



# THE CAMP NEWS

VOLUME XIV ISSUE 11

NOVEMBER—2018

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

## Christina Thomas Named Role Model of the Year

*RSIC Tribal member recognized by Nevada Indian Commission, music fraternity*

Nominated by two University of Nevada professors, Christina Thomas was selected as the youth services role model of the year at the 2018 American Indian Achievement Awards Banquet and Silent Auction.

Held at the historic Stewart Indian School Gym in Carson City, the 9th annual celebration, is a statewide effort to recognize Nevadans who have positively influenced the lives of American Indians.

Thomas, who will graduate from UNR this spring, has spearheaded positive changes for Native American high school students and most recently, college students studying Native language.

"I do things outside the norm," Thomas said. "I want to inspire our community and our youth and I want to make a difference."

The granddaughter of Louella and Bert Thomas and the daughter of Denise and Wendell Henry, Thomas taught Great Basin language for the Washoe County School District for five years.

In addition to writing lesson plans, teaching Northern Paiute history, and coordinating

cultural activities for high school students, Thomas built such a strong relationship with her classes that they enlisted her help to change a overreaching district dress code.

In 2017, with Thomas' mentorship, Great Basin language students persuaded the WCSD leadership to alter its acceptable graduation ceremony dress to incorporate culturally appropriate items, specific eagle feathers and beaded graduation caps.

"I want to inspire students to do things they are passionate

about," Thomas said.

An accomplished traditional Native American singer and dancer and a student of classic and opera music, Thomas recently was the conduit for adding Paiute language to the course offerings at UNR.

"I asked the right questions," Thomas said. "I think the language department personnel just needed a little push and to have someone say, 'this can be done.'"

Accordingly, in the fall of next semester, students at the

*Continued On Page 5*



**Night of Honors** — Reno-Sparks Indian Colony Tribal Council members pose with the 2018 Nevada Indian Commission's Role Model of the Year winner, Christina Thomas (holding her trophy). Those pictured are: (left to right) Marlene Yarrow, Chairman Arlan D. Melendez and Shawna Johnson.

# STEWART INDIAN SCHOOL : HOME OF THE BRAVES

*Documentary  
Premiere  
Screening*



**MON DEC 17th—5 PM**

*Nevada Museum of Art*

**FREE ENTRY**

*for first 100 to sign up*

See this documentary premiere screening of a film revealing how government assimilation at the Stewart Indian School affected generations of American Indian children. This presentation by the Stewart Indian School Preservation Alliance will include a panel discussion following the film featuring scholars, alumni, and special guests led by Dr. Christopher von Nagy of the Shared History Program at the University of Nevada. The free tickets for the first 100 people to sign up are complements of the Reno-Sparks Indian Colony's Cultural Resources Program, the Education Department and Community Relations.



Reserve your seat by emailing [smontooth@rsic.org](mailto:smontooth@rsic.org) or leave a message at: 329-2936, ext. 3268  
Nevada Museum of Art—160 West Liberty—Reno, Nevada 89501—775.329.3333—[art@nevadaart.org](mailto:art@nevadaart.org)

## Deadlines, Mailing List

### *The Camp News Profile*

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

### SEND US YOUR NEWS

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

### CONTACT OUR STAFF

E-mail your submissions to [smontooth@rsic.org](mailto:smontooth@rsic.org) or drop off your photos and suggested articles at 34 Reservation Road, Reno, NV 89502.

### CIRCULATION

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

If you have a problem with delivery, please call us at (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](http://www.rsic.org) and PDFs of our publication are available.

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

[www.rsic.org](http://www.rsic.org)

## Important DECEMBER dates

- 5 Law & Order Committee, Tribal Court, 6 p.m.  
Hawaiian Christmas Dinner & Magic Show, Colony Gym, 6 p.m.
- 7 17th Annual Tommo Craft Fair, 34 Reservation Rd, 10 a.m.
- 8 17th Annual Tommo Craft Fair, 34 Reservation Rd, 10 a.m.
- 11 Senior Christmas Dinner, Eldorado, 5:30 p.m.
- 12 Archives & Records Christmas Ornament Making, 34, 10:30 a.m.  
Senior Christmas Party, Senior Center, 10:30 a.m.  
Tribal Council Meeting, Hungry Valley Rec Center, 6 p.m.
- 13 Camp News Submission Deadline
- 14 Nevada's Christmas & Indian Art Market, 10 a.m.  
Lawana's Christmas Toy Drive Deadline, RSTHC, 5 p.m.
- 15 Nevada's Christmas & Indian Art Market, 10 a.m.
- 16 Family Christmas Holiday Movie, Sponsored by Senior Center,  
Century Theaters, 12:30 p.m.
- 17 Home of the Braves: Stewart Indian School Documentary,  
Nevada Museum of Art, 5 p.m.  
Executive Health Board Meeting, RSTHC, 5:30 p.m.  
Language & Culture Advisory Board, RSIC Library, 5:30 p.m.
- 18 Commodity Distribution, Senior Center, 8 a.m.  
ITCN WIC, Walk-In Clinic, RSTHC, 9 a.m.  
RSIC Administration Community, 34 Reservation Rd., 6 p.m.
- 21 Winter Begins
- 24 Christmas Eve, RSIC Administration Offices Closed
- 25 Christmas Day, RSIC Administration Offices Closed
- 26 Winter Break Day Camp, Recreation
- 31 New Year's Eve, RSIC Administration Offices Noon Closure



**Check out the NEW** RSIC Community Calendar for a listing of all of the Tribe's activities, meeting and events. Log onto: [www.rsic.org](http://www.rsic.org) ; Chose the **News** tab, and pull down to **Events**.



Mama Lawana's Annual  
*Christmas Toy Drive*

**Toy Boxes will be located in the  
lobby of the RSTHC to collect toys**

**Donations can be made up to December 14th**



We need unwrapped toys  
to benefit the Pediatric  
Patients of the  
Reno-Sparks Tribal Health  
Center

HELP BRING SMILES TO OUR CHILDREN  
THIS HOLIDAY SEASON

**More Info Contact:**

**775-329-5162**

**Lawana Martinez**

*Continued From Front Cover*

university can enroll in Paiute 111 and Paiute 211.

Thomas said that two of her mentors, Dr. Jenanne Ferguson from the anthropology department and Dr. Ignacio Montoya, an English and linguist expert at UNR, guided her through the process for adding a language to the university curriculum.

She said that she presented about five examples of Native language models from other colleges and universities to the decision makers in the university language department.

"Now, students can take two years of Great Basin language through the Washoe County School District and continue at UNR."

This type of vision convinced Ferguson and Montoya to nominate Thomas for the Nevada Indian Commission award.

"Christina possesses many qualities that mark her as an excellent role model, among them, her unfailing tenacity and persistence," the professors

wrote. "Through her recent motherhood and full-time schooling, she has remained active in the Reno Native community, displaying her hard-working attitude and willingness to keep working toward achieving her dreams and remaining involved with the most important work that needs doing."

Part of that work involved Thomas' undergraduate research grant which took her and her son, Jace, to New Zealand in August.

Just one of 52 students selected and the only Native American student, Thomas studied the Māori indigenous culture language revitalization efforts. Specifically, Thomas observed the Māori people in many settings—small school children in schools to language nests to tertiary (their college system) school.

The Māori are the indigenous Polynesian people of New Zealand.

They arrived in New Zealand



**Sigma Alpha Iota** — Christina Thomas (right) was recently accepted into a music fraternity for women at the University of Nevada. Sigma Alpha Iota is an international group which encourages, nurtures and supports the art of music.

in several waves of canoe voyages some time between 1250 and 1300.

Over several centuries in isolation, these Polynesian descendants developed a unique culture, with their own language, a rich mythology, and distinctive crafts and performing arts.

The arrival of Europeans to their lands brought massive changes to the Māori way of life.

Initially, relations between Māori and Europeans were friendly, and with the signing of a treaty in 1840, the two cultures coexisted as part of a new British colony.

However, land disputes led to conflicts in the 1860s. Social upheaval, decades of strife and epidemics of disease brought by non-Natives took a devastating toll on the Māori population, which fell dramatically.

By the 20th century, the Māori population had begun



**Love To Learn** — The recipient of a UNR undergraduate grant, Christina Thomas traveled to New Zealand to learn about the Māoris' language preservation efforts. Above, she is pictured with some young students to whom she taught Paiute culture. Like most indigenous people, the Māoris' suffered greatly because of colonialism.

*Continued On Back Cover*



# 17<sup>th</sup> Annual Tommo Craft Fair

- Tommo means Winter in the Paiute Language -

**December 7-8, 2018**  
**34 Reservation Road (Gym)**  
**Reno, NV 89502**

(Off Interstate 395, take Mill Street or Glendale off-ramp on west side)

**Open 10 a.m. – 6 p.m. both days**

Come and support our local and surrounding area  
Craft Vendors!



- Beaded Items
- Native Blankets
- Native Jewelry
- Baked Goods
- Native Artwork
- Handmade Quilts
- Books & Music, and many one-of-a-kind items!

**INDIAN TACOS will be sold!**

***In conjunction, we are having a COAT DRIVE. To help someone in need, please bring a clean coat, mittens, scarf, or gloves to the event.***



For vendor information, contact Joanne at (775) 636-6618  
Online: [tommocraftfair@gmail.com](mailto:tommocraftfair@gmail.com)

# 182 Voters Cast Ballots at Historic Hungry Valley Polling Station

*RSIC registered voters best national average, just miss record state, county turnout*

Across the country and throughout Nevada, voters shattered turnout records before and on Election Day.

According to *U.S. News and World Report*, Nevada was one of seven states which exceeded the number of early votes cast before Election Day.

In the Silver State, 641,842 people used mail-in or early voting to select their candidates, while 334,322 registered voters in Nevada chose to go to the polls on Nov. 6.

For the Reno-Sparks Indian Colony all results were historic as the Tribe operated it's first polling site on the reservation.

One-hundred and eighty-two (182) Hungry Valley residents voted in the Tribe's gymnasium, while another 61 registered voters—RSIC employees, Colony residents, Urban Indians and other supporters of the Tribe's Election Day efforts.

"I couldn't wait to vote in Hungry Valley on Election Day," said Melissa Melrose-Moose. "It was terrific to just go around the corner, see faces that I know operating the polls, and then exercise my right to vote like all Americans."

Melrose-Moose wasn't the only community member excited to be part of the process.

"It is important and it is history," said Antoinette Thayer who was a poll worker. "I wanted to part of that."

In addition to helping nearly more than one hundred people vote, Thayer proudly cast her



**Polls Open At 7 AM** — *Michael Ondelacy, one of the RSIC poll workers gets ready to serve as the voter intake specialist, which involves confirming the signature of those wishing to vote.*

own ballot at her neighborhood polling site.

In fact, when combining both voting districts, the 7300 precinct which encompasses the downtown Colony and the 7573 precinct which encompasses the Hungry Valley land base, 257 voters, or 58.8 percent of those eligible turned out to vote.

For the RSIC that meant that the community surpassed the nation voting average (49.4 percent), only to fall just shy of the state average (62.4 percent) and behind Washoe County (70.1 percent) by about eight percentage points.

"For a first time polling location, the turn out was excellent," said Deanna Spikula, the Washoe County Registrar of Voters. "I expect that in the future, the numbers of voters will continue to rise."

Furthermore, Spikula as well as Washoe County Manager John Slaughter who visited the Hungry Valley site marveled at the excitement generated on Election Day.

"It was so neat watching everyone dancing, singing and just enjoying the beautiful day in that amazing setting," Slaughter said.

In addition to the RSIC, the Pyramid Lake Tribe operated polling sights on Tribal land. At PL, 607 people took advantage of an early voting site or Election Day voting on the reservation.

Also, the Walker River Paiute Tribe offered its members early voting and Election Day voting.

In Schurz, 258 people voted with 88 taking casting their ballot on Nov. 6.

In Hungry Valley, the poll workers recognized four, first-time voters: Hope Dressler, Leo Grass, Devon Dressler and Harlan Malone.



**Secure** — *Hungry Valley Polling Site Chair, Tanya Hernandez unlocks the Washoe County Election Day black box which contains all needed materials.*



# Bicycle Helmet Giveaway, Safety Event Huge Success

*Family, youth activities enhances historic election day in Hungry Valley*

*By Scott Carey*

*Reno-Sparks Indian Colony Planner*

Election Day at the historic Hungry Valley polling site offered fun, healthy activities for those under-18, as well as those casting ballots.

On Nov. 6, the Reno-Sparks Indian Colony Planning Department partnered with the Reno-Sparks Tribal Health Center, 3 Nations Wellness Center, Tribal Police, UNITY, the Reno Bike Project, and LimeBike for a bicycle helmet giveaway and safety event.

One hundred free helmets were distributed throughout the day while the entire activity focused on safety while promoting more bicycling in the community.

Tribal members were properly fitted for the free bicycle helmets with free-adult and youth-size bicycle helmets,

Plus, participants learned how



**All About Safety** — Several departments and divisions of the Reno-Sparks Indian Colony collaborated to coordinate a day of fun, safety, and healthy activities on Election Day. Young and old enjoyed the launch of Limebikes in Hungry Valley, free bicycle helmets with a commemorative sticker, a bike obstacle course focused on safe riding, tumbling in a bounce house, live music and inspirational remarks from Tribal elders, plus free Indian Tacos made by one of the best bread makers in the Valley. Above the family of Susan Quartz Holling eagerly await their turn for fittings for bicycle helmets.

*Photo by Hope Dressler*



**Cool Swag** — One hundred community members got complimentary, custom fitted bicycle helmets with a catchy, colorful souvenir sticker thanks to RSIC Tribal Council, 3 Nations Wellness, Planning, and the Reno Bike Project.

to safety follow road signs when riding bicycles.

RSIC Police Officer Angelo Hafalla led youth through a bicycle obstacle course and taught riders several bicycle safety techniques.

Sixty youth size helmets ranging from ages 3-14 and forty adult size helmets were handed out during the event.

New helmet owners also were given commemorative stickers for their safety gear. Complements of the 3 Nations Wellness Center, riders sported "GET OUT and vote" stickers. The directive not only was to promote the importance of voting, but to get out and enjoy a bike ride and good health.

The Reno Bike Project assisted the RSIC Planning Department setting up a booth and helping hand out and fit the bicycle helmets.

The Reno Bike Project is a non-profit community bicycle shop and resource for the Truckee Meadows committed to creating a nationally recognized, cycling-friendly community through education, cooperation and advocacy.

For more information about their programs and services or to learn how to get new bicycles through their Biggest Little Community Program, please visit:

[www.renobikeproject.org](http://www.renobikeproject.org)

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Also during the day, LimeBike set up a booth to provide information about its services, hand out promotional items, and brought out bicycles for the community to ride for free.

Funding for the bicycle helmets given away during the event was provided from the franchise fees collected from LimeBike operating on the reservation and from the 3 Nations Wellness Center.

Another 3 Nations Wellness Center initiative was to operate a bounce house during the day.

With assistance from the Hungry Valley Recreation Department and the United National Indian Tribal Youth (UNITY), children of all ages enjoyed hours of fun and fitness in the colorful bounce house.

All the day's activities were complemented by traditional, live music.

Several well-known area drummers as well as RSIC community members performed in the amphitheater setting a festive mood by reminding all about our connection to the past and signifying the importance of the historic polling site operating in the Hungry Valley gymnasium.

As part of the "Get Out The Native Vote," and funded by Plan Action, Win Justice, and Center for Community Change Action, singers Vernon Rogers, Toby Stump, Winston Sam and Norm Harry helped strengthen the spirit of the community through their drumming.

At several junctions in the day, on-lookers joined in with round dancing. This included



**Community Policing** — Dozens of beginning cyclists took turns navigating a safety obstacle course during a special community celebration in Hungry Valley on Election Day, last month. Above, Reno-Sparks Indian Colony Tribal Police Officer Angelo Hafalla adjusts the chinstrap on the helmet worn by one of his many young pupils. Section 5-3-505 of the Colony's Traffic Code addresses the requirement of protective headgear when operating a bicycle, non-motorized scooters and skateboards on the reservation. In addition, all traffic codes apply to persons riding a bicycle upon a roadway on Tribal lands.

visitors from the Washoe County Registrar of Voters Department.

All the while, volunteers operated tribal vehicles picking up and dropping off voters.

Moreover, perhaps the biggest attraction of the day were the delicious Indian Tacos made by UNITY and the RSIC Education staff.

With renown chef Natalie Smith making the fry bread, the team effort led to more than 500 tacos being served.

Finally, as the final votes were cast just 500 feet away,

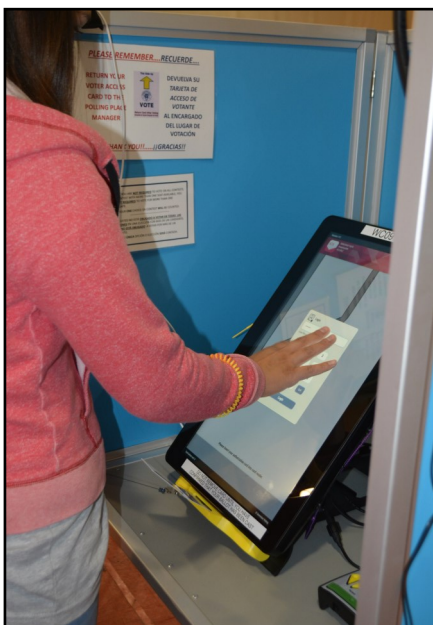
the UNITY participants, many who had been at the polling station since its opened, ended the event with more songs. Led by elder Janice Gardipe with assistance from the UNITY advisors and a few parents, exulted in ancient songs of strength, songs of humor, and mostly songs of thanks.

The day which was designed to encourage voting, celebrate sovereignty and use the democratic system in place to protect our community's best interest, was indeed historic.



# In & Around: Reno-Sparks Indian Colony Community

## 2018 Election Day in Hungry Valley; Fun for all



Election Day & Veterans Day (page 22) photos by Brendan Able, Hope Dressler, and Bucky Harjo. To see images as well as the entire *The Camp News* in color, please log onto: <http://www.rsic.org/rsic-newsletter/>



# Governor-Elect Again, Visits Reno-Sparks Indian Colony

*Chairman Melendez named to transition team for newly elected officials*

A week after naming the Reno-Sparks Indian Colony Chairman Arlan D. Melendez to his 28-person transition team, Governor-elect Steve Sisolak toured the Reno-Sparks Tribal Health Center.

"We are going to do a lot of good work together," Sisolak told Chairman Melendez. "Your community is a large part of Nevada and we want to get the RSIC and all Nevada Tribes involved at the state level."

Sisolak, who currently serves as the Chair of the Clark County Commission, won the gubernatorial race last month to become the first Democrat elected to hold the governorship in 20 years.

As healthcare was a major part of Sisolak's platform for the 64-year, single-father of two, was delighted with his tour of the RSTHC.

"This facility is impressive," Sisolak said while greeting and

shaking hands with RSTHC staff. "Healthcare is important to all and we will work together to improve it for everyone."

Another emphasis for Sisolak is bringing together Nevadans from all walks of life which is reflected in the wide array of backgrounds of those serving on his transition team.

"Every member of this team brings a unique experience and view to the table and together, they will help me as I build an administration," Sisolak said in a statement. "By bringing people together from day one, we can deliver real solutions for Nevada families."

Chairman Melendez said he is very optimistic and willing to help.

"I am honored to have been asked to participate in this important formal transfer of authority from one great leader--Nevada Governor Brian Sandoval to another--Governor



**Happy To Meet You** — Governor-elect Steve Sisolak greeted health center staffers Judy Miller, Jane Smith and Lorina Dressler during a tour of the facility.

-Elect Steve Sisolak," the Chairman said.

The transition team includes many regional leaders very familiar to the Reno-Sparks Indian Colony and Chairman Melendez.

"I am looking forward to working with Reno Mayor Hillary Schieve, U.S. Rep Dina Titus, and Assemblywoman Barbara Buckley," Melendez said.

"For the Reno-Sparks Indian Colony, this is a unique opportunity to be part of the process which examines broad-based issues—from health care, to housing, to education, and economic development—with agency and industry experts.

Chairman Melendez said that often the issues impacting Indian Country are the very same in rural and urban Nevada.

Furthermore, the Chairman also has been tapped by Senator Aaron Ford to assist him as he takes over the Nevada Attorney General post.



**New Leadership** — Nevada governor-elect Steve Sisolak recently met with Reno-Sparks Indian Colony Chairman Arlan D. Melendez at the Tribe's health center. Strategies 360 Senior Vice President John Ocegüera, RSIC Tribal Administrator Edward Reina, and RSTHC Grant Writer Elvin Willie assisted with the get-together.

# Awareness of Domestic Violence Strengthens Community

*RSIC summit, roundtable provides facts, strategies to help victims*

Every nine seconds, a woman in the United States is beaten or assaulted by a current or ex-significant other.

According to the National Resource Center on Domestic Violence more than 10 million Americans, per year, suffer at the hands of loved ones.

In fact, one in four women and one in seven men have been the victims of severe physical violence from a partner in their lifetime, and even more shockingly, one in five children are exposed to domestic violence each year with 90 percent of these children witnessing the violence themselves.

These facts and statistics make harrowing reading, but with more public awareness regarding this epidemic, the prevention and services to victims are improving.

For the Reno-Sparks Indian Colony, last month's domestic violence summit offered the community an opportunity

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## What Exactly is Domestic Violence?

*How can you help a victim of domestic violence?*

### Physical Abuse

Physical abuse is the most recognizable form of domestic violence. It involves the use of force against the victim, causing injury (a punch or a kick, stabbing, shooting, choking, slapping, forcing you to use drugs, etc.). However, the injury doesn't need to be a major one. For example, your abuser slaps you a few times, causing only minor injuries that don't require a visit to the hospital. Although the injury is minimal, the slapping would constitute domestic violence.

### Emotional Abuse

Emotional abuse involves the destruction of the victim's self-worth, and is brought about by persistent insult, humiliation, or criticism. Emotional abuse can be a difficult type of domestic violence for many people to understand, since, on the surface, it appears to be quite common in unhealthy relationships. In most states, emotional abuse is not enough on its own to bring a domestic violence action unless the abuse is so persistent and so significant that the relationship can be labeled extremely coercive. Typically, evidence of emotional abuse is combined with other abuse (physical, financial, sexual, or psychological) to bring a domestic violence action.

### Sexual Abuse

Sexual abuse is not just rape, but also harassment, such as unwelcome touching and other demeaning behaviors. Many victims don't realize how broadly sexual abuse is interpreted. For example, if you've ever been coerced into not using contraception (the pill, a condom, an IUD, etc.) or having an abortion, then you may have actually been sexually abused.

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**A Room Full** — Community members, employees, guest and youth attended the Reno-Sparks Indian Colony's Domestic Violence Summit during October. The program included speakers and giveaways. *Photo Provided By Human Services*



to hear directly from professionals about the complexities of domestic violence, how to recognize the signs of the abuse as well as options for help.

The RSIC Domestic Violence Summit organized by the Tribe's human services department, provided an opportunity to deepen our understanding of this widespread plague, share resources, and most importantly, support survivors.

When most people think of domestic violence, they imagine a situation where the abusive partner physically hurts the victim. However, physical harm is only one form of abuse and there are various types of domestic violence; domestic violence can be physical, emotional, sexual, financial, or psychological.

The legal definition of the term "domestic violence" is complex and refers to several relationships: current or former spouse or intimate partner, a person with whom the victim shares a child by a person who is cohabitating or has cohabitated with, or by any other person against an adult or youth victim who is protected from that person's acts under the domestic or family violence laws of the jurisdiction.

Simply put, domestic violence is any abusive, violent, coercive, forceful, or threatening act or word inflicted by one member of a family or household on another can constitute domestic violence. Moreover, domestic violence is widespread and affects people of all ethnicities, social classes, and economic brackets.

## **WHAT EXACTLY IS...Financial Abuse**

Of the types of domestic violence, financial abuse is perhaps the least obvious. Financial abuse may take on many forms, such as a husband preventing his wife from obtaining an education or a job outside the home. Financial abuse is extremely common, particularly when families have pooled their money into joint accounts and where there is little or no family support system to help. Financial abuse is about control, even though it is less obvious than physical or sexual abuse. With no access to money, the victim is at the abusive partner's mercy. The abusive partner may withhold money for food, clothing, and more. If children are involved, this can overlap with neglect.

## **Psychological Abuse**

Psychological abuse includes intimidating, threatening, or fear-causing behavior. This behavior must be persistent and significant. A one-time event generally won't be enough to bring a domestic violence action. Like emotional abuse, psychological abuse may not, on its own, be enough to bring a domestic violence action unless it is especially severe. A wide variety of behaviors fall under the umbrella of psychological abuse. Some common examples include: preventing the victim from talking to people unless they have "permission," preventing the victim from leaving the house; and threatening the victim with violence or emotional blackmail for doing something the abusive partner doesn't agree with.

## **Make Time**

Make time for the domestic violence victim. If the person decides to disclose years of pent-up fear and frustration, you will not want to end the conversation because you have another commitment.

## **Start the Conversation**

Let the person know that you will keep any information disclosed quiet. Do not try to force the person to open up.

## **Don't Judge**

Listen without judgment, and ask clarifying questions, but mainly just let the person vent their feelings and fears.

## **Believe the Victim**

Offer the victim assurances by validating the victim's feelings. Let the victims express conflicting feelings about their partner and their situation by letting her know that having these conflicting thoughts is normal. However, it is also important that you confirm that violence is not okay, and it isn't normal to live in fear of being physically attacked.

## **Offer Specific Help**

Help the victim find support and resources. Look up telephone numbers for shelters, social services, attorneys, counselors, or support groups. If available, offer brochures or pamphlets about domestic violence. Help the victim create a safety plan that can be put into action if violence occurs again or if she decides to leave the situation.

## **Enlist Help From Professionals**

If you know that violence is actively occurring, call 9-1-1 immediately. If you hear or see physical abuse taking place, call the police. At the RSIC, the Colony's Human Services Department is located at 405 Golden Ln. The phone number is (775) 329-5071.

# United States Senator Brings Advocates Together

*Colony professionals join others to evaluate support programs for abuse victims*

Recently, United States Senator Catherine Cortez Masto (D-Nev.) hosted a roundtable in recognition of Domestic Violence Awareness Month with community leaders and advocates to discuss the work being done in Northern Nevada to prevent domestic violence and support survivors of abuse.

"Far too many women in Nevada are victims of domestic violence each year," Senator Cortez Masto said, "I am proud to be an advocate for survivors of domestic violence in Nevada and I will continue to fight in the Senate to ensure that survivors from all across Nevada, especially in our tribal communities, have the resources they need to heal and recover."

Participants at the roundtable included local and regional law enforcement, health care partners, Tribal clinicians, and community members.

A similar event also was held

in southern Nevada.

At the respective roundtables, the group addressed how best to protect survivors and prevent domestic violence in the state.

Reno-Sparks Indian Colony Social Worker Cheryl Douglas shared one idea.

"We need to have a collaborative effort with the cities of Reno and Sparks, Washoe County, and the state in order to maximize funding without competing with other agencies," Douglas said. "We all agree that there is a shortage of funding, transitional housing, and services to address drug and alcohol addiction and mental illness which is often associated with domestic violence."

RSIC Tribal Court Administrator Jeraldine Magee agreed.

"We discussed the lack of funding to serve victim, and the hoops that agencies have to jump through to obtain funding to serve their most at-risk population," Magee said. "The

need is growing, but the funding is not "

Magee said that while the passage of the Violence Against Women's Act and the Tribal Law and Order Act are historic, those federal laws do not include funding.

"Tribes who are not big gaming tribes, and those which don't have unlimited money, are unable to use enhanced sentencing and/or prosecute non-Natives in our courts due to mandates that came with those laws," McGee said. "The competition for grants continues to grow as does the needs for services continue to grow, so that leaves everyone fighting for the same pot of money, and for tribes who do not have experience or a professional grants writer, we are at the bottom of the food chain."

Last fall during a community awareness presentation by RSIC Tribal Police Officer Cecil Wyatt, Reno-Sparks Tribal Health Center Behavioral Health Case Manager Michelle Jim-Katenay, and RSIC Education Advisor Tanya Hernandez, it was reported that in 2016, the RSIC Human Services Department assisted 239 tribal members were impacted by domestic violence. That means about 21 percent of the 1,150 citizens of the RSIC were victims of domestic violence.

"We've made great strides in the past few decades to open



**Fighting The Good Fight** — Several women working in Indian Country attended Nevada Senator Catherine Cortez Masto's roundtable on domestic violence awareness and prevention. Pictured from left to right: Bhie Cie Ledesma, Cheryl Douglas, Senator Cortez Masto, Angela Wilson, Mary Dodd and Jeraldine McGee. Photo By Office of Senator Cortez Masto

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## MMIW Report Done

*Critical data now available*

The Seattle Indian Health Board's Urban Indian Health Institute recently released the most comprehensive report to date on missing and murdered Indigenous women (MMIW).

According to the study issued in mid-November, poor data collection by law enforcement has created a significant hurdle when trying to understand the MMIW crisis.

The research documents 506 unique cases in 71 cities across the country. Because 71 percent of American Indians and Alaska Natives live in towns and cities, the study included research on Native women in urban areas, as well as focuses on rural reservations and tribal communities.

Researchers gathered the data from missing persons databases, news reports, social media and interviews with family members. The report goes back to the 1940s, but two-thirds of the cases collected occurred between 2010 and 2018.

Inexplicably, of the 506 cases cited in the study, 95 percent were not covered by media outside of their local market.

As a result, the missing and murdered indigenous women have disappeared "not once, but three times," the researchers write: "in life, in the media, and in the data."

Abigail Echo-Hawk the Pawnee Nation and Annita Lucchesi of Southern Cheyenne descent authored the report Echo-Hawk

## Tribal Member Thanks U.S. Senator

*Native artist acknowledges national leadership*

Because of advocacy work on behalf of Murdered and Missing Indigenous Women done by Senator Catherine Cortez Masto, Bhie Cie Ledesma of the Reno-Sparks Indian Colony gifted the Nevada representative a custom designed and hand crafted ribbon skirt.

"I was very moved by your work in the issue of Murdered and Missing Indigenous Women," Ledesma wrote in a letter to the Senator. "Some law-makers view us as a

small group, hardly worth a mention, but thank you for seeing us as the mothers, healers, activists, artists, singers, and dancers we are."

To date, Senator Cortez Masto has cosponsored numerous bills addressing the crisis of domestic violence and human trafficking, including bipartisan legislation to reauthorize the

Family Violence Prevention and Services Act, which provides crucial federal funding for shelter, counseling and legal services for

domestic violence survivors and the SURVIVE Act to require the Department of Justice's Office for Victims of Crime to make grants to Indian Tribes for programs and services for crime victims, like domestic violence shelters.

She also has cosponsored Savanna's

Act to address the crisis of

MMIW and the Native

Youth and Tribal Officer Protection Act to support children and law enforcement personnel involved in domestic violence incidents on Tribal lands. Ledesma presented the ribbon skirt to Senator Cortez Masto during a roundtable held in recognition of Domestic Violence Awareness and Prevention Month in October.



**Modern Culture** — *Another symbol of strength and sacredness, a traditional Native American ribbon skirt serves as a declaration of being a survivor even as recognition of attempted genocide.*

*Photo By Office of Senator Cortez Masto*

# Ask Paul

**EDITOR'S NOTE:** This month's *Ask Paul* is part one of a two part column. Next month, *Ask Paul* will outline the outstanding credentials of the rest of the Behavioral Health Program staff.

I have been writing this article for the last few years about how the Reno-Sparks Tribal Health Center Behavioral Health Program might be able to serve you and your family's needs. The Behavioral Health Team has a vision for your spiritual, emotional, mental and physical health.

People understand if they have a tooth ache they go to the Reno Sparks Tribal Health Center (RSTHC) dentist. If they have problems with their eyes, they go to (RSTHC) optometry. If they need help with their body they see their (RSTHC) doctor. Although we have discussed substance use and/or mental health concerns that can be treated in our program, we have not discussed the additional health care and self-wellness reasons to go to the Behavioral Health Department. In order to do this we have to explore what services are available and most importantly, the qualifications and experience of the

person and the quality of organization who are providing these services.

This article is created to answer these questions as well as give our readers insights into the types and quality of services

they deserve to receive.

I'll start. I've been serving the Reno-Sparks Indian Colony as a substance use counselor for a few years now. I am a Licensed Alcohol and Drug Counselor – Supervisor. I have a master's degree in addiction counseling from Hazelden Graduate School of Addiction Studies.

I have experience in residential, intensive outpatient, outpatient, individual and group therapy. I've also supervised a woman's treatment program and am a co-lead for a program with the University of Nevada, Reno that instructs health care providers in optimal treatment care for their patients. Also I offer an evidence based, certified DUI program for levels II, IIX, and III as well as the Red Road to Wellbriety group which offers healing through the Native American Elders wisdom using the Red Road to Wellbriety curriculum. The reason I gravitated to this specialty is because addiction can be a life and death challenge. Many of the people I serve know people who have died either because of substance use or substance use was involved in their death. In my training and years of experience, I've learned that substance use and addictive behaviors are just a symptom of a deeper problem. Because of this, I begin by providing a complete evaluation of the person's whole life. This evaluation is essential as it gives me and this person a place to begin our work. The evaluation is confidential, and is not a label – it just provides us a place to begin our healing process. It is essential that I work with a group of highly qualified,

professional specialists who can provide optimal health care spiritually, emotionally, physically and mentally while we are addressing the substance use. With this in mind, I'd like to introduce the Behavioral Health Care staff at the RSTHC. Please feel free to contact our Behavioral Health Care department, to access any of these services that are culturally specific to your Native American population.

Mary Lask MS, LADC-S is also a licensed alcohol and drug counselor – supervisor. She has a master of science degree in human development and family systems. She is also the supervisor in our Behavioral Health Department. Mary has recently been appointed to serve as a member of the Board of Examiners for Alcohol, Drug, and Gambling Counselors for the State of Nevada.

This appointment by the governor allows Mary to oversee issues related to credentialing, and disciplinary actions to assist in the overall improvement of treatment provided within the state. Mary is enthusiastic towards making sure all alcohol and drug and mental health providers provide consistent, quality programs throughout the state. Mary's years of experience includes individual, group, adolescents, and intensive outpatient treatment. She has been a program coordinator and Medicaid service coordinator responsible for providing direct supervision, compliance and discipline. Mary currently teaches the RSTHC Life Skills class which is an evidence based and structured



## *“The best way to receive optimal services... is to ask questions?”*

model to ensure optimal outcomes for her Native American clients. This group meets every Wednesday from 9-11 a.m.

Dr. Melinda Edwards, MD is our psychiatrist. She attended Wofford College in South Carolina and graduated with a bachelor of science degree in psychology. She then attended medical school at the South Carolina University, and did her residency in psychiatry at Stanford Medical Center. Her work experience includes private practice, working at a county mental health clinic and working at the Veterans Administration. She provides support for patients by doing a thorough initial diagnostic assessment and by providing medication that can help treat patients' symptoms when needed. Dr. Edwards follows up with patients to monitor how they are doing with medication, and provides support for patients who are in crises. She works with patients with a wide range of symptoms, including depression, anxiety, psychosis, suicidal thoughts and substance use disorders. She uses a holistic approach, assessing symptoms and diagnosis while treating and working with the whole person – mind, body, spirit and other aspects of a patient's life. She loves what she does and is grateful to be working with our Native American population.

Dr. Martinez is one of our clinical psychologists. He is a Native

American, of the Chumash tribe. Dr. Art Martinez shares a unique melding of cultural and clinical experiences. In 2015, Dr. Art joined the Children's Bureau established Center for Native Child and Family Resilience. Dr. Art currently serves as the co-director of the newly formed National Quality Improvement Center (QIC) for Preventive Services and Interventions in Indian Country. Dr. Art was previously the senior advisor for Tribal Capacity Building for the Capacity Building Center for Tribes, of the Capacity Building Collaborative of Children's Bureau.

In the past Dr. Art was the executive and clinical director of The Child and Family Institute, one of the principal mental health contractors for Sacramento County Child Protective and Children's Mental Health Services. Dr. Art founded the Washoe Family Trauma Healing Center in Gardnerville, Nev. In 1999 Dr. Art was appointed by the Secretary of Health and Human services to the National Advisory Council for SAMHSA. Dr. Art was the past director of the department of marriage, child and family therapy at the San Diego campus of Alliant University as well as director of counseling and psychological services for UC Merced. Dr. Art has served as a nationally known consultant in issues involving Native Americans, Native American Family Dynamics, Indian Child Welfare, Native American Child Development, and Native American Traditional values and health interventions. Dr. Art has over 40 years of experience providing psychological

and child welfare services to American Indian tribes and communities.

The best way to receive optimal care for you or your loved one is to ask your provider these questions:

What are your qualifications? Where did you get your education? What degrees do you have and what do they mean? Who else is on your team? Who is your supervisor and manager? Do they offer services specifically for the Native American population and are they culturally responsible or trained in your specific population?

If people say they are offering substance use programs, ask if they are they SAPTA certified or what certifications do they have? What model do they use? Also, take a tour of the facility and meet the providers.

People need to take ownership in their spiritual, emotional, mental and physical health. If you or a loved one is struggling with behavioral health issues, take the time to explore the programs available. Ask lots of questions and make sure you are receiving services from qualified, culturally competent, and good resources.

Your community leaders believe in and have heavily invested in your healthcare. They believe healthy individuals make healthy families and healthy families make healthy communities. Everyone wins when everybody helps each other obtain and maintain health spiritually, emotionally, mentally and physically!



# In & Around: Reno-Sparks Indian Colony Community

*Honoring dedication, Native pride at UNR, cultural connections*



**Bitter Sweet** — After years of hard work and dedication, Monica Thomas, an RSIC higher education advisor, was presented with a blanket by members of the Tribal Council for her service. Thomas spent 21 years preparing students for life after the 12th grade.



**Represent** — The official flag for the Reno-Sparks Indian Colony is being displayed at the University of Nevada's Center for Cultural Diversity. On the third floor of the Joe Crowley Student Union, The Center provides programs and services to support all students.



**Independent Study** — Christina Thomas visited Hobbiton, Matamat in New Zealand where the internationally acclaimed trilogy the "Lord of the Rings" was filmed. Near the village of Shire, Thomas explored the iconic movie set. The site was built in March of 1999 for the feature films. To learn more about Thomas' trip, see this month's cover.



**Natural Beauty** — Great Basin Native artist Christina Thomas sang during a Māori sun rise ceremony that took place on an ancient volcano which erupted hundreds of years ago. Thomas hiked to the top of the volcano in the dark for prayers and songs. She performed a sun emerging song as a presence from the north (the USA) to balance the ceremony.



and Lucchesi found that nearly 60 percent of police departments either did not respond to their request for information, or returned partial or compromised data—with some cities reporting an inability to identify Native victims, and others relying exclusively on human memory.

Native women living on tribal lands are murdered at an extremely high rate—in some communities, more than 10 times the national average, according to research funded by the Department of Justice.

Sarah Deer, a professor and

author on Native American law and a member of the Muscogee Creek Nation said that a big reason Native women and girls go missing is “..because of the assumptions that our people live a high-risk lifestyle.

“Law enforcement and sometimes community say, ‘..this isn’t someone that we’re going to look for,” Deer told *High Country News* after the report was released. “We did this (study) because Native people need this in their hands to put in the faces of policymakers and say, ‘We have the data you can’t ignore us... any longer,’” Deer said.

The entire report, Missing and Murdered Indigenous Women and Girls by Urban Indian Health Institute can be found at the Reno-Sparks Indian Colony website at: [www.rsic.org/important-videos-links/](http://www.rsic.org/important-videos-links/)

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UNITED STATES—Continued From Page 14

the door for survivors to come forward and seek shelter without fear, but there’s still more work to do,” Senator Cortez Masto said. “We must continue working to build an even stronger support system for families struggling with, or fleeing, violence in the home.”

Sponsored by the Reno-Sparks Indian Colony Archives & Records

## Employee Photograph Christmas Ornament Making

**December 12, 2018**

**10:30 a.m. - 1:30 p.m.**

**34 Reservation Road-Facility Building**

Join us for an RSIC Employee Christmas Event. We will be showing you how to preserve your favorite photograph and making a Christmas Ornament. This project will only take a few minutes and can be done on your break.

**Ornaments will be given out on a first come first serve basis.**

**Hot Chocolate and treats will be served**

**If you have any questions contact:**

**Lydia Morris [lmorris@rsic.org](mailto:lmorris@rsic.org)**

**Johni Bill [jnbill@rsic.org](mailto:jnbill@rsic.org)**

**775-785-1335**

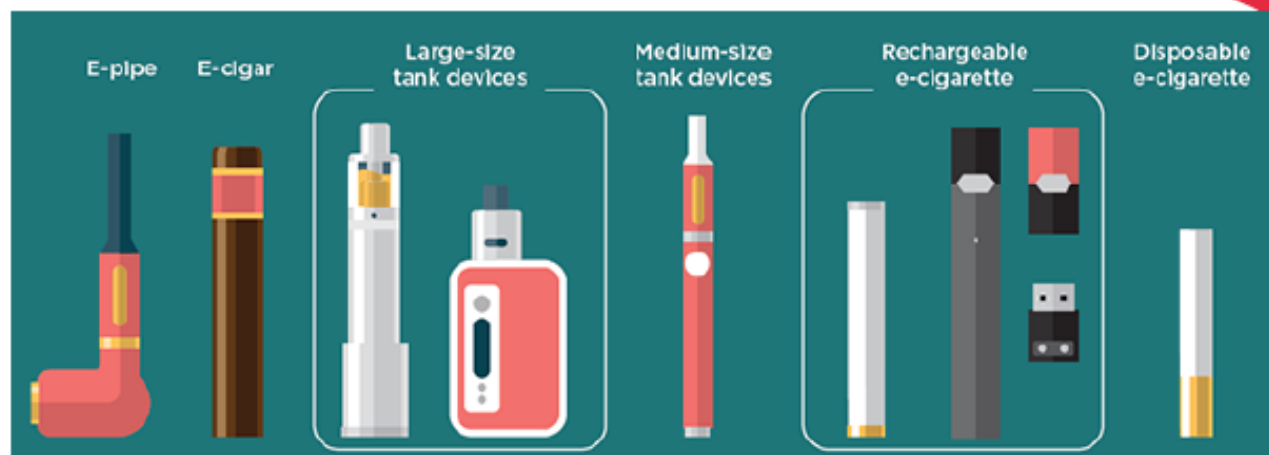
# ELECTRONIC SMOKING DEVICES

## WHAT ARE E-CIGARETTES?

Electronic cigarettes (e-cigarettes) come in many shapes and sizes. Most e-cigarettes have a battery and produce an aerosol by heating a liquid that usually contains nicotine - the addictive drug in regular cigarettes, cigars, and other tobacco products - flavoring, and other chemicals that help to make the aerosol. Users inhale this aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales into the air.

E-cigarettes are known by many different names. They are sometimes called:

- E-cigs
- E-hookah
- Mods
- Vape pens
- Vapes
- Tank systems
- Electronic nicotine delivery systems (ENDS)



Some e-cigarettes are made to look like regular cigarettes, cigars, and pipes. Some resemble pens and USB sticks. Larger devices such as tank systems, or "mods" do not resemble other tobacco products.

## WHAT IS IN E-CIGARETTE AEROSOL?

The e-cigarette aerosol that users breathe and exhale can contain harmful substances, including:

- Flavoring such as diacetyl, a chemical linked to a serious lung disease
- Nicotine
- Various cancer-causing chemicals
- Heavy metals such as nickel, tin, & lead
- Ultrafine particles that can be inhaled deep into the lungs
- Volatile organic compounds

It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent (0%) nicotine have been found to contain nicotine.



# Public School Named After Native American Hero

*Olympian Billy Mills' lifetime achievements continue to inspire, educate*

**Lawrence, Kan.** — Supporters, students, teachers and the gold medal-winning Olympian Billy Mills recently gathered to celebrate a historic day in honor of Billy Mills Middle School, the only public school to bear the name of a Native American public figure.

Mills won the gold medal for Team USA in the 10,000 meters race at the 1964 Olympic Games in Tokyo.

To this day, Mills is the only American athlete to win this race at the Olympic level.

Since his Tokyo triumph more than 50 years ago, Mills, a member of the Oglala Lakota tribe, has dedicated his life to serving the Native American community.

He is a tireless advocate for healthy living and promoting exercise and fitness through the nonprofit group Running Strong for American Indian Youth, which he co-founded.

In 2012, then United States President Barack Obama gave Mills the Presidential Citizens Medal, honoring his foundation's work.

Furthermore, Mills was a first lieutenant in the U.S. Marines.

The celebration coincided with the school's 50th anniversary.

The day before the name change ceremony, Mills was brought to tears while answering student questions about racism. He said that the questions needed to be asked and needed to be discussed.

"We need to empower our young people," Mills said. "As

citizens of tribal nations, citizens of states, citizens of the United States, we need to come together and carve out the future for our children."

According to Jay P. Greene who authored a 2007 report called: *"What's in a Name? The Decline in The Civic Mission of School Names,"* the names given to public schools can both reflect and shape civic values.

"It is increasingly rare for public schools to be named after presidents or people," Greene wrote.

After discussing the Doctrine of Discovery, the Civil Rights Movement and the Jim Crow laws, Mills told the middle school students that he has a vision for their school to become one of the most empowering middle schools.

"I had a dream that your dreams can and will come true," Mills said. "We turn on the news everyday and feel the pain—the racism today."

Mills told the students that our country is on the brink. He asked the youngsters if we should develop America into a full-fledged democracy, or should we withdraw and become a full-fledged autocracy.

"Your community can be one of the leaders in fulfilling the sacredness of democracy," Mills said. "I believe that can happen, I believe it can happen in my lifetime."

Lawrence school board member Carol Cadue-Blackwood, Kickapoo, initiated the move to change the school name after learning about the high dropout rates of Native

*Continued On Page 22*



**Tribute To A Living Legend** — A middle school in Lawrence, Kan., the home of Haskell Indian Nations University and Kansas University, recently re-named its school in honor of Native American Billy Mills. Mills, a Marine Corps Veteran, is the only American to ever win the 10,000 meter race at an Olympics. Mills attended Haskell and KU. **File Photo**

students from her coworker Jennifer Attocknie, the Lawrence Native American Student Success coordinator.

"After we successfully changed the name, I spoke with a pediatrician at Haskell Health Center, and she said she has noticed the kids are more positive," Cadue-Blackwood said. "They say, 'I go to Billy Mills Middle School.'"

Doing the dedication, Cadue-Blackwood directed some of her comments to the Native American hero.

"Billy, thanks for letting us use your name," Cadue-Blackwood said.

She also explained that another reason for the name change was to acknowledge the gift of land from Haskell

Indian Nations University to the city of Lawrence for the school.

As part of the commemoration and acknowledgement to the success of the life of Mills, a mural on the wall painted by Oglala Lakota artist Isaiah Stewart.

The mural chronicles the life of Mills from his early childhood on the reservation, to his eventual success at the Olympics.

The Lawrence Superintendent of Schools, Dr. Anthony Lewis, also expressed his appreciation.

"This is amazing day in the city of the Lawrence," said Lewis. "I am extremely humbled and proud to be a part of this celebration."

Jerry Tuckwin, Prairie Band Potawatomi, a Haskell alumni who went to school with Mills

shared his insight about the name change.

"He was a hero for us little guys," Tuckwin said. "He would always say prayers for us. He was an inspiration. Billy was four-years-old and we looked up to him."

Tuckwin said that when Mills transferred to Kansas University, he again inspired his peers.

"I am really happy to see the name change to give him this recognition," Tuckwin said. "It is way overdue, especially in this diverse community."

Mills ended his speech by thanking the Lawrence community.

"Patricia and I are thrilled and humbled to be a part of your community," Mills said. "I spent nine years in your community and it was where a dream was born for me."



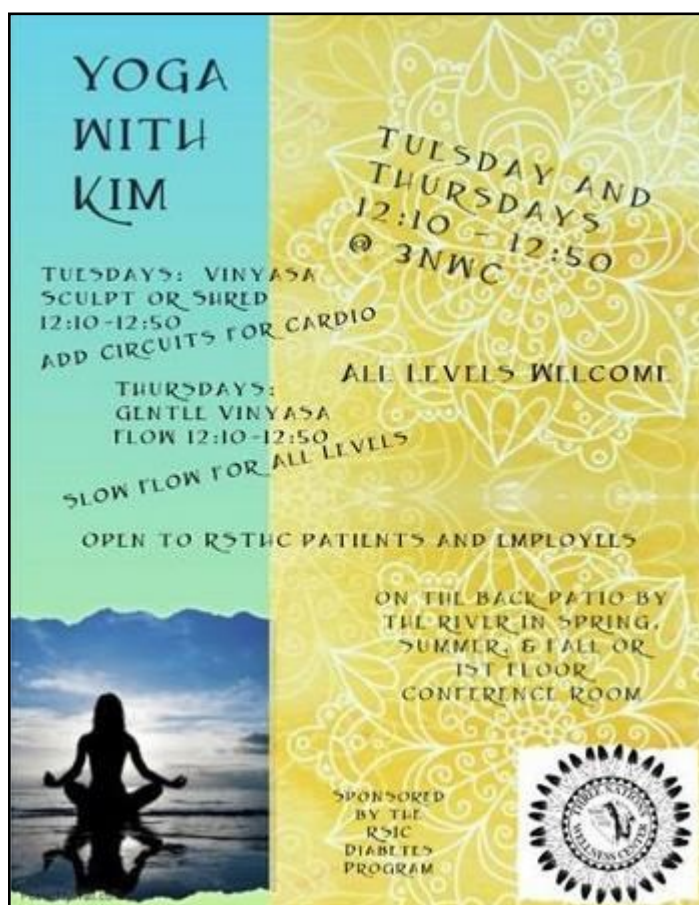
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- Toddler Time
- Swimming Lessons
- Lap Swimming

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

**@ Alf Sorenson Community Center**  
1400 Baring Blvd, Sparks  
Tribal Card required @ Class Check-In

**QUESTIONS?**  
Call Wali at 329-5162  
x1947 or Stacy x1945



**YOGA WITH KIM**

**TUESDAY AND THURSDAYS**  
12:10 - 12:50  
@ 3NWC

**TUESDAYS: VINYASA SCULPT OR SHRED**  
12:10-12:50  
ADD CIRCUITS FOR CARDIO

**THURSDAYS: GENTLE VINYASA FLOW**  
12:10-12:50  
SLOW FLOW FOR ALL LEVELS

**ALL LEVELS WELCOME**

**OPEN TO RSTHC PATIENTS AND EMPLOYEES**

**ON THE BACK PATIO BY THE RIVER IN SPRING, SUMMER, & FALL OR 1ST FLOOR CONFERENCE ROOM**

**SPONSORED BY THE RSTHC DIABETES PROGRAM**



# In & Around: Reno-Sparks Indian Colony Community

## 2018 Veterans Day Parade, Community Dinner, Celebration

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# "PEPPY'S" RENO WARRIORS BOXING CLUB

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Seeking Male & Females  
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M-F  
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Learn The Sport  
Of Boxing w/  
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Become A WARRIOR!

**CONTACT:**

Ronnie Sampson  
775 351 8757



# Tis The Season To Be Especially Alert, Drive Carefully

*Tribal law enforcement officers share safety, road tips for holidays*

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The Reno-Sparks Indian Colony Tribal Police wants to remind community members the importance of being alert and offer safety tips during the holiday season.

- ◀ Park your vehicle in well-lit areas
- ◀ Lock your vehicle
- ◀ Avoid leaving gifts and valuables in your vehicle while shopping. If you must do so, conceal items out of view
- ◀ Be patient. Expect long delays in stores, parking lots, and on the streets around the major shopping areas
- ◀ Consider using a single credit card as it is easier to cancel one card if your card is compromised
- ◀ Keep a list of your credit and debit card numbers at home
- ◀ Don't provide unnecessary information and beware of phone scams
- ◀ When shopping with children keep an eye on them at all times
- ◀ Prepare for winter driving conditions
- ◀ Enjoy the season!

## Ho-Ho-Oh No!

*Don't drive if you're tipsy, buzzed or blitzen'*

---

The holiday season is a time of celebration. A time when friends and family get together, socialize, and enjoy each others company. Here at the Reno-Sparks Indian Colony Tribal Police Department, we would like to remind the public that with celebration comes responsibility – for you and for your loved ones.

According to a report from the National Highway Traffic Safety Administration, 31 percent of all traffic fatalities are caused by drunk driving. That is nearly 10,000 American deaths every year.

We can stop this. On average, 45 people die in alcohol-related accidents each day near the end of December (a 30 percent increase compared to other months), making it the most dangerous time of year to drive. It's important to remember that the rise in drunk driving related accidents and fatalities starts with the celebrations we have with friends and family.

Let's make this holiday season safer by reducing the number of drunk drivers on the road. Here's what you can do:

### **Plan Ahead**

Have a plan for how you will get home, and if you're the host, have a plan for your guests. Designate a driver or know the number for a cab *before the party begins*. In 2018, consider calling UBER or LYFT.

### **Be Aware**

Remember that alcohol is not the purpose of a gathering. Be aware of how much alcohol is being consumed, keep non alcoholic beverages readily available, and don't let others give in to social pressures.


### **Stand Up**

Stopping somebody from drinking and driving is the right thing to do. Even if the potential drunk driver is older and has more experience, they are a risk to themselves and others: drivers aged 35 to 44 account for a quarter of driving under the influence related fatalities.

By following the precautions above and practicing sensible decision making, we can make the roads safer for everybody this December. The holidays are a time for joy, not tragedy.



# CAN E-CIGARETTES HELP SMOKERS QUIT?

 E-cigarettes are not currently approved by the U.S. Food and Drug Administration (FDA) as a quit smoking aid.



## NICOTINE

Most e-cigarettes contain nicotine, which has known health effects.

- Nicotine is highly addictive.
- Nicotine is toxic to developing fetuses.
- Can harm adolescent brain development, which continues into the early to mid-20s.



## AEROSOL

E-cigarette aerosol can contain substances that harm the body.

- Cancer-causing chemicals and tiny particles that reach deep into lungs.
- The concentrations of 9 of 11 elements in aerosol were higher than or equal to concentrations found in cigarette smoke.



## INJURIES

E-cigarettes can cause unintended injuries.

- Defective batteries have caused fires and explosions
- Most explosions happened when batteries were being charged.
- Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes.

## SMOKEFREE.GOV



Smokefree  
Texting  
Programs



Using Nicotine  
Replacement  
Therapy



Smokefree  
Social Media



Smokefree  
Apps



Build Your  
Quit Plan

## 1-800-QUIT-NOW

All states have quitlines with counselors who are trained specifically to help smokers quit. Call this number to connect directly to your state's quitline. Hours of operation and services vary from state to state.

### REFERENCES

- [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/index.htm](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm)
- <https://no-smoke.org/electronic-smoking-devices-secondhand-aerosol/>
- <https://smokefree.gov>

In 2016, more than:

**2,000,000**

U.S. Middle & High School Students

used e-cigarettes in  
the past 30 days.





# LET'S SPINN


SPINNING WITH MICHELLE

# FITNESS

AWESOME CALORIE BURNER AND FITNESS BOOSTER

WEDNESDAYS 5:30-6:30PM &  
FRIDAYS 12:15-12:45PM  
@ 3NWC

Questions Contact Michelle @ 329-5162



# MARTIAL ART CLASSES

Open to all Ages KIDS & ADULT patients of RSTHC

**NEW LOCATION**

contact High Sierra Martial Arts for schedule & enrollment  
775-470-5943  
www.highsierramartialarts.com

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5450 Mill St. suite C upstairs


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- Self Esteem
- Concentration
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**LEARN & DEVELOP**


**FREE!!!**  
UNIFORM AND TESTING FEES INCLUDED...ROLLING ADMISSION

Sponsored by the RSIC Diabetes Program

QUESTIONS?  
Contact Stacy Briscoe 329-5162 x1945





## The 2018 Diabetes Shoe Program




Keep two Diabetes Checkups in RSTHC Medical in 2018 and you're eligible for shoes through the RSTHC Diabetes Program! Appointment required.

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

**The RSIC Diabetes Program reserves the right to end the program at any time.**

# Back 2 Life



It's time to get rid of the aches and pains and get **back** to living.

Gradually get back into exercise with help from a trainer.

Referral required.  
Please contact Stacy or Christian at 329-5162



**RSIC Senior Center – Menu**  
**34 Reservation Road, Building F, Reno**  
**775-329-9929**



Monday	Tuesday	Wednesday	Thursday	Friday
3) Roast Beef Over Brown Rice Steamed Broccoli & Cauliflower + Apple*	4) Pork Loin Gravy Mashed Potatoes Creamy Bacon and Pea Salad+ Peaches*	5) BBQ Chicken Breast Baked Beans Corn on The Cob+ Cutie*	6) Ham and Turkey Sandwich on Rye Bread Lettuce and Tomato+ Sun chips String Cheese Grapes*	7) English Muffin with Sausage, Egg and Cheese Hash Brown Patty Yogurt + with Mix Berries* Orange Juice*
10) Pepper Steak with Bell Peppers and Onions+ WW Tortilla Brown Rice Steamed Broccoli+ Peaches*	11) Chicken Fajitas WW Tortillas With Bell Peppers and Onions+ Black Beans and Corn Fresh Pear*	12) Christmas Party Prime Rib w/Au Jus Baked Potato Roasted Parmesan Green Beans+ Apple Pie Whole Wheat Roll	13) Pork Posole With Tostada, Cilantro, Lime and Onions Spring Mix Salad+ Apricots*	14) Brunch Breakfast Burrito on Whole Wheat Tortilla with Bacon, Eggs and potatoes Sliced Bell Peppers+ Cranberry Juice*+
17) Beef Lasagna Dark Green Salad+ Bread Stick Tropical Fruit*	18) <i>Commodities</i> Turkey and Swiss on Whole Wheat Bread Lettuce & Tomato+ Tomato Bisque Soup Baked Lays Sliced Apples*	19) Teriyaki Chicken on Shredded Cabbage Hawaiian Macaroni Salad with Carrots and Green Onions+ Fresh Pineapple*	20) Beef Vegetable Stew with Carrots, Corn, Green Beans+ and Onions Pan Bread Banana*	21) Brunch Biscuits and Sausage Gravy Cherry Tomatoes+ Cottage Cheese Boiled Egg Pears* Orange Juice
24) Closed - Holiday 	25) Closed - Holiday	26) Meat Spaghetti with Mushrooms, Bell Peppers and Onions*+ Fruit Salad* Whole Wheat Roll	27) Steak Street Tacos with Cilantro and Onion on Corn Tortillas Cucumber and Tomato Salad+ Cantaloupe*	28) Brunch Corn Beef Hash with Potatoes Eggs with Peppers and Onions Whole Wheat Toast V-8+* Grapes*
31) New Year's Eve <i>Early Brunch 10-11:30</i> Steak and Scrambled Eggs Hash Browns Biscuit Mandarin Oranges* Cranberry Juice+	January 1) Closed - Holiday 			

**Please tie up your dog(s) during  
 Delivery times 10am-1pm  
 Loose dogs may result in no lunch.**

**Reminder to call before  
 10am to cancel or add  
 Your meal delivery**

**\*Vitamin C – Daily  
 +Vitamin A – 3X week  
 1% Milk- Daily**


**Menu is subject  
 to change with  
 or without notice.**





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

**2018**

Monday	Tuesday	Wednesday	Thursday	Friday
3) Tone & Fit 12:30pm Senior Advisory Committee Meeting 1:00pm	4) Bead an Ornament 12:30pm 	5) Errand Day 10:00am Language Class 12:45pm	6) Make a Gingerbread House using graham crackers 12:30pm 	7) Caregivers Support Group Meeting 9:00am Brunch 10:30am
10) Tone & Fit 12:30pm 1 pm Make or complete a Gingerbread House using graham crackers 	11) 12 pm Tribal Police Presentation 5:30 Christmas Dinner at *Eldorado Buffet (meet at entrance) *Must be signed up	12) 10:30 am Christmas Party & Bingo at the Reno Gym Blood Pressure Check 11:30am Learn to make a Ribbon Skirt 6:00-9:00pm 	13) Galaxy Theaters 1:00pm  Learn to make a Ribbon Skirt 6:00-9:00pm	14) Brunch 10:30am Tone & Fit 12:30pm
17) Tone & Fit 12:30pm Foam Snowman or Reindeer 1:00pm 	18) Shopping Day 10:00am Environmental Presentation 12:00pm	19) Errand Day 10:00am Language Class 12:45pm	20)  Blood Pressure Check 11:30am Decorate Holiday Treats 12:30pm	21) Brunch 10:30am
24) Closed – Holiday 	25) Closed - Holiday <i>Merry Christmas</i> from the RSIC Senior Staff Dolly, Teresa, Ryan John, Mary, Stubby & Bo 	26) Blood Pressure Check 11:30am Language Class 12:45pm 	27) Make a New Year's Lantern 12:30pm 	28) Brunch 10:30am Tone & Fit 12:30pm 
31) New Years Eve Half Day Center Closes at 12:00pm	January 1) Closed – Holiday Happy New Year 2019			

**Activities are subject to Change or Cancel without notice. Call for info or to sign up for an event.**

December 11<sup>th</sup> El Dorado Dinner, Clients must be signed up. Meet at Buffet entrance at 5:30pm.

December 12<sup>th</sup> Ham Distribution 10:30am. RSIC Senior Client Files Must be up to date, limit 1 per household.

December 16<sup>th</sup> Family Holiday Movie – Jingle All the Way at Parklane Century Theater.

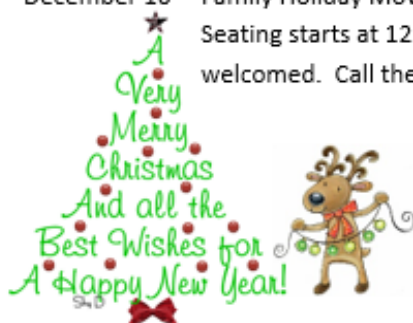
Seating starts at 12:30 pm, Movie starts 1:00 p.m. This event is for RSIC members and residents, all ages welcomed. Call the Senior Center to sign up.

#### **Senior Center Closures**

December 24<sup>th</sup> and 25<sup>th</sup> – Closed.

December 31<sup>st</sup> Closed at 12:00pm. Early brunch 10 a.m. – 11:30 a.m.

January 1 – Closed, Happy New Year 2019



# Christmas Dinner at Eldorado

December 11 – Tuesday at 5:30 pm

Must be a RSIC Senior program client. Sign up to attend. Limited transportation is available, sign up in advance. We will meet at the buffet entrance at 5:30 p.m.

*Other guests are welcome, but need to pay their own dinner cost.*



## RSIC Senior Christmas Party



December 12<sup>th</sup> – Wednesday

10:30 a.m. – 2 p.m. at the Reno Gym



### UGLY Sweater Contest & Gingerbread House Contest



Wear your ugliest Christmas sweater

Bring in your Gingerbread house or make one ahead of time at the Senior Center

Christmas songs by RSIC Headstart, RSIC information booths, get your Christmas ham and gift  
Have a yummy Christmas lunch and play BINGO

*RSIC Senior Program Clients, RSIC enrolled members & RSIC residents only - no kids or grandkids*

Note: Hams will be delivered to homebound clients on December 13<sup>th</sup>. If you cannot make it to the party, hams will be available December 13 at the RSIC Senior Center for pick up until gone.

We have a limited supply. Reminder you must be a RSIC Senior Program Client.



## Family Christmas Holiday Movie

### “Jingle All The Way”

December 16 - Sunday

Century Theaters Parklane

Theater seating starts at 12:30 p.m. Movie starts at 1:00 p.m.



This holiday movie is available for RSIC members and residents, all ages welcome. Limited seating, please contact the senior center to sign up.



# NEW YEAR'S EVE

## SOBRIETY SOCIAL POWWOW

DECEMBER 31, 2018

RSIC GYMNASIUM - RENO, NEVADA

MC  
HANK JOHNSON

ARENA DIRECTOR  
MARTY MONTGOMERY

HEAD MAN  
JJ JOHNSON

HEAD WOMAN  
DAYANN HARRISON

INVITED DRUMS  
RED HOOP  
YOUNG CHIEF  
WAR HAMMER  
BATTLE HORSE

GRAND ENTRY 6PM

FAMILY FUN!!!

CAKE WALK

SOBRIETY CHIP  
GIVEAWAY

SPONSORED BY THE  
RENO-SPARKS  
TRIBAL HEALTHCENTER

FREE EVENT  
GIFTS TO DANCERS  
FREE COMMITTEE  
RAFFLE

### GENERAL INFO

Lydia Bonta 775.842.6388  
Summer Dressler 775.203.5017  
Helen Uribe 775.686.0394

Vendors: toby stump 775.470.1100

34 Reservation Road  
89502



# Community BINGO

*Hosted by Administration Staff*

*18 years old and older, NO children*

**WHEN: THURSDAY, DECEMBER 18, 2018**

**WHERE: 34 RESERVATION ROAD MPR**

**TIME: 6:00PM - ?**



**LOTS OF PRIZES, COME AND ENJOY A NIGHT OUT**



# TRANSPORTATION NOTICE



## Notice of Public Hearing and Availability of the Draft Environmental Impact Statement for the Proposed Spaghetti Bowl Project

The Nevada Department of Transportation (NDOT) and the Federal Highway Administration (FHWA) have prepared a Draft Environmental Impact Statement (DEIS) for the Spaghetti Bowl Project located in Reno and Sparks on I-80 between Keystone Ave. and E. McCarran Blvd. and on I-580/US 395 between E. Parr/Dandini Blvd. and Meadowood Mall Way.

We need your continued involvement in the development of this project. The DEIS identifies a Preferred Alternative and can be accessed at: [ndotspaghettibowl.com](http://ndotspaghettibowl.com). Copies are also available by request from NDOT, Environmental Services Division, Room 104, 1263 S. Stewart St., Carson City, NV 89712; telephone: (775) 888-7013. Hard copies are available for review at the Sparks Library (1125 12th Street, Sparks); the Downtown Reno Library (301 S Center St, Reno); the Duncan/Traner Community Library (1650 Carville Dr, Reno); the Senior Center Community Library (1155 E 9th St E, Reno); the Sierra View Library (4001 S Virginia St, Reno); the RSIC library (401 Golden Ln, Reno) and NDOT District II offices (310 Galletti Way, Sparks). Hard copies will also be available for viewing at the public hearing.

The public hearing will be December 12, 2018 at the Reno-Sparks Convention Center, Room A-3, between 3 p.m. and 7:30 p.m. The hearing will be an open house with exhibits of the project on display and a presentation. The same presentation will be made at 3:30 p.m. and 5:30 p.m. **This will be the public's final opportunity to provide input on the Spaghetti Bowl Project prior to the preparation of the combined Final Environmental Impact Statement and Record of Decision.** Please attend to ask questions and provide feedback on the DEIS. Project representatives will be available to discuss the project, take comments and answer questions.

If you are unable to attend in person, please join us on our Facebook page ([facebook.com/NevadaDOT](https://facebook.com/NevadaDOT)) at 3:30 p.m. and/or 5:30 p.m. on Dec. 12 to view the presentation and send us your comments and questions. Your input is greatly appreciated. You can also learn more by visiting our website at [ndotspaghettibowl.com](http://ndotspaghettibowl.com).

Submit questions or comments to Dale Keller, Project Manager, NDOT, 1263 S. Stewart St., Carson City, NV 89712, [dkeller@dot.nv.gov](mailto:dkeller@dot.nv.gov) or (775) 888-7603. **All comments must be received by 5 p.m., January 15, 2019.**

### PUBLIC HEARING INFORMATION

**Wednesday, December 12, 2018 from 3 p.m. - 7:30 p.m.**

Presentations at 3:30 and 5:30 p.m.

Reno-Sparks Convention Center Room A-3

4590 S Virginia St, Reno, NV 89502

**\*\* RTC Transit Routes R-1, 6 \*\***

*The Uniform Relocation Assistance and Real Property Acquisition Policies Act of 1970 will govern the acquisition of right-of-way necessary for this project. Detailed information regarding right-of-way can be obtained from the NDOT's Right-of-Way Division, 1263 S. Stewart Street, Carson City, Nevada 89712, or by calling (775) 888-7480.*

**SPECIAL ACCOMMODATION REQUESTS:** Reasonable efforts will be made to assist and accommodate physically handicapped persons desiring to attend the meeting. Requests for auxiliary aids or services to assist individuals with disabilities or limited English proficiency should be made with as much advance notice as possible to Julie Maxey, NDOT Public Hearings Officer, at (775) 888-7171.



[www.nevadadot.com](http://www.nevadadot.com)



QUESTIONS?

**CALL RSIC PLANNING 785-1363**

to recover and in the 1960s a cultural revival began.

Thomas said that during her visit which was mostly in Auckland and Hamilton, she sat in on classes to see how the Maori are teaching, how they train their teachers, and how they operate immersion classes and day cares, mainstream schools, charter schools, and pre-k schools.

"I got to talk to people who fought Parliament to ensure that these schools could be funded," Thomas said.

Thomas explained that at one time, some of the Māori government leaders wanted to only teach young people English.

"It made me get emotional sometimes because the vision I have for our people is very achievable," Thomas said. "We

have to work together for our children and their children's children."

A unique aspect to Thomas' trip was her traveling companion, her toddler, Jace.

Thomas explained that the trip was a once-in-a-life-time opportunity and exploring such a beautiful land was especially wonderful, traveling with her son.

"We were busy going to schools and being tourists," Thomas said.

During their stay, Thomas participated in a ceremony and a weekend retreat for one of the classes for whom she did a presentation.

Thomas explained that the sunrise ceremony took place on top of their ancestor, an ancient erupted volcano.

"It was amazing to be part of

the ceremony and to sing a song from our area," she said.

"They gave me resources and I saw ideas that can be implemented at the Reno-Sparks Indian Colony (RSIC) and throughout the Great Basin."

On Thomas' nomination for the Nevada Indian Commission's Role Model of the Year, the concluding remarks described her persistence.

"Christina goes above and beyond to make sure the traditions will be carried on for the upcoming generations with her tireless work, she continues to do for the advancement of her people," her application read.

For Thomas, she is happy to work slowly and methodically.

"If I can reach one or two people because of my passion, I'm happy," Thomas said.



**In Honor** — The Reno-Sparks Indian Colony Public Works Department designed and built a special memorial for fallen Native American Veterans and their families. Located near the main entrance of the Hungry Valley Cemetery, the memorial will be dedicated sometime this spring.

*Photo Provided By Public Works*