



THE CAMP NEWS

VOLUME XII ISSUE 9

September 30, 2017

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

Tribal Members Demand Colony Homes Be Saved

During public meeting, NDOT asks for, gets feedback on reconfiguration alternatives

After reviewing project maps and listening to details about three reconfiguration alternatives of the I-580/US 395 and I-80 interchange, or the Spaghetti Bowl, Reno-Sparks Indian Colony community members told the Nevada Department of Transportation (NDOT) that the removal of homes on tribal land should not be considered.

"I've been in my home for 45-years. I come from here, I was born here, I was raised here, I've lived here all my life. I have nowhere else to go," said Tribal Elder, Marge Sanchez whose house is located on Wa-Pai-Shone Circle. "So, when you want to destroy my home, you are going to destroy my life."

Of the 17 people who spoke at the public meeting hosted by NDOT on Sept. 18 at the RSIC Administration Building, all emphasized the significance of their neighborhood.

"Leave us alone and please don't come over this way," said Mike Kane, a tribal member and employee. "We are attached to the land and what little we have left, is like gold to us."

Because the Reno-Sparks area had experienced unforeseeable population

increases and experts anticipated more growth over the next 20 years, construction of or a reconfiguration of the Spaghetti Bowl is underway.

Nick Johnson, NDOT Senior Project Manager, told the crowd of 59 people that these were preliminary alternative designs and actual construction is seven to 10 years away.

"To some degree, these are just lines on a map and we are

still figuring out what the impacts are," Johnson said.

He explained that alternative #1 keeps changes to the east which impacts the Three Nations Plaza Walmart, but avoids the Colony. Alternative #2 keeps changes to the west which impacts about 8 to 10 homes on the Colony and avoids changes to Walmart.

Then, Johnson was directly

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Stacked Team — Mike Kane whose family home is located on the north end of the Reno-Sparks Indian Colony asked questions during the Nevada Department of Transportation (NDOT) public meeting held at the Colony last month to discuss three options for the reconfiguration of the I-580 /US 395 and the I-80 interchange which is often called the "Spaghetti Bowl." Like the other participants, Kane passionately spoke about the importance of keeping the houses on the Colony and looking elsewhere to expand the roadways. According to the NDOT project manager, construction cannot begin without a National Environmental Policy Act statement which requires comprehensive research on impacts of the construction.



*October is Domestic Violence
Awareness Month!*

FAMILY HEALTH FAIR

October 14th
10AM-4PM

- Informational Booths
- Photo Booth and Snap Chat Filters
- Face Painting
- Free Raffle
- Scavenger Hunt
- Motivational Speakers
- And much, much more!!

**WEAR YOUR
FAVORITE
SPORTS ATTIRE!!**

Join us as we kick-off Domestic
Violence Awareness Month with an
event that is fun for the whole family!

Bring your chairs or blankets!!

**SNACKS AND REFRESHMENTS PROVIDED
BY ITCN FAMILY VIOLENCE PREVENTION
PROJECT**

**Anderson Park 34 Reservation Rd,
Reno, NV 89502**



For more information contact: Rita Imus Violence Prevention Advocate @ 775-741-5457

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.

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

Important OCTOBER dates

9 MONDAY

Honoring the Gift of Heart Health, RSTHC, 5:30 p.m.

11 WEDNESDAY

Operation Take Your Best Shot, RSTHC, 1 p.m.

Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.

Tribal Council Meeting, Hungry Valley Rec Center., 6 p.m.

13 FRIDAY

Fall Fest Craft Fair, RSIC Gym, 10 a.m. – 6 p.m.

14 SATURDAY

Family Health Fair, Anderson Park, 10 a.m.

Fall Fest Craft Fair, RSIC Gym, 10 a.m. – 6 p.m.

16 MONDAY

Executive Health Board meeting, RSTHC, 5:30 p.m.

Honoring the Gift of Heart Health, RSTHC, 5:30 p.m.

17 TUESDAY

Commodity Distribution, Senior Center, 8 a.m.

Candidates Night, 34 Multipurpose Room, 6 p.m.

18 WEDNESDAY

Free Mammograms, RSTHC Parking Lot, 8 a.m.

Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.

Pumpkin Patch, Andelin Farm, 5-7:30 p.m.

19 THURSDAY

Candidates Night, Hungry Valley Recreation Center, 6 p.m.

23 MONDAY

Honoring the Gift of Heart Health, RSTHC, 5:30 p.m.

Housing Advisory Board Meeting, Hungry Valley Recreation Center, 6 p.m.

24 TUESDAY

Halloween Community Celebration, Hungry Valley

25 WEDNESDAY

Balancing Your Life & Diabetes Group Education, RSTHC, 12:10 p.m.

Senior Numa (Paiute) Language Class, RSIC Senior Center, 12:30 p.m.

Economic Development Meeting, Hungry Valley Rec Center, 6 p.m.

26 THURSDAY

Halloween Community Celebration, Reno

27 FRIDAY

Nevada Day, RSIC Administration Offices Closed

28 SATURDAY

Nevada Day Parade, Carson City, 10 a.m.

30 MONDAY

Honoring the Gift of Heart Health, RSTHC, 5:30 p.m.

more at : www.rsic.org

asked which alternative was the best for the RSIC.

Johnson said alternative #3 (which is the most complex and most expensive option) seems to have the least impact to both sides of the Colony, but he qualified that statement.

“I want you to understand that we have the opportunity to update these,” Johnson said. “We value our strong and respectful relationship that NDOT has with the Colony.”

RSIC Planning Director Scott Nebesky stressed that this public meeting, one of just three in the entire region, was meant to gather feedback from the community.

“None is set in stone,” Nebesky told the group. “They are hearing loud and clear that your homes are important to you and they will take that back because NDOT is serious

about listening to us.”

Johnson also added that a federally mandated Environmental Impact Statement (EIS) which analyzes and documents the human and environmental impacts from the project also must be developed in accordance with the National Environmental Policy Act (NEPA).

The project might impact several exits of the two interstates---I-80 from Sierra/Virginia/Center interchange to Pyramid Hwy., and the interchange I-580/US 395 from Parr Blvd interchange to Meadowood Mall Way / Neil Road. Other potential impacts to the Reno/Sparks freeway system include: the Truckee River, air quality, environmental justice, wildlife, so the NEPA process will be complex.

For example, alternative #1 and #2 calls for 11 to 17 new

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Past, Present, Future

NDOT next steps

The Spaghetti Bowl was built in 1973 and is in need of a face lift, officials said. In 1980, vehicles traveled 1.3 billion miles in the region. It jumped to 3.2 billion miles in 2011.

According to NDOT, the Federal Highway Administration (FHWA), in cooperation with the Regional Transportation Commission (RTC), have a goal of reconfiguration to reduce traffic congestion, increase traffic mobility, and increase safety.

In addition, this project will consider the region's infrastructure needs through 2040. Below is a timeline:

1971 - Spaghetti Bowl
Constructed

2015 - Governor termed
redesign as a top priority

May 2016 - Public Work-
shop on Spaghetti Bowl

April 2017 - Three public
meetings held

Sept. 2017 - Three public
meetings held, including
one at the RSIC

Spring of 2018 - Public
meetings to review
preferred designs.

Summer of 2018 - Design
selected

February of 2019 - Draft
EIS released

Spring 2019 - Public
hearings on draft EIS

January 2020 - Draft
mitigation measures
released

May of 2020 - Final EIS
record of decision
approved



NO HOMES REMOVED — *In option #1 of NDOT's proposals, all houses remain on the Reno-Sparks Indian Colony, but some space for parking is lost at the Three Nations Plaza Walmart. To see additional presentation materials in greater detail as well as review the three draft designs on a larger scale, please log onto: <http://ndotspaghettibowl.com/>.*

alternating bridges to cross the Truckee River. By braiding bridges or building the highway up rather than expanded the highway east or west as reflected in alternative #3, the construction could have impacts to the river.

“Though it’s not federally designated, the RSIC considers the Truckee River a traditional cultural property,” said Michon R. Eben, RSIC THPO / Cultural Resources Manager.

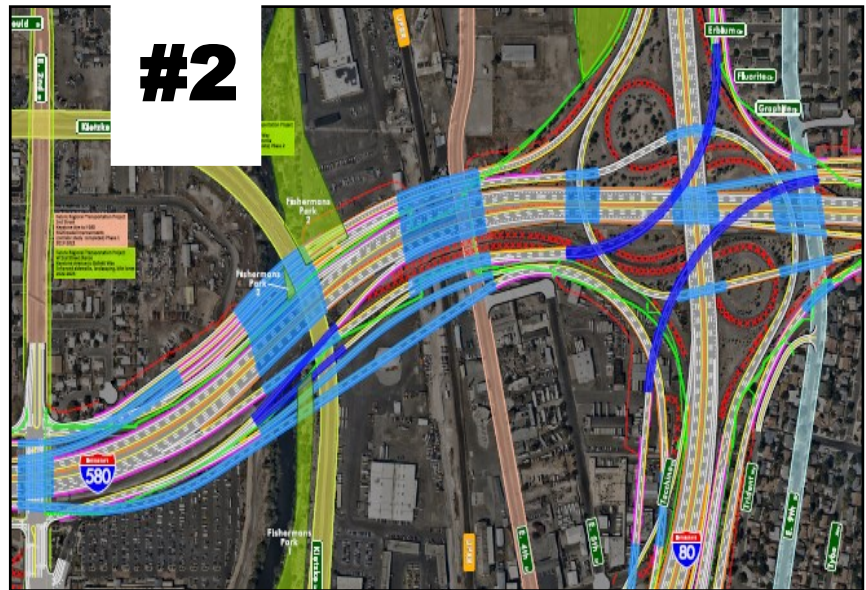
In addition to the impacts on the Truckee River, NEPA requires assurances to minimize future social, economic and environmental impacts on the Colony. The law demands that NDOT preserve and enhance environmental resources while implementing transportation improvement.

Federal policies also call for equal weight to be given to environmental, socio-economic, and engineering issues.

The intent of the NPA law is to safeguard the environment and restrict business and industry from focusing on profits at the expense of the environment.

With its nearly 32 percent unemployment and an average household income of \$20,271 per the 2014 community demographics survey, the RSIC is considered a low socioeconomic area.

So, under NEPA, the final reconfiguration of the Spaghetti Bowl must fulfill the public interest, not just for transportation improvement and safety, but Environmental Justice, and the protection of communities by low income, specifically the



TWO MORE OPTIONS — In option #2, land from Three Nations Plaza Walmart is not directly impacted, but homes at the RSIC are removed. Furthermore, up to 17 separate bridges and required to be built across the Truckee River. In option #3, tribal lands—homes are business enterprises appear to be the least directly impacted, but the plan requires upward building which includes widening the current bridge over the Truckee River. Besides the NDOT website, each of these enlarged project boards are on display at the RSIC Administration Office lobby at 34 Reservation Rd.

homes and quality of life for the RSIC.

The NDOT website (<http://ndotspaghettibowl.com/>) calls for the environmental study to run through May 2020.

Though saving the homes is the clear priority for the Reno-

Sparks Indian Colony leadership, the Tribal Council has also communicated its concerns about future economic and quality of life changes closing the East 2nd / Glendale exits could have for the government.

Continued on back cover

20TH ANNUAL CRAFT FAIR

FALL FEST 2017

October 13th & 14th

RENO-SPARKS INDIAN COLONY, GYMNASIUM

34 Reservation Road * Reno, NV

(Off 395/580 So. Freeway)

Glendale or Mill St. exits

.....
*Jewelry * Beadwork * Arts & Crafts*
*Baked Goods * Raffle * Food & Fun!*
.....

*Doors
10am
Open
to
6pm*

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Ramona Darrough
775-842-1385*

Republican Senate Tries Again to Repeal, Replace ACA

Latest healthcare attempt drastically alters Medicaid which impacts Indian Country

By Chris Lambert

Senior Associate

George Waters Consulting Service

Despite repeated failures over the summer, Senate Republicans reopened debate on legislation to repeal and replace large portions of the Affordable Care Act (ACA), sometimes called Obamacare.

Republicans had hoped to pass the bill under the budget reconciliation rules, which shields it from a filibuster in the Senate and require only 51 votes for passage; there are 52 Republicans in the Senate, so GOP leaders could only afford to lose two of their members with the vice president providing a tiebreaking vote.

However, without confirmation that the bill would yield the 50 needed votes by Sept., 30, a vote of the “Graham-Cassidy-Heller-Johnson” or GCHJ never happened.

Senators Lindsey Graham (R-SC), Bill Cassidy (R-LA), Dean Heller (R-NV) and Ron Johnson (R-WI) tried to repeal the individual and employer mandates in the ACA, and change the current federal-state Medicaid partnership into block grants to the states and allows states to fund subsidies to health insurance marketplaces and regulate them as the states see fit. The block grant funding for Medicaid expansion and marketplace subsidies would have lessened each

year, reaching \$0 by 2026. This would have caused the states to either develop more stringent eligibility standards or spend state revenue to maintain coverage.

The Congressional Budget Office (CBO) had said that it will not be able to provide a full analysis of the proposal for “several weeks,” so Senators would have been voting on the bill without knowing the effects on insurance coverage or premium rates.

If the Senate had passed the GCHJ bill, there would not have been time to conduct a conference committee with the House passed repeal bill – the American Healthcare Act. The only option would be for the House to take up and pass the Senate GCHJ bill, as making any changes also would have pushed final consideration in the Senate past the Sept. 30 deadline, and then would have required 60 votes for passage.

The GCHJ proposal would not have repealed or modified the permanent reauthorization of the Indian Healthcare Improvement Act (IHICIA) which was passed as part of the ACA in 2010. It would have also preserved other key ACA provisions for tribes:

- a provision mandating that health programs operated by the Indian Health Service, Indian tribes, tribal organizations, and Urban Indian organizations must be the payer

of last resort for services they provide to eligible individuals

- a provision making permanent the requirement that certain Indian hospitals and clinics be reimbursed for all Medicare part B services
- ensuring that any health benefits provided by a Tribe to its members are not treated as taxable income

- protecting Medicaid benefits for tribal members by continuing provisions in current federal law that allow for the reimbursement to States of 100 percent of the cost of providing Medicaid services to Indians and Alaska Natives

The GCHJ proposal would have retained some popular provisions in the ACA including allowing young adults to stay on their parents plans until they are 26- years-old and prohibiting insurance companies from refusing to insure someone with a pre-existing condition, however by allowing states to waive insurance rules the bill could weaken protections for certain patients.

However, the bill would have made big changes to Medicaid. The Medicaid expansion of which 32 states, including Nevada, took advantage, would have ended in 2020.

The GCHJ bill would have replaced the current Medicaid funding system and tax credits and subsidies in the ACA, and instead given states federal funds for healthcare through a block grant – where each state

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Safety Tips Related to Recent Suspicious Incidents

Reno Police Department reminding citizens to be alert, report incidents

Reno, Nev. – The Reno Police Department (RPD) has become aware of several instances in the Reno/Sparks area over the last month in which women reported being followed by suspicious subjects.

In addition, some of these incidents have been documented in detail on social media.

Some of these women reported being with their children at the time of the incident.

The specific circumstances, dates, times, and descriptions vary. However, most of these instances occurred in parking lots of large retail businesses during normal business hours and involved one or more male subjects following suspiciously.

These subjects often times were wearing an earpiece or on a cell phone and appeared to possibly be coordinating with

other male subjects in the area.

Investigators have not definitively linked all of these instances.

Despite the suspicious behavior, no crimes have been identified at this point.

The RPD encourages anybody with information to contact the Reno Police Department or Secret Witness.

Plus, the RPD would also like to remind citizens of the following safety tips:

- Be alert and aware of your surroundings at all times.
- Trust your instincts. If you don't feel safe, find ways to make it safer or leave.
- Have your cell phone with you.
- Keep your children close to you in public.
- Educate your children about stranger danger.

If you believe somebody may be following you on foot, move to a public area and contact police with any overtly suspicious activity.

If you believe someone may be following your vehicle, vary your route and driving pattern in an attempt to avoid the vehicle.

If the vehicle persists in following you, drive to a safe destination such as a police department or the fire department, and call the police.

If you have any information surrounding these incidents or similar incidents, please contact Reno Police Detectives at 775-657-4601 or contact Secret Witness at 322-4900, online at: www.secretwitness.com, or text the tip to 847411 (TIP 411) keyword – SW.

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would receive a fixed amount of money every year and decide how to spend it.

The growth rate in Federal Medicaid spending would have been limited beginning in 2020, resulting in reductions in payments to the states which would have likely meant fewer services were covered by Medicaid.

It also included a provision to give states the option to place work requirements on able-bodied adults enrolled in the Medicaid program.

States that implemented a work requirement would have

received a five percent boost in federal funding.

Cuts to Medicaid funding and work requirements would create a barrier to Medicaid for some tribal members and placed more pressure on already inadequate Indian Health Services (IHS) funding.

A number of Republicans have strongly opposed these types of Medicaid cuts.

The GCHJ bill would have repealed Section 1402(d) of the ACA which included important and critical cost sharing protections for American Indians and Alaska Native (AI/AN), including those who are referred for care

through the IHS Purchased/Referred Care (PRC) program. These cost-sharing protections incentivize AI/ANs to sign up for health insurance as they made accessing care affordable to the patient. This cost-sharing assistance removed a financial pressure from the severely under-funded PRC programs operated by Tribes and the IHS.

Eliminating them would have created a disincentive for AI/AN's to sign up for insurance, since they already have access to IHS services. This would have resulted in less third party reimbursement for the Indian health system.

RSIC Diabetes Program and Community Health Departments
Presents



PUMPKIN PATCH



OCTOBER 18, 2017
5:00PM-7:30PM

ANDELIN FARMS
8100 Pyramid Highway Sparks, Nv 89436

RSIC 477 PROGRAM

**WORKFORCE INVESTMENT ACT
CHILD CARE DEVELOPMENT FUND
HIGHER EDUCATION
JOB TRAINING AND PLACEMENT
JOHNSON O'MALLEY
GENERAL ASSISTANCE**



Eligibility Questions?
Contact Sam Rambeau 477 Case Manager
775-329-6114
RSIC Education Dept.
34 Reservation Rd. BLDG. D



Storm Likely Cause of Hungry Valley Electricity Outage

Some residents experience 12-hour power outage

In mid-September, at least 150 households on the Reno-Sparks Indian Colony's Hungry Valley land base went without electricity—some up to 10 hours, most likely do to a storm.

Power was restored to the majority of homes at 1:51 a.m., Sept. 14, while others households were without until 7 a.m.

RSIC staff including the recreation department, emergency responders—fire and police; extended the hours of operation at the Hungry Valley Recreation Center until 11:15 p.m., as about 45 people used the facility as an emergency shelter.

Community members impacted by the power outage were fed at the complex. The shelter operation was terminated at 11:15 p.m.

"If the power is out longer than four hours, we will provide shelter and some emergency provisions," said David Hunkup, the RSIC Emergency Services Manager. "We have designated the Hungry Valley Gym / Recreation Center and at the Colony, the gymnasium, as emergency shelters."

Typically, residents can get on-line information about the length and source of outages, but on this occasion, NV Energy's website was also dark.

Power company workers told RSIC staff that an equipment failure in nearby Lemon Valley was most likely the cause of the outage on the reservation.

Power Loss Preparation Tips: Do's & Don'ts

When the power goes out, sometimes, there isn't any way to know how long it will be before the electricity is back. Most of the time, it goes out for short periods, but sometimes it can be out for longer periods. It is always best to be prepared.

- Do not open the freezer door if you can help it
- After two hours, pack food in ice coolers to prevent spoilage
- Turn off all lights and unplug appliances such as television and stereo
- Use water for essentials only such as drinking and cooking
- No outdoor watering since water will be coming from the existing supply in the storage tank.
- Drink plenty of water to prevent dehydration
- Dress warmly if temperatures are cold to prevent body heat loss
- Stay indoors during lightning and thunderstorms
- Have at least one corded or cell phone in the house
- Call the power company to report outage in your area
NV Energy Emergency—(775) 834-4100
- Have an emergency kit with flashlight, spare batteries and first-aid kit, etc.
- Immediately, phone RSIC Emergency Services at (775) 783-1373, if you have special priority requirements, such as medical needs
- If you have to leave your home, make sure all doors and windows are locked
- Check on elders, family members to see if they are safe

Hungry Valley Gym.....785-1360

Reno Gym.....329-4930

Emergency Services.....785-1373

David Hunkup.....997-3524

Hungry Valley Fire Department.....785-1304

Lance Chantler.....848-6009

Danny Thayer.....232-8116

Tribal Police, Hungry Valley.....785-1365

Tribal Police, Reno.....785-8776

Police Non-Emergency.....323-2677

GET THE RESUME THAT GETS YOU THE JOB

*Research shows that a professionally written
resume can make you...*



37% more likely to get the interview
33% more likely to get more job offers

**FOR RESUME WRITING ASSISTANCE PLEASE CALL:
SAM RAMBEAU, RSIC 477 CASE MANAGER 775-329-6114**

****Additional eligibility criteria will be determined during client intake****

Native Artists To Create 31 Murals In Three Days

International cast of artists to brighten empty downtown Reno space

Reno, Nev. — Art Spot Reno is helping change the landscape of downtown Reno.

Walk around Oct. 13 – 15 for the Reno Mural Expo and watch 30 dynamic artists, including two artists with ties to the Indian Country, Dr. Chip Thomas and Jack Malotte, transform 31 vacant walls and alleys into an outdoor art gallery.

Well-known muralist and activist Edythe Boone, from Berkeley, Calif. is Master of Ceremonies.

Her documentary, “A New Color,” will be shown at the Nevada Museum of Art on Saturday, Oct. 14 at 6:30 p.m., followed by a panel discussion with the film’s director, Mo Morris, and muralists Erik Burke and Dr. Chip Thomas, a Navajo artist.

The third installment of The Light Chimes, by artist Scott Morgan and Jennifer Marie, will be lit on Saturday night along with a one-night opening event and aquatic art installation in the Truckee River at Wingfield Park.

The weekend’s festivities include free, daily, docent-led mural tours and nightly live music and dancing at Lincoln Lounge and The Bluebird Nightclub. Meet the artists at Pignic Pub & Patio for a celebratory evening of food, drink and live music, on Sunday starting at 7 p.m.

Covering approximately 20,000 square feet of wall

space, this festival brings artists using a diverse array of styles of mural art, including abstract, photo realistic, illustrative, graffiti, paintbrush, airbrush, roller brush, wheat paste and stencil.



Dr. Chip Thomas

Navajo Nation

The question I’m asked most frequently is how a black doctor in his 50s working on the Navajo reservation started doing street art on said reservation. In retrospect, it was only natural for this evolution to occur.

I started working in a small community between the Grand Canyon and Monument Valley called Inscription House in 1987. I’d always been drawn to photography and built a dark-room shortly after my arrival on the Navajo Nation. My passion photographically is shooting black and white in a documentary style inspired by people like Eugene Smith, Eugene Richards, Joseph Koudelka and others. By going out and spending time with people in their homes and family camps, I have come to know them as friends. Interestingly, these home visits enhance my doctor/patient relationship by helping me be a

more empathetic health care practitioner.

I’ve always been drawn to street art, graffiti and old school hip-hop. I was attracted to the energy of the culture in the 80s. I would travel to New York City to see graffiti on trains, on buildings and in galleries. I did some tagging in the 80s before coming to the Navajo Nation and participated with a major billboard “correction” on the reservation shortly after my arrival.

Jack Malotte

Owens Valley Paiute-Shoshone

A Great Basin Native Artist, Jack Malotte is a member of the Owens Valley Paiute-Shoshone Tribe. Malotte is a graduate of the College of Arts and Crafts in Oakland, Calif., and uses drawing, painting, and printmaking to convey his feelings about the “Indian connection with the earth and the sky and how this connection manifests spiritually, physically, and politically.”

He is best known for his satirical depictions of traditional Indians in a modern world, but the majority of his work depicts the arid California and Nevada landscape of his ancestors.



Community Reminder

Saturday, November 11, 2017
VETERANS DAY FESTIVITIES

Veterans Parade

Pay your respects to our military. The parade marches through the heart of downtown and honors those who have protected our country.

Starting Time/Location

It starts at about 11:20 a.m., after the opening ceremonies on the North Virginia Street Bridge at 11:11 a.m. The parade will end between 1-2 p.m. The parade goes north on Virginia Street from the Virginia Street Bridge at 1st street and marches north to 5th Street...rain or shine.

More info forthcoming:

- *Parade Staging Areas**
- *RSIC Parade Number**
- *Pick-up locations for walkers/ Veterans**

2017 Veterans Dinner

Where: RSIC Gymnasium

Time: 6 p.m.

Doors will open at 5:30 p.m.



Due to the importance of this event and out of respect for the Veterans and their families, there will be no children allowed at this event.

Thank you

Reno-Sparks Indian Colony Veterans Committee

RSIC/THPO Cultural Arts Opening Exhibit



Burton Pete
United States Marine Corps

**Celebrating the works
of Mr. Burton Pete and his contribution
to Native American arts & recognizing his
military service**

Saturday, Nov. 11 • Noon—4 p.m.
1995 East 2nd St. • Reno, Nevada

Please Help Keep Our Tribal Lands Clean

Most Common Recycle / Disposal Questions; Tips to support public works efforts

The Reno-Sparks Indian Colony Public Works Department does a fantastic job of picking up our trash (solid waste), 52 weeks per year despite inconveniences like bad weather, heavy workloads and other challenges.

These services protect our public health and safety by providing sanitary collection and disposal of solid waste at a very affordable rate.

Here are some reminders about how you can do your part to also keep our community clean, support Public Works staff, and follow the RSIC Solid Waste Ordinance Number 46 which can be found at:
<http://www.rsic.org/wp-content/uploads/2014/01/Ordinance-46-Solid-Waste.pdf>

✕ Keep all garbage securely bundled in bags and placed in appropriate containers to avoid scatter of garbage.

✕ Know that it is a violation to allow your animal to become a public nuisance; this includes allowing them to run loose, potentially knocking over and scattering trash.

✕ Remember that it is unlawful to utilize, or grant permission for someone else to utilize, the garbage container of another person to avoid payment of fees to the RSIC.

Q: Where can I get rid of an old TV?

- *Intelligent Lifecycle Solutions at 725 Greg St., Monday-Friday, 7 a.m. - 3 p.m., phone 690-9348, will accept all kinds/sizes of TVs (large, older tubes and all flat screens) for a flat rate of \$30 each. Please note, they must not be cracked.*
- *Best Buy will recycle tube TVs smaller than 32" and Flat Panel TVs, LCD, Plasma, and LED smaller than 50" for a \$30 fee. Does not accept cracked TVs.*

Q: How do I get rid of old tires?

- *Tires Plus at 1250 North McCarran Blvd is the least expensive place at \$2.49/per tire; call them with any additional questions at 525-9386.*
- *Most any other tire dealer will take used tires from the community at an average cost of about \$5-\$10/per tire.*

Q: Where do I take my used oil?

- *RSIC Environmental Program will take small quantities, less than 5 gallons, of used oil for free recycle. At some point, this will be transferred to RSIC Public Works.*

Q: What do I do with old paint?

- *For latex paint, it is recommended to dry it out with either sand or kitty litter, or by spreading it out on a tarp or shower curtain to dry. It can then be thrown away in regular trash.*
- *H2O Environmental located at 3510 Barron Way #200, phone 351-2237, in Reno will also accept paint at \$3.00/gallon. This is charged on the amount you bring in and not the size of the container.*

Q: Where can I take my unusable appliances (washer, dryer, refrigerator, etc)?

- *Western Metals Recycling will accept: stoves, refrigerators (must remove Freon prior to drop-off, call appliance repair companies for Freon removal), washers/dryers, dishwashers, air conditioners, microwaves, etc. Call 358-8880 for up to date pricing.*
- *Waste Management-Lockwood Landfill, Sage St. Transfer Station, Stead St. Transfer Station: check with attendant at station for proper drop-off location within landfill, do not dump into general trash pit.*
- *Schnitzer Steel will pay for scrap metal, call 331-2267 for up to date pricing. Will take most appliances, but no microwaves. Will take refrigerators/air conditioners and refrigerator compressors/air conditioner compressors, but the compressor has to be removed from the refrigerator/air conditioner and drained of Freon (call appliance repair companies for Freon removal) prior to drop-off.*
- *Another way to get rid of unwanted things is to post them in the "Free" section of Craigslist, or other social media groups.*
- *Freecycle.org is a website where "gifting groups" post things for free in an effort to divert reusable goods from landfills.*

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Reawakening Our Ancestral Heritage Day at the Museum

Day trip to regional historic sites reinforces Native creativity, ingenuity, resiliency

Editor's Note:

The following submission is a guest editorial by Deanna G. Montooth, who lives in Reno and is a member of the Walker River Paiute Tribe. The 72-year-old elder volunteered to write about the recent outing sponsored and organized by the RSIC THPO.

On Sept., 16, 2017, at 6:30 a.m., 26 elders, seniors, youth and support personnel met at the Reno-Sparks Indian Colony Tribal Historic Preservation Office with Cultural Resource Manager Michon R. Eben.

Amid the happy murmurs of "Good mornings" and anticipation of the assembled, Michon and her cohorts loaded coolers, food, and snacks, under the careful eye of bus driver Michael.

After all were seated and ready to go, an alert senior from the rear of the bus asked the bus driver, Michael, if he was sleepy and laughingly he assured us that he was not.

"That is the most important question you could ask your bus driver," Michael said.

Having answered the most important question, the cabin of the coach bus erupted in laughter with the feeling of comradery, as everyone sensed this was going to be a memorable outing.

The day would be spent first, at the Maidu Museum in the lovely California city of Roseville which, with the indigenous Maidu Band, erected a museum dedicated to the tribe, its history and traditions.

The tour of the museum started with a walking trail which



Traditional Treasures— During the RSIC THPO/ Cultural Resources Office trip to two museums, participants saw hundreds of baskets at the Maidu Museum & Historic Site in Roseville, Calif., and the Gate Keepers Museum in Tahoe City, Calif.

was led by a knowledgeable guide who encouraged participation of the Nevada group. The learning started with the actual construction of a tool necessary to harvest and to prepare acorns, a staple of many of the Rancherias and Native groups in Northern California.

Further down the path, the group saw Petroglyphs, different types of oak trees and their acorn uses, a work station where several women could peel and grind acorns at the same time, the nearby creek where the acorn leeching was done, and many more areas of interest.

All of these were authentic sites, not something created in an artificial climate based on the way someone felt it should look.

This was followed by a picnic lunch and then it was time to explore the inside of the attractive museum.



Native American Legacy — Besides viewing the traditional arts of our ancestors, museum goers enjoyed a plethora of books and leaflets about the process and about the history of weaving baskets. Above, Marlene and Peyton Yarrow thumb through some of the available literature, while others look at the display cases.

Photos Provided by the THPO/Cultural Resources Program

Continued on next page

- ✗ Refrain from having loose liquids in the containers. Cooking oils or other liquid must be placed in a spill proof container.
- ✗ Remember not to place your garbage containers earlier than 24 hours before pick up, and remove them no later than 24 hours after collection.
- ✗ Have garbage containers out on the curb by 6 a.m. Official pick up hours are 6 a.m.—5 p.m. Because of liability, public works staff aren't allowed to enter yards and driveways to retrieve containers.

- ✗ It makes for easier pick up if you place the garbage container with the handle side facing the street.
- ✗ Remember that the RSIC Public Works Department is not required to pick up dirt, grass, tree clippings, sod, rocks, building material, furniture, appliances, water heaters, automotive parts, or other bulky items weighing more than 50 pounds. It is the responsibility of the homeowner or tenant to make arrangements to remove these items.
- ✗ If time and weather permit, as a courtesy, the Public Works Department will make efforts to remove bulky waste items on pay day Fridays. You must call

785-1341 before the Wednesday of that same week to see if your items qualify for pick up and if there is availability for this service.

- ✗ Tires, TVs, microwaves, computers and monitors, used oil and other vehicle fluids are not included in Public Works' pick up service. These items are exclusively the responsibility of the homeowner/tenant to properly dispose of or recycle. Please call the Environmental Program at 785-1363 for information on where you can best take these items.
- ✗ Finally, if you see illegal dumping of trash, call Tribal Police at 323-2677.

Prepared by Bhie-Cie (BC) N. Ledesma, MPH, RSIC Environmental Specialist II, in consultation with the Northern Nevada Recycling Coordinator and Keep Truckee Meadow Beautiful. Phone 785-1363, ext., 5407 for more information.



Before exploring the displays, the group was seated before murals painted on the walls depicting a Maidu village.

The village activity was explained by a young, well-spoken guide of Native descent.

At the beginning of her presentation, she surveyed the audience of elders and laughingly asked that she not be judged too harshly on her presentation since she was sure that the visiting elders knew much more than she.

The Reno-Sparks group moved on following the flow

of the building and the displays in a circular pattern.

During the exploration of the mezzanine, the Colony members were delighted to see a just uncrated art piece of Melissa Melero, one of their own community's artists.

Under the time conscious wrangling of Michon, the entourage loaded onto the bus and it was back to Lake Tahoe to the Gate Keeper Basket Museum.

On the ride up, the experienced tour members curled up for an afternoon siesta and the first timers watched an enlightening series of videos prepared and gathered

by Michon and her office associates.

Here it should be noted that as the bus piloted by a very smooth and capable Michael, neared Tahoe City, the skies that had steadily darkened from Roseville's bright, hot sun, were starting to drop quarter-sized rain drops.

By the time the lake could be seen, the shower had grown to a full-blown, wipers-on-high, rainstorm.

Lake Tahoe, always a place of beauty and awe, was an angry conflagration of white capped waves with boats moored out from shore being

Curious about
how to manage
or prevent
Diabetes?

Want to
support a
loved one
with
Diabetes?

STARTS
Wednesday
October 18th
12:10 - 1:00pm



Ready to take control of
your Diabetes?

Join us for

Balancing Your Life & Diabetes group education!

This 10 week class covers prevention, causes, treatment, medications, coping skills, nutrition, exercise, foot, kidney, eye health, and complications.

Earn health related incentives for each class attended...Class starts mid-October

**Info/Register with Stacy Briscoe - RSTHC Dietitian
& Certified Diabetes Educator 329-5162 x1945**

Public Premiere “W is for Wungnema” Set For Saturday

Hopi family stonework projects, masonry history depicted in documentary film

The children of Randall and Hope Posas-Wungnema cordially invite the public to join them on Oct. 7 for the screening of “*W is for Wungnema*” a presentation detailing the family’s many and varied masonry projects throughout Northern Nevada and Northern California.

The Wungnema family members are Native American stonemasons who built many of the pink stone buildings in Carson City and on the Stewart Campus using rhyolite from the family’s numerous quarries.

The family also built many of the commercial and governmental buildings in Carson City, including the gates at the Lone Mountain Cemetery, the Multi-Purpose Athletic Center (MAC) and the Burton and Pearl Talas-Wungnema House in Mills Park.

Evelyn Wungnema-Larkin,

spokesperson for the family, noted that, “As we drive around Carson City, we can still see the wonderful stonework of our forefathers and we would like to share, with our community, the beauty that we see. Our family is excited to share our history in stone with the public and we hope that everyone can attend and share this special day with us.”

The patriarch of the Wungnema family, Ernest, came to Nevada in 1937, when he was recruited to work and train others as stonemasons by Frederick Snyder, then superintendent of the Stewart Indian School.

“*W is for Wungnema*” is collaboration between the members of the Wungnema-Talas families and Lee-Ann Keever.

The children of Randall and Hope Posas-Wungnema gave Keever the sole and exclusive

rights to create and produce this presentation.

“These stone buildings are unique to the Stewart Indian School, setting it apart from other Indian boarding schools and making Stewart a centerpiece for the state and the nation,” said “Sherry L. Rupert, Executive Director of the Nevada Indian Commission. “The work of the Hopi stonemasons, specifically Ernest and Randall Wungnema, is exceptional. These buildings still stand and serve as a testament to the craftsmanship of the masons and the Stewart students they trained.”

The family members and Keever, with the assistance of Sandie Nicholson, have been working together for the past 10 months, documenting the family’s masonry projects.

“*W is for Wungnema*” will be held at the Stewart Baptist Community Church at 5340 Snyder Ave., in Carson City. The church, located on the grounds of the Stewart Indian School, was specifically selected as it was built by Ernest, Randall and Burton Wungnema.

There will be a potluck brunch social at 11 a.m. Those attending are encouraged to bring their favorite side dish to share. The presentation will start at 12:30 p.m.

For additional information, contact Sandie Nicholson at 775-315-2613.



The Old Gym — *The beautiful stonework on buildings at the historic Stewart Indian School, serve as a testament to the craftsmanship of the Wungnema family and the Stewart students they trained.*
Photo from Nevada Indian Commission

Ask Paul

Client: "I did your questions from last month's *CAMP NEWS* article and my Auntie says I have to see you."

Me: "So you answered the screening and assessments questions for substance use from the previous newsletter article and your Auntie thinks there may be a problem with your substance use?"

Client: "Ya"

Me: "Do you want to see me for possible issues with substance use?"

Client: "No."

Me: "Why do you think your Auntie is concerned?"

Client: "She says I drink too much."

Me: "Ok, let's see how you answer these questions, and then we'll see if you want to work with me to change the relationship you have with drinking."

Client: "Ok."

Last month we talked about some of the screening and assessment tools health care providers use to identify if a person has a potential problem with substance use.

The screening and assessment tools are very broad and general.

This month I'll show you a tool that is used for diagnosing substance use disorders.

The most important thing to remember is that people are MORE than their substance use!

Also, the answers from these questions are just a snap shot of where the person is that day. Meaning that these answers are temporary and made to change as the person progresses in his or her healthy lifestyle.

The reason for a diagnosis is to see how to prioritize therapy and which areas in the person's life need the most help.

For example, I notice many times that a person in withdrawal feels sick and at the same time sad and/or angry and/or frustrated.

After this person has stopped using the substance, he may feel much better mentally, physically, and emotionally or suddenly have fears and anxiety about how to cope with life stressors or be angry and frustrated or a combination of all of these emotions.

Keeping that in mind, I will suggest a mental health evaluation to understand if the emotional issue is caused by the substance use or if the substance use is causing or covering up the person's emotions.

Either way, the problem is still the problem and an evaluation helps the health care provider understand where the person can be helped emotionally, physically or mentally.

In the Reno-Sparks Tribal Health Center's Behavioral Health Department we are very fortunate to have a psychiatrist on our team.

A psychiatrist is a medical doctor and a mental health doctor who can prescribe medications if needed to provide healing.

We also have psychologists and counselors who specialize in different areas of people's lives and can help with substance use, relationships and mental health.

The goal is to help the whole person gain optimal personal health. All of these services are confidential, the person's participation is voluntary, and the person is not judged.

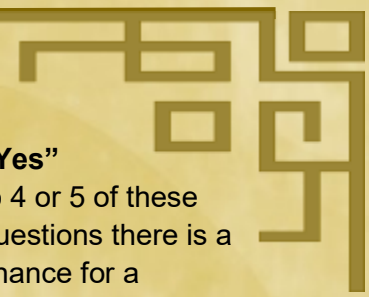
Our community leaders believe so strongly in the health of the community, family and individual that they have invested heavily in these services.

Remember to thank your elders and Tribal Council for their investment in the health of you, your family, and the community.

Also, honor your family and community by taking advantage of these services and participate fully.

Additionally, your Elders are firm advocates of maximizing your health, your family's health and the community's health.

In the Red Road to Well-



briety (Red Road) the author talks about your children being sacred and how “the community should nurture, love and care for them like they are jewels in a crown.”

On page 5, Red Road says, “Someone said it takes a whole village to raise a child. It’s a catch phrase used by politicians who want to sound good. But our people were doing that before the European ever came over here.”

Think about the RSTHC as a health care village where it can take the whole clinic (village) to raise a healthy individual.

Let’s go back to the screening questions. The questions are from the Diagnostic and Statistical Manual of Mental Disorders (DSM-5).

I changed some of the language to be more understandable, so be honest and remember this is just one of many tools to get an idea of possible substance use issues.

Do not label or brand yourself or anybody else with any results from assessments.

Ask yourself if any of these questions apply to you in the last 12 months.

Also, I’m going to use the word substance and you can substitute alcohol, methamphetamine, marijuana or other drug in its place.

1) Have you often taken or

used more of the substance or taken it for a longer period than you intended?

- 2) Have you consistently wanted to cut down or stop using the substance?
- 3) Do you spend a lot of time using the substance, getting it or recovering from its effects (like having hangovers)?
- 4) Do you still really want to use the substance or feel cravings to use the substance?
- 5) Has using the substance kept you from fulfilling your obligations at home, work or school?
- 6) Has the substance use caused you to have problems with people at work, in the community or at home?
- 7) Have you missed or cut down going to family events or activities when using the substance?
- 8) Have you used substances where it can cause you or others harm (DUI)?
- 9) Do you think the substance use is bad for you, but you still use it?
- 10) Have you used more of the substance to get high because you don’t feel high with the same amount?
- 11) Have you felt hungover, had black outs, or withdrawal symptoms cause by the substance?

If you answered “Yes” to 2 or 3 of these questions there is a chance for a mild issue with substance use. If you answered

“Yes”

to 4 or 5 of these questions there is a chance for a moderate issue with substance use. If you answered “Yes” to 6 or more of these questions there is a chance for a serious issue with substance use.

Remember this is one tool I use and the answers to these questions are made to change as time passes and the person’s lifestyle and environment change. We are very fortunate to live in a time when we can use these tools to help us progress through healthy changes and actually see our results as well as our family relationships, work relationships, community relationships and healthy lifestyle improve!

Please give me or one of our Behavioral Health team a call if you think you think you may benefit from some health guidance mentally, physically, emotionally, or spiritually, and we will be happy to talk.

Also, remember to talk to your adolescents about substance use and their health and share your wisdom so they can one day help their children.

Paul Snyder MA, LADC-S
Ph. (775) 329-5162 x 1962
Email: rsnyder@rsicclinic.org

In & Around: Reno-Sparks Indian Colony Community

Happy Birthday, spiritual & cultural celebration, committee appointments



Real Life Treasure — *Mr. Thomas McGinty, a centenarian (living people who have attained the age of at least 100 years) who is also a military veteran, celebrated his 103rd birthday at the RSIC Senior Center on Sept. 18. Besides enjoying a birthday cake, he was serenaded by students from Head Start.* **Photo by Darlene Gardipe**



Native Education — *Recently, the Reno-Sparks Indian Colony was the site of the a Gourd Dance and Celebration. The songs and customs of the Gourd Dance communicate spiritual and cultural values of Native Americans—respect, commitment, initiative, honor and personal responsibility— all of which are taught to our youth.*



New Post — *Reno-Sparks Indian Colony Vice-Chairman Doug Gardipe (far left) recently administered the oath of office to join the enrollment committee to Marilyn Melendez (middle) and Robert Sampson (right).* **Photo by Alicia Hernandez**



Raise Your Right Hand — *Reno-Sparks Indian Colony Chairman Arlan D. Melendez (left) recently administered the oath of office to join the enrollment committee to Darlene "Dolly" Gardipe (right).* **Photo by Alicia Hernandez**

In & Around: Reno-Sparks Indian Colony Community

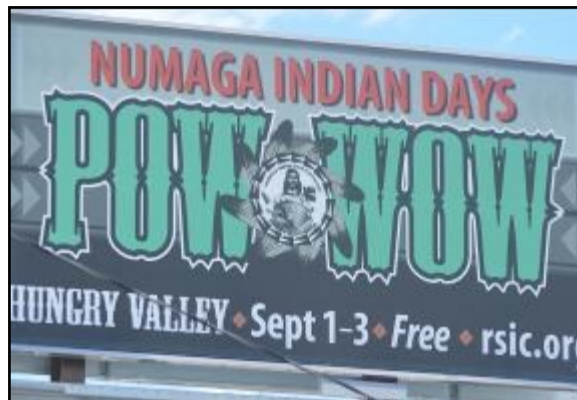
Tribal Health Center: Don't Gamble With Your Health Fair



Photos by Amy Jo McDowell

In & Around: Reno-Sparks Indian Colony Community

2017 Numaga Indian Days Pow Wow Celebration: Hand Games, Warrior Run



In & Around: Reno-Sparks Indian Colony Community

2017 Numaga Indian Days Pow Wow Celebration



In & Around: Reno-Sparks Indian Colony Community

2017 Numaga Indian Days Pow Wow Celebration



Free, Low Cost Admission to Family Attractions

Library cardholders get online access to museums, science centers, zoos, theatres

Reno, Nev. – Washoe County Library System is pleased to announce Discover & Go, a new service for Washoe County Library cardholders.

Discover & Go is a nationally recognized partnership between libraries and cultural attractions offering library cardholders free and low-cost tickets to world-class museums, theatres, aquariums, zoos and science centers.

“We are thrilled that our cardholders will be able to take advantage of increased access to Northern California and Nevada museums, and look forward to expanding the number of local attractions available to our users,” said Washoe County Library System

Library Director Jeff Scott.

For the Northern Nevada launch of Discover & Go, Washoe County Library System has partnered with the Nevada Museum of Art, the Terry Lee Wells Nevada Discovery Museum, and the Fleischmann Planetarium.

For users of participating libraries, Discover & Go provides instant online access to free and low-cost tickets to museums, science centers, zoos, theatres and other fun cultural attractions.

When logging into the Discover & Go site, you will need your full Washoe County Library card number and PIN.

You can browse and reserve tickets by date or by attraction.

Launched by Contra Costa County Library in 2011 to provide greater access to culture both inside and outside of the library, Discover & Go now includes over 45 library partners and 90 cultural partners.

Discover & Go was awarded the 2012 National Medal for Museum and Library Service, the nation’s highest honor recognizing exceptional contributions of museums and libraries.

To get started with Discover & Go, please visit: www.washoecountylibrary.us/museums or for more information contact Andrea Tavener atavener@washoecounty.us 775-327-8360

From The Family of Macario Padilla



We would like to thank everyone for their thoughts, prayers, words of kindness, support, and donations during this difficult time. We would also like to thank the RSIC Tribal Council, Language & Culture Program, Recreation, Pow Wow Club, friends and family for everything done for us after the loss of Macario.

Knowing that Macario touched so many is of great comfort. He will forever be missed, never forgotten, and with us always.

Thank you again,
The Astor & Padilla Family



Burton Pete
United States Marine Corps

**In celebration of Veterans Day 2017
the Reno-Sparks Indian Colony
is recognizing
Mr. Burton Pete's
Military Service and
Contributions to the
Native American Cultural Arts.**

Opening exhibit will be
Saturday, November 11, 2017
and will continue through
January 1, 2018

**This is a request from the RSIC Cultural Resources
Program to community members, family, friends,
& others who have received, gifted or purchased
Burton Pete's artwork. Items needed for exhibit:**

- *Drums
- *Bows/Arrows
- *Cradleboards
- *Artwork
- *Newspaper articles
- *Memories of Burton you can share
- *Beadwork
- *Miniature Dolls
- *Photos
- *Documents



**Please consider loaning these items to the
Cultural Resources/THPO Program temporarily
during the exhibit period. All items will be registered,
insured, protected & secured. The historic Cultural
Resources/THPO Building is located at:**

1995 E. 2nd Street
Reno, NV 89502



**Please contact Michon R. Eben, RSIC Cultural Resources Manager/THPO
at 775-785-1326 or Scott Nebesky, RSIC Planning Director, at 775-785-1363
for more information or to loan items. Light refreshments will be served.**

More information on other side of this flyer.

This event is sponsored, in part, by a grant from the Department of Interior, National Park Service.



VETERANS

Information Needed



The Reno-Sparks Indian Colony Veterans committee wishes, with the utmost respect, to acknowledge all military Veterans whom served our country. We need updated, complete information for **ALL** Veterans, living or deceased, who are tribal members, community members or employees of the Colony. Please fill out the following questionnaire and return it c/o Verna Nuño at the RSIC Tribal Administration Office, 34 Reservation Rd. Please call 329-2936, if you have questions.

1. Veteran's Legal Name:
2. Branch of Service:
3. Last Unit Served In:
4. Last Rank Held:
5. Years Served:
6. Any wars or military actions? If so, which?
7. What medals, ribbons, awards and honors were received?
8. Other interesting service information you wish to share.
9. What size jacket? Small, Medium, Large, XL, 2XL, 3XL, other:

Subway Opens on Tribal Land

Restaurant will feature many innovations

Reno, Nev. — The First Fresh Forward Subway® in Northern Nevada is open.

The new restaurant is located at 420 Old Highway 40W, near the Reno-Sparks Indian Colony's Smoke Shop IV in Verdi, Nev.

On Oct. 1, the eatery unveiled its new Subway® Fresh Forward design, including features such as self-ordering kiosks for quick order and accessibility, Wi-Fi, curated music, a Free Style machine with 100 flavors, and a designated area for easy mobile order pickups.

The Subway® Fresh Forward design has improved each aspect of the customer experience—from how the food is displayed, ordered, served or picked-up. The redesigned location reflects today's modern food culture—complete with curated music and lighting, contemporary workspaces that allow Sandwich Artists™ to be more efficient, and open vegetable displays that showcase the brand's commitment to serving fresh produce.

"It only made sense for the in-shop atmosphere to match the freshness of our food. As we continue to focus on providing flavorful and new products, we want our guests to not only taste our

menu, but have a total sensational experience," said Shawn Hazeghazam, Franchisee for Subway®. "This particular location will also offer one of the first 3rd-generation kiosk drive-thrus in the region, which allows customers who are deaf and hard of hearing to place, pay for, and receive their orders in a fast, efficient, hassle-free way."

The 3rd-generation kiosk drive thru is touchscreen and requires zero interaction with an intercom, creating an easy and frictionless experience for customers. The drive-thru kiosk will be available for use 24 hours a day, Monday through Sunday.

The Subway® restaurant location owner, Hazeghazam, has a history with the brand which dates back to his high school years where he learned the ropes by working at a nearby Subway®.

He officially became a franchisee in 2004 and currently owns 13 Subway® restaurants, in addition to serving as the board chair in the Reno market and a board member in the Sacramento, Calif., market.

Continued from page 17

tossed like playthings. It was a truly awesome display of yet another of the sacred lake's faces.

Disembarking in the down-pour, the tour members headed for the museum and for the dry.

There were over 200 baskets from all over the world on display nestled near Tahoe.

The Native baskets of the American West were by far the most prominent and most popular. The water jugs seemed to be the focal point of most artisans.

After a brief sojourn to the lake's edge for a quick prayer, it was "all aboard" and the bus headed toward Reno, right on time.

It was a contented group that off loaded back at RSIC Tribal Historic Preservation Office. All had seen an example which showed the potential of a tribal museum and / or cultural center to chronicle the Three Nations that comprise the Reno-Sparks Indian Colony, its histories, traditions, and to preserve the artifacts and artistry of the people

This goal, to not only preserve, but to teach with a walking tour, to touch and view static exhibits would help to educate the young ones.

Plus, it would remind the elders of their role within the family: to continue the lifetime of teaching needed to preserve the people.

To see more photos of the trip, go to:

<http://www.rsic.org/reawakening-connections-to-our-traditional-homelands/>



WHEREAS, Native Americans are indigenous to the land which constitutes the United States of America and the State of Nevada; and

WHEREAS, the Reno-Sparks Indian Colony celebrates the recent return of 13,434 acres of ancestral land in Hungry Valley; and

WHEREAS, Native Americans in the Great Basin have continued to enhance the preservation of our language by teaching our youth the history of the Numa (Paiute), the Washeshu (Washoe), and the Newe (Shoshone) in our Head Start centers, high schools, and weekly community classes; and

WHEREAS, the Reno-Sparks Indian colony continues to share our rich culture and heritage with all people including celebrations such as the Numaga Indian Days Pow Wow, participation in Artown, inclusion in the City of Reno's Sesquicentennial and the successful passage of Senate Bill 244 at the Nevada State Legislature which will give Nevada Tribes a stronger voice in protecting our cultural items and artifacts; and

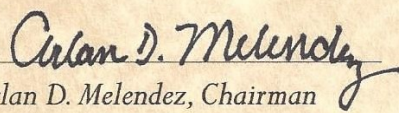
WHEREAS, Native American Tribes and individuals recognize the importance of unity and support for one another as we continue to face threats to our land, water, economy and natural resources; and

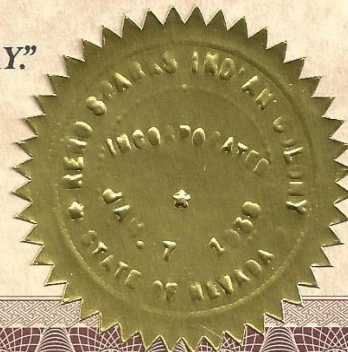
WHEREAS, the Reno-Sparks Indian Colony recognizes the achievements of our elders, our youth and our Military Veterans; and

WHEREAS, our Community wishes to remind everyone of the enduring heritage of our culture, our history and our promising future;

NOW THEREFORE, I, Arlan D. Melendez, Chairman of the Reno-Sparks Indian Colony, do hereby proclaim Sept. 22, 2017 as:

"AMERICAN INDIAN DAY."


Arlan D. Melendez, Chairman
Reno-Sparks Indian Colony





Yoga with Kim

Tuesdays 12:10-12:50pm
Vinyasa Yoga
@ 3NWC or 1st Floor Conf Room

Last Tuesday of the Month
Gentle Chair-Based Yoga
12:30-1pm
@ Senior Center
Starts October 31st

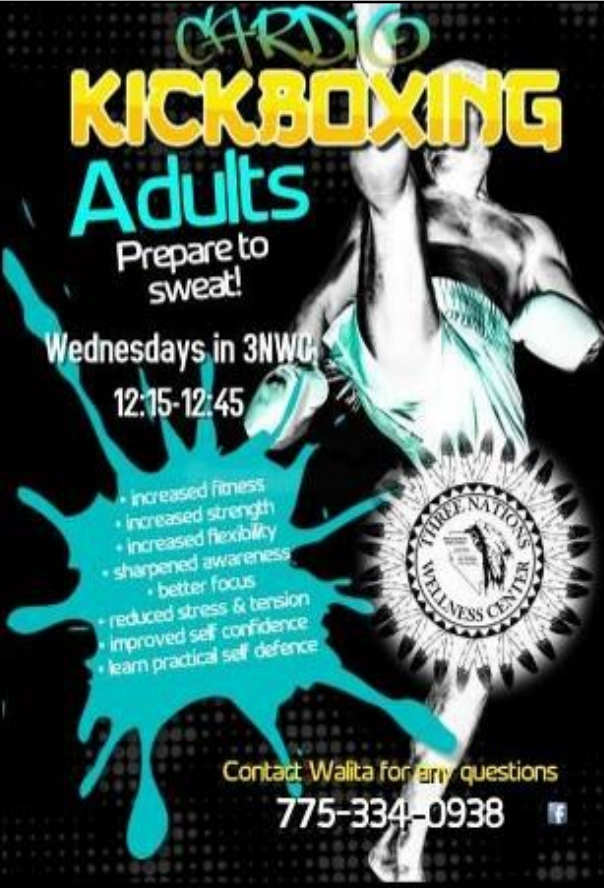
Thursdays 12:10-12:50pm
Vinyasa Yoga
(@3NWC or 1st Floor Conf Room)

Open to RSTHC patients and employees

All levels welcome
Sign up not required
All equipment provided

Sponsored by the
RSTHC Diabetes Program
Questions? Contact Stacy at 329-5162 x1945





KICKBOXING

Adults

Prepare to sweat!

Wednesdays in 3NWC
12:15-12:45

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

THREE NATIONS WELLNESS CENTER

Contact Walita for any questions
775-334-0938

Swim Safe for the Summer with Swim Lessons!

Available for all ages
Build basic water safety or develop your skill.

@ Alf Sorenson Pool 1400 Baring Blvd, Sparks

Enrollment Required @ Alf
call 353-2385

Go to www.sparksrec.com for schedule and reg dates

Paid for by the RSTHC Diabetes Program


Questions? Contact Stacy at 329-5162 x1945

Aquasize, Senior Water Fitness, Toddler Time, and Lap Swimming also available. Call Alf @ 353-2385 for details

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

Workouts focus on
Range of Motion
Flexibility
Balance

Prevent Falls!

Contact Echo Conway @ RSTHC
329-5162 x1928
to schedule your session!

Sponsored by the RSTHC Diabetes and Community Health Programs



Tai Chi

with 3NWC trainer Christian Lee

FRIDAYS
from 12-1pm at 3NWC

No Sign Up required
Rolling admission
All Ages and Levels welcome

This gentle form of exercise can help maintain strength, flexibility, and balance.

meditation in motion
and
meditation in motion

Tai Chi

Balance, Tranquility, Strength

operation... **TAKE YOUR BEST SHOT**

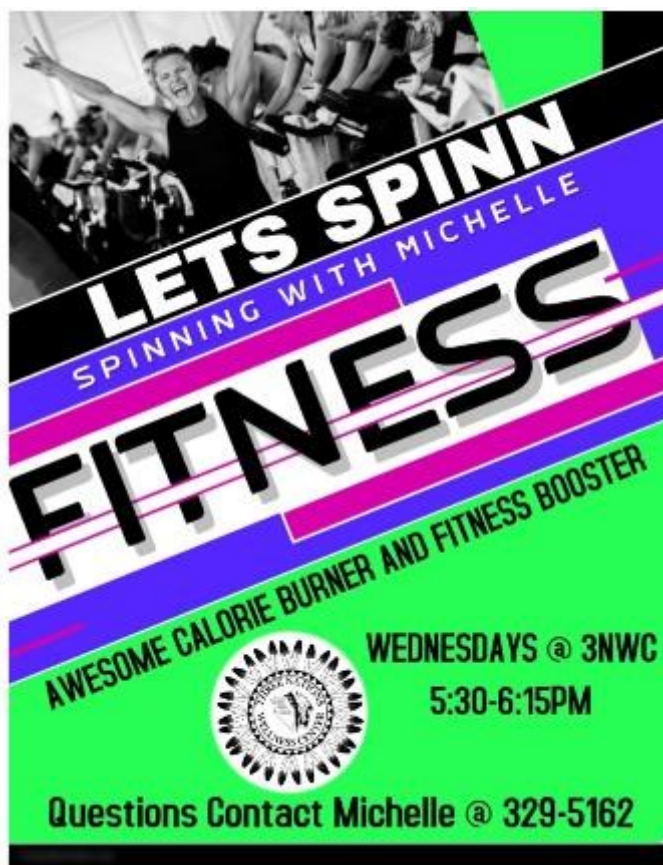
Get your flu shot at the
Reno-Sparks Tribal Health Center
& help us improve our services

Wednesday, Oct. 11
1-4 p.m.

Drive thru available

For more information, call the RSTHC
at 329-5162.

*This is an emergency joint exercise between the
RSTHC and Washoe Health*



LET'S SPINN

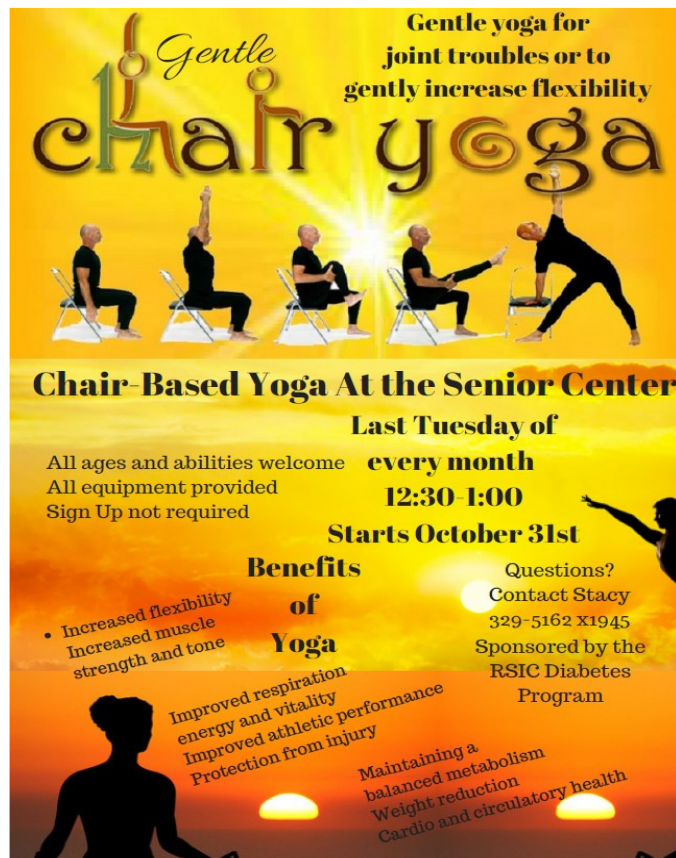
SPINNING WITH MICHELLE

FITNESS

AWESOME CALORIE BURNER AND FITNESS BOOSTER

WEDNESDAYS @ 3NWC
5:30-6:15PM

Questions Contact Michelle @ 329-5162



Gentle chair yoga

Gentle yoga for joint troubles or to gently increase flexibility

Chair-Based Yoga At the Senior Center

Last Tuesday of every month
12:30-1:00
Starts October 31st

All ages and abilities welcome
All equipment provided
Sign Up not required











Benefits of Yoga

- Increased flexibility
- Increased muscle strength and tone
- Improved respiration
- energy and vitality
- Improved athletic performance
- Protection from injury
- Maintaining a balanced metabolism
- Weight reduction
- Cardio and circulatory health

Questions? Contact Stacy 329-5162 x1945
Sponsored by the RSIC Diabetes Program

Reno-Sparks Indian Colony
Senior Program – Menu
34 Reservation Rd. Reno
Phone 775-329-9929

October

Monday	Tuesday	Wednesday	Thursday	Friday
2) Hamburger Gravy Brown Rice Normandy Blend Veggies* Mandarin Oranges* Milk 	3) Cream of Broccoli Turkey and Cheese Sandwich on whole wheat bread Lettuce and Tomato+ Fruited Jell-O* Milk	4) Sausage, Olive, Mushroom Pizza Spinach Salad* Mini Heirloom tomatoes+ Tropical Fruit* Milk	5) Parmesan Chicken Cauliflower* Peaches* Milk 	6) Pork Chops Egg Noodles Mixed Veggies* Pears* Milk 
9) Tuna Casserole Peas and Carrots+ Watermelon* Milk	10) Tomato Soup+ Grilled Cheese on whole wheat bread Cucumber slices* Grapes* Milk	11) Greek "Gyro" Lettuce and Tomato+ Pasta Salad* Banana Milk	12) Spaghetti with Ground Turkey Meat Sauce French Bread Green beans+ Applesauce* Milk 	13) Brunch Breakfast Burrito Tomato Wedges+ Honey Dew* Milk
16) Chicken Enchilada Casserole Black Beans & Corn+ Tropical Fruit* Milk	17) Commodity Distribution Tuna Sandwich on whole wheat bread Lettuce and Tomato+ Fruited Jell-O* Sun Chips Milk 	18) Pork Fried Rice Peas and Carrots+* Fortune Cookie Pineapple + Milk	19) Birthday Bingo Salisbury Steak w/ ground turkey Mashed Potatoes w/ gravy Steamed Carrots+ Peaches* Milk	20) Lemon Salmon Rice Pilaf Zucchini and Carrots* Apricots* Milk 
23) Chicken Fajita Spanish Rice Lettuce+ Strawberries and Kiwi* Milk 	24) Navy Bean Soup Green Salad+* Mandarin Oranges* Crackers Milk	25) Philly Cheesesteak Bell Peppers & Onions* on whole wheat bun Roasted Sweet Potatoes+ Apricots* Milk	26) Brunch Cream of Wheat Boiled Egg Whole Wheat Toast Cucumber and Tomato Salad+* Grapes* Milk	27) Senior Center Closed Nevada Day No lunch served or delivered 
30) Beef & Broccoli+ Carrots+ Brown Rice Fortune Cookie Pineapple and Oranges* Milk	31) Chili Beans over Rice Mixed Veggies+* Mixed Berries* Milk 	November 1) Chef's Salad +* Breadstick Mini Heirloom Tomatoes+ Tropical Fruit* Milk	2) Chicken Pot Pie Peas and Carrots+ Apricots* Milk 	3) Soft Taco with ground turkey Lettuce and Tomato+ Southwestern Corn + Fruit Cocktail* Milk

Serving Times:

Monday - Thursday 10:30 am – 12:45 pm

Brunch 10 am – 12:45 pm

Remember to call before 10 am to cancel
Menu is subject to change without Notice.

***Vitamin C – Daily**
***Vitamin A – 3x Week**
***1% Milk – Served Daily**

**Please remember to tie
up your doggies for the
safety of our delivery
crew, thank you.**



Reno-Sparks Indian Colony
Senior Program – Activities
34 Reservation Rd. Reno
Phone 775-329-9929



Monday	Tuesday	Wednesday	Thursday	Friday
2) 10 am Senior Advisory Committee Meeting	3) 10 am Fall Leaf Portraits 	4) 10 am Fall Leaf Portraits 11:30 am Blood Pressure Checks  12:30 pm Language Class	5) 12:30 pm Galaxy Movie Theatres 	6) 10 am Fall Flower Pen Making 12:30 pm Tone & Fit Class
9) 12:30 pm Halloween Wreath 12:30 pm Errand 	10) 12 pm Tribal Police Presentation 5:30 pm Reno Night Potluck And 	11) 12:30 pm Language Class 1 pm Halloween Wreath	12) 12:30 pm Halloween Wreath 5:30 pm H. V. Night Potluck and 	13) 10 am Respite Caregivers Support Meeting
16) Food Pantry Delivery 	17) 8:30 am Commodities 	18) 8 am–5 pm Apple Hill All Day Trip <i>*Call to sign up, limited seating</i> 12:30 pm Language Class	19) 11:30 am Blood Pressure Checks  1 pm Birthday Bingo Halloween Party & Costume contest	20) 12:30 pm Tone & Fit Class
23) 12:30 pm Make a Fleece Throw Blanket 	24) 12:30 Century Theatres 	25) 12:30 pm Make a Fleece Throw Blanket 11:30 am Blood Pressure Checks  12:30 Language Class	26) 12 pm Environmental Presentation	27) Senior Center Closed Nevada Day No meals served or delivered 
30) 12:30 pm Make a Fleece Throw Blanket	31) 12:30 – Elder Chair Yoga 12:30 Errand Day 			



October 24 – HV Trick or Treat Night
 October 25 – Headstart Trick or Treat
 October 26 – Reno Trick or Treat Night





Dear Families,

With the new school year underway, I wanted to share updates on our capital projects, as well as our academic progress.

We have a few exciting developments as we continue to build and repair schools with the passage of WC-1. Escrow closed and the District submitted final payment (more than \$8 million!) for the land in Spanish Springs where we will soon build a new middle school (and a future elementary school). This was the first land purchase with WC-1 funding. This new middle school we hope to open in August 2019. It will help alleviate overcrowding from the neighboring schools, such as Jesse Hall Elementary School, as 6th grade students from that area will move to the new middle school.

Another big project that is underway is the development of a new high school in the area of Wildcreek that would alleviate overcrowding at Hug High School and Spanish Springs High School. The District is continuing its work to complete the due diligence studies on Wildcreek Golf Course. This is an important step in the process of making an offer to buy part of the golf course to build a high school. With this particular project, in addition to building a new high school, the District will be able to repurpose Hug High School to become a Career and Technical Education facility. We will keep you updated on any developments.

Another important step in the future construction of schools is the naming process. Community members are invited to submit names for future buildings through the School Naming Committee. Currently, the school name submission period has closed for the new elementary school in south Reno. But will open name submissions for middle schools in September. For more details, please visit: www.wcsdbuilding.com/school-naming/

In this first year, we were able to spend \$20 million on repairs from funds provided by WC-1. Most of the repairs and renovations happened over the summer, especially those that involved asbestos or lead removal, which can only be done when school is not in session. You can also find out more about all the repairs and renovations that occurred during the summer and repairs that are planned for the 2017-18 school year at www.wcsdbuilding.com by searching school repairs.

We are also excited about the academic growth of our students and evidence of this is our continued improvement of graduation rates. I can assure you that we are on path to reach a 90 percent graduation by the year 2020. I'm also thrilled that we are closing achievement gaps, and for the Class of 2016 we have improved the graduation rates of all our student sub-groups. We will share the graduation rates of the Class of 2017 with the public on October 18 if you are able, I would love to see you there!.

Regards,

Traci Davis, WCSD Superintendent

Legal Notices, Public Announcements

Tribal committee openings, guidance for reporting illegal activity

Notice of Reno-Sparks Indian Colony 2017 Tribal Election

Election Date:

Saturday, November 4, 2017

Polling Locations:

Multipurpose Room
34 Reservation Road
Reno, NV 89502

&

Hungry Valley Recreation Center-Lower Level
9075 Eagle Canyon Road
Sparks, NV 89441

Poll Times:

7:00 a.m-7:00 p.m.

Open Seats:

4 Tribal Council Seats

RECRUITMENT FOR LAW AND ORDER COMMITTEE MEMBERS

The Law & Order Committee is currently recruiting for one new member. Appointments made to the Committee are for a four-year term and members are appointed by the Tribal Council. The Committee, pursuant to the bylaws, is scheduled to meet the third Wednesday of each month, but the date can be changed by the Committee.

The Committee shall be compensated at a rate approved by the Tribal Council.

The Standing Rules for Committees and Advisory Boards of RSIC has been revised and were adopted by the Tribal Council on 10-31-2012, Resolution No. 2012-RS-53. All Committee members must abide by these rules. Please see the Tribal Administrator's Office for a copy of the Standing Rules.

Any interested RSIC enrolled member may submit an applications to the Tribal Administrator's Office located at 34 Reservation Rd.

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 members 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

www.rsic.org

Legal Notices, Public Announcements

RSIC Enrolled Members: Christmas distribution important dates, information

RSIC ENROLLMENT DEPARTMENT

34 Reservation Road; Reno, NV

775-786-3363

NAME AND ADDRESS CHANGES

All changes must be made in writing to the RSIC Enrollment Department no later than October 15, 2017.

MINORS & ADULTS UNDER THE CARE OF GUARDIANS / CAREGIVERS

(includes: RSIC Human Services, Tribal Court, Child Care Protective Services, Foster Care, or under the care of a guardian, etc.) The representative must provide proper documentation which must be submitted to the Enrollment Department no later than October 15, 2017.

Please, parents who have joint custody, come to an agreement on who gets the check for their minor children. Please provide a signed and *notarized* agreement to the Enrollment Department no later than October 15, 2017. Otherwise, the check will be made out to the member parent of the minor child / children.

OUT OF STATE OR INCARCERATED MEMBERS

For those members that request to have their checks mailed, the member *must* send a signed *notarized* letter to the Enrollment Department, no later than October 15, 2017. Incarcerated members *must* submit a signed authorized letter postmarked from the correctional facility stating the full name and address of the person to pick up their check by October 15, 2017. *No money orders will be sent or issued.*

PICKING UP CHECK BY ANOTHER PERSON

The member must submit a signed *notarized* letter authorizing a certain individual to pick up their check must include the full name and address of person picking up check. The letter *must* be submitted no later than, October 15, 2017.

COMPLETE W-9

Due to the distribution amount all *new* enrolled members will need to complete a W-9 form, including minors prior to October 15, 2017. No checks will be issued if W-9's are not submitted

OUTSTANDING WARRANTS

If a member has a outstanding warrant or is otherwise wanted by law enforcement, the check shall not be distributed to that member and if another person picks up that member's check, that person will be in violation of RSIC Law & Order Code, Section 4-9116, which provides the following: (a) a person knowing another person is a fugitive, commits the offense of obstruction of justice by intentionally: Providing a fugitive with money, transportation, a weapon, disguise, or other means of avoiding discovery or apprehension. Obstruction of Justice is a Class C Offense.

2017 RSIC TRIBAL ELECTION EVENTS



CANDIDATES NIGHT MEET & MINGLE



Here is your chance to meet and speak with the
Candidates that are running for:

(4) Tribal Council Seats

Each Candidate will be given a chance to address the community. After every Candidate has given their speech the Meet and Mingle will start. You may personally meet with the candidates and ask them questions.

Tuesday-October 17th, 2017

Multipurpose Room

34 Reservation Road

Reno, NV 89502

6 p.m.– 8 p.m.

Thursday-October 19th, 2017

HV Recreation Center-Lower Level

1075 Eagle Canyon Road

Sparks, NV 89441

6 p.m.-8 p.m.

LOGIC AND ACCURACY TESTING

When: November 3, 2017

**Where: Multipurpose Building 34 Reservation Road • Reno, NV
89502**

Time: 6:00 p.m.

You are invited to witness the electronic tabulating machines be tested, sealed and taken by Tribal Police to a secure location before the 2017 Tribal Election.



Continued from page 5

"For over 100 years, the Reno-Sparks Indian Colony has worked to improve the quality of life for its Tribal members and to develop a self-sufficient economy. Our tribal members rely on the East Second Street and Glendale Avenue interchange to access their homes and to obtain government and health care services," said Chairman Arlan D. Melendez. "The East Second Street, Glendale Avenue interchange provides critical access for customers visiting tribal enterprises and businesses like our smoke shops and Walmart at Three Nations Plaza."

Chairman Melendez along with Tribal Council member Suzan Quartz-Holling publicly requested that the new freeway design minimize disruption to both, the homes of its residents and the access to the tribal business enterprises.

"I hope we keep having these meetings to where the final phases come through, it will not affect any of our lands here on the Reno-Sparks Indian Colony," Quartz-Holling said.

However, without a doubt, the possibility of forced removal from homes was fiercely opposed. Because of the traumatic history of American Indians being removing from

their land, passion bore through many of the public comments.

"Here we are getting squished out, squished out," said Billy Eisenhower. "The Indians got to move again."

Sanchez was more direct.

"The White man didn't want us in their city and now they want to move us again," Sanchez said. "I want to stay here on this reservation."

Editor's Note: to review the three proposed alternative designs and other information about the Spaghetti Bowl Project, please visit: <http://ndotspaghattibowl.com/> or phone (775) 622-5555, or email, info@ndotspaghattibowl.com.



FOR SAFE HEALTHY AND LIVING — The Reno-Sparks Indian Colony Recreation Program partnered with the Colony's Tribal Police Department for the sixth year and offered youth a 10-week, fast track DARE Program, or Drug Abuse Resistance Education. Twenty four students from Hungry Valley and another dozen from the Colony successfully completed the class. Pictured above are some of the Colony students and staff who participated. Front Row, left to right: Chairman Arlan D. Melendez, Ethan Astor-Martinez, Landon Phoenix, Jared Plummer, Leland Jim, Monica Cisneros, Kate Wadsworth, Chesney Sampson, Jaelece Wasson, Colvin Williams and RSIC Tribal Administrator Ed Reina. Second row, left to right: Jayden Peters, Kylie Cisneros, Jimmy Villa, Zae Wasson, Makayla Ondelacy, Malia Scott-Leyva, Alliegh Faye Abbie, RSIC Recreation staff Josh Witherspoon and Chandler Sampson. Third Row, right to left: RSIC Human Services Cheryl Douglas, Megan Burdette, Briallen Williams, Justin Burdette, Leia Racine and RSIC Recreation staff Jenna Moody and Adrian Leyva. Top Row, left to right: RSIC Staff Randy Melendez, Vic Sam, Justin Melendez, Ayden Sampson, Jalian Villa, Greg Baker and Jenna Johnson.