust.

#### **Resolving Longstanding Disputes.**

Since President Obama took office, the Administration has established a new relationship with Native nations, increasing consultation with tribes on matters across the federal government that affect their interests, and the fair and expeditious settlement of litigation. The Administration settled the protracted Cobell litigation, several significant water rights cases, and lawsuits or claims brought by 80 Indian tribes, over the management of monetary assets and natural resources held in trust by the United States, for a total of \$2.5 billion. These settlements mark an important milestone in the Obama Administration's commitment to upholding the federal trust responsibility and strengthening our partnerships with tribal nations.

In the President's concluding remarks he stated we're all one family. Your nations have made extraordinary contributions to this country. Your children represent the best of this country and its future. Together, we can make sure that every Native young person is treated like a valuable member not only of your nation, but of the American family, that every Native young person gets an equal shot at the American Dream.

That's what I'm working for. That's what you're working for. I'm proud every single day to be your partner. "We are all one family. Let's not make this just a dream."

Thank you. God bless you. God bless the United States of America.

#### **Message from the Governor**

The month of December was a busy and rewarding month. I would like to acknowledge and thank the department's staff and volunteers for the special events they hosted.

A special THANK YOU to:

\* *Isleta Business Corporation*

Open House for all the business ventures of the Pueblo. *(Continued next page)*

- \* *Isleta Elderly Center*  
Annual Elder's Christmas Party
- \* *Isleta Treasurer's Office*  
2014 Per Capita Distribution
- \* *Administrative Staff*  
Turkey and Ham Distribution
- \* *Behavioral Health*  
Lite the Path Walk
- \* *Isleta Police Department & POI Departments*  
Reaching for a Star

- \* *Human Resources*  
Open enrollment for benefits
- \* *All Volunteers*  
Placement of luminaries at St. Augustine Church and the village area.

*First and foremost, I wish everyone a Merry Christmas & a Happy New Year. I am hopeful that you will enjoy your holidays and celebrate with family and friends. Let us all be thankful for the true treasures in our lives, our families and traditions.*

### Isleta Pueblo News



**Editor:**  
Nathaniel Lujan  
**Asst. Editor:**  
Tara Abeita  
**Published By:**  
Valencia Express

## Census/Tribal Enrollment Department

Hope everyone had a very Merry Christmas and wishing you all a very Happy New Year. The year 2014 has come and gone and the Census/Department has had a busy year and has made a few new changes. First of all, we would like to remind everyone that Descendant Id's are now available. Please take advantage of this opportunity to update your file and receive your new tribal id. Tribal Ids are issued on Tuesdays and Thursdays, if you are unable to come on these days, please feel free to call our office to schedule an appointment.

The Census/ Tribal Enrollment Department is currently in the process of auditing Descendant files. During this audit we have identified about 90 Descendants whose whereabouts are unknown. Please view the list below and contact our office if you have any information regarding their whereabouts.

Abeita, Judith Kay	Gonzales, Cassandra Patricia	Lyons, William Arvid
Abeita, Karen	Harrar, James Craig	Marchi, Michael Paul
Abeita, Melissa Marie	Harris, Tammy Yvonne	Marchi, Michaela Andria
Abeita, Michael Jerome	Jiron Jr., Robert Earl	Montoya, Michael Anthony Jude
Abeyta Jr., Manuel Atocha	Jiron, Michelle Ann	Moya, Rebecca Ann
Abeyta, Daniel Stanley	Johnson, Katelynne Nicole	Olguin, April Marie
Allison, Rene Marie Lucero	Johnson, Kirsten Renee	Ortega, Elizabeth Arlene
Baker, Debra Jean	Johnson, Maria Ignacita Garcia	Ortega, Jr., John Anthony
Baker, Denise Ann	Jojola, April Dominga	Padilla, Samson Kent
Baker, Kimberly Joy	Jojola, Daniel Louis	Padilla, Tyler Christopher
Benavidez, Anna Marie	Jojola, Hiro Nikolas	Perez, Denise Erlinda Sosa
Benavidez, Edward Anthony	Jojola, James Anthony	Ramsdell, Barbara Renee
Benavidez, Eva Valentina	Jojola, Joseph	Ramsdell, Benjamin Allen
Benavidez, Ruben	Jojola, Kogi Andrew	Ramsdell, George Harvest
Bogdanovich, Douglas Steve	Jojola, Matthew Anthony	Ramsdell, Lisa Marie
Bogdanovich, Francis Bryan	Lente, Antonio Alphonso	Robbins, Brenna Noelle
Bogdanovich, Marlene Penelope	Lente, David Leonard	Rodriguez, Jovan Christine
Carrera, Kimberly Imelda	Lente, Jahnke Anthony	Rodriguez, Leslie Ann
Cherino, Glorianna	Lopez, Estrelita	Romero, Victor Eugene
Crosnoe, Wendy Lou	Lucero, Amalia Barbara Sosa	Ryan, Elaine
Estep, James Andrew	Lucero, Celesta Ruth	Ryan, Lianne
Estep, Valerie Alexandra	Lucero, Manuel Ramon	Sosa, Daniel Adam
Foghorn, Phyllis Camille	Lucero, Michael Lawrence	Sosa, Janice Ernestine
Garcia, Francella Marie	Lujan, Angela Ora Faye	Valle, David John
Garcia, Paul Vicente	Lujan, Jason Dean	Valle, Joelle Renee
Garcia, Stephen Edward	Lujan, Michael Alan	Valle, Richard James
Gomez, Catherine Sue	Lujan, Robert Russel	Waconda Jr., John Edward
Gomez, Lisa Gay	Lujan, William Alan	Waconda, Lawrence Anthony
Gomez, Marie Elizabeth	Lyons, Abby Susan	
Gomez, Patricia Ann	Lyons, Casey Luke	
Gomez, Paul Richard	Lyons, Heidi Louise	

We will be sending out letters to inform those who need to update files and contact information. If you have any questions regarding your file or contact information please do not hesitate to give our office a call.

There have been many questions regarding the Death Certificate process. I would like to take this opportunity to share how this process works. The first step in this process is for the next of kin of the decedent to come attain paper work from the Census/Tribal Enrollment Office, this paper work includes information on the decedent. After the paper is completed and received in our office, we input the information in the State of New Mexico's vital information system. We then request medical certification from the doctor who will then certify the cause of death. Once the doctor has signed the death certificate, it is then sent to the State of New Mexico Vital Records where it has to be certified by the State Registrar. The completion of certification usually takes about 4-6 weeks. Each death certificate costs \$5.00; you may request death certificates by mail or in person at the State of New Mexico Vital Records Office located in Santa Fe. The Albuquerque office does NOT issue death certificates. If you should have any questions please feel free to contact our office, we are more than willing to assist with any help you should need. Census/Tribal Enrollment Department contact number is (505) 869-9766.

**Thank you and once again wishing you a safe and Happy New Year!**

Michelle M. Lujan, Census Supervisor  
Nanette Mariano, Tribal Enrollment Clerk  
Dawn LeBeau, File Clerk

### PROBATE NEWS

**First Notice – A petition to Probate the Estate of Marie Marcelina Luther, deceased October 10, 2014, Case No. CV-PR-0188-2014,** has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days of this notice being posted. A hearing in the matter has been scheduled for **Monday, February 19, 2015.**

Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A. Albuquerque, NM. If you have any questions, please call the Isleta Tribal Courts Clerk at (505) 869-9699.

**First Notice – a petition to Probate the Estate of Jose Lacruz Salazar, deceased June 25, 2014, Case No. CV-PR-0165-2014** has been filed with the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Pueblo of Isleta Tribal Court Clerk within thirty (30) days of this notice being posted. A hearing in the matter has been scheduled for **Thursday, February 19, 2015 at 9:00 AM.**

Claims must be filed in writing with the Isleta Tribal Court Clerk, located at the Tribal Service Complex, 3950 Hwy 47 SE, Building A. Albuquerque, NM. If you have any questions, please call the Isleta Tribal Courts Clerk at (505) 869-9699.

**IN THE TRIBAL COURT  
PUEBLO OF ISLETA  
ISLETA, NEW MEXICO**

In the Matter of the Estate of *Francisco A. Murrujo* Case No. *CV-PR-0151-2014*

**PROOF OF PUBLIC NOTICE**

At least two (2) notices must be published in the Pueblo of Isleta newsletter notifying any interested persons that they must contact the Court if they wish to be heard in the probate matter. Please see the sample notice below. **Attach proof of the two (2) published notices to this page.**

**SAMPLE NOTICE**

**TAKE NOTICE** that in accordance with notice requirements, a Petition to Probate the Estate of *Francisco A. Murrujo* (name of decedent), deceased *5-29-1978* (date), has been filed in the Pueblo of Isleta Tribal Courts. Any person claiming an interest in the Estate is hereby requested to notify the Isleta Tribal Court. Claims must be filed in writing. A hearing in this matter has been scheduled for *16th* (day of week), *Dec* (date) at *1:30pm* (time) 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 Tribal Court's NEW Webpage**

Isleta Tribal Court is happy to announce that we now have a webpage with information that will answer most if not all of your court questions. There are also many forms to download for filing petitions, motions and other documents.

Save yourself a call or a trip to the Court by viewing our webpage at <http://www.isletapueblo.com/tribal-court.html>. As always you may call the Court with any questions at (505) 869-9699.

**PUEBLO OF ISLETA  
DEPARTMENT OF EDUCATION  
TIWA LANGUAGE PROGRAM**



**Adult Language Classes**

Classes by: Tata Larry

Mondays: 6:pm–8:pm      Thursdays: 6:pm–8:pm  
Tuesdays: 6:pm–8:pm      Saturdays: 9:am–11:am

Classes by: Carol Lucero

Tuesday: 6:pm–8:pm      Wednesday: 6:pm–8:pm  
Thursday: 6:pm–8:pm

Classes by: Bernadette Cotton

Tuesday: 6:pm–8:pm      Wednesday: 6:pm–8:pm

Please take advantage of these opportunities.  
⇒ Classes for all levels  
⇒ Offered to all those of Isleta lineage

**For more information please contact the Department of Education**

**Listen - Learn & Pass it on**

DEPARTMENT OF EDUCATION  
TIWA LANGUAGE PROGRAM

P.O. Box 1270  
Isleta, New Mexico 87022      Phone: 505-869-9790  
Fax: 505-869-7573  
E-mail: poi08200@isletapueblo.com

*Preserving Language for  
culture and tradition*

**PUEBLO OF ISLETA  
DEPARTMENT OF EDUCATION  
TIWA LANGUAGE PROGRAM**



**After School Program**



*Course Objectives:* Provides an introduction to the Isleta Tiwa language:

**When:** Starting September 15, 2014  
Monday, Wednesday, and Thursday.

**Time:** 3:30pm - 5:30pm

**Friday**  
**Time:** 1:30pm - 3:30pm

**Ages:** 6 to 10

**Registration forms available at the Department of Education Language Program**

DEPARTMENT OF EDUCATION  
TIWA LANGUAGE PROGRAM

P.O. Box 1270  
Isleta, New Mexico 87022      Phone: 505-869-9795  
Fax: 505-869-7573  
E-mail: poi08200@isletapueblo.com

*Preserving Language for  
culture and tradition*

## LETTER FROM THE EDITOR

Deadline for February Newsletter articles is set for Thursday, January 22nd at 4:30pm. Articles may be dropped off at the Library or emailed to poi02002@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 whom 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 whom 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.

All hard copies of the December Newsletter were distributed before the end of the second week of December, mainly due to both per-capita and ham distributions. Remaining hard copies of the December Newsletters may be found at the sixteen distribution locations mentioned below. Remember, digital copies of the Newsletters may be obtained from the Newsletter archive at <http://www.isletapueblo.com/newsletters.html>

### The sixteen Newsletter distribution locations are:

- 1) The Administration Building (Governor's Office): Receptionist Desk
- 2) Census Office: Receptionist Desk
- 3) Health Center: Receptionist Desk
- 4) Housing Department: Receptionist Desk
- 5) Department of Education: Receptionist Desk
- 6) New Recreational Center: Newsletter Stand
- 7) Old Recreation Center: Front Desk
- 8) Tribal Service Complex: Receptionist Desk
- 9) Tribal Service Complex: I.P.D. Dispatch window
- 10) Tribal Service Complex: Tribal Courts window
- 11) Elders Center: Receptionist Desk & Lunch Delivery
- 12) Head Start: Receptionist Desk
- 13) Library: Newsletter Stand
- 14) Ranchitos Park: Blue Box (see picture for example)
- 15) Old Head Start Complex: Blue Box (see picture for example)
- 16) Intersection of Tribal Road 82 and Tribal Road 84: Blue Box (see picture for example)



*Newsletter Blue Boxes mentioned in above paragraph*

**Probate News:** Since Probates are a court and legal matter where spelling and information is highly critical, it is best that the family members submitting the Probate notice take the time to write the notice. Remember, it is the petitioner's responsibility to provide all information to the Isleta Newsletter. The Newsletter staff and Valencia Express should not be expected to write your article as we know nothing of the Probate Case. For questions regarding Probates, please call the Tribal Courts at 505.869.9699. Thank you for understanding.

For more information about restocking newsletters and newsletter articles, please call the Pueblo of Isleta Public Library at 505.869.9808.

### I can't wait to.....

.... make new friends, explore new interests, be creative, earn awards, go camping, travel the world, manage money, become a leader .... **be a Girl Scout!**



Parents and Girls (ages 5-15) welcome!

Girl Scouts will be at the **Isleta Pueblo Public Library from 1-5pm** the third Friday of every month! Join us for fun, snacks, and a free Girl Scout Registration for all girls that participate!

### Dates and Monthly Theme:

**January 16th-** STEM Camp (Science, Technology, Engineering, and Math)

**February 20th** – Outdoor Education: Camp Fires

**March 20th** – Outdoor Education

**April 17th** – Guest speaker

**May** – field trip, day to be announced

**June** – field trip, day to be announced

**For more Information please contact Sarah Downing 505-923-2526 or [sdowning@gs-nmtrails.org](mailto:sdowning@gs-nmtrails.org)**

## Manzano Gunsmithing



*Rodney Jones with a custom Sniper Rifle which he built while attending Yavapai College in Arizona.*

Manzano Gunsmithing has just opened its doors for business. Owner, operator Rodney Jones is a certified gunsmith from Yavapai College in Prescott, Arizona where he received a degree in Gunsmithing.

Rodney Jones a 20 year Police Veteran says he has been a hunter and gun enthusiast since boyhood when his

parents gave him a .22 Cal rifle for Christmas. Since then he has been fascinated with firearms. While with the Los Lunas Police Dept, Rodney was a firearms instructor, Armorer, and served on the SWAT team as a police Sniper where he was able to fine tune his shooting skills and learn more about firearms.

At the time he was nearing the Twenty Year mark in Law Enforcement he knew he wanted to move on to something different, and decided to take firearms to the next level. He then began looking into gunsmithing schools throughout the country and taking Machining Classes at CNM during his time off work.

When he began Gunsmithing School he had a head start on machining practices because he had already learned how to run an Engine Lathe and Mill at CNM. He says that Gunsmithing is about problem solving and loves the challenge. Rodney also learned that he loves working with wood and the beauty in it, not just the metal work in Gunsmithing. He also works with synthetic stocks and likes the durability of them.

Rodney feels his advantage is that he has real field experience with guns since he carried a gun for a living, is a hunter, and served on the SWAT team for years and therefore can make recommendations on what works well in the field. He also says the best part of his new career is the satisfied look he gets when they see their old guns restored or repaired. He says that is very satisfying, something that came far and few between in Law Enforcement.

To schedule an appointment call Manzano Gunsmithing at 505-273-1944.



# Parks & Recreation Dept.

Because of time constraints and although it is only mid December our newsletter articles are due because of the Holiday Schedule (Christmas and New Year's). Regardless, the New Rec. Center saw plenty of holiday action i.e.: Per Capita Distribution on the 9th of December, the Isleta Police Department's "Reaching for A Star Event" on Friday, December 12th and the Annual "Light the Path Memorial Walk" which will be taking place on Friday, December 19th the day after our news articles are due. Also both after-school programs Old Rec. and New Rec. took the children on two separate field trips to the "River of Lights" Tour at the Bio-Park in Albuquerque. Also, new employee in charge of Adult Sports (Vanessa Martin) reports that the Volleyball league is up

and running. Many of the games have been really competitive and everyone is really enjoying themselves. All games are being played on Tuesdays and Thursdays at the New Rec. gymnasium.

## Per Capita Distribution

Once again, the semi-annual per capita distribution went off without a hitch. Treasury employee and coordinator of the distribution, Frances Benavidez reports that all went well. Those who didn't pick up checks can make arrangements with the Treasury Department to do so. Frances said: "that after so many years of handling the distribution it has now become second nature".

## Isleta Police Departments "Reaching for the Stars"

Although the Police Department will probably have an article about this event, I felt it was important enough to thank Isleta Police Department Coordinator Detective Kathy Lucero for the beautiful job she did in putting this event together. As many of the Department volunteers who helped with the event said, "The committee was cogs of the wheel to make it happen but she (Kathy) did such a wonderful job in coordinating and setting this event up, it was a pleasure being part of it". Also on hand to greet and do the opening prayer were Governor E. Paul Torres and Lt. Governor Antonio Chewiwi prior to everyone enjoying a beautiful meal and before Santa Claus's appearance for the gift distribution. Detective Kathy Lucero summed it up by saying: "The joy of watching the children see Santa Claus come through the door, and the love they felt was worth every moment". As humble as she is (Kathy), she couldn't thank her committee enough for assisting with this incredible event. Her plans for next year are to make it bigger and better than ever before. Pictured is a collage of pictures depicting the event.



## Adult Volleyball League

League Director, Vanessa Martin reports her first season as the coordinator of the league is going very well. She has seven (7) teams competing every Tuesday and Thursday evening at the New Rec. facility. The only adjustment was per-capita week and the Reaching for the Stars event had the league totally closed down for the week December 8th through December 12th. She also mentioned that right now, five (5) teams the "Hustle Gang" coached by Melanie and Mike Lente and the Rec. Team, Dirty Deeds, Wild Bunch, and Isleta Police Department are being very competitive. Usually it's Melanie and Mike Lente's team who is in the finals but they will have to definitely work hard if they are to get into this year's championship series down the road. Pictured are several action shots of League play taking place on Tuesday, December 16th, along with League Director Vanessa Martin.



## Park Management

Although winter weather has set in with rain and snow, our park management crew has been busy doing lots of preventive maintenance and clean-up of our park system. This couldn't have been more evident than what took place last week when the State Energy and Minerals Department Inspector came by to do a park inspection and review of our facilities. Because our park system was built with State and Federal grants, inspections can happen anytime to insure the monies were well spent and are being utilized as intended and are being maintained. I (Rick Giron) as your Director of this Parks & Recreation Department am more than happy to say that our review was as best as anything that could come out in anybody's report. As Mr. James Hildebrandt, State Inspector said in his report: "when people from the interstate pass by the Pueblo of Isleta they don't see a whole lot, but once on tribal lands you can see the amount of pride we take in our community. The pride in the workmanship and maintenance throughout the park system is evident and your park system is second to none". With that said, I publicly would like to thank and name every crew member who is part of the Park Management Division who makes this happen. Without them and their hard work and dedication to their jobs this could not happen. Our crew is as follows: Park Superintendent-Robert Apodaca, Asst. Park Superintendent-Donald Lucero, Park Foreman-Nick Padilla, Irrigation Specialist-Ron Abeita, and Park Maintenance Employees-Leonard Casker, Patrick Jiron, Felipe Johnson, Andrew Jojola, Brian Lente, Isidor Lujan, Jacob Valdez and our newest employee who just started this week, Darren Chiwewe. Also, I must recognize Building Specialist-Mike Sarracino, because the inspection also involved the games-room which he is responsible for.



*Pictured left to right: Natalie Abeita, Michelle Lente-Browning, Rachel Jojola, and Park Superintendent, Robert Apodaca having an informal discussion about future plans for the Elderly park.*

**Special Note: We (the Parks & Recreation Department) have asked Tribal Council for funding to build out a park next to the baseball field close to the old elementary school for exclusive use by our Elders and for those Elders who will be part of the short/long term care facility that is being completed in early (2015) next year. This park would be inclusive of an asphalt roadway from the Elderly facilities to this park which will have several exercise stations for Elders, shade structures, grass, and a water fountain. During the summer they can enjoy Little League games being played by many of their grand and great grand-children. Those who use walkers or wheel chairs will really have a chance to get out and enjoy this park addition.**

## Basketball Schedule for SPA League

The Southern Pueblo Agency League basketball for our Isleta Elementary age children is as follows for January 2015. Friday, January 9th, away at Santa Clara Pueblo. All 3 teams are playing, 3:30pm, 4:30 pm, and 5:30 pm. Wednesday, January 14th at To'hajiilee all 3 teams. Saturday, January 17th at San Felipe Pueblo all 3 teams playing. Wednesday, January 21st a home game against Acoma Pueblo with all 3 teams playing. Saturday, January 24th a home game against Laguna Pueblo with all 3 teams playing. **Parents and family members**, we hope you can help support your teams by your presence in as many games as possible. For more information regarding the program and or games, please call Coaches, Jonathan Lente, Brittany Benavides and Matt Jojola at 869-9777.

**Holiday Schedule for both Old Rec. and New Rec facilities: Open Christmas Eve until 12 noon, Closed Christmas Day and December 26th, Open New Year's Eve, and closed New Year's Day. Open on Friday, January 2nd.**

*( Continued next page )*

After-school Recreation / Basketball Schedule



After-school coordinators Kimberly Chiwewe, Antonio Garcia, John Matt Jojola and our 3 nanas Gloria, Abenita, and Marie report that activities have been great for those taking advantage of the program. Both Old Rec. and New Rec. took children to the “River of Lights” in Albuquerque and to eat pizza at the Isleta Fun Connection. All children involved really enjoyed themselves. Also the Nanas were busy making Rocking Chair stockings for children and staff. Pictured is the beautiful set-up and projects done by the staff of the Parks & Recreation Department for this year’s Christmas Season.

New Year’s Resolutions

It’s that time of the year, once again. Before you make new resolutions evaluate your old resolutions. Did you accomplish what you set out to do? Where did you come up short? What were the strong or weak points of your training regimen? Where can you use help? What do you need to do different to accomplish your new goals? **Remember: Both Old Rec. and New Rec. have plenty of trained personal trainers. However, we can’t read your minds. If you need help, please ask. Our staff is available to assist and help anyone with a program that suits your needs. Start off slowly and work your way up. Many of us think we can lose and or tone our bodies quickly. Those of us who start off strong with that intent, usually are the ones who get hurt or lose interest quickly because we are so sore and don’t want to deal with that feeling. Remember: We didn’t gain many of our unwanted pounds over-night, and we will not lose them in one or two weeks either. We must work on it slowly, building our strength and endurance. Slowly build your strength whether through walking, running, weightlifting and or all of the above. But remember; don’t be embarrassed to ask for help.**

*From the staff of the Parks & Recreation Department, we wish you all a very heart filled Merry Christmas and a Joyful and Happy New Year. God Bless this great Pueblo of Isleta.*

JANUARY 2015

Isleta Eagles Basketball Schedule

For additional information, please call the Recreation Center at 505.869.9777



AWAY GAMES:

- Santa Clara: 9th - @ 3:30p, 4:30p, 5:30p
- Tóhajiilee: 14th - @ 3:00p, 4:00p, 5:00p
- San Felipe: 17th - @ 10:00a, 11:00a, 12:00a
- Sky City (Acoma): 28th - TBA

HOME GAMES:

- Sky City (Acoma): 21st- @ 4:00p, 5:00p, 6:00p
- Laguna: 24th - @ 9:00a, 10:00a, 11:00a
- Jemez Riverside - TBA

TOURNAMENT:

- Jemez Riverside: 29th, 30th, 31st -TBA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
-----BREAK-----						
				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

\*\* Games and times are subject to change

## Valencia High School

Mr. Mike Tapia, sophomore counselor at Valencia High School, envisioned a dream of having Valencia High School's students show their compassionate nature by participating in the community and giving their time to others. Mr. Tapia made this dream a reality, Sunday, December 14, 2014, with some dedicated and caring football players and student council members in the Backpacks for Patients Project at Presbyterian Hospital project.

Mr. Tapia personally donated and funded this event with the assistance of Therese Martinez, the District High School Psychologist, backpacks books, slippers, toys, clothes appropriate for hospital wear, school supplies such as pencils, paper, markers and other essential items. The VHS students then filled the backpacks and we split into two groups. They then went room to room visiting and handing the backpacks to the pediatric patients. Two of caring VHS students are from the Isleta Pueblo. Gabrielle Paquin who serves as sophomore class President, student council member, as well as a Native American Club participant. Joshua Burbank, the second Isleta Pueblo member is a Senior and running back on the Varsity Football Team and track star for Valencia High School under Coach Richard Eicherly.



Mr. Tapia not only funded but also founded this wonderful event with the support and assistance of other VHS teachers and staff. In attendance at the event were Kay Caranaghi, CNA Instructor, Mr. Ben Analla, Native American Liaison, Veronica Montero, Chair & Senior Class Counselor, and Coach Jolley and his family. Mr. Tapia and Joselyn Glicco, Junior Counselor are planning the next community event for students to participate in. Administration Staff Principal Darian Jaramillo, Assistant Principals Mr. David Yates, Mr. Albert Aragon and Mr. Paul Marez were all very supportive of the Backpacks for Patients Event.

Congratulations and thank you to all who took part in the Backpacks for Patients Project. Your efforts and success deserve to be commended.

### "2015 POI-Internship Information - Forthcoming"

Current POI Scholarship Recipients should update and confirm their mailing address with the Department of Education.

Or, you may contact the HR office to request information at 505-869-9792.



Pueblo of Isleta  
Legacy Corps  
Veteran Support Service  
Program



#### Become a Legacy Corps Member!

Make a difference in your life and the lives of others in your community by providing caregiver support services to U.S. Veterans and U.S. Military families today!

- As a Legacy Corps Volunteer, you will:
- Receive complete Orientation and on-going monthly training to ensure success
- Serve approximately 10 hours a week, providing respite care that supports caregivers
- Engage a client in various home activities, provide assistance in walking or exercises to help maintain mobility
- Assist in light meal preparation
- Interact with other Legacy Corps Volunteers to exchange ideas and create peer-to-peer networks
- Receive a Monthly Living Allowance of \$200
- Earn Educational Awards for Lifelong Learning Opportunities at local colleges and universities

For more information on becoming a member Contact:

Reyes A. Jiron-Senior  
Companion Outreach  
Coordinator at  
(505) 869-9770 or  
[poi23084@isletapueblo.com](mailto:poi23084@isletapueblo.com)



LOS LUNAS  
PUBLIC SCHOOLS &  
THE PUEBLO OF ISLETA  
DEPARTMENT OF EDUCATION  
PRESENTS

# 2015 COLLEGE & CAREER FAIR

SATURDAY  
JANUARY 17, 2015 • 9AM - 12PM  
ISLETA EAGLE GOLF COURSE

guess guess but probably correct  
educational training and young people

Educational Agencies and Businesses are welcome to attend. Cost is two door prizes. Space limited, first come-first serve. Set-up time: Friday, January 16 from 5pm to 7pm or Saturday, January 17 from 7am to 8am. To request your space please contact Kathleen Jojola, Scholarship Assistant at 505-869-9790 or [POI08004@isletapueblo.com](mailto:POI08004@isletapueblo.com) by December 19, 2014.

## Isleta Business Corporation Employment Opportunities

The following IBC subsidiaries are looking for talented and driven individuals who are seeking to work for a business corporation that promotes, encourages, and values professional growth and development; and, who is guided by the Pueblo of Isleta's (POI) culture, traditions, and values of adaptability, integrity, honor, and leadership.

### JAG Distribution

JAG Distribution (JAG) is a wholesaler of Beer, Wine, Spirits, Ready-to-Drink Cocktails and Energy Drinks. JAG, through IBC, is recruiting new sales team members to generate and maintain new business accounts, search for new products to expand JAG's current product line.

### Native American Insurance Group (NAIG)

Native American Insurance Group (NAIG) offers a broad range of insurance products to include Health, Dental, Vision, Supplemental and Property and Casualty products. NAIG is seeking qualified, driven, team oriented, and enthusiastic Licensed Agents to promote and develop organizational growth.

### Sacred Power, LLC

Sacred Power, LLC, established in 2001, is the largest Native American owned and operated renewable energy systems integration and manufacturing firm in the US. Sacred Power, LLC is currently seeking a talented, experienced, team oriented finance professional to be a part of the Sacred Power, LLC team.

### Velocity Build, LLC

IBC, doing business as Velocity Build, LLC is a newly created utility construction and earth moving company that is 100% owned by IBC and managed by POI Tribal Member, Joe Padilla, President and Manager.

If you are interested in applying submit your resume to IBC Human Resources (HR) at 3950 Highway 47 SW Suite C127A Albuquerque, NM 87105 either in person or via traditional mail, or via email at HR@isletabc.com. If you have questions or would like to obtain further information please contact IBC HR at HR@isletabc.com, by phone at (505) 869-7568, or in person. For a listing of all open positions for the above subsidiaries please visit the POI career page at <http://www.isletapueblo.com/careers.html>.

### IBC's Expressed Gratitude

#### IBC Open House:

From all of us at IBC, we thank all of you who came out to support and be a part of our Open House and Meet & Greet. On a special note IBC expresses your greatest appreciation to Josephine Maliza, Marvin Jiron Sr., Eddie Abeita, Tara Abeita and Nathaniel Lujan for your time and assistance in preparing this event.

#### Current Events

#### Mega Master Minds Elementary, Middle, and High School Challenge: January 01, 2015 to May 31, 2015

Chip Martin, CEO, now extends IBC's Mega Master Minds challenge to the POI youth. Mega Master Minds, through Khan Academy, a non-profit free educational online learning tool, is an interactive scholastic competition that will begin on January 1, 2015 and go through May 31, 2015. His objective, to encourage and prioritize educational development and reward top student performers for their time and dedication towards their personal scholastic goals.

This challenge is open to all currently enrolled full time Kindergarten to High School POI Tribal Members and Descendants students. To register for Mega Master Minds, you as the interested student or you as the parent of the interested student must register with IBC HR first. Once registered through IBC HR you will be provided with the challenge rules and outline. To register or to receive more information, contact IBC HR at HR@isletabc.com or by phone at (505) 869-7568.

#### Upcoming Trainings and Promotions

#### Professional Development and Planning Training: Tentative Dates Starting January 2015

"The mission of IBC is to manage existing commerce while developing new business and opportunities that will benefit

the Pueblo of Isleta through revenue growth and employment prospects" (Isleta Business Corporation, 2014). The essence of the IBC mission is development and opportunity. IBC has taken this message and is preparing to extend, to all interested persons, a training series focused on Professional Development and Planning. This training series will focus on Cover Letter and Resume Writing, Interview Preparations and Etiquette, Career Planning, Professional Communications, Supervisory Skills, and more. This training series is open to all POI community members and is planned to launch at the end of January 2015.

If you, or someone you know, has questions or is interested in attending one or all of these trainings please send an RSVP notification to HR@isletabc.com or call us at (505) 869-7568. Please include, in your e-mail, your name, desired training topic(s), and recommendations on other professional development based trainings you would like to see.

#### Isleta Travel Center and Isleta One Stop

The Isleta Travel Center and the Isleta One Stop are the community's all in one stops. While fueling up your vehicle do not forget to fuel up with baked goods and pastries or a pizza and fountain drink combo for \$3.99 or a hot dog and fountain drink combo for \$2.50 or a Taos Energy Bar. Whichever is your hunger the Travel Center and the One Stop provides a wide range of options to get you to and through your day. Also, earn points with every Travel Center purchase with the Kickback Rewards Card.

### Internal Career Opportunities

\*\*PLEASE NOTE: POSITIONS ARE OPENED UNTIL FILLED\*\* PLEASE  
SUBMIT TRANSFER REQUEST TO HUMAN RESOURCES

Updated: December 18th, 2014

Auto Req ID	Title	Department	Division	Date
318BR	ATTENDANT CONTROL COUNTER-FC	FUN CONNECTION	AMENITIES	04-Dec-2014
319BR	SCORE PORTER	FUN CONNECTION	AMENITIES	04-Dec-2014
303BR	CLERK GOLF SHOP	GOLF COURSE OPERATIONS	AMENITIES	14-Nov-2014
316BR	HEAVY DUTY TECHNICIAN-CUSTODIAL	CUSTODIAL	FACILITIES	16-Dec-2014
163BR	PORTER-CUSTODIAL	CUSTODIAL	FACILITIES	20-May-2014
317BR	ELECTRICIAN	FACILITIES MAINTENANCE	FACILITIES	04-Dec-2014
89BR	REPRESENTATIVE - SPA	POOL MAINTENANCE	FACILITIES	31-Mar-2014
281BR	Bar Back Center Bar	F&B CENTER BAR	FOOD & BEVERAGE	31-Oct-2014
323BR	BAR DOOR ATTENDANT	F&B CENTER BAR	FOOD & BEVERAGE	11-Dec-2014
286BR	Cocktail Server Center Bar	F&B CENTER BAR	FOOD & BEVERAGE	31-Oct-2014
168BR	ATTENDANT CONCESSIONS - CHILI RISTA	F&B DELI	FOOD & BEVERAGE	02-Jun-2014
324BR	BARTENDER-SPORTS BAR	F&B SPORTS BAR	FOOD & BEVERAGE	15-Dec-2014
35BR	DEALER - POKER	POKER	GAMING	10-Mar-2014
310BR	SECURITY OFFICER II	SECURITY	GAMING	01-Dec-2014
320BR	DIRECTOR IT	IT	GENERAL & ADMINISTRATION	05-Dec-2014
322BR	IT SPECIALIST II	IT	GENERAL & ADMINISTRATION	05-Dec-2014
263BR	REVENUE CLERK I	REVENUE AUDIT	GENERAL & ADMINISTRATION	29-Sep-2014
264BR	DIRECTOR SALES RESORT	HOTEL SALES	HOTEL	30-Sep-2014
250BR	SPA ATTENDANT	SPA SALON	HOTEL	05-Sep-2014

NOTE: Some positions may have CLOSED by the time of this posting.

**Join the Pueblo of Isleta Workforce!**

The Pueblo of Isleta offers a wide range of career opportunities with competitive salaries and excellent benefits. Search the current career opportunities and apply today!

**Career Opportunities**

(505) 869-7584 Office (505) 869-7579 Fax  
 poiemployment@isletapueblo.com  
 Pueblo of Isleta Human Resources  
 P.O. Box 1270 Isleta, NM 87022

Location	Position Posting	Closing Date
Assisted Living Facility	Caregiver II (2-positions/Occasional)-NEW	Open Until Filled
Assisted Living Facility	Caregiver II (8-positions/Regular Full-Time)-NEW	Open Until Filled
Assisted Living Facility	Cook (4-positions/Regular Part-Time) - NEW	Open Until Filled
Assisted Living Facility	Caregiver I (2-positions/Occasional) - NEW	Open Until Filled
Assisted Living Facility	Caregiver I (4-positions/Regular Part-Time) - NEW	Open Until Filled
Assisted Living Facility	Caregiver I (4-positions/Regular Full-Time) - NEW	Open Until Filled
Elder Center	Veteran Support Service Program Member	Open Until Filled
Health Center	EMT - Paramedic (4 Positions)	Open Until Filled
Health Center	Clinical Therapist - NEW	Open Until Filled
Health Center	Contract Health Accountant - RE-ADVERTISED	Open Until Filled
Health Center	Laboratory Data Entry Clerk (Part-Time) - NEW	12/23/2014
Health Center	Medical Records Manager - NEW	12/18/2014
Isleta Business Corporation	Alcohol Beverage Sales Rep - RE-ADVERTISEMENT	Open Until Filled
Isleta Business Corporation	Finance Manager - NEW	Open Until Filled
Isleta Business Corporation	Licensed Agent	Open Until Filled
Police Department	Police Lieutenant - NEW	12/19/2014
Police Department	Police Officer	Continuously Accepting Applications
Police Department	Police Sergeant - NEW	Open Until Filled
Public Services	GIS Specialist - NEW	Open Until Filled
Recreation Center	Lifeguard (Regular Part-Time)	Continuously Accepting Applications

*The PUEBLO OF ISLETA is a Drug Free Employer.*

*Successful completion of pre-employment drug screen and background investigation is a condition of employment.*

**Pueblo of Isleta Application Process**

Interested persons who meet the minimum qualifications must submit a completed, signed Pueblo of Isleta Employment Application. A resume may be submitted with the application but not in lieu of. Carol Jiron - (505) 869-7587  
 poi70103@isletapueblo.com

**Contact A POI Recruiter Today!**

Myra Garro Richard Garcia  
 (505) 869-9792 (505) 869-7585  
 poi07001@isletapueblo.com poi70106@isletapueblo.com

Up to the minute Position Postings and Employment Applications may be obtained from the Career Opportunity Webpage at: <http://www.isletapueblo.com/careers.html>

**Legacy Corps**

Greetings,

I hope this e-mail finds everyone in good health and spirits!!

I am currently looking for individuals who are willing to become a Veterans Support Program Volunteer Member. I have five (5) slots available for the 2014-2015 Program Year. If you know of an elder, who is a relative of a veteran who needs assistance or if you are a veteran this program is for you! We will pay you \$200 / month (stipend) to provide a minimum of 10 hours to a veteran or babysit children of a veteran and/or active military person per week. In addition to the monthly stipend, you may earn a \$1,500 educational award to use towards your higher education or for use by your child or grandchild. No experience needed (must attend monthly trainings).

Become an active volunteer member! Call for more information at (505) 869-9770.

**Greetings from the Public Services Department-Design & Construction Division**

Several buildings will be demolished in the later part of December 2014 and beginning of January 2015 at two locations. They consist of the Parish Office by Tribal Road 42 and the additions to the Old Head Start Building on Tribal Road 2. Guzman Construction Solutions will be performing the work. Please be cautious when driving by these areas.

Parish Office-Next to the Church



Old Head Start-Tribal Road 2





## Pueblo of Isleta Public Library

Happy New Year's, People of the Island!!! Congratulations on surviving another round of the Holiday madness. The only thing left to do now is to wait for the Holiday bills, snow, and two hour delays or better yet snow days (also known in climate weather days) from work and school.

### NEWS:

This month the Library will have three scheduled closure dates which are:

Thursday, January 1st due to New Year's Day. Wednesday, January 7th from 8:30 am to 12 pm due to our monthly staff meeting. Monday, January 19th due to Martin Luther King Jr. Day.

As of this moment, we do not have much planned for the month of January, largely due to our unknown budget for the 2015 calendar year. However, programs may develop as a result of our staff meeting on January 7th. Be sure to visit our Event Calendar on our website at [www.isletapueblo.com/whats-new.html](http://www.isletapueblo.com/whats-new.html), where you could find up to the minute programming news. Of course, you are more than welcome to become a fan of our Facebook page, where you may also find our current events. Just visit us at [www.facebook.com/IsletaPuebloLibrary](http://www.facebook.com/IsletaPuebloLibrary).

This month we plan on revising both our General Library and Computer Usage policies as new issues have arisen during the previous year. Before being put into motion, Governor will have final say on our revisions. Once approved, it will be posted on our website, Facebook page, and in next month's newsletter.

### Upcoming

Instead of the same old Homework Help Incentive Field Trips, Library Aide Diane Abeita has made a suggestion to revamp the Homework Help Incentive program. Rather than having the students earn points to attend a field trip, they will earn points which will be used to purchase one of many prizes. This concept is not new and is used by many other programs, however, we would like to add a Library twist to it. Stay tuned for further details.

We will also be making changes to our Adult program registration process. At first, we allowed adult patrons to register for our programs over the phone but some started abusing the system or never showed up. This put the programs behind schedule as we had to recap for new members which was not an issue for scheduling purposes. When we made the decision to have adult patrons come into the Library to register, many of you could not do so due to working during the day. Now, adults may call to temporarily hold your spot but will have a deadline to complete your registration form at the Library or your spot will be given to the next person on the waiting list.

### RECAP

Our first pet program was a popular one. Patrons had the opportunity to make their pet a comfy bed to sleep on which started on December 1st and ended December 15th. This was open to the first 5 adults



*Youth Bakers got their chance to shine explaining how they baked their cookies and sharing stories from class.*

but since the first class was "fast & furious" we were able to continue with the classes with patrons that were on the waiting list. Patrons chose from 5 different types of material and chose how much stuffing to put in their beds. Many made large beds for their large dogs and medium sized pet beds. Please stay tuned for more pet programs at the Library.

The cookie classes are a wrap for the adults and the youth. The class ended with a cookie swap on December 17th where both classes shared their experiences with each other along with the loom beading class. The beader's also shared their new found enjoyment of beading on a loom. All three classes enjoyed coffee, tea and punch while munching on apple pie cookies, fortune cookies, brownie stuffed cookies, pumpkin cookies, sugar cookies, Oreo stuffed cookies, and chocolate chip cookies.



*Beader from our beading loom class showing off the finished product*

Everyone was on a sugar high! The beading class participants showed their beaded bracelets off and were excited to know that the Library was giving them the looms that they worked with throughout the class time.



*Cookie baker participant explaining how she made apple pie cookies.*

The cookie class also received a gift bag along with Christmas cookie cutters and their own cookie recipe book which included both adult and youth cookie recipes. Good job cookie bakers!



*Pet bed participants showing off their beds they made for their dogs.*

Santa made a visit to the Library on December 16th. He took pictures with everyone and also handed out candy canes also received a few letters from children. This year we ventured off from a traditional Christmas background and went with a Star Wars theme. The Star Wars background



*Darth Vader even came to see Santa Claus at the Library!*



*Cliff's Magical Christmas participants along with Diane riding with Carousel.*

consisted of Darth Vader, Yoda, Storm Trooper, C3PO, and R2D2 and behind a Millennium Falcon and death star scene.

Pictures were emailed out and family pictures were printed out. If your picture was printed out and you have not come to pick it up expect a phone call from the Library.

Our Adult book club featuring reading on the Hobbit by J.R.R. Tolkien which started on November 24th and continued on until December 17th. Patrons who attended the book club earned their way to see the movie in 3D Imax on December 20th which included a deep conversation after the movie about the differences between the book and the movie. Patrons also enjoyed dinner at Furr's Buffet. Thank you to all who participated. We look forward to planning more book clubs in the upcoming New Year.

Our last incentive Field Trip for Students was Monday, December 22nd. Students earned their way to go to Cliff's Magical

Christmas by readings in increments of 30 minutes or completing homework each day.

Students had to earn 25 points in order to go on the field trip and students who earned 30 points received a \$5 Cliff's card to purchase whatever they wanted while at Cliff's. Students strolled through Cliff's while they enjoyed looking at Christmas lights and seeing Santa Claus. Some students got to ride rides that were open and overall had a fun experience as they talked nonstop about it at Furr's for dinner and on the ride home. This was the last field trip of the year for the students.

We hosted our annual Christmas craft which was on December 23rd during the students Christmas break. Patrons were able to paint a ceramic Christmas Ornaments which was donated by Martha Lucero and take it home to hang on their Christmas tree or to give as Christmas present. Ornaments ranged from Santa Claus, Christmas wreaths, Tee Pees, Drums, Stockings, a Snowman and

much more. Thank you again for all who showed up got to take a special ornament home.

Countdown to noon took place on December 31st in our Teen Room. The festivities started at 11:00 with music, dancing and juice. We had a countdown clock displayed on our TV where everyone gathered and counted down to noon! Right at noon the families cheered and welcomed in the New Year as balloons fell from the ceiling. This was the first time the Library had hosted such an event and we are hoping to continue this tradition of the New Year's Celebration at noon. Happy New Year to everyone near and far may you accomplish everything you set your mind too. Share your goals with the Library, we will be there to support you every step of the way!

Pueblo of Isleta Public Library  
Hours of Operation:

#### Library Hours

Mon-Thurs - 8:00 a.m. - 6:30 p.m.  
Friday- 8:00 a.m. - 4:30 p.m.  
Saturday- 9:00 a.m. - 1:00 p.m.

Closed on Sundays, all federally recognized holidays and also Isleta traditional holidays.

Please contact library for more information on closures.

#### Mailing and Physical Address:

950 Moonlight Drive Albuquerque, NM 87105

Phone: (505) 924-3192

Email: poi02002@isletapueblo.com

Facebook Page:

[www.facebook.com/IsletaPuebloLibrary](http://www.facebook.com/IsletaPuebloLibrary)

Web Address:

[www.isletapueblo.com/library2.html](http://www.isletapueblo.com/library2.html)

YouTube:

[www.youtube.com/user/poilibrary](http://www.youtube.com/user/poilibrary)

### Drowsy Driving Tidbit

Isleta Health Center  
Health Educator,  
Stephanie Barela, 869-4479

Have you ever driven while you were drowsy... chances are you probably have. Next time think twice before you get behind the wheel when you are having trouble staying awake. The Center of Disease Control (CDC) says that there are about 100,000 crashes each year due to drowsy driving. This attributes to 40,000 injuries and about 1,500 deaths a year.

**STAY SAFE and  
DON'T DRIVE  
DROWSY!!**

### Isleta Elementary News



*Kindergarten—"Frozen"*



*First Grade—"Nemo's Christmas Celebration"*



*Second Grade—"Toy Story"*



*Fourth Grade—"A Lion King Christmas"*



*Sixth Grade—"CAR-istmas Spirit"*

December was a very busy month for the students and staff of Isleta Elementary. The students practiced every day for their Christmas program, "A Very Merry Disney Christmas." The program was held on Thursday, December 19th. There were songs and lines to be learned and props to be made. The students were excited for their families to watch them perform on stage.

The IES Staff would like to thank our parents for all their help in making our Christmas program a success. A special thanks goes out to Mr. & Mrs. Patrick Jojola, Mr. Earl Garcia, Mr. Aaron Peshlakai, Ms. Lorie Ann Padilla, Ms. Mary Ann Bosworth, and Mr. Bernie Chimoni for their creative talents in designing and building the props.

Over the Winter Break the students took home study packets in order to maintain academic skills. The NWEA MAP test in Reading and Math will be administered to all students in grades K-6th, on Tuesday January 6th. We want the students to be ready and prepared when they return from Winter Break.

The Isleta Elementary Staff would like to wish the Isleta Community a Happy New Year!



*Third Grade—"Beauty and the Beast at Isleta"*



*Fifth Grade—"Aladdin's Magical Christmas"*



Pam Gallegos, Isleta Resort & Casino CEO spreading Christmas Cheer to Homebound Elders...



*Pam said; "One of my favorite things to do is visit the Homebound Elders and take them a small tree." "The welcome we receive every year just makes me feel so warm and wonderful, I think I get more out of it than they do."*

All the miniature Christmas Trees decorated for a contest at the Isleta Resort & Casino are distributed to our homebound elders. Thank you Pam and Staff for the thoughtful gifts, we know elders are truly touched by such generosity.

### Isleta Elder Center Activities Calendar January 2015

- January 1 Center Closed
- January 5 Wal-Mart & Lunch 10:30 am
- January 7 Shuffleboard (competition with Laguna) 10:00
- January 14 Staff meeting 1:00 pm
- January 19 Martin Luther King's Day, Center Closed
- January 21 Friendship Breakfast 9:00 am  
General Meeting 10:00 am
- January 26 Advisory committee mtg. 10:00am
- January 27 Senior Day at Legislature (Santa Fe)
- January 28 Bingo Isleta Casino & Resort 11:00 am to 3:00 pm
- January 30 Birthday cake 12:00 pm

#### Senior Olympic Practice Schedule:

**Bowling** - Mondays Fun Connection @11 am

**400 M/800M Est. Walk/Run** Tuesdays/Fridays

Baseball Fields 9 am

**Shuffleboard** - Wednesday, Rec Center at 5:00 pm and

Fridays, Rec. Center 9 am

**Basketball, Frisbee, Huachas (washers), Horseshoes-**

available for use or check out, 24 hours advanced notice.

#### Rec. Ctr. /Elder Services:

- \* Swimming Pool also available 24 hour notice
- \* Aqua Zumba on Tuesday and Thursday at 1:00 pm
- \* Crafts with the Nanas at the Recreation Center  
Monday thru Thursdays from 10:00 am to 2:00 pm

### Golden Eagle Pass Program



The Pueblo of Isleta Elder Center Advisory Committee members along with the Tribal Council Elder Center Liaisons and Director requested the Tribal Council to consider approving a very special program for elders 65 plus years of age. With program approval by the Tribal Council, Pam Gallegos, Isleta Resort & Casino CEO unveiled this wonderful program at the Christmas Party. Tribal Members will obtain a Golden Eagle Pass from the Isleta Elder Center starting January 1, 2015. The pass will allow you to enjoy 5 free passes to the following Pueblo of Isleta Venues: Isleta Eagle Golf Course, Fun Connection, and/or Isleta Lakes, and one free Birthday lunch or dinner of your choice at any restaurant at the Isleta Resort & Casino.

Come by the Elder Center for your "Golden Eagle Pass" starting January 1, 2015. Pass must be renewed annually, counting from the date of issue.

*Elder Center Advisory Members: Lillian Jaramillo, Chair; Seferino Lucero, V-Chair; Lorenzo Jojola, Member; Priscilla Jojola, Member, Veronica Chapman, Member.  
Elder Center Tribal Council Liaisons: James Abeita and Fernando Abeita.*



### ISLETA HEALTH CENTER

*"Did you know?"*

#### Did you know about the 24-hour Nurse Advice Line?

- Have you ever wondered what to do when the Health Center is closed and you aren't feeling well?
- Have you ever wondered if you were in an emergency situation and should call 911?
- Have you been unsure if you needed to visit the walk-in clinic or make an appointment?

If you need answers to health related concerns and aren't sure if you need to visit the walk-in clinic or call 911, use the toll-free **NURSE ADVICE LINE\***. When you speak with a Registered Nurse, please follow the nurse recommendations for home care or the need for health facility care.

### NURSE ADVICE LINE

**1-877-752-2552**

This line is available 24 Hours A Day, 7 Days A Week, 365 Days A Year and is available for FREE to ALL Isleta Health Center patients!

**\* CALL 911 FOR LIFE THREATENING EMERGENCIES**

This includes, but is not limited to: chest pains, severe injury and/or bleeding, and severe breathing problems.

NOTE: You must notify Purchased/Referred Care staff (formerly CHS) within 72 hours if you are seen at any facility other than the Isleta Health Center.

# 2014 ELDER CENTER CHRISTMAS PARTY A GREAT SUCCESS

Everyone had a wonderful time with family, friends and community members enjoying great food, prizes, music and dancing the night away.



*"Great Job Mr. MC"*



BEST WISHES FOR 2015 - MAY THE CREATOR BLESS US WITH HAPPINESS ALWAYS

# HAPPY NEW YEAR



## Thinking About Quitting?



**NOT READY TO COMMIT TO AN 8 WEEK PROGRAM?**

Take this *1 time, 1 on 1, 90 minute session* to increase your motivation to quit!

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

### ADULT AND CHILDREN'S FLU SHOTS

**NOW AVAILABLE AT THE ISLETA HEALTH CENTER  
COME TO THE HEALTH CENTER AND GET A FLU SHOT!**

- For Established Patients only
- Sign in at Reception for a 'Nurse Walk-in'
- State that you need a **flu shot only**

**A FLU SHOT IS THE BEST WAY TO PROTECT AGAINST GETTING THE FLU THIS WINTER!**

ISLETA HEALTH CENTER

### WINTER IS HERE!!

Please note that due to severe weather, there may be days this winter season that the Governor declares a delayed start or an early closing for **POI Employees**, which includes the Isleta Health Center. If you have an appointment at the clinic on days of severe weather, please contact the Isleta Health Center before you come, to determine if the Health Center has a weather delay/closure.

### WIC NOTES-Heidi Lanes, WIC Nutrition Coordinator

#### Brown Rice

**What is brown rice?** Brown rice is the whole rice grain before the bran layer is removed to make white rice. The bran layer contains vitamins, minerals and fiber and gives brown rice a nuttier taste and chewier texture than enriched white rice. All brown rice is whole grain.

It easy to select brown rice since the only ingredient listed on the package is..."Brown Rice."

#### Is brown rice better for us than white rice? Yes

- White rice is now being linked not only to weight gain but to increased risk of developing Type 2 diabetes.
- White rice has had the outer layers removed which results in loss of most of the nutrients and **all of the fiber.**
- Even though a few vitamins are added back to white rice at least 11 nutrients are not replaced.
- Brown rice is gluten and sodium free.
- Brown rice helps reduce the risk of heart disease, diabetes and certain cancers.

**Hint:** Some is better than none- you may want to try mixing cooked brown rice with cooked enriched white rice This brown rice recipe has been a hit with the participants attending our WIC classes. Kids really like it too!

#### Vegetable Fried Rice

Choose your favorite vegetables. The secret to making fried rice is using leftover rice.

- 2 Tbsp. Vegetable oil- divided
- 1 cup chopped carrots, celery, broccoli, green onions  
( or veggies of your choice )
- 3 cups chilled, cooked brown rice
- 2 large eggs, beaten

1. Heat 2 T oil in large nonstick skillet or wok over medium-high heat. Cook carrots, celery, broccoli and green onions stirring frequently, 3-4 minutes or until tender-crisp.
2. Add 1 T oil, and rice; cook, stirring frequently, until rice is heated through.
3. Push rice mixture toward edge of skillet, pour egg in center and stir gently to cook; gradually stir in rice. Drizzle with soy sauce if desired. Toss well. Makes 6 serving.

Recipe courtesy of USA Rice Federation.

### TEST YOUR KNOWLEDGE

January is Glaucoma Awareness Month!

### How Much Do You Already Know About Glaucoma?

T F (Answer True = T or False = F)

- 1. Glaucoma is more common in African Americans than in Whites.
- 2. Glaucoma often runs in families.
- 3. A person can have glaucoma and not know it.
- 4. People over age 60 are more likely to get glaucoma.
- 5. Eye pain is often a symptom of glaucoma.
- 6. Glaucoma can be controlled.
- 7. Glaucoma is caused by increased eye pressure.
- 8. Vision lost from glaucoma can be restored.
- 9. A complete glaucoma exam consists only of measuring eye pressure.
- 10. People at risk for glaucoma should have an eye examination through dilated pupils.

### TEST YOUR KNOWLEDGE

and

**CHECK THE CORRECT ANSWERS in NEXT MONTH'S Pueblo of Isleta Newsletter!**

Isleta Health Center Health Educator, *Stephanie Barela*, 869-4479

[https://www.nei.nih.gov/health/glaucoma\\_quiz/](https://www.nei.nih.gov/health/glaucoma_quiz/)

## Health Beat

Stephanie Barela, Health Educator  
Isleta Health Center  
869-4479

### Hooked on Hookah? The Truth About Hookah

Source: Asotra, Kamlesh. Hooked on Hookah? What You Don't Know Can Kill You. Burning Issues: Tobacco's Hottest Topics. Tobacco-related Diseases Research Program Newsletter 7, no. 3 (2005).

Compared to Cigarettes, HOOKAH has:  
100 times more tar \* 11 times more carbon monoxide  
\* 4 times more nicotine 5 times more cancer  
causing agents (69)

#### HOOKAH CAUSES:

Nicotine Addiction \* Mouth Cancer \* Impotence \* Gum Disease  
\* Infertility \* Wrinkles

**MYTH:** Hookah smoke is better for you than cigarette smoke and is not addictive.

**REALITY:** Hookah smoke of various fruity flavors, tastes, and aromas can be even more harmful than disease-causing cigarette tobacco smoke. Hookah smoke contains four times more nicotine (an addictive drug) than cigarette smoke. Some people can become addicted to nicotine after using any form of tobacco just a few times, including hookah.

**MYTH:** Smoking hookah is less harmful than cigarettes because the smoke passed through water, which filters out the chemicals and other bad stuff.

**REALITY:** When hookah bubbles through water at the base of a hookah pipe it cools the smoke, but does not filter any chemicals out of the smoke. This "cooling" process forces a hookah smoker to inhale twice as deeply as a cigarette smoker, which causes chemicals, cancer causing agents, and other harmful elements to penetrate deeper into the lungs. The charcoal that is used in hookah pipes adds even more carbon monoxide to the high levels that already exist in this type of tobacco.

**MYTH:** Smoking hookah is just so much fun, relaxing and social. It's not like I do it every day.

**REALITY:** Hanging out with friends and smoking hookah may seem fun. However, the reality is 45-60 minutes of hookah smoking is the same as chain smoking 15 cigarettes. So, even smoking hookah once in a while can lead to addiction. Additionally, when you share mouthpieces you add the risk of getting colds, viruses like herpes, oral bacterial infections, and tuberculosis.

"Addiction Never Looked so 'Exotic'.

No Matter How You Smoke it, it is Still (Commercial) Tobacco".

#### NEED HELP QUITTING?

**SIGN UP for Isleta's Freedom From Smoking @ 869-4479.**

**New class starts January 26, 2015!**

## ISLETA HEALTH CENTER

The Isleta Health Center has completed the final phase of the installation of the Electronic Health Records (EHR) system in November 2014.

*We thank you for your patience and cooperation during the past couple of months while we were transitioning to this required computer system.*

### NOTICE: Changes to the Patient Check-in and Registration Process

Effective January 2, 2015, all patients presenting for both Lab and Pharmacy services will be required to check-in at the front receptionist desk and will be routed to the Patient Registration office for demographic update and signature before services are rendered. Please allow for additional time to complete your demographic update.

## ~WIC NOTES~

*The WIC Staff would like to sincerely thank Tribal Council, Governor Torres, Lt. Chewiwi and Lt. Abeita for the generous gift of Christmas hams.*

### Is My Child Overweight?

Because children grow at different rates at different times, it is not always easy to tell if a child is overweight. If you think that your child is overweight, talk to your health care provider or your WIC staff.

### How can I help my overweight child?

- The most important thing is to let your child know he or she is loved and is special and important. Children's feeling about themselves often are based on their parents' feelings about them.
- Accept your child at any weight. Children will be more likely to feel good about themselves when their parents accept them.
- Listen to your child's concerns about his or her weight. Overweight children probably know better than anyone else that they have a weight problem. They need support, understanding, and encouragement from their parents.
- The goal should be not for your child to lose weight but to gain it more gradually. Talk with your child's doctor or you Isleta WIC staff. We want to help.

### Encourage healthy eating habits.

- Plan healthy meals and eat together as a family. Eating together at meal times helps children learn to enjoy a variety of food.
- Do not talk about food at the table. Use this time for relaxed conversation with your child. Families who eat meals together have children who are less likely to be use drugs and alcohol.
- Children are far more likely to eat healthy if they see their parents eating healthy. It is unfair to ask a child to eat a healthy meal or snack if the rest of the family is not eating the same food.
- Buy and serve more vegetables and fruits. Have **your child** pick out a different vegetable at the grocery store every week and help you prepare it for your family.
- Buy fewer soft drinks and high fat snacks like chips, cookies, and candy. These snacks are Ok once in a while, but keep healthy snack foods on hand and offer them to all your children.
- Have your child drink more water.
- Eat breakfast every day. Skipping breakfast will leave our child hungry, tired and less able to learn.
- Eat fast food less often.

### Encourage daily physical activity

Adults and kids need daily physical activity. Set a good example. If your children see that you are physically active and having fun they are more likely to be active and stay active throughout their lives.

Be sensitive to your child's needs. If our child feels uncomfortable participating in activities like sports, help him or her find physical activities that are fun and not embarrassing.

### Discourage inactive pastimes

Set limits on the amount of time your family spends watching TV and videos and playing video games.

Encourage your child to get up and move during commercials- have the whole family dancing during commercials 😊

Allow only healthy snacking while watching TV and playing video games.

The WIC staff is here to help you with creative ideas for better eating and incorporating more physical activity into your family's life. Please stop by for a visit.

*Heidi Lanes, WIC Nutrition Coordinator*

**ISLETA SOCIAL SERVICES  
K'EA-WAH  
SUPERVISED VISITATION & SAFE EXCHANGE PROGRAM**

The Pueblo of Isleta Social Services would like to thank those who participated in the art contest that was held for the program logo. A special thanks for the following people for participating and submitting art contest entries for the K'ea-wah Supervised Visitation and Safe Exchange Program: Eugene Lucero, Gloryanna Cherino, and Theresa Carpio. These individuals are extremely talented and we would like to acknowledge them for taking the time and making the effort in creating beautiful pieces of art for the program. With all fairness considered, the program held a community vote during the Halloween Carnival at the Recreation Center to assist in choosing a winner. We felt this was the best way to make a determination on which art piece would best represent the program and its mission. The community decided and we are pleased to announce that Ms. Theresa Carpio won the contest and her art will be used to promote the program and its mission. The program committee held an appreciation dinner for the contestants. Thank you again to our participants and congratulations once again to the winner.

Just a reminder that we have donated items available for the community such as walking canes, clothes, toys, sheets, pillow cases, trash cans, etc.



**PROGRAM NAME & MEANING**

THE NAME OF THIS PROGRAM IS K'EA-WAH SUPERVISED VISTATION AND SAFE EXCHANGE. IT IS A TIWA WORD FOR WINGS AND A PHRASE FOR PROTECTION GUARDED BY WINGS.

**Mission Statement**

The Pueblo of Isleta Supervised Visitation and Safe Exchange Program Mission Statement is to provide culturally relevant, family, child, and community driven services guided by safety and security to protect victims and their dependent children while holding perpetrators of violence accountable.



Theresa Carpio Winner of the Logo Art Contest



**TEST YOUR KNOWLEDGE---ANSWERS from last month's quiz  
HOW MUCH DO YOU ALREADY KNOW ABOUT THE COMMON COLD?**

- |  |  |
|--|--|
| <p>1) <b>Cold germs can live on your bathroom sink for 3 hours.</b><br/>True, Germs can survive up to three hours on objects like your bathroom sink, the kitchen counter, and that doorknob your preschooler just touched after wiping his nose without a tissue. If someone in your house has a cold, you may be able to stop spreading it by wiping surfaces with a virus-killing disinfectant.</p> <p>2) <b>By the time you have cold symptoms, you are not contagious.</b><br/>False, Colds are actually most contagious before symptoms appear and during the first 2-4 days after symptoms start to appear. You don't have to hide in a bubble, but try to avoid close contact with others when you have a cold and be sure to wash your hands frequently. Cover your mouth with a tissue or handkerchief when you sneeze or cough, or use the crook of your elbow (you don't usually touch people or objects with your elbow, so you're less likely to spread germs than if you cover your mouth with your bare hand).</p> <p>3) <b>Bacteria cause colds.</b><br/>False, There are more than 200 viruses that cause colds, with rhinovirus being the most common. Colds are not caused by bacteria, which mean that antibiotics -- designed to treat bacterial infections -- are useless against them. Treating a cold with antibiotics not only won't work, it can be hazardous.</p> <p>4) <b>If you go outside with wet hair when it is cold, you will probably catch a cold?</b><br/>False, "Don't go out with that wet head, you'll catch your death of cold!" Despite Mom's warnings, going outside with wet hair or without a hat doesn't put you at greater risk of catching a cold. You might be cold and uncomfortable, but colds are spread by germs, not the temperature.</p> <p>5) <b>Echinacea and Vitamin C helps prevent a catching a cold or shortens a cold if you already have one.</b><br/>False, Some people swear by vitamin C or Echinacea. But there is very little proof that vitamin C has any effect on the average person with a common cold. Studies have shown that very high doses of vitamin C may reduce your chance of getting a cold, but only under certain circumstances. High doses of vitamin C can also hurt the kidneys and cause nausea and diarrhea. Echinacea is one of the best-selling herbal products in the U.S., but many researchers believe there is no proof that it has a benefit for people with colds.</p> | <p>6) <b>People catch more colds in the winter because it is rainy and snowy.</b><br/>False, Colds are spread by close contact, and in the winter we spend a lot more time inside, keeping warm. That means we're more exposed to other people -- and their germs. Winter air is also much drier than the air in spring and summer, and cold viruses tend to thrive in low humidity. Running a humidifier in your bedroom during the coldest winter months can help with cold symptoms.</p> <p>7) <b>When your preschooler has a cold, the best treatment is rest and lots of fluid.</b><br/>True, The best remedy for a preschooler's cold is an old-fashioned one: stay in bed and get plenty to drink to stay hydrated. Over-the-counter cold and cough medications should not be given to children under age 4. There's no evidence that these medicines help children. Some believe the possible benefits are not worth the risk.</p> <p>8) <b>Grandma was right, Chicken Soup can relieve a cold.</b><br/>True, it's not just Grandma's tale: Chicken soup helps break up nasal congestion and ease stuffiness. Some studies suggest that it inhibits the inflammatory response that leads to a sore throat. And when you're feeling run-down, the combination of lean protein and vegetables can help boost your strength to fight off illness.</p> <p>9) <b>The best way to prevent catching a cold is by washing your hands thoroughly and regularly.</b><br/>True, The best way to keep from catching or spreading a cold is by washing your hands thoroughly and regularly. Wash hands frequently, and here's how: Wet your hands first, then apply soap, and scrub for at least 20 seconds. Singing "Happy Birthday" all the way through two times takes about 20 seconds. Hand sanitizers can also be a good supplement to hand washing.</p> <p>10) <b>If you have a runny nose and green tinged mucus, you probably have a bacterial infection and need antibiotics.</b><br/>False, Mucus from a runny nose often changes color during the course of a cold, sometimes several times. It's usually clear at first, and then changes to a white or yellowish color as your immune cells fight back. Green-tinged mucus means the bacteria that normally live in your nose are growing back. All of this is normal and shouldn't cause you to panic.</p> |
|--|--|

Adapted from <http://www.webmd.com/cold-and-flu/rm-quiz-truth-common-cold>

Isleta Health Center		JANUARY 2015			Questions? Call 869-3200	
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				<b>1 New Year's Day</b> Happy New Year to all of You from all of Us at the Isleta Health Center! <b>Clinic Closed</b>	<b>2 Early Recovery Skills:</b> 9-11a @ BHS. <b>DPP Elderly Walking Club:</b> 10:30a @ Rec Center.	<b>3</b>
<b>4</b>	<b>5</b> Early Recovery Skills: 9-11a @ BHS. DPP Elderly Walking Club: 9:30a @ POI Rec Center. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30-6:30p @ BHS. Puberty Education Parent Night: 6-7p @ Isleta Elementary School.	<b>6</b> Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS.	<b>7</b> Parent Group: 9-11a @ BHS. DPP Elderly Walking Club: 9:30a @ POI Rec Center. Anger Management Skills: 1-3p @ BHS.	<b>8</b> Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS.	<b>9</b> Early Recovery Skills: 9-11a @ BHS. DPP Elderly Walking Club: 10:30a @ POI Rec Center.	<b>10</b>
<b>11</b>	<b>12</b> Early Recovery Skills: 9-11am @ BHS. DPP Elderly Walking Club: 9:30a @ POI Rec Center. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30-6:30p @ BHS.	<b>13</b> Women's Support Group: 10-11a @ BHS. Isleta Cancer Education & Support (ICES) Planning Meeting: 10:30-12p @ Health Center. <i>Everyone Welcome!</i> Acu-Detox: 1-2p @ BHS.	<b>14</b> Parent Group: 9-11a @ BHS. DPP Elderly Walking Club: 9:30a @ POI Rec Center. Anger Management Skills: 1-3p @ BHS. Head Lice & Germs Presentation: 6-7p @ Isleta Elementary School.	<b>15</b> Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS.	<b>16</b> Early Recovery Skills: 9-11a @ BHS. DPP Elderly Walking Club: 10:30a @ POI Rec Center.	<b>17</b>
<b>18</b>	<b>19</b> Martin Luther King Jr. Day <b>CLINIC CLOSED</b> 	<b>20</b> Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Group Exercise Measurements: 5:30-6:45p @ DPP Wellness Center.	<b>21</b> Parent Group: 9-11a @ BHS. DPP Elderly Walking Club: 9:30a @ POI Rec Center. Anger Management Skills: 1-3p @ BHS. Healthy Cooking Class: 5-7:30p @ Health Center. Group Exercise Measurements: 5:30-6:45p @ DPP Wellness Center.	<b>22</b> Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Group Exercise Measurements: 5:30-6:45p @ DPP Wellness Center.	<b>23</b> Early Recovery Skills: 9-11a @ BHS. DPP Elderly Walking Club: 10:30a @ POI Rec Center.	<b>24</b>
<b>25</b>	<b>26</b> Early Recovery Skills: 9-11a @ BHS. DPP Elderly Walking Club: 9:30a @ POI Rec Center. Women's Path to Recovery: 1-2:30p @ BHS. Young Leaders Youth Krew: 4:30p @ BHS. Freedom From Smoking Session 1: 5:30-7p @ Health Center. Group Exercise Class: 5:30-6:45p @ DPP Wellness Center.	<b>27</b> Women's Support Group: 10-11a @ BHS. Acu-Detox: 1-2p @ BHS. Group Exercise Class: 5:30-6:45p @ DPP Wellness Center.	<b>28</b> Parent Group: 9-11a @ BHS. DPP Elderly Walking Club: 9:30a @ POI Rec Center. Anger Management Skills: 1-3p @ BHS. Group Exercise Class: 5:30-6:45p @ DPP Wellness Center. DPP Alliance Support Group: 5:30-7p @ DPP Wellness Center.	<b>29</b> Grief Group: 1-2p @ BHS. Str8 Rez: 4:30-6p @ BHS. Group Exercise Class: 5:30-6:45p @ DPP Wellness Center.	<b>30</b> Early Recovery Skills: 9-11a @ BHS. DPP Elderly Walking Club: 10:30a @ POI Rec Center.	<b>31</b>



# Freedom From Smoking

**WANT TO STOP SMOKING?**

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**SIGN UP FOR THE ISLETA HEALTH CENTER'S**

## Freedom From Smoking

**PROGRAM NOW!**

**NEXT GROUP STARTS IN 2015**

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**97% OF THE PARTICIPANTS THAT ATTENDED EVERY SCHEDULED SESSION QUIT SMOKING!!**



### Weekly Prizes!

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

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

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



Sponsored by the Isleta Health Center



## Isleta Cancer Education & Support Group

2<sup>nd</sup> Tuesday of Each Month

# ICES PLANNING MEETING

## January 13, 2015

### 10:30-noon

ISLETA HEALTH CENTER  
SMALL CONFERENCE ROOM

## COME AND PLAN FOR 2015

SHOULD ICES MEET MONTHLY OR QUARTERLY?  
 WHAT TOPICS DO YOU WANT TO HEAR ABOUT IN 2015?  
 WHAT IS THE FUTURE OF ICES?  
 IDEAS, SUGGESTIONS AND MORE... PLEASE JOIN US!

LET'S PLAY GAMES, HAVE FUN AND PLAN FOR 2015!!

**Please join us!**  **Everyone Welcome!**

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