



# THE CAMP NEWS

VOLUME X ISSUE 5

May 30, 2015

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

## Loved Ones Decorate, Reflect, Give Thanks for Sacrifices

*Reno-Sparks Indian Colony Annual Memorial Day remembrances continue to grow*

Delivering a message of respect and responsibility during two Reno-Sparks Indian Colony Memorial Day celebrations, Chairman and Vietnam veteran, Arlan D. Melendez implored over 50 on-lookers to remember our ancestors by living principled lives.

"To honor all these people, we need to do better and live our lives in a manner worthy of their sacrifices," Chairman Melendez told the crowd. "You don't have to have a title to be a leader, just lead your families, your children, your grandchildren to be respectful and to always remember and honor our veterans and elders."

Starting at the Mountain View Cemetery located in west Reno, about 20 people associated with the RSIC decorated grave sites, prayed for passed loved ones and reflected on Native Americans inherent call to duty.

"Our ties to this land go back thousands of years and our connection with Mother Earth predates the United States," Chairman Melendez said. "We have been here for thousands of years---since time im-

memorial, so land means more to us because we are truly protecting our homeland."

Thousands of Native Americans served in World War I even though they were not legal citizens of the United States.

In fact, it was not until the passage of the 1965 Voting Rights Act that all states were required to allow American Indians, men and women, to vote on the same basis as all other American citizens.

Originally declared as Decoration Day, the American holiday we now call Memorial Day, observed on the last Monday of May, honors men and women who died while serving in the United States military.

With its origin rooted in the Civil War, Memorial Day became an official federal holiday in 1971.

*Continued on page 4*



**Teamwork** — Joseph Halfmoon and Althea Gibson work together on Memorial Day to decorate a gravesite of their loved ones. Halfmoon and Gibson were two of about 20 people who attended the Reno-Sparks Indian Colony's celebration and remembrance at Mountain View Cemetery.



# 29TH ANNUAL NUMAGA INDIAN DAYS POWWOW

**SEPTEMBER 4-6, 2015**  
**HUNGRY VALLEY, NV** ♦ **LABOR DAY WEEKEND**

## HOST DRUM IRON BOY

Minneapolis, MN



2015 World Class Drum Champions

## INFORMATION

**FREE ADMISSION** ♦ **OPEN TO THE PUBLIC**

**VENDORS:** Ramona Darrough (775) 842-1385

**GENERAL:** Elliot Ramirez (775) 250-7013  
Tanya Hernandez (775) 770-4127

**HOST HOTEL:** Circus Circus Reno (775) 329-0711

**GROUP CODE "NUMAGA1"** Deadline August 1st

## MAP/DIRECTIONS



ALCOHOL AND  
DRUG FREE  
EVENT

## GRAND ENTRY

Friday 7pm ♦ Saturday 12pm & 7pm ♦ Sunday 12pm

## HEAD STAFF

**HEAD MAN:** Mason McGurk *Sacramento, CA*

**HEAD LADY:** Jamie Eaglespeaker *Blackfoot, ID*

**ARENA DIRECTOR:** Noah Fred *Ft. Hall, ID*

**MC:** Carlos Calica *Warm Springs, OR*

**HEAD JUDGE:** Skye McMichael *Lajolla Ind. Res., CA*

## SPECIALS

**MEN'S GRASS:** Head Man

**WOMEN'S JINGLE:** Head Lady

**SPOTLIGHT SPECIAL:**

Men's Fancy ♦ Women's Jingle

**DRUM CONTEST:** 1st Place \$7,000  
2nd Place \$6,000 & 3rd Place \$5,000

## ACTIVITIES

**NUMAGA PRINCESS CONTEST**

Anita Talancon (775) 338-3723

**SNATIONS WELLNESS CENTER**

**SMILE WALK & RUN**

Rocky Batastini (775) 329-5162

SPONSORED BY:



RENO SPARKS INDIAN COLONY &  
RENO SPARKS TRIBAL HEALTH CENTER

RSIC & Committee is **NOT** responsible for short funded travelers, theft, lost items, pets, accidents, breakups/divorces, injuries, etc.

## Deadlines, Mailing List

### *The Camp News Profile*

Started in the early 1980s, *The Camp News* is the monthly publication for the Reno-Sparks Indian Colony community. The newsletter is produced monthly out of the public relations department and duplicated and distributed by RSIC Administration Front Office.

### SEND US YOUR NEWS

The deadline for all print submissions to be considered for publication in *The Camp News* is 5 p.m., the second Thursday of every month.

### CONTACT OUR STAFF

E-mail your submissions to [smontooth@rsic.org](mailto:smontooth@rsic.org) or drop off your photos and suggested articles to the receptionist at 98 Colony Road, Reno, NV 89502.

### CIRCULATION

If you live outside Washoe County and would like to receive *The Camp News* via U.S. Post, please contact us with your mailing address.

If you have a problem with delivery, please call us at 329-2936.

### ELECTRONIC EDITION

For those of you who would prefer to get an electronic version of *The Camp News* or just read it on-line, please see: [www.rsic.org](http://www.rsic.org) and PDFs of our publication are available.

If you have questions, call us at 329-2936, ext. 3268.

## Important JUNE Dates

- 1 Education Advisory Committee meeting, Education conference room, noon  
Senior Advisory Committee, Senior Center, 1 p.m.  
Native Rock After School Program, Colony Christian Church, 4:30 p.m.  
Enrollment Advisory, RSIC Enrollment Office, 5:30 p.m.  
Pow Wow Club, Reno Gym, 6 p.m.
- 2 Beginner Shoshone Language, Education Classroom, 6 p.m.  
Native Rock After School Program, Hungry Valley Recreation Center, 4:30 p.m.  
Regalia Making Class, Hungry Valley Recreation, 6 p.m.
- 3 Law & Order Committee Meeting, Tribal Court, 6 p.m.  
Beginner Washoe Language, Education Classroom, 6 p.m.
- 4 RSTHC Weight Loss Challenge begins  
Native Rock After School Program, Hungry Valley Recreation Center, 4:30 p.m.  
Beginner Paiute Language, Education Classroom, 6 p.m.
- 6 Social Pow Wow, Churchill County Middle School, noon
- 7 Volunteer Landscaping at Caring for Kids Kottage
- 8 Native Rock After School Program, Colony Christian Church, 4:30 p.m.  
Toddlers Rock Musical Therapy with NEIS for ages 3-0, RSIC Library, 5 p.m.  
Substance Abuse Presentation, RSTHC, 2<sup>nd</sup> floor, 5:15 p.m.  
Pow Wow Club, Hungry Valley Gym, 6 p.m.
- 9 Native Rock After School Program, Hungry Valley Recreation Center, 4:30 p.m.  
Beginner Shoshone Language, Education Classroom, 6 p.m.  
Regalia Making Class, Reno Gym, 6 p.m.
- 10 RSIC Tribal Council meeting, Hungry Valley Recreation Center, 6 p.m.  
Beginner Washoe Language, Education Classroom, 6 p.m.
- 11 Native Rock After School Program, Hungry Valley Recreation Center, 4:30 p.m.  
Submission deadline for *Camp News*, 6 p.m.  
Beginner Paiute Language, Education Classroom, 6 p.m.
- 12 Last day of school  
RSTHC Community Wellness Bowling, Coconut Bowl, 6 p.m.
- 15 Summer Food Program starts, Multipurpose Room; 34 Reservation Road;  
TLC hungry Valley, Breakfast 8:30 – 9:30 a.m., Lunch 11:30 a.m. – 12:30 p.m.  
Native Rock After School Program, Colony Christian Church, 4:30 p.m.  
Executive Health Board meeting, RSTHC, 5:30 p.m.  
Pow Wow Club, Reno Gym, 6 p.m.
- 16 Commodity Distribution, Senior Center  
Native Rock After School Program, Hungry Valley Recreation Center, 4:30 p.m.  
Beginner Shoshone Language, Education Classroom, 6 p.m.  
Regalia Making Class, Hungry Valley Recreation, 6 p.m.
- 17 Beginner Washoe Language, Education Classroom, 6 p.m.
- 18 Senior Center Pyramid Lake Senior Fun Day Trip  
Native Rock After School Program, Hungry Valley Recreation Center, 4:30 p.m.  
Toddlers Rock Musical Therapy with NEIS for ages 3-0, HV Community Center, 5 p.m.  
Beginner Paiute Language, Education Classroom, 6 p.m.
- 19 Stewart Father's Day Pow Wow
- 20 Stewart Father's Day Pow Wow
- 21 Father's Day  
Stewart Father's Day Pow Wow
- 22 Recreation Day Camp Begins  
Senior Center Father's Day dinner at Atlantis  
Native Rock After School Program, Colony Christian Church, 4:30 p.m.  
Pow Wow Club, Hungry Valley Gym, 6 p.m.
- 23 Native Rock After School Program, Hungry Valley Recreation Center, 4:30 p.m.  
Head Start Enrollment Night, 9055 Eagle Canyon Road, 6 p.m.  
Beginner Shoshone Language, Education Classroom, 6 p.m.  
Regalia Making Class, Reno Gym, 6 p.m.
- 24 Talking Circle, RSTHC, 5 p.m.  
RSIC Economic Development meeting, Hungry Valley Recreation Center, 6 p.m.  
Beginner Washoe Language, Education Classroom, 6 p.m.
- 25 Native Rock After School Program, Hungry Valley Recreation Center, 4:30 p.m.  
Head Start Enrollment Night, 34 A Reservation Road, 5:30 p.m.  
Beginner Paiute Language, Education Classroom, 6 p.m.
- 26 Traditional Plant Gathering, Verdi, noon
- 27 Hungry Valley Community Clean Up, Numaga Park, 8 a.m.
- 29 Native Rock After School Program, Colony Christian Church, 4:30 p.m.  
Pow Wow Club, Reno Gym, 6 p.m.
- 30 Beginner Shoshone Language, Education Classroom, 6 p.m.  
Regalia Making Class, Hungry Valley Recreation, 6 p.m.

Check: <http://rsic.org/senior-activities-and-menu/> for daily seniors activities and menu.



# RSIC TRIBAL ARCHIVES

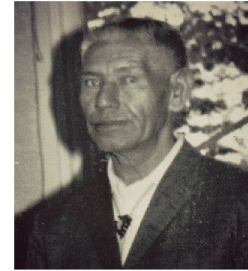
*Preserving the Past to Ensure the Future*



Harry Sampson  
1934-1942



Hastings H. Pancho  
1942, 1950, 1956-1958



Willie Astor  
1944-1947, 1952-1954



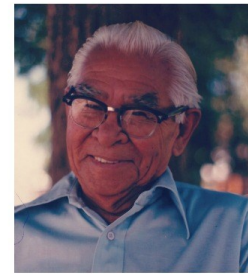
Connie H. Hunter  
1946-1947



Dave Christy  
1948-1949



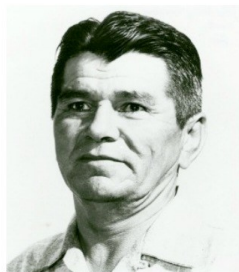
Maude Sampson  
1949



William B. Coffey  
1950-1951



Frank Morgan  
1951-1952



John H. Dressler  
1958-1964



Tellivan Eben  
1964-1966



Effie Dressler  
1966-1967



George Kane  
1968-1969



Lawrence Astor  
1969-1990



Robert D. Shaw  
1990-1992



Arlan D. Melendez  
1992-Present

## *Reno-Sparks Indian Colony Tribal Chairmen 1934-Present*

*If you have any photographs of the RSIC Tribal Chairmen please share with us. We do not keep your photograph, we will make a digital copy and give right back to you.*

**Any questions or Information Contact:**  
**Trisha Calabaza-Tribal Photograph Archives**  
**15A Reservation Road | Reno, NV 89502**  
**Phone: 775-329-8802 | E-Mail:**  
**[tcalabaza@rsic.org](mailto:tcalabaza@rsic.org)**  
**Office Hours 8am-5pm Monday – Friday**

Decoration Day, originally honored only those lost while fighting in the Civil War, but evolved as the U.S. found itself embroiled in additional major global military conflicts such as World War I.

Today, the holiday commemorates all American military personnel who died in all wars.

Chairman Melendez emphasized that more than any other ethnicity, American Indians have served in the U.S. military and that Natives have served with distinction in every major conflict for over 200 years.

"Our warriors stepped up," Chairman Melendez said. "We especially remember them today--this beautiful day."

According to the U.S. Department of Defense, as of 2012 there were over 22,000 American Indians and Alaska Natives on active duty, and the 2010 Census identified over 150,000 American Indian and Alaska Native veterans.

Furthermore, twenty-seven Native Americans have been awarded the Medal of Honor, the nation's highest military honor.

Currently, the RSIC, which tribal enrollment is 1,112 citizens, has four members currently serving in active duty, 53 living veterans including seven employees, and 85 veterans whom have passed.

Another important distinction Chairman Melendez noted during the hour-long celebrations was the way Natives have



**Forever Indebted** — About thirty people gathered at the Hungry Valley Cemetery on Memorial Day to pay tribute to their loved ones and all veterans who paid the ultimate sacrifice while serving in the U.S. military. American Indians volunteer for service at greater rates than any other ethnicity.

in the past and continue to treat their returning Veterans.

"We enthusiastically welcomed back all our Veterans," Chairman Melendez said. "During the Vietnam Era, we were not political, just happy to have our loved ones home and now, Native Americans have set a standard for the rest of the country."

Chairman Melendez said that American Indians honor veterans no matter what, but that we pray for peace and an end to all violence.

"Our warriors always answer the call to duty," Chairman Melendez said. "They often lived short lives, but their spirit lives on."

The second Memorial Day celebration which was held at the Hungry Valley Cemetery drew a bigger crowd, even though Mother Nature brought some rain.

Huddled under a shade tent located in front of the main cemetery entrance, Chairman

Melendez called for the U.S. government to keep its promise to provide essential services to all veterans.

"We must hold the United States government---the Veterans Administration and Indian Health Service--- responsible to their trust relationship for our veterans who have health problems, who seek assistance with education and training, or even require housing," Chairman Melendez said.

He noted particular war related illnesses such as those diseases caused by Agent Orange along with the emotional trauma caused by military service.

"Always give veterans the proper respect," Chairman Melendez said. "As our elders taught us, rise in the morning, wash your face and give thanks for all the sacrifices which led us to the beautiful gifts we have today."



# Historic Stewart Indian School Moving Toward Future

*Nevada Governor signs legislation to creating funding, oversight*

After making a commitment during his State of the State Address to fund the planning for the Stewart Native American historic experience, Nevada Governor Brian Sandoval recently signed legislation which created the Nevada Indian Commission's Gift Fund and designated the commission as the coordinating agency for Stewart Indian School activities and uses.

"This project will restore the Stewart Indian School in Carson City, (Nev.), and create a one-of-a-kind cultural welcome center focusing upon our Nevada tribes," Sandoval told the packed chambers of the Nevada Legislative building last January.

The historic school located in Carson City, Nev., which

was established in 1890, embodies a complex and controversial past wherein the federal government attempted to assimilate American Indian youth into mainstream society.

The school housed over 30,000 students during its 90-years of operation. Today, the campus includes more than 60 buildings on 110 acres, but is owned by the State of Nevada.

Sherry Rupert, the Executive Director of the Nevada Indian Commission, believes the Stewart Indian School Living Legacy Initiative will be the catalyst to preserve the school and its history which is essential to understanding American Indians and their previous and current relationship with the government and even today's public education system.

"We have been working on bringing awareness and support to the rehabilitation of the historic Stewart Indian School for 10 years and it is only now that we have found a champion in Governor Sandoval," Rupert said. "We are on the verge of creating something great that respects the site and the Indian people that walked these grounds, something that is unique only to Nevada and of which all Nevadans can be proud."

Currently there are several state agencies that have a stake in the operations of the Stewart campus, but Assembly Bill 63 not only created a gift fund for the Nevada Indian Commission, it also designates the Commission as the coordinating agency for uses and activities at the Stewart Indian School.

The Commission will now be able to pull these stakeholders together to ensure coordination and the best use of resources for the preservation and rehabilitation of the school's historic buildings and grounds. It will also ensure that the voices and the culture of American Indians are considered in the planning and future use of the campus.

"It is an era of our shared American history that is largely untold," said Rupert. "Future native and non-native generations will benefit from this project."

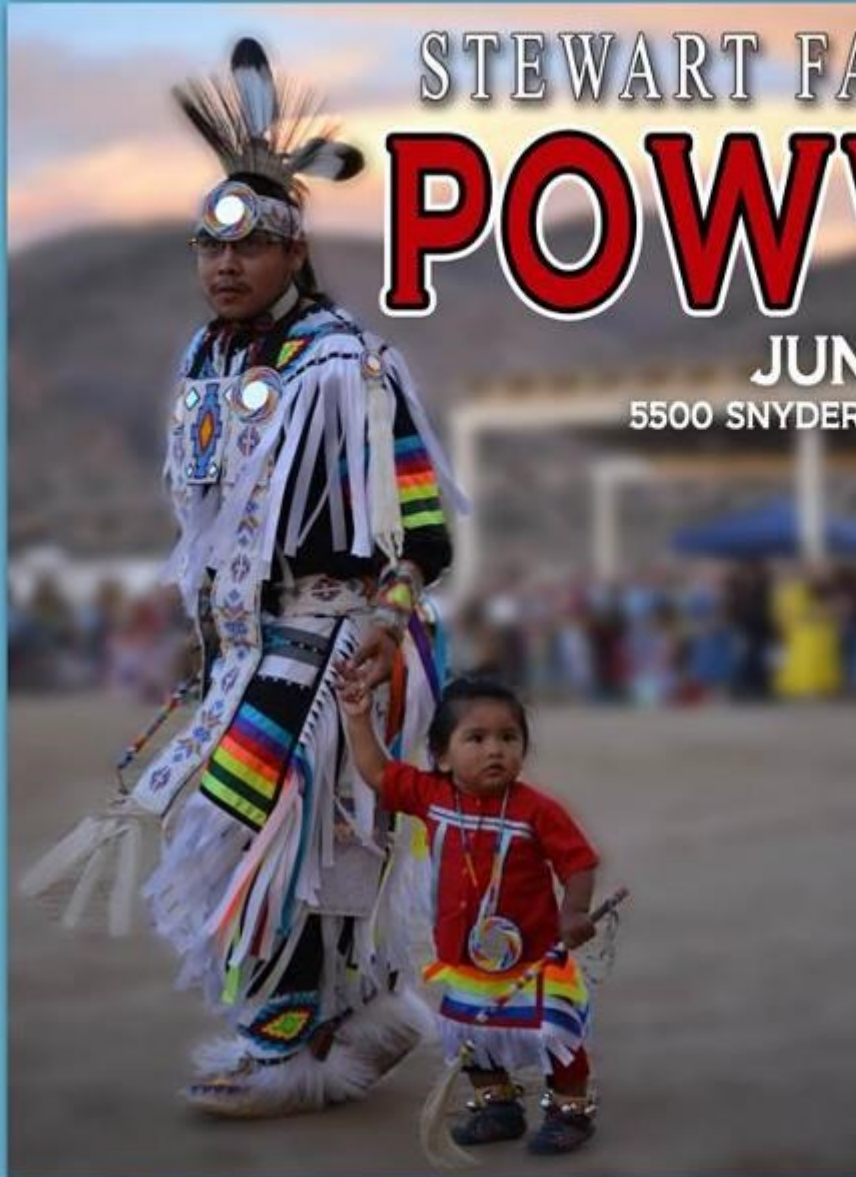


**It's Official** — *Quite a crowd was on hand as Nevada Governor Brian Sandoval (sitting) signed important legislation impacting the Stewart Indian School. Pictured standing, from left to right, front row: Sherry Rupert, Verna Nuno, Michon Eben, Chairman Arlan D. Melendez, Fredina Drye-Romero, Joseph Sam and Betty Badgett. Back row: John Hansen, Chris Gibbons, Meg McDonald, Terri McBride, Denise Becker, and Ben Rupert.*

# STEWART FATHER'S DAY POWWOW

**JUNE 19-21, 2015**

**5500 SNYDER AVE., CARSON CITY NV 89701**



## General Information

- Free Admission
- Dry camping is available in designated areas only (call for more information); if in an undesignated area, you will be asked to move
- Food/Indian tacos (we will accept the first 4 completed and paid Indian taco vendor applications)
- Please bring your own chairs

**Shade Tents** Set up for shade tents begins Friday morning at 8:00am (no exceptions)

## Activities

- Stewart Alumni Reception to take place Thursday, June 18, 2015, at the Stewart Indian School, Bldg #1 (former administration building)
- Competition Dancing (must be in full regalia to accept award)
- Stewart Powwow Princess Contest (raffle tickets must be sold with candidate receiving 10% of sales)
- Raffle and 50/50
- Arts & craft vendors
- Special events and exhibits

**For General Information** Call Denise M. Becker at 775-687-8333 or dmbecker@nic.nv.gov.

**For Vendor Information** Call Chris Ann Gibbons at 775-687-8333 or cgibbons@nic.nv.gov.

**Host Hotel:** Carson City Plaza Hotel 1-888-227-1499. Ask for the 'Stewart Powwow' rate.

The Stewart Father's Day Powwow Committee, Nevada Indian Commission, and State of Nevada are not liable for accidents, injuries or short funded travelers.

*This is an alcohol and drug free event.*

For information and related forms, visit  
**StewartIndianSchool.com**



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



**Master of Ceremonies:**  
**Gridley Hilpert**, Sun Valley, NV

**Arena Director:**  
**Sam Johnson**, Reno, NV

**Head Man:**  
**Derald Julianto**, Owyhee, NV

**Head Lady:**  
**Darlene Imus**, Wadsworth, NV

**Head Teen Boy:**  
**Vernon Painter**, Carson City, NV

**Head Teen Girl:**  
**Janelle Dressler Katenay**, Reno, NV

**Host Drum:**  
**Sage Point Singers**, Fort Hall, ID

## Grand Entry Times

Friday	7:00pm to 10:00pm
Saturday	1:00pm to 5:00pm & 7:00pm to 11:00pm
Sunday	12:00pm to 4:00pm

**OPEN TO THE PUBLIC**

Sponsored in part by:







## LANGUAGE & CULTURE PROGRAM

Encouraging Cultural Pride and Awareness

JUNE - 2015

### Mission:

To encourage the growth of a positive cultural identity for Reno-Sparks Indian Colony community members through the teaching of their native language(s) – Numu, Newe and Washiw – and by providing a learning environment in which community members will gain a basic understanding of the Great Basin Cultures.

Beginner level Shoshone, Washoe and Paiute language classes have resumed for the second 8-week series of 2015. The classes will continue on a 2-month on, 1-month off schedule. The curriculum is conversational themed lessons, ensuring that our returning students will be just as challenged as new students. These interactive classes include grammar, small group work, games, songs and immersion activities.

### Language Classes:

#### Newe (Shoshone):

**Location:** Education Building, 34D Reservation Road, Reno

**Time:** 6:00 – 8:00 PM **Instructor:** Florence Millet

**Dates:** 6/2/15, 6/9/15, 6/16/15, 6/23/15, 6/30/15

#### Washiw (Washoe):

**Location:** Education Building, 34D Reservation Road, Reno

**Time:** 6:00 – 8:00 PM **Instructor:** Jamie Astor

**Dates:** 6/3/15, 6/10/15, 6/17/15, 6/24/15

**Seniors Class:** 6/3, 6/17

#### Numu (Paiute):

**Location:** Education Building, 34D Reservation Road, Reno

**Time:** 6:00 – 8:00 PM **Instructor:** Ralph Burns

**Dates:** 6/4/15, 6/11/15, 6/18/15, 6/25/15

**Seniors Class :** 6/10, 6/24

### Cultural Activity

Our cultural activities follow the traditional seasons of the Great Basin lifestyle. This month we will be gathering chokecherries, elderberries, Indian tea, & other traditional herbal medicines. We will be learning the traditional names and the use of the plants. We encourage our young people to attend and learn the traditional ways of the Great Basin people and help our elders who attend gather.

For more information about our language classes, contact the Language & Culture Program,  
Stacey Burns – [sburns@rsic.org](mailto:sburns@rsic.org) or 775-785-1321

Everyone is invited! If you are interested in learning your language or about the Great Basin way of life,  
then you are welcome to attend. **Children must be accompanied by an adult.**



# Volunteers Pull Together For Playground Build

*RSIC, KaBOOM!, Dr Pepper Snapple Group, partner for kids*

In just one afternoon, more than 175 volunteers built a new playground in Hungry Valley based on children's drawings of their ultimate play space.

"This truly was a transformative, positive experience," said Reno-Sparks Indian Colony Chairman Arlan D. Melendez. "We got our elders and our young people working together, plus we also made new friends."

On May 8, in just about six hours, volunteers from the Reno-Sparks Indian Colony, Dr Pepper Snapple Group, KaBOOM!, the University of Nevada, Truckee Meadows College and many enthusiastic individuals, transformed an



**Brick-By-Brick** — Tanya Hernandez and Veronica Imus worked together to create a paved entry point for the KaBOOM! playground at 135 Fancy Dance Drive in Hungry Valley.



**Heavy Load** — Shane Bill helped move one of the heaviest playground pieces so it could be permanently installed.

ordinary 50x50 foot space into a vibrant neighborhood-gathering place.

The project goal—to give all the RSIC children the joyful childhood they deserve filled with balanced and active play—was an overwhelming success.

"It was hard, sweaty work," said John Andrew who heard about the opportunity to help via radio station Wild 102.9. "When those kids came busting out of the school bus and saw what we had built for them, the expressions on their faces made it totally worth it."

Volunteers assembled, carried, and installed brightly colored playground equipment. They moved 44,388 square feet of safety surfacing by hand,

mixed concrete, planted trees, painted and built a shade structure, picnic tables and garbage bin covers, and more.

According to KaBOOM!, a national not-for-profit organization, children are missing out on the childhood they deserve. Play is disappearing at home, at school and in communities, particularly for the 16 million children living in poverty.

"A playground is more than a playground," said Katie Applebaum, the KaBOOM! Project Manager. "It's a brain-expander, friend-maker, and muscle builder. Plus, play is central to a child's ability to grow into a productive adult. It can transform children from

*Continued on back cover*

# **Reno Sparks Tribal Health Center Three Nations Wellness Center**

## **LOSE TO WIN WEIGHT LOSS CHALLENGE**

*\$ WINNER TAKES ALL \$*

**What: Individual weight loss challenge**

**When: June 4, 2015 through August 28, 2015**

**Who: RSIC members/employees & RSTHC patients**

**Sign up: at the Three Nations Wellness Center**

**Fee: \$5 per person**





# Native American Duo to Headline Praise Festival

*Award winning mother, daughter strive to share through song*

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Sayani, a mother-daughter duo, will headline the Hungry Valley Christian Fellowship's 9<sup>th</sup> Annual Native American Praise Festival on July 24 -25.

"Indians are deeply spiritual and understand the concept of the two worlds," said Christie West, the younger member of Sayani. "We find our identity in our music because it tells our stories and perpetuates our culture."

Of Cherokee, Creek, Choctaw, Irish and English decent, Christie describes Sayani's music as a blend, however, the award winning duo is known for its unique blend of rich, beautiful harmonies.

"We have sung in a variety of venues across the United States, Europe, Australia and New Zealand at pow wows, concerts, schools, reservations, missions, and churches-- wherever God leads."

Sayani, which is the Cherokee word meaning Zion, will perform on July 25 at the Hungry Valley Amphitheatre.

According to daughter Jorie, when she and her mother hear the sound of the drum it connects with the beat of their hearts. She added that Native American music has its own sound and attracts people from all over the world.

"When we honor God with the songs and dances of our culture, we believe that He is

blessed as His people worship Him from the depths of their being," Jorie said. "There is nothing more important than being who we were created to be and doing what we were created to do."

Following a Divine plan, fits perfectly with the festival organizer's belief that Native Americans have an inborn connection to music and song.

"I believe Native Americans are gifted with a natural inclination to sing, dance, and pray as a community," Pastor Augustin said. "I hope those in attendance will sense the power of God's love through the expression of praise and worship."

A long time follower of Native/ First Nations Arts and Music,

Pastor Augustin has followed Syani for many years.

In fact, Sayani is the Native American arm of Aloha Ke Akua Ministries, a group of Indigenous peoples from all over the world. While living in Hawaii, Sayani sang with the Hawaiian group Na Kahu and sang backup vocals on various albums throughout the state.

The mother and daughter team worked for many years as studio musicians and backup vocalists before singing together. Their Sacred Fire album was written to share their family stories of life as American Indians.

"We were amazed to learn that there are people who are

*Continued on next page*



**Headliners** — The mother-daughter duo, Sayani, will headline at the Hungry Valley Christian Fellowship's 9th Annual Native American Praise Festival in July. Native Americans of Cherokee, Creek, and Choctaw decent, Christie and Jorie West travel the world sharing their music and message

*Continued from page X*

not aware that “real Indians” still exist,” said Jorie. “Our schools teach the history of the Native American, but do not teach much about the Indians of today.”

Jorie was raised in a musical home as her father, E.V. Medley, was born in a Cherokee town called Catoosa, Okla. He met and married Jorie's mother, MaryAnn Ford, of Cherokee and Creek decent, and they moved to California. Jorie's first "gig" at the age of three, was standing on top of an orange crate box at a radio station, KPRO, in Riverside, Calif.

Christie, who developed an exceptional ear for harmony at a very early age, moved to Hawaii in 1997 and joined her mother as a studio musi-

cian. They began singing together in Hawaiian bands and worship teams and traveled as Ambassadors of the Aloha Spirit to Australia, New Zealand and the West Coast. In August of 2006, they moved to Texas to begin their fulltime ministry.

“We love to meet new people and share what God has taught us as we travel the world, sing our songs and share what God has put into our hearts,” Christie said. “Music moves us. It makes us cry, it makes us laugh, it stirs our soul, and lifts our spirit.”

Pastor Augustin said that he hopes those in attendance take away the blessings and knowledge that the Creator created you with special design and purpose.

Christie said that her desire is to show others how to walk in love and forgiveness, to forget about the past, and press toward

the mark of the high calling of God.

“We want to make the world around us a better place in whatever way we can,” Jorie said. “Our hope is that those who hear our music, and connect with it, will spread the word to others that may appreciate something familiar but different at the same time.”

In addition to Sayani's, the Praise Festival will include Navajo Rap Artist Desmond Lewis on July 24. During youth night, festival goers get free hotdogs, popcorn, and nachos with additional activities and giveaways like skateboards and bikes.

For more information about the Praise Festival, please phone Pastor Augustin at 425-5886.

The RSIC Housing Department has several sets of keys-mail keys, house-keys, and more.

Please see Liz, at housing, call her at: 785-1300 ext. 4387, or email her at:

[edunn@rsic.org](mailto:edunn@rsic.org)



IF YOUR CHILD IS  
TRANSITIONING FROM  
HEADSTART TO  
KINDERGARTEN

Is your child is on an  
IEP OR 504 PLAN?

NAOMI HANCZRIK  
DISABILITIES  
ADVOCATE  
K-12

Reno-Sparks Indian Colony  
Education Department  
775-329-6114 (RENO), 775-785-1340 (H.V.)

If you would like more information on your child's IEP or 504 plan.

What services is my child receiving?

I need transportation to my child's IEP!

I don't feel comfortable going to a meeting by myself!

Is an IEP or 504 plan the best thing for my child?





# Traditional Plant Gathering



Our traditional Great Basin lifestyles are based on the seasons. In the late spring, early summer, the elderberries, chokecherries and buckberries are ready to pick. Come join us and share your knowledge, or gain some knowledge, about our Great Basin traditional plants and medicines.

When: Friday, June 26<sup>th</sup>, 2015

Where: Verdi

Departure: 12:00 p.m. ~ Return: 4:00 p.m.



Light Snacks &  
Water will be  
provided.



For information, contact the Language & Culture Program 775-785-1321, [sburns@rsic.org](mailto:sburns@rsic.org)

# Chronic Anger Equals Vulnerability to Health Issues

*Learn signs, physiological damage of stress, healthy coping methods*

*Submitted by Adriana Botello,  
RSIC Human Services Department*

We've all seen these people: the boss who blows her top when a meeting runs five minutes late, the man in the coffee shop who screams and rants when his latte isn't made with soy milk, the maniac driver who honks at every car in stop-and-go traffic.

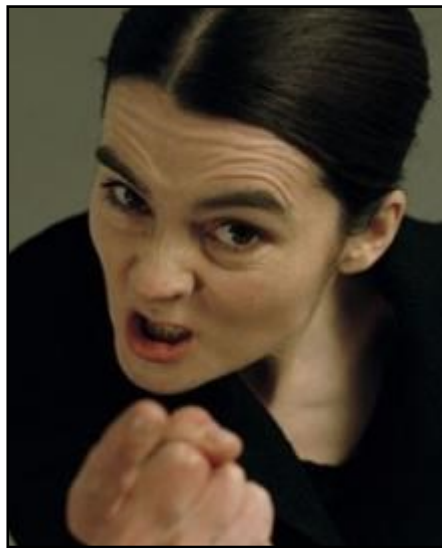
Maybe some of us actually *are* those people.

Aside from being annoying, and sometimes even threatening, angry people aren't doing themselves any favors. A growing body of research suggests they may be setting themselves up for everything from heart disease and irritable bowel syndrome to headaches and maybe the common cold.

The latest research - a study of 5,600 Italians, published this month in the journal of the American Heart Association - found that individuals who are cynical, manipulative, arrogant or short-tempered have thicker carotid arteries, which means they're more vulnerable to heart attacks and strokes.

What's doing the damage is stress and how angry people react to it - or overreact to it, mental health experts said.

"It's sort of like idling the car too high on the traffic light - you're going to be racing your engine when you don't need to," said Dr. David Spiegel, associate chairman of psychiatry and



**Living With Anger** — *Physical effects from being angry negatively impact your health.*

behavioral sciences at Stanford University School of Medicine. "There are times when it's right to get angry. But if your characteristic response is anger, it's really a failure to deal with stress."

When people face a stressful situation, their bodies produce the hormone cortisol. Under normal circumstances, cortisol helps maintain blood pressure and the body's fluid balance; in a stressful situation it is what causes the heart to beat faster and sweat to break out.

The rush of cortisol is great when people face a legitimate, immediate danger. It stimulates the "fight or flight" mode that was life-saving for our human ancestors. It primes the body to run fast and make quick decisions. But it is potentially damaging for people who tend to get angry and aggressive under stress, or who are

chronically stressed out.

Over time, chronic stress can weaken the immune system or, alternatively, send it into overdrive, which can lead to autoimmune disorders. Chronic stress may be a cause of inflammation, which can negatively affect almost every part of the body, from the cellular level on up. Inflammation may be a cause of thickened arteries.

The Italian study focused on antagonistic traits - such as cynicism, arrogance and manipulative behavior - and how they might be related to thick carotid artery walls. It found that the people who were most antagonistic increased their risk of arterial thickening by 40 percent.

Mental health experts who read the study said that people who view the world from an antagonistic perspective - who think everyone's out to get them, and who don't trust others - are almost definitely quick to anger, and also more stressed and vulnerable to heart disease, than people who are evenly tempered.

"Basically, every dimension of the body is affected by stress. It's very clear in terms of hypertension and renal disease that stress is bad," said Dr. Laura Davies, a child and adolescent psychiatrist with California Pacific Medical Center. "There's really nothing

*Continued on next page*



that isn't affected by this negative outlook on life, and if you can change that, that'd be great."

The next obvious question, doctors said, is whether people can improve their health by controlling their anger. People with extreme anger problems - those who have personality disorders or who are physically abusive - would probably benefit from one-on-one therapy. People with less immediate problems might consider anger management classes or support groups for people with hot tempers.

But many people may not know whether their anger is affecting their health, some doctors said. It may feel like their anger is a natural response to a situation, especially in the moment.

People who worry that they have an anger problem should look at recent instances when they lost their temper, and, with the benefit of hindsight, ask themselves whether they overreacted, mental health experts say. For example, did that barista really deserve to be yelled at for flubbing a latte?

People also should pay attention to what their friends, co-workers and family members are telling them - if peers are saying that you have an anger

management problem, chances are there's some truth to it, Spiegel said.

"It's like with drinking - if you've gotten drunk a couple of times in the last year, you're a human being. If you've done it every night for the past two weeks, you've got a problem," Spiegel said. "Every once in a while, many of us lose it. If it's a pattern, it's a problem."

For most people who think they have an anger problem, the key is to get themselves calmed down in the situation. They might take a few deep breaths and give themselves time to think about what's going on, and whether it's worth getting angry about. They might need to go off by themselves for a while.

Exercise is almost always a good outlet for stress of all kinds, said Dr. Don Mordecai, director of mental health and chemical dependency services for Kaiser Permanente Northern California.

"For some people it's best to stop and take deep breaths, for some it's best to walk away, for other people it's go for a run. But in all cases, it's really that very conscious, 'Here it is, I'm angry, I recognize it, and I'm going to shift my response,'" Mordecai said. "We can spend all day thinking the world is out to screw us, and we're going to screw it back, or we can try to be good to ourselves."

#### **Signs of a problem**

-- People often tell you you're overreacting.

-- In past situations when you've gotten angry, the events don't seem to have justified your response.

-- You get into fights - verbal or physical - regularly.

-- You often feel angry when faced with stress.

#### **What to do when stress is making you angry:**

**Talk to someone:** People who talk calmly about what is wrong tend to feel better.

**Take deep breaths:** And think before reacting.

**Walk away:** Leave a stressful situation before you get any angrier.

**Get exercise:** Go for a walk or a run.

**Get help:** Anger-management classes may help, but make sure they're run by someone with professional training. Find a support group. Get one-on-one therapy.

#### **Anger management**

Here are signs that you may have an anger problem:

-- People point it out to you. They often tell you to calm down or that you're overreacting.

-- Looking at past situations when you've gotten angry, the events don't seem to have justified your response.

-- You get into fights - verbal or physical - on a regular basis.

-- You often feel angry when faced with stress.

# Substance Abuse Presentation

**WHEN:** Monday, June 8  
2nd Monday of every month

**Time:** 5:15-6:15pm

**Where:** Reno-Sparks

**Tribal Health Center**

**2nd floor, Behavioral**

**Come learn and discuss  
how alcohol and drugs  
affect our minds, bodies,  
spirits, children, families  
and communities.**

*We will also discuss the  
BENEFITS OF NUTRITION  
AND EXERCISE ON MENTAL  
HEALTH.*



- ◇ Potluck-please bring a dish or snack to share
- ◇ Raffle Prizes
- ◇ Monthly Topics



**Questions??? Contact Michelle Katenay or Jason Hill @ 329-5162**



# Women's Circle Celebrating Fatherhood, June 21

*Often hidden, domestic violence with male victim not uncommon*

*Submitted by Dorothy McCloud,  
Women's Circle Coordinator*

When we think of domestic violence, we often think and believe that the victims are always women. Not true. As we celebrate Father's Day, let's remember that between 1999 and 2004, more than half a million men [dads, brothers, uncles, grandfathers] had a female partner who was violent toward them.

The partner might have been a wife, an ex-wife or a common-law partner.

This means about six percent of men in intimate relationships have experienced abuse or violence from their partners.

So what is abuse? Abuse is a pattern of controlling behavior in intimate relationships in which one partner dominates, belittles or humiliates the other.

Abuse of men by their female partners happens when the

partner uses emotional, physical, sexual or intimidation tactics. She does it to control the man, get her own way and prevent him from leaving the relationship. The abused man is always adapting his behavior to do what his partner wants, in the hopes of preventing further abuse.

The primary motive for abuse is to establish and maintain power and control over a partner. The abused partner resists the attempts to control him.

In turn, the abusive woman takes additional steps to regain control over her partner.

Abuse in intimate relationships is not typically an isolated incident. Abuse happens over time. If abuse is allowed to continue, it becomes more frequent and more severe.

Our society is beginning to recognize and study the

abuse of men by their partners. Society's inappropriate beliefs and attitudes about men have kept this kind of abuse hidden because men are supposed to protect women; men don't get pushed around by women; men are not supposed to hit back even when a woman is hitting them; and men should be able to "handle" their women.

Because of these beliefs, men who are abused by female partners may be slow to admit it. They may not want to tell anyone. Sometimes police and other professionals may not take the abuse seriously.

Let's celebrate Father's Day by giving dads, brothers, uncles and grandpas a great big hug for being with us during the "tough times" and especially for being with us during the "fun times."

*This project is supported by Grant No. 2012-TW-AX-0051, awarded by the Department of Justice, Office on Violence Against Women. Points of view in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.*

## ***ALWAYS CALL 911 IN AN EMERGENCY!!!***

**RSIC Women's Circle**

**775-324-4600 office**

**775-851-2510 cell**

**RSIC Tribal Police**

**775-323-2677**

**National Crisis Hotline**

**1-800-799-SAFE [7233]**

**1-800-787-3224 [TDD]**

*If you or someone you know needs help, have questions about domestic violence or about this article, or just want to talk, know that there is help and that everything discussed will be kept strictly confidential. Look for future on-going articles in The Camp News. "Remember that **YOU** have the **RIGHT** to live a life **FREE** of violence."*

# Pow Wow Club Performs at Cinco De Mayo Celebration

*Group fundraising for Fall Southwest Pow Wow trip*

The Reno-Sparks Indian Colony Pow Wow Club recently performed at a Cinco De Mayo celebration held at Victorian Square in Sparks.

In addition to illustrating a Grand Entry, the group of 15 gave several demonstration of the various dances including men's grass, women's fancy, women's traditional, and jingle.

The group of which members range from pre-school to adults, concluded its presentation by teaching the audience how to Round Dance.

Besides sharing culture, the Pow Wow Club also held a raffle and sold items to raise money for a Fall trip.

The club wants to attend a large Southwest pow wow.



**The Club** — Members of the RSIC Pow Wow Club demonstrate a Grand Entry for on-lookers at a recent Cinco De Mayo celebration. Pictured above are: Hank Johnson (forefront), Adrianna Gutierrez, Christy Johnson, "Jr. Miss UNR" Chesney Sampson, Jacob Stump, and Chandler Sampson. Bridgette Stump is in the right foreground. Other members of the club include: Toby Stump, Lorri Chasing Crow, Charisse Abbie, Jamie Stump, Dolly Padilla, "Jr. Miss Numaga- Natalia Chacon, Angie Alsobrook, Olivia Chasing Crow, Shaylise Johnson, Sydney Shoemaker and Geneva Wells.

## Talking Circle

The talking circle is also a listening circle. The talking circle allows one person to talk at a time for as long as they need to talk. So much can be gained by listening. Is it a coincidence that the Creator gave us one mouth and two ears? The power of the circle allows the heart to be shared with each other. What we share with each other also heals each other. When we talk about our pain in the circle, it is distributed to the circle, and we are free of the pain. The talking circle works because when the people form a circle, the Great Mystery is in the center.

### COMMUNITY SUPPORT GROUP

The last Wednesday of every month – DATE: June 24 \* TIME: 5 PM

Reno-Sparks Tribal Health Center 2<sup>nd</sup> floor Behavioral Health Department

ALL AGES WELCOME



# Language Bowl Mixes Ancient With Cutting Edge Tech

*Area high school scholars test, preserve, revitalize Paiute*

In an unusual, but very effective pairing, educators used the latest technology to preserve and revitalize the ancient Paiute language during the 4<sup>th</sup> Annual Language Bowl.

"We needed a good buzzer," said Jillian Fillmore, the Indian Education Specialist with the Washoe County School District. "Plus, our students were more at ease using an I-Pad and seeing questions on the big screen instead of shouting out an answer."

Last month, competing at the University of Nevada, three area high schools-- Reed, North Valley and Spanish Springs, sent their best Native language experts to celebrate their culture and to serve up a bit of health competition, too.

Using an app—that is software that causes an electronic device to perform tasks on a computer, a smartphone or other mobile devices--called *Kahoot*, students were challenged to translate English words to the Paiute language, Paiute phrases to English phrases, and images to Paiute.

"It worked out very nicely," Fillmore said. "We plan to add a verbal component in the future, but for now, our students really liked it and they are comfortable using tech-

nology for the competition."

*Kahoot* is a unique app in that it creates multiple choice quizzes related to any topic—even Paiute language, and the app can intergrade photos and even videos.

"I love learning my language," said Dolly Padilla, a junior at Spanish Springs High and a resident of Hungry Valley. "But I also love using my phone and computers, so the Paiute Language Bowl was a blast."

Not wanting to be identified, one of the language instructors said that by using the cutting edge technology with such a complex goal, learning a language, the students are almost tricked into learning.

"It's so fun, they don't even

realize how well and how quickly they catch on," she said.

Currently, enrollment in Paiute language classes at the three area high schools is capped at 60 students.

Native speakers turned educators---Stacey Burns, Christina Thomas and Renalda James---each have earned a special endorsement to teach Paiute language to high school students. Last November, the three language instructors were recognized by the district for their tremendous work.

The Language Bowl was sponsored by the WCSD along with the University of Nevada's Center for Student Cultural Diversity.



**Pesa Namanedu** — Reed High is one of three area schools in which Paiute language is offered. During the 4th Annual Paiute Language Bowl, the teenagers used technology to test their knowledge of our ancient language. The yearly competition is held at the end of the school year.

# In & Around: Reno-Sparks Indian Colony Community

*Celebrating Earth Day, Spring, Summer, scholars, singers, staff*

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**Celebrating Earth Day** — Tokala Chasing Crow, Shea Shanrock along with their classmates from Jesse Hall Elementary School celebrated Earth Day by hiking and cleaning up trash along their route.



**Girls Rule** — Not to be outdone, Olivia Ordonez and Shayleen Malone did their part during Jesse Hall Elementary School's fourth grade Earth Day celebration.



**Time Out** — Learning important lessons outside the classroom, students from Jesse Hall Elementary including Kyla Kaufman and Kate Wadsworth, took to the hills for a trash pickup. The assignment was in conjunction with Earth Day.



**Welcome Spring** — The Hungry Valley Child Care Center held an Easter Party along with an Easter Egg hunt for the children in the program. The children made their own Easter baskets and enjoyed the festivities.



# In & Around: Reno-Sparks Indian Colony Community

## *Celebrating Earth Day, Spring, Summer, scholars, singers, staff*

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**Summer Kickoff** — *Leia Lynn Racine enjoys a bounce house at the RSIC Recreation Department's summer kickoff party. Racine signed up for the rec program's day camp which begins June 22 and operates through Aug. 7.*



**We Rock Native** — *RSIC tribal member Nyelli Chacon (left) is one of a half dozen youth honing their musical skills with Reno Rock. For more information about the June 15-19 camp at the RSIC, please call 622-9900, ext. 123.*



**Tomorrow's Leaders** — *Jonathan Arrivallaga was one of 17 Head Start scholars who will be transitioning to kindergarten next year. In addition to 20 Head Start undergraduates, family and friends celebrated with the graduates on May 22.*



**Right Place, Right Time** — *Nakoda Pete, the lead maintenance worker for the RSIC Housing Department, used a garden hose to control a fire in the backyard of a Colony residence until the Truckee Meadows Fire Department arrived.*





**Washoe County School District**  
Every Child, By Name And Face, To Graduation™



Equity & Diversity  
Department

## THE I.E.N. Title VII – Indian Education Newsletter

Spring 2015

### 506 Forms

If a WCSD student is an enrolled tribal member or descendent of an enrolled tribal member, please complete a 506 form. These forms only need to be completed one time in a student's academic career with WCSD. Please contact my office should you have any questions or need to complete a form.

### Be COUNTED!

Ethnic Coding: these codes are important for when WCSD reports on the data of American Indian/Alaskan Native students.

Is the student Hispanic? **No**

What is your race? **American Indian/Alaska Native**



**Indian  
Education  
Program**

### Community Events

The 2<sup>nd</sup> Annual Kooyooe Tukadu  
Youth Camp – Pyramid Lake Paiute  
Tribe's Environmental Department

o June 15-17, 2015



Inter-Tribal Council of Nevada, Inc.  
12<sup>th</sup> Annual Native American  
Youth Leadership Conference

o August 2-5, 2015

### Program Events

Memorial Day May 25  
Last Day of School June 12

Have a great summer!

### Contact Information

Jillian Fillmore, MPA  
Office: (775) 789-4672

[jfillmore@washoeschools.net](mailto:jfillmore@washoeschools.net)

Website:

<http://www.washoeschools.net/Page/1968>

### College Board

#### Scholarships Available:

- Western Shoshone Educational Trust Fund....Deadline June 15, 2015
  - o [www.westernshoshoneeducationtrustfund.com](http://www.westernshoshoneeducationtrustfund.com)
- Washoe Tribe of Nevada and California Higher Ed. Scholarship
- Pyramid Lake Paiute Tribe Higher Education Scholarship
- Reno-Sparks Indian Colony Higher Education Scholarship
- American Indian College Fund
  - o [www.collegefund.org](http://www.collegefund.org)

Upward  
Bound: Get  
Ready for  
College



### GET INVOLVED WITH PAC!

Title VII Parent Advisory Committee meets monthly to discuss updates and programming opportunities. Next Meeting is June 1, 2015 at Nevada Urban Indians, Inc. from 4:30 pm to 5:30 pm



# Do you want to learn more about Diabetes while earning cool prizes?



## Announcing sign-ups for the **Balancing Your Life & Diabetes** class, a **FREE 12 week** course focusing on different elements of Diabetes!

The class will include incentives for participation including fresh fruit & vegetable vouchers, cookbooks, and cooking utensils!

Participants who complete all 12 weeks will receive a Nike jacket with the Balancing Your Life & Diabetes logo embroidered on the back, and be honored at an awards luncheon!

The class will be taught by Stacy Briscoe, RD, LD, Nutritionist/Dietitian & RSTHC Diabetes Program Manager, along with guest RSTHC Providers.

It will include elements of the Indian Health Service's Balancing Your Life & Diabetes curriculum.

*The course will be held from  
12:15-1pm on Thursdays, through – July 30<sup>th</sup>  
at the Wellness Resource Center, 2<sup>nd</sup> floor at RSTHC.*

**For more information, please call:**  
Vicki Kane, Diabetes Receptionist, 329-5162 x 1941.

### **Balancing Your Life and Diabetes: Teaching Session Topics**

1. What is Diabetes? 2. Diabetes and Mind, Spirit and Emotion 3. Making Healthy Changes 4. Healthy Eating Section 1: Introduction to Healthy Eating Section 2: Basics of Healthy Eating Section 3: Heart Healthy Eating 5. Moving to Stay Healthy 6. Diabetes Medicines Section 1: Overview Section 2: Diabetes Medicines Section 3: Insulin	7. Home Blood Sugar Monitoring 8. Knowing Your Numbers-ABC 9. Balancing Your Blood Sugar Section 1: Low Blood Sugar Section 2: High Blood Sugar Section 3: Sick Day Management 10. Staying Healthy With Diabetes Section 1: Overview Section 2: Complications Section 3: Summary 11. Taking Care of Your Feet 12. Planning for Pregnancy
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# Social Powwow

Honoring Our Native American Students



Supported by funds from the Statewide Native American Coalition



**June 6, 2015**

**12 - 5 pm**

**Churchill County Middle School  
650 S. Main Street, Fallon, NV**

**GRAND ENTRY AT NOON**

**Arts and Crafts Vendors Welcome!  
For vendor application and information,  
contact: Sue- 775 423-6955**

**Master of Ceremonies:**

Roy Redner, Fallon

**Arena Director:**

Michael Keats, Fallon

**Host Drum:**

Five Feathers, Reno

**Head Teen Boy:**

Channy Sampson

**Head Teen Girl:**

Alyssa Songoi, Fallon

**Exhibition Dance Categories:**

Tiny Tots

Jr. Girls and Jr. Boys

Teen Girls and Boys

Adult Men and Women

Golden Age

**Specials:**

Head Teen Girl Tiny Tot Special

Head Teen Boy Special

**Specials: \$100 Winner Takes All!**

Sponsored by the Committee

Teen Boys Grass

Teen Girls Fancy

Golden Age Women

**ALCOHOL, TOBACCO,  
AND DRUG FREE  
EVENT**



Churchill County School District, Fallon Paiute Shoshone Tribal Education Program and the committee are not responsible for short funded travelers, theft, lost items, accidents, etc. No pets allowed.

No Smoking on school grounds. All vendors must pay! No walking vendors.



# Shaw Middle School Educator Wins Principal of the Year

*Leonhard recognized by Washoe County, Secondary Schools Principals*

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Gina Leonhard, principal of Yvonne Shaw Middle School in Spanish Springs, has been named Middle School Principal of the Year for Nevada by the Secondary School Principals' Association of Nevada (SSPAN).

In announcing her award, Rick Detisch III, president of SSPAN, praised Leonhard, saying "the outstanding work [she] has demonstrated in education with students, staff, and the community is very remarkable."

Leonhard humbly deflected the credit.

"I am so honored to be recognized by my colleagues," said Leonhard, who has served as principal at Shaw Middle School since 2010. "I love doing this job and it makes it easy when I get to work with such a wonderful staff and a great community. I am thankful to be surrounded by people who make students a priority and are willing to work hard for them."

Interim Washoe County School District Superintendent Traci Davis also praised Leonhard's dedication.

"I am proud of Gina and her hard work at Shaw Middle School," said Superintendent Davis. "As principal of Shaw Middle School—which is one of our largest middle schools—she has proved to be a great leader and a passionate

advocate for her students and staff members. I am thrilled to hear that she has been recognized, not just in our district, but across the state, for helping our students achieve their goals."

Another one of Leonhard's supervisors had more praise.

"Gina leads and manages with persistence, humor, and a passion for the success of the entire school community," said Dr. Troy Parks, WCSD area superintendent for Zone 4. "In the past couple of years, she has provided a school-wide focus on improving the professional learning community at Shaw Middle School, where all departments and teachers are focused on what students need to learn. Her efforts continue to help more students find success at Shaw Middle School. She is very deserving of these awards, and I'm excited that she has received these high honors."

Parks continued: "I have been continually impressed with the professionalism and positive attitude Gina brings to her role as a middle school principal."

Parks, who nominated Leonhard for the award said that Leonhard's first priority is the academic and behavioral success of her 1,100 students.

Leonhard received a Bachelor's degree in education at the University of Nevada and later earned a Master's degree in education administration and



*Gina Leonhard was named the Principal of the Year by the Nevada Secondary School Principals' Association and was named the Middle School Principal of the Year by the Washoe County School District. Leonard is the principal at Shaw Middle School near Hungry Valley.*

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supervision at the University of Phoenix.

She taught science at Mendive Middle School from 1997 to 2004, and was named assistant principal at Shaw Middle School in 2004.

Shaw Middle School is the Washoe county middle school for which youth residing in Hungry Valley attend.

In April, Leonhard was one of three principals the WCSD chose as 2015 principals of the year along with Joe Ernst, principal of Anderson Elementary School and Jeana Curtis, principal of North Valleys High.

The trio was recognized by the WCSD Board of Trustees at the Spotlight on Success ceremony last month.

# New Rules: All High Schoolers Take College Exam

*Standards based achievement test, career planning tool required*

**Carson City, Nev.** – For the first time in Nevada, all 11<sup>th</sup> graders enrolled at public schools took a college entrance exam this academic school year.

The ACT is a standards-based achievement test and career planning tool that assesses students' academic readiness for college.

In July 2014, the Nevada State Board of Education selected the ACT as Nevada's new college and career readiness assessment.

Approximately 33,300 students took the test at their high school during normal school hours on April 28.

In contrast, approximately 7,738 students in Nevada took the ACT at some point during 2014. 11<sup>th</sup> graders who missed the April test date took the make-up test this month.

Beginning with this year's 11<sup>th</sup> graders, the Class of 2016, participation in the ACT statewide test is a graduation requirement. ACT scores will not be used to determine graduation eligibility, but can be used by students for college admissions and college course placement. This assessment is equivalent to all other ACT tests administered on national test dates throughout the country.

However, unlike the ACT taken on national test dates, Nevada's statewide ACT test is provided at no cost to students and no registration is needed.

"Using the ACT as Nevada's college readiness assessment will give our students a clear picture of how well prepared they are for education beyond high school," said Superintendent of Public Instruction Dale Erquiaga. "After taking the ACT in 11<sup>th</sup> grade, students will have an additional year of schooling left to strengthen their preparation. Because the ACT is a nationally administered test, we will also be able to see the results to see how Nevada students are performing compared to their peers across the country."

Nevada joins a growing number of states which administer a statewide ACT as a measure of students' academic readiness to make successful transitions to college and work after high school.

Studies show that students who take the ACT are more likely to apply to and attend college.

Nevada juniors will take the ACT Plus Writing test, which consists of a 30-minute writing test and 215 multiple-choice questions in four subject areas: English, mathematics, reading and science. The ACT also includes a career exploration component that stimulates students' thinking about future plans and helps students identify career options. The ACT is scored on a scale of 1 to 36 with 36 being the highest possible composite score.

Additional information about Nevada's statewide ACT is available on the Department of Education's website: [http://www.doe.nv.gov/Assessments/College\\_Career\\_Readiness\\_Assessment\\_ACT/](http://www.doe.nv.gov/Assessments/College_Career_Readiness_Assessment_ACT/).



*Cecilia Gossett*



*Athena Bill*



*Elijah Guerrero*

**Super Scholars** — On May 1, three students from Hungry Valley were honored as Jesse Hall Elementary Students of the Month: Cecilia Gossett (2<sup>nd</sup> grade), Athena Bill (4<sup>th</sup> grade), and Elijah Guerrero (6<sup>th</sup> grade). These students are true Jesse Hall Trailblazers as they exemplify the Positive Behavior Intervention and Support Matrix in all three areas: Be Respectful, Be Responsible, Be Safe.

In addition, these students demonstrate the ability to set and achieve goals for success in their academic performance. This may be as a year-long high achiever or a most improved student.

*Photos provided by Jesse Hall Elementary School*





United States Department of Agriculture

# Summer Food Rocks!

## AT THE RENO-SPARKS INDIAN



**The Summer Food Service Program operates Monday-Friday from June 15-August 7, 2015**

**Breakfast: 8:30 a.m. – 9:30 a.m.    Lunch: 11:30 a.m. – 12:30 p.m.**

*All children 18 years & younger are eligible to receive a free, delicious, nutritious meal.*

<b>Reno Site</b> <b>Multipurpose Room</b> <b>34 Reservation Road, Reno NV 89502</b>	<b>Hungry Valley Site</b> <b>Transitional Living Center</b> <b>104 Loop Road, Sparks NV 89441</b>
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For further information please contact San San Tin at 775-329-6114 X5110, [stin@rsic.org](mailto:stin@rsic.org)

# TODDLERS ROCK!

*Thank you parents and children who participated in the 4 week session of TODDLERS ROCK, in collaboration with The RSIC Education Department and Nevada Early Intervention Services.*



Jessica O'Daye's little boy Jayden Jayme enjoying some music from Musical Therapist Teacher Shay.



Mom, Callie Cortez sings along with daughter Donzia Cortez and niece Amelia Winap. Stephanie and Meadow Wyatt along with little Jayden Jayme.

**We hope parents and infant/toddlers join us for the next series of TODDLERS ROCK!**

*Naomi Hanczrik, RSIC Disabilities Advocate, 785-1310/329-6114*

*Stephanie Wyatt, NEIS Developmental Specialist, 688-0307*



# RSIC LIBRARY

## June 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> After School Story Time 4 pm Ages 6-12	<b>2</b> Board Games 10 am	<b>3</b> Children's Story Time 11 am	<b>4</b> Art Activity 10 am	<b>5</b>	<b>6</b> 
<b>7</b>	<b>8</b> After School Story Time 4 pm Ages 6-12	<b>9</b> Youth Paiute Language Lesson 10 am	<b>10</b> Children's Story Time 11 am	<b>11</b> Art Activity 10 am	<b>12</b>	
<b>14</b>	<b>15</b> Story Time 10 am Ages 6-12	<b>16</b> Youth Book Club 10 am	<b>17</b> Children's Story Time 11 am	<b>18</b> Art Activity 10 am	<b>19</b>	
<b>21</b>	<b>22</b> Summer Reading Challenge Begins! Sign-up in the library!	<b>23</b> Youth Paiute Language Lesson 10 am	<b>24</b> Children's Story Time 11 am	<b>25</b> Language Lunch & Learn Staff Only 12pm- 1pm	<b>26</b> Traditional Plant Gathering Library Closed 12 pm- 4 pm	<b>27</b>
	<b>29</b> Story Time 10 pm Ages 6-12	<b>30</b> Movie 10 am				

### *A Special Thank You*

On behalf of Anita Phoenix's Family, we would like to express our sincere appreciation and thanks to all our family, friends, community, and co-workers at this most difficult time. Anita will be greatly missed.

A special thanks to the following:

RSIC Tribal Council	Pyramid Lake Paiute Tribe	Kickapoo Tribe
Reno Police Department	UNR Chemistry Department	Hospice Team
Human Services	Finance Department	Front Office
Public Works Department	Recreation Department	Seniors Department
Planning Department	Arlan Melendez	Elmer Atlookin
Pyramid Lake Senior Dept.	Drum Group "Echo Sky"	Barbara Bennett

Including everyone who helped with gym/tables/chair setup, food donations, flowers, cards & prayers. Sincerely,

*The Phoenix Family & all Relatives*

# Middle School, Junior , Senior High School Scholars

*RSIC Education Department awards academic excellence*

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## **Incentive Gift Cards for Colony Students with GPA of 2.0 or better**

**Left to Right**

**Josh Witherspoon – 11<sup>th</sup>, Chandler Sampson – 10<sup>th</sup>,**

**Jade Christy – 7<sup>th</sup>, Sophie Sam-Gonzales – 7<sup>th</sup>**

**Rena Shaw – 7<sup>th</sup>, Andy Perez – 9<sup>th</sup>,**

**Raquel Thomas – 10<sup>th</sup> – Leilani O'Daye – 11<sup>th</sup>**



# RSIC Scholars Earn Much Deserved Recognition

*College grads, STEM standout, elementary character, academics honored*



## Congratulations **Ashantii Yahola**

You did an excellent  
job on your grades  
this semester at:

**DILWORTH S.T.E.M. ACADEMY**  
**7<sup>TH</sup> GRADE**

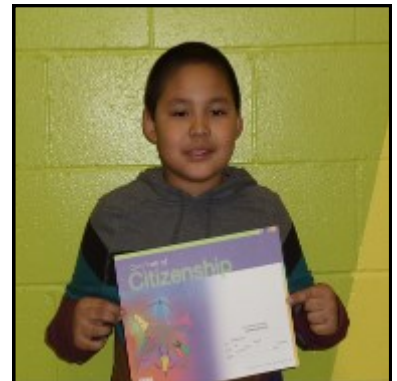
*Ashantii made a 3.50 grade point average. She likes to be by herself and she is a strong young lady and speaks her mind. If she doesn't agree with you she will let you know. She has a dog named Oreo that she adores and her favorite thing to do is be on her tablet. She also likes to go to the movies, swim and roller skate. She is the granddaughter of Penny Sampson.*

Hidden Valley  
Elementary School

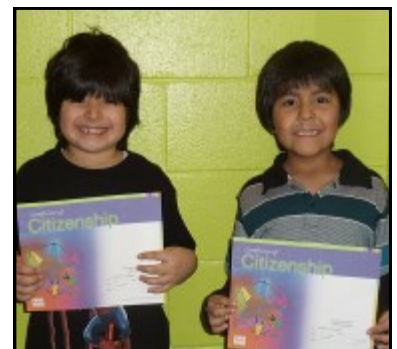
First Semester  
**Top Dog Awards**



**Chesney Sampson**  
3rd Grade—Character



**Terrance Fellows**  
4th Grade—Character



**Ethan Astor &  
Daymian Katenay**  
2nd Grade—Academic

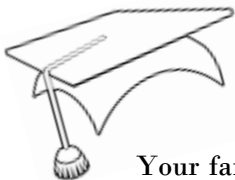
## **CONGRATULATIONS**

**Brittany LeeAnne Bill**

University of Nevada

**Class of 2015**

Marketing Major



Your family loves you & we are so very proud of you. Brittany is the Daughter of Courtney Hardin and Dennis Bill. Her grandparents are the late Elaine and Roy Bill, Sr. of the Reno-Sparks Indian Colony. Love,

Your Mom and Aunties  
(Elayne Aguilar, Nelletta Aguilar, and  
Valerie "Kaydot" Smith)

# Middle School, Junior, Senior High School Scholars

*RSIC Education Department awards academic excellence*

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**Incentive Gift Cards for Colony Students with  
GPA of 2.0 or better**

**Left to Right**

**Kiyla Dick – 8<sup>th</sup>, Dakota Christy – 8<sup>th</sup>,  
Maya Brito–9<sup>th</sup>,Isaiah Rios–8<sup>th</sup>,Michael Acosta-8<sup>th</sup>**



# Hungry Valley Students Transition to Middle School

*Important education events, dates, information*

*Submitted by the RSIC Education Department*



**Moving On** — Hungry Valley students whom will transition to middle school next year received a backpack filled with school supplies along with a Shaw Middle School sweatshirt. The gifts were compliments of the Shaw School staff. Pictured are: Jayci Astor, Leilani Berreman, Seth Cortez, Andrew Crutcher, Raelysa Harjo, Danae Imus-Astor, Blake Kirsten, Noelle Lockwood, Jenna Moody, Tara O'Daye, Cienna Yellowhair, and RSIC Education Advisor, Tanya Hernandez.

*Continued from page 15*

Here are tips on what to do when stress is making you angry:

- Talk to someone. People who talk calmly about what's wrong tend to feel better and be healthier.
- Take deep breaths and stop to think before reacting.
- Walk away. Leave the scene of a stressful situation before you get any angrier.
- Get exercise. Go for a walk or a run.
- Get help. Anger management classes may help - but make sure they're run by someone with professional training and experience. Find a support group. Get one-on-one therapy.

## Attention!

### New Head Start Requirements

*Due to new regulations Head Start Staff must conduct an in person interview with all applicants.*

***Please call Head Start to schedule your appointment at an***

## Enrollment Night

June 23 Hungry Valley Head Start Center  
9055 Eagle Canyon Road  
6:00 p.m. to 8:00 p.m.

June 25 Reno Head Start Center  
34 A Reservation Road  
5:30 p.m. to 7:30 p.m.

***For more information or to make an appointment, call 789-5615 or stop by the Head Start office in Reno.***



**Camera Shy** — *not pictured:*

*Perfect Attendance, Ayasha Bill - K and Wade Plummer - 5th. Character, Dae Uribe Furst - K and Triston O'Daye - 4th. Students not pictured for incentive gift cards: Glennys Tobey-Wasson, 9<sup>th</sup>, Leo Grass - 8<sup>th</sup>, Pablo Brito - 8<sup>th</sup>, Kristina Wadsworth - 8<sup>th</sup>, Larsa Guzman - 8<sup>th</sup>, Christopher Wadsworth - 7<sup>th</sup>, Sean Rodarte-Lowery - 7<sup>th</sup>, Dion Thomas - 7<sup>th</sup>, Jose Lomeli - 7<sup>th</sup>, Alexis Christy - 7<sup>th</sup>, Marissa Witherspoon - 7<sup>th</sup>.*

# Middle School, Junior, Senior High School Scholars

*RSIC Education Department awards academic excellence*

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## **Incentive Gift Cards for Colony Students with GPA of 2.0 or better**

**Left to Right**

**Allen Tatsey – 11<sup>th</sup>, Lilyanna Sam – 9<sup>th</sup>,  
Matthew Wells – 9<sup>th</sup>, Randa Deluna – 12<sup>th</sup>,  
Shania Shanks – 11<sup>th</sup>, Shirley Cypher -12<sup>th</sup>,  
Darissa Smith – 9<sup>th</sup>, Autumn Dick – 7<sup>th</sup>**



# SAMPSON'S TOUGHMAN FUNDRAISER

## 34 RESERVATION RD. RENO, NEVADA

Drug and Alcohol Free Event

Friday - July 3<sup>rd</sup> (First Bout at 6 pm)

Saturday - July 4<sup>th</sup> (First Bout at Noon)

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**\$ 500 for each Weight Class**

**3 Weight Classes for Men**

- Light Weight 125 through 165
- Middle Weight 166 through 200
- Heavy Weight 200 +

**\$ 350 1 Weight Class for Women - All Weights**

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Open to all nationalities

**\$10 Admission Fee**

**\$5 for Senior Citizens (60+) and kids under 12**

**Boxers - \$45 registration fee by postal only, money orders or cash**

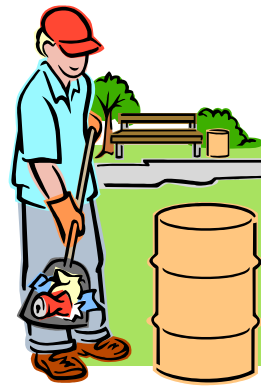
**Mail to: Reno Warriors 1925 Prosperity Ln. Reno, NV 89502**

**Deadline July 3<sup>rd</sup>**

**Contact for more information:** Buck Sampson (775) 324-2825  
Skylar Sampson (775) 315-7408  
Ronnie Sampson (775) 412-3144

Reno-Sparks Indian Colony is NOT liable for any injury or accidental death under tribal sovereignty. Each fighter WILL have to sign a liability waiver prior to the event. Age 45 + fighters will require medical permission form signed by the doctor. Blood pressure and weight will be checked prior to event. NO PREGNANT boxers.

**ALL PROCEEDS WILL BE DONATED TO RENO WARRIORS BOXING**



# **HUNGRY VALLEY** **COMMUNITY** **CLEAN UP DAY**

**Meeting spot: Numaga Park**

**SATURDAY, JUNE 27, 8AM – ??**

**BBQ LUNCHEON WILL BE PROVIDED  
BY RSIC PUBLIC WORKS AT AMPHITHEATRE**



# Legal Notices, Public Announcements

## *Recruitment for committee members, meeting dates, corrections*

### **Recruitment for Language & Culture Advisory Committee Member**

The Language & Culture Advisory Committee is currently seeking an Reno-Sparks Indian Colony Tribal member to serve on the Language & Culture Advisory Committee.

The committee member will be appointed by the RSIC Tribal Council and shall serve a term of two years. If you are interested in becoming an Language & Culture Advisory Committee member, please submit an application by June 30 to:

Reno Sparks Indian Colony Language & Culture Program  
401 Golden Lane  
Reno, Nevada 89502

### **ADVISORY COMMITTEE MEETING DATES**

Economic Development, Last Wednesday of month, 6 p.m.  
Tribal Council, Two Wednesday prior to economic development, 6 p.m.  
Education Advisory Committee, First Monday of month, noon  
Senior Advisory Committee, First Monday of month, 1 p.m.  
Executive Health Advisory, Third Monday of month at 5:30 p.m.  
Enrollment Advisory Committee, First Monday of month, 5:30 p.m.  
Law & Order Committee, First Wednesday of month, 6 p.m.  
Commodity Distribution, Third Tuesday of the month

*\*Please notes, meetings dates and start times subject to change.\**

### **Recruitment for Executive Health Board Member**

The Reno-Sparks Tribal Health Center is recruiting for one (1) RSIC Tribal representative to fill an upcoming vacancy on the Executive Health Board.

The Executive Health Board voting membership consists of five (5) Reno-Sparks Indian Colony residents who are enrolled members, and two (2) representative from the Urban Indian population, for a total of seven (7) voting members. RSIC representatives must live on the Colony or in Hungry Valley.

The Executive Health Board members meet at least once a month, usually on the third Monday, and are provided a monthly meeting stipend for participation.

The members are appointed by the Tribal Council and shall serve a term for a four-year period.

If you are interested in being a member of the Executive Health Board, please submit a letter of interest to:

The Executive Health Board  
Reno-Sparks Tribal Health Center  
1715 Kuenzli Street

### **COURIERS NEEDED**

We need couriers to deliver the newsletter and other important documents, door-to-door in Reno & in Hungry Valley. If you are interested, please see the center insert of this newsletter or call Penny Sampson at 329-2936.

### **Recruitment for Pow Wow Committee Members**

Numaga Indian Pow Wow Committee is currently seeking RSIC Tribal members to serve on the 29th Annual Numaga Indian Days Pow Wow Committee.

Committee members will be appointed by the RSIC Tribal Council and shall server a term of (4) years. If you are interested in becoming a NIDP committee member, please submit your completed application to:

Reno-Sparks Indian Colony  
ATTN: Tribal Administrator  
98 Colony Road, Reno NV 89502

Applications are available at 98 Colony Road.  
All interested individuals must submit an application (date stamped by front office staff) for consideration for the 2015 NIDP committee. Deadline to apply is Monday, July 13 at 5 p.m.

### **REMINDER**

All Reno-Sparks Indian Colony housing participants, renters and homeowners alike, are required to keep their yard clear of weeds.  
Please clear at least 30-feet of defensible space around the exterior of your home.

Assistance is available to seniors and those who are disabled.  
Please, call housing at 785-1300, to inquire about assistance .

### **CORRECTIONS**

In the April edition of *The Camp News*, the Hungry Valley Volunteer Fire Department was inadvertently excluded from credit for the Care Flight and emergency training which was held in March.

Also, quotes in the feature article: *THPO Memorializes, Preserves History at New Location*, were incorrectly attributed to Vicki Kane when they were comments by her mother, Marilyn Cypher, as told by Kane. Please see: <http://www.rsic.org/wp-content/uploads/2014/04/April-20151.pdf>, page six for the corrected version.

The editor regrets the errors. —SM

## **RSTHC Community Wellness Events**

**May 30<sup>th</sup>Annual Memorial Walk/Run @ RSTHC**

**June 12<sup>th</sup> Bowling 6pm-9pm @the Coconut Bowl**









These events are **free** for participants!  
If you have any questions ,please contact  
Rocky at the 3 Nations Wellness Center:

**775-329-5162 x 1942**

# June



**Reno-Sparks Indian Colony  
Senior Program Activities  
34 Resevation Road  
Reno, NV 89502  
775-329-9929**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 pm Crafts</b>	<b>10 am Puzzles</b>	<b>1 pm Crafts</b>	<b>10 am Walking</b>	<b>9 am Yard Sale</b>
1 1:00 pm Senior Advisory Committee Meeting	2 11:30 am Blood Pressure Check  12:15 pm Dental Presentation	3 12 pm Washoe Class 1:00 p.m. Errand Day Shopping, Pay Bills, Thrift Store	4 12:00 pm Language and Culture Presentation	5 10:30 am Brunch
8 11:30 am Blood Pressure Check 	9 12:00 pm Tribal Police Presentation 5:30 pm  *Bring 2 prizes & yummy food dish	10 12:00 pm Nutrition Presentation 12:30 pm Paiute Language Class	11 1:00 pm Galaxy Movie Theater 	12 9:30 am Respite Caregivers Support Group Meeting 10:30 am Brunch
15 Food Pantry Delivery Farmer's Market Booklet sign up <i>Limited until gone</i>	16 Commodities at Senior Center <i>Sack Lunch</i>	17 12 pm Washoe Class 1:00 p.m. Errand Day Shopping, Pay Bills, Thrift Store	18 Pyramid Lake Senior Fun Day 8:00 am – 4:00 pm Must be signed up	19 10:30 am Brunch
22 5:30 pm Father's Day Dinner at Atlantis Toucan Charlie Buffet Must be signed up	23 12 pm Community Health Education Specialist Presentation 1:00 pm Century Theaters Movie 	24 12:00 pm Paiute Language Class	25 11:30 am Blood Pressure Check  12:30 pm Birthday 	26 10:30 am Brunch 
29 11:30 a.m. Dr Rubin Discussion on Medication Presentation	30 12:00 pm Substance Abuse and Suicide Prevention Presentation	Bingo's and Potlucks held at the Senior Center are for seniors with exceptions for known caregivers		



## ~ Road Trip ~



**June 18 - Pyramid Lake Senior Fun Day Trip  
June 20 - Stewart Father's Day Pow-wow Day Trip  
June 22 - Fathers Day Dinner at Atlantis**

**Transportation seating is limited, call to sign up 329-9929**

**To attend day trips or paid activities, you have to be either a RSIC enrolled or resident, 55 years or older**





# June




**Reno-Sparks Indian Colony  
Senior Program Activities  
34 Reservation Road  
Reno, NV 89502  
775-329-9929**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Baked Ham Yams Cauliflower and Carrots* Fruit Cocktail * Milk	2 Cream of Mushroom Soup Salad Bar *+ Banana Milk	3 Taco Salad Ground Turkey Refried Beans Lettuce and Tomato+ Mandarin Oranges* Milk	4 Philly Cheese Steak Sandwich Sweet Potato Fries+ Mixed Berries* Milk	5 Brunch 10:30 am French Toast Turkey Bacon Cantaloupe* V-8 Juice* Milk
8 Chicken Lo-Mein Carrot+ Fortune Cookie Fresh Pineapple and Grapes Milk	9 Navy Bean Soup Turkey & Cheese Sandwich Lettuce and Tomato+ Orange Milk	10 Shredded Beef Quesadilla Black Beans and Corn Lettuce, Radish and Olives+ Pears* Milk	11 BBQ Turkey Burger Lettuce and Tomato+ Potato Salad Fresh Fruit Salad* Milk	12 Brunch 10:30 am Ham Scramble Whole Wheat Toast Tomato Wedges and Bell Pepper slices*+ Banana Milk
15 Veggie Pizza Spinach Salad *+ Mini Heirloom Tomatoes+ Apricots* Milk 	16 Commodity Distribution Sack Lunch  Egg Salad Sandwich Lettuce and Tomato+ Fruited Jell-O* Baked Lays Milk	17 Chicken and Spinach, Cherry Tomatoes*+ and Angel Hair Pasta Corn Peaches Milk	18 Dads BBQ Lunch  BBQ Rib Sweet Potatoes Fries+ Waldorf Salad* Milk	19 Brunch 10:30 am Cream of Wheat Boiled Egg Bagel Mixed Berries* V-8 Juice*+ Milk
22 Baked Tilapia Rice Pilaf Zucchini and Carrot Mix*+ Peaches* Milk	23 Chili Beans Ground Turkey Corn Bread Spring Mix Salad*+ Tomato Wedge+ Orange Cutie* Milk	24 Turkey Pot Pie With Veggies+ Brussels Sprouts* Banana Milk	25 Birthday Bingo  Pork Roast Egg Noodles With Gravy Mixed Veggies*+ Kiwi and Banana* Milk	26 Brunch 10:30am Scrambled Eggs Hash Browns Mini Heirloom Tomatoes+ Honey Dew and Grapes* Milk
29 Italian Sausage With Penne Pasta Green Beans and Corn Mix+ Strawberries and Banana* Milk	30 Chicken Cesar Salad*+ Tomato Wedge+ Breadstick Tropical Fruit* Milk 	July 1 French Dip Sun Chips Tomato and Cucumber Salad*+ Watermelon * Milk	2 Brunch 9:30 am Raisin Bran Cereal Boiled Egg Cherry Tomatoes with Cottage Cheese Light Yogurt with Fruit Cups V-* Juice *+ Milk	3 Holiday Senior Center Closed No lunch Served Or delivered. 

## Reminders

- 1) call to cancel home meal delivery by 10:00 a.m.
- 2) dogs must be tied up for meal delivery



**\*Vitamin C - Daily  
+ Vitamin A - 3 X Week  
1% Milk - Served Daily**

**NOTE**

**Non senior meals are \$4.00 each  
No to-go meals, all meals purchased  
must be consumed at the senior center  
No outside food or drinks allowed**

*Continued from page 13*

sedentary, bored and solitary to physically, mentally and socially active.”

Research by the International Diabetes Foundation indicates that America’s kids are playing less than any previous generation. In a recently study, the foundation found that only one in four adolescents get the recommended 60 minutes of physical activity or active play per day, with the number of younger kids only slightly higher.

“We want our youth to be outside exercising, so I think this new playground is a good way to motivate them,” Chairman Melendez said.

“In today’s environment, you see a lot of young people playing video games and staying indoors. We want them to be physically active and be healthy.”

According to the Indian Health Service website, one in three kids is obese or overweight and one in five kids have a mental illness.

Diabetes, which is often

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***“...we want our youth  
to be physically active  
and to be healthy.”***

*—Arlan D. Melendez,  
RSIC Chairman*

---

directly connected with low levels of exercise, is one of the top diseases which lead to death among American Indian people.

Today, the rate of Juvenile diabetes, which plagues school-age children, is growing, especially in Indian Country.

“Because of the amazing commitment to this project, you are giving kids the childhood they deserve with this awesome play space,” Applebaum announced during a ribbon cutting and dedication. “I would like to thank each and every one of you for your time, energy, and hard work that ensured this build was a great success.”



**Prideful and Practical** — Late in the day of the KaBOOM! playground build, volunteers were instructed to help pat down the ground safety cover by stomping on the mulch. In reaction, a spontaneous Round Dance broke out as Jacob and Jamie Stump used hand drums and performed a traditional song. A video clip of the Round Dance can be seen at [www.rsic.org](http://www.rsic.org).