



THE CAMP NEWS

VOLUME XII ISSUE 5

May 31, 2017

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

Volunteers Clean, Enhance Hungry Valley Landscape

Help Wanted: annual June community cleanups set for both RSIC sites

More than 700 volunteers worked at two dozen sites, including Hungry Valley, during the recent Keep Truckee Meadows Beautiful (KTMB) 11th Annual Great Community Cleanup.

KTMB organizers estimated there were more than 113,600 pounds of trash and weeds removed. Trash included tires, yard waste, appliances, furniture and televisions.

In fact, the 90 volunteers in Hungry Valley—Spanish Springs High volunteers, Boy Scouts of America, RSIC Tribal members, residents and employees; public works, firefighters, Tribal police and council members—did such a thorough job that a second dumpster had to be ordered for the trash.

All told, 60 yards of trash were collected in the Hungry Valley area. That is enough trash to cover the surface of 10 gym floors.

According to the Environmental Protection Agency (EPA), in 2016 every person in the United States generated 4.6 pounds of waste per day.

Unfortunately, many people

do not properly dispose of or recycle their garbage and it ends up in rural areas such as Hungry Valley.

Specifically, the national office of KTMB found that 18 percent of all littered items end up in streams and waterways as pollution, and a fire starts somewhere in the world every 12 minutes because of litter.

Prior to the cleanup held Hungry Valley, Reno-Sparks Indian Colony Tribal Chairman Arlan D. Melendez noted that KTMB included Hungry Valley

in its annual spring event despite the change in the reservation boarders due to the passage of the Nevada Native Nations Land Act (NNNLA).

"Even though the public lands changed ownership with the NNNLA, the RSIC maintains its partnerships with the KTMB and the national cleanup events such as the Great American Cleanup," said Laura Medvin, the director of the RSIC Environmental Program.

Though the continued support

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Steward of the Land — Teri Larson, a resident of Hungry Valley, carries loads of trash she collected near mile marker No. 1 off Eagle Canyon Road during the recent 11th Annual Great Community Cleanup organized by Keep Truckee Meadows Beautiful. Larson was one of 90 volunteers to tackle the illegal dumping and litter sullying Hungry Valley.

2017 Honoring Our Students



Social Pow Wow

We will forever be
known by the tracks
we leave behind us...

**Congratulations
Class of 2017**



Elizabeth Hardin

Light Refreshments Served

When: Thursday June 15, 2017

Chandler Sampson

Where: Anderson Park/Reno Gym
34 Reservation Road

Weather Permitting/ Bring Chairs

Time: 6:00 p.m. – 8:00 p.m.

Mc: Hank Johnson

Arena Director: Sam Johnson

Head Drum: Young Chief

Headman Graduate:
Chandler Sampson

Headwoman Graduate:
Elizabeth Hardin

**Sponsored by The
Reno-Sparks Indian
Colony Education
Department**



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 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 (775) 329-2936.

ELECTRONIC EDITION

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

Important JUNE dates

- 1 Beading Circle With a Twist, Hungry Valley Recreation, 6 p.m.
- 2 Reno Tahoe Odyssey, All My Relaytions, Winfield Park, 10:30 a.m.
- 3 Memorial Fun Run, Virginia Lake, Registration 7:30 a.m.
- 5 Education Advisory Committee meeting, Education Conference Room, Noon
Senior Advisory Committee meeting, Senior Center, 1 p.m.
- Enrollment Advisory Committee meeting, Enrollment Office, 5:30 p.m.
- 6 APPLIED Suicide Intervention Skills Training, RSTHC, 8 a.m.
- 7 APPLIED Suicide Intervention Skills Training, RSTHC, 8 a.m.
Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.
Law & Order Committee Meeting, Tribal Court, 6 p.m.
Picasso & Pie, Hungry Valley Gymnasium, 6 p.m.
- 9 Last Day of Washoe County School
Native Wellness Talking Circle, Tribal Court Building, 1 p.m.
- 10 Hungry Valley Community Cleanup, 8 a.m.
- 12 RSIC Library Summer Reading Challenge Starts
- 13 Summer Food Service Starts, 34 Conf Room & Hungry Valley Education
- 14 Men's Health Luncheon, RSTHC, Noon
Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.
Father's Day Raffle, Senior Center, 12:30 p.m.
Tribal Council Meeting, Hungry Valley Rec Center, 6 p.m.
- 15 Deadline to sign up for Summer Reading Program
Social Pow Wow Honoring Students, Anderson Park, 6 p.m.
- 19 Executive Health Board meeting, RSTHC, 5:30 p.m.
- 20 Commodity Distribution, Senior Center, 8 a.m.
Native American High School Basketball Showcase, Colony Gym, 5:30 p.m.
- 21 2nd Annual Gather of Native Youth Conference, Colony Gym, 9 a.m.
Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.
- 22 Summer Reading Program, Hungry Valley or Reno Ed Dept., 9:30 a.m.
Downtown Colony Community Cleanup, 8 a.m.
2nd Annual Gather of Native Youth Conference, Colony Gym, 9 a.m.
- 23 Nevada Department of Veterans Services Training Summit, GSR, 7:30 a.m.
RSTHC Behavioral Health Summer BBQ & Health Fair, 3 p.m.
- 24 Nevada Department of Veterans Services Training Summit, GSR, 8 a.m.
- 26 Housing Advisory Board Meeting, Housing Office, 6 p.m.
- 27 Summer Reading Program, Hungry Valley or Reno Ed Dept., 9:30 a.m.
National HIV Testing Day, RSTHC, 10 a.m., Hungry Valley, 2 p.m.
- 28 Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.
Economic Development Meeting, Hungry Valley Rec Center, 6 p.m.
- 29 Talking Circle, RSTHC Behavioral Health Division, 4 p.m.
PTSD Bingo, RSTHC Conference Room, 5:30 p.m.

New RSTHC Hours of Operation on Wednesdays

The **first Wednesday of each month** all divisions close at noon, except the pharmacy. The pharmacy will operate from 9 a.m. — 5 p.m., on the **first Wednesday of each month**. Also, in addition to the noon closure the **first Wednesday of the month**, dental will close at 2 p.m., on the subsequent Wednesdays.

**CONGRATULATIONS
to the Winners of our
Snowman Reading challenge at H.V. Tutoring
Watae Red Stone
Aiyana Collins
Ian Dunn-
Koge Red Stone and
Nota Red Stone**



Each student did a report on the books they read



Continued from front cover

is a great boost to the efforts to keep the area clean, Chairman Melendez sees new opportunities for the RSIC community.

“The Creator blessed us with the return of this ancestral land and our effort to clean up is an example of how we should express our gratitude,” Chairman Melendez said. “As the new and rightful stewards of this land, we were proud of the strong turnout our community had at this annual event and we look forward to an even bigger turnout in June.”

Continued on back cover

**“...our effort
to clean up...is an
example of how
we should express
our gratitude...as
the new and
rightful stewards
of this land ...”**

—RSIC Chairman
Arlan D. Melendez

Editor’s Note:

KTMB’s Great Community Cleanup is made possible by the Keep Truckee Meadows Beautiful (KTMB) organization, Truckee River Fund, NV Energy Foundation, Washoe County Health District, Waste Management, City of Reno, City of Sparks, Sun Valley General Improvement District, Washoe County, the Washoe County Sheriff’s Office, and the RSIC.

American Indian Values:

Why are Native Americans connected to the land?

The environmental wisdom of Native Americans is legendary as all 567 federally recognized tribes’ in the United States believe they are linked to the land.

For thousands of years prior to contact, American Indians lived in harmony with their environment, especially in the harsh Great Basin which required its inhabitants to follow or move to the available food.

Until contact with non-Indians, American Indians did not have a concept of private property, and when the non-Native introduced the idea that land could be bought and sold, it was incomprehensible to Native Americans.

Today, even though the overwhelming majority of indigenous people continue to respect nature and continue to treasure land, when traditional ways of life changed (in the early 1800s in the Great Basin), beliefs changed, too.

Besides disillusionment from forced assimilation and/or forced isolation, the advent of agriculture and eventually industry brought massive shifts in attitudes toward Mother Earth.

To this day, our complex history often leads to misunderstandings between Native and non-Natives about the time-honored relationship American Indians have with the land.

“For the Native American, nature and ecology represent and include what are often the most important elements of a traditional lifestyle,” wrote Dr. Padraig Kirwan in his paper: *The Emergent Land: Nature and Ecology in Native American Expressive Forms*.

A professor at the University of London, Kirwan argues that for Native Americans, fundamentally, the earth is the creator, a spiritual being containing many natural deities. He said that in this way, the land is the source of all sustenance — a powerful source of stories and tribal history, and also a definer of identity, both tribal and individual, whilst also providing physical sustenance.

According to Kirwan, in the non-Native world, nature evokes a vision of a physical world that is separate and distinct from the individual—a world where humankind is placed above the entirety of creation. However, for Native Americans and other indigenous people, the landscape’s natural topography always encompasses the beliefs and stories of their people.

Like many traditional American Indians, Kirwan says that essentially, Natives’ spiritual belief was and is centered on the natural earth, encapsulating the entirety of creation and treating each creature, plant, and animal as equal and of intrinsic self-worth.

RSIC Language & Cultural Coordinator Stacy Burns has summarized Native Americans’ approach to the earth.

“We belong to the land,” Burns said. “We don’t own the land.”

Earth-Friendly To Do List

Activities between organized land cleanups

- Never let trash escape from your car or truck bed. Keep it contained inside of your vehicle.
- Never throw tobacco litter on the ground. This includes butts, wrappers and packaging, lighters, matches, and cigar tips
- Pick up litter in your neighborhood and community
- Use Energy Star light bulbs, light fixtures and buy Energy Star appliances
- Keep your heating/cooling system properly maintained and seal and insulate your home.
- Reducing, reusing, and recycling helps conserve energy and reduces pollution and greenhouse gas emissions from resource extraction, manufacturing, and disposal.
- If you don't have recycling available in your community, contact leaders and ask for recycling options.
- Composting your food and yard waste reduces the amount of garbage that you send to landfills and reduces greenhouse gas emissions.
- Bring your own reusable bags for shopping. Plastic bags are made from petroleum products and natural gas, both non-renewable resources; and they largely wind up in landfills, storm drains, trees, and even oceans.
- Use water efficiently. It takes lots of energy to pump, treat, and heat water, so saving water reduces greenhouse gas emissions.
- Switching to public transportation, carpooling, or biking can save energy and reduce greenhouse gas emissions on your way to and from work.
- Drive smart which means to improve your fuel economy and reduce greenhouse gas emissions, go easy on the brakes and gas pedal, avoid hard accelerations, reduce your time spent idling (no more than 30 seconds), and unload unnecessary items in your trunk to reduce weight.
- Don't forget regular vehicle and tire maintenance which helps increase fuel efficiency.
- Whenever possible, support clean, renewable energy. These include solar, wind, hydroelectric, bioenergy, geothermal, and ocean/tidal.

For more information, please contact:

Bhie-Cie (BC) N. Ledesma, MPH
Environmental Specialist II (EPA & CAA)
Reno-Sparks Indian Colony
Planning Department/Environmental Program
Office (775) 785-1363 Ext. 5407
1937 Prosperity Street, Reno, NV 89502

Neighborhood Cleanup

Hungry Valley
Saturday, June 10
8 a.m. – 1 p.m.
The Colony
Friday, June 23
8 a.m. – Noon

◀ To request assistance for elders and disabled residents, please contact RSIC Public Works, (775) 785-1341.

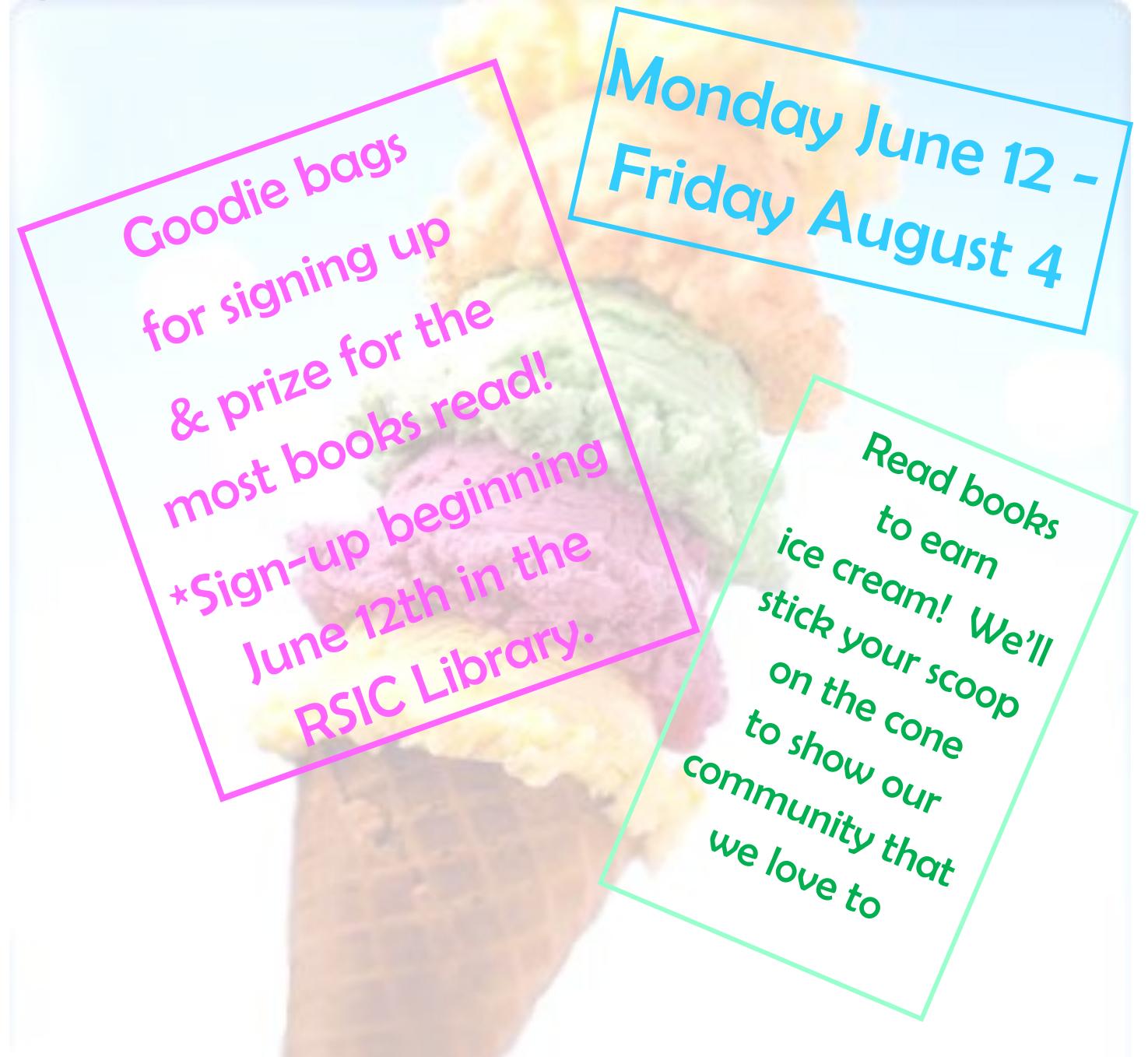
◀ Please DO NOT put car batteries, appliances, TVs, household hazardous wastes, degreasers, anti freeze or other liquids in dumpsters.

◀ Please do not attempt to salvage items or use dumpsters prior to the event.



You must sign-in by 8am to receive tools and a raffle ticket for the complementary barbecue.
Questions? Please call BC Ledesma at (775) 785-1363.

Summer Reading Challenge



Goodie bags
for signing up
& prize for the
most books read!
*Sign-up beginning
June 12th in the
RSIC Library.

Monday June 12 -
Friday August 4

Read books
to earn
ice cream! We'll
stick your scoop
on the cone
to show our
community that
we love to

Contact: Adriana Gutierrez (775) 785-1320
RSIC Library, 401 Golden Lane, Reno, NV 89502

Reno Sesquicentennial Celebration Has Native Flair

Most important, influential people includes three American Indians

Native American pow wow dancers and the recognition of the contributions of three American Indians underscored the City of Reno's sesquicentennial kicked off on May 9 in downtown Reno.

"There's so much history that we have here in Reno," said City Councilman David Bobzien. "There is a lot to celebrate and it is important as we're looking forward, we remember the past."

Representing that past were Paiute, Shoshone and Washoe people, the original stewards of the land which became the City of Reno in 1868.

As part of the yearlong celebration of the biggest little city, Bobzien recognized the inaugural 15 honorees of the City's 150 most important and influential people in Reno's history.

Katie Christy Frazier (1890-1991), Captain Truckee

(1780/1790 – 1860) and Beatrice "Bea" Thayer (1927-current), were acknowledged for their respective contributions to the city.

"We want to know, for the past 150 years, who has helped make our community the best place to live, work and play," said Alex Hill, the Arts, Culture and Special Events Manager for Reno."

Frazier, the State of Nevada National Indian Educator in 1984, taught five generations of her family Paiute arts and language. Frazier's award-winning video documenting her life entitled: *That Was Happy Life: A Paiute Woman Remembers*. Still today, proceeds from this video go to the Katie Frazier-Native American Alumni Chapter Scholarship for Great Basin Native students at the University of Nevada.

Truckee, a Northern Paiute who was the patriarch of several Great Basin historical figures, helped settlers successfully cross the Sierra Mountains into California in 1844 and was the namesake of the mighty river which drew newcomers to the area.

According to Northern Paiutes, Truckee was not this legendary leader's name. Because the early settlers were not familiar with the Paiute language, the newcomers gave him the erroneous name.



Dynamic Duo — Reno-Sparks Indian Colony Veteran Beatrice Thayer and City of Reno Mayor Hillary Schieve enjoy a photo opportunity during the Reno 150 Kickoff. Thayer was named one of Reno's 150 most influential and important people in conjunction with the city's sesquicentennial. Her biography as well as other Native American honorees are on page 9.

Photo Submitted By Daniel Thayer

Continued on page 10

Three Natives in Initial Reveal of Reno People Project

American Indian veteran, an educator, Great Basin guide recognized

Beatrice “Bea” Thayer

Born in 1927, Thayer is an expert on the old ways as well as a suffragette.

A member of the Reno-Sparks Indian Colony, at 90-years-young, Thayer is a respected elder, a Veteran of World War II, a great-grandmother of 10. She remembers watching women grind pine nuts and other seeds which sustained Indian people. She carefully observed as leather workers set up deer-skins on slanted trees to soak the hides and scrape the fur. All the while, just four miles away, the City of Reno was bustling and growing into a gambling mecca. Thayer attended a one-room school house, but eventually went to the historic Orvis Ring School. Eventually, she transferred to Stewart, a nearby federal boarding school for American Indians, intended to assimilate the young, impressionable students into mainstream society. At the age of 17, Thayer enlisted in the US Army Air Corps during World War II. From 1952-1956, she was headquartered at the 12th Air Force Base in Wiesbaden, West Germany. Thayer followed up with a volunteer career in the Nevada Army National Guard, serving from 1973 until her retirement in 1982. Thayer has two children, five grandchildren and 10 great grandchildren.

Katie Christy Frazier

(1890-1991)

Living during the turn of the century and known as the Jewel of Pyramid, Frazier was born on July 4, 1890. She lived in the city of Reno in the late 1890's and early 1900's at the Reno-Sparks Indian Colony.

She was raised in the native Paiute culture and became a skilled craftsman, providing Paiute baby cradleboards, moccasins, regalia and quilts.



Life Long Educator — *Recognized as one of the 150 people who have contributed to the history of the City of Reno, Katie Frazier's family attended the birthday celebration and received an award on her behalf.*

Photo provided by family

Frazier was also a premier teacher of the Paiute arts and language. She lived to see five generations of her family, carry on her art and teachings today.

Frazier's recognitions include State of Nevada National Indian Educator in 1984, Governor's Award for Excellence in Folk Arts in 1986 and Outstanding Senior Citizen of the Year in 1989.



Namesake — *Grateful pioneers named the river after this Paiute Indian leader who safely guided immigrants over the Sierra Pass.*

Photo provided by RSIC THPO

Captain Truckee

(1780/1790 – 1860)

Captain Truckee's accomplishments are embodied through the river that is named after him.

The river, the jewel of downtown Reno, was named in honor of this Northern Paiute leader.

Truckee was the father of Chief Winnemucca and the grandfather to Sarah Winnemucca and Natchez, all of whom are significant historical figures of Nevada.

Truckee's contributions to the City of Reno and Nevada are significant and innumerable.

Truckee guided emigrants, like the Murphy-Stevens-Townsend Party, along the pass that is now called the Truckee Trail.

The Truckee Trail is part of the California Trail that goes directly through the Truckee Meadows in what is now Reno. Without the Paiute leader, Captain Truckee, the Murphy-Stevens-Townsend Party, who were the first to cross the Sierras, most likely would not have survived their trip in 1844.

Continued from page 9

Captain Truckee's lineage was rich with future leaders as he was the father of Chief Winnemucca and the grandfather to Sarah Winnemucca and Natchez, all important historical figures of Nevada.

Thayer, a member of the Reno-Sparks Indian Colony, is treasured tribal elder and a decorated World War II Veteran. She just celebrated her 90th birthday.

"From the first Founder's Day to the most recent graduating classes, there are extraordinary people who helped build this City, create its character and move it forward," Hill said. "We want to acknowledge those individuals and their contributions."

For the next year, Reno 150 will be recognizing 150 persons who have contributed to the 150-year history of the biggest little city.

To nominate someone you believe has contributed

to Reno, see:

<http://www.reno.gov/about-reno/reno-150-birthday>

Besides speakers, the event included offerings for all revelers. Attractions and activities included: a birthday cake, a photo booth with a historic background, the Reno Rodeo's Chuck Wagon, a vehicle from Hot August Nights, the latest Tesla automobile, a balloon from the Great Reno Balloon Race, showgirls wearing MGM costumes, the sounds of the Reno Municipal Band, and for the finale, the RSIC Pow Wow Club provided entertainment.

Eleven dancers demonstrated several pow wow dances including men's grass, jingle and fancy dances.

In addition, the group shared a choreographed routine which they often perform in parades. The event concluded as the dancers invited the audience to participate in a friendship dance.



Celebrate- The RSIC Pow Wow Club concluded the City of Reno's sesquicentennial kickoff with a friendship dance. Pictured very top: Karianna John. Middle: Bridgette Stump. To the left, pictured are back row: Robert Sampson, Angie Alsobrook, Ayden Sampson, Teresa Melendez, Sydnee Shoemaker, Bridgette Stump and Janice Stump. Front: Chesney Sampson, Karianna John, Emmiegh Mason and Dae Uribe-Furst. Princess and group photos thanks to the City of Reno.

Proposed Budget Dismays American Indian College

Federal Budget Cuts Betray Treaty Obligations, American Dream

Denver, Colo. — American Indian College Fund President and CEO Cheryl Crazy Bull issued the following statement with regard to President Trump's fiscal year 2018 budget.

Unfortunately, the Trump administration's federal budget released today falls far short of meeting the federal government's responsibilities with regard to Native education.

If this budget were to pass or if portions of the budget pertaining to education pass Congressional review, our federal government would be expressly ensuring that education is no longer a viable path for a better life and a better future for millions of Americans.

In addition, our federal government would be blatantly disregarding its federal trust responsibilities derived from the nation to nation relationships rooted in treaties.

Under this proposed budget, indigenous people, who already are severely underserved, would face additional and greater obstacles to education. Without pathways to an affordable higher education our students' dreams of better lives will die. Native students will no longer be able to access a higher education because the educational resources and social supports they need will no longer be there.

The American Indian College Fund joins the National Indian Education Association in voicing its serious concerns about the published proposed budget cuts, including opposing:

The proposed temporary suspension of construction of new Bureau of Indian Education (BIE) schools and proposed cuts to BIE school budget by \$64.4 million. BIE schools and students often face the greatest economic and sociological challenges; *these substantial cuts are unconscionable*.

The proposed elimination of \$65 million in funding for two programs that serve Alaska Native and Native Hawaiian students runs counter to the federal trust responsibility and jeopardizes these students' education and futures. The finalized budget must fully fund these programs.

The proposed \$782 million cut to the Perkins Loan Program would disproportionately impact Native students by creating additional barriers to a higher education for those who disproportionately suffer from poverty and see higher education as a path to a better future.

The proposed cuts would significantly reduce the Federal Work-Study program, an important source of funding for student employment at tribal colleges and universities. Many indigenous students, especially those with dependents, rely upon work-study employment

to supplement their income.

The elimination of \$1.2 billion in after-school program funding at 21st Century Community Learning Centers would hit indigenous students hard. Native students are the most impoverished group in the nation, and rely upon the services provided through these programs to survive (including healthy food, tutoring services, and a safe and secure after-school care environment). Eliminating these programs directly undermines indigenous students' health, safety, intellectual development, and ability to thrive.

The elimination of \$2.2 billion in state grants that support instruction, including teacher professional development opportunities and class-size reduction programs, would also harm indigenous students by limiting educators' ability to teach effectively to our nation's most at-risk students. By refusing to invest in our students' futures, we are saying we are throwing them—and our nation—away, by refusing to invest in the future of our nation.

The American Indian College Fund is asking supporters to contact their elected officials and demand that they reject the proposed budget cuts to the Department of Education and Department of Interior Indian Education budgets.

Reno-Sparks Indian Colony

LANGUAGE & CULTURE PROGRAM'S

Hungry Valley Ribbon Skirt Class Highlights...



Elysa Buckheart



Natalie Smith and Susie Albright



Judy Martin and Jenny Burns



Vickie Moore



Mona and Elysa Buckheart



Keep Your Children, Teens Safe From On-Line Dangers

Grandparents, parents guide to protecting young people using internet

*Submitted by Angelo Hafalla
Training Coordinator, Tribal Police*

Many of today's children and teens are totally immersed with texting, Instagram, Facebook, Twitter, and other social networking sites. While social networking may appear harmless to many of these young people, it can open the door to child predators and other dangers.

As part of efforts to keep kids safe on the internet, the Washoe County Sheriff's Office supports National Internet Safety Month during June.

The RSIC Tribal Police Department encourages parents to educate themselves about the potential dangers of social networking and to make sure that they are aware of what their children are doing online.

A Pew Research Center and the National Center for Missing and Exploited Children survey of 10 to 17-year-olds showed that 34 percent of them had posted their real names, telephone numbers, home addresses or the names of their schools online for anyone to see.

Allowing kids to go online

A Real Threat — *Cyberstalking is criminal behavior involving threats or unwanted attention using the internet and other computer communications. Like other stalkers, cyber stalkers want to intimidate and control their victims. The internet has drastically changed the world and young users must be kept safe.*

File Photo

without supervision or ground rules is like allowing them to explore a major metropolitan area by themselves.

The internet, like a city, offers entertainment and educational resources, but also presents the risk of coming across websites containing adult or violent images, false information or worst, coming into contact with sexual predators.

Kids need help navigating this world.

Below are some internet safety tips to keep children safe:

- Keep social networking site profiles set to "private."
- Do not give out personal details such as address or school information.
- Turn off your webcam after using it so it cannot be hacked.

- Do not send anyone inappropriate photos of yourself or anyone else.
- Parents, discuss the dangers of the internet with your child and set ground rules to follow.
- Review safety/parental controls on your computer, search engine, email, and instant messaging.
- Monitor your child's online activity and the sites they visit.
- Keep the computer or laptop in a common area, not in your child's room.

To report a crime or for more information, go to:

www.cybertipline.com

Or call Tribal Police at:

(775) 323-2677



Reno Sparks Indian Colony Presents:

2ND ANNUAL GATHERING OF NATIVE YOUTH CONFERENCE

WHO: Native Youth ages 12-18

WHERE: RSIC Gym, 34 Reservation Rd.

WHEN: June 21, and 22nd 2017, 9 am—3 pm

The theme for this years conference is “Empowering Youth”. Let's come together and support the future leaders of our communities!



GUEST SPEAKER:

Sarah Sunshine Manning

Shoshone Paiute Chippewa-Cree

Writer, Mother, Educator, Activist, and an
Advocate for Youth.

The conference consists of workshops and fun activities including basketball,
volleyball, gaming and more.

Breakfast, lunch, and refreshments will be provided both days.

For information regarding registration, contact

Ravelle Camas at Nevada Urban Indians, Inc.

Phone: (775) 788-7600 ext. 118

Email: rcamas@nvui.org

This event is sponsored by the MSPI Grant in collaboration with the RSIC Recreation department, RSTHC Behavioral Health department, RSTHC Wellness Court, RSTHC Community Health, RSIC Environmental Department, Nevada Urban Indians, Inc., and Join Together Northern Nevada.

Eagle Canyon Road Receives New Striping

Safety enhancement project completed with BIA, Tribal Transportation funds



*By Scott Carey
Reno-Sparks Indian Colony Planner*

Community members in Hungry Valley may have noticed something different lately while driving on Eagle Canyon Road.

At the end of April, for the first time in nearly a decade, a new coat of roadway paint was applied to the edge and center lines of the road.

The new paint with reflective glass beads was applied to enhance safety on the roadway and to help drivers' better see the lines at night.

In January, the Reno-Sparks Indian Colony Tribal Council approved a contract with Intermountain Slurry Seal Inc., of Reno to restripe the road. This safety enhancement project was funded using of BIA Tribal Transportation Funds provided to the Colony. The RSIC Planning Department is pleased to report that the project was completed on time and on budget and with no major impacts to the residents during construction.

See the before roadway paint and after roadway paint photographs. The RSIC Planning Department would also like to extend its appreciation to the community for its patience and cooperation during this project.

www.rsic.org

30 Years later, Supreme Justice's Phrase Still Resonates

Judge jokes about figuratively, literally scalping the Indians

Some years ago, I came across an interview with Gordon B. Davidson from March 4, 1981, which is part of the "Stanley Reed Oral History Project."

The interview was published on the internet by the Louie B. Nunn Center for Oral History, at the University of Kentucky libraries.

Davidson was a clerk for Justice Stanley F. Reed during the 1954-55 Supreme Court term, which was when *Tee-Hit-Ton Indians v. United States* 348 U.S., 272 (1955) was argued and decided.

The interview was conducted by Gilson. It is slightly more than one hour in length, and it's quite illuminating.

The audio recording was retrieved on April 4, 2017. At one point in the interview, Davidson says: "The Teton Indians [*Tee-Hit-Ton Indians v. United States*] is another very interesting case."

Gilson: "Yeah. [Justices] Douglas and Black dissented on that one."

Davidson: "Yeah. Yeah. That was a case that . . . that the justice, I remember, in our debate said, 'If. . . if the Indians should win in this case, how would we ever pay them off.' [laughter by Davidson and Gilson]. Which is a pretty pragmatic view of the thing."

Notice there is no discussion about the reasoning of the decision, or whether the Tee-

Hit-Ton Indians deserved compensation for a taking of their timber.

Reed was solely concerned with the monetary implications for the United States.

Later in the interview Davidson states: "But the Teton [Tee-Hit-Ton] Indians was. . . we had a heck of a time with the Indians. I helped with that opinion, too. They were members of the Klingit tribe."

GILSON: "Yeah, in Alaska."

DAVIDSON: "Spelled K-l-i-n-g-i-t, Klingit, and the justice was quite a really . . . he was . . . he was sort of a leading expert in Indian law for the Court."

GILSON: "Oh, yeah?"

DAVIDSON: He had written probably more Indian cases than anybody else, *generally scalping the Indians, I might add.* [chuckle] (emphasis added).

Notice what is being treated as "humorous" word-play between Davidson and Gilson. To "cheat, defeat, or rob" are listed among the definitions listed for "scalp" in *Webster's New Twentieth Century Dictionary* (1962), published seven years after the *Tee-Hit-Ton Indians* ruling of 1955.

Ruling against the Indians in a given case is being characterized as "scalping the Indians." And apparently this kind of racist metaphorical

word-play was somewhat typical in the chambers of the Supreme Court because Gilson, the interviewer, recounts another example.

GILSON: I remember reading some . . . some memoranda from . . . from Douglas after . . . well, after he [Reed] had retired. . . he [Douglas] wrote to Reed criticizing one of [Charles] Whittaker's opinions, saying that, you know, "You scalped the Indians, but Whittaker's really doing it." [laughter—Davidson]

Justice Reed was born on Dec. 31, 1884, and Davidson says that Reed "had trouble finding the government doing any wrong."

Furthermore, Reed was extremely protective of the United States, as demonstrated by his dissenting opinion in an earlier decision, *United States v. Alcea Band of Tillamooks* 329 U.S. 40(1946).

The Supreme Court held that the Alcea Band Indians were entitled to receive monetary compensation for an extinguishment of "original Indian title" in Oregon. Reed wrote a dissent.

"It is difficult to foresee the result of this [Alcea Band] ruling in the consideration of claims by Indian tribes against the United States," wrote Reed. "We do not know the amount of land taken.

Continued on next page

West of the Mississippi it must be large." The Alcea Band case reached the U.S. Supreme Court as the result of a 1935 statute which gave the U.S. Court of Claims "jurisdiction to hear and adjudicate cases involving 'any and all legal and equitable claims arising under or growing out of the original Indian title, claim, or rights in***the lands***occupied by the Indian tribes and bands described in certain unratified treaties negotiated with tribes in the Territory of Oregon."

The majority opinion in the Alcea Band case said that previously, "This Court has always strictly construed such jurisdictional acts." It had not previously "offered [any] judicial opinion on the justness of the handling of Indian lands, except in so far as Congress in specific language has permitted its justiciable recognition."

(emphasis added)

With regard to the 1935 jurisdictional act's mention of "original Indian title," the majority said: "It has long been held that by virtue of discovery the title to lands occupied by Indian tribes vested in the sovereign."

In an accompanying footnote, the court cited, "Johnson v. McIntosh, 1823, 8 Wheat. 543, 573-574, 5 L. Ed. 681."

The title considered vested in the sovereign, said the majority, "was deemed subject to a right of occupancy in favor of the Indian tribes, because of their original and previous

possession."

When we reverse this phrasing, the U.S. created "Indian right of occupancy" was considered "subject to the title vested in the sovereign." The Court majority said that the "original Indian title" "was accorded the protection of complete ownership, "[a]s against any but the sovereign."

However, that form of Indian title "was vulnerable to affirmative action [of a taking] by the sovereign."

The Court said "the sovereign" was possessed with "exclusive power to extinguish the right of [Indian] occupancy at will." Furthermore, a "sovereign" act terminating the right of Indian occupancy, "left the land free and clear of Indian claims." Additionally, the Court said:

Third parties could not question the justness or fairness of the methods used to extinguish the right of occupancy. Nor could the Indians themselves prevent a taking of tribal lands or forestall a termination of their title.

However, it is *now for the first time* asked whether the Indians have a cause of action for compensation arising out of an involuntary taking of lands held by original Indian title.

Justice Reed said in his dissent: "This case presents directly for the first time in this Court the question of whether an Indian band is legally entitled to recover compensation from the United States for the taking by the Government of the aboriginal

lands of the Indians when there is no prior recognition by the United States through treaty or statute..."

Reed continued: "The Court [in this case] allows compensation. The importance of the issue persuades us that we should express the reasons for our dissent." He said the unrecognized "type of occupancy...may be called Indian title."

Under this title, he stated, Indians "get no right to continue to occupy the lands; and any interference with their occupancy by the United States has not heretofore given rise to any right of compensation, legal or equitable."

Editor's Note:

*This column was reproduced with permission from Steven Newcomb (Shawnee, Lenape), the co-founder and co-director of the Indigenous Law Institute, and author of *Pagans in the Promised Land: Decoding the Doctrine of Christian Discovery*. He is a producer of the movie, *The Doctrine of Discovery: Unmasking the Domination Code*.*



Original Indian Title — For years, American Indian tribes have fought the US government over natural resources. *File photo*

Behavioral Changes Will Reduce High Blood Pressure

Most Native Americans with hypertension at risk for additional health complications

High blood pressure (HBP or hypertension) is when your blood pressure, the force of your blood pushing against the walls of your blood vessels, is consistently too high.

What causes high blood pressure?

There are several factors that can contribute to high blood pressure such as:

- Family history
- Overweight/obesity
- Excessive alcohol intake
- Inactive lifestyle/lack of exercise
- A high-salt and/or a high-fat diet
- High intake of caffeine
- Smoking
- Stress

What are the signs and symptoms of high blood pressure?

High blood pressure may not have any symptoms and so hypertension has been labeled "the silent killer."

Longstanding high blood pressure can lead to multiple complications including heart attack, kidney disease, or stroke.

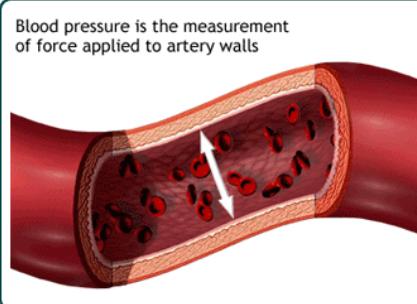
Some people experience symptoms with their high blood pressure.

These symptoms include:

- Headache
- Dizziness
- Shortness of breath
- Blurred vision

What are the potential risks and complications of untreated high blood pressure?

Complications of hypertension are often referred to as end-organ damage because damage to the organs is the end result of chronic (long duration) high blood pressure. High blood pressure increases the risk of developing:



- Heart disease: Increased workload on the heart from pushing against the high blood pressure can cause enlargement of the heart muscle, heart failure, coronary artery disease, and cardiac arrhythmias.
- Kidney disease: High blood pressure damages the filtration system within the kidneys causing proteins to spill out into the urine. These proteins cause further damage to the kidneys and can lead to kidney failure.
- Hardening of the arteries (atherosclerosis): Increased pressure through the arteries and arterioles

causes damage to the inner walls of the blood vessels, resulting in hardened arteries.

- Increased risk of aneurysms: Increased pressure can also cause stretching or dilation of the blood vessels, which can result in aneurysms.
- Eye damage: The sensitive tissues within the eyes are prone to damage from high blood pressure.
- Stroke: Both the hardening of the arteries and the dilation of the blood vessels due to high blood pressure can lead to strokes.

What is the treatment for high blood pressure?

Blood pressure is caused by many different factors, so there are many different treatments. The goal of treating high blood pressure is to keep the blood pressure below 140/90.

Treatments for high blood pressure include:

- Lifestyle modifications:
 - Quit smoking
 - Lose weight
 - Exercise
 - Avoid alcohol
 - Eat a low-sodium, low-fat diet

What dietary strategies can help lower high blood pressure?

Dietary changes are often the first line of treatment recommended by your doctor.

You may be advised to:

- Limit caffeine intake
- Reduce salt intake
- Limit fatty foods
- Avoid alcohol
- Manage cholesterol
- Add potassium-rich foods to your diet (unless you are being treated for kidney failure, as potassium rich foods may be harmful).

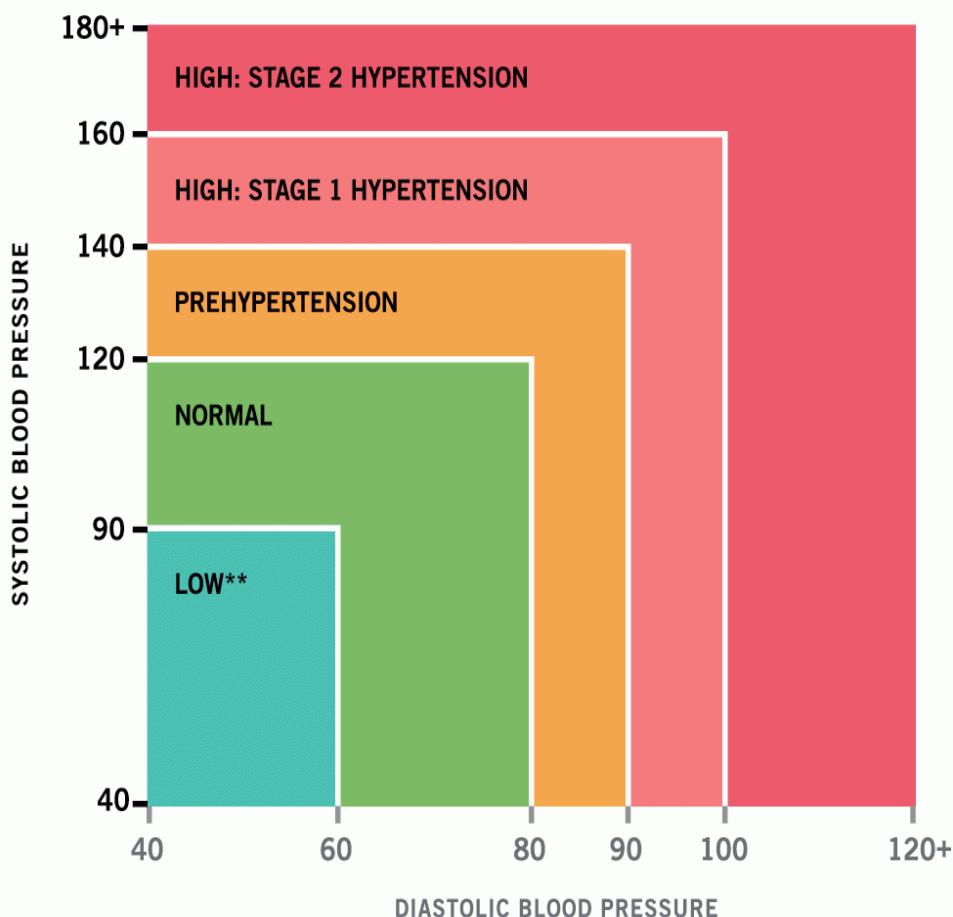
How does exercise help lower high blood pressure?

Exercise helps lower blood pressure by helping you lose weight and keeping your heart and blood vessels in good condition.

Weight loss achieved through diet and exercise helps control factors such as blood sugar, and other complications of obesity. Avoiding these complications helps lower blood pressure.

Consult your doctor before starting any new exercise program. Activities including walking, jogging, biking, or swimming for 30 to 45 minutes per day can help lower blood pressure.

Blood Pressure Chart*



*The data used in this chart come from the "Seventh report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure" (<http://www.nhlbi.nih.gov/guidelines/hypertension/>).

**In general, having lower than normal (120/80) blood pressure is a good thing, but you should consult your doctor or caregiver if you feel your blood pressure is too low and/or you are experiencing symptoms of [hypotension](#).

NORTHERN NEVADA NATIVE AMERICAN HIGH SCHOOL BASKETBALL ALL STAR SHOWCASE



Tuesday, June 20
5:30 p.m. girls' game • 7:00 p.m. boys' game
RSIC Gymnasium
34 Reservation Road • Reno, NV 89502

Admission: \$5 adults \$3 students

Golden Oldies
(60+ years)
Men's & Women's
3-Point Shoot Out
during half times



Over Half RSIC Children Not Properly Restrained

Injury prevention survey finds toddlers at serious risk without secured safety seats

*Submitted by Valentine
Reno-Sparks Tribal Health Center*

Motor vehicle crashes are the number one leading causes of death for Native American children.

Correct car seat usage can drastically reduce the risk for injury, or even death. Proper car seat usage can reduce the risk of injury for infants by up to 71 percent and up to 54 percent for toddlers aged 1-4 years of age.

There are state and tribal laws put into place requiring adults to use child restraints for their protection when travelling in vehicles.

Despite such laws, the Reno-Sparks Indian Colony has shockingly low car seat usage rates.

During the second week of May, the Injury Prevention Program, RSIC Head Start, and Indian Health Service conducted observational car seat surveys at three separate locations.

On day one, the downtown Reno Colony Head Start



Life or Death — Contact the RSTHC Injury Prevention Office for child seat usage instruction.

File photo

Overall usage rate Reno/HV



- Children properly restrained 36%
- Children unrestrained 64%

location was surveyed.

Our survey found that only 42 percent of children were in car seats.

The next day, the Hungry Valley Head Start location was surveyed, and usage rates were found to be even lower at 22 percent.

On the last day the Child Care location in Hungry Valley was surveyed.

There were only five children observed being dropped-off, however only one child was seen using a car seat.

This gives an overall usage rate for all three locations of only 36 percent.

While the surveys were being conducted, some of the things observed were children simply placed in the front passenger seat, unrestrained.

Also, some guardians transporting children had car seats within their vehicle but opted not to use them.

Our tribal law states that "Children aged 5 years and younger, or less than 60 pounds, shall be properly secured in a passenger restraint device that meets the standards prescribed in 49 C.F.R.571.213"

The Reno-Sparks Tribal Health Center Injury Prevention Program provides car seats for children of all ages and how to tutorials and instructions for proper car seat installation and use.

For more information about your car seat or to schedule an appointment, please contact Valentine Lovelace at the RSTHC at: (775) 329-5162.

Beading Circle with a twist

*Beading/Regalia Making Circle
with art business tips on how to make
some extra income from your
creations*

Every other Thursday

6 pm – 8 pm class

Next class June 1

**HV Recreation room below gym
9075 Eagle Canyon Drive,
Sparks, NV 89441**

**Contact Melissa for more info and
to reserve your spot: 505-603-5157**

**Classes brought to you by
Great Basin Native Artists and IDRS**

What Helped Me Move From Depression... to Hope... to Happiness

Ideas From Barbara Mora

■ What helped me

"My husband cleaned out all the unhealthy foods from our house right when he found out I had diabetes. He goes to the diabetes support groups with me. He exercises with me. He says that my having diabetes has helped him become healthier."

► What you can do

Show your partner or family members this article. Talk to them honestly about diabetes. Let them know what you need. Keep asking family members and friends for support. Don't stop until you find a person or people who will be happy for you. Find people who will join you as you change your eating habits and exercise.

■ What helped me

"When I was depressed, I made myself go to a weekly diabetes support group. Even though I didn't feel like going, I went. The more I learned about diabetes, the more I knew I could do things to avoid diabetes complications. The more I learned, the more hopeful I became."

► What you can do

Join a diabetes support group or education class. Go every week, even when your blood sugar levels are "not good." Go even when you are feeling depressed. It is times like these when support groups really help.

■ What helped me

"Beading helped me calm down, get rid of stress, and listen to my inner thoughts. I think the act of beading is like a meditation. It allows me to connect to my ancestors. When I bead, I can feel the love and concern of all those who went before me. I know that they want me to have a happy life. Their voices come to me when I'm beading."

► What you can do

Take time every day and stop being busy. Bead, weave or paint. Take a walk in nature. Pray. Ask the Creator to show you the way.

■ What helped me

"My doctor told me that I had the power to have a good life with diabetes. He stopped everything and gave me time to cry. He was kind and wise and caring."

► What you can do

Find a caring health care staff. If you do not "connect" with your health care staff, talk to another. There are nutritionists, CHRs, and mental health care staff who can connect to your heart.



Barbara and Bob Mora take a walk near Mount Tom.



BEHAVIORAL HEALTH SUMMER BBQ & HEALTH FAIR

FOOD, GAMES, AND PRIZES!!

DISCOVER ALL THE SERVICES BEHAVIORAL HEALTH PROVIDES ♦ THE IMPORTANCE OF WELLNESS AND SELF CARE ♦ FUN INTERACTIVE GAMES ♦ FOOD ♦ PRIZES ♦ FUN FOR THE ENTIRE FAMILY!!

JUNE 23, 2017
RENO-SPARKS TRIBAL HEALTH CENTER
3PM-6PM

**SPONSORED BY RSTHC BEHAVIORAL HEALTH
PROGRAM**

Ask Paul

Client: "I feel anxious, frustrated and my brain is foggy, like I'm in a daze. I think I'm depressed too."

Me: "How do you sleep?"

Client: "Like crap."

Me: "I hear this all the time."

Recently, I was discussing the common problems I see brought on by substance use with our Behavioral Health Clinical Psychologist, Dr. Nielsen. I was telling him that I see people struggling with remorse, guilt, anxiety, depression, anger, grief, need for peace and serenity, self-esteem, relationship problems etc. and a big problem no one really talks about ----SLEEP! Dr. Nielsen said that sleep issues are also a common occurrence with the people he sees and, as usual, he had references and information for me to research. So, I followed up with all of these resources as well as read the book "Sleep, The Mysteries, The Problems, and The Solutions" by Carlos H. Schenck M.D.

I also researched the topic of sleep with the National Heart Lung and Blood institute information, and interviewed Dr. Ruth Gentry who specializes in sleep disorders. The more I researched the topic of sleep, the more intrigued I became and the more information I uncovered that I thought you would find beneficial. So, I'm going to split up this topic into two

articles. The first article I'd like to share an overall view of sleep, its importance, and the many mental and behavioral aspects of sleep. In next month's article I'd like to share some healthy exercises and resources to aid people who may be having difficulty sleeping.

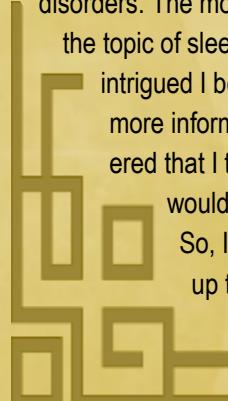
So, here we go into the fascinating world of sleep! Think about this, sleep is an activity that we invest one third of our life, about 25 years, engaging in and many times we just do it. Here are some questions I have about sleep; how do you know if you've had a good night sleep? Why do people wake up in the middle of the night and can't get back to sleep? How do you know if you've slept in one or two positions throughout the night or restlessly thrashed around all night? Unless people video themselves sleeping (which no one so far has admitted to, it's kind of weird) how do they really know how they slept?

Also, I hear reports from people about their partner's sleep: "He snores so loud it's like a freight train rolling through our bedroom." "He can't stop moving his legs. He kicks all night long. Look I have bruises." Or, "I'm sorry, I had that nightmare last night and screamed." Or, "My favorite time with him is when he's asleep. He looks so peaceful and nice."

As a counselor, I strive to relieve stress, pain and suffering, and replace old harmful non-productive behaviors with healthy lifestyle changes. Sleep is one of the most important areas needed for overall

health as sleep is a core component for a person's health. Actually sleep is so important, it is controlled by the same part of the brain that controls a person's breathing and heart beat!

The National Heart Lung and Blood Institute says, "Children and teens who are sleep deficient may have problems getting along with others. They may feel angry and impulsive, have mood swings, feel sad or depressed, or lack motivation. They also may have problems paying attention, and they may get lower grades and feel stressed." This is important as it's not just an issue with older people. We need to ask our youth how they are sleeping. Ask your kids to describe what a good sleep is to them. Do they have bad dreams? Can they remember their dreams? Do they feel tired when they wake up to go to school? When are they going to bed? Do they stay on line and sleep with their cell phone? The National Heart Lung and Blood Institute also says, "Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke. Also, sleep deficiency increases the risk of obesity. For example, one study of teenagers showed that with each hour of sleep lost, the odds of becoming obese went up. Sleep



deficiency increases the risk of obesity in other age groups as well. Sleep helps maintain a healthy balance of the hormones that make you feel hungry (ghrelin) or full (leptin). When you don't get enough sleep, your level of ghrelin goes up and your level of leptin goes down. This makes you feel hungrier than when you're well-rested. Sleep also affects how your body reacts to insulin, the hormone that controls your blood glucose (sugar) level. Sleep deficiency results in a higher than normal blood sugar level, which may increase your risk for diabetes. Most importantly, sleep supports healthy growth and development. Deep sleep triggers the body to release the hormone that promotes normal growth in children and teens. This hormone also boosts muscle mass and helps repair cells and tissues in children, teens, and adults. In addition, sleep plays a role in puberty and fertility. Your immune system relies on sleep to stay healthy. This system defends your body against foreign or harmful substances. Ongoing sleep deficiency can change the way in which your immune system responds. For example, if you're sleep deficient, you may have trouble fighting common infections."

The Sleep Review reported recently that insomnia ranks second, after the common cold, as the most prevalent health complaint in the world. About 30 percent of Americans struggle with

insomnia; the majority are women.

So, let's review the stages of sleep and discuss what is considered normal sleep.

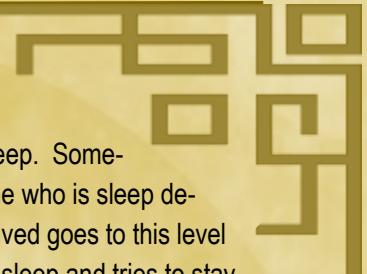
Dr. Carlos H. Schenck M.D. describes the sleep stages in his book, "Sleep, The Mysteries, The Problems, and The Solutions" like this; The two main types of sleep stages are rapid-eye-movement (REM) sleep and non-rapid-eye-movement (NREM) sleep. Rapid-eye-movement is just what it sounds like, your eyes are moving rapidly even though they are closed. Non-rapid-eye-movement means your eyes aren't moving as much while you are sleeping.

Stage 1, NREM, lasts up to 10 minutes and is a light sleep where the person is beginning sleep from being awake – Have you ever jerked yourself awake? That's generally this stage.

Stage 2, NREM is preparing for a deeper sleep. This stage lasts 10 to 25 minutes and is a clear starting point for sleep. As stage 2 sleep progresses the heart rate slows and body temperature drops. Adults spend about half of their time in this stage. The person can still be easily awakened.

Stage 3, NREM sleep. This stage, which generally lasts 20 to 40 minutes, is referred to as a "deep" sleep. As stage 3 sleep progresses, the brain becomes less responsive to external stimuli, and it becomes increasingly difficult to awaken an individual from sleep.

Stage 4, NREM sleep is the deepest



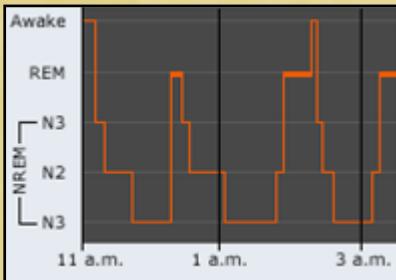
sleep. Someone who is sleep deprived goes to this level of sleep and tries to stay here. It is hard to wake up a person in this stage of sleep. This is the stage of sleep where sleep terrors and sleep walking happen.

Finally, there is REM sleep. The brain is really active in this stage of sleep. The body is paralyzed temporarily in this stage of sleep to keep from acting out dreams. Can you imagine people acting out their dreams?! This stage takes about 20-25 percent of total sleep time. In this stage of sleep the person's heart rate increases, there is more blood flow to the brain, the person breaths faster and shallow, and their metabolism is increased. This stage is important for memory and learning and is easier to awaken than stage 3 and 4.

The important thing is realizing we cycle through these stages multiple times throughout the night. According to the American Lung and Blood Institute, "The average length of the first NREM-REM sleep cycle is between 70 and 100 minutes; the average length of the second and later cycles is about 90 to 120 minutes." We go through these sleep stages all night long.

Following is a graph showing a person's nightly sleep journey. Up and down, you're traveling through stages all night.

So, what is normal sleep and
Continued on next page



Shifting Sleep Patterns—*This hypnogram shows the typical patterns of REM and NREM sleep throughout the night.*

how much sleep do I need?

Everyone is different. Age is one factor. Think about the difference between a baby you know and your grandfather. A baby can sleep through a loud storm, but your grandpa wakes up frequently throughout the night. Also, many other factors like environmental conditions, time of day and stress impact the individuals need.

In my work with clients, I have to consider what substances the person's been taking and calculate the impact the drug has made in their sleep as well as work with the person recognizing what their normal sleep will look like when they discontinue or slow down their substance use. For example, a person on methamphetamines may not have slept in a few days. This behavior will have a strong impact on the persons sleep patterns and shuffling of sleep stages. This person will probably experience deeper periods of NREM sleep – and be harder to wake up while their body is needing this restoration peri-

od to heal. The body knows it is sleep deprived and will accelerate past the first few stages to get to the deeper sleep stage while using. When this person has stopped using this substance, they usually tell me they appreciate knowing what to expect as their body becomes balanced in a healthy way without the substance. Sleep is one of the most impacted areas of the methamphetamine user's life. So, we spend a lot of time talking about becoming more normalized in their sleep.

Alcohol, on the other hand is tricky, it slows down REM sleep at first, then (as alcohol is metabolized) a rebound effect of REM occurs and the person tends to wake up more often throughout the night, thus not having a fully cycled or restful sleep.

So, if there is no substance use, is this a mental problem? NO!

Think of sleep issues as being due to a faulty sleep mechanism. Sometimes an adjustment can help the problem – SHORT TERM medications or behavior modification or both can help. Remember short term medications. The body builds tolerance to medications quickly. This means if your body and brain are used to receiving a chemical consistently, it will stop producing the chemical. Your body is really smart and thrifty. Also, when using powerful drugs like Ambien, Lunesta and Xanax, talk to your doctor about options of taking a lower dose of medications and still getting a good night sleep. Let the doctor know you want your body to

adjust to reaching sleep without the need for the drug. Considering Ambien, your sleep receptors just need a little nudge to be activated. A 10mg Ambien or sleep pill many times will stay in the persons system and work into the next day. Leaving the person feeling tired – kinda like a hangover. Also, find out the way the medication works, like it's time release. For example melatonin works best when it's taken three hours before the person's bed time and can actually have a rebound effect (waking the person up) if taken right as the person goes to bed. Also, like many drugs and the body – the body will stop naturally producing melatonin if it is receiving it consistently.

As always, talk to your doctor and ask them to define what a successful outcome should be and when can you expect to be done with the medication.

Please send me some concerns you have about sleep and hopefully we can examine some healthy alternatives to explore in the next article.

Paul Snyder MA, LADC-S

rnyder@rsicclinic.org

(775) 329-5162, ext.,1962

ASIST

Applied Suicide Intervention Skills Training

Nevada Coalition for Suicide
Prevention & Office of
Suicide Prevention

ASIST Workshop

LEARN

- Recognize invitations
for help
- Reach out
- Offer support

June 6 & 7, 2017

8 a.m.

Reno Sparks Tribal
Health Center
1715 Kuenzli St.
Reno, NV 89502

This training
is offered
through
a partnership
between the
Nevada Coalition
for Suicide
Prevention and
the State
of Nevada's
Office of Suicide
Prevention.

Questions? Call!

Janett Massolo

Training & Outreach Facilitator
Phone 775-687-0847
Email: jmassolo@health.nv.gov

In & Around: Reno-Sparks Indian Colony Community

Committee appointments, spring cleaning with flowers & paint, power of prayer



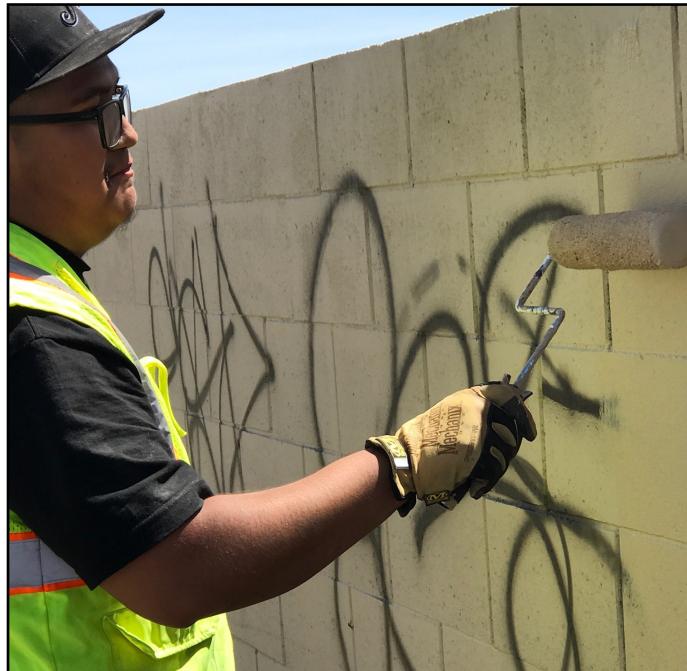
Welcome Aboard – Suzanne Thomas recently took an oath of office to join the Reno-Sparks Tribal Health Center's Executive Health Board. She also recently joined the Reno-Sparks Enrollment Committee.

Photo provided by Chairman's Office



Spruced Up – In addition to new landscaping, renovations are underway to the old Taco Bell Building in anticipation of a new tenant. The neighboring Verdi Smoke Shop, or SS IV, also benefits from the new look.

Photo provided by RSIC Economic Development Office



Status? – There has been a noticeable increase in graffiti throughout the Reno-Sparks Indian Colony. In Washoe County, the Reno Direct Graffiti hotline receives an average of 450 calls per month to clean up “tagging” an attempt to gain status by graffiti writers. At the Colony, the Tribal Police and the RSIC Public Works Department work to eliminate unsightly marks.



Together We Pray – Annually, the Nevada Interfaith Clergy Association hosts a prayer breakfast and this year, Pastor Augustin Jorquez represented the Colony Christian Fellowship. The breakfast is a gathering of citizens to offer prayers on behalf of our State and to bring the spiritual resources of the community together to bear on Nevada's leaders.

In & Around: Reno-Sparks Indian Colony Community

Committee appointments, spring blooms, ancestors' remains now protected



Election Time — Jessica O'Daye was recently sworn in as a member of the Reno-Sparks Indian Colony's Election Board. The RSIC holds elections every four years for four seats on its eight person Tribal Council.

Photo provided by Chairman's Office



Very Scenic — Recently, new landscaping including greenery, trees and flowers was planted in Verdi at one of the Reno-Sparks Indian Colony's business enterprises site.

Photo provided by RSIC Economic Development Office



Summer In Bloom — Thanks to the largest Sierra snowfall season, the foliage and flowers in Hungry Valley are decorating the landscape. Last week, the National Weather Service announced that our 2017 winter brought the most precipitation on record to the Reno-Sparks area.



Done — Representatives from the Reno-Sparks Indian Colony including Michon R. Eben, Scott Nebesky and Chairman Arlan D. Melendez were on hand as Nevada Governor Brian Sandoval signed a new law which prevents a cemetery authority from disinterring remains from burial plots. This will provide protection for our Native American ancestors buried at Hillside Cemetery.

Photo provided by Strategies 360

Father's Day Raffle

Drawing June 14, Wednesday

12:30 p.m. at the Senior Center

Tickets \$1.00 each

purchase from Senior Advisory Committee members



Travel bag, Car Wash Basket, UNR Sport Basket,
Tools/Garden set, Lawn Chairs, Fishing Pole,
Gift Cards, Blanket & more



Call Vicki Moore 775-425-8540

Will also be at the senior center every Wednesday 11 am - 1 pm

Emergency Services Reminder: Snakes Out & About

Protect your home during fire season by with three Rs

*Submitted by David Hunkup
RSIC Emergency Services*

Nevada is home to five snake species that can be dangerous to people and pets. They are the Sidewinder, Mohave, Speckled, Western Diamondback and Great Basin rattlesnakes. With the exception of juveniles, most rattlesnakes encountered in Nevada are 1 1/2 to 4 feet long.

The best way to avoid trouble with venomous snakes is to be aware of your surroundings and observe some safety rules.

- Avoid disturbing, removing or killing snakes. Most bites result from deliberate harassment of reptiles.
- Learn to identify venomous reptiles.
- Use Caution when hiking
- Determine safety from a distance before placing hands or feet atop or among rocks, or crevices, entering abandoned dwellings, caves or mines.
- Lift rocks, wood or other potential cover sites so they are between you and the possible rattlesnake underneath.
- Check under your car on hot days in case a reptile is seeking shade.
- Check where you are going to step before getting in or out of your boat.
- Choose open campsites and always carry a flashlight when walking at night.

- Supervise your children's activities and teach them not to play with any snakes they find. Have them report any snakes they see to an adult.
- Keep pets on a leash.
- What to do if bitten – keep calm and try to avoid any unnecessary activity. Apply cold packs and transport to hospital or call 911.



Gopher Snake—*Not to be confused with a rattlesnake, sometimes, the gopher snake is called a bull snake.* **File Photo**

Do You Have Defensible Space?

Emergency Services wants to help you get prepared

Well, it is that time of the year again when we have to think about wildfires and what we can do to protect our homes.

One of the most important things we can do is to create a “defensible space.”

Now is the time to take a look outside of our homes and make some adjustments.

Defensible space is the area between a house and an oncoming wildfire where the vegetation has been modified to reduce the wildfire threat and to provide an opportunity for firefighters to effectively defend the house.

Sometimes, a defensible space is simply a homeowner's properly maintained backyard.

A minimum of 30-feet is the recommended area to be cleared around the entire home.

REMOVAL

Elimination of entire plants, particularly trees and shrubs (e.g. cutting down a dead tree)

REDUCTION

Cutback plant parts, such as branches or leaves (pruning dead wood, removing low tree branches, and raking dry pine needles)

REPLACEMENT

Substitute hazardous vegetation with less flammable plants

Remember, anything that can burn should be moved away from your home.

In addition, have a family disaster plan. It is important to know the evacuation routes in your area. Teach your children fire prevention and safety.

Finally, have a fire extinguisher and know how to use it. Remember life is more important than property and possessions, and that it only takes a spark to create a wildfire.



United States Department of Agriculture

Summer Food Rocks!

AT THE RENO-SPARKS INDIAN COLONY



The Summer Food Service Program operates Monday-Friday from June 12, 2017 to August 4, 2017

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

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

Reno Site Multipurpose Room 34 Reservation Road, Reno NV 89502	Hungry Valley Site Education Building 9055 Eagle Canyon Road, Sparks NV 89441
---	--

For further information please contact Laura Gallardo, SFSP Coordinator at 775-789-56 X5432, lgallardo@rsic.org

Wet Winter Means More Mosquitos Bites, Even Viruses

Take preventive measures against insects transmitting diseases

*By Phil Ulibarri
Washoe County Health District*

With increased water in the area due to the frequent winter and spring storms that brought record-breaking precipitation into Northern Nevada, the Washoe County Health District is anticipating increased mosquito activity this year.

"It is especially important that residents take action to address potential mosquito breeding areas and utilize preventive measures to avoid mosquito bites," said Washoe County District Board of Health Chairwoman Kitty Jung.

According to health officials, it only takes a few days of warm temperatures for mosquitos and other insects to become active.

Mosquitos are vectors, an insect that can transmit a disease from one plant or animal to another, including humans, so residents

need to take precautions to prevent being bitten.

Most typically in Washoe County, the diseases mosquitos occasionally carry are the West Nile, St Louis, and Equine Encephalitis viruses.

In other areas of the country and the world, mosquitos are known to transmit malaria, yellow fever, dengue fever, chikungunya, and zika.

The Washoe County Health District encourages everyone to avoid biting insects by taking the following precautions:

Wear pants and long-sleeved shirts and apply repellent such as Deet, Picaridin, Oil of Lemon Eucalyptus, or other natural products to protect yourself from biting mosquitos.

Two layers of repellent may be applied, one on the skin and a second on clothing.

Repair tears in doors and window screens around your home or office, or keep them closed to keep mosquitos outside.

Remove standing water or any objects that can trap or collect water around your property which make breeding grounds for mosquitos.

Mosquitos can breed in very small amounts of water, like planters, pet food bowls, toys, tires, and other items lying around homes and yards.

If you have ponds, troughs or water features around your property, contact the Washoe County Health District Vector-Borne Disease Prevention Program at (775) 328-2414 to see if free Mosquito Fish are available.

Mosquito Fish feed on mosquito larvae before they mature into biting insects.



2017 Stewart Father's Day Powwow Princess Pageant

The Stewart Father's Day Powwow Committee
is looking for

2017 Stewart Father's Day Powwow
Princess Pageant Contestants

(Pageant held in conjunction with the Stewart Indian School Alumni Recognition)

Applications are due no later than Friday, June 2, 2017



Contact Chris Ann Gibbons for more information | 775-687-8333 | cgibbons@NIC.NV.GOV



Picasso & Pie!

~ Hungry Valley Gymnasium ~

When: June 7th, 2017

Time: 6pm-8pm

**Who: 50 spots open to ages 6yrs. and up
(children under 6yrs. will not be permitted)**



Art has always been a great way to de-stress and unwind. Come learn about the many benefits of art, learn to paint and enjoy the night with family and community! Only 50 spots will be available.

Please call the Recreation Program at 329-4930 or 785-1360 to reserve a spot.

**This event is sponsored by the RSIC Recreation Program and the
Reno-Sparks Tribal Health Center Behavioral Health Dept. MSPI Grant**

Even Today, Courts Disregard Standards of Law

Kangaroo Court never more obvious than with Indian Country decisions

*Submitted by Steve Melendez
President, American Indian Genocide Museum*

The United Nations Special Rapporteur on the Rights of Indigenous Peoples, Victoria Tauli-Corpuz, just published her End of Mission Statement March 3.

She wrote, "I have learned that many of the complex issues that Native Americans face in the energy development context today are rooted in a long history of land and resource dispossession.

In particular, the policy of allotment implemented by the Dawes Act in 1887 continues to have significant impacts on the development of energy resources throughout Indian Country."

This is very insightful, but the Dawes Act which reduced the Indian land base from 130 million acres in 1887 to 49 million acres in 1933 must be seen as government sponsored land theft, plain and simple.

To be sure, the letter of this unjust law allotted (gave or assigned) to each Indian a 160-acre tract while the other 81 million acres, they gave to themselves.

What any outside observer will more than likely miss is that even at Standing Rock, the Dawes Act is still at play. In the same way the Dawes Act purported to "give" the Indians land in 1887, today the government purports to "give" the

Indians the right to occupy America. How is it that the white man can give something that he does not own? The truth of the matter is that here in America, there are two sets of laws: one for the Indians and one for everybody else. The definition of "American Indian law" is: "The body of law dealing with American Indian tribes and their relationships to federal and state governments, private citizens, and each other."



Justice For All? — Kangaroo courts are sham legal proceedings which are set-up in order to give the impression of a fair legal process.

File Photo

In this "body of law", terms such as land "title" are redefined and you need a law dictionary to keep up with the double talk. You would think that land title would denote

"ownership".

Not so in "American Indian Law". In American Indian Law when the white man has title, the white man owns the land and when the Indian has title, the white man also owns the land. In order to understand this Satanic concept we need to refer to Black's Law Dictionary. "Indian Title" is defined as, "A right of occupancy that the federal government grants to an American Indian tribe based on the tribe's immemorial possession of the area. Congress does not recognize tribal ownership of the land, only possession."

How can the Indians live on the land from time immemorial and when the white man shows up, he owns everything? The answer is very simple. The United States government is standing on the white supremacist colonial law which was codified in the 1823 Supreme Court decision of *Johnson v. McIntosh*- the

"doctrine of discovery". On August 6, 2001, in reply to the question by the UN committee on the Elimination of Racial Discrimination, the United States representatives said that they considered the 1863 Treaty of Ruby Valley only in the context of *Johnson v. M'Intosh*.

This is significant because the Western Shoshone took their 1863 Treaty of Ruby Valley all the way through the U.S. court

Continued on page 36

Continued from page 35

system but each court found excuses not to address the treaty. In reality all Carrie Dann and the Western Shoshone got for their three decade court fight was a kangaroo court based on the Doctrine of Discovery. They wear you down, then throw paper dollars at you. Any time the U.S. government runs a people around for 30 years

in the guise of justice, then offers a cash settlement to an impoverished people, the UN should declare any such fraud null and void. Why?

Because the Doctrine of Discovery posits that American Indians are not human being enough to own anything. Why?

Because the judicial system concerning Indians has been rigged with white supremacist

colonial law.

The UN's Declaration on the Rights of Indigenous Peoples requires in Article 27 that, "States shall...adjudicate the rights of indigenous peoples pertaining to their lands, territories and resources."

In "American Indian Law" the term "adjudicate" seems to have been redefined to mean "a kangaroo court where the Indians always lose.



Where Would We Be Without Secretaries? — *Secretaries Day, sometimes referred to as Administrative Assistant Day, refers to the holiday that celebrates and honors administrative assistants, secretaries, receptionists, book keepers, and other administrative professionals for all the hard work and dedication they constantly display. This includes managing paperwork that would never be done, the phone calls that would never be taken. First originated in 1952, Administrative Professionals Day is now observed in a number of countries worldwide and is one of the most celebrated workplace holidays, especially amongst support staff. Some of those Reno-Sparks Indian Colony assistants whom were honored with a special lunch include: Standing, left to right: Cheryl Johnson, Reno-Sparks Tribal Health Center, Kathleen Wright- Bryan, finance department, Elena Sampson, Head Start, Lawana Martinez, Reno-Sparks Tribal Health Center, RSIC Chairman Arlan D. Melendez, Alicia Wadsworth Hernandez, Chairman's Office, Trisha Taylor, planning department, Elizabeth Dunn, housing department, Lydia Morris, archives and records, Johnny Christy, administration office. Sitting left to right: Penny Sampson, administration office, and Janice Gardipe, education department.*

Photo Submitted By Steve Moran

RSIC MEMORIAL FUN RUN 2017

In Loving Memory Of  *Those That Walked On*

Agenda of Event

- 7:30am Registration
- 8:00am Walk/Run Starts
- 11:30am Raffle/Lunch
- 12:30pm Clean Up

Shirts will be given to the first 300 participants

Choice of 1 mile, 3 miles or 5 miles around Virginia Lake in memory of those who passed on.

Water will be provided along the route

June 3, 2017

New Location

**Virginia Lake (North Side)
1980 Lakeside Dr.**

Reno, NV 89509

Please Bring Your
Own Chairs

For more information contact:
Walita Querta @ 775-334-0938 or
Stacy Briscoe @ 775-329-5162 ext. 1945

Train for the barbed wire crawl, wall climb, rope climb, hercules hoist, bucket brigade, and any other obstacle you want to overcome.
Increase STRENGTH, AGILITY, and ENDURANCE

FRIDAYS 5PM-6PM

CONTACT VANESSA at:
775-329-5162 ext 19746
williams@rsicclinic.org

Three
Nations
Wellness
Center

BEAST MODE ON!

Positively Positive Spartan Premium Content



PosterMyWall.com

by ClaudiB
Getty Images

NOTE: Watermark not on Purchases

RENO SPARKS TRIBAL HEALTH CENTER &
NORTHERN NEVADA HOPES

FREE HIV TESTING

NATIONAL HIV TESTING DAY

June 27th

RENO SPARKS TRIBAL HEALTH
CENTER **10-1PM**

HUNGRY VALLEY **2-4 PM**

**INCENTIVES OFFERED FOR
PARTICIPATION**

If you have any questions, please contact:
Gina Featherstone, Health Education Specialist (775) 329-5162



**Reno-Sparks Indian Colony
Education Department
Summer Reading Program
for
Grades K-6th
Sign-up your child today
Registration closes on
June 15th**

FIRST SESSION

JUNE 20, 21 & 22

JUNE 27, 28 & 29

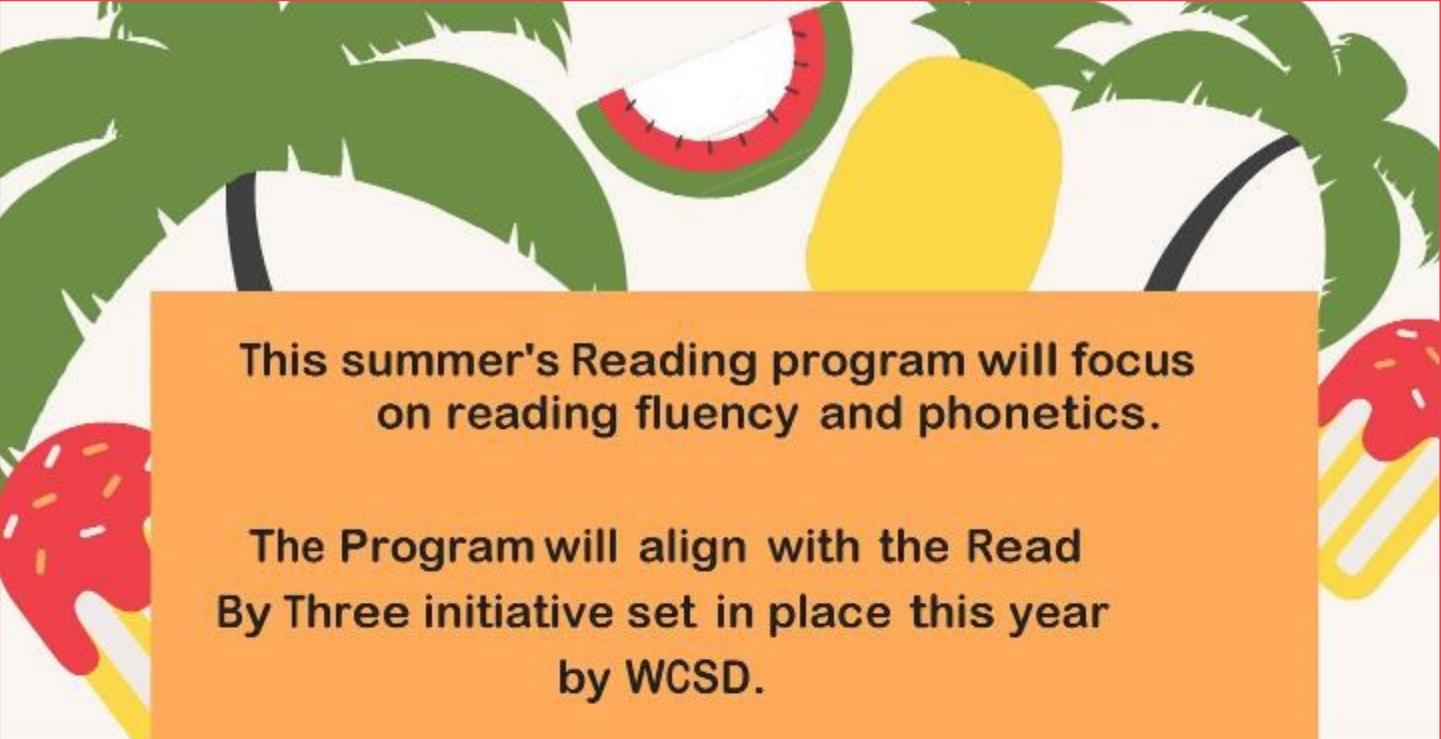
SECOND

SESSION

JULY 11, 12 & 13

JULY 18, 19 & 20

**Children may attend one session or both.
WCSD Teachers from Hidden Valley, Jesse Hall
and Lois Allen elementary schools will lead
the sessions.**



This summer's Reading program will focus on reading fluency and phonetics.

The Program will align with the Read By Three initiative set in place this year by WCSD.

Students will have the opportunity to attend The Summer Foods Program and Summer Day camp.

The sessions will be held in the Hungry Valley Education Office or the Reno Education Office on Tuesday, Wednesday and Thursday 9:30 am -11:30 am

Please call Alice in H.V. at 775-785-1310 or Lynette at 329-6114 to signup your child.

This is a great opportunity for students needing additional help and preparing them for the new school year!



Tactical Team for the Protection of Animals (All Animals) T.T.P.A.



3 March 2017

Re: Pet food donations

To Whom It May Concern:

The Tactical Team for the Protection of Animals is a nonprofit organization (IRS 501 (C) (3)) set up to educate the public to stop the abuse of all animals. We have an agreement with the SPCA in this area to help distribute cat and dog food to needy families to help keep their pets healthy. In order to stay within the guidelines of our charter and to help the SPCA provide the proper amount of food available, would you please provide me with the following information:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Number of Pets: Cats: _____

 Dogs: Small: _____ Medium: _____ Large: _____

Special comments about pet needs: _____

Please get this information to me as soon as possible, either email or mail it to me at the address below or call me on my cell phone: 775-772-9411.

Be aware, there are limits to how much food we can provide and to whom. Also be aware that if your pet is on a special diet, we will not be able to help with that as all the food is donated by pet food companies.

Yours truly,

Karen Jacobs
Director, TTPA

GARAGE SALE

Love in Action-DIMENSIONS

Annual Garage Sale

FRIDAY & SATURDAY JUNE 23 & 24

We NEED your unwanted treasures!!

PLEASE NO MATTRESSES OR OLD ELECTRONICS!!!

If you're spring cleaning, we are asking you to donate your things for our yearly fundraiser that benefits our Community Food Pantry and downtown homeless outreach...

STORAGE IS AVAILABLE NOW!!

EXTRA SELF STORAGE 10650 s Virginia 9a-6p mon-sat.

Closed for lunch mon-sat 1p-2p CLOSED SUNDAYS

Go to front office for entry and key and you must be able to unload your things please. Call Fran 775-772-7873 for other info



The garage sale will be held Fri June 10, 8am-2pm & Sat June 11, 6am-3pm at Valley View Christian Fellowship 1805 Geiger Grade Rd in South Reno. Come by and support your community or you can also give online at dimensionsreno.org. Thank you for your giving!!

ACUPUNCTURE

returns
to RSTHC
with
Dr. Bruce Eichelberger

Schedule with
RSTHC Medical Scheduling

ACUPUNCTURE INCREASES:

- 眼睛疲劳 EYE-STRAIN
- 休克 SHOCK
- 晕眩 VERTIGO
- 高血压 HYPERTENSION
- 支气管炎 BRONCHITIS
- 哮喘+咳嗽 DISTRESS FROM ASTHMA COUGH
- 一般疲劳 GENERAL FATIGUE



ACUPUNCTURE DECREASES:

- 手腕疼痛 PAIN OF HAND JOINTS
- 肠胃不适 INTESTINE ILLNESS
- 肝肾不适 LIVER & KIDNEY ILLNESS
- 恢复力恢复 RECOVERY OF FATIGUE
- 便秘 CONSTIPATION



Sponsored by the
RSTHC Diabetes Program

Questions? Contact Stacy Briscoe RD/CDE at x1945

Announcing

Home ElderFit Visits

with Echo & Tiffany



Echo (RSTHC Community Health Rep) & Tiffany (3NWC Trainer) will come to your home to provide in-home, chair-based exercise for Elders

Sessions are 20-30 minutes

Prevent Falls!

Contact Echo Conway @ RSTHC

329-5162 x1928

to schedule your session!

Workouts focus on
Range of Motion
Flexibility
Balance

Sponsored by the
RSTHC Diabetes and
Community Health
Programs

TUSH PUSH

TUESDAYS AND THURSDAYS 5:30-6:15 PM



LINE DANCING @

THREE NATIONS WELLNESS CENTER

QUESTIONS?? CALL VANESSA 329-5162 EXT. 1946

Yoga with Kim

Tuesdays
5:30-6:30pm
(RSTHC 1st Floor
Conference Room or
upstairs landing)
&

Thursdays
12:10-12:50pm
(RSTHC 1st Floor
Conference Room or patio
by the river)

New! Thursday
lunchtime yoga by
the River

All levels welcome
Sign up not required
All equipment provided

Sponsored by the

RENO-SPARKS INDIAN COLONY EDUCATION DEPARTMENT

4T1 PRogram

ELIGIBILITY
QUESTIONS?

477 CASE MANAGER
SAM RAMBEAU
775-329-6114
SRAMBEAU@RSIC.ORG

EACH SPECIFIC PROGRAM MAY ALSO HAVE ADDITIONAL ELIGIBILITY PROGRAM REQUIREMENTS

EDUCATION AND TRAINING
SUPPORTIVE SERVICES
GENERAL ASSISTANCE
WORK EXPERIENCE
YOUTH SERVICES
CHILD CARE

CARDIO KICKBOXING Adults

Prepare to
sweat!

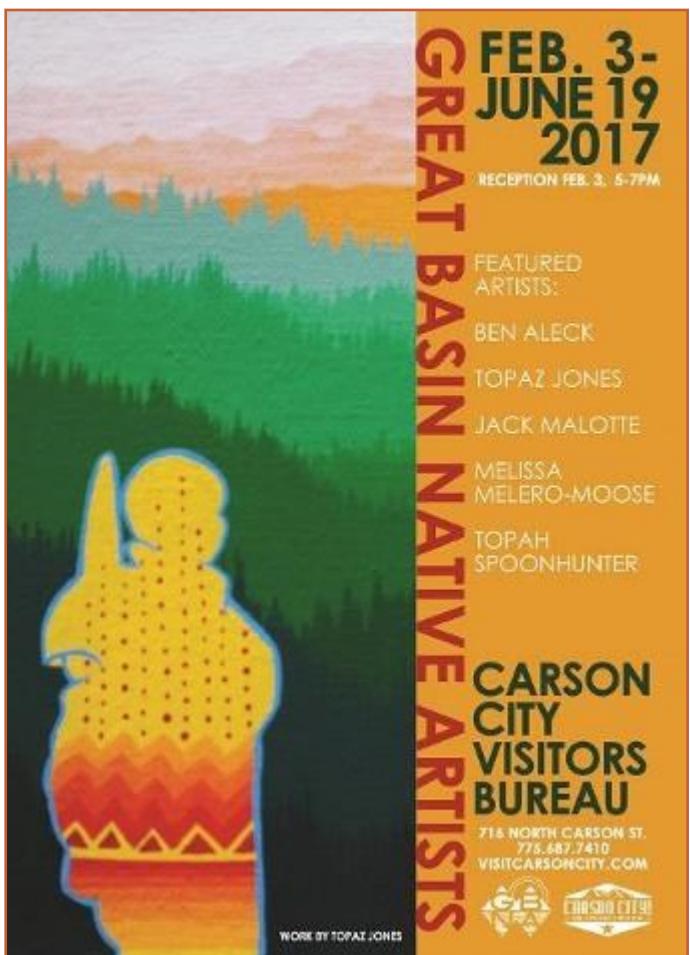
Wednesdays in 3NWD

12:15-12:45

- increased fitness
- increased strength
- increased flexibility
- sharpened awareness
- better focus
- reduced stress & tension
- improved self confidence
- learn practical self defence



Contact Walita for any questions
775-334-0938



WATER FITNESS!

FREE TO ALL CHILDREN, DIABETIC, NON-DIABETIC, IC, & SENIOR RSTHC PATIENTS

@ Alf Sorenson Community Center
1400 Baring Blvd. Sparks

Senior Water Fitness Saturdays
(55 years and older)
(Transportation not available)
SATURDAYS 12-1PM

Senior Water Fitness
(55 years and older)
(Transportation available for RSIC Enrolled and Resident Seniors only. Contact Walita for more info (see below))
TUESDAYS & THURSDAYS 9-10AM

Toddler Time
(age 6 years or younger)
Parents must be in the pool with the child
MONDAY THRU THURSDAYS 11:30-4:30 CLASS TIMES

SWIM LESSONS!
Available for all ages
Build basic water safety or develop your skill.
(Enrollment Required @ Alf call 353-2385. Paid for by the RSTHC Diabetes Program)
Go to www.sparksrec.com for schedule and reg dates

Senior Aquacize
(slower paced for 55 years and older)
(Transportation not available)
TUESDAYS & THURSDAYS 10-11AM

Lap Swimming
(all ages)
MON-THURS 6-9AM, 9-11AM, 11-1:30, 1:30-3PM
SATURDAYS 12-5:45PM

Sponsored by the RSTHC Diabetes Program

QUESTIONS? Contact Walita at 329-5162 x1947 or Stacy x1945

Legal Notices, Public Announcements

Address updates, important committee/advisory board positions open to Tribal members

Recruitment for Pow Wow Committee Members

Numaga Indian Pow Wow and Indian Days committee is currently seeking Reno-Sparks Indian Colony Tribal members to serve on the 31st Annual Numaga Indian Days Pow Wow Committee.

Committee members will be appointed by the RSIC Tribal Council and shall serve a term of (4) years.

If you are interested in becoming a Numaga Indian Pow Wow and Indian Days committee member, please submit your completed application to:

**Reno-Sparks Indian Colony
Pow Wow Committee**
ATTN: Tribal Administrator
34 Reservation Road
Reno NV 89502

See It, Say It

In accordance with the Nevada Native Nations Land Act, the Reno-Sparks Indian Colony Tribal Council, along with Tribal Police and Hungry Valley Fire departments wish to remind all community members that the RSIC now has jurisdiction of 15,354 acres in the Valley.

If you see or hear illegal activities—shooting, dumping, alcohol use, or off-road vehicle activity outside designated routes and areas, please call the tribal police at 323-2677 or 240-9775.

A community where people intervene for the good of others is a safer community.

9-1-1 Tips for Mobile Phone Users

- Provide your 10-digit phone number, so the operator can call you back.
- Give your precise location or the location of the emergency.
- Describe the emergency clearly.
- Stay on the line until the operator tells you to hang up.

Recruitment for Executive Health Board

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

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

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

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

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

The Executive Health Board
c/o Reno-Sparks Tribal Health Center
34 Reservation Road
Reno, NV 89502

Recruitment for Housing Advisory Board

HAB is actively seeking interested community member to sit on the Housing Advisory Board.

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

Tom Dressler
RSIC Housing Director
c/o 34 Reservation Road
Reno, NV 89502

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

June



Monday	Tuesday	Wednesday	Thursday	Friday
Serving Times: Mon - Thurs 10:30 am - 12:45 pm Brunch 10:00 am - 12:45 pm <i>Remember to call before 10 am to cancel your delivery</i>			1) Pepperoni Pizza Tomato and Cucumber Salad+* Pears* Milk	2) BBQ Chicken Roasted Sweet Potatoes+ Cantaloupe* Milk
5) Fish Sticks Wild Rice Carrot and Zucchini* Apricots+ Milk 	6) Cream of Potato Soup Salad Bar+* Fresh Fruit* Milk 	7) Swedish Meatballs Fettuccire Pasta Steamed Cauliflower and Broccoli* Peaches* Milk 	8) Philly Cheese Bell Peppers and Onions * Spring mix Salad+* Tropical Fruit* Milk	9) Soft Taco with Ground Turkey Lettuce and Tomato+ Refried beans Mandarin Oranges* Milk
12) Chicken a La King Brown Rice Peas and Carrots+ Fruit cocktail* Milk	13) Baked Ham Yams+ Pineapple & Maraschino Cherry Mix * Milk 	14 Beef Sliders Lettuce and Tomato+ Macaroni Salad Watermelon* Milk	15) Chefs Salat+* Mini Heirloom tomatoes Breadstick Fresh Peach* Milk	16) Brunch Honey Nut Cheerios Boiled Egg Tomato with Light Cottage Cheese+ Orange* Milk
19) Beef Stir Fry with bell peppers and carrots+* Fortune Cookie Fresh Pineapple* Milk 	20) Commodity Distribution Tuna Salat Sandwich on Whole Wheat Lettuce and Tomato+ Sun Chips Fruitec Jell-O* Milk 	21) Bear and Cheese Burrito Chuck wagon Corn+ Tropical Fruit* Milk	22) Birthday Bingo Turkey Hot Dog Roasted Sweet Potatoes+ Melon Mix* Milk 	23) Pulled Pork Sandwich Coleslaw+* Mixed Berries* Milk
26) Spaghetti with Ground Turkey Mixed Veggies+ Peaches* French Bread Milk 	27) Cream of Broccoli* Salad Bar+* Fresh Fruit* Milk	28) Early Lunch 10:30 - 11:30, Closed at 12 pm Chicken Salat Sandwich on Whole Wheat Bread Baked Lays Lettuce and Tomato+ Banana Milk	29) Taco Salad Ground Turkey, Beans, Cheese, Lettuce and Tomato+ Mandarin Orange* Milk	30) Brunch Multigrain Pancakes Turkey Sausage Mixed Berries* V-8 Juice+* Milk

Just a reminder to tie up your doggies, please

June 28-Wed
 Closed at 12pm
 Early lunch 10:30-11:30 am
 Early delivery 9:30-11:30 am



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

June



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

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>*Night Bingo & Potluck Reno & HV <u>Just a reminder</u> Bring 2 or more prizes and a yummy meal or desert dish</p>		<p>1 11:30 am Blood Pressure Checks 1 pm Crafts Decorative Flower Pots *6 pm HV Night Bingo & Potluck <small>NIGHT TONIGHT</small></p>	<p>2 12:30 pm Tone & Fit Class 1 pm Crafts Decorative Flower Pots </p>
<p>5 1 pm Senior Advisory Committee Meeting 12:30 pm Tone & Fit Class</p>	<p>6 1 pm Crafts Decorative Flower Pots *5:30 pm Reno Night Bingo <small>SIZZLER NIGHT TONIGHT</small> & Potluck</p>	<p>7 12 pm Nutrition Presentation 12:30 pm Language Class</p>	<p>8 11:30 am Blood Pressure Checks 12:30 pm Galaxy Movie Theater </p>	<p>9 9 am Go Yard Sailing-Bring own Money 10 am Puzzles 12:30 pm Tone & Fit Class</p>
<p>12 12:30 pm Tone & Fit Class 1 pm Errand Day-Shopping, Bill Paying.</p>	<p>13 12 pm Tribal Police Presentation </p>	<p>14 12 pm Nutrition Presentation 12:30 pm Language Class</p>	<p>15 8:30 am PLPT Senior Fun Day @ Marina in Sutcliffe 11:30 am Blood Pressure Checks </p>	<p>16 9 am Respite Caregiver Support Meeting Brunch 10:30</p>
<p>19 Food Pantry 12:30 pm Tone & Fit Class 5:30 pm Father's Day Dinner at the Sizzler</p>	<p>20 Commodities </p>	<p>21 10 am Chair Volleyball at Reno Gym 12:30 pm Language Class</p>	<p>22 12:30 pm </p>	<p>23 9 am Go Yard Sailing-Bring own Money 12:30 pm Tone & Fit Class</p>
<p>26 12:30 pm Tone & Fit Class 1 pm Errand Day-Shopping, Bill Paying.</p>	<p>27 12:30 pm Century Theaters Movie </p>	<p>28 10:30 am Early Lunch 12 pm Closed, Staff Nutrition Development Day</p>	<p>29 11:30 am Blood Pressure Checks 1 pm Crafts Popsicle Picture Frame</p>	<p>30 10:30 Brunch 12:30 pm Crafts Popsicle Picture Frame</p>

<p>Father's Day Dinner Monday June 19 5:30 p.m. Sizzler Sparks</p> <p>Call the senior center to sign up. File must be up to date for 2017 Guest price is \$20.00 per & paid in advance. Limited transportation.</p>	<p>Stewart Father's Day Pow-wow Saturday, June 17TH in Carson City *Sign up at the senior center Limited Transportation. Bring own spending money, hats, chairs, etc.</p> <p></p>
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Eagle Wings Recruitment

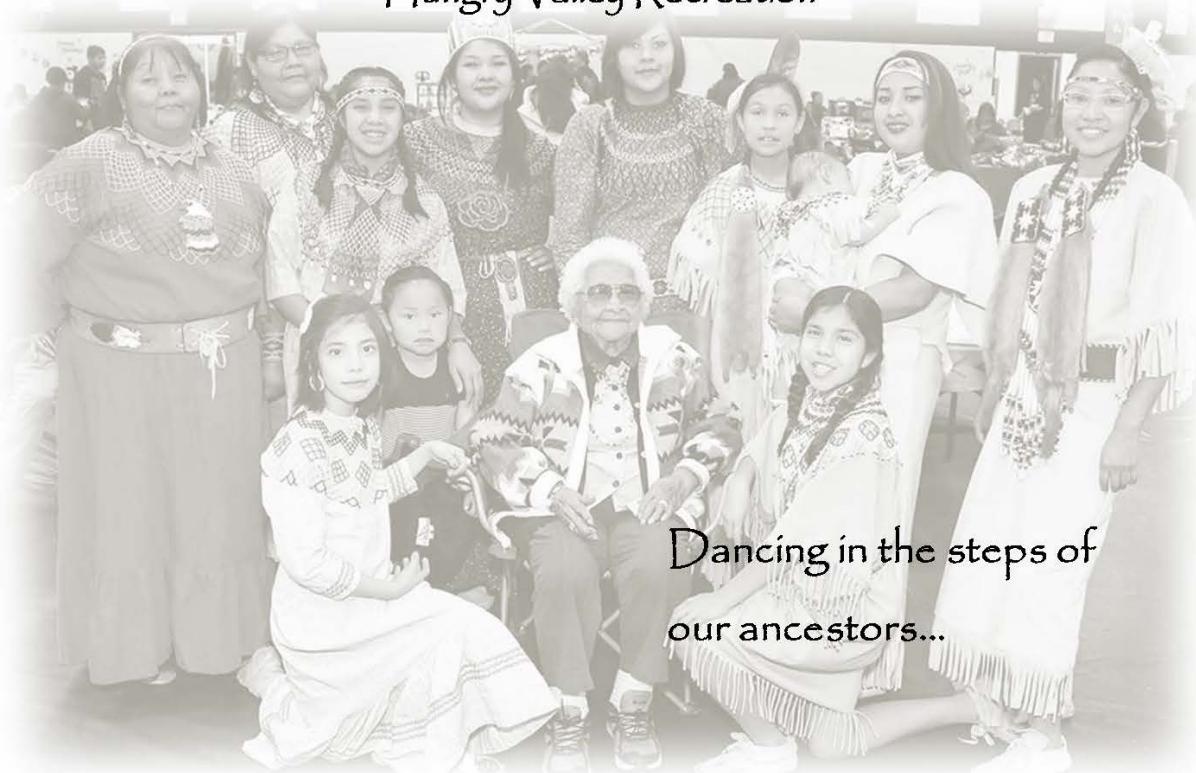


Tuesday, June, 27th

Tuesday: July, 11th, 18th & 25th

6p.m. - 8 p.m.

Hungry Valley Recreation



Dancing in the steps of
our ancestors...

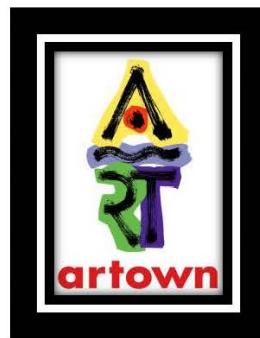
If you have ever wanted to dance with the Eagle Wings or just become more familiar with our Great Basin Traditional dances and songs this is your opportunity. Our dance group is holding recruitment sessions for our traditional Great Basin Dance group. We promote cultural awareness and pride, each step we take is in honor of our ancestors and their contribution to our way of life.



For more information contact: Stacey Burns 775-785-1321 / Adriana Gutierrez 775-785-1320



The RSIC and Reno is ARTOWN 2017



GREAT BASIN NATIVE AMERICAN CULTURAL FAIRS

Experience the RSIC Native American Culture with a crafts fair, artist demonstration and dance. Live Native action twice this July 2017.

Saturday July 8, 2017-RSIC Gym-34 Reservation Rd. 10:00 a.m. – 4:00 p.m.

- 10:00 a.m. Native American Art & Crafts Fair.
- 11:00 a.m. 12:00 p.m. & 1:00 p.m. Live artist demonstration. Artist TBD.
- 2:30 p.m. there will be a 30 minute live Native American Drum and Dance Exhibition.
LIVE Host Drums TBD.

Monday July 31, 2017-Wingfield Park-300 W. First St. 4:00p.m.–7:00 p.m.

- 4:00 p.m. Native American Art & Crafts Fair.
- 5:30 p.m. Live Native American Drum and Dance Exhibition. LIVE Host Drums TBD.
- 7:00 p.m. Artown Closing Night Concert: A Tribe Called Red: Modern, hip-hop, traditional drum & Pow-wow musical mix!

CALLING ALL POW-WOW DANCERS:

Join us as we share our arts, dance, music, history and culture.

Everyone Dance: Traditional, Fancy, Grass and Tiny Tots! All ages!
All 2016-2017 Native American Royalty please join, assist & represent your titles!

For more information please contact Michon R. Eben @
(775) 785-1326 or for the complete month long 2016 Reno Artown schedule:

www.renoisartown.com



2017 Artown Poster artist, Kate O'Hara's images such as the skyline of Reno, the beautiful mountains, dance shoes, a painter's easel, musical instruments and Nevada State's bird, the Mountain Bluebird, served as the inspiration for Kate's illustration. All these captured the spirit of Artown and were integrated into the letters.



OPEN TO THE
PUBLIC

STEWART FATHER'S DAY POWOW

JUNE 16-18, 2017

5500 SNYDER AVE., CARSON CITY, NV 89701

THIS IS AN ALCOHOL AND DRUG FREE EVENT

Grand Entry Times

Fri. 7:00pm to 10:00pm
Sat. 1:00pm to 5:00pm
& 7:00pm to 11:00pm
Sun. 12:00pm to 4:00pm

Master of Ceremonies:
Gridley Hilpert
Sun Valley, NV

Arena Director:
Sam Johnson
Reno, NV

Head Man:
David Johnson
Salem, OR

Head Lady:
Julie Johnson
Salem, OR

Head Teen Boy:
William Koipa
Fallon, NV

Head Teen Girl:
Precious Masters
McDermit, NV

Host Drum:
**Blood River
Singers**
Porterville, CA

General Information

- Free Admission
- Dry camping is available in designated areas only (call for more information); if in an undesignated area, you will be asked to move
- Food/Indian tacos (we will accept the first 6 completed and paid Indian taco vendor apps.)
- Please bring your own chairs

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

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

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



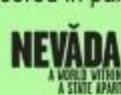
Activities

- Stewart Alumni Reception to take place Thursday, June 15, 2017, at the Carson City Plaza Events Center
- Competition Dancing (must be in full regalia to accept award)
- Raffle and 50/50 • Arts & Craft vendors • Special events & exhibits
- Gourd Dancing Sat/Sun 11am-1pm
- 5K Color Fun Run, Saturday, June 17, 2017
Sponsored by Washoe Tribe Law Enforcement, Juvenile Probation, Truancy, Domestic Violence and Native TANF. All proceeds benefit the Stewart Recreation Program. For more information call Filomena Smokey at 775-883-7794.

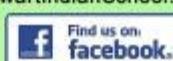
For General Information
Call Denise M. Becker at
775-687-8333 or
dmbecker@nic.nv.gov

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

Sponsored in part by:



For information and related forms, visit
StewartIndianSchool.com



www.facebook.com/stewartindianschool

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The annual Hungry Valley Community Cleanup is set for Saturday, June 10 while the annual Colony Cleanup is set for Friday, June 23.

"This is an opportunity for our community to work together and make a difference in our neighborhoods," said Bhive-Cie (BC) N. Ledesma, the RSIC Environmental Specialist.

"Working together can make a huge difference."

In addition to the civic pride a clean living environment creates, unsightly litter has additional devastating impacts on our communities.

"Litter, and even graffiti, are known as "Quality of Life" crimes," Ledesma said. "While these types of crimes might be less serious than violent crimes, empirical evidence shows that they have a

tremendous impact on the quality of life and can lead to serious criminal and economic problems."

By definition, litter is misplaced solid waste, which includes paper, cigarette butts, illegal signs, abandoned cars, old tires, furniture, appliances and other items that are not disposed of properly.

"Time and time again, in cities across our nation, neighborhood crime has dropped after cleanup and beautification efforts," Ledesma said. "A litter-free flower playground is not just a pretty sight, but it is a sign of a community that cares."

And as the RSIC land base in Hungry Valley has expanded to 15,343 acres, the annual cleanups provide an opportunity for the community to assume the management of the land, first and foremost as

environmental stewards.

For all cleanup participants in Hungry Valley and at the Colony, protective gear, yard tools, and bags for trash will be provided. In addition, all volunteers will automatically be entered in a drawing for door prizes upon signing in, plus a free barbecue will be held at both sites.

Last month, 90 volunteers participated in a cleanup in Hungry Valley which removed 60 cubic yards of garbage.

"If we have strong turnouts like we did last month, we can really make some positive changes in both neighborhoods," Ledesma said. "Often, people become more disobedient in environments plagued by litter and graffiti and we don't want that to happen where we live."



Too Much Trash — *Volunteers collected so much trash during the 11th Great Community Cleanup in Hungry Valley that a second dumpster had to be brought to the collection site just off Eagle Canyon Road near Hungry Valley. Tribal community members and other volunteers can continue the effort to beautify our land on Saturday, June 10 in Hungry Valley and/or Friday June 23 at the downtown Colony. Collection bags and safety equipment will be provided for all volunteers. Signups at both sites start at 8 a.m., and participants will be treated to a free lunch. Elders, seniors and handicapped/disabled residents should contact the RSIC Public Works Department (775-785-1341) to arrange assistance.*