



Isleta Pueblo News

Volume 5 Issue 11

November 2010

Governor's Report

On Saturday, October 30 and on Sunday, October 31, 2010 Tribal Members nominated three candidates who will run for the Tribal Governor position, and twenty-four candidates who will run for the twelve tribal council seats in the general election.

On November 2, 2010, many of our tribal members took time out to vote for those candidates who were seeking positions in state and federal government. I am hopeful that those who were elected to federal and state offices will make a positive contribution to the Pueblo of Isleta, and the many tribal issues, such as tribal sovereignty, water rights, health care, gas and cigarette taxes, and gaming will be dealt with fairly. The Pueblo of Isleta Tribal Administration, nor the Tribal Council endorsed any candidates. However, it was important that all eligible voters vote in all elections.

On October 21, 2010, I was awarded the Jay Silverheels Achievement Award. "The 2010 Jay Silverheels Achievement Award was presented for contributions of tribal interest at all levels of the Pueblo of Isleta, with devotion to Indian education, for being instrumental in the acquisition and construction on the Isleta Elementary School, continuing to work with the Pueblo of Isleta for the advancement of foster childcare services and adoption, for securing financing for a tribal judicial complex and an upgrade and enhancement of the tribe's water infrastructure. As a business developer, Governor Benavides initiated the renovation of the gaming operations of Hard Rock Hotel & Casino Albuquerque, and was instrumental in developing the Pueblo of Isleta's Health Care Center, which serves as the Pueblo's core health and the recreational facility and has been active in cultural and traditional practices of the Pueblo."



I want to thank my Lt. Governors, Max Zuni and Frank Lujan, and former Lt. Gov. Michael Jojola, Tribal Program Directors, the Setter Group who are the lobbyists for the Pueblo, and the treasury office for being on top of all the federal and state grants that were awarded to the Pueblo of Isleta. Thank you to the Tribal Council for taking into consideration and authorizing all the projects that the tribe has undertaken, balancing our budget and maintaining our capital.

We have created jobs and built our economic base for the future of Isleta, bringing in approximately \$68,000,000 plus \$40,000,000 from the Mis-Management settlement funds for a total of \$108,000,000. Some of these funds were used to pay off most of the costs the projects in Isleta during my six - year term. The Mis-Management monies will be used to create jobs on the water-logged areas and the forest thinning projects.

I want to especially thank the Cultural Committee for their expertise and contributions at restoring our history and in the planning and design of our beautiful hotel and museum.

It is the work of all of you that Isleta was chosen from all the tribes in the United States to be recognized for the many achievements we were successful in completing. Isleta is now known throughout Indian Country and throughout the business world for its many achievements. Thanks to each and every one of you for your dedication and hard work.

Projects Completed

1. Isleta Elementary School, K to 6
2. Isleta Golf Course Club House
3. Isleta Lakes
4. Fun Connection
5. Old Court House
6. Community Kitchen improvements
7. Behavioral Health Clinic
8. Rail Runner Station
9. Hard Rock Hotel, and Casino
10. Relocation of Program Departments to 1 location
11. State Hwy 47 traffic light
12. TR 2 road project
13. Recreation Center, seven parks three little league baseball fields, one improved, one major league baseball field, one T-ball field, and one batting cage.
14. Comanche Ranch improvements

Projects near completion

1. Pueblo water line replacement
2. Saint Augustine Church
3. Library/learning center
4. Museum
5. Judicial complex

Pending w/ some funding spent

1. Assistant Living (completion date unknown)
2. Ordinances

Most of these projects were paid in full, savings to the tribe are approximately 50%.



Higher Education Scholarship Program

Spring 2011 is the next funding cycle for Higher Education. Please note the following deadlines:

New Applicant

- Application due.....November 1, 2010
- Supporting documents due.....January 31, 2011
- CIB • High School transcript/GED or latest Official Transcript • Degree Plan
- Acceptance Letter • Class Schedule • Student Aid Report
- Financial Needs Analysis
- **Note: new applicant must have FAFSA completed prior to November 1, 2010.

Continuing Student

- Supporting documents due.....January 31, 2011
- Class Schedule • Official Transcript with Fall 2010 grades

Deadlines will be enforced; therefore, please allow enough time to gather your supporting documents. New and continuing students are required to submit all supporting documents as a complete packet. If there are any missing documents, the packet will be returned. Please visit our website at www.isletapueblo.com, and select Higher Education. For any assistance or questions please call our office at 505-869-2680.

Need help with financial aid for post-secondary education? Contact: Raymond Archibeque, Educational Advisor, Bernalillo EOC Office. Phone: 505-867-5195 Fax: 505-867-3259 E-mail: rayarch@qwestoffice.net or, call Isleta Higher Education Department at 869-2680.

Saint Augustine Restoration Update

Ed Crocker

We just passed a major milestone in the restoration work at the Church of Saint Augustine in Isleta: the laying of 40,000th adobe. This is not to say that it was the last of the mud blocks needed in the work; we still have to take down the north wall (around the altar) and rebuilding that will require at least another 15,000 adobes.

We have had a lot of questions lately about why the north wall needs to come down, and the answer is that if we don't take it down, it will come down on its own. Interestingly, where all the other walls in the church are five to six feet thick at the base, the north wall is only 22-inches thick. Being that thin and 24 feet high makes it a danger. In the next few weeks you will be seeing that wall come down and the north end tented so that we can heat it and continue with adobe work in the colder weather.

At the same time that we start dismantling the north wall, the south facade will suddenly come together. On the same day that a crane lifts the roof off the altar area, we will lift the new bell towers into place atop the newly rebuilt front buttresses. Once again, the church will be the tallest building in the Pueblo.

There have been many other accomplishments, as well. Both side walls have been repaired; all the vigas and corbels have been repaired and treated against rot and insects; the new staircase enclosure and mechanical room on the east side are nearing completion; a new retaining wall on the north side is complete; and most of the grading and drainage work has been done.

It is important to note that the Pueblo of Isleta has given us very clear instructions that whatever we do on the church must be done with a goal of having it last 100 years before another major restoration. In this spirit, we are taking every precaution to use only the most durable materials and best technologies for an adobe building that are available. For example, all ductwork will be stainless steel, the drainage system is especially designed for this job and uses the latest developments in materials, and the floor will be 1 1/2-inch thick fir.

The work is progressing on, or even a little ahead of schedule. We still anticipate completion in April or May of 2011.



Ed Crocker, Project Manager



Past Freedom From Smoking Participants Continued Support

Freedom Fighters



Continued Support for Staying Smoke Free

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

PLEASE NOTE MEETINGS HAVE CHANGED TO
MONDAYS

Next MEETING November 15, 2010

Call Stephanie to Sign Up
869-4479

WIC NOTES—**Caffeine and Women's Health**

Foods and beverages containing caffeine have been enjoyed for thousands of years, yet questions persist about its potential effects on women's health. The bottom line- caffeine in moderation usually can be safely consumed by healthy individuals.

Depending on the amount consumed, caffeine can be a mild central nervous and cardiovascular system stimulant. Caffeine does not accumulate in the body; therefore, these effects are usually brief, passing within several hours.

Moderate caffeine consumption is considered to be about 300 mg, which is equal to around 3 cups of coffee. Some women experience urinary incontinence as they age. Although caffeine does not cause this condition, women with this condition may experience a greater degree of "urgency" for a short time after consuming a caffeinated beverage.

Caffeine and Pregnancy Is it Safe?

Experts have stated that moderate levels of caffeine have not been found to have a negative effect on pregnancy. (The definition of moderate varies anywhere from 150 mg - 300 mg a day). However, it is important to know that caffeine crosses the placenta to your baby. Although you may be able to handle the amounts of caffeine you feed your body, your baby may feel the effects. Your baby's metabolism is still maturing and cannot fully metabolize the caffeine. Any amount of caffeine can also cause changes in your baby's sleep pattern or normal movement pattern in the later stages of pregnancy. Remember, caffeine is a stimulant and can keep both you and your baby awake.

Avoiding caffeine as much as possible when pregnant is your safest course of action. If you must get your fix, it is best to discuss this with your health care provider to make the healthiest choice for you and your baby.

Caffeine is not only found in coffee but also in tea, soda, chocolate, and even some over-the-counter medications that relieve headaches. Be aware of what you consume.

How much caffeine is in your favorite drinks & snacks?

- Dr. Pepper (12 oz) 37 mg
- "Energy drinks" 80 mg
- 7 Eleven Big Gulp Diet Coke (32 oz) 124 mg
- 7 Eleven Big Gulp Coca-Cola (32 oz) 92 mg
- Baker's chocolate (1 oz) 26 mg
- Green tea (6 oz) 40 mg
- Black tea (6 oz) 45 mg
- Home brewed coffee (8 oz) 100 mg
- Starbucks Grande Coffee (16 oz) 400 mg
- Milk Chocolate (1 oz.) 6 mg
- Excedrin (per capsule) 65mg

Caffeine and Breastfeeding Is it Safe?

Yes! Another great reason to breastfeed. The American Academy of Pediatrics determined that minimal caffeine consumption has no effect on breastfeeding. Health providers recommend that nursing women limit their consumption to the caffeine equivalent of 1 to 3 cups of coffee per day. Higher caffeine amounts could be associated with increased wakefulness and poor feeding, so limiting caffeine intake is important.

References: American Academy of Pediatrics' Committee on Drugs. The transfer of drugs and other chemical into human milk. Pediatrics, Sep2001.

If you have questions on this or any other nutrition issues please contact your WIC office 924-3180.

Heidi Lanes, WIC Nutrition Coordinator

Pueblo of Isleta Social Services

PO BOX 1270 Isleta, NM 87022
505-869-2772 • 505-869-5923



SPEAK OUT!

Calling all Teens of Isleta Pueblo
Teens Discuss Dating Violence Awareness



In an effort to raise a greater level of awareness of teen dating violence in our community, Isleta Social Services is hosting a Teen Forum at the Hard Rock Casino & Resort on Monday, November 15, 2010 from 5:30 p.m. to 8:30 p.m.

Our round table discussion is geared towards helping teens form healthy relationships to prevent dating violence before it begins. In this dialogue we hope to engage teens in discussions that challenge harmful beliefs about dating violence.

Who is at the greatest risk for Teen Dating Violence? Recent studies show that those at the greatest risk are teens whose peers say dating violence is a normal way to show love. Statistics closer to home show that 12.6 % of Native American youth are victims of teen dating violence. What teens learn during adolescence about relationships can affect them throughout their lives. It is important for teens to be discussing these issues with adults to help them break the cycle and expect respect in their relationships.

Isleta Social Services is partnering up with Rod Kaskalla, Domestic Violence Coordinator for the Pueblo of Nambe for a round table discussion from 5:30pm to 8:30 pm at the Hard Rock Casino. A meal will be provided.

SPACE IS LIMITED!

So please contact Isleta Social Services to reserve your seat.

Statistics taken from:

Nelson, A. (2009), Innovations in Teen Dating Violence Prevention. New Mexico DOH Office of School and Adolescent Health

Pueblo of Isleta Veterans' Association

Message from Commander Joe L. Jaramillo..."On November 11, 2010, Veterans' Day, the POI Veterans' Association and the Recreation Department will be dedicating the new Chical Baseball Fields to the memory of our World War II Veterans". We want to recognize all POI WWII veterans. If you are a WWII veteran, or if you know of a tribal member who is a WWII veteran, please submit name, branch of service, year of service and any other military info to Ulysses Abeita at the Department of Education. Info can be e-mailed to uabeita@yahoo.com. We are also asking that all veterans be present at this important dedication.

The next meeting of the Pueblo of Isleta Veterans' Association will be on Wednesday, November 17, 2010 at 6:30 PM. Remember that we are no longer American Legion Post 209... we are now Pueblo of Isleta Veterans' Association. We look forward to having you at the next meeting...and before that at the WWII Memorial dedication on November 11, 2010.

You still have time to register for the 12th Annual Native American Veterans Symposium. Call ASAP. (but then...you will be allowed to register on the day of the event...)

For any questions, please call Ulysses at 309-5142.

Honoring Our Veterans

Tranquilino Lucero, born on May 20, 1885 served in the US Army during World War I. His sisters were Reyes Lucero Abeita and Rufina Lucero Jiron. His children were Carlota L. Jaramillo, Elanor L. Lente, John C. Lucero, Margaret L. Tabet and Manuel Leto Lucero. (Photo and information were provided by Bernie "Sonny" Trujillo.)



Corporal Alex Jiron, served in the US Army during World War II.

12th Annual Native American Veterans Symposium
Friday, November 5, 2010

HONORING VETERANS THROUGH HEALTH, WELLNESS AND SERVICE

Route 66 Casino Hotel
I-40 Exit 140, Albuquerque, NM

Agenda
7:30am—Registration
8:30am—Posting of Colors
9:00am—Welcome Remarks
9:30am—Speakers
11:30am—Lunch
1:00pm—USO Show
2:45pm—Retiring of Colors

To pre-register contact:
Grace Baca 505-248-4600 grace.baca@ihs.gov
Emilia Lovato 505-248-4714 emilia.lovato@ihs.gov

Sponsored by the Indian Health Service and NM Veterans Health Care System

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The Galles family would like to invite all of ISLETA PUEBLO to visit us and take advantage of year end incentives.

Please come and visit your Isleta Pueblo representative BRANDON LUCERO

1601 Lomas NE Albuquerque, New Mexico

Isleta Pueblo Housing Authority is Recruiting New Board Members for its Native Lending Institution

Are you interested in becoming a board member of a Native Lending institution being developed by the Isleta Pueblo Housing Authority?

Native Lending Institution Mission:

The mission of the Native Lending Institution will be to promote the economic growth of the Isleta Pueblo community by creating homeownership and small business opportunities for the Isleta Pueblo community.

The board of directors shall consist of 5 persons. Directors shall consist of one community member and four professional members preferably with financial or business backgrounds. Board members must meet at least one of the following criteria: 1) be Native American, 2) live in the Isleta Pueblo community service area, or 3) work/own in a business in the Isleta Pueblo community service area.

Description of Board Duties

The Board of Directors of the Native Lending Institution will serve as the governing body of the Institution. Board members will serve 2 year terms. The Board will meet at least quarterly.

Board members will have the following roles and responsibilities:

1. Uphold the bylaws of the Native Lending Institution.
2. Define and oversee the mission of the organization and ensure that this mission is carried out on behalf of the community.
3. Ensure that the events and programs of the organization are relevant to its mission and monitor their effectiveness.
4. Provide strategic guidance to the organization.
5. Ensure financial solvency and help raise resources.
6. Ensure continuous board improvement. Each member of this board shall commit to the following:
 - Fully attend at least three board meetings per year.
 - Serve on one or more committee and attend at least 75 percent of the meetings.
 - Understand board member roles and responsibilities and become sufficiently knowledgeable about the organization and its operations to make informed decisions.
 - Read all materials sent to the board and come prepared to provide meaningful dialogue at all board and committee meetings.
 - Arrive at meetings on time and stay for the full agenda unless notification is provided in advance to the board or committee chair.
 - Ask for clarification on any matters or material not understood before making a decision.
 - Listen carefully and respectfully to other board members and staff with

objectivity.

- Actively support the policies and goals adopted by the board, speaking with one unified voice.
- Act as a liaison between the Native Lending Institution and the community.

Specific Board members will serve as overseers of the following:

1. Overseer of Financial Management — The overseer of the organization's financial management system. This Board member shall work with the steering committee to develop and manage an annual budget.
2. Leader of Public Relations — This Board member will oversee the development of all print, web, radio, and multi-media materials pertinent to the Native Lending Institution and the events it sponsors. This board member is responsible for ensuring that all public relations material upholds the mission and standards of the organization.
3. Overseer of Fundraising — This board member will oversee fundraising efforts. They will help recruit and retain members for the fundraising committee and will help manage the organization's fundraising database, manage the creation and content of fundraising material and ensure that organization supporters are recognized for their contributions.
4. Overseer of Events — This board member will oversee community events and work with committee event chairs to ensure that the overall message of the event is consistent with the mission of

the organization. This board member will also actively work with the communities and other organizations to recruit partnerships for new events.

5. Board and Committee Recruitment — This board member will oversee the recruitment of new volunteers and board members.

Board members will be expected to attend training on Native Lending institutions.

If you are interested in serving as a board member please send a letter of interest to:

**Sheila D. Herrera
Home Loan Program Manager/
Homeownership Counselor
Isleta Pueblo Housing Authority
Poi40103@isletapueblo.com
(505) 869-4153 Ext. 378
Facsimile: (505) 869-0654**

Thank You from the Isleta Pueblo Housing Authority (IPHA)

The Pueblo of Isleta Housing Authority is taking this opportunity to thank all the tribal members who attended our first Annual Housing Fair. We also want to thank all of our sponsors and Habitat for Humanity.

The IPHA staff did a great job putting this event together and making it a success. We are looking forward to a bigger and better Housing Fair next year.

Again, Thank You.

E.P. Torres, IPHA Director

Freedom from Smoking

Take Back Control of Your Life!

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)

Want to Stop Smoking?

SIGN UP FOR FREEDOM FROM SMOKING.

SESSIONS ARE HELD AT THE ISLETA HEALTH CENTER

Contact Stephanie Barela at 505-869-4479

Weekly prizes!

Help from others that are going through the same thing!

Attend the Weekly Sessions and get Free Nicotine Replacement Therapy if you are a Patient at the Clinic.

Parks & Recreation

As October 2010 comes to an end and our Annual Halloween Party is now but a memory, now the holiday season is rapidly approaching us. Besides the annual Halloween Party that is one of the biggest and most successful events on the Reservation, we also had an opportunity to go to the Estancia Pumpkin Patch where the staff from the Rec Center, Realty, Library, Department of Education and the Police Department that assisted us

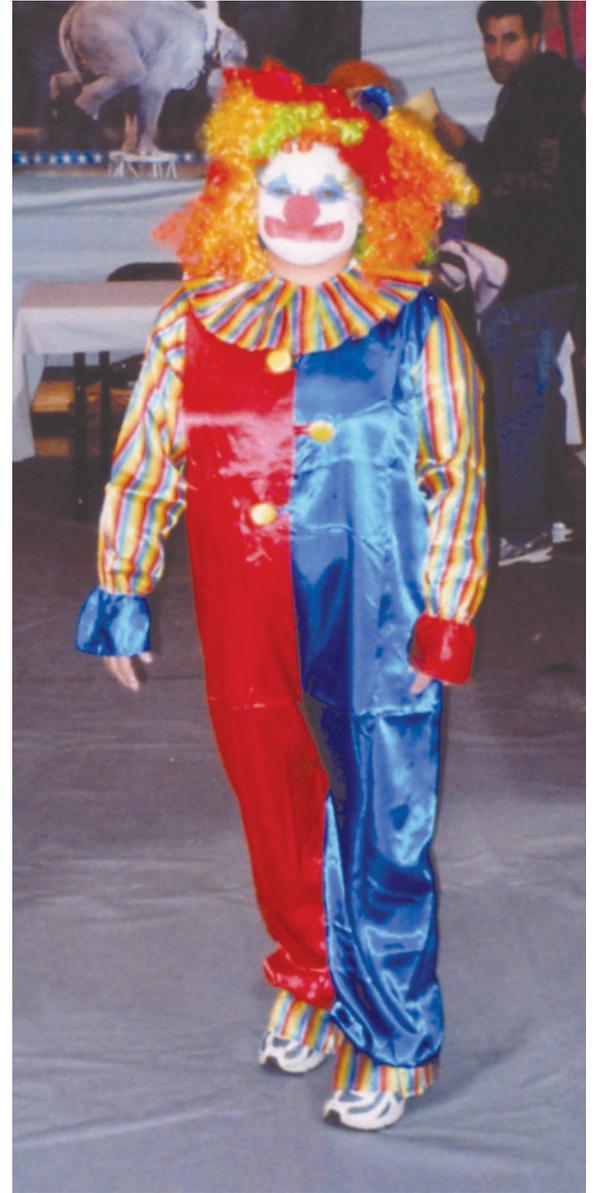


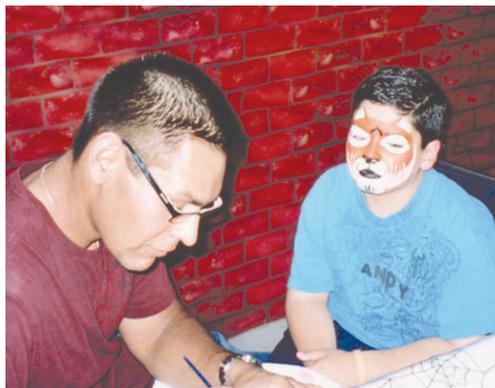
in trying to clean the field where there was an endless sea of pumpkins available. With the crews, vehicles and trailers available we picked several thousand pumpkins that were given away free of charge to those who came by to the New Rec Center for distribution. Unlike last year, (rain caused the cancellation) this year's weather was absolutely perfect for picking pumpkins. Within several hours upon our return, all the pumpkins were hauled away by Pueblo members. Several of those pumpkins were utilized for the pumpkin-carving contest, which was held during the Halloween Party Extravaganza on Friday, October 22nd. As the holiday season approaches, we are in active discussions with Project Venture staff members to build on last year's Luminaria Memorial Tour held at the Rec Center to the Church. As we get more information we will pass it along because an event like this will need a lot of volunteers to make it a reality. Also held this month at the New Rec. Center was the National Boxing Tournament for youth hosted by Judge Abeita as the coordinator of the event, which took place over weekend of October 15th and 16th. Not only did it showcase our Pueblo, but also it did give those who attended from different parts of the country a bird's eye view of what our Pueblo of Isleta offers to our pueblo members. Many who attended had nothing but nice things to say about our Pueblo of Isleta. **Thank You, Judge Abeita.** Pictured above is a sea of pumpkins in which we had to choose from over at the pumpkin patch in Estancia, N.M. Thanks to Tribal POI descendent Dan Abeyta who is my friend, contact and employee of the United States Department of Agriculture and Pumpkin Gleaning Sponsor John Aday, owner of the field of pumpkins, for making this possible.

HALLOWEEN PARTY

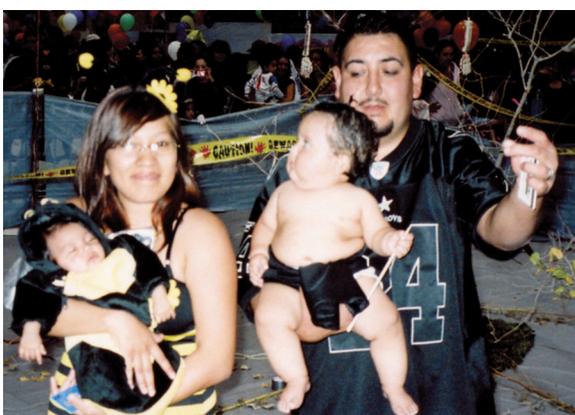
Once again, the 2010 Annual Halloween Extravaganza was a tremendous success. Thanks to all the Departments who participated because this event could not be as big or as well presented without everyone's participation. Kimberly Chiwewe and MaryAnn Carpio, event coordinators, report that by far this is the biggest and most attended event to date. Over 750 goody bags were given to children only, were exhausted prior to 7:00 pm. Also the costumes were more extravagant with lots of thought and work put into them this year. Also a record number of participants were involved in the costume contest that were held in the following categories. 0-4 year olds where the winners were Jaiden Lucero and Jocelyn Jiron; 5-9 year olds, the winners were Anthony Otero-Riley and Denise Jojola; 10-14 year old winners Ricky Roybal and Taney Jojola; 15-17 year old winners, Brandon Jojola and Veledia Padilla; and the 18 year olds and up to Senior Citizens winners, Ryan Zuni and Lapin Padilla. The Best Booth Awards went to 1st place-Administration, 2nd place to the Elderly Center, and 3rd place to the Library. All in all, everybody and every booth was a winner. In the pumpkin carving contest our 1st place winner was Patrick Jojola. The event had a cake-walk, face-painting, book-walk, a circus booth, a haunted house a jumper and carving contest, just to name a few. Rather than talk about it, we will show you a collage of pictures that are worth a thousand words. Great Job, and thanks for the wonderful event that we all presented as a unified Pueblo. Pictured is the collage of pictures depicting the event.







Winners of the costume contest, which are listed above, are pictured in sequential order according to age category.



0 - 4 years old



5 - 9 years old



10 - 14 years old



15 - 17 years old



18 - Senior Citizen

Park Management

As we put the final touch on the Chical Baseball Field, prior to the grand opening which will be held on Thursday, November 11th, Veteran's Day at 10:00 a.m., we are hoping for decent weather to complete our work. Although it is a National holiday and our schools and most city, state, federal and tribal government offices including our Pueblo of Isleta will be closed, we however will have the park dedication. The dedication will begin at 10:00 am with the presentation of the colors by the ROTC Unit from Los Lunas High School, a welcoming address by our Governors, plus a few speeches by our armed services representatives, followed by a barbecue of hamburgers, baked beans and chips. Everyone is welcomed. We will also have some of our players from one of our semi-pro teams from our Pueblo of Isleta have some hitting and batting drills plus infield and outfield practice. Although the park was seeded from scratch, several troublesome areas are being prepared for sod prior to our grand opening ceremonies. Please see the pictures below. If all goes well, maybe in the near future we can possibly put lights on the field. Let's keep our fingers crossed.



Adult Sports

Carl Anderson, adult sports coordinator, reports that our adult basketball league ended on Sunday, October 24th after two days of tournament play. He reports that a surprise winner from the Barelas Neighborhood in Albuquerque was this year's champion after some tough and hard competition. All in all, he reports that several of the teams from the Pueblo of Isleta did well and were very well represented throughout league play. With the ending of the basketball league he will now focus his attention to the upcoming Adult Volleyball League. League play is scheduled to begin within the next week or so, but he will continue taking on new teams and players if the demand is there. For more information, please contact Carl at 869-8557. **Carl, Great Job.**

Swimming

The swim teams from Los Lunas High School and the Stingrays are actively readying themselves for competition here on our Pueblo of Isleta. The Los Lunas Swim Team is coached by our employees and has several tribal members participating. The Stingrays Swim Team, which also competes locally, is actively seeking Pueblo residents to participate with them at no cost. Any tribal members who would like to participate with them are given a free scholarship. The whole idea is to better prepare them for higher competition whether it is in the high school, regional or national level. For more information, please contact Lindred Onsae at 869-8557 or Aileen Rizzo at 301-0099.

Breast Cancer 101
For Isleta Employees and Tribal Members

NO REGISTRATION FEE!! PRIZES!!!!

Thursday, Nov. 4
10am-noon

or

5:30pm-7:30pm

At the Elderly Center

For more info or to sign up
CALL Stephanie Barela
869-4479

Pueblo of Isleta Public Library



Happy Holidays to you and la familia. The library would like to thank all of those community members who donated to the New Mexico Tribal Libraries Auction

and Fashion show and also supported the library by voting YES on Bond B. It is people like you that allow for us to have these wonderful resources for you all to take advantage of.

NEWS

Please take note that the Library will be **CLOSED** on the following dates:

Thursday, November 11, due to Veterans Day.

Thursday, November 25, due to Thanksgiving Day.

Friday (“Black Friday”), November 26, due to working on Columbus Day.

As a reminder, the library now has Wi-Fi. User(s) must have an account (library card) with the library. A staff member will grant patrons access by assigning them a password for whichever device for a limited amount of time. Each device needs its own password. The library director will have the ability to view and terminate patron(s) Wi-Fi if they should violate the library's computer/internet policies. For more information, please visit the library and speak with a staff member.

Just in case any of you are wondering how many poms were in our Jar at our Halloween Booth during the carnival, there were 532. The winner of the Family Pack of Five Tickets to see the movie, TRON Legacy in 3D in December is Ted Olguin with a guess of 521. Congratulations, Ted, we hope you enjoy the movie and more importantly enjoyed our Halloween Booth.

UPCOMING PROGRAMS

Starting Monday, November 1, the library will be conducting another Homework/Reading Incentive Program. Twenty lucky students/patrons who earn a total of 23 points by Thursday, November 18 will have the option to see Harry Potter and the Deathly Hallows Pt.1 or Megamind. Participants will also be treated to dinner at Furr's Fresh Buffet before the movie. Once again transportation will be provided by the library and this program is open to patrons of all ages. For further information, feel free to contact a library staff member.

The Library and Recreational Center's collaboration of the DJ/Turntables Classes which was mentioned in last month's newsletter has become a reality. Starting Monday, November 1, Carl Anderson and Ian Talahaftewa will be conducting classes on Monday Evenings from 4pm – 6:30pm at the Isleta Recreation Center. Classes will consist of Beat Making, Music Layering, Music Structure, Sampling, and Scratching. This program is open to all ages. For further information, you can contact Nathaniel

Lujan of the library at 505.869.8119 or Carl Anderson of the Recreational Center at 505.869.8557.

The library would like to invite you to come in and create a Thanksgiving Centerpiece & a Wild Bouncy Turkey on Monday and Tuesday, November 22 and 23. All craft material will be provided by the library BUT keep in mind there is a limited amount of supplies. Start time for crafts is set at 5pm. Thanksgiving Crafts are OPEN to EVERYONE OF ALL AGES. Hope to see you here.

RECAP

Our TRON Halloween Booth took 3rd place at this year's Halloween Carnival hosted by the Recreational Center. Our booth consisted of 2 games. One game was a ring toss with the neon bracelets and glowing tonic water with hopes of winning a neon bracelet. The other game was the jar of poms where everyone tried guessing the correct amount for a Family Pack of tickets to TRON in 3D in December. We hope you enjoyed our booth and games. Of course we could not have done this without the aid of Cyrus Jiron, Darlene Lujan, and Dylan Abeita who volunteered their time to help create the TRON booth. The library would like to congratulate the Administration and Elders Center whose booths finished 1st and 2nd place. We would also like to extend our appreciation to all the other Departments who had Halloween Booths. Without your participation the community would not have a night of Halloween Fun, Fright, and Cheer.



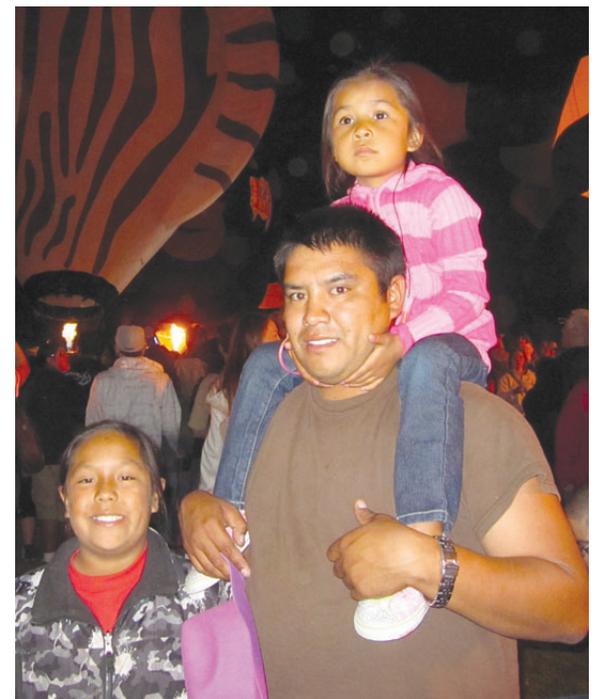
Library Staff inside TRON Booth

On October 2, the library took 10 lucky students who earned the required amount of points for the “IPPL Zone” (Homework/Reading Incentive Program) to the UNM Homecoming Game to witness the UTEP Miners give the Lobos a BEATDOWN. However, we did not let the overwhelming defeat hold our spirits down as we got to meet with both Lobo Louie and Lobo Lucy. As a bonus, we got to meet Lobo Louie's “brother from another mother” “Loco Lobo” (a random fan dressed in a Werewolf Suit) who took the game a little bit too seriously. Nevertheless, the experience of a Lobo Football Game provided everyone with some memorable moments. The students have suggested we try this Incentive Program again BUT to a Men's Lobo Basketball game where the notion of victory is more realistic.



Lobo Lucy being silly w/P.O.I. Youth

The following Friday, October 8, the library took 10 lucky toddlers and parents to the Balloon Fiesta's “Glowdeo”. We all got to walk around the balloon park, view the vendors, view all the special shape balloons, and eat Fuddruckers for dinner. The toddlers and parents earned the all-expense paid field trip by participating in a four week story time program. They would visit the library in the evenings, read a story with the library staff or parents, and do a craft based on the story. The toddlers



Enjoying Balloon Fiesta's “Glowdeo.”

enjoyed every moment of the program and we hope to see all the participants on a regular basis.

October 25th thru the 28th, patrons got to make Halloween-themed Snacks at the library. Patrons made Jack O' Lantern



P.O.I. Youth making Jack O' Lantern Grill Cheese @ Library.

Grill Cheese, Cow Brain Nachos, Mummies in a Blanket, and Halloween shaped Rice Krispies. Everyone seemed to enjoyed them very much.

On Thursday, October 28, the library was visited by Elders with Cat Masks from the Elders Center for a day of trick o' treating. We were informed to provide them with healthy treats so we gave them Granola Bars and Blood Oranges from the Whole Foods Market. Once they heard the Oranges were Blood Oranges, we could hear some say, "A, E-nu!!!". I hope they enjoyed their treats because we always enjoy their company.

Then on Friday, October 29, the library was visited by approximately 175 ghosts, goblins, aliens, ninjas, and princesses from the Isleta Elementary and Isleta Head Start and Child Care for a day of trick o' treating as well. These creates of the Island were treated to Gushers and Marshmallows. Again, I hope they enjoyed their treat because we always enjoy their company.

On a Final Note, Have a Safe, Fun, Happy Holiday Season from your Pueblo of Isleta Public Library!!!



Elders Trick O' Treating@ Library

Library Operating Hours & Info
 Monday – Thursday: 8AM – 8PM
 Friday: 8AM – 4:30PM
 Weekends: CLOSED

Phone: 505.869.8119
 Fax: 505.869.7690
 Email: poi02002@isletapueblo.com
 Web Address:
www.isletapueblo.com/library2.html



AMERICORPS

Corporation for
**NATIONAL &
 COMMUNITY
 SERVICE**

in Collaboration with Southwest Youth Services & the Pueblo of Isleta...

**GET THINGS DONE FOR AMERICA AND MAKE A DIFFERENCE
 IN OUR COMMUNITY!**

What is Americorps?

Americorps provides opportunities for Americans to give back to their community and country each year.

What do Americorps members do?

Americorps members recruit, train, and supervise community volunteers, tutor and mentor youth, build affordable housing, teach computer skills, clean parks and streams, run after school programs, help communities respond to disasters and build the capacity of nonprofit groups to become self-sustaining, among many other activities. All placements will be within the Pueblo of Isleta.

What benefits do Americorps members receive?

In exchange for a year of full-time service members earn an Educational Award that can be used to pay for educational expenses at qualified institutions of higher education or to pay back qualified student loans. Members will be paid a stipend every two weeks for service.

- ✦ **Everyone is Welcome to Apply –**
*****Native Americans Strongly Encouraged*****
- ✦ **Must have a high school diploma or GED** (or agree to obtain a high school diploma or its equivalent prior to receipt of education award)
- ✦ **Must be age 16 and older** (please contact office for further info.)

**For more information or to apply for Americorps,
 please contact: Mary Abeita, WIA Program at 505-766-6652**

CPR Certification Course

ADULT, CHILD and INFANT CPR Certification Course

\$25 a person

Course will be on Nov 17 from 8:30-4pm at the Clinic.

FIRST COME FIRST SERVE....

First 15 people who pay (cash or money order to the Billing Dept at the clinic) will be able to attend the program

CONTACT Stephanie Barela for more information and to sign up: 869-4479

Health Beat

Health Educator:
Stephanie Barela, 869-4479

**Know Your Cholesterol Numbers
Know Your Risk- Give Yourself Some TLC**

Let's all make a point to learn our cholesterol and triglyceride numbers and know our risk. The next time you are at the clinic ask for a lipid profile, which is a measurement of your cholesterol and triglyceride levels. All adults over the age of 20 should have a lipid profile.

Here is what your cholesterol numbers mean:
Total cholesterol(mg/dL):

Less than 200 is desirable
200-239 is borderline high: Depending on your other risk factors, you may be at a higher risk for heart disease. Talk to your doctor about your overall risk for heart disease.

240 or higher is high: you are at risk for clogged arteries and a heart attack. See your doctor to determine your risk for heart disease.

LDL Cholesterol is BAD cholesterol. KEEP IT LOW!!

- Less than 100 is optimal or ideal.
- 100-129 is near optimal/above ideal
- 130-159 is borderline high
- 160-189 is high
- 190 and above is very high

HDL Cholesterol is GOOD cholesterol. THE HIGHER THE BETTER!

- Keep it above 40

Triglycerides are another type of fat in the blood. They come from fat that you eat and are made in the body. Triglycerides are made when you take in too many calories or eat a diet too high in carbohydrates. When you have high triglycerides, you have a higher risk for heart disease.

Here is what your triglyceride numbers mean:

Less than 150 is **NORMAL**.

150-199 is borderline-high. You may be at an increased risk for heart disease. To lower your level, aim for a healthy weight and be more physically active.

200-499 is high. Weight control and physical activity are very important to lower your level. Watch out for other heart disease risk factors such as overweight and obesity, diabetes, low HDL and high blood pressure.

Over 500 is **VERY HIGH!! ALERT!** See your doctor immediately. This level requires attention to prevent severe problems with your pancreas.

Interested in receiving emails regarding upcoming events at the Isleta Health Center?
Email Sbarela@islclinic.net to get on the list.
OR Call 869-4479

ICES


Isleta Cancer Education & Support Group

Education and support with a speaker or specific topic scheduled for each meeting.

WHEN:
2nd Tuesday of Each Month
Next Meeting is November 9, 2010

TIME:
10:30am to Noon

PLACE:
Isleta Elderly Center

Speaker: Dr. Dennie Jones

What's Involved with radiation and Chemo?
And
Aches and Pains of Cancer and Phantom limb

Please join us!  **Everyone welcome!**

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

Isleta Pueblo News



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

Health Beat

What you should know about SWINE INFLUENZA

http://www.cdc.gov/swineflu/swineflu_you.htm
Health Educator:
Stephanie Barela, 869-4479

It's been all over the news, the SWINE INFLUENZA, you have probably been hearing a lot about it. If you are concerned that you might have these symptoms call the Nurse Advice Line (1-877-725-2552) or the Isleta Health Center Medical Clinic (869-4089). Below is some information from the CDC regarding the Swine Flu:

1. What is Swine Flu?

Swine Influenza (Swine Flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs.

2. Are there human infections of the swine flu in the U.S.?

There have been 40 infections of the Swine Flu in the U.S. as of April 27, 2009. It was first reported in the U.S. in Southern California and near San Antonio, TX, but has spread to Kansas, New York City, Ohio and other U.S. States. It has also been reported internationally. New issues around this topic are happening every hour, so in order to get more up to date information, please check the CDC website.

3. Is the Swine Flu Virus Contagious?

Yes, it is contagious and is spread from human to human.

4. What are the Signs and Symptoms of Swine Flu in people?

The symptoms of Swine Flu are similar to the regular human flu and include:

- o Fever
- o Cough
- o sore throat
- o body aches
- o headache
- o chills
- o fatigue

Some people have also reported

- o diarrhea
- o vomiting

Like the common flu, Swine Flu may cause a worsening of underlying chronic medical conditions.

5. How is the Swine Flu Spread?

The spread of the Swine Flu is thought to happen in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

6. How can someone with the flu infect someone else?

An infected person can spread the virus even before there are symptoms. They can spread the virus from day 1 and up to 7 or more days after becoming sick. That means that you may be able to spread the flu even before you know you have it.

7. Can I get Swine Influenza from eating or preparing pork?

NO, it is safe to eat properly prepared pork and pork products.

8. Is there a vaccine to take to keep from getting sick?

No, Right now there is no vaccine available to protect against the swine flu.

STEPS TO TAKE TO KEEP FROM GETTING SICK from the Swine Flu:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it
- Wash your hands often with soap and water, especially after you cough or sneeze. You can also use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

WHAT TO DO IF YOU GET SICK:

- Call the Nurse Advice Line (1-877-725-2552) or the Isleta Health Center Medical Clinic (869-4089).
- If you are sick you should stay home and avoid contact with other people as much as possible to keep from spreading the illness to others.
- If you experience any of the following warning signs, seek emergency medical care:

In Children:

- Fast or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- So irritable that the child doesn't want to be held
- Flu-like symptoms improve, but then return with fever and worse cough
- Fever with a rash

In Adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Early in Pregnancy & Late in Pregnancy

Early in Pregnancy

Nutrition/Oral Health
Common Discomforts
Pregnancy and Exercise
Relation Tips
Keeping yourself safe and healthy
Stages of Labor
When to Call your Doctor

Late in Pregnancy

Stages of Labor
Breathing Techniques
What Happens Late in Pregnancy
Comfort Techniques and Positions
Labor Video
Signs of Labor

**NEXT EARLY IN
PREGNANCY class will be in
November 2010**



**Contact Stephanie Barela
at the Clinic
505-869-4479**



2 Session class on Pregnancy and Labor

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

Johnson O'Malley Program

Greetings from the staff of the Johnson-O'Malley Program. We have had another busy month fly right by us. As the year winds down we are busy planning activities for all your students to partake in. We began our month with a trip to the Cumbres & Toltec Railroad and ended with participating in this year's Halloween Carnival at the Rec.

Chama Train Ride

This past month, students were given the opportunity to learn about the narrow gauge railroad system in Northern New Mexico. A group of students met the JOM staff at the tutoring center on Saturday, October 9, 2010 at 5:30am. We drove to Chama, New Mexico and boarded a narrow gauge steam railroad train. The students learned about the history of the railroad in Northern New Mexico and how the booming mining district utilized the train to haul loads of mineral ore, timber, cattle and sheep. The train took us to Osier, Colorado where the students enjoyed lunch. Students were required to complete a mini-project. This is what the students had to say....

"It was basically a photographer's dream landscape and the weather had no affect on the ride" and "It gives you a preview on what is really out there in the world and what the world has to offer, it was beautiful" — Carol, 12th grade

"I learned a lot of interesting facts, Chama is a mining and logging town" and "the train goes in and out of New Mexico and Colorado even though you're going on a straight line". — Mariah, 8th grade

"On the trip I learned that on a coal train, coal is burned to heat up water to make steam. When a train releases its gasses it is actually a mixture of steam and coal by-products. I also learned that the telegraph was very popular with train companies when it was invented. People would sit in an office wearing headphones and telling other train stations when a train would be arriving or what a train was carrying" — Dyllian, 7th grade



A few of our students created beautiful collages of their experience. It was wonderful to have such great students attend this trip. Thanks to Rick and the staff of the Rec Center for assisting us with transportation for this trip.

JOM Open House and Educational Game Night



Students and parents pictured are playing games on computers, making puzzles, playing chalkboard games, and other educational games.

This activity took place on October 12, 2010. There were over 60 people; parents, children and community members that came to our open house. It was great to have so many new visitors at the tutoring center. Everyone played educational games and spent time chatting with one another. Parents and students were able to meet the Johnson-O'Malley staff and the members of the Indian Education Committee. Students played games such as *Tiddly*

Winks, Brain Games, Who Has..., Quiddlers, Find It, and tons of other educational games. We also had plenty of tasty treats for everyone. Thank you Kevin, for helping cook the food. We had door prizes and students were also given free books! All educational games are available in the tutoring center for student use. Parents are more than welcome to come in and utilize these learning games with their children. We do not have a lending library at this time but as stated before you are more than welcome to come and use any of these resources for your student.



*Positive praise for our students!
Way to go Roxy and Kyle.*



Students reading the rules and playing games!

JOM Monthly Meeting

As scheduled, we did have our monthly meeting on Saturday, October 16, 2010. During this meeting we discussed the tutoring program, the educational trip to the Cumbres & Toltec Railroad, and gave a summary of the Navajo JOM Conference that was held at the Hard Rock Hotel and Casino here in Albuquerque. We briefly discussed additional educational opportunities we would like to schedule for the students.

Ms. Jeanette Garcia from Los Lunas Indian Education was also at the meeting. She reported on events and activities the Los Lunas school district is working on for this school year. We are currently working with Ms. Garcia to have additional tutors available at our tutoring center for the Los Lunas students.

Halloween Carnival and Halloween Activity Night

The Department of Education participated at this year's Halloween Carnival at the Recreation Center; it was awesome to see all the ghosts and ghouls, video game heroes, Disney Princesses and Coal Miners. This year's booth theme of, "It's the Great Pumpkin, Charlie Brown" came from Leona Jiron and Evangeline Chavez, staff from the Department of Education. There were several parents and community members that complemented the creativity of the illustration and enjoyed the photo opportunity for their children. Vange and Leona, You Rock! We definitely had a blast!

The JOM Program also hosted a Halloween Activity night. During our activity night, students and their parents have an opportunity to complete arts and craft activities geared for the holiday. We also plan fun and exciting games for everyone to participate in. We will submit pictures for the December newsletter of these events.

Upcoming activities and events!!!

Saturday, November 13, 2010: Bodies the Exhibition, this is an educational opportunity staged for all ages however, we are strongly encouraging high school students interested in the medical field to take advantage of this opportunity. We will be taking a group of 12 high school students to this event. Students will view over

200 actual human bodies and specimens. High school students will receive priority for participation, followed by other interested students. Students will be able to view actual body systems such as the circulatory, nervous, skeletal, digestive, respiratory and muscular systems. Students will view organs damaged as a result of disease or personal lifestyle choices.

"Seeing promotes understanding and understanding promotes the most practical kind of body education possible." --Dr. Roy Glover, the Medical Director for the Exhibition

Parents please be advised, these are actual human bodies created to display the body systems as you have not seen them. We ask that you use your best judgment to decide if your student is mature enough to appreciate the exhibit. We will not tolerate disrespectful actions/gestures, joking or horseplay at any time. *As required for all educational trips/opportunities we must obtain parent permission slips for students interested in participating in this event. High school students interested will be signed up on a first come first serve basis. A mini-project must also be completed. If we receive an overwhelming response we will look at scheduling additional days.

Monday, November 15, 2010 Thanksgiving Activity Night and Monthly Parent Meeting scheduled for 5:00 pm — 8:00 pm. Arts and Crafts based on the Thanksgiving theme will be available for students and their parents. With November and December being such busy months for family holidays, we have taken a new approach to scheduling monthly meetings. We will schedule the parent meeting during activity nights. Students will make place mats, paper turkeys, and other fun Thanksgiving crafts. Please remember parents play a major role when it comes to the Johnson-O'Malley Program. We are busy working on additional activities for this event.

Friday, December 3, 2010 & Friday, December 10, 2010 River of Lights

This event is scheduled for children of all ages. We will be taking two separate groups of students to the Albuquerque Botanical Garden where they can walk through the amazing and beautiful light displays created by employees of the Botanical Garden. Many of these displays are inspired by the natural beauty of nature. Students will meet at the tutoring center at 4:30pm, have supper and onto the wonderful light display. Please sign your students up, admission and meal will be provided, this is a first come first serve basis. More activities scheduled for the month of December. Please check back with us.

As you know, we requested contact information from parents. This is a guaranteed way to ensure that you are notified about activities and events planned for JOM students. If you have questions, would like to submit your contact information, or have not picked up school supplies it is not too late. Just give us a call at 505-924-3189.

Geraldine, Beverly and Bernadette

In Memory of Rose (Lucero) Garcia

3-21-1920 to 10-22-2010



The family of Rose L. Garcia, who passed away on 10/22/2010 would like to express their heartfelt thanks to all the family and friends that helped us during the loss of our mother who will now join and be together peacefully with her eldest daughter Katherine Williams and the Lord.

She was surrounded by her loved ones; sons Arthur E. Garcia, Max P. Garcia, daughter Rochenda Knisley, granddaughters Patricia Mc Cracken, Kelsey Kinsley and grandson Frank Lerma.

She was loved by all - sisters, aunts, uncles, nieces, nephews, cousins and friends. We will miss your feisty spirit, wearing your hats, enjoying your yard and feeding the birds.

She will be greatly missed. Thank you to all who were there for our family, the kindness and the support will forever be remembered and you shall be in our hearts forever.

"Rose" - chee-e, grandma, nana, auntie, sister - you will be loved and remembered forever, you were truly a wonderful lady - the bright light of our lives.

December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25 MERRY CHRISTMAS
26	27	28	29	30	31	

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