



Isleta Pueblo News

Volume 4 Issue 11

November 2009

Governor's Report

The Tribal Administration, and Tribal Council, along with various departments have worked diligently to prevent capital outlay monies from being taken by the NM State Government. These funds are important to Isleta and we cannot afford to lose them. I want to thank all the tribal departments who submitted reports to the state legislature; these reports convinced the legislatures that Isleta's capital outlay projects are crucial to the Pueblo, and an honest effort is being made to use these funds in accordance to the criteria provided by the state. Capital outlay funds have been provided for improvement of the tribe's water systems, construction of the library/education complex, the judicial complex and the veterans' service center. In order to continue to receive state funding, it is important for the Pueblo to develop and maintain good relationships with State Governor Richardson and the state legislatures.

This month, we will be meeting with the Coalition of the Six Middle Rio Grande Basin Pueblos. The meetings are to negotiate the OM & B Contract. The Pueblos will be negotiating for work to be done for the Pueblos, rather than special projects. The Tribal Governors and legal council feel the special projects may be beyond the scope of work for which the tribes will be paying.

As you now know, the Tribal Council voted to carry the Hard Rock name for the Isleta Casino and Hotel. This is a management decision and a marketing tool in an attempt to bring more customers into the hotel and casino. The Pueblo of Isleta did not give up ownership nor management; everything stays as it is with the exception of the Hotel/Casino name which will be changed to Hard Rock beginning in January 2010. Through Hard Rock, the Pueblo will be advertised all over the world, and we will be able to sell and market their product which will mean more revenue for the tribe. If for some reason the Pueblo is not satisfied with Hard Rock, we have the option not to renew the contract.

The Mouse Town Park is nearing completion, thanks to Rick Giron, Recreation Director, and his hard working crew. Rick and his crew have worked hard on all the park projects giving beyond 100% effort, not only at this one park, but parks, including baseball fields throughout Isleta.

Hard Rock Casino and Hotel Albuquerque

Hard Rock Casino and Hotel Albuquerque is coming to the Pueblo of Isleta. Lt. Governor Max Zuni made the announcement on Wednesday, October 14, 2009. The Pueblo has entered into a franchise agreement with Hard Rock Hotel and giving the casino a global brand name. The transformation is already in progress and should be complete in the spring of next year, as indicated by Steve Neely, Marketing Director for Isleta Casino & Resort. Isleta had been in negotiations with Hard Rock Hotel for four years, to separate from the competition. Hard Rock brand is well known for their American cuisine and musical atmosphere. One benefit of the new Hard Rock Casino and Hotel Albuquerque will be the addition of jobs, once the transformation is complete. The facility will be the first and the only Hard Rock Casino in the state of New Mexico. "You will have exclusivity in the state," said Hard Rock Vice President of Development,



Lt. Governor Max Zuni



Matt Raine, Hard Rock Vice President of Development



Steve Neely, Marketing Director Isleta Casino and Resort

PUBLIC WORKS DEPARTMENT

As we come to the end of the year and the days get shorter, your Public Works Department will be busy keeping things maintained for cold weather. Please remember that as you change your clocks back one hour, we will be changing the hours of the transfer station to winter hours. Once again keep in mind that with the shorter days work orders can be delayed because of less daylight hours. Keeping everyone safe is most important.

The TR2 road project widening is in full swing. Please allow extra time for delays. Beginning November 9 complete road closures will be taking place. The buses will be keeping parents informed of any changes in bus schedules and stop locations. The road will be down to one lane so please use a different road if you are moving farming equipment. Please follow all detours and watch out for people working while in the area. The road will be much better when completed in February.

Water line breaks occur more often during the winter months. If you see wet spots in the roads, call us and let us know where, so we can verify and repair if necessary. Be safe, keep warm and have an enjoyable Thanksgiving!

Speeding on Range Roads

For your information the speed limit for all Range Unit roads is 45 miles per hour. It has come to our attention that some Tribal members are exceeding the limit and traveling at high rates of speed. Not only is this dangerous, but also be reminded that cattle are on the roads at any given time and may or will run in front of vehicles. Any Tribal member who knowingly exceeds the speed limit and kills any livestock will be cited and taken to court for restitution by the cattle owner. And keep in mind that fatalities have occurred on these roads and continuing to drive at high rates of speed increases the risk of serious injuries and/ or death. Also the consumption of alcohol and/ or the use of drugs while operating a motor vehicle on all Range / Mountain roads is a violation of Tribal and State laws and anyone under the influence will be subject to prosecution to the full extent of the law. Your cooperation is greatly appreciated, and be safe on **all** roads. Thank you.

Department of Natural Resources
Office of Range/ Conservation

TRIBAL COUNCIL BRIEFING, OCTOBER 2009

By Fernando Abeita — Tribal Council Member

During the month of October, the Tribal Council attended the National Conference of American Indians (NCAI) Annual Convention & Tradeshow, and the Annual TribalNet Conference. These types of forums are important for tribal leaders to attend as they provide us an opportunity to educate ourselves about current issues affecting Indian Country, and knowledge of developing technology and management techniques for our governments and businesses.

The NCAI Annual Convention & Tradeshow addresses current issues concerning tribal economic development, financial management, political interactions, sovereignty, public safety, and many others. This event allows us to discuss social and economic issues that are important to Isleta with others who may be currently experiencing or have experienced similar circumstances. From this dialogue, we can get new ideas and knowledge that we can implement here in our own community. One session I attended dealt with financial asset management of tribes. This session was greatly informative on what types of financial management and risk assessment strategies tribes can use to make sure our investments are protected during this recession. Listed below are some other sessions that were offered:

Strengthening Tribal Consultation:

Tribal leaders that attended this workshop developed a set of meaningful recommendations for improving tribal consultation for the White House.

Boosting Native Power Through the Census.

This session provided tribal leaders and advocates the tools and resources to ensure the 2010 Census will provide complete and accurate data not only for redistricting and full political representation, but also for the distribution of hundreds of billions of federal dollars.

Transforming Our Economic Future: Matching Tribal Priorities with Economic Opportunities.

This discussion explored the initiatives and partnerships that exist to help tribal leaders to connect their priorities with policy and funding opportunities at the tribal, regional, and national level.

Sovereign Governments and Federal Tax Policy: A Tribal Leader Dialogue with the Administration.

In this meeting, tribal leaders discussed important sovereignty issues related to tax and finance with high-level officials at the Department of Treasury and the Internal Revenue Service.

The Annual TribalNet Conference exposes tribal leaders to new technologies that we can implement in our businesses and governments and to better understand how technology can be applied to tribal issues like economic development and health care. One lecture I attended informed us how the Indian Health Service is using advancements in technology to share statistical data with other healthcare networks to provide better

emergency preparedness and managed care.

Listed below are some other sessions that were offered:

Effective Records Management is Saving the Bottom Line.

Tribal representatives and an industry leading provider discussed how effective records management can save tribes money.

Avenues to Fund Tribal Technology Initiatives.

This session provided an overview of government and private grants as a source of support for tribal technology efforts.

Tribal IT Leaders Take the Wheel on the Server-based Gaming Highway.

Dan Garrow, a respected IT leader, talked about the slot management system at Turning Stone Resort & Casino. It is a system that is server based, and also account based and cashless.

The Life Cycle of an Electronic Health Record Project.

Representatives from the Oneida Nation of Wisconsin shared the successes and challenges of their Electronic Health Record Project.

Many of us Isleta Council Members and Tribal Officials that attend these conferences take the responsibility of being an elected official seriously, and do our best to learn as much as possible from these types of opportunities. Others in the same position elect to do otherwise.



Pueblo of Isleta American Legion Post 209

...Helping our fellow veterans and their families...

The American Legion Post 209 is still here. The Legion has its monthly meeting on the second Saturday of each month at 10:00 AM. Membership to the Legion is open to any Veteran who has been honorably discharged from the armed services.

We invite all Veterans to join Post 209 to a pot luck on Veterans Day, November 11, from 12:00 PM to 6 PM. Come by, hang out, share war stories...and just get to know what we're all about.

The next regular meeting will be on Saturday, November 14, 2009 at 10:00 AM. We are located in Chical at the Old Headstart Building.

J.O.M Tutoring is BACK

Tutoring is available by **appointment only** at the J.O.M Tutoring center Monday/Wednesdays or Tuesday/Thursdays. The J.O.M tutoring center is located in the Pueblo of Isleta old Elementary school (across from the Rec C enter in portable classroom #630).

Openings are on a first come first serve basis! J.O.M has a math tutor that can help with algebra I, algebra II and up. If you, or someone you know, are interested in signing up for tutoring or you have questions about the tutoring services or any other services provided by the Johnson-O'Malley Program, please feel free to give us a call at 924-3189 or 414-2866. You may also contact Mr. Ben Analla who can refer you to the tutoring program.



Isleta Pueblo News

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

Hello from Comanche Ranch

The feed that I have had to feed through the summer months this year has been unreal due to the drought we have been going through. It has been a tough year. We did not get any rain until the middle of September. We were very lucky to get the rain we did or we would be selling a whole lot of cows at this time. We did not have any grass grow until the end of this summer. We will be able to make it through the winter with the grass we did get, and we will have to feed a little hay throughout this winter.

I have made other cut backs on the ranch knowing that my feed bill was going to be high. We only have two full time cowboys and one part time cowboy working at this time. The work load is more on all of us but we know what needs to happen to make cut backs. We do all our cattle works with a really light crew. I only hire two part time cowboys for cattle works and only use them two months out of the year.

With the supplement that the ranch is using the Comanche Ranch cattle look the best they have ever looked before even going through a drought. With the condition of the cows they should all most likely breed back for a good calf crop next year.

The 2009 budget allowed me to have some money to purchase some new replacement heifers. In 2007 and 2008 we purchased some good Black Angus bulls to improve the herd. It did wonders for the ranch. We now have our own replacement heifers to keep from our own herd. We are weaning heifers that are weighing 550 to 700 pounds. We will use them for replacements. We will no longer need to spend \$100,000.00 that was approved for the replacements heifers in the 2009 budget.

The Cattle market has taken a fall for the worse this year. We could not sell our calves with Superior Livestock due to the market. The market was at an all time low. So with the market as low as it is, I started to look for a way to get the best price we could on our calves. I did my homework and found a way to get a little better than market price other than having to sell to Superior Livestock. I explored several options in different kinds of cattle markets throughout the state of N.M, TX, AZ, and CO. Some of the contacts I made came down to the Comanche Ranch and took a look at our cattle. The most favorable one being from winter livestock in CO.

I called up Winter Livestock in Colorado and the Manager came down to the Comanche Ranch and looked at the calves. He was impressed with our calves. He stated that for going through a drought our calves were in very good condition and thought we would do very well selling them in Colorado. We talked about the market going up in November and in December. Up north the winter wheat comes on and the markets are better due to farmers needing cattle for their winter wheat fields.

If we sold the calves with Superior Livestock via internet we would have to pre-condition the calves for 45 days before we could ship them. We just do not have the grass to hold them that long and we would be losing money this way. Having to feed them would be too much unnecessary overhead on the ranch.

The way we are going to ship our calves this year they will be coming right off the cow onto trucks and be delivered right to the sale yard. We will not have any feed cost on the calves or death loss as well as medicine cost.

We need to save our grass for the cows this winter. We have been rotating our pastures all summer long to keep from over grazing. As the Comanche Ranch Manager, I feel that marketing our cattle a little different this year will help us get a better price per head. We will be sending two truckloads on November 7th that they will sell on November 9th.

If the market is as good as it is at this time we will be making 25 cents more per pound then the Superior Livestock market and not have to hold the calves for 45 days with the overhead costs. If the calves do well we will be sending the rest of the calves to the Colorado Winters Livestock Market throughout the month of November.

The elderly outing had to be postponed until this spring. Time got away from me and the month was over before I knew it, so I would like to apologize for the mis-planning on my behalf. This spring I would like to have the elders and some of the tribal members out to the ranch for an outing and a tour. Our transportation is very limited. I'm going to work it as a signup sheet and the first 50 to 60 people to sign up will be able to make the trip. I will plan it a month or two before so everybody will have plenty of time to plan for it. I'm looking forward to this spring.

Thank You
Comanche Ranch Manager
Martin Abeita

Freedom from Smoking

Take Back Control of Your Life!

<p>8 sessions to help you STOP SMOKING!</p> <p style="text-align: center;">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)</p>	<p style="text-align: center;">Want to Stop Smoking? SIGN UP FOR FREEDOM FROM SMOKING. SESSIONS HELD AT THE ISLETA HEALTH CENTER NEW CLASS STARTING IN 2010</p> <div style="display: flex; justify-content: space-around; align-items: center;">  <div style="text-align: center;"> <p>Contact Stephanie Barela at 505-869-4479</p> </div>  </div>
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weekly prizes!

Help from Others that are going through the same thing!

Nicotine Replacement Therapy for those clinic patients that attend the weekly sessions!

Title VII Indian Educaiaon Los Lunas/Valencia H.S.

Happy Thanksgiving to all, from the students/staff, Los Lunas/Valencia High schools.

2009 Semester I is just around the corner, coming to a close and students will be receiving their final grades to move on to Semester II, 2010. Parents/students conferences were held at both high schools and parents were all updated to the status of their child (children) grades and attendance. We had some parents that did not show and you are still held responsible to contact the counselors, to make sure your student is on line to complete and pass all classes for Semester I. All parents/guardians should have received the second report cards issued on Oct. 20, 2009, and the 3rd grading period report cards will be issued on Nov. 20, 2009. Please continue to encourage your children to attend school daily as the Los Lunas School District Truancy and the Isleta Pueblo Truancy are monitoring their daily attendance.

Congratulations to the following students who have completed their high school career: Tanya Torres, parents are Paulette Lucero/Eddie Paul Torres Jr., and Christopher Namoki Jr., dad Christopher Namoki. We wish you the best in what ever career you choose.

Notices...

NMHSCE.. Graduation requirement test for all juniors and seniors who have not passed the test.
Check with your counselor for the test dates.

Nov. 2nd..."Navigating the College Process", Junior parent night..6:30 pm

Nov. 5th... "SAFEGUARDING YOUTH"...(signs of suicide, (SOS) and depression prevention program overview) 6:00 pm..LLHS library.

Nov. 7th....Arts and craft fair hosted by the baseball boosters..cafeteria

Nov 11th Veterans Day ..no school

Nov. 16th-18th ..NCA visit..

Nov. 19th..ASVAB Test..LLHS library

Nov. 20th..Student report cards..

Nov. 25th-27th ..Thanksgiving Holidays..no school

Dec. 7th..."College Connections" Financial aid workshop... seniors & parents. 6:30 pm...LLHS library.

For any futher information, contact
Mr. Ben Analla @ 865-4647 ext. 272

LLHS Library

...Ms. Tanya Lyons

As promised, the Los Lunas High School Library's catalog has been upgraded to the web-based program called Destiny. Students, parents, and teachers are able to access the electronic catalog from anywhere in the district, from home or wherever they get Internet access. The URL to access the catalog is <http://destiny.llschools.net/> - click on the Los Lunas High School link. On the library's homepage, you will notice different links. Please watch for this section to grow and change with different trials, events and/or celebrations. These links direct students to various resources available. Please see library staff for passwords. Some of the electronic resources currently available include: Infotrac (periodicals database), Newsbank (newspaper database), Salem Press (online database of printed resources owned by the library), and Testing & Education Reference Center (college search and preparation database — set to expire November 26, 2009). The library continues to be accessible to students in the morning generally by 7:00 am, during lunchtime and anytime with a valid library pass from a teacher. With a student ID, students may borrow up to five titles (as long as he/she does not have any overdue books) and/or sign-up to use a computer. Finally, we want to remind you that we continue to work on updating our collection and keeping titles of interest available. We encourage students to make title or subject recommendations to meet their interests or needs.

LLHS 21st Century After School Tutoring

Dear Parents/ Guardians

As part of the vision, Mission and Goal of the Los Lunas School District is the recipient of a 21st Century Community Learning Program Grant. We will be using this program to complement our students' regular academic program by offering after school tutoring for all Core Classes. Any student with a (D) or lower will be automatically referred to our Tutor Coordinators, however, it is up to you and your student to decide if tutoring is right for them to succeed. The referring teacher will specify the student needs. The Tutor Coordinator and tutor teachers will check achievement data -MAPS, NMSBA, etc. After school transportation will be coordinated by the Los Lunas High School. It is imperative that any student who received a failing grade in a core class participate in this opportunity. The program will begin on October 13, 2009. Tutoring days are: (Tuesday, Wednesday, and Thursday afternoons from 2:45 p.m. until 4:15 p.m.)

To start the program, we have hired four teachers in the core areas to tutor our students.

Parent/ Guardian and Student Contract

- Students failing a core subject who register for tutoring must complete a full grading period in the tutoring program.
- If the student is not failing and just needs some help, the opportunity for help will be available for them on a need basis.

IF YOU HAVE ANY QUESTIONS, PLEASE E-MAIL US AT
21TUTOR@LLSCHOOLS.ORG OR CALL (505) 865-4646 EXT 283

Valencia High School Library and Computer Lab

The staff at Valencia High School Library and computer lab would like to welcome all new students and staff to the library for the 2009-10 school year. Edwina Gardner is the librarian/media specialist and Charlene Espositio is the library assistant and we are here to help students and staff with their research and reading needs. This is the fourth year for Valencia High School Library. The library collection has grown from 134 items in 2006 to well over 13,000 items now available for check out.

This month (October), the library has highlighted all of the gothic fiction and horror movie titles that are available for checkout. Currently, the most requested novels are Naruto #21 and Cirque du Freak.

Library patrons may access our library database at:

<http://destiny.llschools.net/>

This is the DESTINY system we now have for all libraries for the Los Lunas School District. Library patrons can look online from any computer to search for items for checkout.

New titles that are now on the shelf include:

Allan Houser: an American Master

Carlisle vs. Army: Jim Thorpe, Dwight Eisenhower, Pop Warner and the forgotten story of football's greatest battle

Code Talkers and warriors: Native Americans and World War II.

The Encyclopedia of Native music: more than a century of recordings.

Website of the month: Animoto.com

Any questions or information can be requested at (505) 565-8755 ext. 2100. We are open from 7:15 a.m. until 2:45 on all school calendar days.

Attn: Higher Education Currently Funded Students

PLEASE submit official transcripts and class schedule for your Winter/Spring 2010 term. We will not request for funding without your official transcripts (just a reminder, all universities/colleges close during Christmas break).

Inspiring Artist

Renee Lopez, Photo Editor

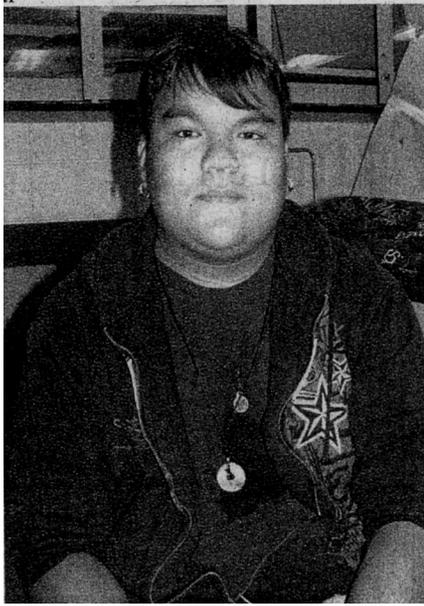


Photo By Renee Lopez

Bernie Jaramillo smiles for the camera during class. This time he's the portrait.

Los Lunas High School has a number of outstanding students, whether it be in athletics, other extracurricular activities, or just academically. But, we also seem to have a number of amazing artists. There will always be that one person you see drawing in class around school, or simply seeing their work in art shows, only wishing that you had that talent, also. This is why I would like to bring your attention to Bernie Jaramillo, a reclassified junior here at LLHS. Most people may not have seen his work, due to the fact that he does not participate in any school activities, has received limited art instruction (only Introduction to Art last year with Mrs. Otero) and has not participated in the art shows.

Anyone who has seen his work can say he really has talent. Drawing is how he spends most of his time and he would like to pursue a career in art and computers. In fact, Bernie says he would like to be a video game designer. Bernie Began taking up an interest in art around the age of four or five, often drawing pictures as gifts for his parents on holidays.

The style he mostly focuses on are portraits as well as animal and cartoon drawings, as his inspiration comes from his family, friends, his niece, and his nephews.

When asking him what he thought was his best work he replied, "I think the best work that I have done is when I drew a picture of Kat Von D from Miami and LA ink".

He is definitely the type of person that believes in determination and following dreams. When I asked if he had any advice for other aspiring artists such as himself, he said, "Some advice that I have for other aspiring artists is that if you like to draw, paint, or use any other medium, go for it. Just because you might not be very good, keep practicing. That's how I got to the level I am at today. So practice, and go for your goals."

If you are an aspiring artist such as Bernie, take his advice and follow your dreams and continue to do the work that you do best. Never be afraid to broadcast yourself for the good. Who knows, you may be the inspiration for others around you motivating them to excel, too.

Not Feeling Well

1. Call Nurse Advice Line 1-877-725-2552
2. Follow Recommendations of Nurse
 - a. If he/she recommends you see a physician within a time span and the clinic is not open during that time and you do not have other insurance coverage which requires you to go somewhere else, go to NM Quick Care and present your Tribal ID.
 - b. If he/she recommends you see a physician within a time span that the clinic is open, then go to the clinic.
3. **Contact the Contract Health (CHS) office (869-4488) within 72 Hours**

If you do not follow these 3 requirements, you may be held Financially Responsible for any charges incurred at Quick Care.

Quick Care

Located: 1400 Main Street, Suite D in Los Lunas at the intersection of Main Street and Los Cerritos in the shopping center behind Quizno's.

Open: Monday through Friday until 9pm and Saturday & Sundays 10am -6pm

Need: Pueblo Census ID Card, which shows "I" Number (Financial Assistance can only be provided to enrolled tribal members and their Native American [minor] children and spouses.)

QUICK CARE is an URGENT CARE Service and should not be used for routine medical needs; it is not an emergency room. If the Nurse Advice Line recommends you go to an emergency room, then do so and report it to Contract Health within 72 hours. Individuals with insurance coverage should follow the rules of their coverage and may not be eligible for this Quick Care service.

CONGRATULATIONS



TASHA LUJAN
2009 LLHS Homecoming Queen
Parents Kevin & Patricia Lujan

NEW FACES AT THE CLINIC

Health Educator:
Stephanie Barela, 869-4479



Devin Lente is the new Diabetes Program's Physical Fitness Assistant. He previously worked for the Isleta Rec Center for 6 years before getting this job. He is from Isleta and is looking forward to working with the Diabetes Program.

Prevention is the Key to Staying Healthy

1. Wash Hands Often with Soap and Warm Water.
2. Cough into your hand, elbow, or tissue, not toward another person.
3. If you have flu-like symptoms, stay home until at least 24 hours after your fever is gone (without fever-reducing medicines).
4. Avoid touching your eyes, nose and mouth.
5. Avoid contact with sick people.

NOTICE FOR ISLETA HEALTH CENTER PATIENTS:

The Isleta Pharmacy needs to collect all insurance information so that we can bill insurance companies, but the patients will not be billed any co-pay's or balances. Please GIVE Isleta Pharmacy (869-4476) your insurance information/insurance card when you pick up prescriptions!

This will not affect you or cause you to pay anything, this is just to help the Clinic.

PLEASE INFORM THE ISLETA PHARMACY DEPT (869-4476) IF YOUR INSURANCE INFORMATION HAS CHANGED!

Health Beat

American Indian Health Disparities in New Mexico

Stephanie Barela, 869-4479

Isleta Health Center, Health Educator

"Health Disparities are the differences in health status and the impact of diseases on different racial and ethnic populations (DOH, pg 2)." The Department of Health produced the Racial and Ethnic Health Disparities Report Card in order to create awareness of these differences and support efforts to reduce them. With these health differences, Native Americans have the highest (worst) rates in 7 of the indicators. These high rates are related to getting a healthy start in life, practicing healthy behaviors and avoiding violence, all of which we can strive to lower (DOH American Indian Health Disparities in New Mexico from 2009 Racial and Ethnic Report Card). Below are the 7 indicators that Native Americans have the highest rate in:

- ◇ Deaths related to alcohol
- ◇ Deaths due to diabetes
- ◇ Late or no prenatal care
- ◇ Motor vehicle deaths
- ◇ Youth obesity
- ◇ Youth suicide
- ◇ Pneumonia and influenza deaths

All of these indicators can be lowered through behavior change. You can lower your risk of *death related to alcohol* by limiting the amount of alcohol you drink and by not drinking and driving. The Isleta Behavioral Health Program can work with you if you feel you may have a drinking problem. Please contact them at 869-5475.

You can lower your risk of *death due to diabetes* by managing your diabetes. The Isleta Diabetes Prevention Program can assist you in preventing risk of obtaining diabetes and can also assist you with managing your diabetes. Please contact them at 869-4595.

You can lower your risk of *prenatal problems* by making an appointment with a doctor at the Isleta Health Center (869-4089) and by attending an Early

in Pregnancy and Late in Pregnancy Birthing Classes at the Isleta Health Center. Please contact Stephanie Barela at 869-4479 to sign up.

You can lower your risk of *dying in a motor vehicle accident* by ALWAYS wearing your Seatbelt and by making sure everyone in your car is also wearing their seatbelt. You can also lower your risk by NEVER getting behind the wheel if you have been drinking.

You can lower the *youth obesity* rate by starting your children off right and breast feeding, which lowers the risk of childhood obesity. Then, you can also contact the Isleta Rec Center and get your child involved in activities. Getting youth active at a young age can help reduce the risk of obesity.

You can lower the risk of *youth suicide* by contacting Isleta Behavioral Health at 869-5475 if your youth has any of the following youth suicide risk factors: seems depressed, has had a previous suicide attempt, has a family history of psychiatric disorders (especially depression or suicidal behavior), if there is disruption in the family, if a youth has shown chronic physical or psychiatric illness, if a youth has had previous alcohol use and alcoholism or if there has been a history of physical or sexual abuse.

You can lower the risk of *Pneumonia and Influenza deaths* by getting a flu shot annually, contacting the Nurse Advice Line (1-877-725-2552) when you are sick and going to the Isleta Health Center if the Nurse Advice Line tells you to see your doctor.

The Pueblo of Isleta Health Center has many things to offer the Isleta Community, because of this, these high rates can be lowered if you use the resources here. Please contact any of the programs in the tribe to assist you in healthy habits and behaviors.

Are you interested in Learning about a certain Health Topic? Please Let the Clinic KNOW!! Fill out a slip and drop it in the Box at the Registration Desk at the Health Center or Call Stephanie Barela at 869-4479

Action Steps for Parents to Protect Your Child and Family from the Flu this School Year

The Centers for Disease Control and Prevention (CDC) recommends 4 main ways you and your family may keep from getting sick with the flu at school and at home:

1. Practice good hand hygiene by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
2. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
3. Stay home if you or your child is sick for at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.
4. Get your family vaccinated for

seasonal flu and 2009 H1N1 flu when vaccines are available.

If flu conditions become MORE severe, parents should consider the following steps:

- Extend the time sick children stay home for at least 7 days, even if they feel better sooner. People who are still sick after 7 days should continue to stay home until at least 24 hours after symptoms have completely gone away.
- If a household member is sick, keep any school-aged brothers or sisters home for 5 days from the time the household member became sick. Parents should monitor their health and the health of other school-aged children for fever and other symptoms of the flu.

Follow these steps to prepare for the flu during the 2009-2010 school year:

- Plan for child care at home if your child gets sick or their school is

dismissed.

• Plan to monitor the health of the sick child and any other children in the household by checking for fever and other symptoms of flu.

• Identify if you have children who are at higher risk of serious disease from the flu and talk to your healthcare provider about a plan to protect them during the flu season. Children at high risk of serious disease from the flu include: children under 5 years of age and those children with chronic medical conditions, such as asthma and diabetes.

• Identify a separate room in the house for the care of sick family members.

• Update emergency contact lists.

• Collect games, books, DVDs and other items to keep your family entertained if schools are dismissed or your child is sick and must stay home.

www.CDC.gov

NOVEMBER IS AMERICAN DIABETES MONTH

PRE-DIABETES means that blood sugar (glucose) levels are higher than normal but not high enough to be called diabetes. Most people have it before they develop type 2 diabetes yet they don't even know it. There are 57 million people in the US who have pre-diabetes!

Normal fasting blood glucose is below 100 mg/dl. A person with pre-diabetes has a level between 100 and 125 mg/dl. If it rises to 126 mg/dl or above, please see your doctor for further testing.

Recent research has shown that long-term damage to the body, especially the heart & circulatory system, may already be occurring during pre-diabetes, so GET IT CHECKED OUT NOW! If you take action to manage your blood sugars when you have pre-diabetes, the good news is you can delay or prevent type 2 diabetes from ever developing!!!

Start today with making changes toward healthier eating and increasing your level of physical activity. Be active for 30 minutes a day (can be divided out over the day's time) most days of the week. Start gradually, 5-10 minutes a day and work up towards that goal. Even walking is great!

Achieving a healthy weight can also help. If you're overweight, any weight loss, even 5 or 10 pounds, will lower your chances of getting diabetes. Be conscious of portion choices and preparing foods with less fat. Choose more nutrient rich, energy enduring foods, as well.

Healthy eating can be achieved by following the Food Pyramid guidelines which include a variety of foods low in fat, sugar & salt, yet high in fiber (include more non-starchy fresh vegetables, fruits & whole grains). Limit the less healthy "treats" to smaller amounts less often. **SMALL STEPS. BIG REWARDS.**

For more information, contact any of these numbers for the Pueblo of Isleta Diabetes Prevention Programs: Diabetes Nurse Educator (Juanita Sena): 869-4874 Nutritionist (Terri Elisberg): 869-4093 Education & Exercise (Carlos Sifuentes or Elissa Caston): 869-4595

(<http://www.diabetes.org>; American Diabetes Association pamphlet: Pre-diabetes)

Please bring a pillow and a blanket!

Early In Pregnancy Birthing Class

Wednesday, November 18, 6-8pm

at the Health Center

ARE YOU OR SOMEONE CLOSE TO YOU EXPECTING?

CALL AND SIGN UP FOR THIS 2 SESSION BIRTHING CLASS:

SESSION 1: EARLY IN PREGNANCY—
NOVEMBER 2009

SESSION 2: LATE IN PREGNANCY—
FEBRUARY 2010

Sign up for this two evening birthing class to learn about....

- Breathing Exercises
- Common Discomforts
- Stages of Labor
- And Much More!!

Door Prizes,
Information and
MORE!!!

SUBSEQUENT CLASS WILL BE IN FEBRUARY—LATE IN PREGNANCY

Stephanie Barela, 869-4479

Isleta Health Center Health Educator

Isleta Health Center

Isleta Health Center....Keeping our Community Healthy

Pueblo of Isleta Public Library

Hello people of Isleta. The Holidays are here so HAPPY HALLOWEEN, HAPPY PER CAPITA, HAPPY THANKSGIVING, & HAPPY CHRISTMAS (Merry Christmas) from your LOVING PUBIC LIBRARY!!!

Well, October has come and gone and let me tell you it was a busy month for the Library. There was a different program going on every week which resulted in our two biggest programs from an attendance point of view. Many parents came to the programs with their child/children and had just as much fun as the kids. New patrons came in toward the end of the month due to BUZZ from the many participants. So, THANK YOU, to everyone who promoted the Library and our programs via Word of Mouth.

NEWS:

Currently, we have a Reading Incentive Program open to ALL students of ALL ages from Head Start – College. The first 20 students to collect 25 points will come with us to see the movies, “New Moon” OR “Planet 51” and go the dinner. As with other programs, students must do their homework first or read of 20 minutes to collect a point(s). As of lately we have been overwhelmed with many participants working for points. It has been great to see everyone trying to be one of the first lucky 20. The last day to earn points is November 19 but that does not mean there will be room available. Keep in mind this is offered to the first 20 who earn their points. I hope to see you soon.

In the month of November, there will be a couple of Library CLOSURE dates so mark your calendars, people. They are Thursday and Friday, November 26 & 27 for the Thanksgiving break. So enjoy your Tribal-issued Turkeys while watching the Thanksgiving football games.

It may be a little early yet, but I would like to inform all of you of our Winter Break Hours. Starting December, 21 through January 1, 2010, the library will shift to 8 hours days which means the library will be open from 8AM to 4:30PM. Please, take note of the time change for those two weeks.

The library will also be CLOSED on the morning of December 15 due to a Staff Meeting. The library should open at 2PM on that day.

UPCOMING PROGRAMS:

Thursday, November 5th, we have the return of our popular event Parent’s Night Out. From 5-8pm that evening we are offering the parents a chance to have some time to themselves. The library staff has planned fun, games, crafts and dinner for the first 20 children to sign up ahead of time. It is open to 3 year olds (must be potty trained) to teens. The parents will leave their child with us at 5pm and go do what they want until they pick them up at 7:30pm. Just a little reward for the many jobs parents do for their children. For further information, you can call the library and talk to anyone one of the staff members. The number to the library is 505.869.8119.



Group picture before the Balloon Glow 2009 started.

In the week of November 9-12th, Dawn LeBeau will be conducting a Thanksgiving Centerpiece and Holiday Wreath Program for patrons of all ages. Supplies will be bought for a maximum of 25 participants. Students who wish to take part in the program MUST FINISH THEIR HOMEWORK FIRST. This will be a fun holiday project for everyone. With that, we would like to wish each and everyone a wonderful and Happy Thanksgiving with your loving family. For more information about this program, please call the library and ask to speak to Dawn.

On the evening of November 17th the library will introduce a New Library Program called, “Baby Night at the Library”. We are inviting the parents of children one year old and younger to come in to the library from 5-7:30pm with their baby for story time, fun, information, games and door prizes. This is sure to be a hit with the parents of young little ones. We hope you can join us. You don’t have to sign up just come by with your child on that evening. For more information, please call the library and ask to speak to Mary Jane.

The evening of November 20th, we will be taking our After School Homework Program participants who earned the 25 points, to see the movies, “New Moon” OR “Planet 51” and then to dinner. We are all looking forward to rewarding the students for their hard work with an evening of fun.

Library Staff member, Natasha, will be conducting a Holiday Sewing Program for our patrons starting November 30th through December 4th. The idea is for patrons to learn how to sew simple gift ideas for someone close to their hearts or simply for themselves. Possible Holiday Sewing Crafts will be a set of pillows, aprons, Santa Hat, Mittens, and Stockings for Santa to stuff with GOODIES! The library has four sewing machines and you are welcome to bring in your own sewing machine. Of course, everyone is welcome to join. The program will take place Monday, November 30 from 5 p.m. to 8 p.m. and Tuesday through Thursday 6 p.m. to 8 p.m. If you should have any further questions,

please call the library and ask to speak to Natasha.

Old Saint Nick (a.k.a. Santa) heard about the sewing class mentioned above and decided to pay the Pueblo of Isleta a visit at the Public Library on Wednesday, December 9th because you all have thoughtful hearts. Not to mention that he knows it is Per Capita Season and Old St. Nick likes gifts too (Just Kidding). Santa will be posing for pictures from 2:30-6:30PM at the Library. Keep in mind pictures will be taken with an average everyday digital camera so if you would like to bring your personal camera that will be fine. Pictures taken by the library will ready for pick up after 12pm on Friday, December 11th. If you should have any questions, please call the library and speak to any one of the staff members.

RECAP:

There is always something interesting, informative and fun happening here at the library. Now here’s a recap of what we’ve been up to. On Thursday, Oct. 1, from 5-8pm, we opened the library to an event we called, “All About You”. Vendors from the community were given an opportunity to showcase their products related to the home or personal beauty. Many people enjoyed themselves, shopped for nice gifts, had some light snacks and even enjoyed a chair massage. It was a wonderful evening.

October 5-9, we had activities celebrating the Albuquerque Balloon Fiesta. Participants had to be here to complete 3 out of 4 projects, and then they were eligible to go along with the group to the Balloon Glow on Oct. 9. We began with 40 people trying for their chance to go, but in the end we could only take 25 people. They were treated to the glow and a “Subway” picnic dinner. We were glad that so many children and adults participated. Thank you very much to the Elders’ Center for the use of their van to transport us, Jean Gonzalez for driving, and to the Subway at Sun Ranch in Los Lunas and manager, for preparing all of our picnic dinners.

We were busy again the week of Oct. 10 through 16 with our activities for the



The participants listening to Nate read Where the Wild Things Are story before they started their activities.

movie, "Where the Wild Things Are". Many of us remember the book and were anxious to see the movie based on it. We enjoyed preparing and completing projects that week such as making monster masks, crowns like we were royalty, fry bread shaped like monsters and small monster pillows that we hand sewed. We read the book every day to those present and planned something that was exciting and enjoyed by all. Participants again had to attend 3 out of 4 days and complete the assigned project to be eligible to go the movie and dinner at Fuddruckers. We had 39 people try for it and by Thursday we had our list of 20 that could attend. It is great to see how many people will stick with a program to receive a reward. You are all outstanding! The movie was great. It was funny and a little strange and sometimes serious. Half of the children- maybe staff too- were crying after the movie and the others were trying to show how "tough" they were.

We then had the Halloween Carnival to prepare for. We hope you attended the Recreation Center sponsored event on Friday, October 23. Our theme for our booth was based on the movie, "The Nightmare Before Christmas" by Tim Burton. We dressed like most of the characters from the movie and created a scene called, "Halloween Town" which included creating a giant pumpkin for our front entrance. We were a very popular booth. We happened to take 3rd place in the departments' booth contest behind Human Resources and Treasurer's. Yeah Library!! Our booth must have looked pretty good because some community members wanted our decorations when it was time to take it down. They asked for our beautiful drawings of the characters "Jack" and "Oogie Boogie" and of course our giant pumpkin! The entire staff worked very hard on our booth and we were all pleased with the outcome. Thanks team! We hope you enjoyed the carnival as much as we did!

The last week of October was fun filled yet again. We planned a week of "Creepy Halloween Snack-Making". The children made, then ate a different snack that each staff member came up with. On Monday, we made "Spooky Eyeballs", Tuesday, we made "Green Meanies", Wednesday, we made "Deer Droppings", and on Thursday, we made

"Haunted Houses". We had as many as 40 children each evening. We gave recipes for each snack so your relative may be making these snacks for you soon. Beware. Just kidding. They were all tasty, creepy, and lots of fun. The children are always eager to help, create and work together. Good job, everyone. Halloween trick or treaters came by on Friday, October 30. We had treats for all 130 Head Start children and around 40 Kindergarteners. We also gave treats to all our patrons who



Jessica Bridge, Dylan Abeita, and Pedro posing with their hand sewn monsters.

visited us on that day, as well. We hope everyone had a great time for the Halloween weekend.

As you can see, there are always many fun things to do at our library. Watch out for postings and flyers to let you know of upcoming or ongoing activities. You too are welcome to come in. Don't forget us for any of your reading, research, movies, or holiday fun. We'd be glad to assist you if we can. We hope to see you soon and have a safe holiday



Crystal Lente helping library patrons make their haunted houses during, 'Creepy Snacks Week'

season with you and yours. We have much to be thankful for. Your Isleta Pueblo Public Library Staff.

Pueblo of Isleta Public
Library Contact Information:

Phone: 505.869.8119

Fax: 505.869.7690

Email: poi02002@isletapueblo.com

WebSite: <http://www.isletapueblo.com/library2.html> (Has gone LIVE but still under construction)



The Library Staff posing for a picture before the Halloween Carnival got started.

Parks & Recreation

As in years past, October has once again been an extremely busy one for the Isleta Parks & Recreation Department. The Park Management Division continues to plug away in the building of the Mousetown Park and in addition to maintaining all of the rest of the parks that are part of our system. Many of the parks continue to be used on weekends and evening activities. For those wanting to use the parks on weekends for special occasions like birthday parties, baby showers etc. we ask that you call me, Rick Giron at the New Rec Center and reserve the park. Currently, there are no fees attached to any usage provided that we continue to clean up after ourselves when the park is utilized. Up to this point everyone utilizing the parks have been great and, please remember, like all of our facilities we are a drug and alcohol free zones. Thank you for your cooperation.

Duke City Marathon

Once again, the Pueblo of Isleta was represented in the Albuquerque Duke City Marathon by a number of our participants and Pueblo members. Isleta Recreation employee and organizer, Team Captain Mike Lente Sr., reports that our half marathon relay team consisting of Bernie Jojola, Heather Jojola, Gary Trujillo, Alyssa Jojola, and Alex Flores did an outstanding job coming out in 72nd place overall with a time of 4:03:52. Half Marathon runner Amy Jiron, our lone representative in that category, finished 266 out of 641 in the women's division. **Congratulations to all of our runners.** For those of you that love to run, please contact Mike Lente Sr. at 869-8557 for next year's teams and involvement in

the Albuquerque Duke City Marathon. Mike would like to get at least 5 relay teams to represent the Pueblo of Isleta next year. But remember, it does take somewhat of a commitment to prepare for this type of race. When half marathon runner Amy Jiron was asked what type of training did she do to prepare for the run, she replied, "I did a lot of spin classes that were so helpful in my preparation". There you have it, an invitation to participate next year, and with the New Year just around the corner, what a better way to start the 2010 New Year's Resolution by making a commitment to participate. More information will be forthcoming in the next several weeks.

Halloween Party

Our annual Halloween Party, which just culminated on Friday October 23, 2009, was once again such a big hit that many Pueblo members are asking how in the world can this event ever be improved. The comments from our young participants to our young adults, adults and Elders have been so overwhelmingly positive that event organizer Kimberly Chiwewe says that next year's event has to maintain a high standard that continues to make this extravaganza one of the biggest events held on the Pueblo of Isleta. Ms. Chiwewe says, "It will be tough but I am confident that our pueblo employees will continue supporting this event with their activity booths and participation that we will continue this high level of expectation by our Pueblo members." Pictured are our Costume Winners in the different age categories. In the 0-4 years category it was Nathan Martinez and Anita Tones pictured along with their mothers. In the 5-9 year olds it was Zoey Abeita and David Roybal. In the 10-14 year olds it was Cheyenne Lucero and Marcus Cherino In the 15-19 year olds it was Ted Olguin and Valedia Padilla, and in the 20 year olds to Elders it was Pat Jojola and Edna Jiron. In the pumpkin carving contest it was Delsin Jaramillo taking home the top prize.



Pumpkin Carving
Delsin Jaramillo



10-14 year old.
Cheyenne Lucero and Marcus Cherino



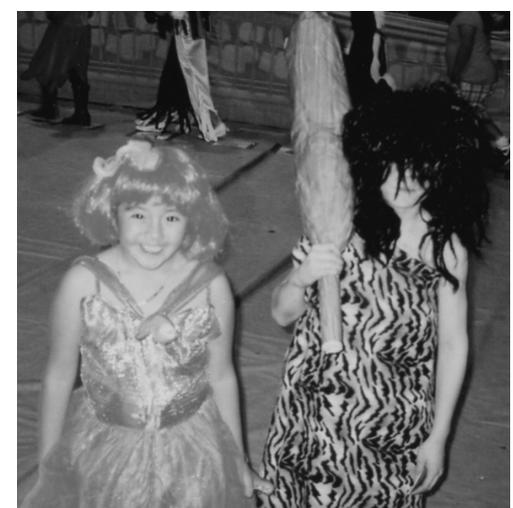
0-4 year old.
Nathan Martinez and Anita Torres



20-100 year old.
Pat Jojola and Edna Jiron



15-19 year old.
Ted Olguin and Valedia Padilla



5-9 year old
Zoey Abeita and David Roybal

Because this event is so big we decided to place many more pictures than in the past of action shots of the many people and events they were involved with in the Halloween Party. This may give everyone an idea of how big this event is! Once again, I would like to thank our event coordinator Kimberly Chiweve and all of the Departments that participated because without you, this event could not be what it has become today. Special Note: The best booth contest goes to: 1 st place-Administration with the Chinese themed booth, 2nd place went to the Treasury Department with the Haunted House Theme, and 3rd place went to the Library with the theme of the Nightmare before Christmas.





Safety

On Monday, October 26, 2009 the Pueblo of Isleta Parks and Recreation Department employees once again got re-certified in the Defensive Driving Class that will help insure that the safety of our children is being taken seriously. Just for everyone's information, it is our department policy that all of our employees who drive any of our Pueblo vehicles must have taken the Defensive Driving Class that is a New Mexico State Certified Class. Pictured below are many of our employees who are getting certified and next to them is the instructor Lisa Valenzuela, who has been conducting our certification classes for about 5 years.



Arts/Crafts

During the month of October the theme for the Arts/Crafts program has been centered on the Halloween theme. Pictured is one of our most avid participants, Phillip Sangre, along with our three instructors, Nanas Lena, Abie and Gloria, with some of the artwork pasted to the wall behind them. As I have mentioned in the past, Arts/Crafts is a major part of our after school program. A lot of what takes place in the art room is after the children are helped with homework if needed, prior to being engaged in activities. Nanas, keep up the great work. The children not only look forward to your classes but they love you, as well.



WIC NOTES

New Baby Questions:

• **Is it normal that my baby often has hiccups?"**

Yes. Hiccups are particularly common in babies under a year old. Babies even hiccup in the womb, which can alarm pregnant moms but is also totally normal. Some mothers wonder how babies can hiccup in utero — after all, they're not really breathing yet. But hiccups have nothing to do with breath: They're sudden contractions of the diaphragm caused by irritation or stimulation of that muscle.

Infant hiccups are usually caused by feeding (breast milk, formula, or other foods) or a drop in temperature that causes a baby to get cold.

Hiccups usually bother parents more than baby. Unless the hiccups interfere with daily activities like sleeping or eating, there's no need to see a healthcare provider. However, babies with gastroesophageal reflux disease may hiccup more frequently. If your baby hiccups often, mention it to her doctor, particularly if she spits up a lot or coughs and seems very cranky.

In addition, if your child's hiccups are

uncontrollable, happen very frequently, or occur often after age 1, talk to your doctor. As for how to stop hiccups, there's really not much you can do, and they'll go away soon on their own.

• **"Is it normal that my baby arches her back and throws herself backwards when she's upset?"**

Yes, scary though it is, this behavior is common — and perfectly normal — in babies and toddlers.

Virtually all babies go through this phase. Experts attribute the classic arch-and-throwing to frustration and uncontrollable emotions, which can overwhelm your child's sense of safety and control of her body.

Many parents notice their children doing this somewhere around the nine-month mark. The trigger is usually emotional, meaning your baby becomes frustrated and that causes the arching. A 9-month-old can envision the way she wants things to be and feels angry when they don't go her way. You may never figure out what prompted your child to arch. It may be something as minor as you handing her the wrong toy or singing

her the wrong song. Whatever the cause, you'll want to beware when your child begins hurling herself out of your arms, and take extra care in picking up your child in mid-arch. Be ready to hold on tight. You can also quickly set your baby down on a soft surface and allow her to throw herself backward on a soft carpet, pillow, or mattress.

Don't worry — back arching is very unlikely to be a sign of a medical problem. Seizures, a rhythmic shaking of the limbs, look very different from an arch of frustration.

However, back arching that occurs exclusively after your baby eats, often accompanied by gas, turning her head to the side, flexing her elbows, and extending her hips, can be a sign of gastroesophageal reflux (GERD). Talk to your pediatrician if you suspect seizures or reflux.

But if your child is like most, the back-arching is a sign of nothing more than your child's growing independence and emotional development.

Heidi Lanes
WIC Nutrition Coordinator

ACT IN TIME TO HEART ATTACK SIGNS
Heart Attack Warning Signs

<p>LEARN WHAT A HEART ATTACK FEELS LIKE. Act fast. Call 9-1-1. It could save your life.</p> <p>Treatments can stop a heart attack as it is happening. They work best if given within 1 hour of when heart attack signs begin. If you think you are having a heart attack, call 9-1-1 right away.</p> <p>KNOW THE HEART ATTACK WARNING SIGNS:</p>			<p>YOU MAY NOT BE SURE IT IS A HEART ATTACK. A heart attack may not be sudden or very painful. You may not be sure what is wrong. But it is important to check it out right away.</p>		
<p>Your chest hurts or feels squeezed</p> 	<p>One or both arms, your back, or stomach may hurt.</p> 	<p>You may feel pain in the neck or jaw.</p> 	<p>ACT FAST. CALL 9-1-1.</p>  <p>Call 9-1-1 in 5 minutes or less. Do not drive yourself to the hospital.</p> <p>When you call 9-1-1, an emergency vehicle arrives right away. Treatment can begin at once.</p>		
 <p>You feel like you can't breathe.</p>	 <p>You may feel light-headed or break out in a cold sweat.</p>	 <p>You may feel sick to your stomach.</p>	<p>TO HELP SURVIVE A HEART ATTACK, TAKE THESE STEPS:</p> <ol style="list-style-type: none"> 1 Learn the heart attack warning signs, and act fast if you feel them. 2 Talk with family and friends about the warning signs and the need to call 9-1-1 right away. 3 Ask your doctor about your heart attack risk and how to lower it. 		

Calorie Spook Fun Walk/Run and Balloon Pop Event Follow Up

Sponsored by the Diabetes
Prevention Programs



Our October 15th fun walk/run event was a great success, our biggest walk/run, so far. Thank you to everyone who came out and participated. We had 146 participants for this event. The walk/run had 5 events: the 1, 2 mile walk and the 1, 2, and 3 mile run.

Abeita, Charlene
Aaron Lente
Abeita, Chantal*
Abeita, Clifford
Abeita, Danielle
Abeita, Issaiah*
Abeita, Jacob*
Abeita, Jared*
Abeita, Jonathan*
Abeita, Marvin
Abeita, Monique
Abeita, Shannon*
Abeita, Stacie
Abeita, Travis-Kasey*
Anazara, James
Anazara, Jayden*
Anazara, Marlene
Anazara, Robert
Andria Chavez
Angie D. Jojola
Anzara, Claudina
Anzara, Michael
April Chavez
Baca, Judith
Bradi Lucero
Brianna
Cecelia Lucero
Chavez, Art
Chavez, Karen
Chavez, Kasey*
Chavez, Vanessa
Cherino, E. Frances
Chewiwi, Anita

Chewiwi, Ben
Chewiwi, Rhiannon
Christina
Claudia Abeita
Curley, Cecilia
Dale, Gina
Darren Jojola
Daryl Chavez
Derry Dusellec
Dominica
Edwina Olivas
Gutierrez, Liz
Hunt, Cheryl
Jessica L.
Jiron, Carol
Jiron, Marie
Jiron, Pete
Jojola, Antoinette
Jojola, Ashlyn*
Jojola, Cindy
Jojola, Dennis
Jojola, Frances
Jojola, Gabriella*
Jojola, Gina
Jojola, Heather
Jojola, Isaiah*
Jojola, Jared*
Jojola, John
Jojola, Kaitlyn*
Jojola, Lia
Jojola, Marvin
Jojola, Priscilla
Jojola, Roxanne
Jojola, Skylor*
Jojola, Taylor*
Jojola, Theresa
Juliana
Keryte, Valarie

Kree Koweny
Lavato, Savannah
Lenora Carpio
Lucero, Carmen
Lucero, Darren
Lucero, Denise
Lucero, Eulalia
Lucero, Jerilyn
Lucero, Krystal
Lucero, Lupita
Lucero, Maggie
Lucero, Reuben
Lucero, Thomas
Lujan, Adel
Lujan, Aubrey
Lujan, Farrah
Lujan, Iris R.
Lujan, Lenora
Mariah Montoya
Mariano, Patrick
Marie Lente
Marissa Chavez
Marrow, Eliza
Martin, Julie*
Martin, Michael
Martinez, Aurelia
Martinez, Cadence*
Martinez, Daniel*
Martinez, Heidi
Martinez, Isaac
Mary Abeita
Merissa
Michael Vigil
Mirabal-JojolaMichelle
Monique Abeita
Montoya, Rick
Montoya, Sandra
Mullins, Quentin*

Ochoa, Simon
Orozco, Andrea*
Orozco, Loretta
Padilla, Chris
Padilla, Isabella
Padilla, Rae
Padilla, Trina
Parton, Michael
Patricia Lucas
Patsy Jojola
Paul Overstreet
Price, Jessica
Price, Michael*
Price, Rita
Price, Ryan*
Reyes Lucero
Robert Mariano
Rodriguez,
Christina
Rueben Abeita
Ruiz, Pauline
Sabrina Jojola
Sanchez, Allison
Sanchez, Barbara
Sanchez, Natalie
Sangre, Philip
Serrell, Debbie
Serrell, Marisa
Tavasci, Katrina*
Tavasci, Pam
Theresa Papuyo
Wade, Antonette
Wade, Eugene
Waseta, Gwen
Waseta, Nikki*
Zamora, Aaron*
Zamora, Volelle
Zuni, Daisy

Here are the numbers and times for those participants that finished 1st, 2nd and 3rd place in their event.

1 Mile Walk

1st Place -
Reyes Lucero 14:50
2nd Place -
Barbara Sanchez 14:50
3rd Place -
Daisy Zuni 17:56

2 Mile Walk

1st Place -
Daniel Martinez 18:01
2nd Place-
Heidi Martinez 18:25
3rd Place-
Cadence Martinez 18:25

1 Mile Run

1st Place-
Philip Sangre 10:18
2nd Place-
Aubrey Lujan 10:19
3rd Place -

Rhiannon Chewiwi 11:29

2 Mile Run

1st Place-
Isaac Martinez 23:18
2nd Place -
Rueben Lucero 23:44
3rd Place -
Krystal Lucero 24:15

3 Mile Run

1st Place -
Volelle Zamora 20:15
2nd Place -
Eugene Wade 20:31
3rd Place -
Calvin Lucero 20:48



Congratulations to everyone on a job well done. We look forward to seeing all you at our next event.

Phillip Chewiwi... A Year Has Passed...

This article would have been written sooner, but sometimes, it is not just the right time... and so we wait...or sometimes we do not believe that there has been an end...and then, we finally have come to admit that there was an end. And so for Phillip, life here on earth has ended...to be continued in heaven. It was on November 13, 2008 to be exact, when our Father, Grandfather and Dear Friend, Phillip Chewiwi, passed away.

Phillip was born on October 4, 1945. His life from very early childhood was filled with many lows, more than those encountered in the life by the normal human being. In spite of the many lows in his life, he overcame them all...and in the end he was full of happiness... a better human being than many of us will ever hope to be.

Before he reached his teenage years, he was stricken with tuberculosis, and he spent a big part of his childhood years in hospitals, mainly at the old Indian Sanatorium, which is now the Indian Health Service (IHS) hospital. Because of this, he was held back in school, and he graduated from high school a year late.

Following high school, he was employed as an auto parts salesman, working for many of the major reputable auto dealers in Albuquerque, including Galles, Lloyd-McKee and Ed Black's. These were some of his good years, being employed, and an



Phillip in May 1990 @ Melloy Dodge expert in his field.

Many people relied on Phillip's expert advice when purchasing auto parts. He knew what part was needed for almost every auto repair job. In 1970 he was the "Million Dollar Salesman."

Phillip's biggest nemesis in life was his addiction to alcohol. But, unlike many people who are addicted to alcohol...and end there lives as alcoholics, Phillip overcame this addiction. His recovery was not an "only for Phillip recovery", it was a blessing for many people. Phillip's recovery from alcohol had a positive affect on many people, and he

spent the rest of his life helping others overcome their addiction. He was instrumental in starting Alcoholic Anonymous (AA) groups in Isleta, Peralta, Los Lunas and other surrounding communities. He counseled many individuals and served as a mentor for recovering alcoholics, leading them to the road to recovery. Many times, before his recovery, Phillip would say that he would die drunk, not realizing that someone had bigger and better plans for him. Phillip passed away from complications with diabetes...he did not die from alcoholism. The last twenty years of his life he spent alcohol-free. The Lord watched over him and guided him to do great things.

Phillip was very proud to always have his daughter Joanna by his side. They together walked through life's journey that the Lord gave to Phillip. He always looked for a little light at the end of the tunnel, and he always kept an optimistic attitude, no matter what situation he was up against.

It was an honor to have known Phillip and to have been in his presence. We will always remember him as a good father and grandfather who loved his children and his two grandsons, a helper to those who had fallen, and as the nurse at the Presbyterian Hospital said at the time his life ended, "Be happy that you now have a friend in heaven, who will be praying for you..."

Bake Sale and Raffle Ticket Winners

On 8-28-09 the drawing for the raffle ticket prize was held with Ronnie Blythe picking the winners from a rolling bingo drum. After each drawing the bingo drum was rolled until all the prizes were gone. The last of the winners are at the right of the page. The purpose of this raffle fund raiser is to help him with some of the expenses he will occur when he goes to Banner Hospital in Phoenix AZ, for his liver transplant. He will have to stay near the hospital for one month before his transplant to finish the rest of his laboratory tests, and await a liver. He also has to stay one month after surgery for doctors to check on him each day for follow ups that he is not rejecting the donor liver. Medicare/ Medicaid do not pay for room and board.

A special Thanks to Angie D. Jojola who worked tirelessly in order to help us organize the Bake sale, car wash and Indian tacos sale. Without her it would not have been a success.

Also I want to Thank all the ladies who donated items (dishes, linens, baby clothes, and misc. items) for our yard sale. We still need donations to sell to help meet the expense that Banner Hospital is requesting, any items will appreciated. Items that you may not need can be another person's treasure. Items can be dropped off at Alberta Abeita's House (3662 Hwy 47).

Many thanks to the ladies who helped donating cakes, cookies, banana bread, fruit pies, and Indian oven bread. We even had one male baker who made two large cakes himself.

Special thanks to: Clarence Lujan, Virginia Blaine, Robert Zuni, Bernadette Catton, Lena Abeita, Carmel, and Eddie Abeita, Edwina Abeita, Angie D. Jojola, Thelma Lujan. These ladies also made the chile/beans for our taco sale.

To Ruth Tonario and Tillie Van Winkel who worked, hard with me setting up the yard sale and putting things away, I must not forget Edwina Abeita,

Thank You Ladies

List of Winners Fund Raiser - Ronnie Blythe

- | | |
|-----------------------------|--------------------|
| 1. ASTRAYS | MABEL JOJOLA |
| 2. PRINT | THELMA LUJAN |
| 3. HEART PENDENT | DAVID SCHROEDER |
| 4. TURQUOISE BRACELET | MARY JONES |
| 5. MENS LEGGINS | ALOYSIUS CHEWIWI |
| 6. LIVE SHEEP | EDWIN TREALOR |
| 7. ROADRUNNERS | ROSE MARTIN |
| 8. SQUASH BLOSSOM | ROBERT CRANDELL |
| 9. BOLO TIE | JOE LUCERO |
| 10. PAIR OF EARRINGS | RAFALITA JARAMILLO |
| 11. POTTERY | RYAN FERNANDO |
| 12. SEED POT | ADIAN CHAVEZ |
| 13. POTTERY | ISABEL COCA |
| 14. SHAWL | FRANK E. LUJAN |
| 15. BENNY'S GIFT CARD | VICKIE GARCIA |
| 16. HUMMING BIRD POTTERY | LEE SCHROEDER |
| 17. CRAIG TIRE (OIL CHANGE) | EDWIN TREALOR |
| 18. HEISHI NECKLACE | IRENE ABEITA |
| 19. STORAGE BOX | MARLINDA |
| 20. JEWELRY BOW | CONNIE ETEMANELO |
| 21. CHILI RISTRA | J.J. ABEITA |
| 22. CERAMIC FAMILY | DENNIS JOJOLA |
| 23. NECKLACE | EDWIN TREALOR |
| 24. POTTERY | LIZ SCHROEDER |

December 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 World AIDS Day. Have You Been Checked?	2	3	4	5
6	7	National Hand Washing Awareness Week				12
13	14	15	16	17	18	19
20	21	22	23	24 Christmas Eve	25 Christmas	26
27	28	29	30	31 New Year's Eve		

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