



# THE CAMP NEWS

VOLUME XI ISSUE 9

September 30, 2016

**SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES**

## Reno-Sparks Indian Colony Celebrates Land Transfers

*Nevada Native Nations Land Act Awaiting President's signature*

Calling it the greatest development for today's generation, the Reno-Sparks Indian Colony Chairman Arlan D. Melendez expressed delight as the Colony awaits President Barack Obama affixing his signature to the Nevada Native Nations Lands Act.

"All parties in the local and surrounding areas will benefit from this legislation," Chairman Melendez said.

Last week, Congress voted to approve H.R. 2455. This federal law will transfer about 71,000 acres of land that is currently under federal control to six Great Basin Indian Tribes.

The tribes have been working with Nevada's Congressional delegation for four years on this legislation. The idea for this transfer commenced when Congressman Mark Amodei brought Indian Affairs Subcommittee Chairman Don Young to Nevada and the tribes discussed with Amodei and Young their need for more land.

The coalition of tribes in Nevada have some of the smallest land bases in Indian country and this important

legislation will add land to their reservations which will be put to beneficial use for housing, economic development and cultural activities.

Chairman Melendez whole-heartily agrees.

"Currently, we are completely landlocked," Chairman Melendez said. "We cannot build one more house on our original 20 acres."

However, Chairman Melendez believes housing is just one of many benefits the transfer of land provides.

The Nevada Native Nations

Lands Act gives the Reno-Sparks Indian Colony control of 13,434 conjoining acreage to its Hungry Valley land base.

The Senators Reid and Heller navigated S.1436 through the Senate Indian Affairs Committee on October 21, 2015 and to Senate passage on April 14, 2016. Nevada Congressmen Mark Amodei, Joe Heck, and Crescent Hardy introduced the House companion (H.R.2733), and navigated it to House-passage on June 7, 2016.

*Continued on page 54*



**From Mountain Peak to Mountain Peak —** *The Nevada Native Nations Lands Act will return just over 13,000 acres of land to the Reno-Sparks Indian Colony's land base in Hungry Valley. With the additional acreages, the RSIC will develop and implement a land use plan for the area.*

NATIONAL INDIAN EDUCATION ASSOCIATION

# POW WOW

Grand Sierra Resort, Silver State Pavilion  
Friday, October 7, 2016  
Reno, Nevada

## GOULD DANCE

5:30 PM- 6:30 PM

## GRAND ENTRY

7:00 PM- 11:00 PM



Jamie  
Stump  
Head Man  
Northern Paiute  
& Chippewa  
Cree

Alissa  
Sanchez  
Head Woman  
Bad River Band  
of Lake Superior  
Chippewa

Chandler  
Sampson  
Head Teen Boy  
Northern Paiute

Amelia  
Henry  
Head Teen Girl  
Tuscarora &  
Mohawk

Luka  
Gomez  
Head Jr. Boy  
Washoe &  
Chukchansi

Trinity  
Tohannie  
Head Jr. Girl  
Paiute &  
Lummi



Social pow wow is  
associated with the 2016  
National Indian Education  
Association Convention

Master of Ceremony  
Tom Phillips

Arena Director  
Hank Johnson

Host Drum  
Battle Horse

Host Gourd  
Silver State Gourd Society



Women's Northern  
Paiute Style Special  
All Ages

**Vendor Information**  
Please Contact  
Tanya Hernandez  
(775) 329-6114

FREE  
COMMUNITY  
EVENT

For more  
Information:

Tanya Hernandez:  
Email:  
thernandez@rsic.org  
Phone:  
(775) 329-6114  
Ext. 4312

Photos courtesy of: Reno Sparks Indian Colony

## 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 RSIC 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 at 34 Reservation 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.

## Important OCTOBER dates

- 6 Numa (Paiute) Language Class, 34 Reservation Rd., Multipurpose Rm., 6 p.m.  
Native American Musical "Something Inside is Broken," Grand Sierra, 7 p.m.
- 7 Native Art Classes, Behavioral Health Division, 9 a.m.  
NIEA Pow Wow, Grand Sierra, Gourd Dance - 5:30 p.m., Grand Entry 7 p.m.
- 10 Life Skills Group, RSTHC Behavioral Health Division, 1 p.m.
- 11 Pow Wow Club, Hungry Valley Lower Level, 6 p.m.  
Newe (Shoshone) Language Class, RSIC Library, 6 p.m.
- 12 Operation Vaccination: Get Your Flu Shoot, RSTHC practice drill, 1-3 p.m.  
General Tribal Council Meeting, Hungry Valley Rec Center, 6 p.m.
- 13 Numa (Paiute) Language Class, 34 Reservation Rd., Multipurpose Rm., 6 p.m.
- 14 Native Art Classes, Behavioral Health Division, 9 a.m.  
Fall Fest Craft Fair, 34 Reservation Rd., 10 a.m. – 6 p.m.
- 15 Fall Fest Craft Fair, 34 Reservation Rd., 10 a.m. – 6 p.m.  
Native Youth Food & Ag Summit: Cultural Sharing Dance/ Demonstrations, Hungry Valley Gym 8 p.m.
- 17 Enrollment Advisory, Enrollment Office, 5:30 p.m.  
Executive Health Board meeting, RSTHC, 5:30 p.m.
- 18 Commodity Distribution, Senior Center  
Pow Wow Club, RSTHC, 6 p.m.  
Newe (Shoshone) Language Class, RSIC Library, 6 p.m.  
Trick or Treat Night, Hungry Valley Community, 6-9 p.m.  
Recreation Masquerade Pow Wow, Hungry Valley Gym, 7-9 p.m.
- 19 Head Start Trick or Treat With RSIC Departments, 10 a.m.  
Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.
- 20 Prescription Drug Roundup, RSTHC, 2-3 p.m.  
Numa (Paiute) Language Class, 34 Reservation Rd., Multipurpose Rm., 6 p.m.  
Trick or Treat Night, Reno Colony Community, 6-9 p.m.  
Recreation Halloween Carnival, Hungry Valley Gym, 7-9 p.m.
- 21 Native Art Classes, Behavioral Health Division, 9 a.m.
- 24 Housing Advisory Board Meeting, Hungry Valley Community Center, 6 p.m.
- 25 All Recreation Facilities Closed, Staff Training, Open Evening Hours 5-10 p.m.  
Pow Wow Club, Hungry Valley Lower Level, 6 p.m.  
Newe (Shoshone) Language Class, RSIC Library, 6 p.m.
- 26 All Recreation Facilities Closed, Staff Training, Open Evening Hours 5-10 p.m.  
Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.  
Special Economic Development Meeting, 34 Conference Room, 6 p.m.
- 27 All Recreation Facilities Closed, Staff Training, Open Evening Hours 5-10 p.m.  
Talking Circle, Behavioral Health Division, 4 p.m.  
Numa (Paiute) Language Class, 34 Reservation Rd., Multipurpose Rm., 6 p.m.
- 28 Nevada Day Observed (RSIC Administrative Offices Closed)
- 29 L&C Cultural Activity: Nevada Day Parade, Leave RSIC at 7 a.m.

Check: <http://www.rsic.org>  
for updates/changes on comprehensive calendar

# Get Your Flu Shot Free, Help Emergency Planning

*Health Center, Emergency Staff prepare for disaster with practice drill*

If you want to get your annual flu shot and help the Reno-Sparks Tribal Health Center staff, please consider being part of Operation Vaccination on Wednesday

On that date, between 1-3 p.m., the health center, RSIC emergency staff, and the Washoe Health District will simulate an emergency epidemic drill using the RSTHC as a Point of Dispensing (a POD) to vaccinate as many people as possible.

This training will help the RSTHC staff prepare for future emergencies, and should you chose to participate, you will be given a free flu shot without making an appointment.

For RSIC employees whom are not already RSTHC patients, or for non-Native American employees who wish to get inoculated, please bring your employee id to the health center as you must present your employee ID to get a flu shot.

Operation Vaccination will be the first collaborative training

exercise at the health center since leaders of the Reno-Sparks Indian Colony (RSIC) and officials from the Washoe County Health District signed a Memorandum of Understanding in May.

This historic MOU designated the tribe's health center as a site for inoculations during any public health emergencies.

Such regional partnership increases infrastructure and resource sharing for the distribution of medications should a catastrophic event happen.

The expert staff, the state-of-the art facility and its convenient location make the RSTHC an ideal POD.

Furthermore, PODs can quickly provide massive numbers of life-saving medications to large numbers of people during emergencies.

Additionally PODS must be set up in neighborhoods and community centers that people can get to easily.

Besides county and tribal personnel, the Nevada Public

Safety, the Washoe County Citizen Core, the Nevada State Medical Reserve Corps, and an area Community Emergency Response Team (CERT) will be assisting with Operation Vaccination.

The drill will be based on a detailed exercise plan which was developed by RSTHC Emergency Response Coordinator Daniel Thayer and Washoe Health District Stephen Shipman. Under the plan, the RSTHC staff is looking to give up to 150 patients his/her flu shot each hour.

Other RSIC emergency and health care divisions—tribal police, public works, public relations and emergency services—provided feedback for the exercise overview, too.

If you have questions about getting your flu shot, please contact patient registration at 329-5162.

If you have questions about the training drill, please contact Danny Thayer at 329-5162.



save  
the  
date

## OPERATION VACCINATION

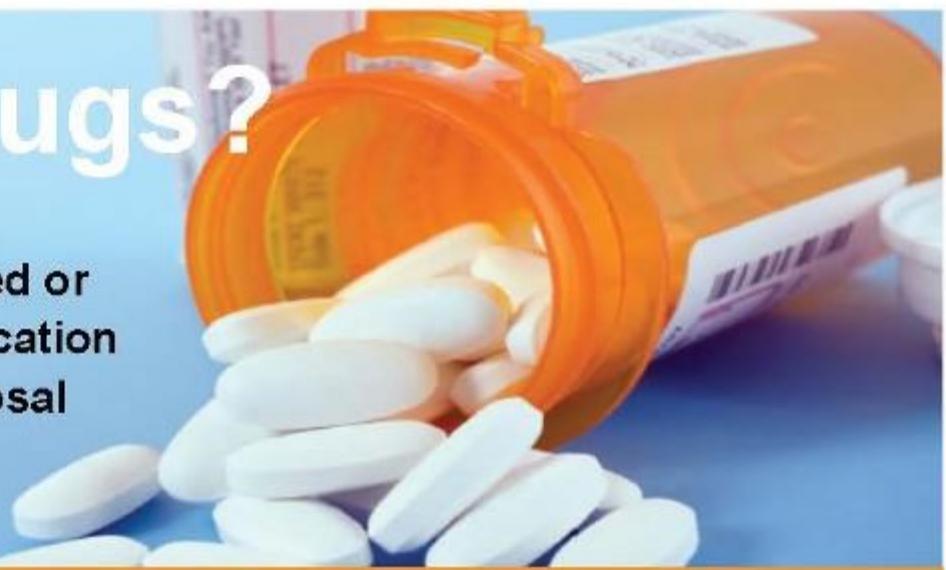
On Wednesday, October 12, 1-3 pm the RSTHC will run a Point of Dispensing (POD) Exercise. Get your flu shot & help the Reno-Sparks Tribal Health Center staff with a practice drill.

*For more information, contact Danny Thayer, the RSTHC Emergency Response Coordinator at (775) 329-5162.*



# Got drugs?

Turn in unused or  
expired medication  
for safe disposal



## Senior Prescription Drug Round Up Thursday, October 20th

### Locations

#### Sparks Senior Center

97 Richards Way—Sparks  
10:30 a.m. to 11:30 a.m.

#### Washoe County Senior Center

1155 E. 9th Street—Reno  
10:30 a.m. to 11:30 a.m.

#### Neil Road Community Center

3925 Neil Road—Reno  
12 p.m. to 1 p.m.

#### Reno Sparks Tribal Health Center

1715 Kuenzli Street—Reno  
2 p.m. to 3 p.m.

#### Acceptable Items:

- unneeded prescription drugs (in original containers with patient name marked out)
- prescription liquids
- pet medications

### OTHER OPTIONS FOR DISPOSAL

- Dispose in permanent drop boxes located in the lobbies of Reno Police Department, Sparks Police Department, and the Washoe County Sheriff's Office.
- Crush prescription drugs in a seal-tight plastic bag. Add kitty litter or wet coffee grounds. Seal the bag and dispose in the trash.



JTNN Join Together Nevada  
Nevada Resources for Healthy Communities



# U.S. Secretary of Agriculture Meets With Native Leaders

*Initiative to fight prescription pill addiction in Indian Country calls for national help*

With orders from President Barack Obama to go on a fact-finding trip, last month, Tom Vilsack, the United States Secretary of Agriculture, met with several American Indian leaders for their insight about the fight in Indian Country against drug addiction.

"There is not a clear connection between agriculture and opioid abuse," said Arlan D. Melendez, one of the 11 tribal leaders asked to join Vilsack during his trip to Nevada. "But it is clear, Secretary Vilsack wants to find creative ways to help Indian Country with its infrastructure and with funding for programs that will stop drug addiction."

According to Secretary Vilsack his office primarily provides leadership on food, agriculture, natural resources, rural development, nutrition, and related issues using the best available science, and effective management.

However, since Secretary Vilsack also serves as the chair of the White House Rural Council and because he knows first-hand the chaos drug addiction can cause, Secretary Vilsack is an ideal person to lead the president's nationwide initiative to fight opioid addiction.

Secretary Vilsack explained to the tribal leaders and another 25 people in the audience at the Reno-Sparks

Tribal Health Center, that the Department of Agriculture can assist with the construction of buildings which can be used as treatment facilities, recovery centers, and transitional housing.

The former governor of Iowa, Secretary Vilsack added that the USDA also has special programs to help tribes and other rural communities to build the physical structures needed for internet access. Secretary Vilsack emphasized that a lot of tribes, especially those in remote areas, are looking to use the internet to connect physicians and patients.

Telemedicine, which requires a satellite or a computer, is the practice of medicine when the doctor and patient are

in different locations, sometimes thousands of miles apart, using two-way voice and visual communication. Secretary Vilsack says that telemedicine could include treatment for patients fighting addictions.

Nevada is the fourth state Vilsack has visited since May in which he has brought together community stakeholders to address the opioid crisis.

After his roundtable discussion at the RSTHC which included area tribal chairman, Indian health care experts, addiction and recovery professionals as well as interested RSTHC staff, Secretary Vilsack and Chairman Melendez held a

*Continued on page 8*



**Nationwide Epidemic** — US Secretary of Agriculture, Vilsack who also serves as the chair of the White House Rural Council, recently visited the Reno-Sparks Tribal Health Center to collect information from tribal leaders and other experts on prescription drug abuse addiction. *Photo By Kelly Clark*



## LANGUAGE & CULTURE PROGRAM

Encouraging Cultural Pride and Awareness

October - 2016

### 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 will continue in October 2016. These interactive classes include grammar, storytelling, games, songs and immersion activities. Each class has a knowledgeable language instructor and anyone who is interested in learning one or more of the Great Basin Native Languages is welcome to attend.

### Language Classes:

**Tuesdays**

#### **Newe (Shoshone):**

**Location:** RSIC Library, 401 Golden Ln. Reno

**Time:** 6:00 p.m. – 8:00 p.m.    **Instructor:** Florence Millet

**Dates:** 10/4, 10/11, 10/18, 10/25

**Wednesdays**

#### **Washiw Language classes will be on Hold until Further Notice**

#### **Seniors Numu (Paiute) Class:**

**Location:** RSIC Senior Center, 34 Reservation Road, Reno

**Time:** 12:30 p.m. – 1:30 p.m.    **Instructor:** Thalia Dick

**Dates:** 10/5, 10/12, 10/19, 10/26

**Thursdays**

#### **Numu (Paiute):**

**Location:** 34 Reservation Rd. – Multi Purpose Rm.

**Time:** 6:00 p.m. – 8:00 p.m.    **Instructor:** TBA

**Dates:** 10/6, 10/13, 10/20, 10/27

### Cultural Activity

#### **October 29, 2016 Carson City, NV. Nevada Day Parade**

We will be traveling to Carson City for the Annual Nevada Day Parade on Saturday October 29, 2016. RSIC will be represented by participants in the Nevada Day Parade. All those who wish to support our RSIC parade participants are invited to join us. We will be leaving at 7am. The parade begins at 10am.

Everyone is invited! Anyone interested in learning about the Great Basin language or way of life is welcome to attend our language classes. **Children must be accompanied by an adult.** For more information, contact the Language & Culture Program.  
Stacey Burns – [sburns@rsic.org](mailto:sburns@rsic.org) or 775-785-1321

press conference.

While speaking to the press, Secretary Vilsack outlined four areas of focus: prevention, treatment, criminal justice reform and economic development.

"We need to give our people fighting addiction a transition," says Secretary Vilsack, "A way of getting strong, of building resistance, if you will."

The President's budget is calling for more than 1.1 billion dollars to support states, like Nevada, fighting opioid abuse. Vilsack says already a \$94 million grant will help build or expand 271 treatment facilities across the nation. That's on top of millions more to help make drugs treating overdose more available.

Vilsack also called for more transitional housing and drug courts to get people long term treatment other than prison.

Finally, economic development, he says will provide hope for the people, which RSIC Tribal Chairman Arlan Melendez agrees.

"Creating jobs and small business development—," Chairman Melendez said, "those type of things will give people the sense of empowerment, so that they can take their rightful place in Native American communities."

During the round table, several of the Native leaders echoed Chairman Melendez's sentiments.

They shared stories which indicated that a bleak future because of dysfunctional family



#### Government-To-Government —

*Chairman Arlan D. Melendez guided US Agriculture Secretary Tom Vilsack through the Reno-Sparks Tribal Health Center.*

units, low academic success, and high unemployment led many Native Americans to feel hopeless.

"That despair often leads to addiction," said Monty Williams, the director of the Statewide Native American Coalition.

According to a report from the Office of National Drug Control Policy, one in five American Indians 12 years and older have used illicit drugs.

Indian Health Services recently reported that the rate of drug-related deaths among American Indian and Alaska Native people is almost twice that of the general population.

The Centers for Disease Control and Prevention (CDC), indicates that death from prescription opioid overdose among American Indian increased almost four-fold from 1999 to 2013.

Veronica Domingues-Gephart, who is the director of the behavioral health department at the RSTHC, said that in Indian Country, opioid dependency is often linked to depression and anxiety among young people.

"What we have found is that often times the youth are suffering a lot from identity issues," Domingues-Gephart said. "These emotional issues can eventually lead to substance and opioid abuse as a coping mechanism."

More data from the CDC supports Domingues-Gephart's statements.

Throughout the U.S., over 1,000 people are treated in emergency departments for misusing prescription opioids every single day.

Two years ago, 10,500 individuals died from a heroin overdose which was a 26 percent increase from 2013.

Over 9 million children in the U.S., live with a parent or other adult who uses illegal drugs.

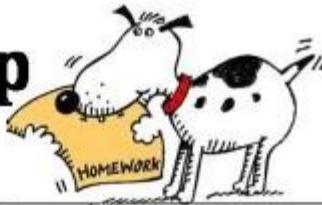
Even more alarming, the National Alliance for Drug Endangered Children believes the numbers in Indian Country are worse.

"Opioid addiction is such a serious problem that it is impacting and affecting people in every state of the country," Secretary Vilsack said. "... opioid abuse is an equal opportunity killer and we know that opioids are the introductory drug. Eighty percent of all heroin users begin their use with opioids."



# Fall Break Day Camp

## Oct. 3 - 7 2016



	Tuesday	Wednesday	Thursday	Friday	
3	<u>Reno Site:</u> Fly High Trampoline Park 12-4  <u>HV Site:</u> Movie Day Sparks Century 12-4	<u>Reno Site:</u> Project Discovery Ropes Course 9am-4pm  <u>Hungry Valley Site:</u> Dodgeball Tourney 1-4pm	<u>Reno/HV Site:</u> Galena Hiking Trip & Urban Roots Presentation  <i>Lunch provided by 3nations wellness</i>	<u>Reno Site:</u> Dodgeball Tourney 1-4pm  <u>Hungry Valley Site:</u> Project Discovery Ropes Course 9am-4pm	<u>Reno Site:</u> Movie Day Parklane Century 11-5  <u>HV Site:</u> Fly High Trampoline Park 12-4

*Please bring a water bottle for wellness camp days*

## FIELD TRIP WAIVERS DUE BEFORE DAY CAMP START DATE



Open registration for  
**Co-Ed Youth Basketball Season**  
 1st grade thru 8th grade  
 also seeking Volunteer Coaches



**UNR Football Tickets \$5.00 each**  
**10-8 vs Fresno State**  
**10-22 vs Wyoming**  
**11-12 vs San Diego State**  
**11-19 vs Utah State**



*Need financial assistance w/school sports fees? Recreation might be able to assist.. Give us a call*

ALL RECREATION FACILITIES  
 WILL BE CLOSED  
 FOR STAFF TRAINING  
 OCTOBER 25-27 9AM – 4PM  
 Open for regular evening hours  
 5pm-10pm



**SIX FLAGS DISCOVERY KINGDOM**  
**FRIGHTFEST**  
**OCTOBER 1, 2016**  
**BUS DEPARTS 34 RES. RD 10am**  
**RETURNS to 34 RES. RD 1am**  
**(Charter bus tix distributed upon loading)**

**all events/activities are for the enjoyment of the RSIC enrolled members & community residents**  
**More info call 329-4930 or 785-1360**

\*19TH ANNUAL \* CRAFT FAIR \*

# FALL FEST

2016

October 14th & 15th

RENO-SPARKS INDIAN COLONY, GYMNASIUM

34 Reservation Road \* Reno, NV

(Off 395/580 So. Freeway)

Glendale or Mill St. exits

Jewelry \* Beadwork \* Arts & Crafts

Baked Goods \* Raffle \* Food & Fun!

Doors Open  
10am to 6pm

INDIAN TACOS WILL BE SOLD

FREE ADMISSION  
FREE TRICK OR TREAT BAGS

For more information:  
Ramona Darrough  
775-842-1385

# Local Paiute Tribes, Vets File Lawsuit Against Nevada

*Natives demand equal access to ballot box for 2016 general election*

**Reno, Nev.** — Two tribes, the Pyramid Lake Paiutes and the Walker River Paiutes, along with three Native American Veterans are suing the State of Nevada, Washoe County and Mineral County for each of those government's refusal to create and staff on-reservation, in-person voter registration sites, and on-reservation, in-person early voting sites for the 2016 general election.

"We're a rural community and some of the tribal members don't have the resources to travel the round trip distance," said Vinton Hawley, Chairman of the Pyramid Lake Paiute. "A lot of our tribal members are elderly and they are not able to drive, plus they don't have the funds to purchase gas and go back and forth."

Currently PLP members travel 96 miles round-trip and WRP members travel 70 miles round-trip to their respective county seats for voter registration and early voting. Simply put, the tribes are requesting voter registration satellite sites as well as early polling and Election Day voting sites.

The tribes filed a federal lawsuit under the Voting Rights Act alleging voter disenfranchisement of a protected group.

Within two days of the filing, Federal Judge Miranda Du set a 9 a.m. Oct. 4 hearing date at the federal courthouse in Reno

to hear the voting rights lawsuit.

In early August, the two tribes had submitted written requests to Nevada Secretary of State Barbara Cegavske, Washoe County Registrar Luanne Cutler, and Mineral County Clerk-Treasurer Chris Nepper requesting equal access to the ballot box for their tribal members.

According to Bret Healy, a consulate for Four Directions, the tribes made reasonable, low cost requests of Washoe (approximately \$5,500) and of Mineral (approximately \$3,500) counties to provide voters equal access to voting during elections.

Four Directions is a not-for-profit organization based on the Red Bud Sioux Reservation

with a mission of advancing equality at the ballot box across Indian Country.

As it stands, Pyramid Lake Paiute voters must make one trip to register and one trip to early vote which adds up to 192 miles total. For Walker River Paiutes, one trip to register, and one trip to early vote equals 140 miles total.

The basis of the suit is voter disenfranchisement of a protected class under the Civil Rights Act. The plaintiffs including Native American veterans Johnny Williams, Jr, Robert James, and Ralph Burns— argue that a lack of access to voter registration and polling places on the reservation has hampered Native American turnout.

*Continued on page 12*



**Equal Access** — Native Americans at several nearby reservations do not have the same access to voter registration, early voting or polling places. The Pyramid Lake and Walker River Paiute tribes have filed a lawsuit against the State of Nevada, plus Washoe and Mineral counties.

*Continued from page 11*

Healy said that historically, Native American registration and voter turnout is low, mainly due to access and other barriers.

"Again and again, public officials refuse equality for Native voters," said OJ Semans, executive director of Four Directions. "It is unconstitutional and illegal to provide only one or two ways for Native voters to participate while providing 15 or more ways for Anglos to vote."

The tribes sent letters in early August to the counties as well as the secretary of state's office outlining their requests.

The Pyramid Lake Paiutes want eight days of voter registration, early voting from Oct. 22 through Nov. 4, and an Election Day site, all located in Nixon. The Walker River Paiute Tribe requested six days of voter registration and early voting from Oct. 22 through Nov. 4, all located in Schurz.

The counties denied their requests, citing the short time frame before the upcoming election. Washoe County Registrar Luanne Cutler agreed that the Pyramid Lake



**The Right to Vote —** *Many people walk to their polling places to vote, but for Native Americans, casting a ballot can often mean traveling long distances to be part of the process.*

Paiute Tribe's requests were valid and that cost is not an issue, rather that the request is logistically unfeasible so close to the election.

Mineral County Clerk-Treasurer Chris Nepper agreed saying that the request had merit, but also cited logistical issues as well as cost for denying the claim.

"There's a time where you can request certain things to be happening in the election like polling places," Nepper told the Reno-Gazette Journal. "This came in just a few weeks ago and literally we're just two months away from the general election. There was just no way we could accommodate this quickly."

Walker River Tribal Chairman Bobby Sanchez shared a similar assessment of the challenges his tribal members face when trying to vote.

Chairman Sanchez said that there has been fundamental discrimination against Native Americans for decades, making some Natives weary of leaving their tribal lands.

"A lot of our people need the transportation and we need to be comfortable," Chairman Sanchez said. "If we had our own polling place here, that would make a big difference."

Chairman Hawley said that his tribal members are just standing up for their constitutional rights.

"We're being vocal because we think we're really getting an unfair shot when it comes to elections."

Semans believes the facts favor the tribes.

"Nixon, Nevada is a 96-mile round trip from the Washoe County Registrar's office, Incline Village is 75 miles," Semans said. "Incline Village has an early vote site. Pyramid Lake does not."

#### **Editor's Note:**

See more on: Four Directions, Inc. at [fourdirectionsvote.com](http://fourdirectionsvote.com)

*Continued from page 8*

In addition to outlining the latest harrowing statistics about drug addiction, Secretary Vilsack also shared his own experience.

"When I was young, my mom struggled mightily with addiction," Secretary Vilsack said. I saw a downward spiral

in her life for five or six years, where she was hospitalized a couple of times and even attempted suicide."

Mercifully, Secretary Vilsack said that his mother turned her life around, primarily because there were people to help her.

"What is painful for me

to hear, is these current situations where either families do not acknowledge they need help, or when they do acknowledge it, there is no one there to provide the help and the assistance needed."

Secretary Vilsack's visit to the RSTHC was his first



## Swim All Year Long



### Announcing Water Fitness for Diabetic, Non-Diabetic, and Senior RSTHC patients at Alf Sorensen, 1400 Baring Blvd, Sparks

Sign up NOT Required except for Lessons...  
Just Drop In to the class you are eligible for:

Sponsored by the RSTHC Diabetes Program

<b>Senior Water Fitness</b> (55years and older) (Transportation available for RSIC Enrolled and Resident Seniors only. Meet at RSIC Senior Center at 8:15am for transport)	Increase fitness level and stamina while having fun in the water through this exercise program for seniors.	Tuesdays & Thursdays 9-10am
<b>Senior Water Fitness Saturdays</b> (55years and older) (Transportation not available)	Increase fitness level and stamina while having fun in the water through this exercise program for seniors.	Saturdays 12-1pm
<b>Senior Aquacize</b> (55years and older) (Transportation not available)	Enjoy a slower paced workout that increases fitness level and strength.	Tuesdays & Thursdays 10-11am
<b>Adapted Aquatics 2</b> (Adults 18yrs and Older) All Welcome	For those who need a complete non-impact exercise program. Students must feel comfortable in deep water.	Tuesdays & Thursdays 11:30-12:30pm
<b>General Adapted Aquatics</b> (for anyone with a physical or mental limitation, call 353-2385 for more info) All Welcome	Provides individual instruction for those with a physical or mental limitation. Designed to increase strength, flexibility, and range of motion.	Monday & Wednesdays 11:30-12:30pm
<b>Toddler Time!</b> <b>(age 6years or younger)</b> Parents must be in the pool with the child	Parent and Child Swim	Monday through Thursdays 11:30am – 4:30pm
<b>Swim Lessons</b> Available for all ages	Build basic water safety or develop your skill. <u>(Enrollment Required @ Alf call 353-2385, paid for by the RSTHC Diabetes Program – ask for Cindy)</u>	Refer to <a href="http://www.sparksrec.com">www.sparksrec.com</a> for schedule and reg dates
<b>Lap Swimming</b> <b>(all ages)</b>	Pool space designated for lap swim varies.	Mon-Thurs: 6-9am, 9-11am, 11-1:30pm, 1:30-3pm Saturdays 12-5:45pm

Tribal Card required @ Class Check-In  
QUESTIONS?

General Swim Class info: 353-2385 (Alf Sorensen) or 329-5162 x1947 (Walita Querta)

# Chairman Receives Two Lifetime Achievement Awards

*Melendez recognized for economic development, healthcare advocacy*

Reno-Sparks Indian Colony's Tribal Chairman Arlan D. Melendez was presented with two lifetime achievement awards by two different organizations in September.

The Native American Finance Officers Association (NAFOA) and the National Indian Health Board (NIHB) will each publicly honor Chairman Melendez for his significant contributions to their respective national organizations.

During its 9th Annual Lifetime Achievement Awards Luncheon, the NAFOA recognized the distinguished achievements of Chairman Melendez. The prestigious NAFOA Lifetime Achievement Award is given to an Indian Country leader who has made significant contributions to tribal economic development throughout the span of his or her career.

*Continued on page 54*



Chairman Arlan D. Melendez

## *What other leaders are saying about Chairman Melendez:*

*"Chairman Melendez has provided over 25 years of stability and leadership for his tribe. His leadership at the local level has transcended across this nation with his participation on national boards and commissions, bringing awareness to critical tribal issues. I congratulate Chairman Melendez on this richly deserved recognition."*

—Sherry Rupert, Executive Director of the Nevada Indian Commission

*"Arlan Melendez has been a transformational leader not just for Reno Sparks, but for all of Indian Country. His work embodies NCAI's mission, and we have benefitted from his steadfast and visionary leadership for many years. Arlan has been a strong friend and mentor, and his passion for advancing the rights of his tribe and all of Indian Country has been a model for me personally."*

—Jacqueline Pata, Executive Director, National Congress of American Indians

"

*"Chairman Melendez has been an important figure in the Reno community for a quarter century. His legacy will be marked by his important work in the legislature and advocacy for Indian people and tribal communities across the U.S., in particular our region. On behalf of the Reno City Council, I congratulate him on this impressive, well-deserved achievement."*

—Hillary Schieve, Mayor of the City of Reno

*"I want to congratulate Chairman Arlan Melendez on his prestigious recognitions, as they are truly well deserved. Chairman Melendez is truly a lifetime leader for the Reno-Sparks Indian Colony having served for 25-years, and has made a difference in the quality of life for our Native American community. I am proud to call him a friend and grateful for his leadership and service to our state and tribe."*

—Geno Martini, Mayor of the City of Sparks

*"The City of Reno is fortunate to have Chairman Melendez as a friend and neighbor. Chairman Melendez's leadership has been paramount for the Reno-Sparks Indian Colony. His voice and dedication has led the way for many in the community and I am privileged to have the opportunity to collaborate with him to better serve the region."*

—Oscar Delgado, Vice-Mayor of the City of Reno

*"Chairman Melendez serves as an example of how Native leaders can protect the future of Indian Country by investing in the most precious resource we have - our youth. By being a strong and constant advocate, and providing support to Native organizations and Native communities, Chairman Melendez has been working for over 25 years to ensure Native communities have control over the lives and destiny of their people."*

—Ahniwake Rose, National Indian Education Association Executive Director

**NAFOA**

National Indian  
Health Board



# Wolf Pack Football



## \$5.00 TICKETS HOMEGAME SCHEDULE

➤ SATURDAY SEPT. 17	vs	BUFFALO BULLS	@6PM
➤ SATURDAY OCT. 08	vs	FRESNO STATE BULLDOGS	@TBA
➤ SATURDAY OCT. 22	vs	WYOMING COWBOYS	@TBA
➤ SATURDAY NOV.12	vs	SAN DIEGO STATE AZTECS	@7:30PM
➤ SATURDAY NOV.19	vs	UTAH STATE AGGIES	@TBA

Ticket payments must be made at the RSIC Finance Dept.  
located at 34 Reservation Rd. Bldg. C Mon-Fri 8am-5:30pm  
for more information please contact the recreation program at 329-4930 or 785-1360  
**\*All tickets must have proof of RSIC Enrollment or RSIC Residence\*\***

This event is sponsored by the RSIC Recreation Program and is intended for the enjoyment of the RSIC enrolled members and residents please refrain from misuse or other intentions of ticket sales.

## Important Voting Information: Deadlines, Date

*General Election to include presidential vote will be held Nov. 8*

The deadline to register to vote in the general election by mail or with an outside agency is Oct. 8.

To register in person go to the Registrar of Voters Office located at 1001 E. Ninth St., Building A, 1<sup>st</sup> floor, Reno.

The office hours are Monday - Friday, 8 a.m. - 5 p.m. The telephone number is: 328-3670

### Important dates to know

Oct. 8 - Last day to register to vote by mail or with any outside agency.

Oct. 18 - Last day to register in

person (Registrar of Voters Office only)  
Oct. 22 - Early voting begins  
Nov. 1 - Last day to request an absentee ballot  
Nov. 4 - Last day to vote early  
Nov. 8 - General Election Day

**THE 3 NATIONS WELLNESS CENTER  
AND DIABETES PROGRAM PRESENT:**



**CALORIES DURING ONE HOUR OF ZUMBA?**

**Come join us!**

**Mondays  
&  
Wednesdays**

**Who:** Open to RSIC employees and RSTHC patients  
**What:** ZUMBA! Wear tennis shoes and bring a bottle of water  
**New classes starting this month...call 329-5162 for details**  
**Where:** 3 Nations Wellness Center Gym

**NO SIGN UP REQUIRED, JUST SHOW UP, READY TO EXERCISE!**  
Please contact Kristie Messick, Registered Dietitian for questions: 775-329-5162 ext. 1943

**CARDIO KICKBOXING**



**FIGHT FOR FITNESS**

**WOMAN ONLY**

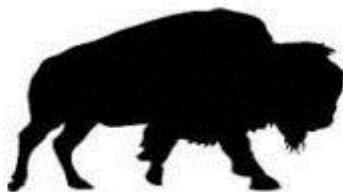
**CERTIFIED PERSONAL TRAINERS**

**WALI QUERTA**

**TIFFANY DEAN**

**Intense cardio by punching,  
kicking, and using natural  
body weight.**

**Talking Circle**



**When:** The last Thursday of every month from 4:00 to 5:00 p.m.

**Where:** RSIC Tribal Health Center, Behavioral Health Conference Room

**All Ages Welcome**

*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.*

**BOXING**



**JOIN US!  
EVERY THURSDAY NIGHT  
6:30 PM- 7:30 PM**

**BEGINNERS  
INTERMEDIATE  
ADVANCED** **MASTER TRAINER  
RICK PEARSON**

**MEN ONLY**

**Learn combinations, proper form  
and technique, along with foot  
work while training your  
cardiovascular system.**

**ALL  
RSTHC PATIENTS  
AND  
RSIC EMPLOYEES**

Sponsored by the RSIC Tribal Health Center Behavioral Health Department  
For more information contact Jason Hill, Prevention Outreach Coordinator at  
775-329-5162 ext. 1965 or email at [jhill@rsicclinic.org](mailto:jhill@rsicclinic.org)

# Federal Social Security Program Turns 81-Years-old

*National program helps elders, disabled plan for their future*

Look who's over the hill! In August, we celebrated the 81st anniversary of Social Security.

Although Social Security's overall structure remains the same, it is impossible to overlook the changes in the economy and advancements in technology that made it necessary to transform our programs into what they are today.

In 1935, the United States President Franklin Delano Roosevelt signed the Social Security Act, which gave birth to Social Security, (almost) as we know it today.

The program was created primarily as a response to the growing rate of poverty within the elderly population.

Today, Social Security has come a long way from 1940, when Ida May Fuller became the first person to receive a benefit check.

Last year alone, almost 60 million people received Social Security benefits.

The number of beneficiaries is growing daily, and Social Security is developing ways to make conducting business with us easier and more secure.

With several services available online, including "My Social Security," you might never have to visit a field office.

This is especially beneficial for the aging community or those living in remote areas, as



**Monthly Money** — Started in 1935 as part of the New Deal under President Franklin D. Roosevelt, Social Security was originally intended to curb the growing rate of poverty within the country's elder population. Today, 60 million Americans collect monthly Social Security benefits.

*File Photo*

traveling to field offices may be difficult.

Choosing when to retire is an important decision.

At [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator) you can get an estimate of your future benefit amount.

You can use "what if" scenarios to see how your benefit amounts will change with different retirement dates and future earnings estimates.

With 37 percent of the American workforce teleworking and almost 70 percent of Americans doing most of their shopping online, we have evolved into a society of convenience.

Not to be outdone, like a hip grandma, Social Security has adapted to the times.

Following is a list of a few of the services currently available from the convenience of your computer. Online you can:

- o Request a replacement Social Security or Medicare card
- o Apply for Social Security benefits
- o Get your Social Security Statement
- o Appeal a decision
- o Find out if you qualify for benefits
- o Estimate your future benefits
- o Get your SSI & Medicare verification letter

For more information visit: [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount) .

*Submitted by RSIC Housing Director Tom Dressler in conjunction with the San Francisco Region Social Security Administration Public Affairs Specialist*

# Internal Revenue Service Warns of Phone Scams

*Callers make requests for fake tax payments, RSIC members targeted*

**WASHINGTON DC** — The Internal Revenue Service (IRS) is warned taxpayers to stay vigilant against an increase of IRS impersonation scams in the form of automated calls and new tactics from scammers demanding tax payments sometimes with iTunes and other gift cards.

The IRS has seen an increase in “robo-calls” where scammers leave urgent callback requests through the phone telling taxpayers to call back to settle their “tax bill.”

These fake calls generally claim to be the last warning before legal action is taken.

Once the victim calls back, the scammers may threaten to arrest, deport or revoke the driver’s license of the victim if they don’t agree to pay.

“It used to be that most of these bogus calls would come from a live-person. Scammers are evolving and using more and more technology in an effort to reach the largest number of victims possible,” said John Koskinen, an IRS Commissioner. “Taxpayers should remain alert for the surge of phone scams, and watch for clear warning signs as these scammers change tactics.”

In the latest trend, IRS impersonators are demanding payments on iTunes and other gift cards.

The IRS reminds taxpayers that any request to settle a tax bill by putting money on any form of gift card is a clear indication of a scam.

Some examples of the varied tactics seen recently are:

- Demanding payment for a “Federal Student Tax.” See IR-2016-81.
- Demanding immediate tax payment for taxes owed on an iTunes or other type of gift card
- Soliciting W-2 information from payroll and human resources professionals. See IR-2016-34.
- “Verifying” tax return information over the phone. See IR-2016-40.
- Pretending to be from the tax preparation industry. See IR-2016-28

Since these bogus calls can take many forms and scammers are constantly changing their strategies, knowing the telltale signs is the best way to avoid becoming a victim.

Taxpayers should know that the IRS will never:

- Call to demand immediate payment over the phone, nor will the agency call about taxes owed without first having mailed you a bill.
- Threaten to immediately bring in local police or other

law-enforcement groups to have you arrested for not paying.

- Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
- Require you to use a specific payment method for your taxes, such as a prepaid debit card, gift card or wire transfer.
- Ask for credit or debit card numbers over the phone.

If you get a phone call from someone claiming to be from the IRS and asking for money and you don’t owe taxes, here is what you should do:

- Do not give out any information. Hang up immediately.
- Contact TIGTA to report the call. Use their “IRS Impersonation Scam Reporting” web page or call 800-366-4484.
- Report it to the Federal Trade Commission. Use the “FTC Complaint Assistant” on FTC.gov. Please add “IRS Telephone Scam” in the notes.

If you think you might owe taxes, call the IRS directly at; 800-829-1040.



# President Obama Signs NATIVE Act

*Legislation will boost Indian Country tribal tourism economic, cultural development*

**Washington, DC** - Last week, President Barack Obama signed S. 1579, the Native American Tourism and Improving Visitor Experience (NATIVE) Act.

"This is an incredibly important day for Indian Country tourism, the beginning of an important collaboration between the federal, tribal and nonprofit sectors to strengthen and grow cultural heritage tourism in the U.S.," said Sherry L. Rupert, American Indian Alaska Native Tourism Association (AIANTA) Board President. "This will forever change tribal access to the No. 1 industry in Nevada—tourism."

The Act requires the Departments of Commerce, the Interior, and other Federal agencies with recreational travel or tourism functions to update their management plans and tourism initiatives to include Indian tribes, tribal organizations, and Native Hawaiian organizations.

"Tourism in the United States and in Indian Country is one of the largest and fastest grow-

ing sectors of U.S. economic development and job creation," Rupert said.

In fact, international tourism to Indian Country grew 181 percent from 2007 to 2015, resulting in \$8.6 billion in direct spending, according to U.S. Department of Commerce.

"This law will empower native communities to tell their own stories and build their own economic opportunities, said Hawaii Senator Brian Schatz. "Visitors are increasingly seeking out a historically rich travel experience, and there is nothing more unique than the cultural tourism experience our native communities provide."

The NATIVE Act will provide American Indian, Alaska Native and Native Hawaiian communities with access to resources and technical assistance needed to build sustainable recreational and cultural travel and tourism infrastructure and capacity in order to spur economic development and create good jobs.

As a whole, the NATIVE Act facilitates collaboration

between tribal communities and federal agencies by implementing efficient data collection, building tourism infrastructure, increasing tourism revenues, and creating jobs.

The legislation was supported by over a dozen national and regional organizations including: AIANTA, the U.S. Travel Association (USTA), and the Inter-Tribal Council of the Five Civilized Tribes of Oklahoma.

"It will strengthen Indian Country economic development, cultural sustainability and accelerate the progress tribes have made in international and domestic tourism," said Rupert, who is also the Executive Director of the Nevada Indian Commission.

According to the National Travel and Tourism Office, overseas travelers who visit Indian Country stay in the U.S. longer, visit more cities and states, use more domestic travel options, and visit more National Parks, small towns, museums, and cultural and ethnic heritage sites in comparison to all other overseas visitors.



**AIANTA**  
American Indian Alaska Native  
Tourism Association

# Another Perspective: Bringing Context to DAPL

*Citizen journalist researches issue, speaks to protector from RSIC*

By Andrea Figueroa

**Standing Rock, N.D. --** The North Dakota Access Pipeline (NDAP) is a project that proposes the building of an underground pipe to transport crude oil and gasoline. According to the project's official website, DAPipeline.com, it is an "approximate 1,172-mile, 30-inch diameter pipeline," which is meant to connect "Bakken and Three Forks production areas in North Dakota to Patoka, Ill."

Three-point-seven billion dollars have gone into this project, in the hopes that it not only improves the way North Dakota transports oil, but also create jobs, as "millions of hours" of manpower will be needed to build it. This is stellar news for engineers, machinery operators, and electricians.

Not so great news for those the project disrupts and puts in harm's way, however.

The people of the Standing Rock Sioux Reservation are protesting the forward movement of this project. *Time* magazine stated that the project cuts through their ancestral land, some sacred areas, and burial grounds. If that isn't enough, it also cuts through the tribe's sole water source, the Missouri River. The *New York Times* reports that Energy Transfer Partners, the company in charge of the pipe-



**Water Protectors —** Since April, thousands of Native Americans have traveled to Sacred Stone Camp near Cannon Ball River next to the Standing Rock Sioux Tribe to show solidarity against the Dakota Access Pipeline. Three federal departments—the Department of Justice, the Department of Army and the Department of the Interior ordered work to stop near the camp while the project's previous decisions are reviewed in conjunction with the National Environmental Policy Act, federal and tribal consultation takes place. Plus, these departments announced their support for all Americans to assemble and speak freely, while denouncing violent or destructive action.

*Photo by Bucky Harjo*

line, has also hired private security which unleashed dogs on Sioux resident protesters of the pipeline. Several were bitten and injured as a result. But, the main concern for many is water.

Here in Nevada, there is a sign on a Reno-Sparks Native American resident's property that says "Water Is Life". Appropriate words, given that only a few states away from the Access Pipeline, in Flint, Mich., water is coming out of the taps as both dark, and unclean.

The reason for the change in quality was due to water being sourced from the Flint River, while the state, in the meantime, works on a pipeline to attach to the Karegnondi

Water Authority. The idea was that this switch would save the city \$200 million over 25 years, (compared to their original system of using the Detroit Water and Sewerage Department). NPR reports that when Flint made the switch to the river, water quality suffered and many Flint citizens were drinking water that had high lead levels, cleaning chemical byproducts, and was highly corrosive to the pipes it flowed through. On top of this, the city excluded this vital information from a public report.

Naturally, the people of Standing Rock are not only unwilling to stand for the same kind of treatment, but recent

*Continued on next page*



events like those in Flint, have made it hard to trust that problems arising from the new pipeline--oil spills, pipe breakage, or water quality--will be resolved.

I reached out to Bucky Harjo, an American Indian activist recently at Standing Rock, for comment.

"It's a violation of our treaty rights," he added that there "was direct action, like if you're lying in front of a bulldozer," the builders were forced to stop construction. Harjo referred to the private security the building company hired, saying that, "there was security push-back," to their efforts.

There was more than just private security involved with those visiting and living near Standing Rock. According to Harjo: "Just recently, there were several media people that were arrested, their phones were taken away, and their Facebooks were taken down."

"This is a major problem," he said "...people all over the US and all over the world are becoming more aware of the situation each day. They're not hearing it through the mainstream media, they're hearing it through Facebook and social media."

He also mentioned that getting other forms of communication outside of Standing Rock was, and is, a difficult task, because "there's no phone reception out there, they have everything jammed."

Harjo said the things most needed for protesters and citizens is "more assistance financially, [and] more legal assistance for the people who were arrested."

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*Editor's Note: Andrea Figueroa, a journalism student at the University of Nevada, recently appeared as guest commentator on the Panama Show which airs on KBZZ 1270 AM and 96.1 FM. More of Figueroa's work can be found at: [andreafigueroarsj.wordpress.com](http://andreafigueroarsj.wordpress.com)*

*All photos on pages 20 and 21 were taken and submitted by Bucky Harjo. To see a video account of Harjo's journey to Standing Rock, please see: [www.rsic.org](http://www.rsic.org).*



# RSIC Environmental Program Uses Tools for Schools

*Efforts to measure, improve indoor air quality underway at head start, childcare*

This past spring, the Reno- Sparks Indian Colony Environmental Specialist II, Bhie-Cie Ledesma re-visited the development of the Tools For Schools Program for the Colony.

This program is intended to monitor and improve Indoor Air Quality (IAQ) in RSIC Head Start and Childcare buildings.

The RSIC Environmental Program in partnership with many other programs such as the Indian Health Service (IHS) Environmental Department, the Institute for Tribal Environmental Professionals (ITEP), RSIC Education and RSIC Public Works are proud to be taking a proactive role in providing a safe, comfortable, and productive environment for our students and staff so they can achieve their core mission— educating students.

The RSIC Environmental Program has been primarily utilizing a program called Tools for Schools as guidance provided by the EPA to improve IAQ, prevent IAQ problems, and respond to any IAQ issues that may arise.

Another source for technical assistance has been the ITEP at Northern Arizona University (NAU) that serves tribal nations to protect natural resources and to provide educational programming.

In July, ITEP staff member Mansel Nelson visited the Reno



**Tools of the Trade** — *In order to get baseline data and to measure current conditions, special equipment was used.*

-Sparks Indian Colony to assist the environmental staff with an IAQ Building Assessment.

The particular program involved from ITEP has been the Indoor Air Quality in Tribal Communities (IAQTC), which provides services to schools and communities.

Nelson has completed a bachelor in science in chemistry and a Master's of Science in chemical engineering.

During 14 years of military service in the United States Army Chemical Corps, Nelson held a variety of positions, including platoon leader, company commander, chemical operations officer, chemist, and chemical engineer.

Following his military service, Nelson taught chemistry for the Navajo Nation for six years, exploring issues such as uranium mining and milling and solid waste management.

Currently, Nelson is the senior program coordinator for the tribal environmental education outreach program (EEOP) and regularly conducts IAQ training in Flagstaff, Ariz.

The assessment was not an inspection; it was an opportunity to train and educate staff on ways to improve air quality throughout the school building.

The IAQ Assessment involved evaluating the building in terms of indoor environmental conditions that have potential impacts on occupant health, safety, comfort, performance, and quality of life.

Nelson provided demonstrations with instruments such as a carbon monoxide (CO) monitor, tracer smoke, a particle counter, thermometer, and a humidity meter to take some basic IAQ measurements.

In conclusion of the site visit, Nelson commented "I enjoyed my visit and I enjoyed working with Bhie-Cie on Indoor Air Quality issues. She is doing excellent work and is dedicated to protecting the health of the young tribal members in the community."

*Continued on page 42*

# Definitions, Causes, Cures of Domestic Violence

*Human Services looks to reduce, eliminate intimidation, physical harm, mental abuse*

All too frequently the media bombards us with news about a high-profile domestic violence case, where a man or woman is suspected of murdering his/her wife or husband, with or without a previous history of domestic abuse.

How can a person turn from loving and living with a person to beating them up or murdering them?

What kind of a person resorts to domestic violence against a spouse or domestic intimate partner?

What kind of person thinks it is okay to continually humiliate or talk down to their life intimate partner?

What kind of a person has sex with without the person's consent and desire to participate?

A common pattern of domestic abuse is that the perpetrator alternates between violent, abusive behavior and apologetic behavior with apparently heartfelt promises to change. The abuser may be very pleasant most of the time, but therein lies the perpetual appeal of the abusing partner and why many people are unable to leave the abusive relationship.

Domestic abuse is most often one of the following:

- child abuse
- abuse of a spouse or domestic intimate partner
- elder abuse

Domestic violence and abuse are common. The first step in ending the misery is recognition that the situation is abusive, then you can seek help.

*What is the definition of domestic abuse between intimate partners?*

Domestic abuse between spouses or intimate partners is when one person tries to control the other person. The perpetrator uses fear and intimidation and may threaten to use or may actually use physical violence. Domestic abuse that includes physical violence is called domestic violence.

The victim of domestic abuse or domestic violence may be a man or a woman. Domestic abuse occurs in traditional heterosexual marriages, as well as in same-sex partnerships. The abuse may occur during a relationship, while the couple is breaking up, or after the relationship has ended.

Domestic abuse often escalates from threats and verbal abuse to physical violence. Domestic violence may even end up in murder.

The key elements of domestic abuse are:

- intimidation
- humiliating the other person
- physical injury

Domestic abuse is not a result of losing control, but domestic abuse is intentionally trying to control another

person. The abuser is purposefully using verbal, nonverbal, or physical means to gain control over the other person.

In some cultures, control of women by men is accepted as the norm. In our culture, such control is not the norm.

Today we see many cultures moving from the subordination of women to increased equality of women within relationships.

*What are the types of different types of domestic abuse?*

- physical abuse (domestic violence)
- verbal or nonverbal abuse (psychological abuse, mental abuse, emotional abuse)
- sexual abuse
- stalking or cyberstalking
- economic abuse or financial abuse
- spiritual abuse

The divisions between these types of domestic abuse are somewhat fluid, but there is a strong differentiation between the various forms of physical abuse and the various types of verbal or nonverbal abuse.

*What is physical abuse of a spouse or intimate partner?*

Physical abuse is the use of physical force against another person in a way that ends up injuring the person, or puts the person at risk of being injured.

Physical abuse ranges from physical restraint to murder

When someone talks of

*Continued on page 24*

domestic violence, they are often referring to physical abuse of a spouse or intimate partner.

Physical assault or physical battering is a crime, whether it occurs inside a family or outside the family. The police are empowered to protect you from physical attack.

Physical abuse includes:

- pushing, throwing, kicking
- slapping, grabbing, hitting, punching, beating, tripping, battering, bruising, choking, shaking
- pinching, biting
- holding, restraining, confinement
- breaking bones
- assault with a weapon such as a knife or gun
- burning
- murder

*What is emotional abuse or verbal abuse of a spouse or intimate partner?*

Mental, psychological, or emotional abuse can be verbal or nonverbal. Verbal or nonverbal abuse of a spouse or intimate partner consists of more subtle actions or behaviors than physical abuse.

While physical abuse might seem worse, the scars of verbal and emotional abuse are deep.

Studies show that verbal or nonverbal abuse can be much more emotionally damaging than physical abuse.

Verbal or nonverbal abuse of a spouse or intimate partner may include:

- threatening or intimidating to gain compliance
- destruction of the victim's

personal property and possessions, or threats to do so

- violence to an object (such as a wall or piece of furniture) or pet, in the presence of the intended victim, as a way of instilling fear of further violence
- yelling or screaming
- name-calling
- constant harassment
- embarrassing, making fun of, or mocking the victim, either alone within the household, in public, or in front of family or friends
- criticizing or diminishing the victim's accomplishments or goals
- not trusting the victim's decision-making
- telling the victim that they are worthless on their own, without the abuser
- excessive possessiveness, isolation from friends and family
- excessive checking-up on the victim to make sure they are at home or where they said they would be
- saying hurtful things while under the influence of drugs or alcohol, and using the substance as an excuse to say the hurtful things
- blaming the victim for how the abuser acts or feels
- making the victim remain on the premises after a fight, or leaving them some where else after a fight, just to "teach them a lesson"
- making the victim feel that there is no way out of the relationship

*What is sexual abuse or sexual exploitation of a spouse or intimate partner?*

- sexual assault: forcing someone to participate in unwanted, unsafe, or degrading sexual activity
- sexual harassment: ridiculing another person to try to limit their sexuality or reproductive choices
- sexual exploitation (such as forcing someone to look at pornography, or forcing someone to participate in pornographic film-making)

Sexual abuse often is linked to physical abuse; they may occur together, or the sexual abuse may occur after a bout of physical abuse.

*What is stalking?*

Stalking is harassment of or threatening another person, especially in a way that haunts the person physically or emotionally in a repetitive and devious manner.

Stalking of an intimate partner can take place during the relationship, with intense monitoring of the partner's activities. Or stalking can take place after a partner or spouse has left the relationship.

The stalker may be trying to get their partner back, or they may wish to harm their partner as punishment for their departure. Regardless of the fine details, the victim fears for their safety.

Stalking can take place at or near the victim's home, near or in their workplace, on the way to the store or another destination, or on the internet

# All-American Indian Veterans Honor Flight Planned

*Trip to Washington D.C. will include special tour of Smithsonian Museum*

Honor Flight Network, a non-profit organization created solely to honor America's veterans, is planning an all-Native trip to Washington, D.C.

During Honor Flights, veterans witness the changing of the guard at Arlington National Cemetery, tour monuments and visit memorials that were commissioned in honor of the sacrifices all veterans made.

These trips are completely free for veterans.

In addition, this special All-Indian Honor Flight will include an exclusive, behind-the-scenes tour of the Smithsonian Institute's National Museum of the American Indian.

This trip, tentative planned for November, will give top priority to the senior veterans – World War II survivors, along with those other veterans who may be terminally ill.

According to the U.S. Department of Veterans Affairs, an estimated 640 WWII veterans die each day.

In just 2016, the Reno-Sparks Indian Colony has lost three of its veterans; Bill Coffey, Kee Dale, Jr. and Daniel Vidovich.

Operating nationwide, Honor Flight's mission is to transport America's Veterans to Washington, DC to visit those memorials dedicated to honor the service of themselves, their families and their friends.

Joh Ysupa, the CEO of Honor Flight Nevada, said that he wants to take up to 50 Native Veterans on this special trip. He said that typically, about 25 veterans participate in the trips with each service member bringing a guardian.

However, Ysupa explained that in recent trips, paring elder veterans with younger veterans has added another opportunity to create more positive relationships.

Applications can be found at: <http://www.honorflightnv.org/applications/>, at the RSIC Public Relations Office, 34 Reservation Road or by calling (775) 329-2936, ext. 3268.



LOOKING FOR NATIVE VETERANS TO PARTICPATE  
IN AN ALL NATIVE VETERANS FLIGHT TO  
WASHINGTON DC

*THIS FLIGHT IS NOT SCHEDULED YET*

If you are interested please complete an application  
mail to Honor Flight Nevada Inc, PO Box 21123  
Reno, NV 89515 (775) 323-9955



## Accurate Information on RSIC Veterans a Must

*Please help ensure accurate information is published, no veteran is overlooked*

# Information Needed

*The Reno-Sparks Indian Colony Veterans Committee would like to update ALL information for our Colony/Hungry Valley Veterans, living or deceased. We would like to acknowledge all who served our country with the utmost respect by having all of the correct information. Please fill out the following questionnaire and drop it off in care of Verna Nuño at the RSIC Tribal Administration Office, 34 Reservation Road, or please call (775) 329-2936.*

1. *Veteran's Name:*

2. *Branch of service:*

3. *Last unit served in:*

4. *Last rank held:*

5. *Years served?*

6. *Any wars or military actions?*

*Which?*

*When?*

*Where?*

7. *What medals, ribbons, awards and honors were received?*

8. *Please circle what size jacket you prefer? Small, Medium, Large, XL, 2XL, 3XL, other:*

9. *Other interesting service information you wish to share:*

2016  
Reno-Sparks Indian Colony Veterans Day Celebration  
**Honoring Our Military Warriors**



**Friday, November 11**  
***Veterans Day Parade***  
**9:30 am—Staging at Nevada State Bank parking lot**  
**Parade route starts at bank lot & follows Virginia Street**

***Special Displays, Community Dinner***  
**6 pm—Reno Gym, 34 Reservation Rd**

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Community members are encouraged to join the Colony's parade entry. The Veterans Day planning committee is looking for parade participants (walkers to carry photos of their loved ones) and volunteers to help build a float. If you are interested, please call Teri Larson at 329-5162. Also, we need help setting up and decorating for the community dinner. If you are interested, please call Tanya Hernandez at 329-6114.

# Ask Paul

Question: "Am I actually helping my son to keep using pain pills instead of helping him get off of them?"

Answer: Probably.

I say, "It sounds like you're not seeing the progress you'd like in your son's condition. Is his condition and lifestyle getting worse?"

The family member usually says "Yes."

I ask, "Is your lifestyle getting worse, too?"

The family member, says "Yes."

I ask, "Would you be willing to try a different way?"

The family member always say "Yes."

But, the patient usually doesn't want to change too much, especially if access to their pain pills is in jeopardy.

In health care, a lot of time is spent with the patient, but what about the family members?

How has the family member's life been impacted while caring for the person using pain pills?

This article is for the people who have a person in their lives, whose pain and pain medication have a dominant role in their lifestyle. It will describe the toll it takes on the caregiver/family member and offer solutions and healthy suggestions to stop the pain pill cycle.

Last month's Ask Paul article showed the epidemic problem in the United States regarding the over prescribing

of pain pills and how pain pill overuse can cause physical, mental and emotional problems including addiction and death in some cases. The negative impact of over prescribing pain pills also affects families and loved ones.

But we rarely talk about how the family members are negatively affected or ask, "When does the caretaking stop and the enabling begin?"

We need to also consider if the family is being held hostage to the loved one's pain and usage of pain pills.

The drug of choice for the person in pain is the opioid or pain pill. The drug of choice for the family member is the person in pain. Health care professionals are learning more about pain pills and the many risks that patients are exposed to when they take pain pills.

Especially dangerous is the combination of benzodiazepines (prescribed for anxiety) and opioids which can lead to death.

According to the Center for Disease Control (CDC) guidelines, doctors are recommended to prescribe much less pain medication, with a time-limited goal in mind and only the amount needed (3 days in most cases).

Also, with chronic pain, emotional health is negatively impacted as well as the physical pain.

That's where RSIC Behavioral Health can help the patient and family member deal with all of the emotional issues they've experienced during this difficult time.

We know that pain is important. Pain is a healthy, naturally occurring, protective system the body uses to communicate with the brain

to report when an area of the body is hurt or needs to heal. However, chronic pain is nonproductive pain.

Pain pills mask these pain symptoms temporarily, but over time pain pills can actually make the pain worse!

So, we need to use these medications as a tool, and not a life-long crutch.

Helping a loved one with addiction is tricky, and living with someone who is being medicinally maintained for chronic pain is like living with a person in addiction in many ways.

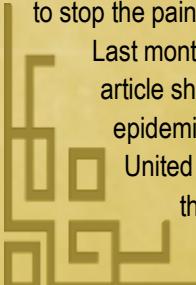
The family member has to remember one's role in the relationship or family. Being a family member or support person does not qualify someone to be an addiction counselor or medical professional.

Professional help for addiction and mental health is available at the Reno-Sparks Indian Colony and it's free for tribal members.

If the support person can utilize these services, he or she can return back to being a parent or loved one instead of the new role of potentially enabling their identified patient to keep taking their pills.

Some roles the parent or loved one take on is more like a police officer, a servant, a caregiver, a medical provider, pill nurse, a counselor, or an insurance professional. Do you know more about your loved one's insurance than they do? Can you relate to any of these roles?

The support person needs to ask: How has my life changed



during this time of pain pills and/or addiction?

How much time do I spend worrying about the identified patient or not fulfilling my dreams and goals because I'm enabling their use?

Remember, this is not a question of love. It's a question of optimal health care of which the support person is generally not qualified to provide, and through enabling, takes away from their own responsibilities of living a full life.

Dr. Mel Pohl, pain treatment expert, explains family members suffer with the person in pain.

Family members develop their own unhealthy habits and lifestyle because of the person's pain, and pain becomes the central theme for the relationship.

How many times do you start the conversation; "How are you feeling today?"

Everyone in the family is fixated on responding to the pain and adjusting their life to respond to the person in pain.

These lifestyle changes bring with them a lot of feelings for the family members and person with pain: frustration, anger and social isolation, loss of control, preoccupation, rationalization, denial, anxiety, fear, anger and depression, self-esteem, and grief.

Interestingly, I treat these symptoms while I serve people and their families struggling with addiction. Think of the opioid pain pill as similar to a pill form of heroin.

So, what can the loving family member do?

Try experimenting with some

of these suggestions. If the suggestion is uncomfortable but healthy, do it more. Health isn't always comfortable and takes effort.

Begin by telling the Identified patient that you will do everything in your power and use all of the love you have to support their healthy lifestyle, but you will also fight with all of your power to keep them from harm or self-destruction.

Involve your physician. Ask the doctor, "What does success look like (what can the identified patient expect realistically) without pain pills, and when will we be finished with this medication if prescribed?"

Ask your doctor to review the patient's diet, or involve a dietician.

Remember, inflammation causes pain. So, avoid inflammation producing food (alcohol, white bread, white rice etc.) and eat anti-inflammatory food (cherries, blueberries, fish (omega -3), and drink plenty of water to help flush out the kidneys and hydrate.

Ask your doctor to involve a wellness and exercise professional. Many times if a person trains their muscles to sit, it will be uncomfortable to exercise. It's OK to be uncomfortable. Growth and health take effort. The saying "Use it or lose it" is true.

Ask your doctor for advice about massage, acupuncture, chiropractic, yoga, physical therapy, etc. There is incredible healthy help available at the Reno-Sparks Tribal Health Center, you just have to ask for it.

Remember laughing with the loved one? Make the person laugh, distract them if pain flares up. It's ok when flair ups happen, the flair up has a life of its own. It will peak with the negative sensation and go down.

During the time of flair ups use mindfulness techniques etc.

Finally, a pill will only mask the pain - pain will still be there when the pill stops working. The pain pills can become such a habit that if the person thinks there may be any kind of emotional or physical pain (no matter how small) they will take a pill.

Also, tolerance builds fast with pain pills. Doctors who are educated in this area know that the only answer in managing pain through pain pills is more pain pills!

Your health care providers want your loved one to receive optimal care. Also, we have to recognize the health and care for the support person. Your self-care is not selfish. Actually, the stronger you are spiritually, emotionally, mentally and physically, the more you will be able to help your community, family and loved ones. Which is the warrior way!

*Please remember to ASK Paul by emailing or phoning his confidential phone line. Your name will **not** be used. The views and comments are Paul's and only made for educational purposes.*

Paul Snyder MA, LADC-S

RSTHC

[rsnyder@rsicclinic.org](mailto:rsnyder@rsicclinic.org)

Confidential voicemail:

775-329-5162

Ext. 1962

# In & Around: Reno-Sparks Indian Colony Community

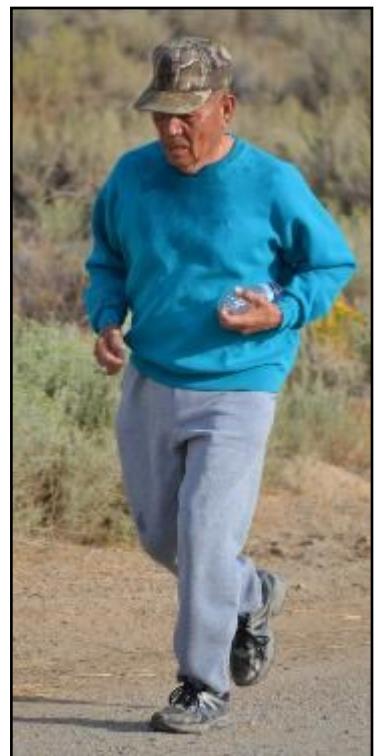
*Numaga Indian Days Princess Pageant, Pow Wow moments*



*Photos by Western Images and Jay Hayden*

# In & Around: Reno-Sparks Indian Colony Community

*RSTHC Warrior Run turnout includes strollers, speedsters, elders, exercisers*



# In & Around: Reno-Sparks Indian Colony Community

## 30th Annual Numaga Indian Days Pow Wow

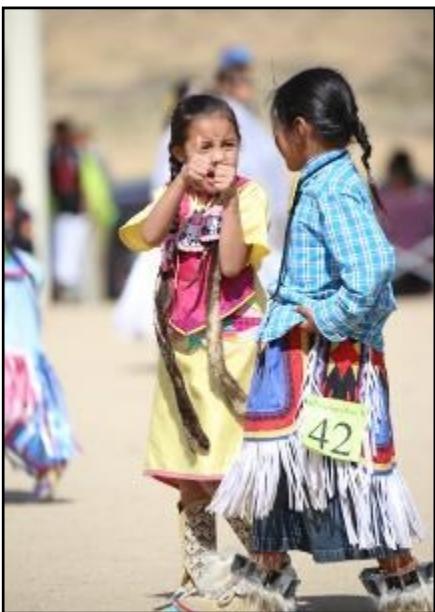


Photos by Western Images and Jay Hayden

# In & Around: Reno-Sparks Indian Colony Community

2015 Nevada Day Parade: Pow Wow Club, royalty, Eagle Wings, recreation staff

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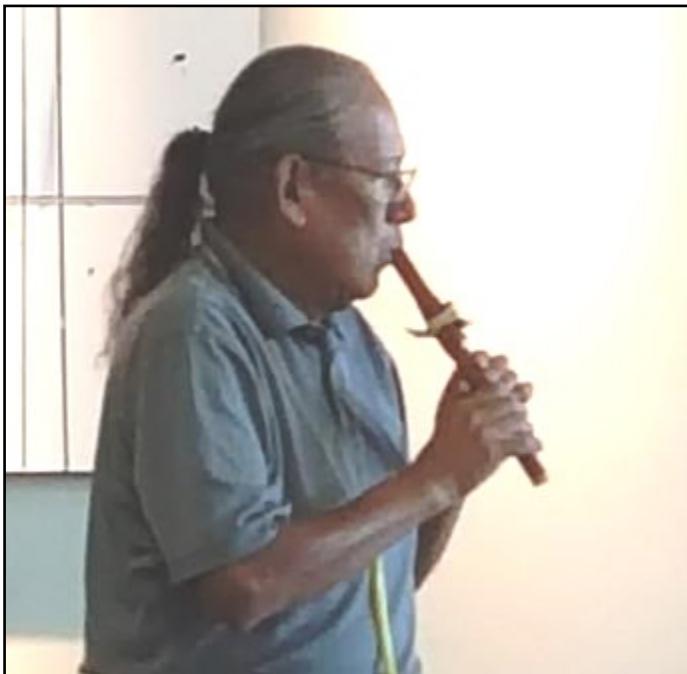


Photos by Western Images and  
Jay Hayden

# In & Around: Reno-Sparks Indian Colony Community

*Performing with love, major milestone, community service, young medalists*

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**Concert, Symphony, Orchestras Musician** – Grammy nominated flutist, R. Carlos Nakai recently performed at the Spanish Springs Library. Of Navajo-Ute heritage, Nakai is the world's premier performer who views his cultural heritage not only as a source and inspiration, but also a dynamic continuum of natural change, growth, and adaptation subject to the artist's expressive needs.

*Photo provided by Maureen Chiloquin-Katenay*



**The Secret To A Long, Healthy Life?** – On his 101st birthday, Thomas McGinty, a World War II Veteran and member of the RSIC, said that the best way to have a good life is to surround yourself with good people. To celebrate McGinty's birthday, students from the Colony's Reno Head Start classes sang happy birthday and helped McGinty blow out the candles on his birthday cake.



**Civic Duty** – Sandra Malone (left) shakes hands with RSIC Vice-Chairman Doug Gardipe after taking an oath of office to join the Senior Advisory Committee. The Reno-Sparks Indian Colony Senior Program promotes and improves the quality of life for seniors ages 55 and older through a wide variety of educational, cultural and traditional activities as well as health, nutrition and wellness services, assistance and resources.



**Medal Winners** – Macarico "Foncis" Padilla, Markie Sweet and Noah Rogue recently earned a medal for competing in a Spartan Challenge held in San Francisco. Padilla, who is 10-years old, lives in Hungry Valley and attends Jesse Hall Elementary. Sweet and Rogue live in Fernley and have participated in several community events with the RSIC.

*Photo Provided by Jessie Astor*

# In & Around: Reno-Sparks Indian Colony Community

*Record crowds attends Senior Fun Day, friendships renewed over the miles*



**Long Time Friends** — Hundreds of seniors and elders from as far away as Bishop, Calif., traveled to the Reno-Sparks Indian Colony to attend Senior Fun Day. In addition to information booths, all the participants ate very well and played bingo for great prizes. No one left empty handed and the renewed friendships made for a lifetime gift.



**Howdy Partner** — Over 250 cowboys and cowgirls put on some of their finest jeans, boots and 10-gallon hats and ponied up for the Reno-Sparks Indian Colony's Annual Senior Day. Above, buckaroo Vincent Stewart took time out to pose for the camera. Stewart, a professional artist, is a member of the RSIC.



**Fuller House** — RSIC Senior Programs Director Janice Gardipe said that the 2016 Senior Fun Day brought 270 seniors and elders to the heart of the Colony. Gardipe said that it was best attended Senior Fun Day thus far.



**Parting Gifts** — Led by the RSIC Senior Programs Office, coworkers from the recreation department and from public works, along with dozens of other volunteers helped host hundreds of visitors, many from other communities.



## RSIC TRIBAL ARCHIVES

*Preserving the Past to Ensure the Future*

### Back to School -Class Photos



Do you have old photos that you don't know what to do with?

Come visit the Tribal Archives and we can help you start a family collection or help you digitally scan and save your photos.

#### **Contact:**

**Trisha Calabaza-Tribal Archivist**  
**RSIC Tribal Archives**  
**15A Reservation Road |Reno, NV**  
**Phone: 775-329-8802**  
**Email: [tcalabaza@rsic.org](mailto:tcalabaza@rsic.org)**  
**Office Hours**  
**8 a.m. to 5 p.m. Monday – Friday**

\* Collections Courtesy of Historical Society and RSIC Archives Family Collections.



## RSIC Law & Order Committee

**The mission of the Reno-Sparks Indian Colony's Law and Order Committee is to review, evaluate and make recommendations to change the existing Law & Order Code and ordinances of the RSIC Communities in conjunction with the Constitution and By-Laws of the RSIC and the Indian Civil Rights Act to insure due process within RSIC boundaries.**

*LOC follows the regular guidelines for Committees same terms and conditions set by Tribal Council.*

Meetings the 1st Wednesday of every month, 6 p.m.  
Tribal courtroom—1900 Prosperity Street—775-785-8775

**Oct. 5**

# Native American Rock Opera Coming to Reno

*Transformative experience being compared to Broadway's Hamilton*

What happens when you combine great storytelling, music, and language preservation into a powerhouse production?

For the cast of "Something Inside is Broken," it means a sold out theater hit and a fall tour.

This pre-gold rush era rock opera, based on actual historical events, tells the true and untold story of how Natives were exterminated 'legally' under Governor Burnett's extermination policy, massacred by Captain Fremont and Kit Carson, and enslaved by Johann Sutter.

The play highlights relevant modern themes and dehumanizing media practices, while cleverly weaving them into our dark American history. The crazed ambition for gold, the objectification of women, the disregard for minority groups and inhumane treatment of vulnerable populations, the constant destruction of our planet's resources are alluded to, but it's not all sadness and social commentary.

The musical aspect makes the story easy to digest, sharing wisdom and knowledge through the use of catchy songs and witty and often inappropriate (with a little bit of shock factor) phrases.

There's plenty of room for some elbow poking laughs. The story speaks from a human

## Something Inside Is Broken

A NATIVE AMERICAN ROCK OPERA

Join us for a special performance at the  
**National Indian Education Association Convention**

**October 6 @ 7 pm**

**Grand Theater, Grand Sierra Resort and Casino**

2500 East Second St., Reno, NV 89595

Mention Reno-Sparks Indian Colony at the box office for a special ticket price of \$20  
\$15 for students & seniors



[www.somethinginsideisbroken.com](http://www.somethinginsideisbroken.com) for more info

Created by Alan Wallace - Scripted, Composed and Directed by Jack Kohler  
Musical Direction and Arrangements by Simón Wilson  
Choreography by Elle Beyer

level, and is told with just the right balance of truth and honesty, hilarity, satire, and optimism for an improved world.

A dark musical at its core, "Something Inside is Broken" stays true to the description of what makes this a "Rock Opera."

"Sticking it to the man" is an age-old rock mantra, but this show doesn't hold back any punches. If a Rock Opera "stuck it to the man,"

"Something Inside is Broken" delivers a Muhammed Ali punch to the soul. Be prepared to bring your handkerchiefs.

The orchestration is underscored by electric guitar riffs, hip hop beats, and a bold genre-mixing innovation.

Native language is used in over half of the 26 songs.

This production is a "transformational experience" and a "ceremony," rather than simply a "musical," or a Native "Hamilton."

(cyberstalking). Stalking can be on the phone, in person, or online. Stalkers may never show their face, or they may be everywhere, in person.

Stalkers employ a number of threatening tactics:

- repeated phone calls, sometimes with hang-ups
- following, tracking (possibly even with a global positioning device)
- finding the person through public records, online searching, or paid investigators
- watching with hidden cameras
- suddenly showing up where the victim is, at home, school, or work
- sending emails; communicating in chat rooms or with instant messaging
- sending unwanted packages, cards, gifts, or letters
- monitoring the victim's phone calls or computer use
- contacting the victim's friends, family, co-workers, or neighbors to find out about the victim
- going through the victim's garbage
- threatening to hurt the victim or their family, friends, or pets
- damaging the victim's home, car, or other property

Stalking is unpredictable and should always be considered dangerous. If someone is tracking you, contacting you when you do not wish to have contact, attempting to control

you, or frightening you, then seek help immediately.

#### *What is cyberstalking?*

Cyberstalking is the use of telecommunication technologies such as the internet or email to stalk another person.

Cyberstalking may be an additional form of stalking, or it may be the only method the abuser employs. Cyberstalking is deliberate, persistent, and personal.

Spamming with unsolicited email is different from cyberstalking. Spam does not focus on the individual, as does cyberstalking. The cyberstalker methodically finds and contacts the victim. Much like spam of a sexual nature, a cyberstalker's message may be disturbing and inappropriate.

Also like spam, you cannot stop the contact with a request.

In fact, the more you protest or respond, the more rewarded the cyberstalker feels. The best response to cyberstalking is not to respond.

Cyberstalking falls in a grey area of law enforcement. Enforcement of most state and federal stalking laws requires that the victim be directly threatened with an act of violence. Very few law enforcement agencies can act if the threat is only implied.

Regardless of whether you can get stalking laws enforced against cyberstalking, you must treat cyberstalking seriously and protect yourself. Cyberstalking sometimes advances to real stalking and to physical violence.

#### *How likely is it that stalking will turn into violence?*

Stalking can end in violence whether or not the stalker threatens violence. Plus, stalking can turn into violence even if the stalker has no history of violence.

Women stalkers are just as likely to become violent as are male stalkers.

Those around the stalking victim are also in danger of being hurt.

For instance, a parent, spouse, or bodyguard who makes the stalking victim unattainable may be hurt or killed as the stalker pursues the stalking victim.

#### *What is economic or financial abuse of a spouse or domestic partner?*

Economic or financial abuse includes:

- withholding economic resources such as money or credit cards
- stealing or defrauding a partner of money or assets
- exploiting the intimate partner's resources for personal gain
- withholding physical resources such as food, clothes, necessary medications, or shelter from a partner
- preventing the spouse or intimate partner from working or choosing an occupation

#### *What is spiritual abuse of a spouse or intimate partner?*

Spiritual abuse includes:

- using the spouse's or intimate partner's religious

- or spiritual beliefs to manipulate them
- preventing the partner from practicing their religious or spiritual beliefs
- ridiculing the other person's religious or spiritual beliefs
- forcing the children to be reared in a faith that the partner has not agreed to

*How do I know if I am in an abusive relationship? What are the signs and symptoms of an abusive relationship?*

The more of the following questions that you answer "yes," the more likely you are in an abusive relationship.

Examine your answers and seek help\*\* if you find that you respond positively to a large number of the questions.

- Are you fearful of your partner a large percentage of the time?
- Do you avoid certain topics or spend a lot of time figuring out how to talk about certain topics so that you do not stir your partner's negative reaction or anger?
- Do you ever feel that you can't do anything right for your partner?
- Do you ever feel so badly about yourself that you think you deserve to be physically hurt?
- Have you lost the love and respect that you once had for your partner?
- Do you sometimes wonder if you are the one who is crazy, that maybe you are overreacting to your partner's behaviors?

- Do you sometimes fantasize about ways to kill your partner to get him/her out of your life?
- Are you afraid that your partner may try to kill you?
- Are you afraid that your partner will try to take your children away from you?
- Do you feel that there is nowhere to turn for help?
- Are you feeling emotionally numb?
- Were you abused as a child, or did you grow up with domestic violence in the household? Does domestic violence seem normal to you?
- Does your partner have low self-esteem? Do they appear to feel powerless, ineffective, or inadequate in the world, although they are outwardly successful?
- Does your partner blame their violence on stress, alcohol, or a "bad day"?
- Is your partner unpredictable?
- Is your partner a pleasant person between bouts of violence?
- Does your partner have a bad temper?
- Has your partner ever threatened to hurt you or kill you?
- Has your partner ever physically hurt you?
- Has your partner threatened to take your children away from you, especially if you try to leave the relationship?
- Has your partner ever threatened to commit suicide, especially as a way of keeping you from leaving?
- Has your partner ever forced you to have sex when you didn't want to?
- Has your partner threatened you at work, either in person or on the phone?
- Is your partner cruel to animals?
- Does your partner destroy your belongings or household objects?
- Does your partner try to keep you from seeing your friends or family?
- Are you embarrassed to invite friends or family over to your house because of your partner's behavior?
- Has your partner limited your access to money, the telephone, or the car?
- Does your partner try to stop you from going where you want to go outside of the house, or from doing what you want to do?
- Is your partner jealous and possessive, asking where you are going and where you have been, as if checking up on you? Do they accuse you of having an affair?
- Does your partner verbally abuse you?
- Does your partner humiliate or criticize you in front of others?
- Does your partner often ignore you or put down your opinions or contributions?
- Does your partner always insist that they are right, even when they are clearly wrong?
- Does your partner blame



**RENO-SPARKS  
TRIBAL HEALTH  
CENTER**

**Providing**  
**life saving car  
seats for your  
loved ones**

**SCHEDULE YOUR  
APPOINTMENT TODAY**  
**with**  
**VALENTINE LOVELACE,  
INJURY PREVENTION  
COORDINATOR**  
**(775)329-5162 EXT.1927**



September 8, 2016

The family of Karianna John would like to take this opportunity to thank everybody for their support and encouragement in her run for LITTLE MISS NUMAGA TINY TOT 2016-2017.

Sincerely,  
Matt & Deonn John  
Reno-Sparks Indian Colony



- you for their own violent behavior, saying that your behavior or attitudes cause them to be violent?
- Is your partner often outwardly angry with you?
- Does your partner objectify and disrespect those of your gender? Does your partner see you as property or a sex object, rather than as a person?

*In my workplace, what are the warning signs that a person is a victim of domestic violence?*

Domestic violence often plays out in the workplace. For instance, a husband, wife, girlfriend, or boyfriend might make threatening phone calls to their intimate partner or ex-partner. Plus, the worker may show injuries from physical abuse at home.

If you witness a cluster of the following warning signs in the workplace, you can reasonably suspect domestic abuse:

- Bruises and other signs of impact on the skin, with the excuse of “accidents”
- Depression, crying
- Frequent and sudden absences
- Frequent lateness
- Frequent, harassing phone calls to the person while they are at work
- Fear of the partner, references to the partner’s anger
- Decreased productivity and attentiveness
- Isolation from friends and family
- Insufficient resources to live (money, credit cards, car)

If you do recognize signs of domestic abuse in a co-worker, talk to your human resources department.

The human resources staff should be able to help the victim without your further involvement.

*What causes domestic abuse or domestic violence?*

A strong predictor of domestic violence in adulthood is domestic violence in the household in which the person was reared.

For instance, a child’s exposure to their father’s abuse of their mother is the strongest risk factor for transmitting domestic violence from one generation to the next.

This cycle of domestic violence is difficult to break because parents have presented violence as the norm. Individuals living with domestic violence in their households have learned that violence and mistreatment are the way to vent anger.

Someone resorts to physical violence because:

- they have solved their problems in the past with violence,
- they have effectively exerted control and power over others through violence, and
- no one has stopped them from being violent in the past

Some immediate causes that can set off a bout of domestic abuse are:

- stress
- provocation by the intimate partner

- economic hardship, such as prolonged unemployment
- depression
- desperation
- jealousy
- anger

*How does society perpetuate domestic abuse?*

Society does not take domestic abuse seriously enough and treat it as expected, normal, or deserved.

Specifically, society continues domestic abuse in the following ways.

- Police may not treat domestic abuse as a crime, but, rather, as a “domestic dispute”
- Courts may not award severe consequences, such as imprisonment or economic sanctions
- A community usually does not ostracize domestic abusers
- Clergy or counselors may have the attitude that the relationship needs to be improved and that the relationship can work, given more time and effort
- People may have the attitude that the abuse is the fault of the victim, or that the abuse is a normal part of marriage or domestic partnerships
- Gender-role socialization and stereotypes condone abusive behavior by men

Community solutions often are inadequate, such that victims cannot get the help they need.

For example, seeking refuge in a shelter may require a

*Continued from page 41*

woman to leave her neighborhood, social support system, job, school, and childcare.

In addition, teenagers are often not welcome at shelters, particularly teenage males.

Teenage girls with children may have difficulty finding shelter because of their age. Male victims of domestic violence have trouble finding shelters that will take them.

Domestic abuse is more common in low-income populations because low-income victims may lack mobility and the financial resources to leave an abusive situation.

*Who abuses their spouse or intimate partner?*

- Ninety-two percent of physical abusers are men. However, women can also be the perpetrators of domestic violence.
- About seventy-five percent of stalkers are men stalking women, but stalkers can also be women stalking men, men stalking men, or women stalking women

- Domestic abuse knows no age or ethnic boundaries
- Domestic abuse can occur during a relationship or after a relationship has ended

*What are the results of domestic violence or abuse?*

The results of domestic violence or abuse can be very long-lasting. People who are abused by a spouse or intimate partner may develop:

- sleeping problems
- depression
- anxiety attacks
- low self-esteem
- lack of trust in others
- feelings of abandonment
- anger
- sensitivity to rejection
- diminished mental and physical health
- inability to work
- poor relationships with their children and other loved ones
- substance abuse as a way of coping
- physical abuse may result in death

*What is the effect of domestic violence on children?*

Children who witness

domestic violence may develop serious emotional, behavioral, developmental, or academic problems.

As children, they may become violent themselves, or withdraw. Some act out at home or school; others try to be the perfect child. Children from violent homes may become depressed and have low self-esteem.

As they develop, children and teens who grow up with domestic violence in the household are:

- more likely to use violence at school or in the community in response to perceived threats
- more likely to attempt suicide
- more likely to use drugs
- more likely to commit crimes, especially sexual assault
- more likely to use violence to enhance their reputation and self-esteem
- more likely to become abusers in their own relationships later in life

*Continued from page 22*

If you have any questions regarding IAQ in our Head Start and Childcare, please do not hesitate to contact Bhive-Cie Ledesma, Environmental Specialist II at 785-1363 ext., 5407. Or visit:

<https://www.epa.gov/iaq-schools>.

Development of this program is being funded by the Untied States Environmental Protection Agency Clean Air Act



(CAA) FY16/17 grant.

The mission of the EPA is to protect human health and the environment. The agency's FY 2016 budget request of \$8.6 billion enables the EPA to support a solid and focused dedication to carrying out its mission and to build upon the EPA's unwavering commitment to all our.

*Submitted by Bhive-Cie Ledesma, MPH  
RSIC Environmental Department  
Specialist II*

# School District Superintendent Addresses Overcrowding

*Multi-track year-round schedule considered for elementary schools*



Dear WCSD families and community leaders,

As the school year gets underway, we dedicate every day to ensuring that all students are obtaining the right supports and opportunities to reach their full potential. We do so while facing serious challenges and struggles with a lack of funding to address overcrowding and repairs in our schools.

The winter months are approaching, and that means we will be facing maintenance issues in our schools. Cold, snowy weather can wreak havoc on our sidewalks, parking lots, and water pipes. If boilers or heaters break down or water pipes break, it can be impossible for students to attend school safely, or to concentrate on what they are trying to learn in our classrooms.

In order to ease overcrowding, a number of our elementary schools will convert to Multi-Track Year-Round schedules during the 2017-18 school year. These schools will operate year-round with staggered break times for four "tracks" of students.

Meanwhile, at least four high schools and two middle school will be converted to Double Sessions based upon estimates provided by regional growth experts. Each of these schools would operate two completely separate "schools" out of one facility. Other districts in Nevada that have recently used Double Sessions have run their morning sessions from 5:55 a.m. to 11:55 a.m., and their afternoon sessions from noon to 6 p.m. This schedule will significantly impact families, academics, sports, and extracurricular activities, but there is no other way to accommodate overcrowding in our schools. It will be after the Board meeting on October 11, when the final list of MTYR schools will be released.

The Indian Education program continues to provide backpacks to students. If your child needs one or needs other supports, contact Rhonda Knight, Indian Education Program specialist at 789-4672. Also remember that all eligible students have to complete the updated Title VII Ed 506 Indian Student Eligibility Certification Form that can be accessed online at the WCSD webpage under Equity & Diversity, Indian Education [www.washoeschools.net](http://www.washoeschools.net). The form will be kept on file and will not need to be completed every year.

Students and teachers in the Paiute Language Classes have been busy learning and working on their introductions in Paiute and learning more about the culture. We currently have a total of 64 students which include first year, second year, and peer tutors across three school sites. A video showcasing their work will be featured at the upcoming National Indian Education Association Conference (NIEA). The NIEA conference will be held in Reno at the Grand Sierra Resort October 5-8<sup>th</sup>. If you need more information, please visit [niea.org](http://niea.org).

If you have any questions, please feel free to call Rhonda Knight at 775-789-4672 to get more information or e-mail questions to [rknight@washoeschools.net](mailto:rknight@washoeschools.net).

Kind regards,



Traci Davis  
WCSD Superintendent

# R.S.I.C Education Department After-School Tutoring

Computer Room  
Available from  
8:00 a.m. – 5:00 p.m.  
by appointment

## Program

Transportation Home  
will be provided at  
both tutoring sites.

Where: Reno & Hungry Valley Education Department Classrooms

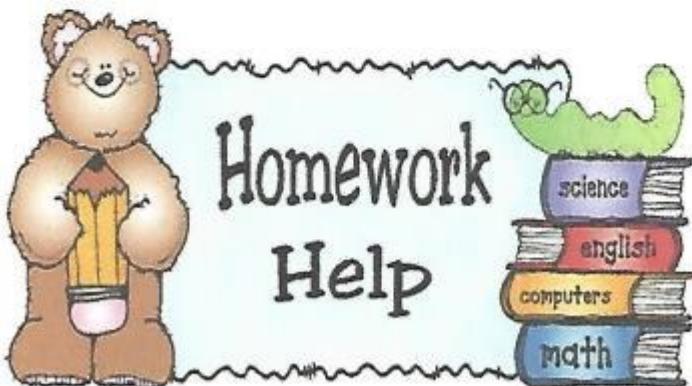
Starting Date: Monday August 22, 2016

### Middle/High School Times

Monday, Tuesday, and Thursday  
2:30 p.m. – 5:00 p.m.  
Early Release Wednesday  
2:00 p.m. – 5:00 p.m.

### Elementary School Times

Monday, Tuesday, and Thursday  
3:30 p.m. - 5:00 p.m.  
Early Release Wednesday  
2:30 p.m. - 5:00 p.m.

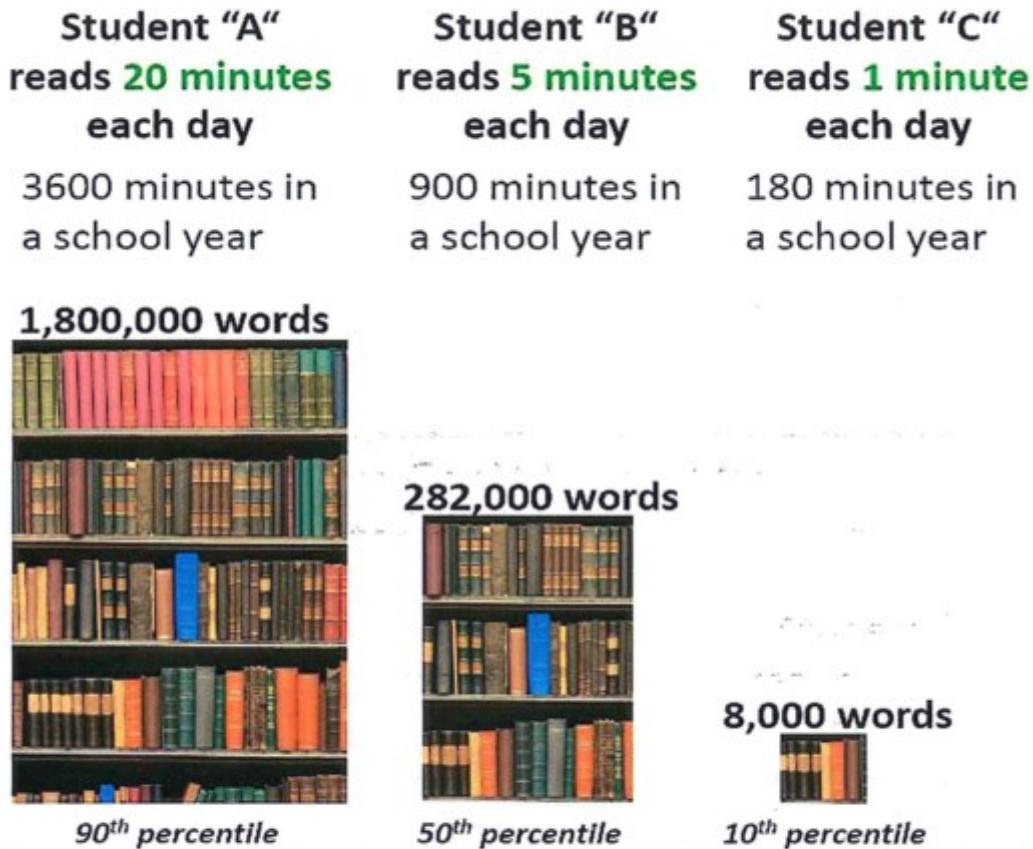


**Consent forms must be on file to attend tutoring.**

If you have any questions please call  
Tanya Hernandez, Reno Education Advisor @ 775-329-6114  
Lorraine Keller, Hungry Valley Education Advisor @ 775-785-1310

# 20 MINUTES

## Why Can't I Skip My 20 Minutes of Reading Tonight?



By the end of 6<sup>th</sup> grade Student "A" will have read the equivalent of 60 whole school days. Student "B" will have read only 12 school days. Which student would you expect to have a better vocabulary? Which student would you expect to be more successful in school...and in life?

(Nagy & Herman, 1987)

*All your child needs is to read 20 minutes a day. It could be in the evening before bed, before school on the bus at the bus stop, in the car. If you are a parent that thinks reading every 20 minutes won't make a difference...you are wrong, it will make a HUGE difference in their vocabulary, writing skill and reading fluency.*

**Naomi Hanczrik**  
**Student/Family Support Advocate**  
**775-329-6114 or 775-785-1310**



## NEW CULTURE DAYS

October 7-9, 2016

Pooha-Bah Native Healing Center

29 Noonday Street, Tecopa, CA 92389

"Encouraging the continuation of Newe way of life  
for today's Newe and Future Generations to come."

*Funded by the  
Lilijebald Endowment Fund  
at the  
Liberal Arts College  
of the  
University of Nevada Reno*

### Friday, October 7, 2016

6:00 pm Dinner for all (volunteers needed)  
7:00 pm Movie-Broken Treaty at Battle Mountain  
(Discussion by Pauline Esteves/Ian Zabarte)

### Saturday, October 8, 2016

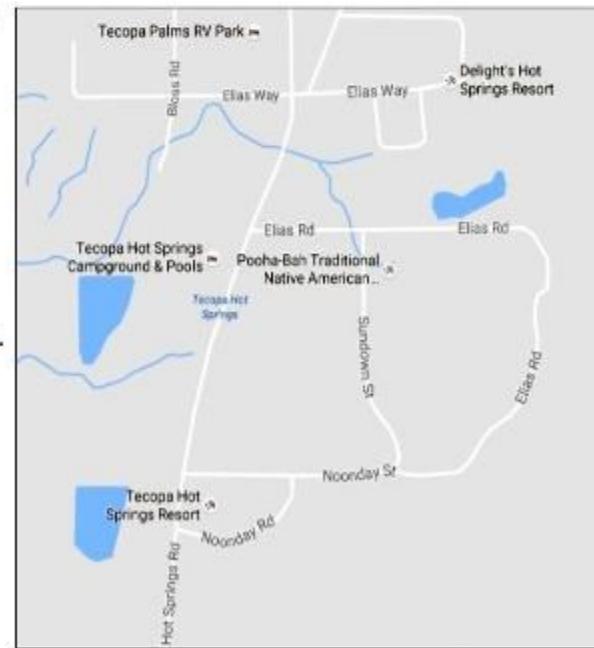
6:00 am Ceremony (Chet Steven, Spiritual Leader)  
7:30 am Breakfast  
9:00 am Big Pow-wow Drum Making (Chet Stevens)  
12:00 Noon Lunch  
1:00 pm Big Pow-wow Drum Making (Cont'd)  
6:00 pm Dinner

### October 9, 2016

6:00 am Ceremony (Darlene Graham, Spiritual Leader)  
7:30 am Breakfast  
9:00 am Rattle Making (Debra Reed)  
12:00 Noon Lunch  
1:00 Board Meeting

#### Pooha-Bah Board of Directors:

Darlene Graham, President  
Joe Kennedy, Chairman  
Ian Zabarte, Secretary  
Paulene Esteves, Member  
Patricia Kennedy, Member  
Steve Oso Tama Rabbon, Member



*"We won't be silenced  
about Domestic  
Violence in Nevada's  
Indian Country."*

### **What is Domestic Violence?**

Domestic violence is the physical, emotional/psychological, and sexual assault or control of an individual that may be committed by an intimate partner or blood relative that you're living with. Someone may experience any one or a combination of the things mentioned above and if so, you may be a victim of domestic violence.

### **A common misconception...**

A common misconception among victims is that unless they've been physically assaulted, they are not victims. This is not the case. Domestic violence ranges in many forms that can harm you and your children emotionally and/or physically. Abuse is an intentional act that one person uses in a relationship to have **POWER & CONTROL** over the other person.

### **When speaking to a victim, be supportive**

Let him/her know that you care about them and are worried for their safety

Talk to them in private and keep it confidential

Encourage them to seek help from an advocate or someone they trust.

Let them know that what is happening to them is not their fault.

Discuss the difference between healthy and unhealthy relationships.

Give him/her options on what and where they can go for help.

Let them know they are not alone and help is available.

### **For life threatening situations Call 911**

or if you need to speak with an advocate for further assistance you can call the:

### **ITCN Family Violence Prevention Project**

680 Greenbrae Dr. Suite 224

Sparks, NV 89431

Office: 775-355-0600

Fax: 775-355-5212

Our program provides assistance to victims of domestic violence, sexual assault, elder abuse, child abuse, dating violence, and stalking.

The emergency services include:

- Shelter
- Food
- Clothing
- Utility assistance
- Transportation
- Legal assistance



*Reno-Sparks Indian Colony  
Native American Day  
Proclamation*

*WHEREAS*, Native Americans are indigenous to the land on which we currently stand as well as the entire territory that constitutes the United States; and

*WHEREAS*, the Reno-Sparks Indian Colony wishes to recognize the many achievements of the Paiute, the Shoshone and the Washoe People, and to remind everyone of the Great Basin Tribes' remarkable heritage, culture, history, and future; and

*WHEREAS*, in 2016, our community is celebrating 80-years of tribal sovereignty; and

*WHEREAS*, Native Americans continue to make important contributions and influence our community, our state, our nation, and our world; and

*WHEREAS*, Native Americans in the Great Basin celebrate our traditions by remembering and by teaching our youth the history and ways of the Numa, the Newe and the Wa She Shu; and

*WHEREAS*, the Reno-Sparks Indian Colony acknowledges the sacrifices and the wisdom of our ancestors and all those who came before us;

NOW, therefore, I, Arlan D. Melendez, Chairman Of The Reno-Sparks Indian Colony , do herby proclaim September 23 as Native American Day.

IN WITNESS WHEREOF, I have here unto set my hand and affix my seal this 23<sup>rd</sup> Day of September 2016.

Arlan D. Melendez, Chairman  
Reno-Sparks Indian Colony

*Arlan D. Melendez*





State of Nevada  
Executive Department

*A Proclamation by the Governor*

**WHEREAS**, American Indians are the original inhabitants of the territories that now constitute the United States of America; and

**WHEREAS**, American Indians have consistently made invaluable contributions to our nation, beginning with the assistance they gave to our founding fathers; and

**WHEREAS**, Indian tribes in the State of Nevada have maintained their dynamic culture, customs and traditions in an effort to pass them on to future generations; and

**WHEREAS**, Nevada's Indian tribes have enriched the citizens of the Silver State by teaching and sharing their exciting history through stories, dance, native regalia, and traditional foods; and

**WHEREAS**, the great State of Nevada wishes to recognize the outstanding contributions of Nevada's American Indians, commemorate the achievements of the American Indian community in Nevada, and to remind all Nevadans of the American Indian heritage, culture, and history;

**NOW, THEREFORE, I, BRIAN SANDOVAL, GOVERNOR OF THE STATE OF NEVADA, do hereby proclaim September 23, 2016 as**

**AMERICAN INDIAN DAY IN NEVADA**



*In Witness Whereof, I have hereunto set my hand and caused the Great Seal of the State of Nevada to be affixed at the State Capitol in Carson City, this 20<sup>th</sup> day of September, 2016.*

By the Governor: *Brian K. Sandoval* Governor  
By *Dolores R. Cegarste* Secretary of State  
By *Adam W.* Deputy

# New Employees



**Vanessa Williams**

Tribal Health Center

**Q: What is your exact job title?**

A. Diabetes Exercise Assistant.

**Q: What do you hope to accomplish here at the Reno-Sparks Indian Colony?**

A. Be a vital part of diabetes management and prevention.

**Q: Do you have a tribal affiliation ? If so, where?**

A. Pyramid Lake Paiute.

**Q: Is there any additional information that you would like to share with the Reno-Sparks Indian Colony Community?**

A: I am very excited to be a part of the RSTHC. Stop by the Three Nations Wellness Clinic to check out our upcoming events. I also need to fill up my schedule, so if you are looking to be more active, start an exercise program, get ready for a sport try out, or have any suggestions on how to integrate physical activity into the community, please come by and see me.

## **NATIVE YOUTH in Food & Agriculture**

PACIFIC REGIONAL SUMMIT  
UNIVERSITY OF NEVADA - RENO

**OCTOBER 13 - 16, 2016**

The Pacific Regional Summit will bring Native youth ages 15-18 together for a one-of-a-kind learning experience about the issues they will be facing as the next generation of food & agriculture leaders in the Pacific region.



at Hungry Valley Gym  
*Cultural  
Night*

Sat., Oct. 15  
8 p.m.

*everyone welcome...*



**TOIYABE**

INDIAN HEALTH PROJECT



**UNIVERSITY OF  
ARKANSAS**

School of Law

Indigenous Food & Agriculture Initiative



# New Employees



Q: What is your exact job title?

A. Cashier, Sales

Q: What do you hope to accomplish here at the Reno-Sparks Indian Colony?

A. More knowledge and doing the job successfully and complete.

Q: Is there any additional information that you would like to share with the Reno-Sparks Indian Colony Community?

A: Given time I think I can do this.

## Marlene Keesee

Smoke Shop 2

Q: What is your exact job title?

A. Reno-Sparks Indian Colony Administrative Secretary.

Q: What do you hope to accomplish here at the Reno-Sparks Indian Colony?

A. I want to be an extraordinary pillar to my community and tribal members.

Q: Do you have a Tribal Affiliation? If so, where?

A. I am a Reno-Sparks Tribal Member.

Q: Is there any additional information that you would like to share with the Reno-Sparks Indian Colony Community?

A: I am extremely grateful for this opportunity to work for my tribe. I love God and people.



## Suzanne Thomas

# Legal Notices, Public Announcements

*Tribal court petitions for name changes, L&C committee member search, go green*

**IN THE RENO-SPARKS TRIBAL COURT  
IN AND FOR THE RENO-SPARKS INDIAN  
COLONY  
RENO, WASHOE COUNTY, NEVADA  
PUBLIC NOTICE**

Notice is hereby given that the Petitioner, Teri Larson, who is a member of the Reno- Sparks Indian Colony, has filed a Petition in the Reno- Sparks Tribal Court, Case No.CV- NC-2016-0025, praying that said Court enter an Order changing the present legal name of Duke Benjamin Gossett, to the name of Duke Benjamin Larson, which is the name Petitioner desires to have.

Notice is hereby given that any person having objection to the aforesaid change of name shall file written objection, showing cause why the Petition should not be granted , with the Reno- Sparks Tribal Court, 1900 Prosperity Street, Reno, NV, within ten (10) days after publication or this notice.

Dated this 14th day of July, 2016  
Henrietta A. Tobey  
Clerk of Court  
Reno-Sparks Tribal Court

**Recruitment for Language & Culture Advisory  
Committee Members**

The Language & Culture Advisory Committee is currently seeking two RSIC Tribal members to serve on the Language & Culture Advisory Committee. Committee members will be appointed by the RSIC Tribal Council and shall serve a term of 2 years. If interested in becoming an LCAB member, please submit a letter of interest to:

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

**IN THE RENO-SPARKS TRIBAL COURT  
IN AND FOR THE RENO-SPARKS INDIAN  
COLONY  
RENO, WASHOE COUNTY, NEVADA  
PUBLIC NOTICE**

Notice is hereby given that the Petitioner, Teri Larson, who is a member of the Reno- Sparks Indian Colony, has filed a Petition in the Reno- Sparks Tribal Court, Case No.CV- NC-2016-0025, praying that said Court enter an Order changing the present legal name of Cecelia Charlotte Gossett, to the name of Cecelia Charlotte Larson, which is the name Petitioner desires to have.

Notice is hereby given that any person having objection to the aforesaid change of name shall file written objection, showing cause why the Petition should not be granted , with the Reno- Sparks Tribal Court, 1900 Prosperity Street, Reno, NV, within ten (10) days after publication or this notice.

Dated this 14th day of July, 2016  
Henrietta A. Tobey  
Clerk of Court  
Reno-Sparks Tribal Court

## Let's Go Green!

*The Camp News is offering an opt-out option to save paper by getting the newsletter online.*

*Please leave a message at 329-2936, ext. 3268 to go green...*

**Thank you and let's save paper and the environment together!**

# Legal Notices, Public Announcements

*Rental Space for Lease, Executive Health Board member needed*

## Tenant Wanted

1962 Pyramid Way - \$50/month

The Business Enterprises & Economic Development Department is currently seeking an interested RSIC Tribal member to occupy 155 square feet of retail space located at 1962 Pyramid Way in Sparks, Nev.

The leased premise is located in the building lobby which is accessible by a roll up gate and shares the parking lot with Smoke Shop 5 and Unit C.

Questions and additional information may be obtained by calling Steve Moran at 785-1363 ext. 5403 or email at: [smoran@rsic.org](mailto:smoran@rsic.org).

If interested, please submit a letter of interest, no later than Sept. 30, stating tenant name, contact info, expected possession date, hours of operation and intended use of premises to:

Reno-Sparks Indian Colony  
*Attn: Business Enterprises & ED*  
34 Reservation Road  
Reno, NV 89502



**www.rsic.org**

## Reno-Sparks Tribal Health Center

### Recruiting Representative

### Executive Health Board

The Reno-Sparks Tribal Health Center is recruiting for one (1) RSIC Tribal representative to fill vacancies 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  
Reno, NV 89502

*All interested participants will be invited to fill out an application and attend a Health Board meeting for introductions. For more information please phone, 329-5162, ext., 1901.*

**www.rsic.org**

During the 6th Annual Heroes in Native Health Awards Gala, NIHB will honor and recognize Chairman Melendez for his dedication to advancing the delivery of health care to Tribal communities.

Chairman Melendez holds the highest elected office at the RSIC, a position he has had for over 25-years. His uninterrupted leadership is unprecedented in Indian Country as are his appointments to federal, state, and tribal government posts.

A U.S. Armed Forces veteran, Melendez served in the U.S. Marine Corps during the Vietnam Era. Under his direction, the Colony has developed and maintained a strong and fiscally sound government. The RSIC has taken advantage of its strategic location within a metropolitan area to create a viable economic tax base which has helped the tribe attract business development to the reservation.

Though Chairman Melendez works on a number of issues,

#### ***What other leaders are saying about Chairman Melendez:***

*"As I am a young leader, Chairman Melendez goes out of his way to make me feel comfortable in any situation. He always knows the right things to say, and I could call on him today and he would always steer me in the right direction. He is definitely a leader and visionary. I admire him for the dedication and the hard work he does for the RSIC, Nevada Tribes and Tribes around the United States."*

—Chairman Len George, Fallon Paiute-Shoshone Tribe

*"Chairman Melendez is humble, with consistent fair leadership and is on point with discussion or action items in the best interest of tribal people and operations. He is a longtime friend and inspiration for tribal leadership."*

—Chairman Lindsey Manning, Shoshone-Paiute Tribes of Duck Valley

*"I am honored to have known Chairman Melendez for many years. I have witnessed first-hand his dedication not just to his community, but to all Americans via his military service and his many national appointments including on the U.S. Commission on Civil Rights. These lifetime achievement awards are well-deserved."*

—John Oceguera, Senior Vice-President of Strategies 360, Nevada Operation and Former Nevada State Assembly Speaker of the House

he has a passion for quality health care and has been a strong advocate and voice on the local and national level for improved health care for Native people. Of the many accomplishments, the most rewarding is the RSIC's state-of-the art tribal health care center, which serves thousands of Native Americans in the Reno-Sparks area.

Currently, Chairman Melendez serves on the U.S. Health and Human Services' National Tribal Advisory Committee (STAC), directed by Secretary Sylvia Mathews Burwell as well as the Phoenix Area Tribal Health Steering Committee.

Chairman Melendez lives on the Reno-Sparks Indian Colony with his wife Joyce. They have four grown children.

On Sept. 29, the Senate passed the Nevada Native Nations Lands Act via a hotline vote.

Senator Reid played a key role in negotiating with Bureau of Land Management and helping to fine tune the legislation and Senator Heller worked with his Republican colleagues to ensure passage.

"All the tribes greatly appreciate the hard work on the part of the Nevada Congressional delegation in getting this bill to final passage," Chairman Melendez said. "This is a truly historic time for our tribes and a federal law which will benefit our people for years to come."

Currently, the Bureau of Land Management or the U.S. Forest Service administers nearly 48

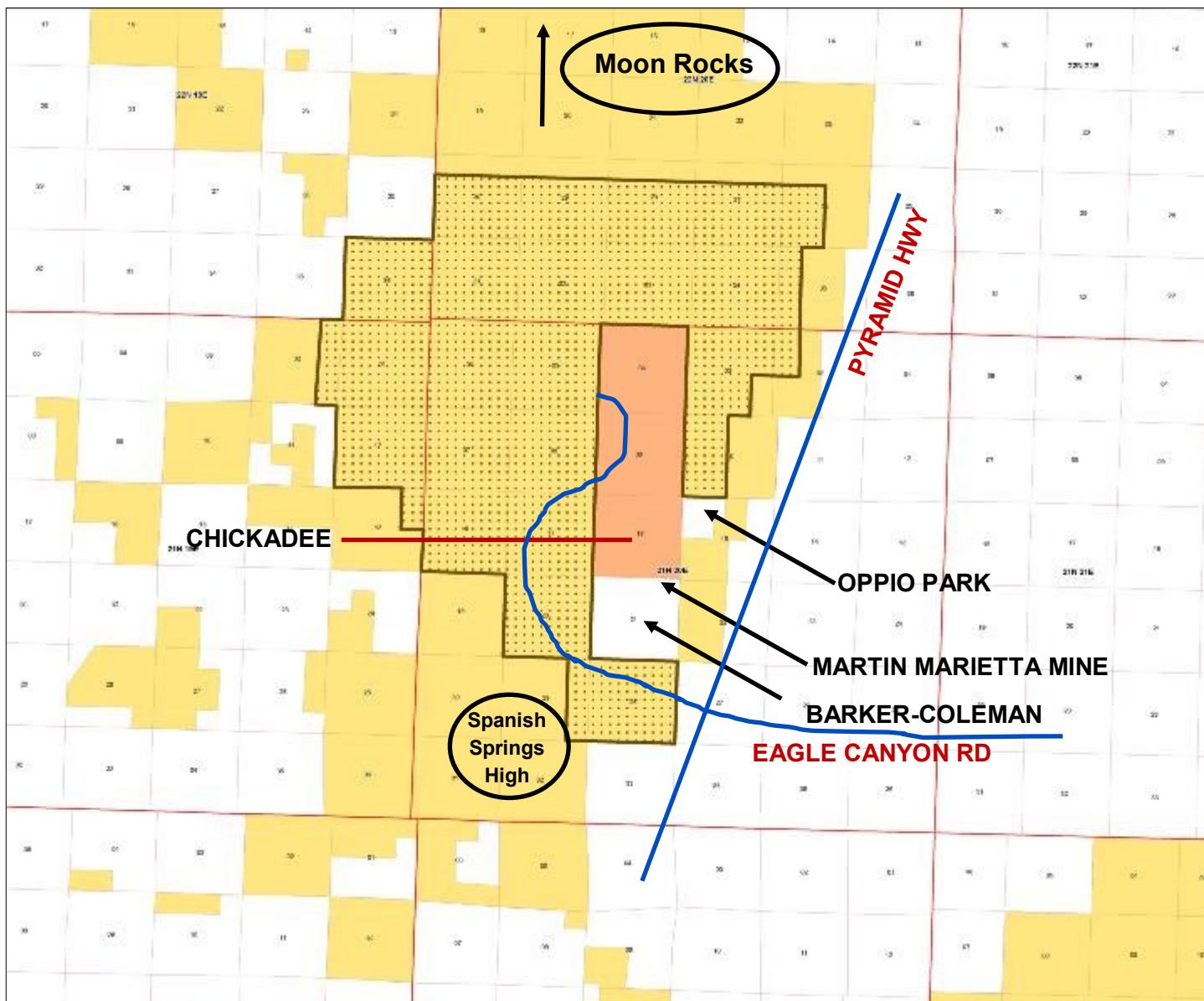
million acres of public lands in Nevada. The acreage the six tribes are asking to be transferred is just 0.17 percent of the over 80 percent of the land in Nevada which is owned by the federal government.

Chairman Melendez said that the RSIC and all the tribes look forward to working with their partners in local government

# Hungry Valley Land Expansion to Cover 13,434 Miles

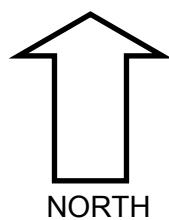
*Land Act will secure tribal cultural, natural resources, economic development options*

The RSIC Tribal Council, along with Tribal Police and Hungry Valley Fire departments wish to remind all community members that the Bureau of Land Management (BLM) will keep jurisdiction of the 13,434 mile expansion for the next 8-12 months as the property must be surveyed before legal ownership will be transferred. If you see illegal activities, please call the tribal police at 785-8776.



 RSIC Expanded Boundary  
 County Boundary  
 Township

 RSIC Hungry Valley Community  
 Bureau of Land Management  
 Forest Service  
 Private



*Continued from page 54*

to ensure the best use of this land to benefit tribal and neighboring communities.

"Native people are one with the land and it raises our spirit," Chairman Melendez said. "We appreciate that our national leaders, Congressman Mark Amodei, Senator Dean Heller, Senator Harry Reid---they understand that."

In addition, the land the RSIC hopes to transfer also holds cultural significance with several landscape features which are used for traditional religious practices and a source of medicinal plants.

Chairman Melendez said that securing the additional acreage in Hungry Valley will allow the tribe—Paiute, Shoshone and Washoe people, to teach their children their spiritual heritage in an appropriate setting.

"We want to teach our children our values by using the land like it is supposed to be used."

This summer, Senator Reid provided a statement at the Senate Committee hearings and in his remarks he said that land is lifeblood to Native Americans and this bill provides space for housing, economic development, traditional uses

and cultural protection.

Senator Heller, who introduced the companion bill heard by the Senate, outlined his commitment to the tribes.

"I'm proud this important bipartisan legislation empowering Nevada's tribal leaders to make important decisions affecting their communities will soon become law," Senator Heller said.

The five other tribes involved are the Te-Moak, Shoshone Paiute Tribes of Duck Valley, the Pyramid Lake Paiutes, the Summit Lake Paiutes and the Ft. McDermitt Paiute and Shoshone Tribe.



**Vote Daily —** Reno Rock Camp has been nominated for the Forte Awards, an area competition to honor and give well-deserved recognition to those in the performing arts. The mission of the Forte Awards is to produce an annual awards show and gala fund raising event for our homegrown talent. The benefactors of the Forte Awards will be the Food Bank of Northern Nevada, the Nevada Humane Society and the Veterans Resource Centers of American. However, if Reno Rock Camp wins, the young musicians will be treated to a night of glitz and glamour. The last day to vote at: <https://forteawards.com/nominees-list/rock> is Oct. 24 and the awards show will be on Nov. 3.

*Photo submitted by Michael Hill*