



THE CAMP NEWS

VOLUME XIV ISSUE 10

OCTOBER—2018

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

Reservation Voting Station, Tribal Youth Creating History

Fun, healthy, spiritual activities planned for all on Election Day in Hungry Valley

As Election Day is less than a week away and early voting is set to close on Friday, plans are in place for the Reno-Sparks Indian Colony to operate its own polling station in Hungry Valley on Nov. 6.

“We want to encourage all our Tribal citizens to exercise their right to vote,” Chairman Arlan D. Melendez said. “We must vote to ensure that our issues are heard because the decisions made at all levels of government affect our people.”

Moreover, Chairman Melendez wants to remind our community about the new access to voting the Native American Community has this year.

“All registered voters—those in Hungry Valley, the Colony or living off reservation lands, along with RSIC employees, Urban Indians, our friends and families planning to cast their ballots on election day are invited to be part of the tribe’s history by using our polling station which will be operated by our Tribal members.”

The polls open at 7 a.m., in the gymnasium.

In addition to the voting, several other activities have

been planned for the day at the Hungry Valley Amphitheatre.

As school is not in session, RSIC departments are collaborating on fun and healthy activities for all.

To kickoff Diabetes Awareness Month, the Reno-Sparks Tribal Health Center has planned a bounce house party from 10 a.m. – 6 p.m.

Starting at 11 a.m., planning, recreation and the Three Nations Wellness Program will provide bike safety demonstrations as well as fit youth, and give away bicycle helmets.

The Reno Bike Project and Lime will host information booths. Lime, a dockless bicycle company which is running a pilot program throughout Washoe County, has committed to launching some of its bicycles in Hungry Valley. These activities start at 11 a.m.

The RSIC’s Unity (United National Indian Tribal Youth), will celebrate the Tribe’s historical Election Day operation in force. Besides serving up free Indian Tacos from 11 a.m. –

Story Continued On Back Cover



Historic Site — On Nov. 6, more than 400 registered voters at the Reno-Sparks Indian Colony will have a chance to cast his/her ballot at the Tribe’s first Election Day polling station. Operated by Tribal members, the polls are open from 7 a.m.—7 p.m. **File Photo**

NOVEMBER IS DIABETES AWARENESS MONTH!

JOIN US FOR:

**DIABETES
NUTRITION,
EXERCISE, AND
EDUCATION
EVENTS**

TUESDAY 11/6:

**GET OUT! AND VOTE BIKE HELMET GIVEAWAY &
BOUNCY HOUSE FIESTA (FEATURING LIMBIKE AND RENO BIKE PROJECT)
(10-6PM: HUNGRY VALLEY AMPHITHEATER)**

THURSDAY 11/15: DIABETES 101 & FOOD DEMO

**(12-1PM: RSTHC 1ST FLOOR CONFERENCE ROOM)
(6-7PM: HUNGRY VALLEY TLC)**

sign up required
x1950 or x 1949

FRIDAY 11/16: TRYDAY FRIDAY

(10-1PM: RSTHC LOBBY)

**FRIDAY 11/16: STEPS TOWARDS A
HEALTHIER YOU**

(12:30-1: ANDERSON PARK)

WEDNESDAY 11/28:

ADULT COOKING CLASS (6PM: NOTHING TO IT!)

sign up required
x1943

**QUESTIONS?
CONTACT
STACY AT
329-5162 X
1950**



**CO-SPONSORED BY
THE RSIC DIABETES
PROGRAM,
COMMUNITY
HEALTH, AND
PLANNING DEPTS
STAFFED BY UNITY**

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.

www.rsic.org

Important NOVEMBER dates

- 3 Maddie's Project FREE Pet Clinic, Hungry Valley Rec, 7 a.m.—5 p.m.
- 4 Daylight Savings Ends, Set Your Clock Back One Hour
Maddie's Project FREE Pet Clinic, Hungry Valley Rec, 7 a.m.—5 p.m.
- 5 Education Advisory Meeting, Education Conference Room, Noon
Senior Advisory Committee Meeting, Senior Center, 1 p.m.
- 6 Election Day Voting, Hungry Valley Gym, 7 a.m.
ITCN WIC, Walk-In Clinic, RSTHC, 9 a.m.
Bouncy House Fiesta, Hungry Valley Amphitheatre, 10 a.m.
Get Out & Vote Bike Helmet Giveaway, Hungry Valley Amphitheatre, 11 a.m.
UNITY FREE Indian Tacos, Hungry Valley Education, 11 a.m.
- 7 Enrollment Meeting, Enrollment Office, Noon,
Law & Order Committee, Tribal Court, 6 p.m.
- 8 Celebrating Our Families & Our Cultural Heritage, HV Recreation, 6 p.m.
- 9 Battle Born Memorial Dedication, Carson City Capital, 9 a.m.
- 11 Veterans Day Parade, Stage in US Bank Parking Lot, 11:11 a.m.
Veterans Dinner, Reno Gym, 6 p.m.
- 14 Teen Night, Hungry Valley Education, 5 p.m.
Blood Pressure Workshop, RSTHC, 5:30 p.m.
Tribal Council Meeting, 34 Reservation Road, 6 p.m.
- 15 Diabetes 101 & Food Demo, RSTHC, Noon
Diabetes 101 & Food Demo, Hungry Valley TLC, 6 p.m.
Camp News Submission Deadline
- 16 Tryday Friday, RSIC Lobby, 10 a.m.
Steps Towards A Healthier You, Anderson Park, 12:30 p.m.
- 17 Nevada Indian Commission Achievement Awards, Carson City, 4:30 p.m.
- 18 Community Thanksgiving Dinner, Colony Christian Fellowship, 5 p.m.
- 19 Commodity Distribution, Senior Center, 8 a.m.
Christmas Distribution, 34 Reservation Road, 7 a.m.—7 p.m.
Executive Health Board Meeting, RSTHC, 5:30 p.m.
Language & Culture Advisory Board meeting, RSIC Library, 5:30 p.m.
- 21 Washoe County School District Thanksgiving Break Begins
Day Before Thanksgiving, RSIC Offices Close at Noon
- 22 Thanksgiving, RSIC Offices Closed
- 23 After Thanksgiving, Family Day, RSIC Offices Closed
After Thanksgiving Craft Fair, Reno Gym, 10 a.m.
- 24 After Thanksgiving Craft Fair, Reno Gym, 10 a.m.
- 26 Washoe County School District Thanksgiving Returns
Housing Advisory Board, Hungry Valley Rec Center, 6 p.m.
- 28 Adult Cooking Class, Nothing To It!, 6 p.m.
Economic Development Meeting, 34 Reservation Rd., 6 p.m.

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 ; Chose the **News** tab, and pull down to **Events**.

SPAY & NEUTER CLINIC

Sponsored by the **Maddie's® Pet Project in Nevada** in partnership with the **Reno-Sparks Indian Colony**, we are featuring a special spay or neuter clinic for **ALL dogs and cats** of the RSIC community, for **FREE**. All dogs and cats that are spayed or neutered will also receive **FREE** vaccinations

NOVEMBER 3 — SATURDAY, HUNGRY VALLEY REC CENTER

&

NOVEMBER 4 — SUNDAY, HUNGRY VALLEY REC CENTER

9075 Eagle Canyon Dr., Sparks, NV 89441

All cats and dogs
MUST be in a pet carrier
or crate; or on a leash.

If you need a pet carrier
or leash, check one out
from the HV Gym on
Friday, Nov. 2
11 a.m.—5 p.m. or
Saturday, Nov. 3
7 a.m.—5 p.m.

**Please call, 329-2936, x. 3268
for an appointment
for your furry friend.**

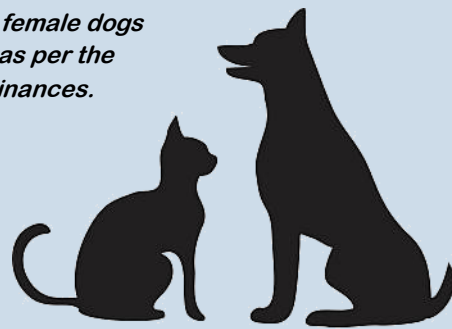
DROP-OFF TIME: 7 – 8 a.m.

PICK UP TIME: 3 – 5 p.m.

remember the time change on Sunday

*Remember....all female dogs
must be spayed as per the
RSIC animal ordinances.*

**Are there feral or outdoor cats in
your neighborhood? Call Tracy at
219-9692 and cats will be humane-
ly trapped and spayed/neutered.**



CALLING ALL ANIMAL LOVERS: VOLUNTEERS ARE NEEDED

To help with the animals, check-in, check-out, set-up, tear-down, clean-up through out the day starting at 10 a.m., on Friday, Nov. 2 - Sunday, Nov. 4. Snack, drinks and lunch will be provided to all volunteers on Saturday and Sunday. If interested, please contact, Stacey-RSIC @ 329-2936, ext. 3268 or smontooth@rsic.org.

Maddie's Project Sponsoring Free Spay, Neuter Pet Clinic

Dogs, cats to be treated at Hungry Valley event this weekend

On the heels of a large turnout at the Pyramid Lake Paiute Reservation, Maddie's Project is coming to Hungry Valley this weekend to spay and neuter dogs and cats for free.

A non-profit agency, Maddie's Project aims to revolutionize the well-being of dogs and cats across the state.

With a volunteer staff of 30 people, including two veterinary teams, the experienced crew is looking to improve the health-care of 50 dogs and 60 cats.

So far, 24 pet owners associated with the Reno-Sparks Indian Colony have set appointments for their furry friends to undergo a simple operation which will protect the pets from serious infectious diseases and decrease health issues.

For Pyramid Lake residents, Maddie's Project took care of 142 dogs and cats or about 10 percent of pets on the reservation.

Formed in 2016, Maddie's Project and Humana strive to provide healthcare for pets in rural and remote locations all over Nevada.

The effort fits with a recent trend in animal sheltering of reaching out to under-served and rural communities that lack nearby vet clinics or the ability to pay for these services.

While surgical vans will play a vital role in this weekend's spay/neuter efforts, the number and types of animals they can handle is limited.

For instance, larger dogs

don't fit on their small surgical tables. So, taking inspiration from Mobile Army Surgical Hospitals—MASH units, Maddie's Project will use a pop-up clinic near the Hungry Valley Community Center.

Pet owners are asked to bring their dogs or cats on leashes or in crates to the recreation center between 7-8 a.m., this Saturday or Sunday

The veterinarians will triage the pets and perform the operations as well as perform a basic health screening. Pet owners should pick up their dogs and cats after 3 p.m., and before 5 p.m., on the day of their appointments.

The entire effort will be funded and organized by Maddie's Pet Project, in collaboration with the RSIC.

In addition, while all this is

happening, feral cats will be humanely trapped Friday and Saturday nights on the Colony and in Hungry Valley.

These outdoor animals, sometimes fed by community members will be worked into the spay/neuter schedule. These feral cats will stay overnight after their surgeries because they need to be fully alert before returning to their outdoor homes.

According to the Maddie's Project team, the popularity of the Wadsworth clinic indicates a need and desire for accessible veterinary services in Tribal and other rural areas throughout Nevada.

Editor's Note:

Information for this story was provided by Mark Robison, co-executive director of Maddie's Pet Project in Nevada.



Dogs And Cats Living Together — *Spaying and neutering, along with vaccinating dogs and cats are the best ways to protect your pets from serious infectious diseases and to decrease health issues. On Nov. 3 & 4, Maddie's Pet Project, a charitable foundation with the aim to revolutionize the well-being of dogs and cats across the state, will operate a free pet clinic at the Hungry Valley Recreation Center.*

File Photo



UPDATE

Important Notice to Tribal Members



2018 Christmas Distribution

Monday, November 19, 2018 – 34 Reservation Road
7:00 a.m. to 7:00 p.m. (ONE DAY ONLY)

This is to inform you, the Reno-Sparks Indian Colony Finance Department has been informed by US Bank that they have a process for cashing non-customers checks in the amount of \$500 and more. **Before cashing a non-customer check, US Bank has to collect the following information:**

1. Physical Address
2. Date of Birth
3. Social Security number
4. Occupation

If you do not have an account at US Bank, please make sure you have the above listed information prior to going to US Bank to cash your check.

Sorry for any inconvenience, but this is the new procedure for US Bank.

The Reno-Sparks Indian Colony Veterans Committee

Invites you to our 2018 Veterans Day Festivities



Reno Parade - Meet in the US Bank Parking Lot
11:11 am - The Parade Starts
Volunteers need to carry the Pictures

6:00pm – Veterans Dinner
Reno Gymnasium

Video Presentation by Culture/Resources
Department

This is a community event everyone is
Welcomed

Special Award Presentation to The Family of Lois Kane

Veteran Committee Member and
Friend



Presented by RSIC Tribal Archives and RSIC Language & Cultural Program

Celebrating our Families and our Cultrual Heritage

Come join us for dinner and a night of crafting. We will be learning the Great Basin Languages and putting together a family tree that you will frame in a shadow box for you and your family to share.

- Learn how to preserve and protect your family photographs.
- Learn family terms in the Washo, Paiute, Shoshone Languages.
- Put together a family tree you will frame in a shadow box and take with you.



**Please RSVP
space & supplies
are limited
Dinner will be served**

**To RSVP or for more information please contact:
Lydia Morris at lmorris@rsic.org or Johni Bill jbill@rsic.org
Phone: 775-785-1335**

November 8, 2018

6 p.m.-8 p.m.

Hungry Valley Rec. Center
Lower Level



- To participate: bring in to the Archives family photographs that you would like to put into your family tree.
- Archives staff will scan and make copies for you to start your project prior to event.
- Supplies will be provided, you are more than welcome to bring more scrapbooking items with you.
- One shadow box per family
- Raffle/Door prizes for participants and photographs donations.



Mock Exercise Helps Healthcare Staff Train, Fend Off Flu

Emergency drill, mock press conference prepares staff, boosts regional partnership

By Scott Carey

Reno-Sparks Indian Colony Planner

In a four hour period during “Operation Take Your Best Shot 2,” on Oct. 10 the Reno-Sparks Tribal Health Center (RSTHC) staff inoculated 208 patients for the flu, all the while preparing for a potential real-life emergency.

As flu season usually starts around October, several Reno-Sparks Indian Colony (RSIC) departments and divisions collaborated with the Washoe County Health District for the emergency drill.

All RSIC health care divisions and emergency responders—Tribal police, public works, planning, Hungry Valley fire, public relations and emergency services—tried to vaccinate as many people as possible from 1 – 4 p.m., at the Tribal facility located at 1715 Kuenzli St.

In addition to maintaining normal patient services, the staff saw patients indoors in a temporary vaccination center, and also operated a drive-through clinic for patients.

In the mock exercise, “Operation Take Your Best Shot 2,” the Washoe Health District declared a health emergency throughout region due to an influenza epidemic.

RSIC community members and employees were alerted via the tribe’s emergency notification system and directed to get his/her annual flu shot at the RSTHC.



Step 3 — Over 200 people took advantage of “Operation Take Your Best Shot 2,” and were inoculated from the flu inside the Reno-Sparks Tribal Health Center or via a drive-through staffed by medical personnel and emergency responders. Influenza (flu) is a contagious respiratory illness caused by influenza viruses, which can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions, are at high risk of serious flu complications.

Photo By Walita Querta

This is the third straight year that the tribe’s medical staff has worked with Washoe Health. Last year, 192 people were vaccinated.

In addition, “Operation Take Your Best Shot 2” included a mock media briefing.

RSIC Public Information Officer Stacey Montooth gave a formal description of the identified threat, statistics on the epidemic, real-time inoculation numbers, and held a question and answer session in the 3Nations Wellness Center.

Also participating in the mock media briefing were; Ed Reina, RSIC Tribal Administrator, Dave Hunkup, RSIC Emergen-

cy Services Manager, Dr. Tara Van Orton, RSTHC Dental Provider, Dr. Geniel Harrison, RSTHC Medical Director, and RSIC Planner Scott Carey.

During the mock media briefing all of the participants were asked questions posed by public relations professionals from across the region who volunteered to role play as members of the press.

Each member of the “media” asked each briefing participant two questions regarding the exercise providing the participants an opportunity to practice their public speaking skills.

The RSIC maintains a memorandum of understanding

Story Continued On Page 9

with Washoe County District Health Department for resource sharing for the distribution of medications should a catastrophic event happen within the region.

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

(POD) in the event of an emergency, boosting regional infrastructure. Furthermore, POD's can quickly provide massive numbers of life-saving medications to large numbers of people during emergencies.

Additionally, PODs must be set up in neighborhoods and community centers that people can quickly access.

In addition to RSIC and RSTHC staff other outside agencies participating in Operation Take Tribe Your Best Shot 2 included; the Fallon Paiute-Shoshone Tribe, Nevada Inter-Tribal Emergency Response Commission, Nevada Department of Public Safety, Washoe County Citizen Core, Nevada State Medical Reserve Corps, the Red Cross, and Washoe Regional Operations Center with RSIC emergency and health care divisions.

After the exercise concluded, all participants gathered for a post-exercise evaluation.

Especially for the visiting agency staffs, the meeting provided an opportunity to exchange valuable feedback for future exercises, or should it be needed, an actual epidemic.

The RSTHC is a tribally owned and operated comprehensive clinic. The health center is committed to enhancing the quality of life of all of American Indians by providing a culturally competent and patient-centered continuum of care.

The RSTHC has a staff of over 100 employees and recorded over 50,000 patient encounters in 2016.

These encounters ranged from a simple check-up to chronic and acute conditions, or pre-natal visits, to name just a few.

There is still time to get a flu shot. According to Indian Health Service, flu season typically begins in November and runs through March.

Please call RSTHC Medical Scheduling at (775) 329-5162 to make an appointment for your loved ones or for you.

SUPERVENTION SUMU'YU

A Staged Reading...

Written by **Everett George**
Fallon Paiute Shoshone

November 10—7 p.m.

Easy talk becomes criminal action when a group of concerned Natives kidnap a fellow Native business owner in the hopes of bettering their community.

Out in the desert, held up in a desolate cabin, they attempt their best to just make things better, ya know?

EDM, bone fracturing, and the worst kind of powdered drink mix, follow in this latest Rough Talk Sweethearts production.



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A Week of Locally Sourced New Theatricals & Writings for the Stage

The Nevada State Museum

Presents

Armistice: Commemorating the End of the Great War

Saturday, November 10, 2018

10:00 am-3:00 pm

Join us while we honor all veterans and celebrate the 100th anniversary of the end of World War One. Free admission to the museum all day.

10:00 am - Pyramid Lake Veterans and Warriors Organization will present the colors

11:00 am - WWI US Cavalry reenactment

12:00 pm - 3:00 pm Memorial readings of poetry and the Nevada's Golden Stars book

10:00 am - 3:00 pm Remembering The Great War: One Hundred Years Later exhibit,

Dema Guinn Concourse Poppy display, gifts for veterans, veteran serving organization information tables.



USDA Forest Services Holds Open House Next Month

Conservation changes for greater sage-grouse addressed

Sparks, Nev. - The USDA Forest Service will hold public open houses in Sparks and Elko, Nev., to explain proposed changes to its plan to conserve greater sage-grouse habitat.

Each meeting will feature several stations with information on key issues, the planning process, and how the public can comment.

"These meetings fall within a 90-day public comment period on the draft Environmental Impact Statement (EIS) containing proposed amendments to land management plans for greater sage-grouse in Nevada and four other western states," said Monique Nelson, Humboldt-Toiyabe National Forest Sage Grouse Program Coordinator. "Proposed changes seek to improve the clarity, efficiency, and implementation of the current greater sage-grouse plans, including promoting alignment with state efforts."

The meeting in Sparks will be held at the Humboldt-Toiyabe National Forest Supervisor's Office, 1200 Franklin Way, on Wednesday, Nov. 7.

The meeting in Elko will be at the Elko Convention Center, 700 Moren Way, on Thursday, Nov. 8. Both meetings will start at 4 p.m. and end at 7 p.m.

Forest Service staff will give two brief introductory presentations at 4:30 p.m. and 6 p.m.

Attendees can ask questions and provide comments on the actions being considered.

According to Daly Edmunds,



Strut — *The Western Association of Fish and Wildlife Agencies (WAFWA) recently released a report on the greater sage-grouse population trends across the Western United States, and the results are encouraging. While the report shows that sage-grouse populations vary greatly over time, the number of male birds documented has rebounded significantly from a recent low in 2013. The USDA is holding two public meetings in November to outline changes to the conservation of the bird.* **Photo File**

the director of policy and outreach at Audubon Rockies, the Sage-Grouse is among those species that is completely dependent on sagebrush plants—in every stage of its life cycle.

They eat sagebrush leaves year-round, and as much as 70 to 75 percent of this bird's diet is made up of sagebrush leaves and flower clusters. In the open patches between sagebrush plants, sage-grouse return every year between March and May to mate. The males gather at sunrise to strut, display, and battle each other on breeding grounds called leks, vying to win the favor of the females. Eggs are laid

in the surrounding area, on the ground beneath the protective branches of a sagebrush. And the cycle continues.

Edmunds said that the loss of sagebrush habitat is accelerating. Increasing wildfire frequency, which some have found linked to climate change, is one of the main contributors to the loss of sagebrush habitat. Climate change may also be altering the range of invasive plants, potentially expanding them into sagebrush territory.

In 2008, the bird was officially petitioned to be listed under the Endangered Species Act as its numbers fell. The recognition by experts that loss of sagebrush habitat was a primary cause for the sage-grouse's decline resulted in unprecedented collaboration. Between 2010 and 2015, a variety of stakeholders—from state and federal agencies to private landowners and conservation groups—came together to try and improve management of the sagebrush ecosystem to avoid a listing, which would have triggered new protections and regulations across the bird's expansive habitat.

In 2015, the U.S. Fish and Wildlife Service announced that, based in part on the unprecedented collaboration, listing was not warranted.

For more information about the public meetings, please contact: Monique Nelson, at 775-355-5316.

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Now Accepting
Applications.



Seeking Male & Females
Ages 8-34.

M-F
5p-8p

Learn The Sport
Of Boxing w/
Potential To Compete
In The Ring!
Become A WARRIOR!

CONTACT:

Ronnie Sampson
775 351 8757
Or
Auddie Sampson
775 386 3709

Short Film on Wounded Knee Massacre Creating Buzz

Storytelling, humor used to address controversial Native American traumas

The short film "SOLDIER," executive-produced by Academy Award-nominated director Terrence Malick and Dr. Paul Mitchell, has been honored with multiple official film festival selections including The Santa Fe Independent Film Festival, The American Indian Film Festival (San Francisco), and the LA Skins Film Festival (Los Angeles) where it is nominated in several categories including Best Live Action Short Film. SOLDIER, written and directed by Dr. Myrton Running Wolf, will also screen at Stanford University in January in coordination with actor Wes Studi's campus visit, at the University of New Mexico in April in coordination with the Gathering of Nations powwow, and Augsburg University (Minneapolis) in April.

SOLDIER screened at the Santa Fe Independent Film Festival during the week of October 17. Upcoming screenings will be held in San Francisco at the Brava! for Women in the Arts Theater on Saturday, Nov. 10, in the 7 p.m. program. The film will then screen in Hollywood, Calif., at the TCL Chinese Theater on Sunday, Nov. 18, in the 1:30 p.m., program.

Filmed on the Pyramid Lake Indian Reservation and in the Toiyabe National Forest, SOLDIER uses dynamic storytelling, humor, and spectacle to explore the humanity and reality of Native American life often considered off-limits or too controversial. In Running Wolf's

short film, two young Lakota sisters (played by Serenadee Rose Running Wolf and Jenna Covers Up) are refugees of the Wounded Knee Massacre fighting to survive against the United States Army's 7th Cavalry. 10-year-old Chuweku and her 6-year-old sister, Thanjkaku, narrowly escape the Dec. 29, 1890, vicious slaughter of more than 350 Lakota people. Separated in

the chaos, Chuweku makes her way through the frozen Black Hills while her baby sister Thanjkaku escapes into the Dakota Bad Lands. Each uses her survival wit and knowledge of the land to outsmart the U.S. Cavalry.

If you'd like to watch the trailer, learn more about the film, and keep up with the latest "SOLDIER" news, please visit: www.myrtonrunningwolf.com



Nationwide Attention — *Nationwide Attention - In SOLDIER, the relentless Army is too much for two young Lakota sisters. The youngest is mortally wounded by the soldiers while her big sister finds the frozen mountain passes insurmountable. U.S. Cavalry grave-diggers unceremoniously toss one sister's lifeless body into a mass grave and then take the surviving sister off to the infamous Carlisle Indian School and an uncertain fate.* **File Photo**



RSIC Employee Reflects on Last Quarter Century

Since 1993, Martin Clayton has seen positive subtle, obvious improvements

Editor's Note—In recognition of his 25th Anniversary as an employee at the Reno-Sparks Indian Colony (RSIC), Martin Clayton agreed to share his observation of our unique community.

Having spent 25 years at the RSIC, please outline your work history with the Tribe.

My first position with RSIC was in finance as the enterprise accountant (I may have been the first one?), starting October 25, 1993.

A few years later, I moved to smoke shop administration under Steve Moran for about two years, in an assignment that evolved into what is now Wade Perry's position (retail operations manager), and I returned to finance.

Not too long thereafter I was asked if I would take the accountant position in the Tribe's Housing Department which had recently replaced the former "Reno-Sparks Indian Housing Authority."

Although hesitant at first, I have never regretted the decision I made over seventeen and one-half years ago.

Do you recall how you first learned about the Reno-Sparks Indian Colony? Prior to your employment here, what did you know about our reservation?

I first learned about a possible opportunity at RSIC through a former City of Reno co-worker whom I encountered in a store.

We were exchanging



Living Historian — *The accountant for the Reno-Sparks Indian Colony's Housing Department, Martin Clayton celebrated 25 years of service to the RSIC on October 25, 2018. Having held three different jobs for the community, Clayton said that he has witnessed infrastructure improvements—land expansions, utility rework, and street resurfacing which will benefit the Tribe for years to come.*

comments and she mentioned that a former mutual co-worker, Jim Melick, was finance director at the RSIC.

I went to see him, and in due course he hired me. Years earlier, back when I was in grade school (McKinley Park in west Reno, first through fourth grades), I had learned that there was an "Indian Reservation" near the river between Reno and Sparks.

I remember riding with my father in our car over an old steel truss bridge between what is now East 2nd street/Reno and Glendale avenue/Sparks.

If I recall correctly, the Washoe County Animal Shelter was somewhere near the river south of Glendale in those days.

There was also a much-later moment, although still before this round of seeking employment, when during a run for State Senator, I visited the Tribal Council and placed a campaign ad in the *Native Nevadan*.

In 25 years, what has been the most rewarding aspect of your job?

I feel privileged to have been part of the team working to make RSIC stronger economically, but especially rewarding to me has been the opportunity to help provide such a basic need as shelter to the community.

What is the most challenging part of your job?

My most challenging duty is my role in the budgeting process, trying to spread our limited resources around thinly enough for each reasonable need to get a fair share if possible.

What is the greatest (by your definition) change / advances / program at the RSIC?

I think the greatest change in my time at RSIC has been the move of Tribal administration from "98" (Colony road) to "34" (Reservation road), enabled by the new clinic.

Story Continued On Page 16



PRESENTED IN
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HEART ASSOCIATION

Evidence Based Program

CHECK.

CHANGE.

CONTROL.

Blood Pressure Education Workshop

LEARN MORE ABOUT:

- Maintaining a healthy Blood pressure
- Risk Factors
- Taking your blood pressure correctly
- Healthy Lifestyle choices

DATES:

October 17th,
November 14th
December 12th
January 16th

530-6:30pm

1st floor conference room

Sessions taught by Stacy Briscoe, Diabetes Manager/Dietitian
& Gina Featherstone, Health Education Specialist

To RSVP or get more info, please contact Gina Featherstone,
Health Educator at 775-329-5162 ext 1949

Locally sponsored by:

Renown
HEALTH

Must be committed to all 4 sessions

What has been the most notable infrastructure change at the RSIC in the last 25 years?

Probably my choice for the greatest advance, long term, would be the outcome of the relatively low-profile Nevada Lands Bill.

Closely connected to this is what I consider probably the greatest program at RSIC, at least my favorite, the language/culture committee, long led and inspired by the late Lois Kane, whom I was honored to be able to call friend.

The new clinic is certainly impressive, but I have to count as the most notable infrastructure change or achievement of the last 25 years, the largely-invisible utility rework and associated street resurfacing on the Colony. The community will benefit from both of these projects for years.

Connie Wyatt has worked for the RSIC for a long time....do you know of other RSIC employees who are close to your 25 years of service?

Other long-term employees; Valerie Morales, and Eileen Phoenix, still in finance, was already there when I was hired; also there when I was hired was Atha Kerr, whom I believe is presently on one of the boards; Wade Perry, who succeeded me in the smoke shops, must be close to twenty years by now; Dee Dee Ramirez in the front office; Steve Moran; Dave Hunkup; Verna Nuno; Willet Smith – there are probably others whom I have overlooked or with whom I am not as well-acquainted.

Some have been employees (or officers), left, and then returned, making it difficult to count time, especially after the fact.

If you were Chairman for a day, what would you do?

Since I do not consider myself a politician (I would have won my Senate bid!), being Chairman even for a day would be a real long-shot, but if I were I would try to find some Tribal money for housing, to help put houses on the upcoming lots in the much-needed new subdivision in Hungry Valley.

Please share details about your military service?

My military service actually started with a recruit enlistment in the Army National Guard in Carson City while I was still in high school (Carson High School class of 1956).

I was allowed some sort of waiver for attending college out of state, and while there I took Navy ROTC which counted and in which I was ranked as a midshipman.

Following my first year of college I enlisted in the Navy, a Naval Reserve enlistment with a “request for immediate active duty.”

I was sent to boot camp at Bainbridge, MD, where I was “Company Honor Man” in my class, and then I was ordered to the carrier USS *Randolph*.

I was on *Randolph* slightly over a year and a half, from December 1957 to August 1959, assigned to “Special Services.”

My duties included assisting two chaplains, assisting in the ship’s library, and custody and care of athletic equipment.

I was released from active duty in August 1959 at Norfolk, VA, and returned to college.

I spent one summer’s “active duty for training” typing summer training orders for other Reservists in San Diego, Calif.

My other summer training was on a destroyer, and I was discharged from the Reserves at the San Bernardino (CA) United States Navy and Marine Corps Training Center in August 1961. My highest enlisted grade was E3.

Tell us about your family?

I married my wife Barbara (second marriage for each of us) forty-five years and one month ago, after meeting her at the old Nevada Club where we both had been working.

Both my parents and her parents are deceased. I have one brother, Kenneth, deceased, and one, Donald, living in New Mexico, and Barbara has one sister, Jeanne, living in Sun Valley.

We raised four children, two boys, Rick in Utah and Alex in California, and two girls, Robyn and Amanda, both still in the Reno-Sparks area.

We have been further blessed with grandchildren and great-grandchildren.

I am my parents’ first child, born at St. Mary’s in Reno on March 3, 1939.

From nursery school to college graduation I attended various schools in Nevada, California, Oregon, and Massachusetts, finally earning a Bachelor’s of arts degree in business administration from the University of Redlands in 1963.



ITCN WIC

INTER-TRIBAL COUNCIL OF NEVADA
WOMEN INFANT CHILDREN

Walk-in WIC Clinic!

9am-4pm

Upcoming Dates....

NOV

11/06/18



11/20/18

DEC

12/04/18



12/18/18

@ Reno-Sparks Tribal Health Center

Please provide proof of income and residency at time of visit. All family members eligible for the program must be present at time of first visit.



About ITCN WIC

ITCN WIC is a supplemental nutrition assistance program for all qualifying Nevada residents.

Do you need:

- Nutritious Foods?
- Nutrition Education?
- Breastfeeding education, counseling or support?
- Healthcare or community referrals?



This program has been funded with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, gender, age, or disability.

Thanks to everyone who came to the Truckee River Cleanup Day!



Orvis Nursing School Alumni & TMCC EMS Students



Volunteers listening to important safety information. Safety 1st!



Tribal Police were in full effect during the entire event. Officer Melendez got 5 dozen donuts for the hard working volunteers, while Officer Hafalla got water and bags of apples. Thanks PD!



Eagle Wings Dance Group started the day with a prayer and Basket Dance. The volunteers were very grateful to be included in this! Thanks Library & Language and Culture!



In & Around: Reno-Sparks Indian Colony Community

Athletes, dancers, learners and doers



Gold Metal Champ — *In just one year, Daryl Wadsworth has become a regular participant in the Huntsman World Senior Games. Especially skilled in basketball shooting, power walking, softball throw and mile run, Wadsworth had collected several gold medals at competitions in St. George, Utah, Las Vegas, Elko, Nev., and Reno / Tahoe.*

Photo By Stacy Briscoe



Best Dressed — *Elias McCauley, Dae Furst, and Troy Yazzie participated in the Nevada Day Parade with the Reno-Sparks Indian Colony's Pow Wow Club. For the last three years, the group has created a choreographed routine which they perform down Carson Street for the thousands of spectators.*

Photo By Bucky Harjo



Beginning Dancers — *Every year, students from the Reno-Sparks Indian Colony's Head Start classes learn to round dance. This year, the 30-plus youngsters used the atrium at 34 Reservation Rd., to dance. Sometimes called a Friendship Dance, the drum offers a prescribed rhythm and students have to perceive the beat of the music and learn to step on a certain count.*

Photo By Deonn John



So Help Me God — *Reno-Sparks Indian Colony Tribal members Jennifer Katenay and Lynette Sam recently were sworn in to serve on the RSIC Law & Order Committee. The mission of the committee is to review, evaluate and make recommendations to change the existing law & order code and ordinances of the RSIC in conjunction with the Constitution and by-laws.*

Ask Paul

Last month we discussed how to say “no” to our friends and family who were involved in substance use and/or negative behaviors.

This month we are going to discuss how to help our medical physicians say “no” especially when it comes to prescribing opioids.

First, we’ll explore the problem, and then we’ll look at possible solutions to solve the problem.

The problem is we have an opioid overdose crisis.

One reason we have this problem is due to the sheer volume and availability of opioid pain pills like oxycodone.

Obviously, when any drug is made more available, more people will use it.

Not long ago, opioids were normalized and made very available.

During this normalization process, one of the messages given to physicians was that patients were not supposed to feel any pain.

Since the doctor had no way of knowing what level of pain the person had, the doctor would show the patient a line of doodle

faces which ranged from a sad face to a happy face and ask the patient to circle the face that correlated to his level of pain. The goal was to be pain free.

Today, we realize that pain has a function in our lives.

It has helped us survive by avoiding dangerous situations and avoid negative behaviors like putting a hand on a hot stove.

Pain is our body’s way of communicating with our brain to tell us to discontinue a behavior.

The body only has only two states of being pain free and they include being anesthetized (for a surgical procedure) or being dead.

Pain medications can interfere with our senses and can keep us from connecting spiritually with our ancestors.

In Wellbriety, we strive for spiritual, emotional, mental and physical health to reach our greatest potential.

We want to reach our full potential in all areas of our life to maximize our ability to help ourselves, so that we may be available to help others, especially our youth.

Also, not too long ago, there was a belief that painkillers were not addictive.

At this time, we realize that opioids are very addictive and

can easily lead to overdose and death. We have the obligation to learn from our previous mistakes to live healthy and happy lives full of family fun, good food and laughter!

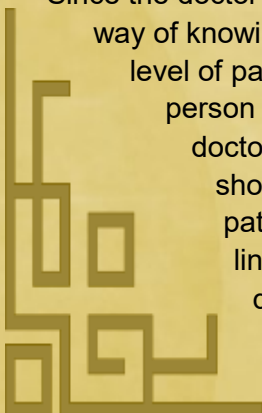
Today, doctors realize drugs work to cover or mask pain. Actually drug use doesn’t always heal the source of the pain and can even cause more pain.

The body and brain become reliant on these drugs and as

“We want to reach our full potential in all areas of our life to maximize our ability to help ourselves...”

a result discontinue naturally creating these chemicals internally. This is evident with the withdrawal symptoms that people experience when they discontinue their substance use.

The new medical focus is on the patient’s quality of life



“What did our Elders do when they felt uncomfortable...?”

and ability to function, not exclusively on the person's pain.

This is where the person can become a partner and not a patient by helping make decisions that are more proactive with less medications.

The new goal is to be using less to no medications, especially as we get older.

When the person becomes an active participant in his health care, he is internally motivated in his own health and willing to endure healthy discomfort, knowing his body is healing and the pain is productive.

A passive participant expects a pill or solution from an outside source to take care of them.

The Elders did not have an opioid addiction or overdose crisis. What did our Elders do when they felt uncomfortable? Were they ever cold? Did they ever feel tired? What did they do if the wood needed to be chopped and they just didn't feel like it or were tired? If they were hungry, could they order Uber eats and have a burger delivered or did they have to put in effort to obtain food? What if they didn't want to put in the effort?

Notice the difference with how the Elders previously healed and our current society. The Elders used natural remedies and worked with their body allowing themselves time to heal.

Today, many people look for complete and quick pain relief in the form of a pill, drink or substance.

If a person breaks his arm, he'll be grouchy, lose some sleep and have a tender arm as it heals. If the doctor gives the person painkillers to help with the pain for a couple weeks, then discontinues the pills, the broken arm will heal, and the person will have used the pain pills as a tool to avoid unnecessary pain.

However, if the person is on the same pain pills two years later, long after their arm has healed, there's a problem.

A new approach is to ask the doctor to explain an exit strategy and define what success looks like before the prescription is written. Let the physician know you understand there may be some discomfort, but you are willing to feel uncomfortable for a short time to retain your senses. The physician will appreciate this “team” approach with the partner/patient and empower you as the partner/patient to advocate for your health.

By changing the health care

focus to healing the patient's emotional, mental, and physical pain and not just focusing on quick pain relief from a pain killer the patient can receive optimal health care.

Keep in mind, the most important person in this team is the partner/patient. Because who cares more about this partner/patient's health than the partner/patient?

The Red Road to Wellbriety teaches us that we want to be as smart as we can be, as fast as we can be, and as healthy as we can be to help others who are not as smart, strong, fast or healthy as we are.

Native American warriors strive for individual health, family health and community health. This thought process may be uncomfortable and scary at times.

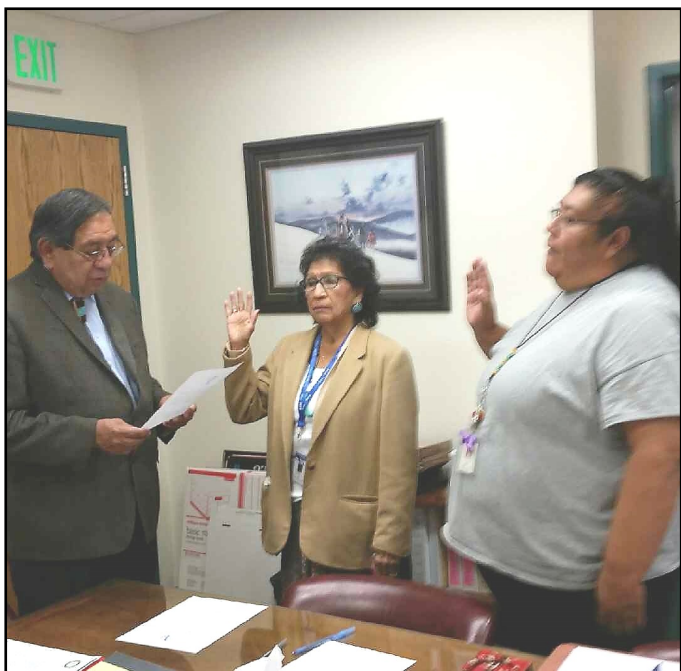
Its ok, you, your family and community are worth the effort.

Editor's Note

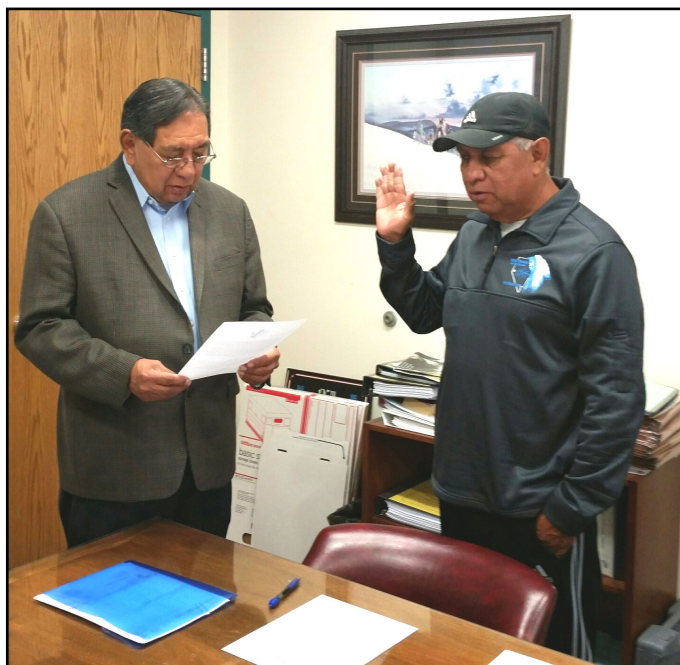
Ask Paul is a health column by Paul Snyder, a substance counselor at the Reno-Sparks Tribal Health Center. His column is published in *The Camp News*, the monthly RSIC Tribal newsletter. Have a question for Paul? Email him at: rsnyder@rsicclinic.org

In & Around: Reno-Sparks Indian Colony Community

Community committee reps, everybody loves a parade



I Solemnly Swear — Early this month, Reno-Sparks Indian Colony Tribal members Vena J. Nuno and Lynette Sam took an oath of office to be part of the election committee which will assist with a Secretarial election. That election will be held after the New Year. A Secretarial election is an election conducted by the Secretary of the Interior for federally recognized tribes.



Dedicated To Community — Randy Melendez recently was sworn into office as a member of the Senior Advisory Committee. The Reno-Sparks Indian Colony Senior Program promotes and improves the quality of life for seniors ages 55 and older through a wide variety of educational, cultural and traditional activities as well as health, nutrition and wellness services, assistance and resources.



Native American Royalty — As the Numaga Pow Wow and Indian Days Princess, Tiny Tot, and Junior Princess, Natalie Chacon, Anika McCauley and Olivia Chasing Crow represent the Reno-Sparks Indian Colony at many public events including the Nevada Day Parade. *Photo By Joyce Melendez*



Made With Love — A frequent entrant to the Nevada Day Parade, this year, Mike Kane wore new regalia which he and his late wife, Lois, were crafted before she passed. Mike said that the head piece was inspired by those worn in old photos of the Pyramid Lake Paiute Tribe's chiefs. *Photo By Joyce Melendez*

CELEBRATING NATIVE AMERICAN HERITAGE MONTH

- Every Mondays & Wednesdays in November, 5pm-7pm
Youth Bead Club, Hungry Valley Rec. Lower Level
- Thursday November 8th, 6pm-8pm
Shadow Box Family Tree & Great Basin Language Family Terms
Hungry Valley Recreation , Please call to sign up 775-785-1335
- Saturday November 10th, 10am - 6pm
Bead All Day Event , Hungry Valley Rec
- Tuesday-Friday November 12th - 16th ,
Rock Your Mocs mini photo booths located at RSIC Admin, RSTHC & H.V. Rec.
- Thursday November 15th, 6pm-8pm
Library Drum Painting, Reno RSIC Library, Please call to sign up limited supplies 775-785-1320
- Friday November 16th, 12pm-1pm
Traditional Plant Preparation series; Medicinal Plants Lunch & Learn, RSTHC
- Friday & Saturday November 23rd and 24th, 10am-6pm
Eagle Wing's After-Thanksgiving Fundraiser, RSIC Reno Gym
- Tuesday November 27th 6pm-8pm, Hungry Valley Rec.
Drum Stick Making, Please Call to sign up limited supplies 775-785-1321



**For any questions or concerns call RSIC Language & Culture 775-785-1321
RSIC Library 775-785-1320 or Archives 775-785-1335**

Reno-Sparks Indian Colony

2018 Native Day Celebration



Tuesday, September 25, 2018 Pine Nut soup making & Storytelling; TLoC



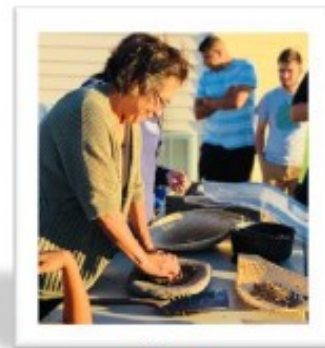
Joanne Bill, Sylvia Bill, & Vanessa Loya



Ryan Lia, Anita Sanchez, Mac Mendoza



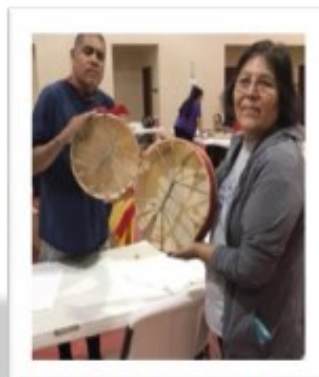
Rose Furst, & Sandy Talacon



Vikie Kane

Thank you RSTHC Community Health for the food, Ralph Burns for storytelling, Grace Dick for instructing Pine nut soup making RSIC Library, RSIC Language and RSIC Youth Mentor, RSIC Education.

Thursday, September 27, 2018 Drum Making ; H.V. Recreation



Winston Sam & Darlene Gardipe



BC Ledesma, Leo Grass



Anita Sanchez, Nicole Mandell



Top L-R, Jalei Moody, Sophie Sam-Gonzalez, Robin Eagle, Lynette Sam, Justin Moody, Josephine Gacia, Ann Sam, Laurie Mauwee, Farah Mauwee & Leroy Sam Jr.

Thank you RSTHC, Community Health for the Food, RSTHC Behavioral Health for the drum kits, Leroy Sam Jr. for the drum making instruction, RSIC Library, RSIC Language & Culture Program, & RSIC Youth Mentor, RSIC Education

Reno-Sparks Indian Colony

2018 Native Day Celebration



Thank you to all the participating RSIC programs: Public Relations, Language, Library, Youth Mentor, Education, Behavioral Health, Volunteer Fire, Tribal Police, Tribal Council, Community Health, Environmental, Planning, Archives, Public Works, Special Thank you to Wali Querta for Native Pride March logo and Sarah Paschall for Native Strong Logo.

Friday, September 28, 2018 Native Day Celebration ; RSIC Reno Gym



Top L-R; BC Ledesma, Adrianna Guterrez, Michael Ondelacy, Tonia Jo Hall, Robin Eagle, Lydia Morris, Trisha Calebaza, Bottom L-R; Stacey Montooth, Stacey Burns, Johni Bill



Chelsey O'Daye



Kariana John



THANK YOU Sarah Paschall for designing our Native Strong logo.



THANK YOU Wali Querta for designing our Native March Logo



Hank Johnson, Tonia Jo Hall



Top L-R; Adrianna Guterrez, MaKayla Ondelacy, Tonia Jo Hall, Lauryn Dressler, Kyla Wadsworth, Robin Eagle Bottom L-R; Autumn Wadsworth, Justin Moody, Hope Dressler & Michael Ondelacy



Xavier Arrivallaga, Andrew George

Bipartisan Bill to Address Suicide Crisis in Indian Country

Legislation Would Give Tribes a Seat at the Table in Planning Suicide Prevention Programs

Washington, D.C. – United States Senator Catherine Cortez Masto (D-Nev.) joined Senators Elizabeth Warren (D-Mass.) and Lisa Murkowski (R-Alaska), as co-sponsors of the Native American Suicide Prevention Act.

This legislation would help address the suicide crisis in Indian Country by ensuring collaboration among states and tribal communities to design and implement statewide intervention and prevention strategies that work for their communities.

“The U.S. federal government has a sacred trust responsibility to uphold its treaty obligations and provide for the well-being of our Native peoples,” said Senator Cortez Masto. “There is an epidemic of suicide in Native communities, and we need to do more to address it. I’ve co-sponsored this bill because it will help us uphold the trust relationship and help bring an end to this devastating crisis.”

According to a press release distributed by Senator Cortez Masto, Native American reservations are experiencing an epidemic of suicide that is claiming the lives of young people. Suicide is the second leading cause of death for Native people ages 10–34.

For American Indians and Alaska Natives ages 15–34, the suicide rate is 1.5 times higher than the national average and in some tribal communities, the



Brutal Beast Of An Illness — According to research conducted at Portland State University by Lenora M. Olson and Stephanie Wahab, suicide among Native Americans in the United States, both attempted and completed, is more prevalent than in any other racial or ethnic group in the United States. Native American youths also show higher rates of suicide than American youths of other races. Studies such as Olson’s and Wahab’s has provided clues as to differences in the nature of suicide and suicide prevention among different sectors of our population. However, many academics acknowledge that more and better data collection, research, and funding is needed to improve the response to both suicide and the problems underlying it. In the Washoe County School District, with parental consent, all 7th-graders participate in a nationally recognized suicide prevention program. **File Photo**

youth suicide rate is 10 times greater than the national average.

The Centers for Disease Control and Prevention’s has conducted scientific studies which confirm this devastating crisis and the clear need for Native communities’ involvement in the development of suicide prevention strategies.

Senator Cortez Masto said that tribes and tribal organizations are too often left out of planning and execution of statewide suicide prevention programs.

Others in Washington D.C. agree.

“Any conversation on suicide

prevention must begin at the grassroots, and tribal communities must be involved in every step of the process,” said Senator Warren.

The Native American Suicide Prevention Act would amend the Public Health Service Act to require states or state-designated entities to collaborate with tribes in an effort to curtail the alarming suicide rate in Native communities.

Specifically, the bill would mandate that state governments collaborate with each federally recognized Indian tribe, tribal organization, urban Indian organization, and Native

Continued On Page 28

ACCCESS FOR COMMUNITY & CCULTURAL EEDUCATION PROGRAMS & TRAININGS



FREE COMMUNITY RESOURCES FOR ALL PEOPLE LIVING WITH HIV/AIDS & THEIR LOVED ONES

FREE SERVICES PROVIDED:

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SUITE 250
RENO, NV
MON-FRI, 8AM-5PM

OFFICE LINE: (775)786-5886

WEBSITE: ACCEPTONLINE.ORG



"This publication was supported by the Division of Public and Behavioral Health through Grant X07HA00001-28-00 from the Health Resources and Services Administration (HRSA). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Division of Public and Behavioral Health nor the Health Resources and Services Administration."

Hawaiian health care system in the state in developing and implementing statewide suicide early intervention and prevention strategies.

The CDC research revealed that suicide rate among American Indians / Alaska Natives (AI/AN) has been increasing since 2003, and in 2015, AI/AN suicide rates in the 18 states participating in the National Violent Death Reporting System were 21.5 per 100,000, more than 3.5 times higher than those among racial/ethnic groups with the lowest rates.

"Year after year Alaska tops the charts with having some of the highest suicide rates in the country," said Senator Murkowski. "We also know that one suicide is too many. I am proud to introduce a law to ensure Native communities have a seat at the table in developing and implementing suicide intervention and prevention strategies."

According to the Centers for Disease Control and Prevention, the high rate of suicides among Native youths highlights the need for early prevention. These experts believe that school-based programs are able to reach a large number of Native youths at high risk and could increase the availability of services for Native youth in isolated, non-metropolitan areas.

In addition, school-based programs that focus on individual life skills development, and interpersonal social emotional learning programs promote healthy relationships.

Suicide Prevention for 7th-Graders

School district program will support mental health

Reno, Nev.— Thanks to \$100,000 in funding from the Washoe County Health District, Children's Cabinet and the Washoe County School District will continue important programming on suicide and depression for seventh grade students in the district.

Signs of Suicide (SOS), the nationally recognized suicide prevention program, teaches students how to identify the symptoms of depression and suicidal thoughts in themselves or friends, and encourages help-seeking through the use of the ACT (Acknowledge, Care, Tell) technique.

Children's Cabinet case managers and licensed therapists visit classrooms to provide age-appropriate suicide education to students and offer screenings for students whose parents provide a signed consent form.

According to the Centers for Disease Control and Prevention, the suicide rate among children ages 10 to 14 doubled in the U.S. from 2007 to 2014 and has been rising steadily.

In 2015, Washoe County School District mandated suicide prevention education for 7th-graders because research and evidence showed this age group was particularly vulnerable to depression and suicidal thoughts. Currently there are approximately 5,500 seventh graders in Washoe County schools.

"Suicide prevention is focused on school because it's a place where kids are often and where a lot of problems manifest. Providing SOS programming to students, parents and educators can be life-changing and life-saving," says Kim Young, interim executive director of the Children's Cabinet. "Working with the School District and the Health District to implement this program represents both a community response to caring about the mental health of our kids, and an active effort to improve outcomes and communication."

The Washoe County Health District's 2018-2020 Community Health Improvement Plan (CHIP) identified adolescent suicide prevention as a top priority for positive public health outcomes in the community.

"The Washoe County Health District is proud to provide funding to support the Signs of Suicide program," said Washoe County Health District Chair Kitty Jung. "It plays a key role in educating our youth and provides a free screening for kids who may be at risk. This program has been identified as a successful tool and we hope to help families educate themselves and become aware of available resources to reduce youth suicide."

While seventh graders are a priority in Washoe County School District's mandate, the SOS program will conduct screenings when requested by other schools including elementary schools, private schools, and high schools. Before engaging with students, families have an opportunity to review the program and are provided with guidance and resources if students need additional support.

ACCCESS FOR COMMUNITY & CCULTURAL EEDUCATION PROGRAMS & TRAININGS



PRESENTATION: *WHO WE ARE* & *HIV 101*

Topics we will discuss: ACCEPT & Program Services. HIV/AIDS, Stages of Infection, Transmission, Prevention, Behavioral & Cultural Risk Factors

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

WHEN: November 29, 2018
12pm - 1pm



"This publication was supported by the Division of Public and Behavioral Health through Grant X07HA00001-28-00 from the Health Resources and Services Administration (HRSA). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Division of Public and Behavioral Health nor the Health Resources and Services Administration."



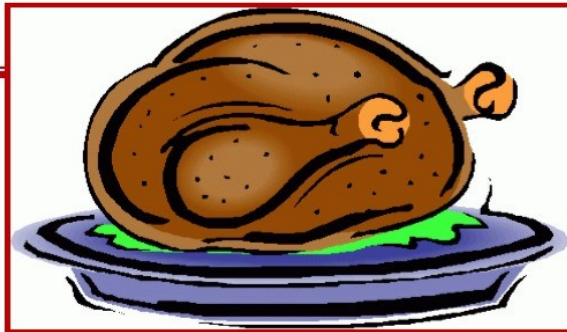
Colony Christian
Fellowship

Community Thanksgiving Dinner!

**You're Invited to join us for another amazing
Thanksgiving Dinner**

**Sunday, November 18th
5:00pm**

**Invite your friends, family, and neighbors and come
on out for a night of good food with good people!**



**Located at the Colony Christian Fellowship church
625 Golden Lane, Reno NV 89502**

Washoe County Graduation Rates Hit All Time High

District's American Indians collect diplomas at 80 percent clip, but nationally lag

At 3,980 students, the Washoe County graduating Class of 2018, which included 21 students with ties to the Reno-Sparks Indian Colony, was the largest group of graduates in the district's history.

Moreover, the Class of 2018 has slightly increased the record graduation rate set by the Class of 2017, with 84.4 percent of the high school seniors district-wide earning their diploma.

Announced by Washoe County Superintendent Traci Davis last month, the gaps in achievement are also continuing to narrow, with student populations of our diverse subgroups graduating at higher rates than ever before.

"Since we embarked on our '90 by 20' initiative (a 90 percent graduation rate District-wide by 2020) four years ago, American Indian/Alaskan Native students posted graduation rates of 80 percent, an increase of 32 percentage points since 2014," Davis said at a press conference held at Truckee Meadows Community College.

She also outlined other notable progress including:

- The graduation rate of students receiving English language supports (EL) reached a 73 percent graduation rate—an increase of 47 percentage points since 2014
- Students receiving special education services achieved a 63 percent graduation rate—a rise of 36 percentage points

since 2014

- 60 percent of students who are experiencing homelessness as children in transition graduated from high school in 2018, an increase of 14 percentage points since 2014

- 81 percent of Latino/Hispanic high school seniors graduated in 2018, a 20 percentage point increase since 2014

"We will continue to ensure all students receive the adequate supports and opportunities to succeed and reach their graduation goals," Davis said.

She also explained that all 11 comprehensive high schools in WCSO have achieved graduation rates higher than 80 percent.

The two high schools to which most of the students living on the Colony or in Hungry Valley attend, Wooster and Spanish Springs, improved.

Wooster rose from 76 percent to 81 percent with 350 graduates, while Spanish Springs recorded an 88 percent success rate with 490 graduates.

According to the district, six high schools have reached or exceeded the district's goal of 90 percent.

However, the rising rates come as the Nevada Department of Education changed graduation requirements across the state.

No longer are high school proficiency exams required, and end-of-course exams were

not required of the Class of 2017 and 2018.

"Our nation's graduation rate is at an all-time high," said Nate Davis, the CEO and Board of Directors Chairman, K12 Inc.

Davis said that the national figure shows 84 percent of young people, overall, graduating from high school within four years after first entering the 9th grade, a trend that has been on a consistent upswing since the 2010-2011 school year.

Davis said that despite much progress with that indicator, major gaps still exist.

"There is great concern that the graduation rate hype not only masks those gaps, but distracts us from what must be our ultimate goal: ensuring all students earn a high school diploma and are college and career ready."

Throughout the United States, Native American students fare worse than all populations with just 72 percent graduation.

Plus, in Washoe County, starting this school year, students will be required to take end-of-course exams or finals that will count as 10 percent of a student's grade.

These finals will be reviewed by the state and will be uniform across Nevada's 17 school districts.

In the 2019-20 school year, the final is 15 percent of a course grade and starting in 2020-21 will be 20 percent of a course grade.

RSIC Education Instructors Take Time to Learn

Tribal educators learned latest information on childhood, classroom development

*By Pam Abercrombie
Reno-Sparks Indian Education Director*

The Reno-Sparks Indian Colony's Head Start Manager and Education Manager worked together to bring in quality trainers for our staff.

During the week of August 13, staff experienced trainings on the following subjects to improve early childhood education and development skills.

All training provided was at no cost to Education Department or programs.

On Tuesday, the Nevada Department of Early Childhood Mental Health Services, through a MOU between Head Start and the state, provided training on Childhood Trauma Practices for Early Childhood Educators.

This training explained early childhood trauma from a neurological perspective, shared videos of leading experts in the field, and followed up with practices for responding to children in the classroom who have experienced trauma.

Over the past few years, both RSIC Child Care and Head Start have seen an increase in challenging behaviors that reflect exposure to trauma.

Our families of little ones are facing more and more challenges in our current times, which impact so many lives in ways they didn't use to.

The practices learned in this training will help teachers and caregivers gain skills for helping

children heal from trauma and respond to such challenging behaviors.

On Wednesday, staff received a training through the Nevada Institute for Children's Research and Policy on Child Maltreatment and Reporting and Toxic Stress.

The day wrapped up with David Hunkup, RSIC Emergency Services Manager, who went over the basics in classroom/center safety.

On Thursday, the Head Start leadership team met with the trainers to learn how to incorporate trauma-informed practices into behavioral plans used in Head Start.

On Friday, the Head Start staff had a training hosted by the Office of Suicide

Prevention on Youth Mental Health First Aide.

This training explains basic mental health issues and an effective response to someone in crisis and the referral process when someone's crisis warrants a referral.

On Monday and Tuesday the following week, Indian Health Services provided staff with training on a multitude of health and safety topics including managing communicable disease in the Children's environment, how to protect against blood borne pathogens, injury prevention, building safety including maintenance and functional design, fire safety and emergency management and food handlers training.

Continued On Page 33



Educators Getting Educated — Earlier this summer, the Reno-Sparks Indian Colony Education staff learned the latest information about early childhood mental health services, maltreatment and toxic stress, basic classroom safety, behavioral plans, suicide prevention, recognizing, managing and preventing communicable disease, redirect challenging behaviors, as well as staff building exercises. This week of free training was provided by state and Tribal agencies. The group even learned a Native language lesson plan.



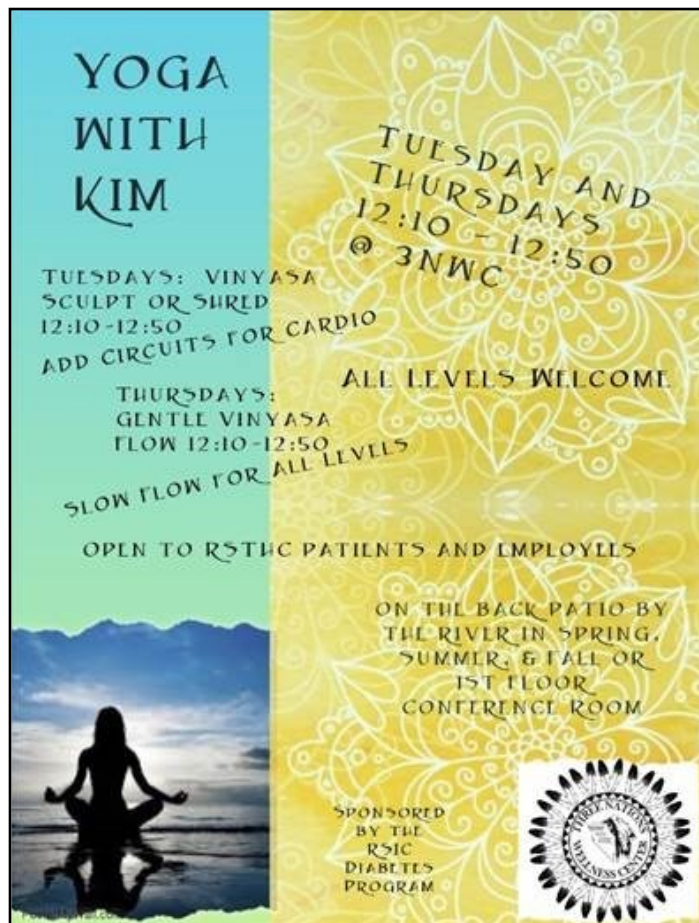
WATER FITNESS!!

- Senior Water Fitness
- Senior Aquacize
- 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 RSIC DIABETES PROGRAM



Continued From Page 32

These are not the most exciting training topics, however the environmental officers made these required trainings fun and engaging.

On Wednesday, Head Start staff received training provided by the Nevada Technical Assistance Center on Social Emotional Intervention (TACSEI) on positive interactions that focused on interactions that redirect challenging behaviors.

Head Start is a TACSEI implementation site. With this partnership TACSEI provides the program with training and technical assistance to implement TACSEI principles. A primary goal of this partnership is to enhance the ability of the early care and education

(ECE) staff to address the social, emotional and behavioral needs of all young children birth to 5-years.

TACSEI is based on the Pyramid Model. The Pyramid Model promotes evidence-based practices that support positive social emotional skills for young children, such as recognizing emotions in self and others, learning rules and expectations, self-regulation, and positive social interactions with peers. Research confirms a strong link between social emotional competence in young children and later school success. It also shows the negative consequences of untreated behavior problems including risk for school failure, delinquency in adolescence, and adult incarceration.

Also on Wednesday, the Community Health Supervisor from the Reno-Sparks Tribal Health Center provided a short training on recognizing communicable diseases, recognizing head lice and how to treat for them, and administration of medications.

The RSIC Language & Culture Department finished the day with a short hands on language lesson that staff could take back to use with the children.

On Friday, while ECE staff were learning about youth mental health first aid, the rest of the RSIC Education Department staff (K-12, Library, and Language & Culture programs) were having fun at a team building training hosted by Break-

Continued On Page 34



HUNGRY VALLEY EDUCATION
WEDNESDAY NOV 14TH
5:00-7:00



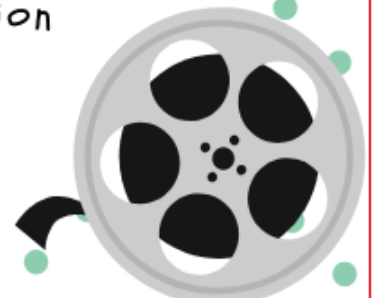
TEEN NIGHT

Join the staff for Pizza and a Movie
at the HV Education Department.

Please call ahead for Transportation
775-785-1310



Students who live in the HV
Community (ages 12-18).



Continued From Page 33

through Training and Jeffrey Benjamin.

The day began with a team work exercise.

Some staff noticed one of the teams had three 'chiefs,' predicting their struggles.

There was certainly a lot of energy in that group, then the

day led to communication styles through several exercises and ended with a couple activities where staff were given a goal and limited rules.

Staff had to work together to reach the end together.

It was quite an interesting process, but our staff certainly applied a lot of creativity and

'thinking out of the box.'

During a debrief session, Benjamin with Breakthrough Training, shared that the RSIC Education Department staff finished a couple of the exercises in the shortest amount of time that he has ever seen in his 25 years of doing these trainings.

17th Annual Tommo Craft Fair

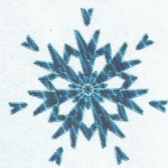
- Tommo means Winter in the Paiute Language -

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

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



add you

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
5450 Mill St. suite C upstairs
www.highsierramartialarts.com


- Self Confidence
- Self Esteem
- Concentration
- Fun Fitness
- Flexibility
- Social Skills
- Awareness & Self Defence

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

Sponsored by the RSIC Diabetes Program

QUESTIONS?
Contact Stacy Briscoe 329-5162 x1945


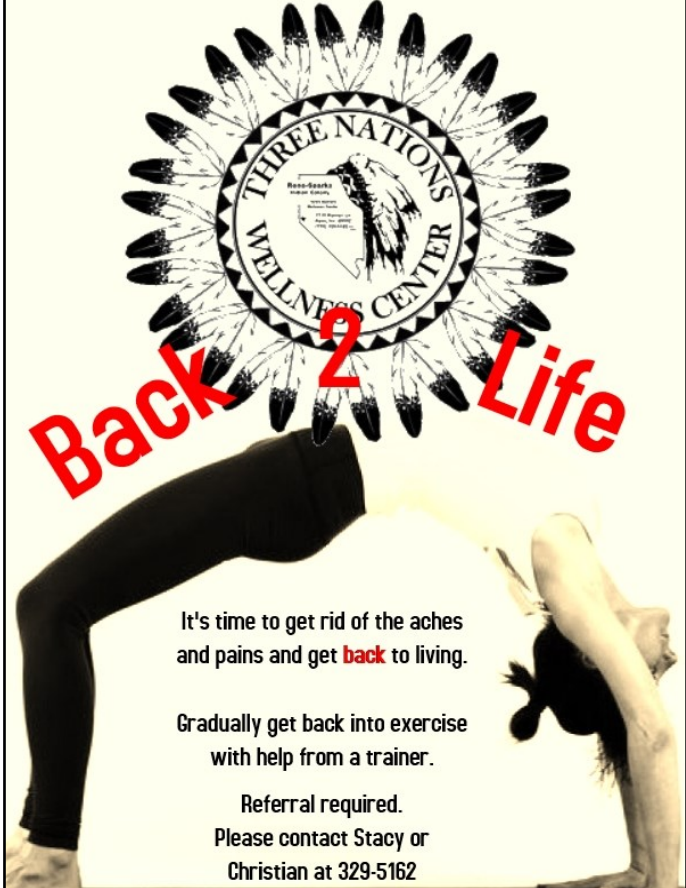
The 2018 Diabetes Shoe Program



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



| Monday | | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|---|
|  <div>RSIC Senior Center – Menu 34 Reservation Road, Building F – Reno 775-329-9929</div> | | |  | 1) Roast Beef with Garlic Cheesy Mashed Potatoes California Blend Veggies* Fresh Pineapple Whole Wheat Roll | 2) Bake Lemon Rosemary Salmon over Wild Rice Steamed Zucchini+ and Corn Pear* |
| 5) Turkey Goulash with Whole Wheat Pasta Green Bean+ Casserole with Stewed Tomatoes and Onions Diced Peaches* | 6) Half Sandwich - Grilled Cheese with Roast Beef and Onions on Whole Wheat Bread Red Potato Soup with Bacon Bits and Scallions Carrot Sticks Mandarin Oranges* | 7) Chef Salad+*; Spring Mix, Ham, Turkey, Egg, Mushrooms, Purple Onion, Garbanzo Beans, Cucumbers, Heirloom Tomatoes, Cheese Parmesan Breadstick Fresh Strawberries* | 8) Green Chili Chicken Enchilada with Queso Cheese Crumble on Whole Wheat Tortilla Spanish Rice with Diced Bell Peppers+, Black Beans and Scallions Tropical Fruit+* | 9) Brunch 10:30 am Pumpkin French Texas Toast with Whipped Pumpkin Butter Scrambled Eggs Turkey Sausage Link Red Grapes* V-8 Juice+* | |
| 12) Closed - Holiday  | 13) Beef Broccoli with Shredded Carrots+ Over Brown Rice Diced Pineapple* Fortune Cookie | 14) Navy Bean Soup with Diced Ham Cranberry Almond Spinach+* Salad with Sesame Dressing Whole Wheat Crackers Fresh Apricot* | 15) Thanksgiving Bingo Roasted Herb Turkey Cornbread Stuffing Herb Roasted Carrots+ Cranberries and Apple* Pumpkin Pie Slice | 16) Gyro on Pita Bread with Lettuce, Tomato and Onions and Tzatziki Sauce Greek Salad+* Applesauce* | |
| 19) New York Steak Strip Sandwich on Whole Wheat Roll with Onion and Romaine Lettuce* Sweet Potato+ Tots Cantaloupe* | 20) Alice Springs Chicken with Mushrooms+, Bacon, Swiss Cheese and Honey Mustard Sauce Brown Rice Pilaf Steamed Asparagus+ Cinnamon Pear Halves* | 21) Brunch 9:30-11:30 am Oatmeal+ Muesli Mix with Cranberries and Blueberries* Boiled Egg Banana* Maple Pumpkin Trail Mix Cranberry Juice | 22) Closed  | 23) Closed  | |
| 26) Turkey Taco Salad+* with Lettuce, Tomatoes, Green Onions, Olives and Shredded Cheese Southwest Corn with Black Beans Watermelon | 27) Herb Pork Chop Steamed Broccoli and Cauliflower+ Cinnamon Applesauce* Wheat Roll | 28) Beef Barley Vegetable Stew+* with Potatoes, Green Beans, Carrots, Stewed Tomatoes, Corn & Onions Red and Green Grape Mix* Pan Bread Oatmeal Banana Chocolate Chip Cookie | 29) Chicken Salad Sandwich on Whole Wheat Bread with Grapes, Celery, Onion, Chopped Pecans Lettuce and Tomatoes+ Fruited Jell-O* Sun Chips Fresh Peach* | 30) Brunch 10:30 am Carne Asada Burrito with Scrambled Eggs, Diced Bell Peppers+, Onions on Whole Wheat Tortilla Greek Yogurt Parfait Mixed Berries* V-8 Juice+* | |

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.



NOVEMBER

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

2018



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| Reminder, activities are subject to change with or without notice | | | 1) Errand Day 10:00am Veterans Dinner Center Pieces 1:00pm  | 2) Respite Caregivers Support Group Meeting 9:00am Tone & Fit 12:30pm |
| 5) 1:00 pm Senior Advisory Committee Meeting Tone & Fit 12:30pm | 6) 1:00 pm Veterans Dinner Center Pieces Night Bingo 5:30pm <i>Bring 2 prizes & a yummy food dish</i> | 7) Language Class 12:45pm Veterans Dinner Center Pieces 1:15 pm | 8) Galaxy Theaters 1:00pm  | 9) Brunch 10:30am |
| 12) Closed - Holiday  VETERANS DAY <i>"Thank you for your service"</i> | 13) Tribal Police Presentation 12:00pm Baby Moccasins (completion) 1:00 pm | 14) Environmental Presentation 12:00pm Language Class 12:45pm | @ RSIC Reno GYM 15) Walgreen's Flu Shot 9 am-2 pm Turkey Distribution 9 am- 3 pm Thanksgiving Lunch 11:30 Birthday Bingo 12:30 pm  | 16) Errand Day 10:00am Tone & Fit 12:30pm |
| 19) Food Pantry & Commodities 8 am Tone & Fit 12:30pm  | 20)  | 21) Early Brunch & Meal Delivery 9:30-11:30 am Chair Volleyball 10:00 am Closed at 12:00 pm | 22) Closed - Holiday  | 23) Closed - Holiday |
| 26) Tone & Fit 12:30pm | 27) Century Theaters 1:00pm  | 28) Language Class 12:45pm | 29) Beaded Ornaments 1:00pm  | 30) Brunch 10:30 am Tone & Fit 12:30pm |

November 4, Sunday - Daylight Savings Time Change. Set your clocks back 1 hour before bedtime

November 11, Sunday – RSIC Veterans Dinner at the Reno Gym starting at 6:00 pm

November 15 – Wednesday, Reno GYM

9 am - 2 pm

9 am – 3 pm



Walgreens Flu Shot "FREE-Senior High Risk Shot" Come early to get yours

Get a Free Turkey from the RSIC Senior Center, while they last. Homebound clients will receive turkeys on Wednesday November 14 with your meal delivery. All turkeys must be signed for. Note, you **"You must be a RSIC Senior Client with completed up to date file"**. We will NOT be accepting client registration forms on Nov 15 – Thursday. Please get your file up to date before November 15 to avoid missing out on a Free Turkey. **Limit 1 turkey per household.**





Get Out the Vote

Embrace voting to Protect Our Circle!

Vote at your tribe's voting center, then come and eat a free Indian taco and find your place in spirit of the drums.

JOIN IN THE SPIRIT OF COMMUNITY!



**Tue. Nov. 6th
Hungry Valley**

Reno Sparks
Indian Colony
Hungry Valley Rec.
Center
9075 Eagle Canyon
Drive
Sparks, NV 89441
11 am-2 pm
Stacey Montooth
(775) 329-2936



**Supported by: Plan Action, Win Justice
and Center for Community Change Action**

2 p.m., the group of about 30 will shadow the poll workers and observe the election process.

"UNITY is about creating leaders," said Robin M. Eagle, the group's advisor. "This very important election is an ideal time to teach our youth about civic duty."

In anticipation of growing the RSIC's equal access to voting, the youth group will also register voters for the 2020 Presidential Election.

The day will conclude in a more traditional way. Elder Janice Gardipe and hand drummer Toby Stump will take the stage at the Hungry Valley Amphitheatre.

With their own singing and drumming, Gardipe and Stump are looking to inspire others to perform or publicly speak

about the importance of voting.

PLAN, Win Justice, and the Center For Change Action are sponsoring the Protect Our Circle spectacular.

"Sometimes in Indian Country one of the reasons we hear that people don't want to participate in the American election system is because it's part of colonization," said Stacey Montooth, the public relations officer for the RSIC. "It's part of what non-natives brought to our land, so there is some resentment.

She said that some Native Americans feel like it is not part of our traditions, but, in 2018 sentiment is changing.

"Our community understands the outcome of these political races, whether it is the city council, the school board or who's going to be the Nevada U.S senator, are critical."

She said that songs and drums are a way to incorporate Native traditions into the day,"

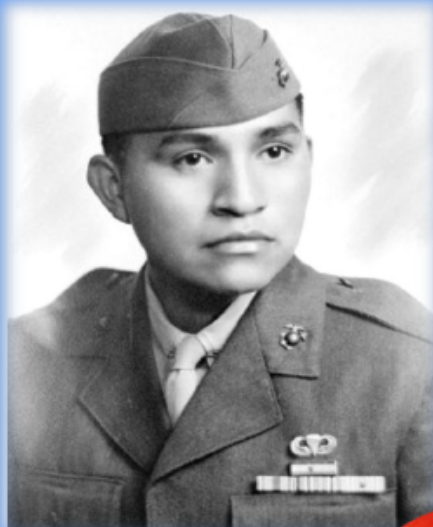
The polls in Hungry Valley will close at 7 p.m.

To date, more Nevada voters have already turned out than in the past two midterm elections, according to reports from the Secretary of State.

Through Wednesday, Oct. 31, about 42 percent of those voters have been Democrats, compared to 39 percent Republicans.

The RSIC has 416 registered voters. All employees of the Tribe are given leave to cast his/her ballot pending approval by his/her supervisor.

Anyone who needs a ride to polls on Election Day can call the RSIC Public Information Office to arrange transportation, 775/329-2936, ext. 3268 or 775/842-2902 on Election Day.



Ira Hayes—Pima
World War II Veteran



Our ancestors could not vote,
**MAKE YOURS
COUNT!**

**7 AM -
7 PM**

**Tuesday, November 6
GENERAL ELECTION DAY—VOTE!**

POLLING STATION

**Hungry Valley Gym— 9075 Eagle Canyon Dr.
Sparks, NV 89441**

for more details, please call public information at:
775/329-2936, ext. 3268