



THE CAMP NEWS

VOLUME XIV ISSUE 9

SEPTEMBER—2018

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

Community Input Needed For Spaghetti Bowl Project

Public comments sought in writing, on-line, in person for highway reconfiguration

Anyone wanting to give feedback on the proposed Reno Spaghetti Bowl project has until Oct. 19 to provide input on phase one of the latest reconfiguration of the busiest interstate highway intersection in Northern Nevada.

"RSIC community members and staff are invited to submit comments and questions regarding the Spaghetti Bowl project," said Scott Carey, Planner at the RSIC. "Our department will accept completed comment cards and we will even take dictation to help community members fill out comment cards."

The first phase of the project, known as the Spaghetti Bowl Express (SBX), will include construction on the 2nd street exit from Hwy 395 / I-580 which is located just northeast of the Reno-Sparks Indian Colony.

Last month when the Colony hosted another community meeting with the Nevada Department of Transportation (NDOT), Project Manager Dale Keller told the audience of about 50 that construction for the SBX, the most congested area within the Spaghetti Bowl's system-to-system

interchange, could be underway within 18 months.

At the September public meeting, not only did NDOT provide renderings, but 3-D and video simulation of the completed project. This video station, which was set up an hour prior to NDOT's formal presentation, allowed those in attendance to see a 360-degree video of any location within the project.

Furthermore, the technology simulated current traffic flows

as well as future traffic flows with the completed improvements.

In addition, the NDOT staff provided an update on the environmental review process for the project, overview of the SBX, and presented options for the installation of freeway sound walls, landscaping and aesthetics, a new neighborhood wall and/or pathway system, and limitations for the contractor during construction.

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Open Forum— Tribal leaders, community members, and employees of the Reno-Sparks Indian Colony met with staff from the Nevada Department of Transportation (NDOT) and its design team to discuss the latest proposal for the Spaghetti Bowl reconfiguration. Public comments will be accepted until Oct. 19. Comment forms are on page 4. **Photo By Scott Carey**

Please Join Your Community in the

Truckee River Cleanup Day

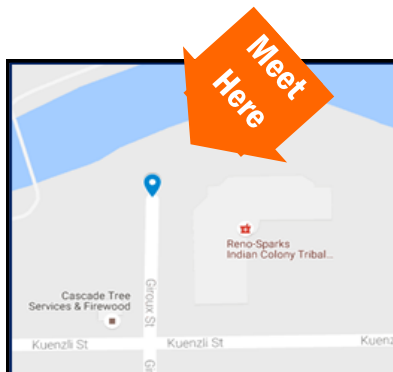
Saturday, October 13th, 2018, 9am-Noon

Site hosted by the Reno Sparks Indian Colony Environmental Program



Cleanup will begin with a safety orientation and traditional blessing. Wear working clothes, sturdy shoes, and bring a refillable water bottle. Latex gloves, snacks, tools, trash bags and water will be provided.

Please park in the Tribal Health Center front lot and meet in the round driveway on the northwest side of the Tribal Health Center, located at 1715 Kuenzli Street, Reno, NV. (See pin on map below)



Everyone Welcome!

Please be sure to sign-in to participate in the appreciation picnic afterwards at Rancho San Rafael Park.

Please call Bhie-Cie Ledesma, RSIC Environmental Specialist II, at 785-1363 X5407 with questions.

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 OCTOBER dates

- 7 Nevada Native Nations Land Act Anniversary
- 8 Indigenous Peoples' Day in the United States of America
- 9 ITCN Walk-in WIC Clinic, RSTHC, 9 a.m.
- 10 Operation Take Your Best Shot 2, RSTHC, 1 p.m.
- 12 Fall Fest, Reno Gym, 10 a.m.
- 13 Truckee River Clean Up Day, RSTHC, 9 a.m.
Fall Fest Craft Fair, Reno Gym, 10 a.m.
- 15 Bosses Day
Executive Health Board Meeting, RSTHC, 5:30 p.m.
Language & Culture Advisory Board meeting, RSIC Library, 5:30 p.m.
- 16 Commodity Distribution, Senior Center, 8 a.m.
- 17 Blood Pressure Education Workshop, RSTHC, 5:30 p.m.
Tribal Council Meeting, Hungry Valley Rec Center, 6 p.m.
RSIC Book Club, 6 p.m.
- 18 Great Nevada Shakeouts Earthquake Drill, 10:18 a.m.
Last Day to Register to Vote, 5 p.m.
Senior Fun Day, Reno Gym, 10 a.m.
- 19 NDOT Deadline for Spaghetti Bowl Comments, 5 p.m.
- 20 Life Skills, Hungry Valley Library, 11 a.m.
- 22 Family Paint Night, 34 Multipurpose Room, 6 p.m.
- 23 Mammovan Early Detection Screenings, RSTHC, 8 a.m.
ITNC Walk-in WIC Clinic, RSTHC, 9 a.m.
Trick or Treat, Hungry Valley, 7 p.m.
- 25 Head Start / Day Care Trick or Treat, 10 a.m.
Trick or Treat, Reno Colony, 7 p.m.
- 26 Nevada Day Observed (RSIC Offices Closed)
- 27 Nevada Day Parade, Carson City, 10 a.m.
- 29 Housing Advisory Board, Hungry Valley Rec Center, 6 p.m.
- 30 Domestic Violence Awareness Summit, RSTHC, 10 a.m.
- 31 Economic Development Meeting, Hungry Valley Rec Center, 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**.

[illegible]



Reno-Sparks Indian Colony Community Meeting
Spaghetti Bowl Project, Spaghetti Bowl Xpress
September 19, 2018

Please Print Clearly

Date: _____

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

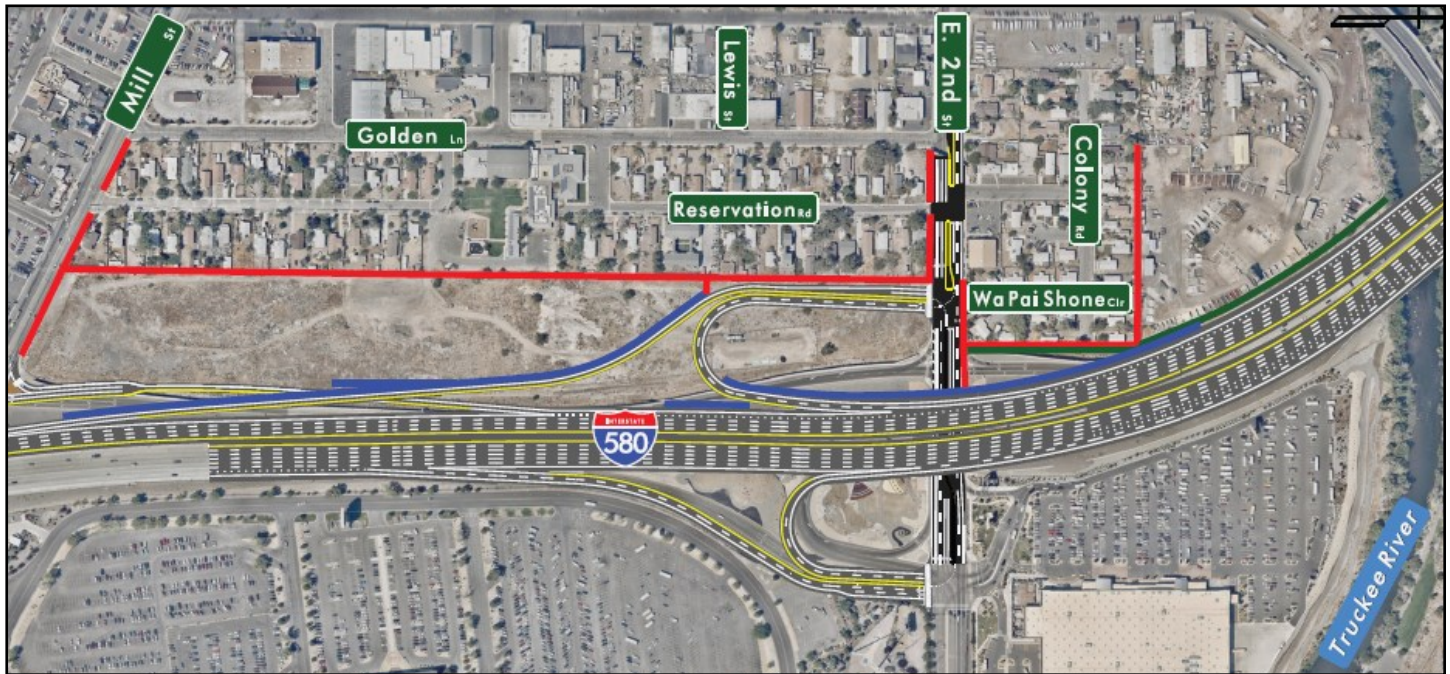
Phone (Day): _____ Phone (Evening): _____

Email Address: _____

Comment/Question: _____

Comments will be accepted through 5 p.m. Friday, October 19, 2018

Please mail to: Dale Keller, NDOT, Project Manager
1263 South Stewart Street, Carson City, NV 89712
Thank you for your time and interest in this project!



- Sound Wall
- Neighborhood Wall (Access to Walking Path Near RSIC Main Office)
- 15 Foot Maintenance Road

PRELIMINARY SUBJECT TO CHANGE

See enhanced color map at:
<http://www.rsic.org/rsic-newsletter/>

During a robust question and answer session, NDOT introduced an idea to construct a new neighborhood wall along the eastern boundary of the Colony and near the new highway exit. NDOT staff said that a neighborhood wall might be 6-8-feet high, and would be a solid wall constructed of concrete or stone masonry. Several community members expressed concerns and as well as offered solutions and alternatives for such a neighborhood wall.

The NDOT staff explained that a wall might eliminate noise and visual impacts of the SBX project as well as provide additional security for the community.

“During this portion of the meeting, there was a lot of positive feedback provided by the community members about constructing the neigh-

borhood wall,” Carey said. “Those in attendance expressed support for constructing the wall not just to provide additional privacy, but also to mitigate the impacts from construction and future traffic noise.”

Two tribal members whose houses will be impacted by the SBX, Allan Tobey and Joseph Ramos-Cypher said that they would like the wall extended further along East 2nd Street, and/or further along Mill street to Golden lane.

In addition, feedback was provided by community members concerning a possible public pathway system from Mill to East 2nd streets through the vacant 17 acres east of the Colony.

This property is currently privately owned by Mallard Investment Management,

however NDOT staff explained the agency is looking to buy the land.

Again, safety and privacy concerns were raised and eventually, the audience’s consensus was that NDOT should not construct a public pathway in this area.

This was the third public meeting NDOT has held at the RSIC, and again, Keller said that NDOT plans to complete the fast-tracked environmental assessment in three-and-a-half years.

In early 2017, NDOT reported that Washoe County is expected to see an increase of about 147,000 people over the next 20 years.

In preparation for continued population growth, NDOT began to develop a plan to improve parts of Interstate

Story Continued On Back Cover



ITCN WIC

INTER-TRIBAL COUNCIL OF NEVADA
WOMEN INFANT CHILDREN

Walk-in WIC Clinic!

9am-4pm

Upcoming dates:

OCT	10/09/18	■	10/23/18
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.

Are You Registered, Ready For General Election Nov. 6?

Hungry Valley to have polling station; Native vote could make huge difference

For the first time, residents of Hungry Valley will be able cast their votes in the Nov. 6 General Election at their neighborhood gymnasium.

In July, the Reno-Sparks Indian Colony Tribal Council successfully requested that an election day voting station be located at the Hungry Valley gym.

In addition to passing a resolution regarding the importance of equal access to voting for Native Americans living in isolated reservations, the Tribal Council also is supporting the RSIC Tribal election committee members operating the polls.

In anticipation of next month's election, RSIC Chairman Arlan D. Melendez wants to remind the community of the important deadlines pertaining to the election which will determine the next governor of Nevada as well as other impactful national and area races.

The last day to register to vote is Thursday, Oct. 18.

Registration can be done on-line at: www.registertovotenv.gov or anyone 18-years-old or over, should call the RSIC Public Information Office at 775/329-2936, ext. 3268 for assistance

Besides the on-line method, eligible voters may complete a form or register in person at the Washoe County Complex.

A list of all open offices and candidates can be found at:

<https://www.washoecounty.us/voters/2018electioninformation/candidates/index.php>

Why Native Americans Should Vote

Like most rights, those before us sacrificed for us

The decisions made at all levels of government affect Native American and/or American Indian people—our communities need to vote to ensure that our issues will be heard. Collectively we can make change happen. In the state of Nevada alone, there are 22,000 eligible voters of Native American descent. Our people outnumber the voters from eight of the 17 counties in our state. As a block, we outnumber White Pine, Pershing, Lander, Lincoln, Mineral, Storey, Eureka, and Esmeralda counties.

Furthermore, the Native vote has been critical to the success of candidates. In 2000, the Indian vote defeated the re-election of Slade Gorton, an anti-Indian former Attorney General of Washington State. The Republican governor of New Mexico from 1995 to 2003, won both elections with the help of the Indian vote. In 2012, Democrat Heidi Heitkamp won her tight United States Senate race in solidly Republican North Dakota because of high turnout among Native American voters. With up to a million Indians voting nationwide, we can swing the margin in a close election. Below are additional reasons why Native Americans should vote.

HONOR

Honor your right to vote. Our ancestors fought to have their right to vote recognized. American Indians became U.S. citizens in 1924, but were not legally allowed to vote until 1948.

TRUST

The Federal government has what is termed a trust obligation to provide funding and services to Tribes. Often, this trust has been broken. By taking political action and casting votes, we continue the struggle to make sure the Federal government fulfills its trust obligation to American Indians.

DISPARITY / ACCESS

Nationwide, Tribes experience some of the greatest needs for jobs, housing, health care, education, and other human services. If Indian citizens do not vote then it is significantly more difficult to address these issues. If Indian citizens will not vote, then the struggles of our elders and past generations to address these issues can be lost and their sacrifices made for nothing.

OPINION: Why Are Native American Voters Still Invisible?

Reno-Sparks Indian Colony members can change history, honor ancestors

Next month, over 400 Tribal members of the Reno-Sparks Indian Colony will have an opportunity to honor our elders.

As the General Election is set for Tuesday, Nov. 6, any Native American 18-years or older can benefit for the sacrifices our ancestors made to ensure that our people are fundamentally equal to all Americans.

On election day, all voting members of the United States public—Native American, Hispanics, African Americans, and White Americans, have equal power to shape the future.

For a democracy to function correctly, the system must be of the people, run by the people, and for the people.

In fact, voting is a privilege, right and a duty. It is a moral responsibility of all eligible citizens of a society.

The 1965 Voting Rights Act was supposed to protect groups like Native Americans who have been overlooked throughout history. However, the difficulties Native Americans have trying to vote, continues.

Despite being the original people to this land and despite thousands of Native Americans, serving in the US military (including 147, from the RSIC), most Native Americans were not granted U.S. citizenship until 1924, when Congress passed the Indian Citizenship Act.

On paper, the law meant that Native people born in the United



Worth The Wait— *In some districts in Maricopa County which is home to five Indian reservations, some voters have waited over five hours to cast their ballots. In that same state, just two years ago, state lawmakers made it a felony crime for non-family members to mail via US Post or to deliver someone else's mail-in ballot to polling places. This Tuesday, Nov. 6, registered voters who live in Hungry Valley will be able to vote at the Tribe's gymnasium at 9075 Eagle Canyon Drive.*

File Photo

States were granted the right to vote, but in practice, most of our relatives were still not allowed to vote because each state decided who could cast ballots.

Even today, in states with large Native American populations, government officials cut voting hours and opportunities, refuse to add polling places on reservations, eliminate language assistance services, and fight to keep Native voters in majority-white districts where American Indians will never get political representation.

For example, in Maricopa County which is home to five Indian reservations within the

state of Arizona, some voters waited over five hours to cast their ballots in the 2016 General Election.

Since 2013, seven lawsuits alleging voting discrimination against Native American voters have gone through some of the highest courts in the land.

All but one, have been successful, including the nearby, September 2016 case in which Veterans from the Pyramid Lake Paiute and the Walker River Paiute Tribes sued the State of Nevada for equality when voting.

This November, more Native Americans are running for local,

Continued On Page 9

regional, state and federal offices.

Maybe most notably, Deb Haaland, whom the RSIC has made a financial contribution, is likely to be the first Native American woman in Congress.

In total, 14 Native Americans are running for U.S. House and Senate seats.

According Native Vote, if Native communities can vote consistently, we can start to get attention as our communities represent a statistically significant group.

Native Vote is a non-partisan initiative to encourage Tribal communities to vote and it is endorsed by the National Congress of American Indians.

According to a 2012 study

from Demos, a New York City-based think tank, American Indian and Alaska Native turnout is 5 to 14 percentage points lower than registered voters from other racial or ethnic groups.

However, as the Native American population continues to grow across the country – from 1.9 million in 1990 to 6.6 million in 2015 – so too has our political representation.

***“...on Tuesday, Nov. 6
any Native American
18-years or older can
repay the sacrifices our
ancestors made to ensure
that our people are equal
to all Americans...”***

Plus, government officials, nonprofits, and Native American leaders are pushing back.

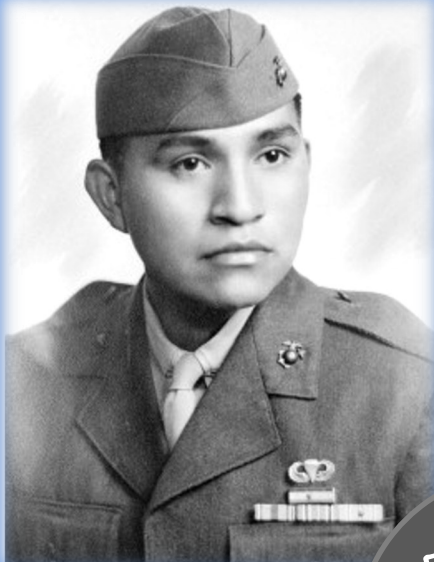
Right here at the Colony, our Tribal Council’s request for a voting station on its Hungry Valley land was primed by the successful law suit of Ralph Burns, Robert James, and Johnnie Williams.

We must do our part: register and vote on election day.

Editor’s Note:

This editorial was written by RSIC PIO Stacey Montooth, with information from Native Vote and ThinkProgress. A member of the Walker River Paiute Tribe, Montooth will assist any Native American wishing to register or vote.

If you have question, call her at 775/329-2936, ext. 3268.



Ira Hayes—Pima
World War II Veteran

EVERY
NATIVE
VOTE
COUNTS

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

Tuesday, November 6
GENERAL ELECTION DAY—VOTE!

Thursday, Oct. 18
Voter Registration Deadline

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

Family PAINT NIGHT

MONDAY, OCTOBER 22, 2018 @ 6 00 P.M.
RSIC 34 MULTI-PURPOSE ROOM

**MEET THE RSIC EDUCATION
DEPARTMENT STAFF**



FAMILY



FOOD



PAINT

RSIC COMMUNITY MEMBERS WELCOMED!

BRING THE KIDS!

ENJOY A NIGHT OF PAINTING!

To sign up please contact Sam Rambeau 775-329-6114
or email srambeau@rsic.org by October 18, 2018

Flu Shots Will Be Given During Emergency Drill

Drive through vaccinations available during Operation Take Your Best Shot 2

To prepare for emergencies and to prepare for flu season, the Reno-Sparks Tribal Health Center (RSTHC) staff, the Reno-Sparks Indian Colony's emergency staff and the Washoe Health District will simulate an emergency epidemic drill while vaccinating as many people as possible in a two-hour span.

Operation Take Your Best Shot 2, planned for Wednesday, Oct. 10, 1-3 p.m., at the Tribe's health center (1715 Kuenzli St.) will be the third collaborative training exercise between the Reno-Sparks Indian Colony (RSIC) and the Washoe County Health District. Once again, the drill is practical and preventive.

"It has been said that practice makes perfect," said Stacey Montooth, Public Information Officer at the RSIC. "For several weeks, we have been developing a mock emergency scenario, and all our stakeholders are excited to test our plan."

In the scenario for the drill, the Washoe County Health District will have declared a health emergency due to the pandemic influenza.

All RSTHC patients, including all Colony employees, will be invited to get his/her annual flu shot while the health care staff and emergency responders tests its preparedness plan.

In addition to setting up and operating a walk-in clinic, *Operation Take Your Best Shot 2* will include a drive through option.

In the large parking lot across from the health center, staff will provide vaccinations to volunteer patients who will not even have to exit his/her vehicle.

In fact, the RSIC Senior Program will transport a large van of elders to the drive through vaccination site.

Furthermore, a mock media briefing with a description of the identified threat, statistics on the pandemic, real-time inoculation numbers, as well as a question and answer session will take place at 1:30 p.m., in the 3Nations Wellness Center within the RSTHC.

The media is encouraged to attend, not just to cover

Operations Take Your Best Shot 2, but to participate in a 1:30 p.m., press briefing.

"It is critical that our drill include the press because in an actual disaster, it is our media partners who help us disseminate life-saving, accurate information," Montooth said. "We have an entire emergency communication plan that needs to be tested and we would appreciate local media experts helping us improve our protocols."

According to the MOU, such regional partnership increases infrastructure and resource sharing for the distribution

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The Hand Off — In 2016, Hank Johnson (right) was the emergency exercise incident commander and he inspected the completed paperwork for the delivery of vaccinations requested by the Reno-Sparks Tribal Health Center from the Nevada Department of Health and Human Services. To start this mock emergency pandemic exercise, the flu shots were delivered to the the Colony by state law enforcement.

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**.

NOVEMBER 3 — SATURDAY, HUNGRY VALLEY GYM

&

NOVEMBER 4 — SUNDAY, HUNGRY VALLEY GYM

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

If you need a pet carrier
or leash, some will be
available at the gym
for loan.

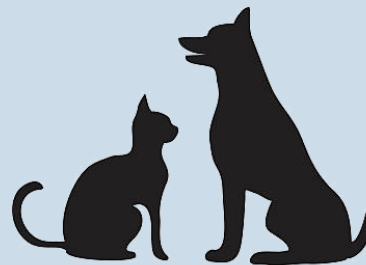
CAT — NO appointments necessary

DOG Appointments ENCOURAGED

but not necessary.

DROP-OFF TIME #1: 7:00-7:30 am

DROP-OFF TIME #2: 10:30-11:00 am



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 on Friday, Nov. 2 through 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.

of medications should a catastrophic event happen. The expert staff, the state-of-the art facility and its convenient location make the RSTHC an ideal point of distribution or a POD.

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

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

Besides county and RSIC personnel, staff from the Fallon Paiute-Shoshone Tribe and the Duck Valley Shoshone-Paiute Tribe also will participate along with the Salvation Army, the Nevada Department of Public Safety, the Washoe County Emergency Management and the Nevada Division of Public and Behavioral Health.

The drill will be based on a detailed exercise plan which was developed by the Washoe Health District Public Health Emergency Response Coordinator, Stephen Shipman, with input from the health center's emergency response team.

Under the plan, the RSTHC staff is looking to give up to 150 patients his/her flu shot each hour.

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

For more information about getting your flu shot and helping the RSIC emergency staff with this drill, please call 329-5162.

Why Should I Get A Flu Shot?

Children, elders, American Indians at high risk

The Center for Disease Control (CDC) recommends a yearly flu vaccine for everyone 6- months of age and older as the first and most important step in protecting against this serious disease.

Encourage your loved ones to get vaccinated, and know that vaccination is especially important for people at high risk for developing flu complications, and their close contacts.

People at high risk of developing flu-related complications include children younger than 5, but especially children younger than 2-years-old; Adults 65 years of age and older; Pregnant women (and women up to two weeks postpartum); Residents of nursing homes and other long-term care facilities; and American Indians and Alaska Natives seem to be at higher risk of flu complications.

Getting vaccinated before flu activity begins helps protect you once flu season starts in your community. It takes about two weeks after vaccination for the body's immune response to fully respond and for you to be protected.

The CDC suggests that people get a flu vaccine by the end of October. However, getting vaccinated later can still be beneficial and the CDC recommends getting a flu vaccination as long as influenza viruses are circulating, even into January.

While vaccine effectiveness can vary, recent studies show vaccine reduces the risk of flu illness by about 40-60 percent among the overall population during seasons when most circulating flu viruses are like the vaccine viruses.

Most people who get sick with flu will have mild illness, will not need medical care or antiviral drugs and will recover in less than two weeks. Some people, however, are more likely to get flu complications that can result in hospitalization and sometimes death. Pneumonia, bronchitis, sinus infections and ear infections are examples of flu-related complications. Flu also can make chronic health problems worse.

The exact number of flu illnesses that occur each season is not known because flu is not a reportable disease and not everyone who gets sick with flu seeks medical care or gets tested.

The CDC estimates that flu has resulted in up to 35.6 million illnesses each year in the United States and since 2010, the CDC estimates that flu has resulted in up to 710,000 hospitalizations each year.

According to Dr. Robert Redfield, the director of the CDC, an estimated **80,000** Americans died of influenza and its complications during the 2017-18 season. That was the highest death toll from the flu in at least forty-years.

For more information, see: <https://www.cdc.gov/flu/index.htm> .

RSIC World War II Veteran Celebrates Birthday

Thomas McGinty enjoys milestone with special brunch, cake and ceremony

Thomas McGinty's family is sure he turned 103-years-old on Saturday, Sept. 15.

However, the World War II Veteran's official United States of America certification of military service indicates that McGinty is just 101-years-young.

Never-the-less, immersed in a culture which pays great reverence to its elders, and even greater reverence to its elders whom served in the military, hundreds at the Reno-Sparks Indian Colony (RSIC) honored McGinty for his tremendous milestone.

At this special birthday celebration organized by the Reno-Sparks Indian Colony's Senior Program, a Friday brunch along with a birthday cake especially made by well-known baker Juanita Sampson, was served.

Thirty-five students from the Colony's Head Start classes led a rousing rendition of "Happy Birthday," for the centenarian.

In addition, several dignitaries from the Nevada Department of Veterans Services (NDVS), the VA Sierra Nevada Health Care System and Nevada Senator Dean Heller's office presented McGinty with certificates and salutations.

McGinty was awarded a lapel pin designating him a "Nevada Hero" as was his grandson, Yuma, McGinty's primary care giver.

According to, Cathy Yates, the NDVS strives to recognize



All Smiles — *Thomas McGinty, a father of 8 children, 5 grandchildren, and 8 great-grandchildren, who also enjoyed a 48-year marriage, celebrated his 103rd birthday last month at the Reno-Sparks Indian Colony's Senior Center.*

all family members as often, a soldiers' loved ones also make notable sacrifices.

"He is a good example to our community and as well as to all in our Native American culture," Chairman Melendez told Channel 2 photographer Bryan Hofman, who covered the celebration. "We are proud and lucky Mr. McGinty has lived a good, long healthy life."

The afternoon concluded after Chairman Melendez read an official proclamation honoring McGinty for his long life and for his prosperity.

The document which featured a patriotic portrait photograph of McGinty which was taken during a recent Veterans Day celebration, outlined McGinty's 100-plus year long life.

The official proclamation

read: Whereas, longevity of life is a blessing from the Creator, a blessing for family and for a community which benefits from the knowledge and experiences this individual brings to all; and whereas, the Reno-Sparks Indian Colony recognizes with respect and admiration the contribution of all our elders and senior citizens; and whereas, Mr. Thomas McGinty was born in Reno on September 15 and spent much of his childhood in the region including Reno, Sparks, Fallon, Lovelock, Carson City and Loyalton, Calif., plus he has lived the majority of his life in Sparks, Nev.; and whereas, in 1935, Mr. Thomas McGinty graduated from the only off-reservation Indian boarding school, the Carson Indian School, which later become known as Stewart Indian School to which nearly 10,000 Native American students attended; and whereas, Mr. Thomas McGinty was a Corporal in the U.S. Army enlisting on April 22, 1941 and nobly serving his country during World War II and being honorable discharged on Dec. 5, 1945; and whereas, in 1945, Mr. McGinty married Marlene Rodriguez from Lovelock, and the couple raised eight children, five grandchildren; and eight great-grandchildren and enjoyed a 48-year marriage until her passing in 1993; and whereas, Mr.

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McGinty was a well-known and esteemed mechanic for the Reno Pontiac dealership located on 4th and Sierra streets; and whereas, Mr. McGinty's exceptional machinist skills took him and his loving family to Rancho Cordova, Calif., where he served as an engineer for Aerojet, a rocket and missile manufacturer for NASA; and whereas, after retiring from this high security, often top-secret job with Aerojet, Mr. McGinty retired and move back to Nevada where he became, and still is a resident of Sparks, Nev.; and whereas, Mr. McGinty has always been

***“...longevity
of life is a blessing
from the Creator, a
blessing for family and
for the entire RSIC
community which
benefits from the
knowledge & experience
this individual
brings...”***

—Chairman Melendez
referring to Thomas McGinty
on the World War II Veteran's
103rd birthday

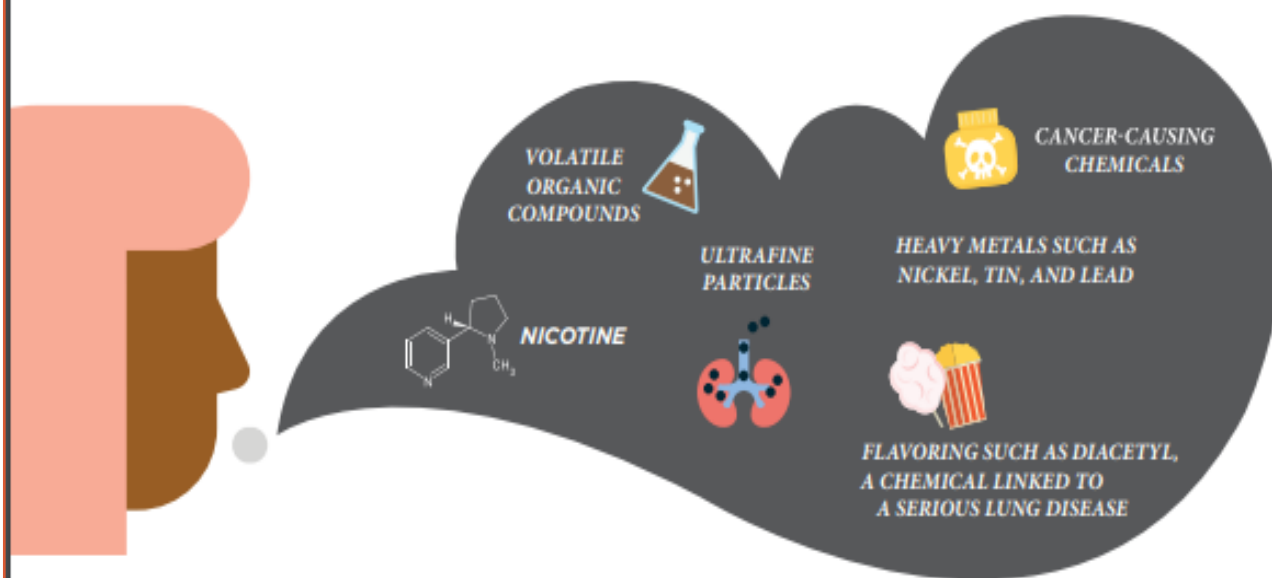
known for his kind manner and gentle approach to life, and his nearly continuous smile, and whereas, four-days a week, Mr. McGinty uses the Washoe County Senior shuttle transportation to enjoy the fellowship, including lunch with all our elders at the RSIC Senior Center; and whereas, as a centenarian—at least 100-years of age—today and every day, Mr. McGinty should be honored for his century-plus on this earth; now, therefore, be it proclaimed that, I, Arlan D. Melendez, Chairman of the Reno-Sparks Indian Colony, do hereby honor Mr. McGinty and wish him many more very happy birthdays.



Across The Generations — Monday through Thursday, Thomas McGinty can be found at the same table during at the Reno-Sparks Indian Colony's Senior Center where he reads the newspaper or magazines and enjoys a healthy lunch. McGinty turned at least 101-years-old on Sept. 15 and his family and friends attended a party for him at the RSIC Senior Center. A resident of Sparks, Nev., McGinty was born in Reno, Nev., and attended Stewart Indian School in Carson City, Nev., before he enlisted in the United State Army in 1941. Nobly serving our country during World War II, McGinty was honorably discharged on Dec. 5, 1945. McGinty and his wife of 48-years, Marlene Rodriguez, raised a large family in Northern Nevada and central California. To mark his birthday, two classes from the Colony's Head Start Program enthusiastically sang "Happy Birthday" to likely the eldest member of the Tribe. Above, the students posed with McGinty.

E-CIGARETTE USE IS NOT SAFE FOR YOUNG PEOPLE.

E-cigarette aerosol is not harmless. It can contain harmful ingredients. However, e-cigarette aerosol generally contains fewer harmful chemicals than smoke from burned tobacco products, like regular cigarettes.



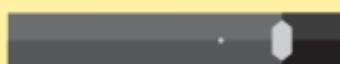
Most e-cigarettes contain *nicotine*, which is highly addictive and can *harm brain development*, which continues until about *age 25*.



YOUNG PEOPLE WHO USE E-CIGARETTES MAY BE MORE LIKELY TO GO ON TO USE REGULAR CIGARETTES.



AN INCREASINGLY POPULAR E-CIGARETTE DEVICE, CALLED JUUL, IS SHAPED LIKE A USB FLASH DRIVE.



Use of JUUL is sometimes called "JUULing."

JUUL's nicotine liquid refills are called "pods." JUUL is available in several flavors such as Cool Cucumber, Fruit Medley, Mango, and Mint.



All JUUL e-cigarettes have a high level of nicotine. According to the manufacturer, a single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes.



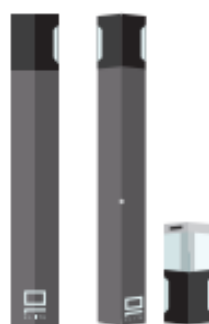
JUUL became available for sale in the United States in 2015. As of December 2017, JUUL is the top-selling e-cigarette brand in the United States.

News outlets and social media sites report widespread use of JUUL by students in schools, including in classrooms and bathrooms.

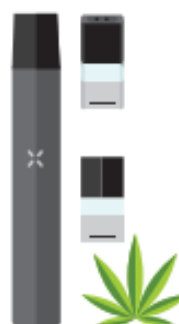
Other devices are becoming available that look like USB flash drives. Examples include the MarkTen Elite, a nicotine delivery device, and the PAX Era, a marijuana delivery device that looks like JUUL.



JUUL



MarkTen Elite



PAX Era

In & Around: Reno-Sparks Indian Colony Community

32nd Annual Numaga Indian Days Pow Wow—Hungry Valley



Photos by Laura DeSimone, Jim Schafer, Larry Burton, Judy Martin, and Dr. AJ Cotterell. To see images as well as the entire *The Camp News* in color, please log onto:
<http://www.rsic.org/rsic-newsletter/>

In & Around: Reno-Sparks Indian Colony Community

32nd Annual Numaga Indian Days Pow Wow—Hungry Valley



Ask Paul

Saying “no” to bad choices can be empowering, freeing, and a healthy way of building our self-esteem. So, why do we have such a hard time saying “no” to bad choices?

When we are young our parents tell us – “Don’t you say NO to me! You do as you’re told.” They also tell us not to do certain behaviors like using drugs or drinking alcohol. Then we get mixed messages when we observe them using substances or being intoxicated; doing the exact opposite of what they told us not to do.

As we get older we can feel guilt or shame if we say “no” to a “favor” because we want to be liked or it makes us feel important and needed. For example someone asks us to take care of their children so they can go out and party. We know the party goer is engaging in bad behavior. We also know in our heart that by watching their children we are actually enabling them to continue this bad behavior. So, how can we be helpful and not an enabler? One solution is we can tell the party goer that we will do everything in our power to support their health and well being, and

we will also do everything in our power to help them avoid bad choices. This way we create boundaries and at the same time let them know that we love them, support them, and care for them. An example would be to have the party goer stay at home and make a good dinner with you for everyone to enjoy. This way you can all spend the night together laughing and having fun instead of her/him going out to party.

Another source of confusing messages, that negatively impacts us, comes from our society. Commercials and sales people tell us how we can immediately avoid discomfort or distract ourselves from daily life by taking a pill, smoking substances, or drinking. Some of these sales people even tell us that these mind altering drugs are good for us! They create an illusion to entice us into thinking the substance is healthy, natural, has no long term effects, and will make our lives wonderful. They romanticize the substance use by putting an umbrella in a beer by the ocean, or they advertise a person doing yoga in nature, to send the message that their drug is related to health and wellness. Interestingly, this was the same type of messaging the tobacco sales people used just a few decades ago when they were normalizing tobacco. Do you remember ash

trays everywhere, candy cigarettes, and entertainers and actors smoking cigarettes? I’ve seen cigarette advertisements showing doctors smoking, adolescents choosing cigarettes for their parents and even pregnant women smoking cigarettes! Hmmm. This makes me wonder if we ever learn from our historical mistakes or we just keep making the same bad choices over and over again.

*“...substance
work temporarily,
but problems are
usually worse
after a person has
wasted time
being wasted...”*

Also, notice the people selling these substances are primarily motivated to sell their drug and do not acknowledge the downside of the drug being sold. The only messages they will talk about are designed to sell their product. Imagine if a synthetic stimulant (upper, methamphetamine) sales

"Through Creator, your heart, and a trusted Elder, you can be guided to make healthy choices."

person told the potential customer – "This substance can have these side effects: paranoia, sleeplessness, hallucinations, amnesia, uncontrolled tremors, drooling, nausea, paralysis, dizziness, and permanent brain damage." Would the potential customer still take this risk?

We know drugs work and will change the way a person perceives life for a moment. These substances work temporarily, but the person's problems are usually worse after the person has wasted their time being wasted. The more a person uses the substance, the further away from solving their problems they go. Also as this bad relationship grows, so does the person's negative consequences. Interestingly, if these consequences result in the person being incarcerated, the substance sales person doesn't visit their customer in jail, put money on their books, or even write letters. Usually the burden of support is reserved for the customer's family. So the customer gets high, the sales person makes money and the family gets to pay the bills as well as endure the emotional stress of sleepless worry, anxiety and fear.

The substance using adult

also needs to be aware of their impact on children. If this adult realizes the substance sales person's motivation is money, and knows all of the mental, physical, emotional health risks, as well as the legal risks they are taking by using the substance; the adult still has an obligation to the children who are learning behaviors and mimicking this adult's behavior. Keep in mind, an Elder doesn't just mean being older. Also, an Elder doesn't have to be a family member. An Elder can be a community member or someone you trust. An Elder is wise, loving, caring, offers guidance and advice for your spiritual, emotional, mental and physical health. The Elder has your overall best interest at heart. An Elder loves to see you happy, and thriving, and at the same time is willing to tell you "NO" when you are about to do something unhealthy or harmful.

The Elders teach us in the Red Road to Wellbriety, "Most of the time we are who we are by choice. That's all life is – a matter of choices. The choices you make set up the consequences you're going to live with in your life." So, your choices can set you up for success, health, happiness and good relationships or the exact opposite.

The Elders also teach us to listen to our heart. The Red

Road to Wellbriety tells us how the Elders had to rely on listening to their heart to survive the terrible conditions they had to live through. They maintained the connection with the Creator and followed Creator's guidance by learning how to listen to their heart. They recognized that when this connection is severed, their direction became confused and lost.

Through Creator, your heart, and a trusted Elder you can be guided to make healthy choices for your health, happiness, and prosperity, if you listen.

If you are having a hard time saying "NO" or find yourself continuing making bad choices, you can ask a trusted Elder or your support professionals at our Behavioral Health Department who will be happy to help.

Paul Snyder MA, LADC-S

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 and in the *First Nation's Focus*, a product of the Sierra Nevada Media Group (SNMG). Have a question for Paul? Email him at: rsnyder@rsicclinic.org

In & Around: Reno-Sparks Indian Colony Community

Annual health activities, community policing, self imposed natural high



Cultural Healthy Dances — *Most dancing can strengthen your abs and back, helps curve your hips and helps strengthen and tone your legs. Being physically active has many health benefits, however cultural dancing helps your heart and helps your spirit and soul by building community pride.*

Photo Provided By Gina Featherstone



Preventive Health — *In Indian Country, injuries are the leading cause of death for American Indians and Alaska Natives from ages 1-44 years. To combat these statistics, the Reno-Sparks Tribal Health Center's Valentine Lovelace provides effective community-based initiatives with multiple strategies to reduce and prevent injuries and fatalities.*



See It, Say It! — *With over 15,000 acres to patrol in Hungry Valley, it is a community effort to stop illegal dumping. If you see garbage spoiling our land or if you see suspicious activities around Eagle Canyon, please call the Reno-Sparks Indian Colony Tribal Police at 323-2677 or dial 911.*



Enjoying the Challenge — *With exercise, endorphins interact with the receptors in the brain and reduce the perception of pain. Winter Dove McCloud said that trail running in national parks and other wildlife areas brings her clarity, joy, pride and focus. For more information about McCloud's passion, see page 25.*

October is... Domestic Violence Awareness Month

It Starts With Respect

Domestic Violence Summit

October 30th, 2018 at 10 am-12 pm

Reno-Sparks Tribal Health Center
1715 Kuenzli Street

"Love Shouldn't Hurt." Join Human Services and the RSIC Community Health Department to raise awareness about Domestic Violence.

LUNCH WILL BE PROVIDED

We will have:

- *Guest Speaker
 - *Professionals in the field
 - *Free Giveaways
- AND MUCH MORE!**

Silence No MORE

21ST. ANNUAL * CRAFT FAIR *

FALL FEST 2018

October 12th & 13th

RENO-SPARKS INDIAN COLONY, GYMNASIUM

34 Reservation Road * Reno, NV

(Off 395/580 So. Freeway)

Glendale or Mill St. exits

.....
*Jewelry * Beadwork * Arts & Crafts*

*Baked Goods * Raffle * Food & Fun!*
.....

*Doors Open
10am to 6pm*

INDIAN TACOS WILL BE SOLD

**FREE ADMISSION
FREE TRICK OR TREAT BAGS**

*Over 60 local and
visiting vendors*

*For more
information:
Ramona Darrough
775-842-1385*

McCloud Completes Scenic Ruby Mountain Footrace

Mother Nature provides soothing backdrop for demanding trail run

The Reno-Sparks Indian Colony's Winter Dove McCloud recently finished her first Ultra Trail and Relay Race near Elko, Nev. The Ruby Mountain Timberline Relay was held in the beautiful Ruby Mountains in Lamoille, Nev.

The relay consisted of three different loops with each loop measuring 3.8 or 6.3 miles, bringing the entire course mileage to 13.9 miles.

The loops were rated hard, moderate, and very hard as per the race organizers.

"Trail running is a sport or activity which consists of running and hiking over trails and it differs from road running and track running in that it generally takes place on hiking trails, which are often in mountainous terrain, where there can be much larger ascents and descents," said Keith Godden of *ULTRAMarathonRunning.com*.

McCloud, a long time fitness enthusiast, began her Ultra Trail and Relay Race through the Ruby Mountains at an elevation of 8,700 feet and the highest elevation during her competition was a peak of 10,447 feet.

The elevation is important because running at high altitudes decreases the amount of oxygen getting to the runner's muscles.

The low atmospheric pressure in the thin air makes the blood less oxygen-rich as it travels to the muscles.

As McCloud proceeded and



An Award With A View — *The RSIC's Winter Dove McCloud recently completed the Ruby Mountains Timberline Relay which was held in Northern Nevada. This was McCloud's first organized trail run which included a high altitude 13.9 mile course over steep ground with large inclines and drastic descents. For McCloud however, the beautiful setting helped even out the race's physical demands.*

climbed higher, the thinner air made it more difficult to run because her oxygen demand increased.

Furthermore, the elevation in Hungry Valley where McCloud sometimes trains is approximately 4,380 feet

Never-the-less, McCloud averaged 1.5 hours per loop.

The loops took each racer through a beautiful journey of pine trees, lakes, across bridges, and through fields of wildflowers.

McCloud is not alone in her interest in trail running

According to a 2015 report

done by the *Outdoor Foundation*, the number of trail runners is increasing annually.

They have grown from 4.5 million to more than 6 million in the United States alone between 2006 and 2012. The number of organized trail races has grown throughout the world and is now well into the hundreds in North America alone.

Like McCloud, runners often cite the landscape and non-urban environment as a primary reason for preferring trail running. Because of the natural or serene setting, trail running is viewed as a more spiritual activity than roadside running or jogging that same report cited.

Prior to McCloud's historic finish at the Ruby Mountain Timberline Relay, she began her half marathon journey about six months ago.

Since then, her races have taken her to 5 National Parks—Bryce Canyon, Zion, Capitol Reef, Crater Lake, and Great Basin, one National Conservation Area—Red Rocks in Las Vegas, and one wilderness area—Ruby Mountain Wilderness.

At 42-years-young, McCloud said that she plans to continue her passion of trail racing for as long as her body allows.

"Racing continues to bring her clarity, joy, pride, and focus," McCloud said. "Plus, you never know who you will inspire; someone is always watching."



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Evidence Based Program

CHECK.

CHANGE.

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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 Educator Specialist

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

Locally sponsored by:

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HEALTH

Must be committed to all 4 sessions

Flirty Demos Deliveries With Multiple Drones Per Pilot

Reno-Sparks Indian Colony will help deliver emergency medical equipment, medicines

Drones are among the most cutting-edge innovations and governments and healthcare organizations are pilot testing around the globe.

Here in Washoe Valley, in early September, the drone delivery company, Flirtey, completed its first flights under the Federal Aviation Administration's Drone Integration Pilot Program (IPP).

"Flirtey just demonstrated deliveries with multiple drones per pilot for the first time, which is a major milestone," said Matthew Sweeny, founder and CEO of Flirtey. "We're excited to be working with our partners and the FAA to save lives and improve lifestyles with Flirtey's drone delivery."

To date, drones have been successfully tested for delivering emergency medical supplies to remote areas of Puerto Rico which is still feeling the effects of last year's Hurricane Maria.

Purdue University researchers said they are working with the United States Military on a drone and headset augmented reality combination that enables experienced physicians to remotely instruct junior doctors working in the field.

Also this summer, the United Kingdom National Health Service flew drones carrying blood and medical results between London hospitals.

That researchers evaluating the pilot project estimated that it could save up to \$21 billion annually when used in the over-



Lifesaving Delivery — Drone company Flirtey has completed its first flights under the Federal Aviation Administration's Drone Integration Pilot Program (IPP) to which the Reno-Sparks Indian Colony along with several area governments and agencies have joined. Last year, using drone delivery systems, needed medical equipment and medication arrived as much as 17 minutes before emergency responders. *File Photo*

all economy, meaning not just healthcare.

In June last year, test drones beat emergency responders to heart attack victims by as much as 17 minutes in a small test conducted in Sweden.

Andrew Schroeder, director of research and analysis at humanitarian aid organization Direct Relief, which is part of the collaboration using drones in Puerto Rico, said they need to get medicine to remote locations that are otherwise reachable only by helicopter.

"As drone technology and systems for managing them improve, we expect them to save lives in places where disasters have cut off access to critically needed healthcare,"

Schroeder said to Healthcare IT News.

The Flirtey flights were conducted using its own drone model, which is designed to carry heavier payloads for longer distances.

The IPP team includes Flirtey, the Reno-Sparks Indian Colony, the Reno Police Department and Reno Fire Department, Washoe County, the City of Sparks and the Sparks Fire Department, FedEx, the Regional Emergency Medical Services Authority, Alpine Insurance, Northern Nevada Medical Center, Truckee Meadows Community College, Carson Fire Department, Iris Automation, AirMap, T-Mobile, and the American Red Cross.



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)

Special Note: After this day, checks may be picked up at the RSIC Finance Department between 8:00am–5:30pm up to Friday, December 28, 2018 and Monday, December 31, 2018 checks must be picked up by 12:00pm

Name & Address Changes

All changes must be in writing to the Enrollment Department no later than October 15, 2018.



Minors & Adults Under the Care of Guardians /Caregivers

(Includes RSIC Human Services, Tribal Court, Child Care Protective Services, Foster Care or under the care of a guardian, etc.)

The representative must provide proper documentation and must be submitted to the Enrollment Department no later than October 15, 2018.

Out-of-State, Off-Reservation or Incarcerated

For those members that request to have their check mailed to them, the member must submit a signed notarized letter to the Enrollment Department, no later than October 15, 2018. **Incarcerated members** must submit a signed authorized letter postmarked from the correctional facility stating the full name and address of the person authorized to pick up their check, by October 15, 2018. **Note:** No money orders will be sent or issued.

Picking Up a Check for Another Person

The member must submit a signed notarized letter authorizing a certain individual to pick up their check—must include the full name and address of person picking up check. The letter must be submitted to the Finance Department, no later than December 31, 2018 by 12:00 p.m.

For more information, please contact the Tribal Council Secretary at 329-2936 ext. 3267



Places to Cash Checks

At no charge, any US Bank will cash the Christmas Distribution check. Two forms of acceptable identification will be needed, they include: Government issued ID, Driver's License or your RSIC Enrollment Card.



Places NOT to Cash Checks:

All RSIC Smoke Shops will not have extra cash on hand to cash checks.

Final Deadline to Pick Up Checks:

Monday, December 31, 2018 by 12:00 p.m.

After this date all funds will be returned to the General Funds Account...NO EXCEPTIONS

Due to the distribution amount all new enrolled members will need to complete a W-9 form including minors prior to November 19, 2018.

Outstanding Warrants

If a Member has an outstanding warrant or is otherwise wanted by law enforcement, the check shall not be distributed to that member and if another person picks up or tries to pick up that member's check, that person will be in violation of RSIC Law & Order Code, Section 4-9-116, Obstruction of justice:

(a) A person, knowing another person is a fugitive commits the offense of obstruction of justice by intentionally: (3) Providing a fugitive with money, transportation, a weapon, disguise, or other means of avoiding discovery or apprehension. Note: Obstruction of Justice is a Class C Offense.

The Reno-Sparks Tribal Council wishes each and every member a safe & happy holiday season!

ACLU Sues Feds For More Documents, Plans, Contracts

Previous report refers to Water Protectors as extremists, criminal, violent

Missoula, Mont. — In early September, the American Civil Liberties Union released reports that revealed an extensive, state and federal law enforcement organized plan to work together against protestors.

This information became public just ahead of the anticipated Keystone XL protests by Indigenous people and environmental activists.

The records provide substantial evidence of federal preventative measures against Keystone XL protests, such as a Department of Justice “anti-terrorism” training in Fort Harrison, Mont., and a DOJ “Social Networking and Cyber Awareness” training in the town of Circle, Mont.

These records reveal discussions between federal officials about the creation of an “interagency team” to “deal with safety and security concerns related to the Keystone XL project.”

The records also suggest that additional documents exist, which the government continues to withhold, detailing plans for protests.

The documents were obtained through Freedom of Information Act requests and parallel state records requests.

The ACLU and the ACLU of Montana filed a federal lawsuit in Montana against the Department of Homeland Security, the Department of Defense, and other federal agencies seeking further

documentation of law enforcement plans to surveil and police Keystone XL protests.

“Evidence that the federal government plans to treat Keystone XL protests with counterterrorism tactics, coupled with the recent memory of excessive uses of force and surveillance at the Standing Rock protests, raises immense concerns about the safety of Indigenous and environmental protesters who seek to exercise their First Amendment rights,” wrote Jacob Hutt, who filed the information requests that are the subject of the lawsuit. “The First Amendment protects political speech from the threat of undue government scrutiny, and the extent of such scrutiny

is currently unknown. If the government is planning to prevent or monitor Indigenous and environmental protests, the activists involved have a right to know about it.”

With the September lawsuit, the ACLU aims to determine what plans the government has for preventing, surveilling, and engaging with Indigenous and environmental activists who oppose the construction of the Keystone XL oil pipeline.

The ACLU also plans to look into whether and how the federal government is targeting already over-policed Indigenous communities to preempt political protest.

“In light of the government’s excessive and violent respons-

Continued On Page 30



Massive Government Overreach — *The ACLU has uncovered evidence that the federal government planned to treat Keystone XL protests with counterterrorism tactics. Because of the excessive uses of force and surveillance at the historic Standing Rock gathering of Tribes, legal experts have raised concerns about the safety of Indigenous and environmental protesters who seek to exercise their First Amendment rights.*

Photo By Bucky Harjo

es to pipeline protests at Standing Rock, we are very concerned about the specter of government and law enforcement officials plotting to silence opposition to the Keystone XL Pipeline...," said Caitlin Borgmann, executive director of the ACLU of Montana. "We do not want to see such governmental overreach and abuse in our state."

The ACLU filed its original records request in January after obtaining a report showing that state and federal agencies may already be spying on potential protesters. The report, which references the Standing Rock protests, characterizes pipeline opponents as "extremists"

intent on "criminal disruptions and violent incidents."

"The government has a history of punishing those that fight and speak for what is right," said Angeline Cheek, a Hunkpapa and Oglala Lakota activist, community organizer, and teacher from Ft. Peck Reservation. "Now, as people of different nations fight to defend their rights, land, water, identity and people, history is repeating itself. But the strength of our ancestors will remain within us, resilient to forced oppression, cultural cleansing, and genocide. We are the dream and vision of our ancestors. In prayers we are united — all my relations."

Peaceful protesters at Standing Rock and other pipeline

demonstrations were monitored by the government and private security firms hired by oil companies.

They used drones, social media monitoring, and undercover FBI agents to keep watch on the protests.

Law enforcement agencies also used water cannons, dogs, tear gas, and concussion grenades on Indigenous people and their allies. Journalists were also blocked from covering the protests.

This complaint by the ACLU follows months of refusals by federal agencies to release documents.

Editor's Note

This proceeding press release was provide by the ACLU's New York media team.

SAVE THE DATE FOR A DEDICATION CEREMONY BATTLE BORN: Memorial to Nevada's Fallen Military Friday, November 9, 2018



JOIN US on the Capitol Grounds in Carson City outside the Nevada State Library and Archives building for this long awaited dedication!

Reception: 9:00 AM

Inside the State Archives/Library Building

Ceremony: 10:00 AM

Outside on the Capitol Grounds

Information Needed

The RSIC Veterans Committee would like to have updated, accurate information on our Colony/Hungry Valley Veterans living or deceased, including current RSIC employees, National Guard members, or any active military. With the utmost respect, we would like to acknowledge all who served our country. Please fill out the following information and return this form to Verna Nuño, RSIC Tribal Administrator Office, 34 Reservation Rd., Bldg. A., Reno, NV 89502.

1. Veteran's Name:

2. Branch of service:

3. Last unit served in:

4. Last rank held:

5. Years served?

6. Any wars or military actions?

Which?

When?

Where?

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

8. Other interesting service information:

Thank you from the 2018 RSIC Veterans Day Committee

October 2018

RSIC Library



Available at the library:

- Internet & WiFi
- Printing, Scanning, Faxing
- Movie & book rental

Reno:

- 401 Golden Lane
Reno, NV 89502
(775) 785-1320

Reno Library Hours:

Monday: 1 p.m. - 6 p.m.
Tuesday 8 a.m. - 1 p.m.
Wednesday 10 a.m. - 7 p.m.
Thursday: 9 a.m. - 6 p.m.
Friday: Closed

Hungry Valley:

- 9055 Eagle Canyon Rd
Sparks, Nevada 89441
(775) 334-0904

Hungry Valley Library Hours:

Monday 9 a.m.—5 p.m.
Tuesday 9 a.m.—5 p.m.
Wednesday 10 a.m.—5 p.m.
Thursday 10 a.m.—5 p.m.
Saturday 10 a.m.—2 p.m.

Reno-Sparks Indian Colony Hungry Valley Library

Life Skills



Please join us for a Life Skills session, bring the family.

Sat Oct. 20th 11 am - 1 pm
Learn to make French Toast



For more information/to sign-up please contact Natalie Smith
(775) 334-0904 / Nsmith@rsic.org

*"Reading gives us a place to go
when we have to stay where we are."*

RSIC LIBRARY

BOOK CLUB

Wed. Oct 17th at 6pm

FREE BOOKS FOR PARTICIPANTS

Potluck, Please bring a dish to share

First Book: CIRCE By Madeline Miller

Location: RSIC Library

401 Golden Lane Reno, NV 89502

To sign up please contact: Adriana Gutierrez
(775) 785-1320 or by email agutierrez@rsic.org

The Nevada Health Centers Mammovan is Coming to Your Neighborhood!

Early Detection is the Best Protection!

The Mammovan will be in YOUR neighborhood on:

DATE: Tuesday, October 23, 2018

HOURS: 8:00 am - 3:40 pm

LOCATION: Reno Sparks Tribal Health Center

1715 Kuenzli St, Reno, NV 89502

facility parking lot

For an appointment, please call:

Nevada Health Centers Mammovan

877.581.6266

Go to nvhealthcenters.org/services/mammovan/ for the current calendar of Mammovan events

GET YOUR MAMMOGRAM TODAY!

- Women 40 and over require NO referral. Women 39 and under, or men, MUST present a physician (PCP) referral
- Must be at least 366 days since last screening
- NO minors can be left unattended and they may NOT accompany you into the exam room
- Results are mailed directly to you and your PCP / Specialist

Please be sure you have all of the following with you upon arrival to ensure a smooth check in experience:

- Current & valid government issued photo ID
- Current insurance card (if applicable)
- Completed registration forms (available online at nvhealthcenters.org/services/mammovan)
- Name & phone number of your Primary Care Physician (PCP)

Acceptable Methods of Payment:

- **Medicare • Medicaid • Sliding Fee Scale**
- **Women's Health Connection (WHC)**
- **Most major insurances** – Yearly Preventive Screenings are covered under most insurances, however, verify your coverage prior to your appointment to assure the Mammovan is an accepted provider.
- **Individuals NOT COVERED** by health insurance may qualify for a "no charge" screening.



REV 3/17

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 RSTHC DIABETES PROGRAM




Calling all Ghouls, Ghosts, Goblins and Belles of the Ball

2018 RSIC Senior Fun Day

October 18 - Thursday
10:00 a.m. - 2:00 p.m.

RSIC Gym, 34 Reservation Rd, Reno

Costume Contest
Door Prizes
BINGO

State Health Assistance Program
NEVADA SHIP Medicare Assistance
Statewide 1-800-307-4444
Northern Nevada 1-877-328-2205

This event is for elders, 55 years or older. Please do not bring children, or grandchildren. If you have any questions, need more information or would like to confirm your attendance. Please call Ryan or Darlene at 775-329-9929





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
www.highsierramartialarts.com


5450 Mill St. suite C upstairs

- 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




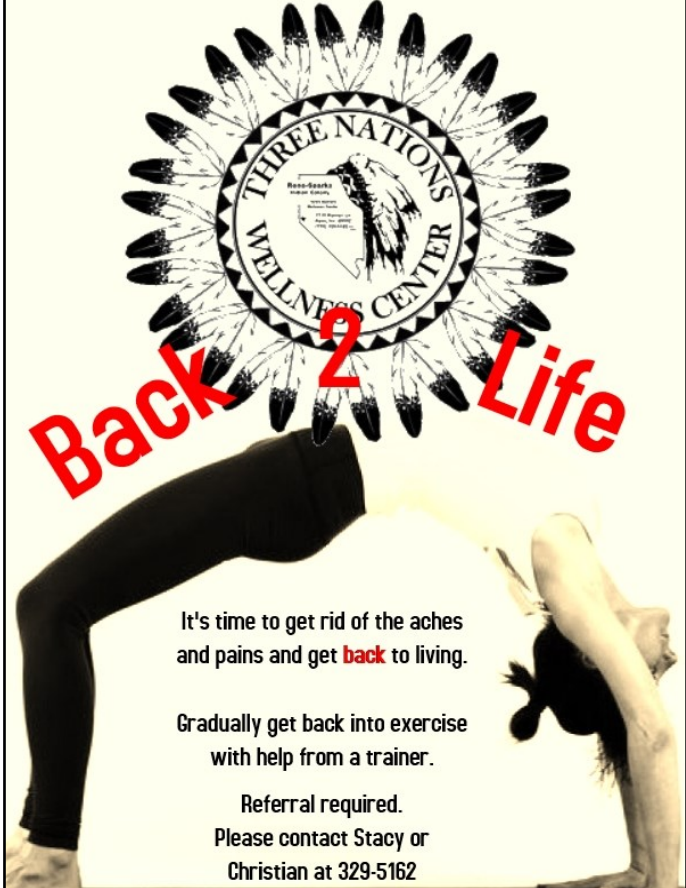

The 2018 Diabetes Shoe Program



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



Reno-Sparks Indian Colony
Senior Center – Menu
34 Reservation Road, Building F
Reno, NV, 89502
775-329-9929

2018

Monday	Tuesday	Wednesday	Thursday	Friday
1) Turkey & Swiss Wrap on Whole Wheat Bread with Lettuce Tomato & Cheese Carrot Raisin Salad + Mandarin Oranges*	2) Pork Loin with Gravy Mashed potatoes Asparagus + Pears* 	3) Baked Chicken Greek Orzo Salad with Olives, Red Onions, Cucumber & Tomato + Watermelon *	4) Ground Turkey Enchilada Casserole Black Beans & Corn+ Orange*	5) Fish Sandwich on Whole Wheat Roll with Lettuce & Tomato+ Sun Chips Apple
8) Pork Chops with Whole Wheat Noodles Steamed Broccoli & Cauliflower+ Peaches*	9) BBQ Chicken Rice Pilaf Squash Blend + Mix Fruit*	10) Meat Lasagna Dark Green Salad+ French Bread Grapes* 	11) Liver and Onions Mashed potatoes & Gravy Brussels Sprouts+ Strawberries*	12) BRUNCH Ham Steak & Eggs WW Toast Sliced Bell Peppers+ Cantaloupe*
15) Chicken Ranch Wrap on Whole Wheat Tortilla Carrots & Celery sticks Oranges* 	16) Tuna Sandwich on Whole Wheat Bread Lettuce & Tomato+ Sun Chips Pears*	17) Pork Fried Rice Peas and Carrots+ Fortune Cookie Pineapple* Sack lunch provided for 10-18 Sr. Fun Day	18) Senior Fun Day 10 am No homebound lunch delivery – Lunch served at Gym 	19) Turkey Taco Salad with Olives, Tomatoes*, +Green Onion, Cheese Refried Beans Mixed Berries*
22) Beef Stroganoff Carrots and Peas+ Applesauce*	23) French Dip Sweet Potatoes Tots Steamed Zucchini+ Tropical Fruit*	24) Chicken Quesadilla on Whole Wheat Tortilla Black Bean & Corn+ Melon *	25) Brunch Whole Wheat English Muffin with Egg, Ham, and cheese V-8* Banana+	26) Holiday Closed Happy Nevada Day No Lunch Served or delivered
29) Sloppy Joe on Whole Wheat Bun Sweet Potatoes Tots Mixed Veggies+ Pineapple*	30) Turkey A La King Brown Rice Peas & Carrots+ Tropical Fruit*	31) Chili Beans with Ground Turkey Brown Rice Mixed Veggies+ Mixed Berries 		

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.

Jump Start to College!

Join TMCC's Jump Start program for the opportunity to earn dual credit (credit for both college and high school), personal development, get a head start to college or just for fun!



2018-2019 Tuition

Online Class • \$50 plus all fees
In-Person • \$98.75 per credit plus all fees
Additionally, Jump Start students receive a 25% per credit discount for in person classes.
Tuition subject to change.

Fees for Nevada Residents

- \$20 - One time application fee
- \$6.50 - Technology per credit fee
- \$1 - Student Association per credit fee
- \$15 - Online fee (For Web Based Courses Only)
- \$5 - Health and Sports per credit fee



To enroll, complete the Jump Start Steps to Enroll today! jumpstart.tmcc.edu | 775-673-8236

To enroll you must meet all pre-requisites and have the qualifying GPA. The list below is not a full list of all your options. Visit my.tmcc.edu for class information



2018

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

Monday	Tuesday	Wednesday	Thursday	Friday
1) Tone & Fit 11:00am Senior Advisory Committee Meeting 1:00pm	2) Ghost Center Piece For Senior Fun Day 12:30pm 	3) Errand Day 10:00am Language Class 12:45pm	4) Spiders Eggs Center Piece For Senior Fun Day  12:30pm	5) Blood Pressure Check 11:30am Caregiver Support Group Meeting 9:00am Tone & Fit 12:30
8) Tribal Police Presentation 12:00pm Tone & Fit 12:30 Witches Candle Center Piece For Senior Fun Day 1:00pm	9) Spiders Jar Center Pieces For Senior Fun Day 1:00pm Night Bingo 5:30pm Please Bring A Dish & 2 Prizes	10) Take Your Best Shot 2 (Flu Shot) Transportation Provided 1:00pm Language Class 12:45pm	11) Galaxy Theaters 	12) Brunch 10:30am
15) Food Pantry 8:00am Tone & Fit 12:30 Dark Bouquets 1:00 	16) Commodities 8:00am Environmental Presentation 12:00pm Halloween Crafts/Centerpieces 1:00pm	17) Community Health & Nutrition Presentation 12:00pm Language 12:45pm	18) Senior Fun Day 10:00am-2:00pm 	19)
22) Tone & Fit 12:30 Felt Moccasins 1:00pm	23) Errand Day 10:00 Felt Moccasins 1:00pm	24) Blood Pressure Check 11:30am Language Class 12:45pm	25) Head Start Trick or Treat 9:00am Brunch 10:30am	26) Closed for Nevada Day Holiday
29) Tone & Fit 12:30 Pumpkin Carving 1:00pm 	30) Pumpkin Carving 10:00am Century Theaters 1:00pm 	31) Halloween Party 11:00am Blood Pressure Check 11:30am Language Class 12:45pm	All activities are subject to change or cancel.  	

Saturday October 6th Roseville Swap Meet Day Trip. Departing Senior Center at 7:30am. You must be physically able to walk. Purchases are on your own. Sign up is required. Lunch will be provided.

Wednesday October 10th Take Your Best Shot (Flu Shot). Transportation to Clinic will be provided. Must Sign up for transportation.

Center Pieces Help make Center Pieces for Senior Fun Day. See above dates to come help make Center Pieces.

Halloween Party October 31st Costume Contest, Jack-O-Lantern Contest, Raffle Prizes

Legal Notices, Public Announcements

Tribal member needed for advisory groups, volunteer opportunity, Veterans celebration

Recruitment Law & Order Committee

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

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

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

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

Recruitment for Housing Advisory Board

The RSIC Housing Advisory Board is actively seeking **two** interested community members to sit on the board.

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

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

KTMB's Truckee River Cleanup Day

Saturday, Oct. 13 from 9 a.m.—noon

A Keep Truckee Meadows Beautiful event where RSIC commits to keeping its part of the river clean and healthy. Meet behind the Reno-Sparks Tribal Health Center. KTMB will host a BBQ afterward, with the location TBD closer to the date.

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**



Legal Notices, Public Announcements

Christmas distribution information for RSIC enrolled tribal members outlined

NAME AND ADDRESS CHANGES

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

MINOR & ADULTS UNDER THE CARE OF GUARDIANS/CAREGIVERS

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

PARENTS WHO HAVE JOINT CUSTODY

Please send in signed, *notarized* agreement regarding who gets the check(s) for the minor child (ren) to the Enrollment Department no later than **October 15.** Otherwise, the check will be made out to the member parent of the minor child (ren).

OUT OF STATE OR INCARCERATED MEMBERS

For those members that request to have their checks mailed, the member must submit a signed, *notarized* letter to the Enrollment Department, no later than **October 15.** Incarcerated members must mail an authorization letter with a correctional facility postmarked which includes the full-name and address of the person to pick up the check by **October 15.** No money orders will be mailed or issued.

PICKING UP CHECK BY ANOTHER PERSON

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

W-9 REQUIRED FOR NEW MEMBERS

Individuals who enrolled with the RSIC prior to October 15, 2018, including minors, must complete a W-9 form. No checks will be issued if W-9s are not submitted.

OUTSTANDING POLICE WARRANTS

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

Any questions call, RSIC Enrollment Department: 775-786-3363
34 Reservation Road, Reno, NV 89502

80, Interstate 580, and U.S. 395, with particular attention to the I-80/I-580 Interchange, or the Spaghetti Bowl.

As nearly 150 homes and the Reno-Sparks Tribal Health Center are located near the Interstate 80, Interstate 580, and U.S. 395 interchange, and because three of the Tribe's business enterprises including Three Nation's Walmart are located off the 2nd and Mill streets exits, respectively, the reconfiguration of the Spaghetti Bowl is of great interest to the entire RSIC community.

In two of the three initial design concepts for the Spaghetti Bowl reconfiguration, either land currently used for Walmart parking or about six houses on the Colony would have been eliminated to make room for the new configuration of the highway.

Thanks to feedback from the RSIC leadership, community and staff and NDOT's commitment to secure an endorsement from the local governments as well as a favorable opinion from the public regarding the final project, a third option which does not remove Walmart parking or RSIC houses was prepared.

In addition to current targeted improvements, NDOT has promised that the final reconfiguration will encompass future traffic projections and infrastructure needs to take the region through the year 2040.

According to **Johnson**, the total reconfiguration will be done in five phases with improvements plans in short, mid, and long-range projects.

With the proposed Spaghetti Bowl Xpress improvements, eastbound I-80 backups approaching the exit to I-580/

US 395 should be greatly reduced or eliminated, and south-bound I-580/US 395 backups at the Spaghetti Bowl should be eliminated. Overall, freeway safety in general should improve Keller said.

Also, a draft environmental impact statement will be available to the public for comment in November along with a public hearing scheduled for Dec. 12 at the Reno-Sparks Convention Center. The final draft of the environmental impact statement is expected to be available in early 2019, with a record of decision to be issued by the federal government in June 2019.

For more information on any aspect of the project, please visit:

www.ndotspaghettibowl.com

or call (775) 622-5555 or email:

info@dot.state.nv.us.



32nd Annual Numaga Indian Days Pow Wow Grand Entry — Nearly 200 dancers registered for the Reno-Sparks Indian Colony's annual pow wow held in scenic Hungry Valley. Above, the head dancers, Nathan Nez and Willow Abrahamson, lead the performers into the arena in a good way. The procession was started by elder and Veteran Lawrence Samirepa who carried in the RSIC Color Guard eagle staff. The Colony veterans Arlan D. Melendez, Landrum Quoetone, Edward Reina, Mario Rivas, and Beatrice Thayer posted the flags. **Photo By Larry Burton**