



THE CAMP NEWS

VOLUME X ISSUE 3

March 31, 2015

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

RSIC Children Design Dream Playgrounds

KaBOOM! Dr. Pepper Snapple Group partner with Colony to increase play

Nine-year-old Silas Cervantes loves spiders.

"I think it is so cool how they crawl all over you," the third grader said. "I think it would be really cool if we could have a spider on our playground, so that we could crawl all over it."

During the KaBOOM! Design Day for kids, Cervantes along with 37 other youth from the Reno-Sparks Indian Colony got to use their imagination and draw their dream playgrounds.

"I want a glider to zip line," said 11-year-old Jayci Astor.

Her friend and family member McKenzie Stump, also 11-years-old, wanted scary playground pieces and larger equipment for the bigger kids, but Stump also insisted on baby swings for her 6-month-old little sister.

"This playground is for the kids in the community and we are proud to include their ideas in the final design of this play-space," said Katie Applebaum, an associate project manager for KaBOOM!

In addition to a special session to allow children to dream about the greatest way to play, 15 adult family members along with RSIC

staffers participated in the adult planning meeting.

These planning sessions are to prepare for the May 8 KaBOOM! and Dr. Pepper Snapple Group Build Day when over 200 volunteers will create a great new place for Hungry Valley youth to play.

"Play is central to a child's ability to grow into a productive adult," said Kelly Habig, Community Outreach Specialist for KaBOOM! "Together, we can

ensure kids get the balanced and active play they need to thrive."

KaBOOM! is a national non-profit dedicated to bringing balanced and active play into the daily lives of all kids, particularly those growing up in poverty in America. Play is a powerful thing that transforms children from sedentary, bored and solitary to physically, mentally, and socially active.

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Eager To Play — Several of the 38 children who participated in the KaBOOM! Dr. Pepper Snapple Group Design Day, proudly displayed their drawings of the ultimate playground. Basketball goals, water features and skateboard ramps were the most frequent requests. The playground will be built on May 8 on Fancy Dance Road in Hungry Valley.



CARING FOR YOUR FAMILY PHOTOGRAPHS

It is very important to take care and preserve our history. You probably have history right in your very own home such as family photos. Here are some helpful tips to take care of photographic prints that you might have around the house.

Handling Your Prints

- Handle print with care to avoid bending, denting or scratching their surface.
- Avoid touching print surfaces with your fingers. If you are going to be handling the prints, wash your hands to reduce the transfer of oil from your hands onto the paper.
- Do not write on the back of photographs. Instead, label the packaging and use a soft pencil. Inks and pens can penetrate the surface and damage the item.



Mounting & Framing Your Prints

- Protect your prints by framing them behind glass with either matting or glass spacers.
- Select only acid free frames, mats, backings and other materials.
- Do not laminate photographic prints as this can permanently damage the emulsion layer.
- Framing the print provides protection against dust, dirt, pollution and climatic changes.
- Do not use glues, spray adhesives, or adhesive sticky tapes on your photographs. These degrade over time and are detrimental to your photographs. These materials become yellow and tacky and often cannot be removed. Archival quality corner mounts are the best methods of attaching your prints.



Displaying Your Prints

- Evaluate the environment when deciding where to display your image. Look for an area that to display that is cool, low light, dry, with stable conditions of humidity and temperature.
- Avoid displaying prints:
 - Where they will be exposed to direct sunlight as these will accelerate deterioration and fading.
 - In rooms like the bathroom, kitchen, laundry and external walls where they experience high humidity.
 - Where they receive direct, strong air flow from vents, heaters or file places
- Avoid any contact with water or other liquids.
- Preferably display copies and keep your originals in the dark.



Storing Your Prints

*If you have any questions regarding photograph care please contact
Trisha Calabaza-RSIC Tribal Archives Admin. Assistant
15A Reservation Road |Reno, NV 89502
Phone: 775-329-8802 | E-Mail: tcalabaza@rsic.org
Office/Research Hours 9 a.m. to 4 p.m. Monday – Friday*

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 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 and PDFs of our publication are available.

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

Important UPCOMING Dates

March 31 We Rock Native, Hungry Valley Community Center, 4:30 p.m.

April 1 RSIC Recreation Spring Break Day Camp Starts (see entire calendar, page 24)
Tai Chi, Senior Center, 12:30 p.m.
Regalia Making Class, Senior Center, 6 p.m.

April 2 Native Rock After School Program, Hungry Valley Recreation Center, 4:30 p.m.
Community Bingo, Sponsored by the Diabetes Program, RSTHC, 3 p.m. – 6 p.m.

April 3 Good Friday, RSIC Administration Offices Close at noon
Hungry Valley Christian Fellowship Prayer Walk, Eagle Canyon & Prairie Moon, 3 p.m.

April 4 Annual Recreation Continental Breakfast, Anderson Park, 8:30 – 9:30 a.m.

April 5 Easter Sunday
Hungry Valley Christian Fellowship Easter Celebration, 6 a.m. & 10 a.m.

April 6 Education Advisory Committee meeting, Education conference room, noon-1 p.m.
Tai Chi, Senior Center, 12:30 p.m.
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, Hungry Valley Gym, 6 p.m.

April 7 Native Rock After School Program, Hungry Valley Recreation Center, 4:30 p.m.

April 8 Tai Chi, Senior Center, 12:30 p.m.
Regalia Making Class, Hungry Valley Gym, 6 p.m.

April 9 Native Rock After School Program, Hungry Valley Recreation Center, 4:30 p.m.
Submission deadline for *Camp News*, 6 p.m.

April 10 Bowling at Coconut Bowl, Sponsored by the RSTHC, 6 p.m.

April 11 Emergency Shelter Training, Hungry Valley, 9 a.m. – 4 p.m.

April 13 School resumes in the Washoe County School District
Tai Chi, Senior Center, 12:30 p.m.
Native Rock After School Program, Colony Christian Church, 4:30 p.m.
Early Intervention Services Development Screenings, RSIC Library, 5 p.m.
Substance Abuse Presentation, RSTHC, 5:15 p.m.
Pow Wow Club, Reno Gym, 6 p.m.

April 14 Native Rock After School Program, Hungry Valley Recreation Center, 4:30 p.m.

April 15 Tai Chi, Senior Center, 12:30 p.m.
RSIC Tribal Council meeting, Hungry Valley Community Center, 6 p.m.
Regalia Making Class, Senior Center, 6 p.m.

April 16 Native Rock After School Program, Hungry Valley Recreation Center, 4:30 p.m.

April 20 Tai Chi, Senior Center, 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, Hungry Valley Gym, 6 p.m.

April 21 Commodity Distribution, Senior Center
Native Rock After School Program, Hungry Valley Recreation Center, 4:30 p.m.
Stop Violence Against Indigenous Women, UNR Joe Crowley Student Union, 6 p.m.

April 22 Earth Day
Tai Chi, Senior Center, 12:30 p.m.
Law & Order Committee Meeting, Tribal Court, 5 p.m.
Regalia Making Class, Hungry Valley Gym, 6 p.m.

April 23 Native Rock After School Program, Hungry Valley Recreation Center, 4:30 p.m.
Early Intervention Development Screenings, HV Community Center, 5 p.m.
Substance Abuse and Suicide Prevention Bingo, Senior Center, 5 p.m.
Master Plan Community Meeting with City of Reno, RSTHC

April 27 Women's Advisory Board meeting, WCP Office, noon
Tai Chi, Senior Center, 12:30 p.m.
Native Rock After School Program, Colony Christian Church, 4:30 p.m.
EZ Air, Sponsored by the RSTHC, 6 p.m.
Pow Wow Club, Reno Gym, 6 p.m.

April 28 Native Rock After School Program, Hungry Valley Recreation Center, 4:30 p.m.

April 29 Tai Chi, Senior Center, 12:30 p.m.
Talking Circle, RSTHC, 5 p.m.
RSIC Economic Development meeting, Hungry Valley Community Center, 6 p.m.
Regalia Making Class, Senior Center, 6 p.m.

April 30 Native Rock After School Program, Hungry Valley Recreation Center, 4:30 p.m.

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

Continued front cover

This project is made possible through Let's Play, an initiative launched in 2011 by Dr. Pepper Snapple Group to provide the tools, places and inspiration to make play a daily priority. By 2017, Dr. Pepper Snapple Group will provide nearly 10 million children across North America with new opportunities to play and be active through Let's Play. In partnership with KaBOOM!, Dr. Pepper Snapple Group is working to eliminate the 'play deficit' by building and improving play spaces nationwide.

Studies indicate that play is disappearing at home, at school and in communities, particularly for the 16 million children living in poverty. America's kids are playing less than any previous generation. In part, this is because kids ages eight-to-18 now spend almost half of their days in front of screens instead of engaging in active play. Only



50 X 50 — *RSIC Public Works Supervisor, KC Eben, carefully measures the future site of the KaBOOM! Dr. Pepper Snapple Group playground to be located at 185 Fancy Dance Drive in Hungry Valley.*



Total Focus — *Floyd Shaw takes his job as a professional playground designer very seriously. Shaw said that the best thing about a new playground will be playing with all his friends. If you would like to get involved in the KaBOOM! Dr. Pepper Snapple Group, please contact Jean Wadsworth at 329-4930.*

one in four children gets 60 minutes of physical activity or active play every day.

These disturbing statistics are even more alarming when considering that the Native American community has a predisposition to diabetes.

"American Indian and Alaska Natives have the highest rate of diabetes of any ethnic group in this country, especially Type 2 Diabetes," said Stacy Briscoe, RD, LD, a dietitian and the Reno Sparks Tribal Health Center Diabetes Program Manager. "Exercise, including active minutes on a playground is absolutely a helpful tool to combat diabetes."

Briscoe explained that there is a direct relationship between obesity and diabetes. She said that exercise is a very helpful tool to manage weight as well as to "use up" excess glucose (blood sugar) floating around in the blood.

Briscoe also believes there is a connection between physical activity and doing well in school.

"Physical activity is important for so much more than physical fitness," Briscoe said. "The impact of exercise or light activity (such as walking or active recess for 15 minutes) especially after meals has a huge impact because it can prevent blood sugar irregularities which can cause dozing off in class."

She added that activity also has been shown to help with retention of information, and has a direct correlation with our mood via the impact it has on serotonin.

As play has decreased, obesity rates and behavioral and cognitive disorders have increased. Childhood obesity nationwide has tripled in the last 30 years, and in 2011, the decline of play was linked to suicide rates that have quadrupled among teenagers under the age of 15, along with the rise of depression and anxiety in kids and young adults.

Continued on back cover



Reno-Sparks Indian Colony & Dr. Pepper Snapple Group are building a playground!



We need you to bring play to kids on Fancy Dance Lane

We need more than 200 volunteers from the RSIC community to help us give more than 250 area kids the childhood they deserve by building a new playground.



FRIDAY, MAY 8

7:45 AM

185 FANCY DANCE DRIVE

HUNGRY VALLEY

Volunteers should be age 18+ and will assemble playground pieces, mix concrete, move mulch, etc.

Wear comfortable clothes you don't mind getting dirty and closed toe shoes; leave valuables at home.

Youth activities provided.

Gloves, goggles, breakfast, and lunch will be provided.

Play is central to a child's ability to grow into a productive adult. Together, we can ensure kids get the balance of play they need to thrive! Please join us and show that play matters to you.

RSVP to Jean Wadsworth, jwadsworth@rsic.org or Vic Sam, vsam@rsic.org , or call 329-4930 or ShoreTel ext. 4396.



**Christ is Risen!
Celebrate with Us!**

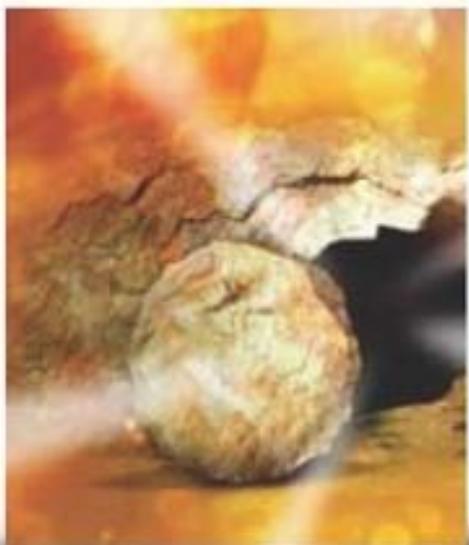
**Friday, April 3rd - 3:00 pm
Hungry Valley Prayer Walk**

Praying for needs as we walk the Hungry Valley community.
Meet at the corner of Eagle Canyon and Prairie Moon.



Hungry Valley Christian Fellowship

Pastor Augustin Jorquez 775-425-5886



**Sunday, April 5 Easter Celebrations
Sunrise Service - 6:00 AM**

Location: HV Mountainside (near water tower)

Breakfast & Worship Service - 10:00 AM

Location: HV Rec. Center

BRING A LIGHT BREAKFAST FOOD OR REFRESHMENT TO SHARE.

**EGG HUNT - After Service
Give-Aways & Prizes!**

Tribal Health Center Site of Active Shooter Training

FBI report indicates catastrophic incidents increasing

Local high profile active shooter incidents coupled with nationwide trends, prompted the Reno-Sparks Indian Colony Tribal Police to organize and host active shooter training last week.

The Federal Bureau of Investigations believes active shooter incidents are becoming more frequent; it recently released a comprehensive report that contains an in-depth analysis of 160 active shooting incidents.

The report is based on events that occurred from 2000-2013 at Virginia Tech, Sandy Hook Elementary School, the U.S. Holocaust Memorial Museum, Fort Hood, the Aurora, Colo., Cinemark Century 16 movie theater, the Sikh Temple of Wisconsin, and the Washington Navy Yard, as well as numerous other tragic shootings.

Five of the incidents noted in the report took place in the Reno-Sparks-Carson City area—Pine Middle School (March 2006), South Reno Walmart, (October 2010), International House of Pancakes (September 2011), Sparks Middle School (October 2013), and Renown Regional Medical Center (December 2013)—while another incident happened on an American Indian Reservation at Red Lake High.

"We have a health center, we have a Walmart, and we have schools," said Sgt. Lance Avansino. "The best way



Preparing For the Worst — *Nineteen law enforcement officers including Sgt. Lance Avansino, Training Coordinator Angelo Hafalla, and Officer Jerrold Wyatt from the Reno-Sparks Tribal Police Department successfully completed three days of active shooter training hosted by the Reno Sparks Tribal Health Center. According to the FBI, active shooters across the U.S. have increased over the last decade.*

to prepare for these types of incidents is professional training."

That professional training was administered by the National Center for Biomedical Research and Training which is based at Louisiana State University.

According to its website, the NCBRT along with its partner, the Department of Homeland Security, provides high-quality training to emergency responders. The NCBRT believes preparedness is a shared, national responsibility which requires active participation.

Nineteen officers from 12 jurisdictions including the Fallon Paiute Shoshone and Pyramid Lake Paiute tribes, the Alameda County Sheriff's Office, and the Nevada Parole and Probation Office, participated in the three-

day active shooter emergency response training hosted by the RSIC at the Reno Sparks Tribal Health Center.

In addition to classroom work, the participants ran through several mock scenarios with volunteer role players acting as shooters and hostages. All the volunteers as well as the participants wore protective, specially marked clothing and durable eye glasses for their safety. After each scenario, the officers were immediately evaluated on their performance.

"This training taught us to put ourselves between the bad guy and the good guy as soon as possible without hesitating," said Avansino. "When you hear those gun shots and you run toward them, it gives you the

Continued on next page

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mindset, 'I can do this,'" said Sgt. Avansino.

Avansino said that using the RSTHC was ideal.

"Being able to use the health center for our setting made our training as real as it could get," Avansino said. In this busy office setting with staff working at their desks, the general public entering and exiting the building, and the general day-to-day operations, the RSTHC lent itself to a realistic environment where a potential active shooting might occur.

According to the FBI, the largest percentage of active shooter incidents—45.6 percent—have taken place in a commercial environment, followed by educational environment and the remaining incidents occurred at the other location types specified in the study including health care facilities.

Experts at the FBI say that active shooter incidents are becoming more frequent—the first seven years of its study show an average of 6.4 incidents annually, while the last seven years show 16.4 incidents annually.

In all but six of the 160 incidents studied, male shooters were responsible and only two cases involved more than one shooter.

A majority of the 160 incidents, 56.3 percent, ended on the shooter's initiative before the police arrived—sometimes when the shooter committed suicide or stopped shooting, and other times when the shooter fled the scene.

In 64 incidents where the duration of the incident could be ascertained, 44 or 69 percent of 64 incidents ended in five minutes or less, with 23 ending in two minutes or less.

Ninety of the shootings, more than half of the incidents ended on the shooter's initiative (i.e., suicide, fleeing), while 21 incidents ended after unarmed citizens successfully restrained the shooter.

Law enforcement defines active shooters as an individual actively engaged in killing or attempting to kill people in a confined and populated area and the subject's criminal actions involve the use of firearms.

"The FBI study demonstrates the need not only for enhanced preparation on the part of law enforcement and other first responders, but also for civilians to be engaged in discussions and training in an active shooter situation," said Special Agent Katherine Schweit.

According to the FBI website, the study was intended to provide a baseline to guide federal, state, tribal, and campus law enforcement along with other first responders, corporations, educators, and the general public to a better understanding of active shooter incidents.

Certainly RSIC Tribal Police



High Alert — *The National Center for Biomedical Research and Training provided active shooters training for 19 emergency responders.*

Officer Angelo Hafalla feels he is better prepared.

"Coming into the training, I knew that I could polish up on some of my skills," Hafalla said. "However, these updated skills we are learning during this training are really helpful."

In addition to the entire staff at the RSTHC, especially Don Pava and the facilities department and the volunteers (Ceira Sampson, Nelva Terrell, Jane Smith and Richard Pearson), the RSIC Tribal Police Department extends its appreciation to the NCBRT, the DHS, and LSU, plus Walmart at Three Nations Plaza for donating healthy snacks and beverages for the training.

SPECIALS•MENS FANCY•MENS GRASS•WOMENS JINGLE
HOST DRUM•IRON BOY SINGERS MINNEAPOLIS, MN

Numaga 2015

HUNGRY VALLEY ARBOR • HUNGRY VALLEY, NEVADA

RENO-SPARKS INDIAN COLONY

MASTER OF CEREMONIES•CARLOS CALICA WARM SPRINGS, OR

HEAD JUDGE

SKYE MCMICHAEL

HEAD MAN

MASON MCGURK

LA JOLLA INDIAN RES. SACRAMENTO, CA

ARENA DIRECTOR

HEAD WOMAN

NOAH FRED

JAMIE EAGLESPEAKER

FT. HALL, ID

BLACKFOOT, ID

HOST HOTEL•CIRCUS CIRCUS RENO 775.329.0711

29th ANNUAL

**SAVE
THE
DATE**



DRUM CONTEST

1ST PLACE

\$7,000.00

2ND PLACE

\$6,000.00

3RD PLACE

\$5,000.00

NUMAGA INDIAN DAYS POWWOW
SEPTEMBER 4-6 2015

Sentenced Levied on Four Hidden Cave Vandals

Protected ancestral site damaged, disturbed, desecrated

by Steve Puterski,
Lahontan Valley News

Fallon, Nev. - The last of the Hidden Cave vandals pleaded guilty last week in District Court for vandalizing the historical site in February 2014.

Sean Michael Patrick O'Brien entered the plea to one count of placing graffiti on or otherwise defacing a protected site.

The felony charge carries a penalty of one to four years in prison and a \$5,000 fine. By law, it also carries a mandatory sentence of 10 days in jail, a fine between \$400-\$1,000, 100 hours of community service to abate the graffiti and a suspension of a driver's license between six months to two years.

O'Brien's attorney, John Oakes of Reno, said his client was one of several people who defaced Hidden Cave near Grimes Point more than a year ago.

Churchill County Chief Deputy District Attorney Lane Mills condemned the acts, stating the site is valued by many including some who view the landmark as a gravesite for their ancestors.

The site, eight miles east of Fallon, had numerous acts of graffiti, ground was dug up, the kiosk destroyed and one of the suspects urinated in the cave.

Volunteers and archaeologists from the BLM spent days cleaning up the graffiti.

Because the destruction closed the cave, Donna Cossette, Churchill County Museum director, said about 500 people — mostly school children — were unable to tour the site.

Hidden Cave, which was formed as a result of waves from Lake Lahontan remained underwater until about 7,500 years ago, but Native Americans used the area 1,200 years later when the water receded.

"Hopefully we are educating the public on how delicate these historical sites are within this area," Cossette told the *Lahontan Valley News* at the time of the destruction.

The damage included spray painting in and outside the cave, on steps leading to the site and kiosk, where bullet holes were also found.

The investigation lasted several months, although

arrest warrants were issued in September for four suspects.

O'Brien left Fallon after the crime and was arrested in Alabama on Oct. 7. He was extradited to Fallon where he has been in custody because he could not afford his \$5,000 bond.

Two co-defendants, William McHaney and Scotti Jenkins, were arrested on Sept. 25 and 26, respectively, while Justin McGilton was picked up on Oct. 10. Jazzmend Crabtree and a juvenile were also arrested as part of the crime.

O'Brien, McGilton, Jenkins and McHaney all pleaded to the same charge and must each pay more than \$12,000 in restitution. The case against the juvenile is sealed and not open to public record.

O'Brien will be sentenced June 2.



Where Our Ancestors Walked —

Last June, the Reno-Sparks Indian Colony's Cultural Resources Program sponsored a trip to Hidden Cave. Recently, four men pled guilty to vandalizing the sacred site. All were sentenced to jail, fined, and ordered to perform community service.

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: April 29, 2015

TIME: 5:00PM

PLACE: Reno-Sparks Tribal Health Center

2nd floor Behavioral Health Department

ALL AGES WELCOME

Legalized Marijuana Brings Questions to Indian Country

Reno-Sparks Indian Colony leadership neutral on controversial topic

One of the hottest topics not just in Indian Country, but throughout the nation is medical marijuana and legalized recreational marijuana.

To clarify the Reno-Sparks Indian Colony's perspective on this provocative issue, Chairman Arlan D. Melendez included the subject as he addressed the community while giving his monthly report during the March Tribal Council meeting.

"The RSIC hasn't taken a position," Chairman Melendez said. "If and when we do, we will thoroughly discuss the issue with the community before making any decisions."

Last fall, the United States Justice Department clarified that just like a state can decide whether to allow medical marijuana, recreational marijuana, or both American Indian tribes can also choose to open dispensaries or grow legalized marijuana on tribal lands.

About a dozen federally recognized tribes including the Pinoleville Pomo Nation in Ukiah, Calif., the Ogala Lakota of Pine Ridge, S.D., and the Suquamish Tribe of Port Madison, Wash., have made their intentions public to engage in the marijuana industry.

The Assiniboine and Sioux Tribes of Fort Peck, Mont., and the Red Lake Chippewa of Redby, Minn., are conducting

feasibility studies.

Even though marijuana is still illegal on federal lands, the Justice Department has announced that as long as tribes regulate their marijuana business, the federal government will not interfere. The Cole Memorandum or the policy statement regarding marijuana in Country, outlines eight guidelines: No distribution of marijuana to minors; No revenue from sales to go to criminal enterprises, gangs or cartels; No transport of marijuana to illegal states; No use of state authorized activity as cover for trafficking of other drugs; No use of firearms or violence in the cultivation and distribution; Prevent drugged driving and other public health consequences; Follow all guidelines related to growing and production on public lands; and No possession on federal property.

In just Colorado, marijuana sales from January to August reached \$34.1 million. With unemployment and poverty rates almost twice the national average on most American Indian reservations and over 80 percent on at least 15 tribes, the potential economic prosperity that the marijuana industry could bring to Indian Country makes the controversial business an option worth exploring to some tribes.

Other tribes--the Cherokee Nation and the Yakama Tribe

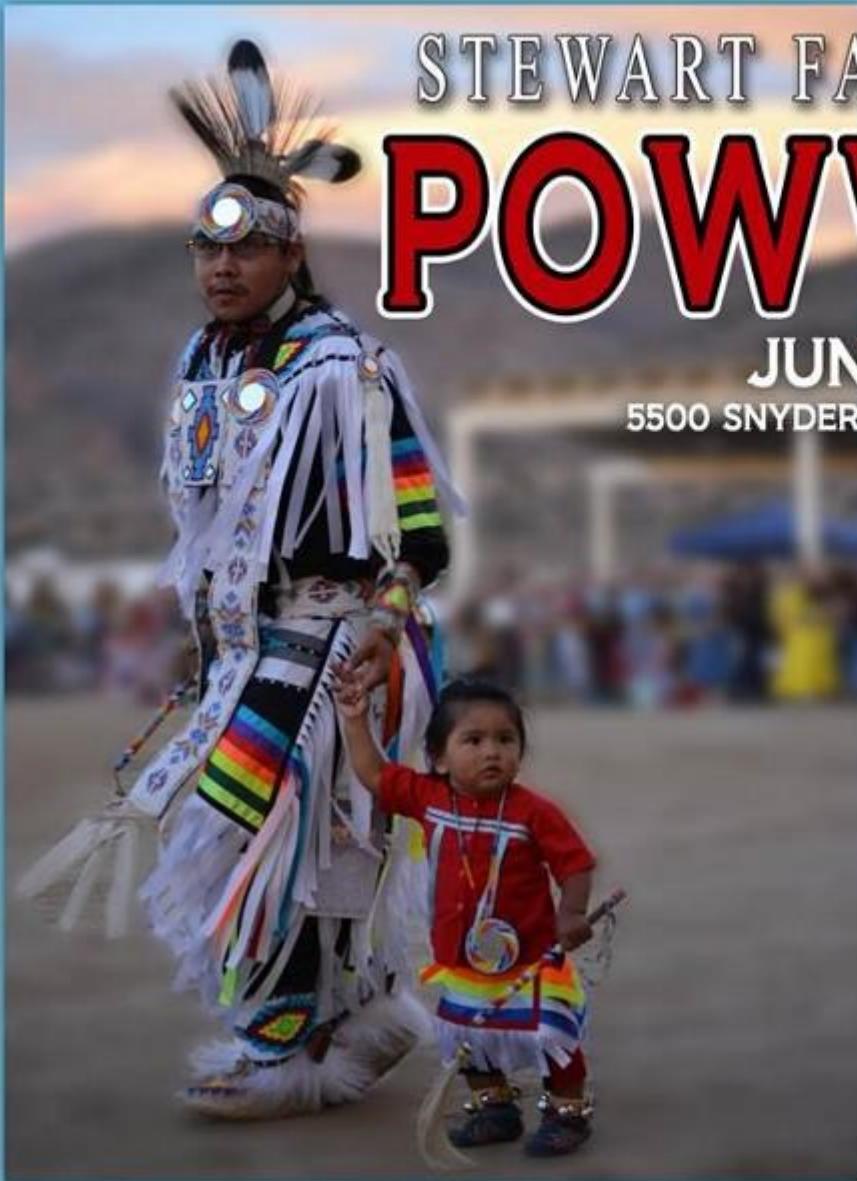
in Washington have outlawed marijuana on their ancestral land. The Affiliated Tribes of the Northwest, which represents 50 tribes located in the Pacific Northwest has passed a resolution opposing legalization of marijuana because of health and safety concerns, noting fears specifically for their youth.

According to a 2009 report published by the National Council on Crime and Delinquency, the incarcerated Native population is twice as high as the incarcerated white counterparts and for youth, the numbers are three times higher. That same study states that Native Americans are almost twice as likely, 17.5 percent to 9.3 percent, to need treatment for alcohol or drugs than non-Indians. Plus, in 2011, the Urban Indian Health Institute conducted a study that found adolescent Native Americans own the highest incidence of alcohol or drug use, 47.5 percent.

Regardless, interest in the marijuana industry has exploded since the DOJ memo. The National Congress of American Indians held a breakout session on the topic during its February Legislative Summit.

Entitled: *Exploring Tribal Marijuana Policy*, the description of the session suggested significant misunderstandings in the press and complex legal

Continued on back cover



STEWART FATHER'S DAY POWWOW

JUNE 19-21, 2015

5500 SNYDER AVE., CARSON CITY NV 89701

For information and related forms, visit
StewartIndianSchool.com



www.facebook.com/stewartindianschool



Master of Ceremonies:
Gridley Hilpert, Sun Valley, NV

Arena Director:
Sam Johnson, Reno, NV

Head Man:
Derald Julianito, 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:



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.

April is Sexual Assault Awareness Month

ITCN domestic violence prevention advocate coming to Colony

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

Sexual assault takes many forms—it is *any* unwanted sexual contact, including rape, attempted rape, and child sexual abuse.

It can affect people of any gender, age, ethnicity, sexual orientation, or ability.

According to the National Violence Against Women Survey, one in six American women has been the victim of rape or attempted rape.

Perpetrators of sexual assault can be friends, acquaintances, family members, or strangers.

Working together, we can raise awareness, change attitudes, and help prevent sexual assault.

For more information, visit the U.S. Department of Justice's Office on Violence Against Women at:

www.ovw.usdoj.gov

The Women's Circle will be sponsoring a community event related to sexual assault during April.

Our presenter will be Sarita Alvarez, Inter Tribal Council of Nevada Domestic Violence

Prevention Advocate.

This presentation will be held at noon hour, lunch provided.

The date is currently being finalized.

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

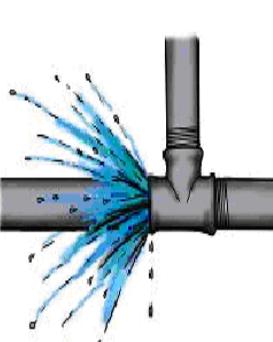
National Crisis Hotline

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.”*



REPORT WATER LEAKS

**One leaky faucet can waste
The equivalent of 7,881 one
little bottles per year...*

Please, Call

785-1300

If you notice any visible water leaks or even if you notice a large increase in your water bill each month this could indicate a water leak somewhere in your home.

Please notify the RSIC Housing Department immediately, so we can inspect and fix.





STOP VIOLENCE AGAINST INDIGENOUS WOMEN

GUADALUPE "LUPE" AVILA
Tuesday, April 21, 2015
6:00 p.m.-9:00 p.m.



Keynote speaker Guadalupe "Lupe" Avila, Licensed Clinical Social Worker for over 30 Years. She retired as Interim Director of Counseling and Psychology services at San Francisco State University. Lupe is currently the Vice President of Familiar de la Raza. Lupe works with Violence Prevention, Native American Historical Trauma, Resilience-Building and Immigration.

Event is *free* and open to the public and light refreshments will be provided.



Guest Speakers:

Ralph Burns
*Tribal Values of
Respecting Women*

Carol Williams
*The Effect of Violence
on Children*

ITCN:
**Clarice Charlie-
Hubbard, BSW**
Why Women Stay?

Location of event:
University of Nevada, Reno
Joe Crowley Student Union
Third Floor Theater



Saundra Mitrovich,
Outreach and Retention
Coordinator
smitrovich@unr.edu
775-682-6499
Christine Braunworth,
I.H.E.P. Intern
c.braunworth@yahoo.com



Child Abuse Manifests in Many Different Forms

Make a difference by learning child abuse or neglect signs

*Submitted by Adriana Botello,
RSIC Human Services Department*

The first step in helping abused or neglected children is learning to recognize the signs of child abuse and neglect.

The presence of a single sign does not mean that child maltreatment is occurring in a family, but a closer look at the situation may be warranted when these signs appear repeatedly or in combination.

Physical abuse is non-accidental physical injury (ranging from minor bruises to severe fractures or death) as a result of punching, beating, kicking, biting, shaking, throwing, stabbing, choking, hitting (with a hand, stick, strap, or other object), burning, or otherwise harming a child, that is inflicted by a parent, caregiver, or other person who has responsibility for the child.

One such injury is considered abuse regardless of whether the caregiver intended to hurt the child.

Physical discipline, such as spanking or paddling, is not considered abuse as long as it is reasonable and causes no bodily injury to the child.

Neglect is the failure of a parent, guardian, or other caregiver to provide for a child's basic needs.

Neglect may be: Physical (e.g., failure to provide necessary food or shelter, or lack of appropriate supervision)



National Child Abuse Prevention Month — During the month of April and throughout the year, communities are encouraged to share child abuse and neglect prevention awareness strategies and activities and promote prevention across the country. Focusing on ways to build and promote the protective factors, in every interaction with children and families, is the best thing our community can do to prevent child maltreatment and promote optimal child development.

Medical (e.g., failure to provide necessary medical or mental health treatment)

Educational (e.g., failure to educate a child or attend to special education needs)

Emotional (e.g., inattention to a child's emotional needs, failure to provide psychological care, or permitting the child to use alcohol or other drugs)

Sometimes cultural values, the standards of care in the community, and poverty may contribute to maltreatment, indicating the family is in need of information or assistance.

When a family fails to use information and resources, and the child's health or safety is at risk, then child welfare intervention may be required.

In addition, many states provide an exception to the definition of neglect for parents who choose not to seek medical care for their children

due to religious beliefs.

Sexual abuse includes activities by a parent or caregiver such as fondling a child's genitals, penetration, incest, rape, sodomy, indecent exposure, and exploitation through prostitution or the production of pornographic materials. Sexual abuse is defined "the employment, use, persuasion, inducement, enticement, or coercion of any child to engage in, or assist any other person to engage in, any sexually explicit conduct or simulation of such conduct for the purpose of producing a visual depiction of such conduct; or the rape, and in cases of caretaker or inter-familial relationships, statutory rape, molestation, prostitution, or other form of sexual exploitation of children, or

Continued on next page

Continued from page 16

incest with children."

Emotional abuse (or psychological abuse) is a pattern of behavior that impairs a child's emotional development or sense of self-worth. This may include constant criticism, threats, or rejection, as well as withholding love, support, or guidance.

Emotional abuse is often difficult to prove, and therefore, child protective services may not be able to intervene without evidence of harm or mental injury to the child. Emotional abuse is almost always present when other types of maltreatment are identified.

Abandonment is now defined in many states as a form of neglect. In general, a child is considered to be abandoned when the parent's identity or whereabouts are unknown, the child has been left alone in circumstances where the

child suffers serious harm, or the parent has failed to maintain contact with the child or provide reasonable support for a specified period of time.

Some states have enacted laws—often called safe haven laws—that provide safe places for parents to relinquish newborn infants.

Child Welfare Information Gateway produced a publication as part of its State Statute series that summarizes such state laws. *Infant Safe Haven Laws* is available on the Information Gateway website: https://www.childwelfare.gov/systemwide/laws_policies/statutes/safehaven.cfm

Substance abuse is an element of the definition of child abuse or neglect in many states.

Circumstances that are considered abuse or neglect in some states include the following:

-Prenatal exposure of a child to harm due to the mother's use

of an illegal drug or other substance

-Manufacture of methamphetamine in the presence of a child

-Selling, distributing, or giving illegal drugs or alcohol to a child

-Use of a controlled substance by a caregiver that impairs the caregiver's ability to adequately care for the child

The Reno-Sparks Indian Colony's Human Services Department is committed to protecting and advocating for those vulnerable members of this community.

If you suspect any form of child or elder abuse or neglect, we ask that you report it to our department immediately at 785-1311, or call law enforcement.

Reporting party information is kept confidential. If you have any questions, please feel free to call.



**The Reno-Sparks Indian Colony
Education Department's
Head Start program & K-12 Education
program wants to remind the community
March is...National Disabilities' Awareness Month**

Becky Hunkup, Disabilities Advocate for Head Start: 785-1340
Naomi Hanczrik, Disabilities Advocate for K-12: 785-1310
Education Department: 329-6114


I choose not to place
'dis' in my 'ability'

~ Robert M. Hensel

COMMENTWAREHOUSE.COM

Insomnia, Sleep Deprivation Impacts Overall Health

Early childhood intervention prevents numerous ill effects

*Submitted by Bhie Cie Ledesma,
Health, Safety, and Nutrition Advocate*

There is an unrecognized epidemic of sleep deprivation in children.

It wreaks havoc on health, academic performance, and behavior.

From pre-school through college, many of our children are chronically sleep-deprived.

These children will struggle to meet the new challenges, demands, and emotions of the school year.

Many parents do not recognize how critical sleep is for brain development and how it directly influences daytime functioning.

Parents would not let their child skip meals or run into a busy street, but staying up late is a hazard that does not get the same level of concern it deserves.

The pediatric research findings are alarming; Poor sleepers reported being more depressed, without energy, tense, moody, stressed, have lower coping abilities, and less alert.

Insufficient sleep has been associated with an inability to concentrate and cause problematic behaviors and lower levels of social skills.

Persistent sleep problems are associated with long term learning difficulties.

Studies suggest that insomnia often begins early in life and

persists into adulthood.

Several studies report that more total sleep and earlier bedtimes are associated with better grades in school.

What can you do to help your child? First, early intervention is important, given the serious consequences and that children do not grow out of sleep problems; rather, the problems tend to persist into adulthood.

Establish sleep-healthy bedtimes, routines, habits, and diets. If late bedtimes are an issue, try ticking bedtime back by 15 minutes increments every night until you get to a time where your child wakes up easily and refreshed.

Identify and reduce as much daytime stress as possible. Limit television and other screen time, especially at bedtime.

The National Sleep Foundation, recommends the following guidelines :

Newborns (0-3 months):
14-17 hours each day

Infants (4-11 months):
12-15 hours

Toddlers (1-2 years):
11-14 hours

Preschoolers (3-5):
10-13 hours

School age children (6-13):
9-11 hours

Teenagers (14-17):
8-10 hours

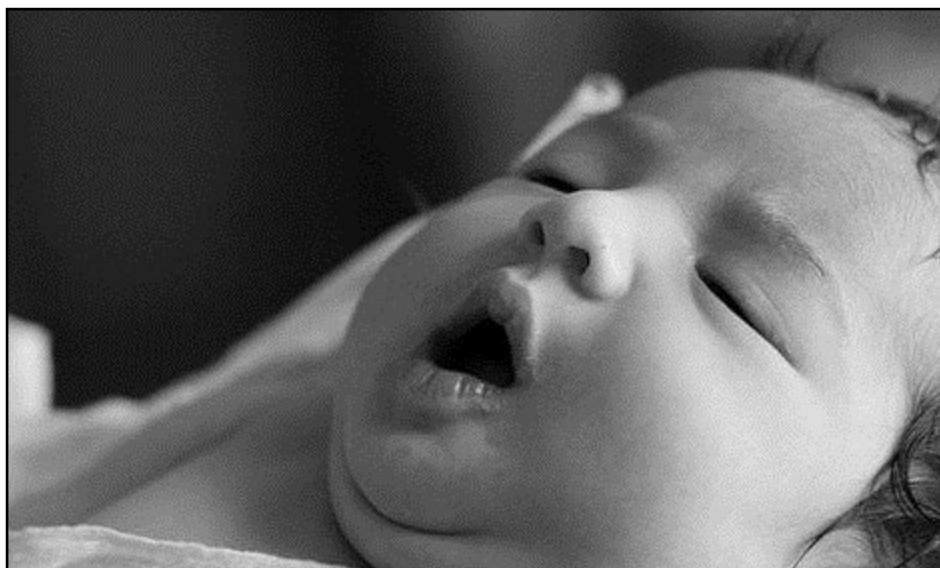
Younger adults (18-25):
7-9 hours

Adults (26-64): 7-9 hours

Older adults (65+): 7-8 hours
Like everything you do in life and parenting, do your best to be consistent and ask for help.

Do not hesitate to call your physicians.

Adapted from: <http://www.webmd.com/sleep-disorders/features/fixing-sleep-problems-may-improve-childrens-grades-and-behavior>. A by Michael J. Breus, PhD.



Zzzzs — Sleep, which is critical to brain development, directly influence daytime function at any age.

TODDLERS ROCK

Join us for a rocking time with your infant or toddler ages 0-3 years old with

Nevada Early Intervention Services



Reno Sparks Indian Colony Education Department and NEIS will be providing developmental screening, child development information and Music Therapy with SINGING and MOVEMENT for you and your infant or toddler.

Monday April 13th Reno Library 5:00pm

Thursday April 23rd Hungry Valley Community Center 5:00pm

Monday May 11th Reno Library 5:00pm

Thursday May 21st Hungry Valley Community Center 5:00pm

For Questions please contact;

Naomi Hanczrik, Disabilities Advocate, 785-11310/329-6114

Stephanie Wyatt, Developmental Specialist, 688-0307

In & Around: Reno-Sparks Indian Colony Community

Government-to-government relations, active shooter actors, broadband progress



National Committee — At a recent Secretary's Tribal Advisory Committee meeting, RSIC Chairman Arlan D. Melendez shares with other tribal leaders. The STAC's primary purpose is to seek consensus, exchange views, provide advice and/or recommendations; or facilitate any other interaction related to intergovernmental responsibilities or administration of the HHS.



Taking Several For The Team — Four staff members from the Reno Sparks Tribal Health Center volunteered to help with mock drills during last week's active shooter training. Jane Smith, Richard Pearson, Ceira Sampson and Nelva Terrell acted as hostages, bystanders and active shooters. Protective clothing and special gear repelled the no-mark bullets.



Information Superhighway — Forms and concrete work that will support the broadband tower and its associated components, as well as the tube-forms for the grounding and electrical work are being installed in Hungry Valley. When complete, the existing fence will be expanded to include this area and security cameras will monitor the site. Photo provided by RSIC IT.



Sworn In — Chairman Arlan D. Melendez recently administered the oath of office to Lydia Shaw, Trisha Calabaza, Ramona Darrough and Darlene Gardipe. Shaw, Calabaza, Darrough will be joining the RSIC Election Board while Gardipe will be joining the Reno Sparks Tribal Health Center's Executive Health Board.

In & Around: Reno-Sparks Indian Colony Community

Committee appointments, beading class, healthy weight loss



Congratulations — Chairman Arlan D. Melendez recently administered the oath of office to Tanya Hernandez who will continue serving on the Reno-Sparks Indian Colony Election Board. The duty of the election board is to conduct all tribal elections and to decide disputes arising in connection with such elections.



Top Model — Ashanti Yohola happily served as Renee Hardin's model at a recent Regalia Making / Beading Class. Held every Wednesday, the classes rotate between the Senior Center and the Hungry Valley Community Center. The classes run from 6—8 p.m. For more information, please contact Judy Martin at 785-1321 or at jmartin@rsic.org.



Biggest Losers — Evalyn Astor, Jocelyn Pygott and Ramona Darrough, also known as: "All About Dat Base", won the recently concluded Team Weight Maintenance Contest sponsored by the Three Nations Wellness Center. As a team, the trio lost 50 pounds with Pygott dropping 22 pounds which led all participants. Astor lost 18 pounds and Darrough lost 10 pounds.



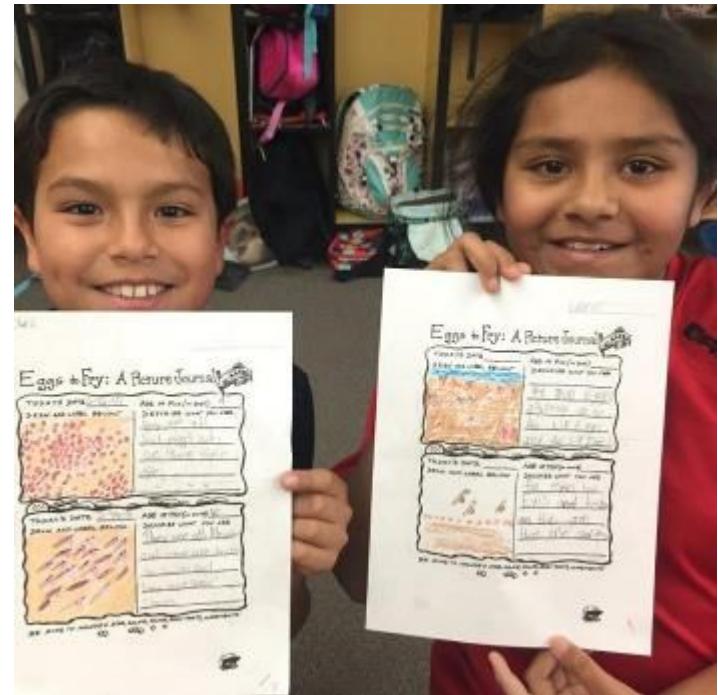
New Appointments — Reno-Sparks Indian Colony Tribal Council Vice Chair Verna J. Nuno administered the oath of office to Penny Sampson and Antoinette Thayer. Sampson and Thayer will be joining the RSIC Election Board. The next RSIC election will be Nov. 7. The election board consists of five members and two alternates who are appointed by the existing council.

Jesse Hall Scholars Undertake Fishy Project

Fourth graders learn about trout in the classroom



On Fish, Two Fish — Fourth graders participated in Trout in the Classroom (TIC) during the month of February. TIC is an educational program tied to the curricula for 4th and 5th grades, to teach students about the science, art, recreation and other values of fish and aquatic life.



Good Work — Part of the curricula for Trout in the Classroom allows students to journal. Above, Chris and Laura proudly share their completed work on the Eggs to Fry worksheet. Both students colorfully drew the physical development of the fish, from eggs to minnows.



Careful Observation — Several students from Jesse Hall Elementary School observe their new class visitors. Athena Bill, Elias Dressler, Tokala Chasing Crow and Olivia Ordóñez are learning Trout in the Classroom, an environmental education program in which learn about ecosystems.



Cheese — Bryan Lent poses near the new home of several small fish. During the Trout in the Classroom, students must monitor the fish tanks for water quality. In addition, the lessons help students learn to appreciate water resources and begin to foster a conservation ethic.

Important Elementary Education Events, Dates

Report cards coming home, reading help available, fall registration underway



Extremely Dedicated — Jesse Hall Elementary School kicked off its before-school literacy enrichment program in February. Funded by the Van Sickle Foundation, this program is designed to provide supplemental instruction in reading, writing, speaking and listening to our Native American students from Hungry Valley. Above, Shaylisse Johnson and Julieanna Ramirez work hard.



Extra Help — Nota Red Stone and Jae-Lah Thayer participate in Jesse Hall Elementary School's before-school literacy enrichment program. The program is funded by the Van Sickle Foundation which was founded to advance health and welfare of deprived children.

Submitted by the RSIC Education Department

For elementary school students, the end of the grading period was March 20 and report cards were sent home on March 27.

The Reading Roundup begins March 30 as the Hungry Valley Education will be having one-on-one reading times with kindergarten through 3rd grade students during Spring Break.

Please call, 785-1310, to schedule your hour long appointment for your child. Transportation will be provided.

The hours will be from 9 a.m. to 4 p.m., Monday through Thursday, until April 9.

Registration for the Fall 2015 school year has begun. Follow a link to the Washoe County School District Registration page.

If you need help with your user name and password, please call your school to obtain one.

Education advisors are available to assist by calling to schedule an appointment for computer use.

The Hungry Valley education office phone number is 785-1310 and the Reno education office phone number is 329-6114.

Spring Break for the Washoe County School District starts March 30 and ends April 10.

The Native Youth Conference at Pyramid Lake High will be held on April 30. It is open to six through 12th graders. The conference will be held from 9 a.m. to 3:30 p.m.



Local Natives Impact State Basketball Scene

Several area students earn athletic honors

Northern Nevada High School
Girls' Basketball

Division IV – All League

Patricia Christy (Pyramid Lake)

Division IV Player of the Year

Jakoby Stump (Pyramid Lake)

Division I – First-Team

Daranda Hinkey (Reno)

Leonna Mortimer (Douglas)

Tara Garcia (Wooster)

High Desert All League

First Team

Daranda Hinkey (Reno)

Sierra League All-League

First Team

Leonna Mortimer (Douglas)

Tara Garcia (Wooster)



All State — *Morning Rose Tobey, an all-Montana state Selection, will play basketball at the University of Nevada next season.*

Montana High School
Girls' Basketball

Class AA – All State

Morning Rose Tobey (Billings West)

Eastern AA All-Conference
Morning Rose Tobey (Billings West)

Northern Nevada High School
Boys' Basketball

Division I – First Team

Boys' Basketball

Kyle Steele (Carson)

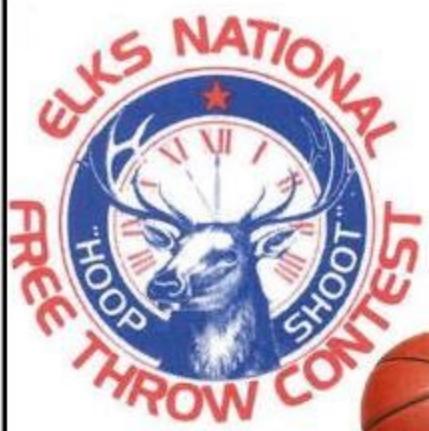
Division III – First Team

Koby Foster (Yerington)

Editor's Note — *If you know a Native athlete who should be featured in The Camp News, please remember, to be considered for publication, the deadline for the newsletter is the second Thursday of every month. For more information, call 329-2936, ext. 3268, or email the editor at smoothtooth@rsic.org . Submission may also be dropped off at the RSIC Administration Office, 98 Colony Road, Reno, NV 89502.*

| RSIC Recreation Day Camp 2015 SPRING BREAK | | | | |
|---|---|--|---|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| March 30 H.V. Chuck E. Cheese Depart at 12:00 Reno Peppermill Arcade Depart at 12:00 | 31 Reno & H.V. Open Gym and Craft Day Teens Wild Island Mini Golf Depart at 12:00 | April 1 H.V. Coconut Bowl / High Ballyocity Depart at 12:00 Reno Rancho San Rafael Picnic, Hiking and Park Depart at 11:30 | 2 Reno & H.V. Open Gym and Craft Day Teens Movies Depart at 1:00 | 3 H.V. Planetarium "Attack of the Space Pirates" Depart at 10:30 Reno Children's Discovery Museum Depart 12:00 |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 6 H.V. Peppermill Arcade Depart at 12:00 Reno Coconut Bowl / High Ballyocity Depart at 12:00 | 7 Reno & H.V. Open Gym and Craft Day Teens Roller Kingdom Depart at 12:00 | 8 H.V. Rancho San Rafael Picnic, Hiking and Park Depart at 11:00 Reno Chuck E. Cheese Depart at 12:00 | 9 Reno & H.V. Open Gym and Craft Day Teens Need 2 Speed Depart at 12:00 | 10 H.V. Children's Discovery Museum Depart 12:00 Reno Planetarium "Attack of the Space Pirates" Depart at 10:30 |

For more information about Camp, please call 785-1360 or 329-4930.



CONGRATULATIONS!
RSIC enrolled member, Autumn Dick,
the National Elks Lodge Hoop Shoot
State Competition Champion
making 24 out of 25 free throws.



Autumn traveled to Las Vegas on February 21, 2015 where she represented the state of Nevada and the Local Reno Elks Lodge #597 in the Elks Hoop Shoot West Region Semi-Final against 12-13 year old girls from Arizona, California and Utah. Autumn placed 3rd in the Western Region., missing the Championship award and the opportunity to move on to the National competition in Springfield, Massachusetts, by 2 free throws. We are very proud of Autumn and want to thank everyone for all the support you have given her.



State Hoop Shoot Competition held in Hawthorne, NV.



Awards banquet with State of Nevada Elks Lodge representatives in Las Vegas.



RSIC Youth Shine, Families Express Pride

From Pow Wow royalty, to wrestling stand out, to pageants contestants

**>>WE'RE SO-O-O-O
PROUD OF YOU<<**

Congratulations
Jacob Stump
on making the
Shaw Middle School
wrestling team...
Love your family,
Stumps-Chasing Crows-
Ebens



JACOB STUMP
SHAW MIDDLE SCHOOL 2014-2015

Congratulations

to

Ayden Sampson

for being the Runner up for the
2015-2016
UNR Jr. Brave.

You showed nothing but courage
and confidence to stand up there
and do what you did.

Love you lots, The Family



Congratulations

to

Chesney Brooke Sampson

for being crowned the
2015-2016
UNR Jr. Princess.

We love you Chesney and know
you will support and represent
UNR in a good positive way.
Lots of love, From the family



Ms. Tanya Ruiz is looking for sponsors for her daughter Sylvia Garcia. Sylvia is one of the State Finalist in the National American Miss! She is the only Native youth selected for the 2015 Miss Nevada Teen Pageant from the state. Sylvia is 16-years-old & an enrolled member of the Pascua Yaqui tribe. She is also an honor roll student at Fernley High. Ms. Sylvia likes to sing and dance & she enjoys playing softball & volleyball. She also enjoys the outdoors along with spending time with her family. Donations can be made to Tanya Ruiz (security) at the Reno Sparks Tribal Health Center. Let's get Sylvia to Vegas...

JOIN THE BAND

No Experience Necessary!

Reno Rock Camp is a year round Rock n' Roll Camp offering after school programs & seasonal music camps for Ages 8-17, featuring:

vocals • guitar • drums • bass • keyboard • performing

NO COST for youth associated with the *RSIC* and... **TRANSPORTATION** if you need it!

AFTER SCHOOL PROGRAMS:

Mondays at Colony Christian Church

625 Golden Lane

Tuesdays & Thursdays

at Hungry Valley Rec Center

ALL sessions: 4:30–6 p.m.

Form a band • Rock Star Photo Shoot

MTV Style Video • Song Writing Classes

Unplugged Rehearsals • Mixing Classes

On Stage Performance • Stage Presence Techniques

Bring your water bottle & snack



Check Us Out On Facebook!
[Facebook.com/RenoRockCamp](https://www.facebook.com/RenoRockCamp)

(775)622-9900 ext.123
www.RenoRockCamp.com

Neither The Washoe County School District or the Board of Trustees endorses or sponsors the organization or activity represented in this document.
The distribution of this material is provided as a community service.



Reno-Sparks Tribal Health Center PHARMACY

Hours - Monday-Friday 8 AM - 5PM*

*Wednesday afternoon closure does not apply to the Pharmacy

Submitted by
Steve Douglas, RPh, Pharmacy Manager

A letter from Nora D. Volkow, M.D., Director of the National Institute on Drug Abuse (NIDA) at the National Institutes of Health:

The nonmedical use and abuse of prescription drugs is a serious public health problem in this country. Although most people take prescription medications responsibly, an estimated 52 million people (20 percent of those aged 12 and older) have used prescription drugs for nonmedical reasons at least once in their lifetimes. Young people are strongly represented in this group.

In fact, the National Institute on Drug Abuse's (NIDA) Monitoring the Future (MTF) survey found that about one in 12 high school seniors reported past-year nonmedical use of the prescription

pain reliever Vicodin in 2010, and one in 20 reported abusing OxyContin—making these medications among the most commonly abused drugs by adolescents.

The abuse of certain prescription drugs—opioids, central nervous system (CNS) depressants, and stimulants—can lead to a variety of adverse health effects, including addiction.

Among those who reported past-year nonmedical use of a prescription drug, nearly 14 percent met criteria for abuse of or dependence on it. The reasons for the high prevalence of prescription drug abuse vary by age, gender, and other factors, but likely include greater availability.

The number of prescriptions for some of these medications has increased dramatically since the early 1990s.

Moreover, a consumer

culture amenable to "taking a pill for what ails you" and the perception of prescription drugs as less harmful than illicit drugs are other likely contributors to the problem.

It is an urgent one: unintentional overdose deaths involving opioid pain relievers have quadrupled since 1999, and by 2007, outnumbered those involving heroin and cocaine.

NIDA hopes to change this situation by increasing awareness and promoting additional research on prescription drug abuse. Prescription drug abuse is not a new problem, but one that deserves renewed attention. It is imperative that as a nation we make ourselves aware of the consequences associated with abuse of these medications.

Pharmacy Automation Reduces Prescription Wait Time

Most refills are completed in just one day

Due to the installation of pharmacy automation on December 15, 2014, the Reno Sparks Tribal Health Center Pharmacy is pleased to announce that most refills are completed the day they are called in.

If there is no refill left, an additional day is required to secure the refill or denial from your doctor.

And as usual, you must pursue NARCOTIC pain refills yourself (this includes Tramadol).

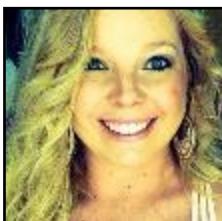
This means refills have gone from two to three business days to only one to two business days.

If you have questions, please contact Steve Douglas, R. Ph. Manager at 329-5162.

Clinical Nutritionist Joins Health Center

Messerli to work with through Wellness Center and more

Kristie L. Messerli recently



Kristie L. Messerli

joined the staff at the Reno Sparks Tribal Health Center. The soon-to-be

registered dietitian took time out of her busy schedule to share her thoughts about her new job and her skills with the clients and the community which she will serve.

What is your exact job title?

I am currently a Clinical Nutritionist. Within a couple months, I will take an exam to be a Registered Dietitian.

What are your job duties?

My job duties include providing nutrition therapy and education to patients in Medical and in the Wellness Center, doing nutrition presentations at the Senior Center, and providing referred clients a

nutrition assessment, therapy, and goals to be followed up on.

What do you hope to accomplish while serving the RSIC?

I hope to be a huge asset to the community and effectively teach healthy lifestyles during individualized counseling. I also hope to bring confidence to our patients and/or employees when dealing with nutrition issues, such as diabetes.

What other experience do you have that will help you at the RSIC?

I have experience working with diverse cultures to meet the specific needs of individuals. I have also worked in the nutrition field for four years, prior to being a dietitian.

What is your education history?

When and where did you graduate from high school? What are your post-high school credentials? Trade School,

certification, college, etc.

I attended Reed High and graduated in 2008. I then went to the University of Nevada, Reno and graduated with a degree in Nutrition/Dietetics and a minor in psychology.

I worked two jobs while applying for my dietetic internship and was accepted into my internship in July 2014 which was eight months, full time.

During my internship, I completed rotations at WIC, DaVita Dialysis Center, Carson Tahoe Hospital, Diabetes Camp, and Nevada Early Intervention.

I am currently studying for my exam to be a Registered Dietitian.

Tell us about your family.

My family is my biggest support system. I have one sister who is getting married in September, and three brothers. I also have two nieces who I love with all my heart.

Injury Prevention for Children

Car seats frequently installed incorrectly

Recently, American Indian child caregivers many whom are also parents, successfully completed a safety training developed specifically for Native Americans called Safe Native American Passenger (SNAP) training.

Inexplicably, the leading cause of death of Native

American children, ages one to 16-years, involve motor vehicle crashes.

For young children, three of four car safety seats are installed incorrectly.

Safety First — Carrie Brown, an injury prevention expert from the RSTHC, speaks to 22 participants about car seat safety.





Language Classes

The beginner level Paiute, Shoshone and Washoe language classes will be on the scheduled 1-month off during the month of April. Classes will resume May - 2015 and we encourage you to **Practice, Practice, Practice!**

Class dates/times/locations will be posted at the end of April.

Youth Cultural Activity

Are you interested in learning about pow wow etiquette and dancing - all while getting into shape? If so, bring your sneakers and water bottle and join our instructor's, Lorri Chasing Crow, Toby Stump and Teresa Melendez for **Pow Wow Club's Dance Classes**. Or, are you interested in learning how to make a pow wow outfit? If so, join our **Regalia Making Classes** with our talented instructor's Verna Melendez, Alissa Sanchez and Teresa Melendez, to sharpen your craft or learn new skills while having fun!

Pow Wow Club

Dance Classes

The first 45 minutes of each class is run by the RSIC-Clinic's personal trainers, and consists of a warm-up and conditioning routine. (*Thanks Recreation and Clinic!*)

Reno Classes: Monday, April 13th & 27th

Time: 6-8:00 PM

Location: Tribal Health Clinic

HV Classes: Monday, April 6th & 20th

Time: 6-8:00 PM

Location: HV Gym

Regalia Making/Beading Classes (*Thanks Recreation!*)

Reno Classes: Wednesday, April 1st, 15th & 29th

Time: 6-8:00 PM

Location: Senior's Center

HV Classes: Wednesday, April 8th & 22nd

Time: 6-8:00 PM

Location: HV Gym

Contact Information: Judy Martin, Language & Culture Administrative Assistant, jmartin@rsic.org

401 Golden Lane, Reno, NV 89502 - P: (775)785-1321 - F: (775) 785-9161

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

Preliminary Survey Results Tallied

Blank forms still available at the Language & Culture Program



Reno - Sparks Indian Colony

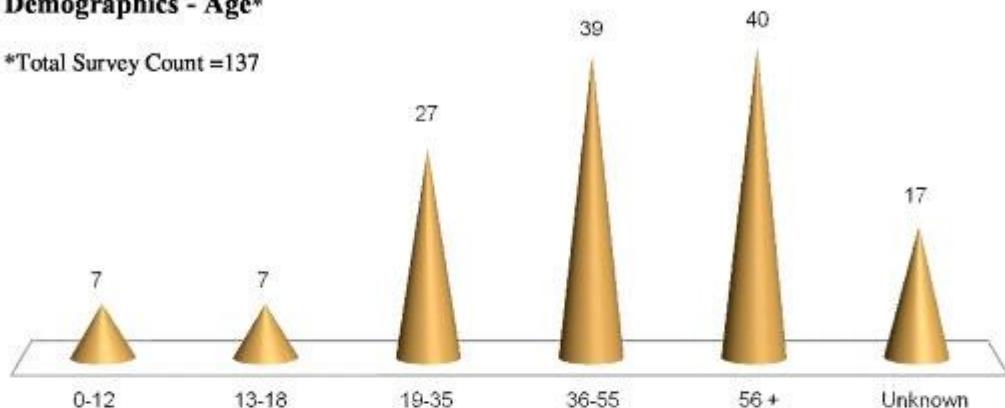
LANGUAGE AND CULTURE PROGRAM

Language & Culture Survey 2015

(Part 2)

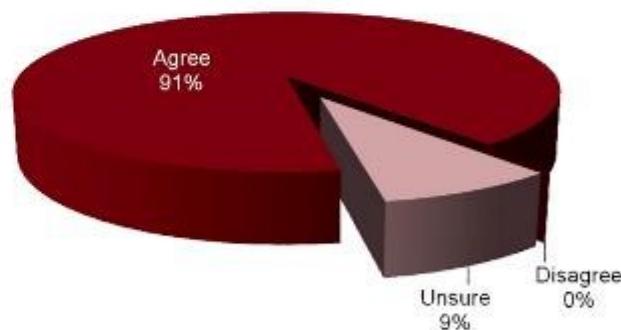
Demographics - Age*

*Total Survey Count =137



4. Our Native languages should be taught in an RSIC school, such as an Immersion School.*

*Total Survey Count =137



5. There is not enough support for the Washoe, Paiute and Shoshone Languages.*

*Total Survey Count =137

Native Race Team Complete Grueling Obstacle Course

Healthy Active Natives promote healthy, active community living

Congratulations to Reno-Sparks Indian Colony member Winter Dove McCloud (Washoe and Paiute) in completing her first Spartan Race of the year.

McCloud travelled to Phoenix, in February to compete in the Spartan Sprint with four other Native American, female athletes, all hailing from the Dine' Nation.

She met the ladies on Facebook in a group called Healthy Active Natives (HANs): a Facebook page which promotes healthy, active living within the Native American Community.

The team had only talked online before finally getting to meet and race in Ft. McDowell.

The race was 4.8 miles and was comprised of 26 challenging obstacles.

The weather was a warm 80 degrees, which was quite a change from the usual near freezing temperatures.

The group plans to meet again to conquer other races this summer.

McCloud's next Spartan Race is the Spartan Super on April 18 in Las Vegas. This will be an 8-plus miles race and contain the same, if not more, obstacles.

McCloud is the proud daughter of Gary McCloud, who resides on the RSIC and Dorothy McCloud of Stewart.

In addition to Spartan Racing,

McCloud is an active member of the RSIC Language and Culture Program and regularly attends Washoe language classes.

She prides herself in being a positive role model to her community and welcomes anyone wishing to partake in a future Spartan Race. Aroo...



Overcoming Obstacles — Winter Dove McCloud, a member of the Reno-Sparks Indian Colony (second from the right) recently completed her first Spartan Race of the season. Using Facebook, McCloud met her team mates, Suzi Pablo, Roleen Younis, Rosinda Martin, McCloud and DeAnn Bcenti.

RSTHC Community Wellness Events

April 2nd Community Bingo @ RSTHC

April 10th Bowling 6pm-9pm @ the Coconut Bowl *

April 27th EZ Air 6pm-8pm @ EZ Air

May 13th Laser Tag 6pm-8pm @ the GSR *

May 30th Annual Memorial Walk/Run @ RSTHC

June 12th Bowling 6pm-9pm @the Coconut Bowl *

All of these events are **free** for participants! If you have any questions or would like more details, please contact Rocky at the 3 Nations Wellness Center **775-329-5162 x 1942**

Upward Bound

Free College Preparatory Program



Get Ready for College

Apply Today

College Preparation

- College Fair/College Tours
- College Preparatory Seminar Sessions
- Financial Literacy Instruction
- College & Financial Aid Application Assistance

Career Exploration

- Career Day
- Job shadowing

Personal Development

- Cultural Activities
- Community Service

Academic Support

- Regional Math and Science Programs
- Academic Advising
- Tutoring and ACT/SAT Test Preparation
- Summer Academy and Summer Bridge

University of Nevada, Reno

UPWARD BOUND

WILL BE AT THE

HUNGRY VALLEY
COMMUNITY CENTER

MONDAY, APRIL 6TH

At

6:00-7:00

Come on by, and talk to

Jennifer Lau,

Upward Bound Counselor

Direct: (775) 682-6171

Who qualifies?

Eighth graders and high school students are eligible to apply for this FREE program if they meet the following selection criteria:

- U.S. citizen or permanent resident
- Attending, or will be attending, one of our target high schools: Fernley, Hug, North Valleys, Silver Stage, Spanish Springs, or Sparks High Schools.
- Income-qualified, as set by federal guidelines, and/or first-generation (neither parent has graduated from a 4-year college or university)

Apply now!

At participating schools, see your school counselor for an application or visit www.unr.edu/upward-bound

Applications are collected and reviewed each spring.

Questions?

Phone: 775-784-4978
Fax: 775-784-6254
Email: upwardbound@unr.edu

Upward Bound
University of Nevada, Reno/0062
203 Edmund J. Cain Hall
Reno, NV 89557

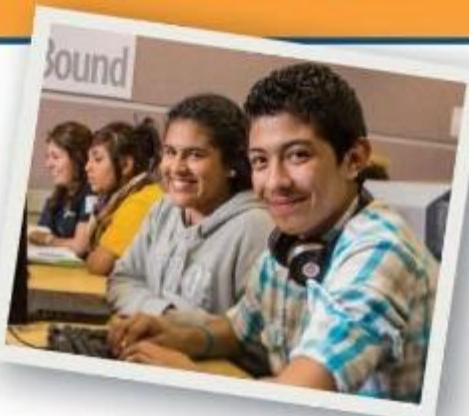
www.unr.edu/upward-bound

About us

Upward Bound is a FREE federally funded college preparatory program for income qualified and first-generation high school students who are motivated to pursue a college degree. We help students gain the knowledge to succeed in college.

The three Upward Bound grants are funded through the US Department of Education at \$884,865 annually. The program is administered by the Division of Student Services at the University of Nevada, Reno. This information card was developed with this funding. However, the contents do not necessarily represent the policy of the Department of Education, and you should not assume endorsement by the federal government.

TRiO
UPWARD BOUND





Susanville Indian Rancheria 6th Annual Memorial

POW WOW

May 15,16,17 2015

Host Drum

Wild Rose *White Swan, WA*

Master of Ceremonies

Fred Hill Sr. *Pendleton, OR*

Arena Director

Michael Keats *Yerington, NV*

Head Man

Buck Wallahee *White Swan, WA*

Head Woman

Sisley Scott *Warm Springs, OR*

No-Entry Hand

Drum Contest!

ALL Drums
Paid Daily!

***IN HONOR OF OUR ELDERS AND VETERANS FOR ALL
THE SACRIFICES THEY MADE SO THAT WE MAY LIVE***

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

Hotels!

Ask for Pow Wow Rate!

Diamond Mountain Casino (530)252-1100

900 Skyline Drive, Susanville, CA 96130

Best Western (530)257-4123

2785 Main Street, Susanville, CA 96130

Grand Entry

Friday May 15, **7 pm**

Saturday May 16, **12 pm & 7 pm**

Sunday May 17, **12 pm**

Lassen County Fairgrounds

195 Russell Ave

Susanville CA 96130

MORE INFORMATION PLEASE LOG ON TO
www.SIR-POWWOW.COM

Vendors Welcome !
Food, Arts, & Crafts
Dry Camping & RV Spaces
Showers

Contact:

Erma Hart (530) 310-0272
Bring your chairs!

For More Information Contact:

Amelia: (530)249-7192

James: info@sir-powwow.com

The Susanville Indian Rancheria Pow Wow
Committee is
NOT RESPONSIBLE FOR SHORT FUNDED TRAVELERS
NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS
THIS IS A DRUG AND ALCOHOL FREE EVENT

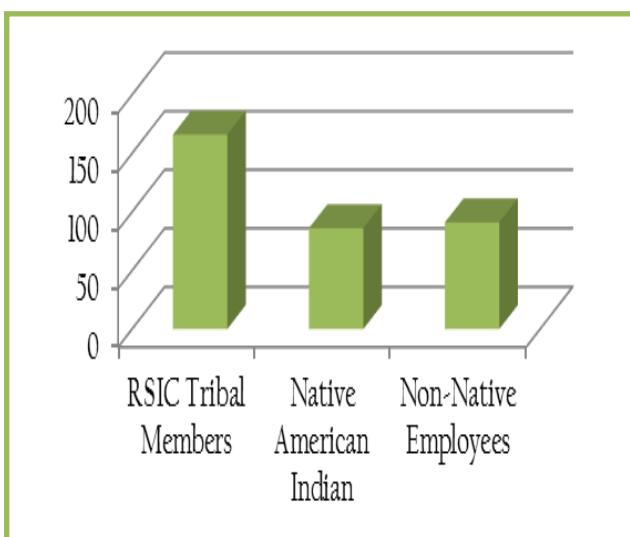
RSIC Employee Demographics Breakdown

Human resources department provides monthly data

According to the Reno-Sparks Indian Colony Human Resources Department in the month of February, the Colony employed 343 persons.

Of those employees, 166 are tribally enrolled employees, 86 are Native American from other federally recognized tribes, and 91 employees are from other ethnicities.

Available positions can be found at: www.rsic.org.



166 RSIC Members

86 American Indian

91 Non-Native

343 =Total

**RSIC
Human Resources
Department**

98 Colony Road
Reno, NV 89502

Phone: 775.785.1303
Fax: 775.785.8778

**ATTENTION ALL ELDERS
PLEASE JOIN US FOR A
SUBSTANCE ABUSE AND SUICIDE PREVENTION**



THURSDAY, APRIL 23 —5PM

RSIC SENIOR CENTER

POTLUCK-PLEASE BRING YOUR FAVORITE DISH TO SHARE

Questions, Contact Michelle Katenay or Jason Hill @ 329-5162

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



2015 GBNBA Gathering & Native Market

Reno-Sparks Indian Colony Gym
Reno, Nevada
Free Admission

April 25-26, 2015

Daily Basket demonstrations, Displays,
Basket & Native Arts & Crafts Sales, Indian Tacos

Saturday: Market & Basket Weaving Class—9am—8pm
Sunday: Market & Basket Weaving Class—9am—5pm
Raffle Drawing (3 pm)
(Need not be present to win.)

For Information regarding cost of tables or classes please contact:

Leah Brady (775) 340-2833 or

Frances Shaw (775) 323-1894



The RSTHC Diabetes Program
Invites you to
Bingo for Your Health!!



Who: Community Members Aged 6-100 years

What: Diabetes and Nutrition Bingo for Diabetes Prevention and Education

Where: RSTHC, 1st Floor Conference Room

When: Thursday, April 2nd, 3-6pm

Featuring: Healthy Light Snacks, Bingo, Raffle, & Door Prizes,
Enrollment for the Balancing Your Life & Diabetes Class, A Commemorative T-shirt for attending.

RSVP not Required

JOIN TAI CHI !!!

Tai Chi: Moving for Better Balance is an evidence-based program proven to reduce falls and improve fitness!



What will you learn?

- Balance skills
- Good body alignment
- Coordinated movements in a circular and flowing motion.

Who should attend?

- Community members
- RSIC Employees
- Tribal Health Center Patients

Who Teaches Tai Chi: Moving for Better Balance?

Injury Prevention Coordinator

- Is certified to instruct Tai Chi by Master Tai Chi instructor, Robert Nations, through Safe and Active Communities
- Is motivated and passionate

Next Class: Wednesday, April 1

Monday and Wednesdays from 12:30pm to 1:30pm

Class begins February 23rd, 2015

@ The Reno-Sparks Indian Colony Senior Center

Tai Chi: Moving for Better Balance Classes are held for 60 minutes, 2 days a week for 12 weeks.

**To sign up contact Carrie Brown at 775-329-5162 ext. 1928
SPACE IS LIMITED!**

Colony Christian Fellowship

Come & worship with us at Colony Christian Fellowship
phone: 324-0324

Sunday morning services.....11 a.m.
Adult Sunday School.....10 a.m.
Children's Sunday School.....11 a.m.
Adult Bible Study.....Wednesdays at 11 a.m.
Women's Bible Study....Thursdays at 11 a.m.
Men's Bible Study.....Saturdays at 8 a.m.
Communion, Every first Sunday of the month

Hungry Valley Christian Fellowship

Come & worship with us at Hungry Valley Christian Fellowship Sunday morning services at 10:30 a.m.

Rev. Augustine Jorquez 425-5886

Victory Outreach Reno

Native W.I.N.D.S

(Warrior Impacting Nations, Disciplining Soldiers)

Every Tuesday at 7:30 p.m., HV Community Center
Fun, food, fellowship in faith for the whole family!

Psalm 122:1

A Song of degrees of David.



Native Market Days

Great Basin Native Basketweavers Association Fundraiser

Reno Sparks Indian Colony
34 Reservation Rd. Tribal GYM

April 25 & 26, 2015

Saturday 9:00 AM – 8:00 PM and Sunday 9:00 AM – 5:00 PM



Public Welcome

Native Handmade Arts & Crafts Vendors Welcome:

Cost for a Arts & Craft Booth space (10 X 10), one table, and two chairs are \$35.00 + a Raffle Item.

Demonstrations and 2 Weaving Classes: will be offered by the GBNBA

Indian Tacos will be sold by the GBNBA

Fundraising proceeds will assist the GBNBA in our Mission Goals to: Revive, Enhance and Promote the Tradition Art of Basket Making handed down through the Great Basin Region, by demonstrations and holding classes teaching weaving of our ancestors and this year is to attend “The Shoshone Gathering in Ignacio Colorado”, or (TBA) where we will demonstration and teach.

For Information Contact: Frances Shaw (775) 323-1894
Leah Brady (775) 340-2833

The GBNBA will NOT be responsible: for lost items or injuries.

Native Market Days

Reno Sparks Indian Colony
34 Reservation Rd. Tribal GYM

April 25 & 26, 2015 Sat. 9:00 AM– 8:00 PM Sun 9:00 AM – 5:00 PM

Native Arts and Craft Booth Contract:

Name of responsible person: _____

Address: _____

City _____ State _____ Zip _____

Phone : _____ E-Mail _____

Tribe or Tribal affiliation: _____

Organization: _____

Items you wish to sell: _____

Booth space is \$ 35.00 Plus a \$25. Raffle Item.

Booth space 10X10 = 1 table with two chairs, you may bring your own extra tables and chairs if you wish but your space will be the same

Number of Spaces requested: _____ X \$35.00 = \$ _____

** Please make check or money order payable to the Great Basin Native Basketweavers Association or (GBNBA).**

Set up time Friday evening or Saturday before 9:00 AM and closing on Sunday before 5:00 PM

Please Note: All booth participations are responsible for there space, to pick up any trash around your space and use care not to damage the floor of the gym.

For Information Contact: Frances Shaw (775) 323-1894
Leah Brady (775) 340-2833

The GBNBA will NOT to be responsible: for losses Items or injuries.

Date _____ received by GBNBA: Application accepted _____ by: _____

Legal Notices, Public Announcements

Recruitment for committee members, summons to appear, looking for couriers

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 serve 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.

RECRUITMENT FOR WOMEN'S CIRCLE ADVISORY BOARD

Women's Circle has a vacancy for one Advisory Board member. If you are interested in serving on this board, please submit your letter of interest to Dorothy McCloud, WCP Coordinator, 1933 Prosperity Street, Reno, NV 89502. WCP Advisory Board members do not receive a stipend for meetings. The Advisory Board addresses issues regarding victims of domestic violence, dating violence, sexual assault and/or stalking. If you have any questions or would like additional information, please feel free to call Dorothy at 775-324.4600.

TALKING CIRCLE FACILITATOR

Women's Circle is looking for an individual to fill the position of Talking Circle Facilitator. If you are interested, please submit your letter of interest and resume to Dorothy McCloud, 1933 Prosperity Street, Reno, NV 89502. We are seeking an individual who has experience/background in working with victims of domestic violence, dating violence, sexual assault and stalking.⁷ The Facilitator will conduct 2 monthly talking circle group meetings, one a RSIC and one at HV; \$75 per each completed meeting; this is a grant-supported position that will end September 30, 2015. If you have any questions or would like additional information, please feel free to call Dorothy at 775-324.4600.

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 note, meetings dates and start times subject to change.

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.

FILED

1 MAR 23 2015 IN THE RENO-SPARKS TRIBAL COURT
Tribal Court Clerk, WASHOE COUNTY, RENO, NEVADA

4 IN THE MATTER OF: CASE NO.: CV-CS-2005-0131
5)
6 L.D.,) **SUMMONS TO APPEAR**
6 A MINOR CHILD. /

7
8 TO: **JOLENE RIVERS**

9 YOU ARE HEREBY NOTIFIED THAT A PETITION involving the above
10 identified Minor Child has been filed against you.

11 YOU ARE HEREBY NOTIFIED that a hearing on the Petition is scheduled in the
12 above-named Court on April 21, 2015, at the hour of 10:00 A.M.

13 FURTHER, if you fail to appear at the scheduled court hearing, the Petitioner may
14 be awarded the relief sought in the Petition.

15 Dated: March 23, 2015

16
17 *Henrietta Tobey*
18 Henrietta Tobey, Court Clerk

Native American Political Leadership Program scholarships will be available for American Indian, Alaska Native, and Native Hawaiian college and graduate students for the purpose of attending the **Boot Camp** program.

Fall 2015: Presidential Campaign Boot Camp

Study at George Washington University

Intern in Washington D.C.

Campaign in New Hampshire

GW's *Semester in Washington Politics' Presidential Campaign Boot Camp* lifts the curtain on the presidential nomination process and puts you right in the thick of Campaign 2016. Here you will gain important tools, connections, and insight into the process of Presidential politics from start to finish, including:

- Courses : Earn academic credit in our joint program with the Bipartisan Policy Center and Saint Anselm College in Manchester, NH. Our virtual link to exclusive seminars and panel discussions with key players in the campaigns will connect you to all the major players working on the ground in New Hampshire, from official campaign staff, local and national media and grassroots activists to campaign consultants and state and national party officials.

- DC Internships: With your DC-based internship, you will learn how the political world of Washington works—plus gain a valuable resume boost.

- New Hampshire: Spend a week in New Hampshire with the campaign of your choice during the run up to the nation's first primary. There you'll put what you have learned directly into action and personally engage in the Presidential Campaign process.

Apply today and become part of history in the making with Semester in Washington Politics' Presidential Campaign Boot Camp.



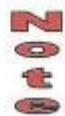
Happy Easter
April 5
Sunday

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Tai Chi 12:30 pm *Vitamin C - Daily + Vitamin A - 3 X Week 1% Milk - Served Daily | Beading 10 am  | Tai Chi 12:30 pm 1 Mushroom Pizza Green Salad+* Mini Heirloom Tomatoes+ Mandarin Oranges* 1 pm Easter Egg Dying | Beading 10 am 2 Easter Lunch Baked Ham Yams+ Steamed Broccoli* Peaches* 1 pm Easter Egg Hunt | Open Crafts 10 am 3 Good Friday Early Brunch 9:30-11:30am Raisin Bran Boiled Egg Berries and Yogurt V-8+* |
| 6 Chicken Florentine Fettuccine Spinach and Carrots+* Honeydew* 11:30 am Blood Pressure Checks 1 pm Senior Advisory Committee Meeting | 7 Minestrone Soup+* Egg Salad Sandwich Lettuce and Tomato+ Fruited Jell-O* 1 pm CPR Class for Registered Seniors 5:30 pm Potluck & Bingo | 8 Beef Enchilada Refried Beans Lettuce and Olives+ Pears* 12 pm Nutrition Presentation 1 pm Errand Day Shopping - Bill Pay | 9 Buffalo Burger on whole wheat bun Lettuce and Tomato+ Macaroni Salad Tropical Fruit* 1 pm Galaxy Theater Movie | 10 Brunch 10:30 am French Toast Sausage Pattie Bell Pepper and Tomato Wedges+* Cantaloupe and Grape * Mix 9:30 am Respite Caregivers Support Group Meeting |
| 13 Cajun Tilapia Rice Pilaf Normandy Vegetables+* Apricots* 11:30 am Blood Pressure Checks 1 pm Crafts | 14 Steak Cesar Salad* Breadstick Tomato Wedges+ Banana 12 pm Medical Emergency Presentation 1 pm Crafts | 15 Tomato Soup Grilled Cheese Cucumber Slices* Grapes 12 pm Tribal Police Presentation 1 pm Errand Day Shopping - Bill Pay | 16 Meatloaf w/ Ground Turkey Mashed Potatoes Gravy Mixed Veggies+* Ambrosia Salad* 12:30 pm Birthday Bingo | 17 Brunch 10:30am-12:45 pm Cream of Wheat Boiled Egg English Muffin Cherry Tomatoes+ Orange Juice* |
| 20 Pork Fried Rice Peas and Carrots+ Fortune Cookie Fresh Pineapple and Strawberries* Food Pantry 1 pm Crafts | 21 Commodity Sack Lunch Cold Roast Beef and Swiss on Rye Bread Lettuce and Tomato+ Sun Chips Fruited Jell-O | 22 Spaghetti Broccoli+* French Bread Pears* 1 pm Errand Day Shopping - Bill Pay | 23 Turkey Hot Dog Sweet Potato Fries+ Watermelon* 1 pm Crafts 5:30 pm Substance Abuse & Suicide Prevention Education Bingo and Potluck | 24 Brunch 10:30am-12:45 pm Scrambled Eggs Potatoes O'Brien Honey Dew* V-8+* |
| 27 Chicken a la King Rice Mixed Veggies+* Peaches* 11:30 am Blood Pressure Checks 1 pm Crafts | 28 Coyote Stew Pan bread Green Salad+* Tomatoes+ Orange Cutie* 1 pm Century Theaters Movie | 29 Pork Fajita w/Bell Peppers and Onions Black Beans and Corn mix+ Tropical Fruit* 1 pm Errand Day Shopping - Bill Pay | 30 Turkey and Cheese Hoagie Baked Lays Lettuce and Tomato+ Fruited Jell-O* Trail Mix 1 pm Crafts | 1 Brunch Breakfast Burrito Tomato and Cucumber Salad+* Mixed Berries* |

Reminders

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



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 4

KaBOOM! creates great places to play, inspires communities to promote and support play, and works to drive the national discussion about the importance of play to help communities become more playable and family-friendly.

According to the KaBOOM! website, the non-profit believes play matters for all kids, because all the science affirms that play is critical to a child's overall health, development and well-being.

In addition, kids who have play as part of their school day, do better in school, become better team players, and develop into more creative thinkers — and they are much more likely to carry these skills into adulthood."

A team to of RSIC managers and directors including housing, health center, recreation, education, planning, legal, public works, grants and public relations departments will recruit community members



Proud to Share — *Olivia Chasing Crow enthusiastically displayed her drawing of her dream playground during the KaBOOM! Dr. Pepper Snapple Group Design Meeting. With ideas from over three dozen children, the RSIC community members will choose from three design options for a new playground which will be installed at 185 Fancy Dance Drive in Hungry Valley on May 8.*

to represent the public's interest as well as ensure that interested tribal members and residents are involved and engaged throughout the build process.

This will be the second time the RSIC and KaBOOM! have worked together. In 2006, KaBOOM! and RSIC partnered for a playground project at the Colony in Anderson Park.

In fact, since 1996, KaBOOM! has collaborated with partners to build, open or improve nearly

16,000 playgrounds, engaged more than one million volunteers and served 7.4 million children.

To find out how you can help give all RSIC youth a well-deserved place to play by bring together families, advocates, and community and national partners, please contact Jean Wadsworth at RSIC Recreation Department at 329-4930 or jwadsworth@rsic.org.

Continued from page 12

issues. According to NCAI, the focus of the session was to assist tribal leaders considering marijuana policy in Indian Country.

Chairman Melendez who attended the NCAI conference said that about 60 tribes attended this

information only session at the bi-annual meetings held in Washington D.C.

Sources for this story include: *Native American Tribes and the Future of Marijuana* by Debra Bruno of CityLab; *Native American Tribe in California Announces Plan to Grow Medical Marijuana* by Max Cherney, contributor of Vice;

Legal Marijuana Could Drastically Change Native American Culture by Maxwell Lawrence of Marijuana.com; *Casinos to Cannabis: Native Americans Move Into the Pot Business* by Mary Papenfuss of Reuters; *2005 American Indian Population and Labor Force Report* issued by the Bureau of Indian Affairs.