

Isleta Pueblo News

Volume 5 Issue 7

July 2010

Governor's Report

Lt. Governors, Tribal Sheriffs and I want to thank the people for attending the Governor's Fiesta in honor of Saint Augustine held on the 19th of June. We had many visitors from neighboring tribes along with tribal and State of New Mexico leaders. We want thank our families and relatives for all the help in making the fiesta a success, and for all the help they provided in the preparation of the fine food served to our guests. We also want to thank our tribal elders, war captains, and participants who performed in our traditional dances.

We want to welcome Father George to his new home here at Isleta and thank him for his participation and for his prayers during the Governor's mass, and procession of Saint Augustine throughout our farm lands. The drought has continued, but some of our prayers were answered as we did have some rain. We will continue to pray that the rain will continue and bring the much needed moisture into the area.

We thank Father Joe L, who also assisted in serving mass. Father Joe L introduced Father George, who has been assigned to serve as our pastor. Father Hillaire will be retiring from his priestly duties here at the Pueblo of Isleta St. Augustine Parish due to medical reasons. Our prayers are with him. Father Hillaire will periodically oversee the Saint Augustine restoration project as time permits. We will miss Father and we thank him for his dedication and service to the people of Isleta, and sharing the Lord's prayers with all of us.

The Saint Augustine Church project was projected to be complete in about a year, but we have been informed that the project is

going to take longer than was first anticipated. This is due to many discoveries of artifacts, and of some concerns of poor restoration in previous years. There is nothing to be alarmed about, we just want to be assured that the restoration project is completed correctly so that the church will continue to be used for many more 'hundreds' of years.

The water project is on schedule and people are questioning why meters are being installed. The meters are part of the contract and are being installed to monitor water leaks, and to monitor water use. The current wells and storage may not be adequate to handle the new water lines being installed. The meters will be helpful in determining if we need bigger storage tanks, and, or pumps. You will not be charged for water use as many of you have expressed this concern. Overall the lines will deliver more water and the water will be cleaner and safer to drink.

The judicial and library complexes are ready for construction, and a new housing sight has been identified for future homes for the people of Isleta.

Lt. Governors and I have been busy and have attended many important meetings this month on water, government consultation meetings with federal and state agencies on funding for education, law enforcement, healthcare, transportation and more.

In the May newsletter I advised you that I would have a community meeting on the secretarial election this month, however after meeting with Tribal Council, the meeting will be delayed for the middle of July so all Tribal Officials will be present. Tribal members will be notified on the date, time and place.

NOTICE FIRE RESTRICTIONS

Southern Pueblos Agency (SPA) is currently under FIRE PREPAREDNESS LEVEL III. This means the Tribal lands are in **High to Very High Fire Danger**.

Due to abnormally high temperatures, lack of moisture, low humidity, high winds and the abundance of dry, fine flashy fuels and the high risk of a large fire, the Agency is recommending Stage I Fire Restrictions on the Pueblos:

STAGE-1 FIRE RESTRICTIONS

- **All open campfires are prohibited, including charcoal grills, except in developed camps and picnic grounds where grills and fire rings are provided.**
- **Smoking, except within an enclosed building or vehicle equipped with ashtrays; a developed recreation site; or while stopped in an area at least three feet in diameter that is barren or cleared of all flammable materials.**
- **Fireworks are prohibited.**

EXEMPTIONS:

1. Pressurized liquid or gas stoves, lanterns and heaters meeting safety specifications **are allowed**.
2. Traditional fires, such as outdoor ovens and outdoor cooking fires are allowed.

Please report any and all unlawful use of fire and/or fire works on tribal lands to Albuquerque Dispatch Center and/or Tribal law Enforcement.

Albuquerque Zone Dispatch (505) 346-2660
Isleta Police Dept. (505) 724-9280
SPA Fire (505) 563-3655

These recommended restrictions will become effective on Tuesday, June 22, 2010 at 0800 and will remain in effect until rescinded.

Thank you for your cooperation. If there are any questions, please contact Southern Pueblos Agency Fire Management Office at (505) 563-3655.

NEW HOME APPLICANTS

As of January 1, 2010 Tribal Council approved a new application process required of all persons wanting to build a new home, purchase a modular home, or make an addition to an existing home.

The new application can be picked up at The Governor's Office, The Housing Authority, Realty Office, and the Public Works Office. This new process will help to identify potential problems before they develop. It is important that the application process be followed to help avoid problems after your house is completed. It is necessary to follow each step in the application process in order. You cannot get a signature for step 2 until you have a signature from step 1, and so on.

Feel free to call us with any questions you may have. We look forward to serving our community and having the privilege to speak with each of you.

Pueblo of Isleta Veterans

The next meeting for tribal veterans will be on Wednesday, July 21, 2010 at 6:30 PM. It is time for election of new officers.

Will we remain an American Legion affiliate or do we become our own independent tribal organization?

We are still collecting information on all our tribal veterans...we hope to develop a biographical record on our tribal veterans.

Any questions on the above...please call Ulysses, Adjutant, at 307-1582.

If you have questions, or need assistance on applying for veterans benefits, please call Theresa Zuni, NM State Veterans Officer at 841-5346.

2009 Annual Drinking Water Quality Report

Pueblo of Isleta

We are pleased to present to you this year's Annual Drinking Water Quality Report required by Federal environmental regulations [40 CFR 141 and 142, Federal Register, August 19, 1998, Volume 63, Number 160, Pages 44511-44536]. This report is designed to inform you about the quality of water and the services the Pueblo of Isleta delivers to you every day. Our goal is to constantly provide you with a safe and dependable supply of drinking water. We want you to understand the efforts we make to improve the water treatment process and protect our water resources. We are committed to ensuring the quality of your drinking water.

If you have any question about this report, if you would like to get the report interpreted or read to you, or if you have other environmental concerns please

contact Ramona Montoya at the Department of Natural Resources, Environmental Compliance Division, 724-9240 or visit our office at 11000 Broadway Blvd., Building L (southernmost modular building east of Isleta Fun Connection). If you have concerns with the operation of your water system or if you have concerns with your drinking water, please contact Michael Candelaria, Public Works Director at 766-6658 or Building 627 at the Old Elementary School.

The Pueblo of Isleta water system staff routinely monitors for chemicals in your drinking water according to Federal environmental laws and regulations. The water quality table below provides the results of the monitoring of this system for the 2009 calendar year. As water travels over the land or through soil and rock underground, it

can pick up contaminants such as microbes, inorganic and organic chemicals, and radioactive substances. All drinking water, including bottled drinking water, may be reasonably expected to contain at least small amounts of some constituents. It is important to remember that the presence of the constituents in the drinking water does not necessarily pose a health risk although some chemicals can be a problem even at very low concentrations. More information about contaminants and potential health effects can be obtained by calling the U.S. Environmental Protection Agency's Safe Drinking Water Hotline at 1-800-426-4791. Technical information on drinking water regulations can be found on the Federal Environmental Protection Agency's website at <http://www.epa.gov/epahome/lawsreg.htm>.

Los Charcos Community System Issued 25 June 2010

Our water source for this system comes from a well drawing groundwater from approximately 120 feet below ground level and, because of the depth the well should not be easily polluted by activities on or off the Pueblo. While the U.S. Environmental Protection Agency (USEPA) ranked this well as being highly susceptible to contamination ¹ no violations of the chemical contaminants that are of regulatory concern have ever been detected in this system. **We are pleased to report that the drinking water produced by this system is safe and meets all Federal human health requirements.**

¹Isleta Pueblo Source Water Assessment May 2001. Available for review in the Department of Natural Resources office and is accessible on the Internet at: <http://www.epa.gov/region6/water/swp/swa/isleta/sys02084.htm>

Isleta Los Charcos Water Quality Data Table

The table below lists all of the drinking water contaminants that we detected during the calendar year of this report. The presence of contaminants in the water does not necessarily indicate that the water poses a health risk. Unless otherwise noted, the data presented in this table is from testing done in the calendar year of the report. The EPA requires us to monitor for certain contaminants less than once per year because the concentrations of these contaminants do not change frequently.

Contaminants	MCLG	MCL	Your Water	Range Low	Range High	Sample Date	Violation	Typical Source
Disinfectants & Disinfection By-Products								
(There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.)								
Haloacetic Acids (HAA5) (ppb)	NA	60	2.1	2.1	2.1	2008	No	By-product of drinking water chlorination
Inorganic Contaminants								
Arsenic (ppb)	NA	10	4.82	4.82	4.82	2007	No	Erosion of natural deposits; Runoff from orchards; Runoff from glass and electronics production
Microbiological Contaminants								
	MCLG	Total Coliform MCL	Highest # of Positive	Fecal Coliform or E. Coli MCL	Total # of Positive	Violation	Likely source of contamination	
E.coli/Total Coliform (positive samples per month)	0	1 positive monthly sample	2	A routine sample and a repeat sample are total coliform positive & one is also fecal coliform or E.Coli positive	0	Yes	Human or animal waste	
Radioactive Contaminants								
Alpha emitters (pCi/L)	0	15	4.39	0.17	4.39	2007	No	Erosion of natural and man-made deposits
Beta/photon emitters (pCi/L)	0	50	7.6	7.6	7.6	2007	No	Decay of natural and man-made deposits
Uranium (ug/L)	0	30	6.3	6.3	6.3	2007	No	Erosion of natural and man-made deposits
Combined Radium 226/228 (pCi/L)	NA	5	.242	.242	.242	2007	No	Erosion of natural deposits
Inorganic Contaminants								
Contaminants	MCLG	AL	Your Water	Sample Date	# Samples Exceeding AL	Exceeds AL	Violation	Typical Source
Copper (ppm)-action level at consumer taps	1.3	1.3	0.056	2007	0	No	No	Corrosion of household plumbing systems; Erosion of natural deposits

Total Organic Carbon

The percentage of Total Organic Carbon (TOC) removal was measured each month and the system met all TOC removal requirements set, unless a TOC violation is noted in the violations section.

Violation of Microbiological Contaminants

Violation Type	Violation Begin	Violation End	Violation Explanation
Total Coliform: MCL monthly	9/1/2009	9/30/2009	Total coliform bacteria were found in our drinking water during the period indicated in enough samples to violate a standard.

Informational Statement on Arsenic

While your drinking water meets EPA standards for arsenic, it does contain low levels of arsenic. EPA's standard balances the current understanding of arsenic's possible health effects against the cost of removing arsenic from drinking water. EPA continues to research the health effects of low levels of arsenic, which is a mineral known to cause cancer in humans at high concentrations and is linked to other health effects such as skin damage and circulatory problems.

Sunset Hills Subdivision Community System Issued 25 June 2010

Our water source for this system comes from a well drawing groundwater from approximately 220 feet below ground level and, because of the depth it should not be easily polluted by activities on or off the Pueblo. While the U.S. Environmental Protection Agency (USEPA) ranked the well as having medium susceptibility to contamination, ¹ no violations of the chemical contaminants that are of regulatory concern have ever been detected in this system. We are pleased to report that the drinking water produced by this system is safe and meets all Federal human health requirements.

¹Isleta Pueblo Source Water Assessment May 2001. Available for review in the Department of Natural Resources office and is accessible on the Internet at: <http://www.epa.gov/region6/water/swp/swa/isleta/sys07109.htm>

Isleta Sunset Hills Subdivision Community Water Quality Data Table

The table below lists all of the drinking water contaminants that we detected during the calendar year of this report. The presence of contaminants in the water does not necessarily indicate that the water poses a health risk. Unless otherwise noted, the data presented in this table is from testing done in the calendar year of the report. The EPA requires us to monitor for certain contaminants less than once per year because the concentrations

Contaminants	MCLG	MCL	Your Water	Range Low	Range High	Sample Date	Violation	Typical Source
Disinfectants & Disinfection By-Products								
(There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.)								
Haloacetic Acids (HAA5) (ppb)	NA	60	2.01	2.01	2.01	2007	No	By-product of drinking water chlorination
Inorganic Contaminants								
Arsenic (ppb)	NA	10	5.76	5.76	5.76	2007	No	Erosion of natural deposits; Runoff from orchards; Runoff from glass and electronics production wastes.
Microbiological Contaminants								
E.coli/Total Coliform (positive samples per month)	0	1	0				No	Human or animal waste
Radioactive Contaminants								
Alpha emitters (pCi/L)	0	15	.883	0	.883	2007	No	Erosion of natural and man made deposits
Beta/photon emitters (pCi/L)	0	50	4.99	4.99	4.99	2007	No	Decay of natural and man made deposits
Uranium (ug/L)	0	30	1.5	1.5	1.5	2007	No	Erosion of natural and man made deposits
Combined Radium 226/228 (pCi/L)	0	5	.061	.061	.061	2007	No	Erosion of natural deposits

Inorganic Contaminants

Contaminants	MCLG	AL	Your Water	Sample Date	# Samples Exceeding AL	Exceeds AL	Typical Source
Copper (ppm)action level at consumer taps	1.3	1.3	.057	2007	0	No	Corrosion of household plumbing systems; Erosion of natural deposits

Total Organic Carbon

The percentage of Total Organic Carbon (TOC) removal was measured each month and the system met all TOC removal requirements set, unless a TOC violation is noted in the violations section.

Informational Statement on Arsenic

While your drinking water meets EPA standards for arsenic, it does contain low levels of arsenic. EPA's standard balances the current understanding of arsenic's possible health effects against the cost of removing arsenic from drinking water. EPA continues to research the health effects of low levels of arsenic, which is a mineral known to cause cancer in humans at high concentrations and is linked to other health effects such as skin damage and circulatory problems.

Westside Community System Issued 25 June 2010

Our water source for this system comes from two wells drawing groundwater from approximately 217 to 298 feet below ground level and, because of the depth they should not be easily polluted by activities on or off the Pueblo. While the U.S. Environmental Protection Agency (USEPA) ranked the Solar well as being highly susceptible to contamination and the Los Padillas well as having medium susceptibility to contamination, ¹ no violations of the chemical contaminants that are of regulatory concern have ever been detected in this system. **We are pleased to report that the drinking water produced by this system is safe and meets all Federal human health requirements.**

¹ Isleta Pueblo Source Water Assessment May 2001. Available for review in the Department of Natural Resources office and is accessible on the Internet at: <http://www.epa.gov/region6/water/swp/swa/isleta/sys03109.htm>

Isleta Westside Water Quality Data Table

The table below lists all of the drinking water contaminants that we detected during the calendar year of this report. The presence of contaminants in the water does not necessarily indicate that the water poses a health risk. Unless otherwise noted, the data presented in this table is from testing done in the calendar year of the report. The EPA requires us to monitor for certain contaminants less than once per year because the concentrations of these contaminants do not change frequently.

Contaminants	MCLG	MCL	Your Water	Range Low	Range High	Sample Date	Violation	Typical Source
Disinfectants & Disinfection By-Products								
(There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.)								
Haloacetic Acids (HAA5)	NA	60	9.36	9.36	9.36	2007	No	By-product of drinking water chlorination
Inorganic Contaminants								
Arsenic (ppb)	NA	10	6.56	3.76	6.56	2007	No	Erosion of natural deposits; Runoff from orchards; Runoff from glass and electronics production wastes.
Radioactive Contaminants								
Alpha emitters (pCi/L)	0	15	6.3	6.3	6.3	2008	No	Erosion of natural and man made deposits
Beta/photon emitters (pCi/L)	0	50	10.2	10.2	10.2	2007	No	Decay of natural and man made deposits
Uranium (ug/L)	0	30	4	4	4	2008	No	Erosion of natural and man made deposits

(Westside Continued next page)

(Westside, Continued)

Contaminants	MCLG	AL	Your Water	Inorganic Contaminants			Exceeds AL	Typical Source
				Sample Date	# Samples Exceeding AL	AL		
Copper (ppm) action level at consumer taps	1.3	1.3	0.104	2007	0	No	Corrosion of household plumbing systems; Erosion of natural deposits	

Informational Statement on Arsenic

While your drinking water meets EPA standards for arsenic, it does contain low levels of arsenic. EPA's standard balances the current understanding of arsenic's possible health effects against the cost of removing arsenic from drinking water. EPA continues to research the health effects of low levels of arsenic, which is a mineral known to cause cancer in humans at high concentrations and is linked to other health effects such as skin damage and

Eastside Community System Issued 25 June 2010

Our water source for this system comes from two wells drawing groundwater from approximately 220 feet below ground level and, because of the depth they should not be easily polluted by activities on or off the Pueblo. While the U.S. Environmental Protection Agency (USEPA) ranked the Lobumtee well as being highly susceptible to contamination and the Chical #3 well as having medium susceptibility to contamination,¹ no violations of the chemical contaminants that are of regulatory concern have ever been detected in this system. We are pleased to report that the drinking water produced by this system is safe and meets all Federal human health requirements.

¹ Isleta Pueblo Source Water Assessment May 2001. Available for review in the Department of Natural Resources office and is accessible on the Internet at: <http://www.epa.gov/region6/water/swp/swalisleta/sys01109.htm>

Isleta Eastside Water Quality Data Table

The table below lists all of the drinking water contaminants that we detected during the calendar year of this report. The presence of contaminants in the water does not necessarily indicate that the water poses a health risk. Unless otherwise noted, the data presented in this table is from testing done in the calendar year of the report. The USEPA requires us to monitor for certain contaminants less than once per year because the concentrations of these contaminants do not change frequently.

Contaminants	MCLG	MCL	Your Water	Range Low	Range High	Sample Date	Violation	Typical Source
Disinfectants & Disinfection By-Products								
(There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.)								
Haloacetic Acids (HAA5) (ppb)	NA	60	7.72	7.72	7.72	2007	No	By-product of drinking water chlorination
Inorganic Contaminants								
Arsenic (ppb)	NA	10	10	8	14	2009	No	Erosion of natural deposits; Runoff from orchards; Runoff from glass and electronics production wastes
Barium (ppm)	2	2	0.2	0	0.2	2006	No	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
Radioactive Contaminants								
Alpha emitters (pCi/L)	0	15	8.7	8.7	8.7	2008	No	Erosion of natural and man-made deposits
Beta/photon emitters (pCi/L)	0	50	7.8	7.8	7.8	2007	No	Decay of natural and man-made deposits
Uranium (ug/L)	0	30	7	7	7	2008	No	Erosion of natural and man-made deposits
Inorganic Contaminants								
Contaminants	MCLG	AL	Your Water	Sample Date	# Samples Exceeding AL	Exceeds AL	Typical Source	
Copper (ppm) action level at consumer taps	1.3	1.3	.437	2007	0	No	Corrosion of household plumbing systems; Erosion of natural deposits	

Variances and Exemptions for Eastside Community System

Arsenic - On April 30, 2008 the Isleta Eastside water system was granted an exemption until January 2015 to meet the Arsenic standard of 10 ppb. This exemption was granted for the following reasons:

(1) The remoteness of the system and the lack of readily available ground water resources make finding alternative sources or regionalization opportunities very difficult.

(2) Calculations based on the maximum arsenic concentrations present show that the water does not pose an unreasonable risk to health during the period of the 9-year exemption.

(3) The system was in operation before the effective date of the rule.

(4) The current treatment cannot be operated differently to reduce the arsenic concentration.

(5) The cost to install treatment for arsenic is currently not feasible given the number of connections.

Your water system is currently working with the U.S. Environmental Protection Agency and the Indian Health Service to achieve the arsenic drinking water standard by blending water from the Isleta Casino and Resort Water System.

If you would like more information regarding the arsenic exemption, please contact the Pueblo of Isleta Public Works Department.

Unit Descriptions		Important Drinking Water Definitions	
Term	Definition	Term	Definition
ug/L	ug/L: Number of micrograms of substance in one liter of water	MCLG	MCLG: Maximum Contaminant Level Goal: The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
mrem/yr	mrem/yr: millirem per year (a measure of radioactivity)	MCL	MCL: Maximum Contaminant Level: The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.
ppm	ppm: parts per million, or milligrams per liter (mg/L). One part per million corresponds to one minute in two years or a single penny in \$10,000.	AL	AL: Action Level: The concentration of a contaminant that, if exceeded, triggers treatment or other requirements that a water system must follow.
ppb	ppb: parts per billion, or micrograms per liter (ug/L). One part per billion corresponds to one minute in 2,000 years or a single penny in \$10,000,000.		
pCi/L	pCi/L: picocuries per liter (a measure of radioactivity)		
positive samples/month	Positives sample/month: number of samples taken monthly that were found to be positive.		
NA	NA: not applicable		
ND	ND (not detected): laboratory analysis indicates that the constituent is not present.		

For more information please contact: Ramona M. Montoya, Pueblo of Isleta, Department of Natural Resources, Environmental Compliance Division, PO Box 1270, Isleta NM 87022 (505) 724-9240 This report was created with assistance from the New Mexico Environmental Finance Center at New Mexico Tech, under USEPA Purchase Order EP86000193.

**Native Ways Family Program
Mission Statement**

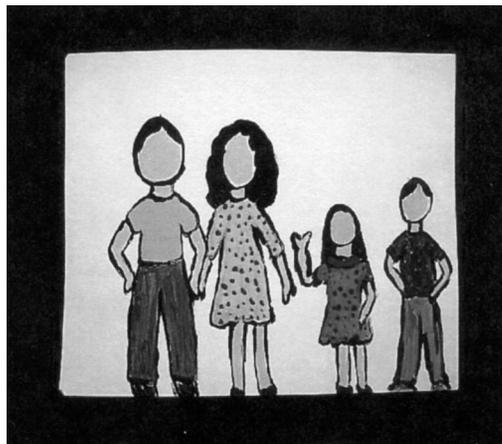
To empower parents to provide a healthy, stable, environment for themselves and their children.

Services include:

- Teaching parenting skills.
- Children's group using "Talking Stick."
- Joining in with healthy fun/walk activities with other agencies.
- Participating in experiential group activities for self esteem building.

For more information about Native Ways Family Program please call Isleta Behavioral Health at (505) 869-5474

Native Ways Family Program
Goal is for families to create a healthier life style.



Isleta residents can receive services to strengthen their families.

Areas of focus include:

- Using Positive Indian Parenting Curriculum
- Learn about discipline and problem solving skills.
- Cultural Craft activities are taught to improve family quality time and communication skills.

The Positive Indian Parenting Curriculum helps to explore the cultural values and attitudes expressed in child-rearing practices to be applied to modern skills in parenting.

**Children are our tomorrow...
care for them today.**

Let's make Isleta a place where it doesn't hurt to be a child.

**Isleta Community Health Fair
A Healthy Body and Spirit
Stay Smoke Free**

July 17, 2010

at the ISLETA REC CENTER

9am-Noon

Offering Isleta Community Members:

PRIZES!!

Fun Jump for the Kids!

Rock Climbing Wall

Excitement for All!!

EARLY DETECTION AND SCREENINGS

NUTRITION, MASSAGE THERAPY,

DIABETES EDUCATION,

FRUIT BASKET WALK,

RAFFLE PRIZES,

AND

MUCH MORE!!!

Face Painting,
Balloons,
Climbing Wall
Food
and FUN!!

Food!!

**Puppet Show:
9:30-10 and 11-11:30**



**Isleta Health Center
and**

Isleta Head Start

Keeping our Community Healthy

MUSIC

*1 T-shirt per Evaluation
while supplies last*

For more information contact
Stephanie Barela
869-4479
sbarela@isiclinic.net



**2010
Summer Math
Camp**



Starting on **July 7th 2010**, the Department of Education • Johnson-O'Malley Program will be offering a Summer Math Camp! This program is designed for students who lack confidence in math skills, struggle with understanding the concepts, and need a refresher to boost their confidence and grades. We will be starting with **basic skill** practice in multiplication, long division, fractions, decimals, percents, etc. Sessions will be an hour long every day until July 20th, 2010. Your student will work in a small group setting with another student and the Tutor to strengthen their knowledge of math. This program was created to target students in grades 2nd-12th who are struggling with their understanding of Mathematics. Many times when students are having trouble in math, it is because their basic math foundation is shaky. Don't wait until the new school year has already started!

This program is open to all Native American Students in public, private, or BIA schools. If you'd like your student to participate in this program OR if you have any questions, please give Bernadette a call at 924-3189 or send her an email at poi13002@isletapueblo.com

*Registration will end July 2nd. Completion of the registration packet will hold a spot.

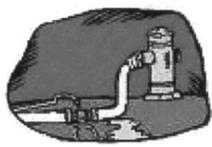
PUBLIC WORKS DEPARTMENT

Ma Gu Wam,

We are now at the beginning of summer and it is going to be a HOT and DRY season. With that in mind it is more important than ever to conserve our water. Water is one of our most precious resources.

Please remember:

- Don't use the drinking water to water livestock or large gardens.
- There are well standpipes for livestock located at TR2 by the Old Headstart, across from the Recreation Center, and one at the Transfer Station.
- If you have a red flush hydrant, it is NOT to be used for any domestic purposes. They are used for water systems flushing by the water department only!
- Fix leaky toilets and sinks



Does this look familiar? If it does, you could be contaminating the drinking water and causing low water

pressure! A hose to a hydrant requires a **BACKFLOW PREVENTER!** The Water Department may place a lock on your flush hydrant to prevent contamination of the drinking water.

The Village water line project is moving along well. Padilla Utility should be completed ahead of schedule.

There have been a lot of questions about the water meters being installed on the water line project. The meters are NOT installed to charge the residents for water. The

meters are to help determine if there are water leaks, provide shut off locations, and to help us stay ahead of new requirements for future funding. Funding agencies are beginning to require that we have ways of ensuring that water is not being wasted, and metering water is a good way to identify leaks.

If your water runs slow (Village Residents Only) after you are on the new water system, you may have to remove the screen from your faucet and clean it.

**ATTENTION
Chical and Ranchitos Residents**

Some residents in these areas are experiencing very low water pressure at different times of the day. There are several reasons for low water pressure. Some of the water lines were originally installed to provide water to one or two homes. As years pass, and more people begin building houses, the line that was intended to provide water to one house is now providing water to 10 or more houses. It is important to not use drinking water for outside uses in these areas!

The Public Works Department is working hard to get funding for new water lines and upgrades. We must compete with many tribes and municipalities for State and Federal dollars.

Septic Tank Owners!

Things to Remember:

- A septic tank should always be full with water. That is what helps the bacteria do its work and that is what

keeps the liquid flowing to the drain field.

- To keep your septic tank healthy you should only have it pumped once a year
- If you have a pressure type septic system with a pump (it will have an electric panel) it should be pumped once every 3 years.
- DO NOT drive over your drain field or your septic tank. The weight of vehicles can crush pipes and compact your drain field area making it difficult to get good drainage.
- Keep trees and plants away from your drain field and tank. Remember roots can travel a long way to get to water. Trees love drain fields which can plug up your pipes.
- When irrigating your fields, remember that if you irrigate within 30 feet of your drain field, you could saturate the ground making your system back up.
- Fix all plumbing leaks! A dripping faucet or leaky toilet can cause your system to saturate the drain field.
- Last but not least. Do not do all your laundry in one day. Try to wash clothes several times a week.

These small items can make a difference between a septic tank that works and one that fails.

Keep the area around your septic tank clear of weeds, vehicles, and debris. The septic driver will leave you a notice on your door if there are problems that require your attention.

Check it out!

Win with Weight Loss

Our Weight Loss Challenge is a great way to lose weight. And you will have a chance to win money or prizes if you're one of the top achievers in your Challenge.

Rhonda lost 73 pounds

In a 12-week class, you will get:

- Your own personal coach
- Free meal plan
- Group support to cheer you on

Best of all, it's FUN!

Class size is limited, so call now and reserve your spot.

Fay lost 25 pounds

Bill & Michelle lost 113 pounds

Join our Challenge for only

\$35

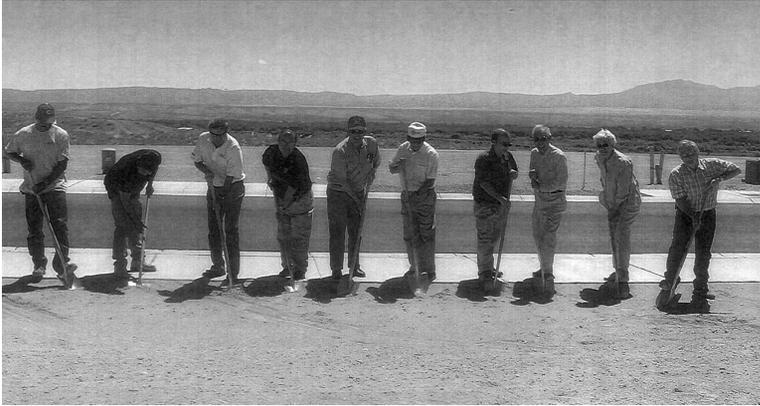
What do you have to lose?

These results are not typical. Individual results will vary.

To pre-register or for more information, call **505-866-1524**

Isleta Pueblo Housing Authority News

A ground-breaking and dedication ceremony was held on June 11th for the new subdivision (Sunset Hills Phase III) that is being built just east of Isleta Elementary. In attendance were: Lt. Gov. Zuni, Lt. Gov. Frank Lujan, Council President Robert Lucero, Council Vice President Ernest Jaramillo, Tribal Planner Simon Shima, Cheryl Dixon, Grant Writer, Chair person Mary Anderson from Habitat for Humanity, Souder Miller's engineer Jerry Mays, and PNM representative Ken Cordova. Housing staff and entire work force were also present.



Pictured above: from left David Vigil, (IPHA), Leo Sangre (IPHA), Lt. Gov. Lujan, Lt. Gov. Max Zuni, President Robert Lucero, Vice President Ernest Jaramillo, Ken Cordova (PNM), Simon Shima, Tribal Planner, Mary Anderson (Habitat), Jerry Mays (Miller Engineer).

The site development for the new subdivision has been completed which includes: water, sewer, natural gas, electricity, street lights, paving and sidewalks. The subdivision is designed for 22 homes and a multi-family living complex. All of the construction will be done by Isleta Pueblo Housing Authority using our Lava Block Construction technique. A developer or a building contractor will not be hired for this project. Funding for the entire project has been provided by HUD which includes two million dollars of stimulus funding. The Isleta Pueblo Housing Authority was presented with an award last month by HUD for project design and resource conservation for our Lava Block project. IPHA is being recognized by HUD for building sustainable, affordable, energy efficient homes using our own resources and tribal employees to build homes for tribal families.

A church group of six individuals came to Isleta on the week of June 21st from Santa Monica, California. These individuals volunteer their time to work on the construction of homes throughout the country once a year for Habitat for Humanity. This year they chose to come to Isleta to work on one of our projects for one week. They came to Isleta and stayed at a local motel at their own expense. The Isleta Pueblo Housing Authority provided daily

lunches for the volunteers. We are very grateful to Habitat and these wonderful individuals for choosing Isleta to donate their time and effort on our project.



HABITAT FOR HUMANITY VOLUNTEERS

Pictured from left to right: Sean Redmond, Pacific Palisades, CA; Josephine Carrillo, San Dimas, CA; Christine Gerety, Culver City, CA; Mark Lifrieri, Brentwood, CA; Renita Lloyd-Smith, Los Angeles, CA; and Norman Hilario, Venice, CA.

Workforce Investment Act (WIA)

What is the Workforce Investment Act Program?

This is a question that has been asked frequently. The Workforce Investment Act Program is an employment and training program designed to serve adults and youth with Work Experience, Classroom Training and Supportive Services. We are a Section 166, Indian and Native American Program under the Employment and Training Administration of Department of Labor. We serve eligible adults, age 18 and over, and youth, age 14-21, with the following services:

- Work Experience (placement at a worksite for 6 weeks)
- Intensive Services
- Classroom Training (for students that are seeking classes in an occupation or trade).

- Supportive Services (to assist participants enrolled in work experience or classroom training with childcare, transportation, books and supplies, tools, etc.)
- Youth Services

Other services provided are:

- Educational and tuition assistance to obtain a certificate.
- Occupational Skills Training
- Job referrals and follow up
- Skill upgrading and retraining
- Drop out prevention
- Job search
- Resume preparation
- Job Readiness training
- GED Preparation
- Life Skills Education
- Pre-Apprenticeship Programs
- Career Counseling

Customers do not have to meet eligibility requirements to receive core services. Core services are: information on job vacancies, job search, resume preparation, career counseling, Labor Market information, and assessment of skill levels and aptitudes.

Eligibility requirements for WIA services are: Low income, unemployed, or underemployed. You must be an American Indian, Alaskan or Hawaiian residing within the Isleta Reservation. You must meet income guidelines and provide proof of income. Male applicants must be registered with Selective Service.

For more information please call Mary Abeita, WIA Program Coordinator, at 766-6652.

Pueblo of Isleta Public Library



Hello my fellow Puebloans,

I hope you all saved some cash money for the hottest month of the year because

you're going to make the people at PNM the happiest people of the summer when they start sending out your August electricity bill. Or you could breakout the sun block and start cutting them tree-like weeds that the mosquitoes call home so you can relax under the tree with a nice cold beverage.

NEWS

The library entering the twenty-first century via Wi-Fi almost became a reality in the second half of June; however, we got news that we still need to provide additional paperwork. So, cross your fingers, pray harder, and maybe donate an extra buck or so when the donation basket comes your way so you may enjoy FREE Wi-Fi on your very own notebook at the library in the near future.

Upon entering the wonderful world of Wi-Fi, along comes the means for new software, new policies, and even new library cards that will grant you access to the Internet (both desktops and Wi-Fi) and all library materials. This is so "Big Brother" can make sure no one will abuse the FREE Internet. The new library card will become just as important as your Tribal ID, so brace yourselves for the change. Everyone will be issued one FREE NEW library card; if that FREE card should get lost, a fee will be issued for the replacement. More information will be provided, as this becomes more of a reality. I just wanted to scare you for a moment.

Do not forget the library is currently operating under the Summer Hours, which is 8 AM to 6:30 PM, Monday through Thursday and 8 AM to 4:30 PM on Fridays. We are still CLOSED on the weekends. The library will resume its normal business hours in August when the first day of school starts.

As mentioned in the library article of the June, Isleta Pueblo News, (p.14) the library and the M.I.S. department have rounded up eleven recycled desktop computers to give away to the community. What you need to do to receive a PC is submit an essay no longer than two pages to the library explaining how a computer would benefit you and your family. Articles will be read and judged by the library board, teen library board, and library staff. The deadline for the articles is Friday, July 30 and the winners will be notified and announced on Friday, August 13. This opportunity is open to all community members. If you should have further questions about this "contest", please call the library at 505.869.8119 and ask one of your friendly and helpful library staff members. Good luck to all of you submitters.

The people at Sam's Water Express in Bosque Farms have informed us that they will be offering a free snow cone to everyone who clips out the coupon that will be provided in next month's newsletter under the library's section. I hope you all take advantage of this refreshing summer treat come August so, as my father would say, to me and my siblings, "keep your eyes peeled" for the coupon.

UPCOMING PROGRAMS

The library is currently at the half-way point with the Summer Reading Program, therefore our primary focus in on both toddler and youth summer programs. The library will resume its normal programming come August, so for the time being, please submit any future program ideas that you would like the library to conduct. Suggestions may be submitted via voice mail, "snail" mail, email, or as a comment in our comment box located by the door to our one and only entrance.

RECAP

The toddler summer reading program consists of thirty toddlers, ranging in ages of three to seven. A normal day starts with a story read to them by a staff member,

then they complete a brief reading log to test their comprehension of the story. Then they start on their activity of the day, which is based on the week's theme. Activities consist of: planting cherry tomatoes, chili peppers, making drums, rain sticks, paintings, and even making the day's snack such as ants on a log, funnel cakes, and pudding in a cloud. At the end of the week, they go on field trips, which have



Toddlers enjoying Rice Krispies made with their own tears!



Toddler Summer Reading Program @ ABQ Jump



A portion of the Youth Summer Reading Program @ the Rio Grande Nature Park



Youth Program Drum

consisted of going to ABQ Jump, Botanic Garden, Century Rio 24 for *Toy Story 3*, and the Los Padilla's Water Park. The library and toddler program would like to thank the Isleta Behavioral Health Services Department for taking the time to show us around their community garden and for sharing and providing tips to the toddlers on how to start their very own garden.

The youth summer reading program consists of thirty youths, ranging in age of seven to fourteen. Like the toddlers, the youth start the day off by reading for twenty minutes, then complete a brief reading log; which also tests their comprehension and proves to us that they did in fact read for twenty minutes. Their June projects consist of making their own terrariums, bracelets, necklaces, and drums with the aide of community member, Matthew Zuni. The youth also made their own snacks on occasions such as Funnel Cakes and Rice Crispies. Field trips for the youth have been to the Hinkle Family Fun Center, Rio Grande Nature Park, and Isleta's very own Fun Connection. The library, along with the youth summer reading program, would like thank Matthew Zuni who took the time to cut and hollow out the tree stumps for the drum project. He also instructed the students on how to create their very own drums throughout the week. All the students were pleased with this project and could hardly wait for their drums to dry.

Thank you for taking the time to read about our library department. Be sure to visit us soon.

Pueblo of Isleta Public Library
Business Information:

SUMMER HOURS:

Monday – Thursday
8 AM to 6:30 PM

Friday
8 AM – 4:30 PM

Saturday & Sunday
CLOSED

Phone: 505.869.8119

Fax: 505.869.7690

Email: poi02002@isletapueblo.com

Web Address:

www.isletapueblo.com/liobrary2.html

On a final note, as my father, Daniel Lujan, would say to me, my little brother, and little sister in the car before going into any store:

"Please, behave like a good little boy and a good little girl!"

WORKFORCE INVESTMENT ACT (WIA) PROGRAM
PUEBLO OF ISLETA

The National Ironworkers Training Program for American Indians!

Provides Pre-Apprenticeship Training

APPRENTICES RECEIVE:

- Direct entry into a Union Ironworker Apprenticeship Program
- Above Average Wages
- Job Security
- Insurance and Pension
- A Great Career
- A way to provide for you and your family's future
- Skills necessary to carry out the trade

Apprentice starting wages range from \$14 to \$18 per hour with raises approximately every six months.

Upcoming Class Schedules are:

August 30 to November 11, 2010

November 29, 2010 to February 10, 2011

February 28 to May 12, 2011

May 31 to August 11, 2011

Please apply 3 months prior to start date to be accepted.

Classes are held in Chicago, Illinois and are FREE for Native Americans

For more information on the National Ironworkers Training Program, please contact Mary Abeita at the WIA Program, 766-6652.

Freedom from Smoking

Take Back Control

8 sessions to help you
STOP SMOKING!

- Session 1
(Thinking about Quitting)
- Session 2
(On the road to freedom)
- Session 3
(Wanting to quit)
- Session 4 (QUIT DAY)
- Session 5
(Winning Strategies)
- Session 6
(The new you)
- Session 7
(Staying Off)
- Session 8
(Let's Celebrate)

**Want to
Stop Smoking?**

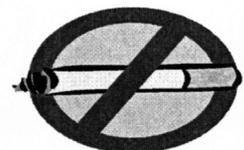
**SIGN UP FOR
FREEDOM FROM
SMOKING.**

**SESSIONS HELD
AT THE
ISLETA HEALTH
CENTER**

**NEW CLASS STARTING
IN AUGUST**



Contact
Stephanie Barela
at 505-869-4479



Parks & Recreation

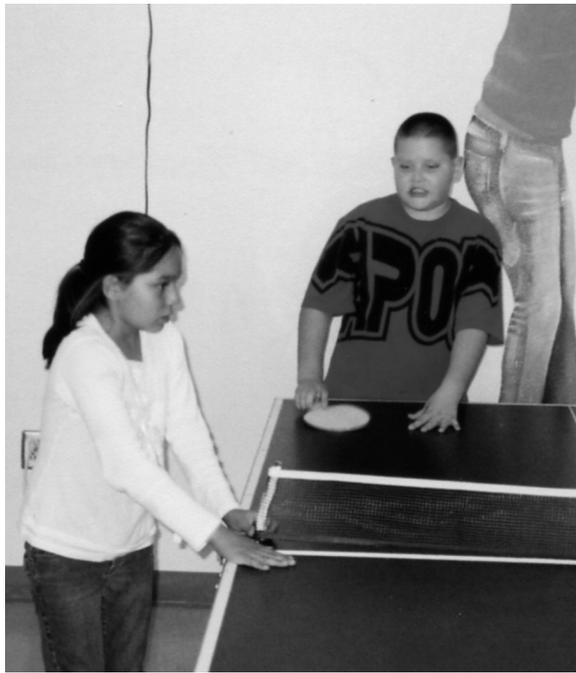
By the time everyone receives this newsletter, we will be over the halfway mark for the 2010 summer program. The children in all age categories have been kept busy with a number of activities and special events. For the most part, in my interaction with our children they have up to this point really enjoyed the program and especially the major field trips to Cliff's Amusement Park, Century 24 Movie Theatre, Santa Ana Cosmic Bowling, plus a number of minor field trips that took them to places as a small group to the Zoo, Bio-parks and several of the Museums. This, along with normal day-to-day activities, i.e.: swimming, basketball, mushball, soccer, daily exercise have really kept the children entertained. Also, the breakfast and lunch program has really been well-received, with some excellent comments about the food and menu items. Kimberly Chiwewe, Food Service Coordinator for us, has reported that this year's lunches have been the most consumed ever, because of the

menu rotation that the children have really enjoyed. Also the park reservations on evenings and weekends have really been going well with just about every park being utilized especially on weekends for private parties. Remember, if you would like to reserve a park, please call Rick Giron at 869-8557. All parks for private use are on a first come, first serve basis. The other requirement aside from reserving the park, we are a drug free and alcohol free zones and you must clean up after yourselves. Please do not leave trash in the park for dogs or any other animals to make a mess of. Up to this point everyone reserving the parks has done a great job and we have avoided the need to charge cleaning deposits. These are your parks, please take care of them. As mentioned in earlier newsletters, if you witness anyone vandalizing our parks, please report them immediately to the Isleta Police Department or to the Parks and Recreation Department.

Summer Fun Activities

Pictured is a collage of pictures of our children from the Pueblo of Isleta really enjoying the summer program. Activities included are swimming that goes on just about daily, one with LeeAnn Zuni leading some soccer activity, two pictures with our children utilizing the games room for pool, table games, foosball, ping pong and twister. And the last picture is some of our youth playing a competitive game of basketball. Remember parents, we do split the children according to age groups so the children can really play with their own level and enjoy each other. If you don't have your child involved in our program, remember there are the Library, Diabetes and the Cultural Affairs Department offering programs. Please try to get them involved in one of them. It will keep their minds and bodies busy and more active which will go a long way to fighting obesity and diabetes in Indian Country.





Adult Basketball

As I mentioned in last month's newsletter, we are offering a very competitive adult basketball league that features some of our past college and high school athletes from our Pueblo of Isleta and surrounding communities. Folks like Dustin Chiwewe, Sam Lente, Jose Orozco, are making it very competitive for those like Larry (Jab) Williams, Pookie, & Derick Grandberry, and Bumpy Cauley who also played high school and college basketball, plus others. For those of you who just want to witness some basketball, please do come out on Sundays from 10:00 am until 2:00 pm. All sixteen teams play every Sunday unless it is a holiday or Feast Day until about Early August. For more information, please call Carl Anderson, League Director. Pictured are two action shots of the league.



Park Management

In last month's newsletter I did mention that we were hoping for a grand opening of the Chical Baseball field on the 4th of July weekend. Well, that is not going to happen because of several delays due to the water pump going out and a number of severe windy days that also hampered the planting and growing season. Needless to say we will be looking at opening the park probably around early November, on Veterans Day. Although I know it is a bit of disappointment for those baseball players who were looking forward to hosting a July 4th Tournament, we apologize for the delay. All in all, the extra time will give the playing field the necessary time to really take root and if approved by Council (monies for improvement) shade structures and other amenities to the area.

Past Freedom From Smoking Participants Continued Support

Freedom Fighters



Continued Support for Staying Smoke Free

3rd Tuesday of month 5:30-6:30 at the Isleta Health Center, Small Conference Room (north entrance)

FOR PAST FREEDOM FROM SMOKING PARTICIPANTS

June 15, 2010
5:30-6:30pm
Call Stephanie to Sign Up and learn more
869-4479

Notice

The Isleta Pueblo Housing Authority is in the process of accepting and updating housing applications for all tribal members who did not update their housing application for the year 2010.

You may pick up an application at our office between the hours of 8:00 a.m. to 4:30 p.m., if you are interested in being placed on the Waiting List for housing assistance.

If you have any questions please contact our office at 869-4153.

Johnson O'Malley Program

Greetings from the Johnson O'Malley staff. Hope everyone is doing well and enjoying the hot weather of summer. It is hard to believe that we are about a month and a half away from the school year to begin. Now is definitely the time to start refreshing your academic skills for the coming school year.

Some ideas to help prepare your student for the up-coming school year:

Reading: It is highly recommended that students continue reading throughout summer to build fluency and comprehension. It is also important that we as parents become involved in this process. Ask your children questions about what they are reading and make sure that the material they are reading is grade appropriate. During the reading process it is also important to identify words that your child may not be familiar with, explain and define what the word means, include proper pronunciation of these challenging words. Modeling is another well-researched and recommended approach for building reading skills. Parents can read to their children to demonstrate "how" reading is done. Clear articulation, pronunciation, appropriate voice and pauses are important, as well. Also, use this time to introduce new vocabulary.

Mathematics: Begin by refreshing your child's math skills by making up grade appropriate math problems for them to solve. You may also print free math worksheets from the internet and have students complete them to refresh and strengthen their skills. This is a great time to refresh their addition, subtraction, multiplication and division skills. There are also stores such as Wal-Mart, Target, Borders, Barnes & Noble, Dollar General or Learning Is Fun that sell math work books. These are great resources, too! Real world math can also be implemented to build skills. Have your child pay for their own purchases at the store, teach them how to estimate totals, or change returned or simply identifying money values; Bills or coins - ones, fives, tens, quarters, nickels, dimes etc...

Writing: To build writing skills have students keep a daily journal or complete a free write. A free write is simply allowing the student to write about something they are interested in with a shorter time limit such as 3-5 minutes. In a journal have the student write for 5-10 minutes a day about what they did that day or find a topic of interest they would like to write about. Some of our kids may have a difficult time deciding what to write about. Have them select from a list of perhaps, two or three ideas. Create prompts. Some prompts can begin with, "One day as I was walking..." or "If I lived in space..." then have the student complete the thought. Illustration is also highly recommended. Illustration requires an active imagination and creativity.

New Mexico State Standards and Benchmarks are available online at NMPED. These are the guidelines that each school is required to follow to ensure proper education. They are listed by subject and by grade.

Washington, DC Trip

As many of you are aware, we worked all school year to help a group of students fundraise to take an educational trip to Washington, DC. The students along with Geraldine, Beverly and one parent chaperone, Sandra, boarded a plane at 5:30 am on June 16, 2010 headed to DC. We arrived at 3:00 pm and drove to our hotel to settle for the day. We were not sure what to expect as this was the first long-distance fully fundraised educational trip across the country for our group. We could only imagine what it would be like.

Imagine is a powerful word, especially when used to express the thoughts of our youth. This trip clearly opened our students' minds. The first-hand experience to see and visit places unique to our Country's history gave them more than they expected. "Imagine" was a word the students used most. Listening to the students talk to one another, I could tell it was quite difficult for them to begin a discussion without using the word "Imagine". Imagine... Imagine what it would be like to meet the President? Imagine...all the old Presidents walked here, lived here. Imagine...peace treaties between the first Government and Indians were signed here...Imagine...how difficult transportation would be if there was not the metro rail? Imagine...what would it be like to live here? Imagine, what it would be like to lived in other Native American communities? Imagine... Imagine what it was like to paint that... Imagine what the weather is like in winter...Imagine... It seemed hard to believe that we were actually in DC and the students clearly expressed this with their continued use of the word "imagine".



Pictured: (top) Wygie Seaton, Stephen Trujillo, Dailene Lujan, (bottom) Ryan Garcia, Ted Olguin, Augusta Piro, and Mariah Montoya.

On this trip, students visited Madam Trussaud's Wax Museum, Hart Senate Office Building, took a tour of the U.S Capitol, viewed the Senate Gallery (however, the session ended minutes before our arrival), had lunch at The Ellipse, toured the White House, visited the National Museum of the American Indian, visited The Fashion Centre at

Pentagon City, China Town, Hard Rock Café, and took a tour on Washington, DC Double Decker Tours, spent an afternoon at the National Mall. We also visited the National Zoo. To access all these locations we used the Metro to commute. Not so close to DC, we also visited the National Museum of the Marine Corps and shopped at the Potomac Mills. There was so much that we saw and learned. It truly was an awesome experience, not only for the students, but the staff. I hope we can continue to take students on trips such as these. Learning through experience is one of the best methods of education.

The adults sponsoring the trip did not request financial support from the JOM Program, the Department of Education or Tribal Administration. All our expenses (airline, hotel and meals) were covered personally, out of our own pocket. We appreciate all the support we received from the community in raising money for the students to make this trip possible. A special thank you goes out to Rudy Piro, Sandra Montoya, Stella Correa, Sue Bitsinni, Shirley Lucero-Martinez, John Michael Martinez, Thelma Lujan, Lena Luther, Leno's Smoke Shop and Isleta One-Stop for your added support and dedication to our students.

School Supply Distribution

The Johnson O'Malley Program will be purchasing basic school supplies for the up-coming school year. This year there will be some changes made as to how supplies will be distributed. It is important that parents and students become familiar with the Pueblo of Isleta Johnson O'Malley program and the services it provides. We will be hosting a series of parent meetings that will allow you to become familiar with our program and what it has to offer. These meetings will be mandatory. **Parents or guardians and students will be required to attend an informational meeting prior to receiving their student's school supplies.** Supplies will not be distributed to students until the mandatory meeting has been attended.

Cap and Gown Reimbursements

Recent high school grads, the deadline for cap and gown reimbursement is July 30, 2010. All receipts must be submitted to the JOM Office no later than 4:30 pm. Any receipts received after that date will not be accepted.

Geraldine, Beverly and Bernadette

Department of Education • Johnson-O'Malley Program
3rd Annual Outdoor Science Program

First of all, I would like to thank all the students who signed up and joined us for the program this year. The Program was lucky enough to have a new face come and help out. Warren Edaakie joined the team and we both enjoyed spending time with the kids. They all came ready to learn and explore! The two weeks that we spent together went by really fast. During that time we were able to go on field trips to a few different places. One of the first trips we took was to the Albuquerque Aquarium. The kids had fun touching sea urchin and horseshoe crabs and learning about the fragile ecosystems that they live in. We were lucky enough to



be there during feeding time. The following trip was taken by both the morning and afternoon sessions to the zoo. Students learned about reptiles and amphibians and the dynamics of being a cold-blooded species. They did thinking exercises about what would happen if different animals were made to live in habitats they were not suited for. They came up with many interesting ideas. We took a trip down to the Bosque to take water samples from the river, the ditches, and the swampy areas and the students hypothesized on what samples would contain microorganisms. They looked at each sample under the microscope and recorded data in their journals. Students learned about water filtration and even built their own water filters and competed to see who could make the cleanest water. One day, we took the students fishing! They caught carp, catfish, and sticks! We went on many nature walks and talked about the native plants, animals, and their environments. The students were even able to create their own habitats and make-believe animals. We did experiments with cornstarch, bean plants, and solar ovens. Warren and I, along with Uly, took a few of the students up to Doc Long trail for a nice hike in the mountains and to

demonstrate the differences in vegetation, animals, climates, and topography when compared to the Bosque. We saw a flutter of butterflies, played in the stream, and just enjoyed nature. For the last day, the Outdoor Science Program teamed up with the Language Program. We'd like to take this opportunity to thank Paul, Barbara, and Lena for the food, and Leona and Vangie from the Department of Education for all their help. The Program was able to rent a giant inflatable water slide for the kids! They had a blast slipping and sliding all day! Even the adults joined in on all the water slide fun. Thank you again students, parents, and staff for another fun, educational, and exciting summer.

Bernadette and Warren



VILLAGE CAFÉ

TR 56 BUILDING 73 (Across from the Governor's Office)

Dine In or Carry Out —869-2275

Breakfast: 8:00 am to 10:30 am Only

- #1. 2 Eggs w/bacon, sausage or Spam with Red or Green Chili \$5.25
- #2. 2 Eggs w/Hamburger Pattie with Red or Green Chili \$5.50
- #3. Huevos Rancheros (Red or Green) on a Corn Tortilla, 2 Eggs any Style, Beans, Fried Potatoes & Cheese \$5.25
- #4. Breakfast Burritos: (Sausage or Bacon) with Eggs, Potatoes, Cheese & Chili (Red or Green) ham \$3.00
- #5. Toaster Sandwich (Bacon or Sausage) Eggs, Cheese & Chili \$2.75
- #6. Omelet Taco: (Sausage or Bacon) with Potatoes, Eggs, Cheese & Chili in a small Tortilla \$3.00
- #7. 3 stack of Pancakes \$3.00

Side Orders:

- Eggs \$.80
- Potatoes \$1.00
- Bacon \$1.25 (3 strips)
- Sausage \$1.25 (2 pattie)
- Side Chili \$1.50
- Toast or Tortilla \$.80

Drinks:

- Orange Juice \$1.00
- Milk \$1.00
- Hot Coffee \$.80

HOURS OF OPERATION:

Weekdays from 8:00 am to 2:00 pm
 (Monday thru Friday)
 CLOSED WEEKENDS & HOLIDAYS

Lunch: - Served for 11:00 am to 2:00 pm

(Burgers served with lettuce, tomatoes, onions, pickles, mustard or mayo)

- #7. Hamburger/Tortilla or Fry, Bread Burger (only) \$3.50
- Add Cheese and or Chili/or Jalapenos \$3.75
- Double Meat & Cheese \$4.50
- #8. Hamburger Combo (Bun, Tortilla or Fry Bread) \$5.25
- includes Fries, Tots or Onion Rings and Med. Drink
- With double meat & cheese \$5.75
- #9. Hot Dog \$1.00
- #10. Chili Dog (cheese and onions upon request, red or green) \$1.50
- #11. Frito Pies (onions, cheese, lettuce and tomatoes, red or green) \$3.75
- #12. Chicken Tenders with Fries, or Tots \$4.75
- #13. Bowl of Beans with Red or Green Chili \$3.50
- With tortilla or Fry Bread
- #14. Indian Taco \$5.00
- #15. Smothered Burrito (hamburger, potatoes rolled in tortilla & covered with red or green chili, & topped with lettuce, Cheese and tomatoes) \$4.50
- #16. Smothered Stuffed Sopa (hamburger potatoes mix or refried beans or both) Red or Green \$4.00
- #17. Tacos (3) \$2.25
- #18. Grilled Cheese Sandwich \$2.00
- Fries, or Tots \$3.00
- Chili Cheese Fries or Tots \$3.25
- Onion Rings \$2.75
- Fountain Drinks: Coke, Diet Coke, Dr. Pepper, Sprite \$1.75
- *** (free refills for dine-in only)***
- 24 oz. to go cups \$1.75
- Can Cokes \$.75
- Bottled Water \$1.00

*It's not "Goodbye", it's "See you later"**Dr. Bee Cumby*

I wanted to put something in the newsletter to thank everyone who attended my retirement gathering and to acknowledge that I knew it was a busy weekend with other celebrations. All the same, I'd like to say some parting words to all of you, so this is a condensed version of the talk I gave.

It's not "Goodbye", it's "See you later"

First: This isn't goodbye, it's see you later. I'm not leaving but shifting roles, as I'll explain later. Next, I want to say a huge "Herkim" to you all. Thank you for welcoming me into your community and lives and for trusting me. When I came, you said "Aren't you too young to be a doctor?" The trick is to leave before you say "Aren't you too OLD to be a doctor?"

When I came in 1988, I was divorcing and a single parent mom. My children, Michael and Cara were 8 and 5 years old. It meant so much to be accepted and welcomed into your community. Isleta has been my home and more than being my patients, you have been my friends, my family and my teachers. I am especially grateful to Carol Olguin, RN and Joe (Lalo) Valdez for taking me under their wings and teaching me the ropes. Herkim to all of you for sharing not only your health concerns but your lives: your joys, sorrows, hopes, disappointments, births and deaths. Thank you for inviting me to graduations, baptisms, wedding and funerals. Thank you for your trust, your honesty and your lessons.

When I started as a doctor on the Navajo reservation, there was a belief that the Indian Health doctors were "just practicing on the Indians." Although I had completed my training, you have taught me some of life's deepest lessons:

You have taught me courage as I have watched you face disappointment, illness, illness and death;

You have taught me forgiveness as I saw you accept home and care for those who had been hurtful, even abusive, to you;

You have taught me kindnesses as I witnessed families lovingly accept and nurture other's children or those with disabilities;

You have taught me love as I have watched a husband of 60 years hold his wife's hand and see her as a young bride;

And you have definitely taught me about joy as I celebrated with you long awaited births, promotions, graduations and loves.

Finally, you have taught me laughter. I have enjoyed your jokes and "wise cracks," teaching me that perhaps, laughter IS the best medicine.

I do believe in life's rhythms and have aged enough to recognize life's cycles. A wise person said "Our lives are divided into thirds: learning, earning and giving back." It's time for me to give back. My mother is 84 and it's time for me to be more available to her. My children are now parents; it's time for me to be a grandmother. Many of you know that third world medicine has been my passion. Retirement will give me the time to travel and work elsewhere in the world while I'm still healthy and "young" enough.

Our clinic has changed and grown so much in 22 years. We have gone from a staff of fifteen to over seventy and we have experienced growing pains. One of the reasons I feel it's a good time for me to retire, is that the clinic is in a very good place. It is providing excellent care through the skill and commitment of our outstanding staff. Not just medical, but all of the clinic's departments: dental, contract care, business office, behavioral health, administration, EMS, diabetes, community health, medical records, maintenance, optometry, podiatry, pharmacy, health ed and housekeeping, have all collected dedicated and skilled staff. Isleta's legacy over the years has been to have wonderful doctors: Drs Leiby, Meuli and St Arnold. Our current staff, Drs Nelson, Shoop, Rothman and, my replacement, Dr.

Chynoweth, are without a doubt, some of the best doctors I've ever worked with. You are all truly (as Allstate says) "in good hands!" I wish everyone, everywhere received as good care.

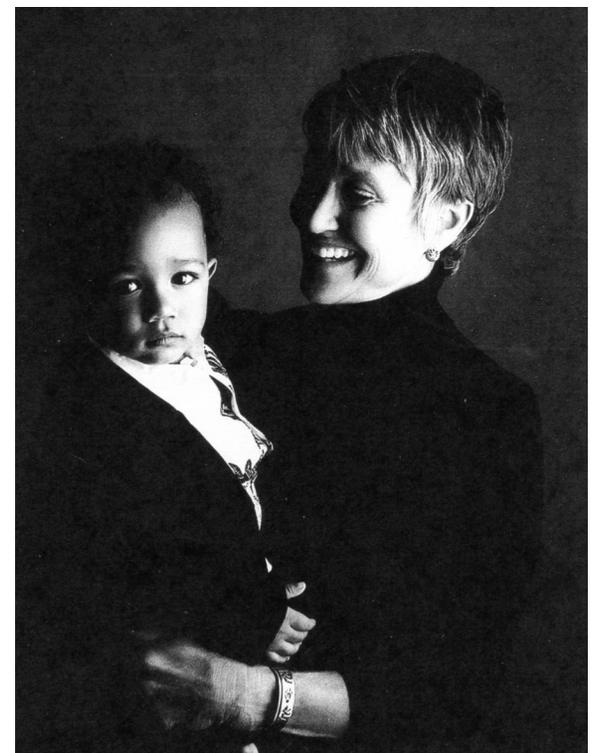
What is my future? I hope to continue to be involved in Isleta's health care. I will continue to fill in at the clinic and to be medical director for our outstanding EMS crew. I hope to work with our elders and develop a comprehensive geriatric health care program and want to continue to make myself available to the community to provide palliative (end of life) care.

You know, the fun part of being a doctor is being paid to give unwanted advice. So in closing, I give my final advice:

*Exercise**Eat more vegetables and less junk food**Get more sleep**Don't stress out**Be kind and live each day fully*

Herkim and see you later.

Dr. Bee Cumby



Workforce Investment
Act

Pueblo of Isleta
**JOB READINESS
SKILLS**

If you need assistance
with your Resumes
or Job Search, please
stop by the WIA
program.



Please bring a copy of your resume or your work history.

For more information please contact
Mary Abeita, WIA Program,
at 766-6652.

For Sale 12" x 60' Office Trailer
Carpeted equipped w/ HVAC Unit
Make Offer !!!!
Call 514-7332 for information

WANTED — JUNK CARS

**Do you want to get rid of that
junk car sitting in your
backyard that hasn't been
started since...?**

**Do you want it to be hauled away
at no charge to you?**

**Do you want to make a few dollars?
Call Pat at 452 - 7980**

Health Beat

Children Ages 1 and 5 years. need the Pneumococcal Vaccine
 Health Educator: Stephanie Barela 869-4479
 Physician: Dr. Nelson 869-3200

Is your child between the ages of 1 and 5 years old?

If so, there is a new pneumococcal immunization available that is now recommended for this age group. This new PCV13 shot is replacing the previous PCV7 shot. Children under 5 who are otherwise up-to-date on their shots are now recommended to get a booster dose of PCV13. If your child is between the ages of 1 and 5 years old, please call the Isleta Health Center Medical Clinic at 869-3200 to schedule a nurse appointment for this immunization. If it has been more than a year since your child has had a check-up, please call to schedule a well-child visit instead. If you have questions about this new immunization, or want to know if your child needs this immunization, please call and ask to speak to a nurse (869-3200).

Immunization Records for the Next School Year

Because of the high demand for copies of immunization records and physicals at the time school registration begins, your request for copies may take up to five working days to complete.

Start early – avoid the rush and the long wait.

Request a copy of your child's immunization records in advance of your child starting school.

Call or come by the medical record department at the clinic to find out how you can obtain a copy of your child's immunization records (869-4389 or 869-4472).

If you are not sure if your child's immunizations are up-to-date, prior to calling the medical record department, call the clinic at 869-4089 and request a chart review by the nurse. After reviewing your child's chart the nurse will call you back to let you know if your child needs additional immunizations.

Raccoon's Feast



Isleta Health Center Fair Event

Saturday, July 17, 2010 at the Recreational Center

Puppet Show **Craft Activity**

Puppet Showtimes
 9:30AM - 10:00AM
 11:00AM - 11:30AM

**Presented by Isleta Behavioral Health Services
 Substance Abuse Prevention**

Cancer 101

For Isleta Employees and Tribal Members

September 8, 9, and 10, 2010 10 am-noon OR
 October 5, 6, and 7 5:30pm-7:30pm

NO REGISTRATION FEE!!

PRIZES!!!!

Wednesday, September 8, 2010 10am-12 or
 October 5, 2010 5:30-7:30pm

Save the DATE!

"Cancer among Native Americans" and
 "What is Cancer"

Thursday, September 9, 2010 10am-12 or
 October 6, 2010 5:30-7:30pm

"Cancer Screening and Early Detection" and "Cancer
 diagnosis and Staging"

Friday, September 10, 2010 10am-12 or
 October 7, 2010 5:30pm-7:30pm

"Cancer Risk and Risk Reduction" and
 "Basics of Cancer Treatment"
 Presented by Michelle Suina

For more information and to Sign up, please call
Stephanie Barela, 869-4479
 (date and times are subject to change, so Sign Up
 and you will be notified)

Native Ways Family Program



Every Wednesday for 8 weeks

5:00 PM - 7:00 PM

- ☉ Parent Group
- ☉ Childrens Group
- ☉ Meals Provided

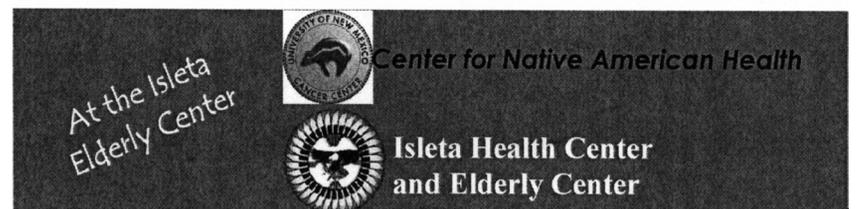
**For More Information Call
 Isleta Behavioral Health Services
 Phone (505) 869-5475**

CONGRATULATIONS

to those that took the Friends and Family CPR
 Course at the Rec Center on May 21, 2010

- | | |
|-------------------------|-------------------|
| Martha Lucero | Briana Abeita |
| Michelle Jojola | Desiree Lente |
| Nicholas Gabaldon | Vanessa Martin |
| Amanda Benavidez-Abeita | Amanda Hermosillo |
| Felix Maestas | Andrew Barnett |
| Natalie Salvador | Branden Kente |
| Julio Loya-Cherino | Paula S |
| Andrew Jojola | Bana Olguin |
| Travis Lente | Anne |
| Ouray Garcia | Cecilia Carlston |
| Felicia Abeita | Ashleigh Belin |

For more information or to get signed up for the next
 NON-CERTIFICATION CPR Course,
 Contact Stephanie Barela 869-4479



A Partnership Between The Center for Native American Health, NCI
 Cancer Information Service and UNM Cancer Research and Treat-

Isleta Pueblo News



Editor: Ulysses Abeita
Asst. Editor: Beverly Piro
Published By:
 Valencia Express

August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
National Health Center Awareness Week						
15	16	17 5:30- 6:30 Freedom Fighters	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Cataract Awareness Month	Children's Eye Health and Safety Month	National Immunization Awareness Month	

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