RENO-SPARKS INDIAN COLONY

THE CAMP NEWS

VOLUME IX ISSUE 8 April 24, 2014

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

Emergency Response Training Draws Volunteers

Individuals learn nationally endorsed preparation, disaster skills

Eighteen more people associated with Indian Country now know what to do in case of a disaster. These volunteers now have the skills needed to help their families and neighbors after they successfully completed Community Emergency Response Team training in Hungry Valley last month.

"The CERT training taught me how to be there for my family and my community," said Susan Quartz-Holling, a resident of Hungry Valley. "Now, I know what an individual person needs to know if there is an emergency within our boundaries."

Quartz-Holling, a wife, a mother of two and the primary caregiver for six-young children, also learned the value of volunteers.

"For the safety of your family and the community, especially the children and the elders, we need to be aware of who our neighbors are in order to assess and help them in a crisis," Quartz-Holling said.

The two-day training was sponsored by the Hungry Valley Fire Department, RSIC Emergency Services and the Inter-Tribal Emergency Response Commission (ITERC). The emergency preparedness seminars attracted community members, Colony employees, and volunteers.

The participants learned about fire safety, disaster medical triage, the incident command structure, light search and rescue, disaster psychology and the definition and warning signs of terrorism.

Quartz-Holling said that some of the most important knowledge she took away was how to access a dangerous situation.

"You have to know how to keep control of a situation, to not get yourself hurt and make sure no one else gets hurt," Quartz-Holling said.

The history of community emergency response teams is well documented.

Research indicates that under emergency conditions, family members, fellow employees

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More Than Putting Out a Fire — *Susan Quartz-Holling, a resident of Hungry Valley, volunteered two days of her weekend to learn emergency skills, so that she can help her family and neighbors during a disaster. Quartz Holling was one of nearly 20 participants in the CERT training last month.*

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 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 to the receptionist at 98 Colony Road, Reno, NV 89502.

CIRCULATION

If you live outside Washoe County and would like to received *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 329-2936.

ELECTRONIC EDITION

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

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

Important UPCOMING Dates

April 24
Family Game Night, RSIC Library, 6 – 8 p.m.
Language Lessons Shoshone, RSIC Library, 6-8 p.m.

April 28
Seniors trip to Century Theater Movie, 1 p.m.

April 30
Talking Circle, Community Support Group, RSTHC 2nd floor behavioral health department, 5 p.m.
Economic Development meeting, Hungry Valley Recreation Center, 6 p.m.

May 3
Pyramid Lake Paiute Tribe Museum Trip, meet at the RSIC Language and Culture Office at 1 p.m., for one-and-a-half hour museum tour

May 5
Circle of Parents Support Group, RSTHC, 5 p.m.

May 6
Seniors Shoshone language classes, 12:30—1:30 p.m., Senior Center
Youth Pow Wow Club, 6-7 p.m., Hungry Valley Gym

May 7
Seniors Paiute language classes, 12:30—1:30 p.m., Senior Center

May 8
Seniors Washo language classes, 12:30—1:30 p.m., Senior Center
Youth Pow Wow Club, 6-7 p.m., Reno Gym

May 10
Hungry Valley Community Clean Up

May 14
Tribal Council Meeting, RSTHC conference room, 6 p.m.

May 15
Annual Pine Nut Blessing, Desert Creek

May 16-18
5th Annual Memorial Pow Wow, Susanville Indian Rancheria

May 19
Circle of Parents Support Group, RSTHC, 5 p.m.

May 20
Youth Pow Wow Club, 6-7 p.m., Hungry Valley Gym

May 22
Youth Pow Wow Club, 6-7 p.m., Reno Gym

May 27
Commodity food program distribution, Senior Center, 8 a.m. — Noon

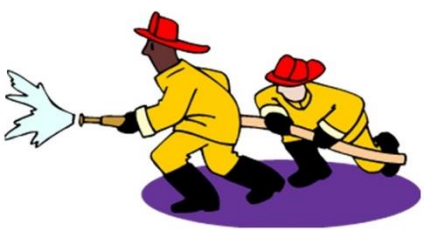
May 28
Economic Development meeting, RSTHC conference room, 6 p.m.

June 7
RSTHC Memorial Walk/Run

August 3-6
Inter-Tribal Council of Nevada, Inc. 11th Annual Native American Youth Leadership Conference, Stateline, Nev.

Volunteer Firefighters Wanted

The Hungry Valley Fire Department is currently accepting applications for volunteers. Applications are available at the Reno-Sparks Indian Colony's Human Resources Office at 98 Colony Road. If you have any questions, please call Daniel Thayer at 232-8116.



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and neighbors spontaneously try to help each other. This was well-documented following an earthquake in Mexico City where untrained, spontaneous volunteers saved 800 people. However, in that same natural disaster, 100 people lost their lives while attempting to save others.

In this country, the CERT concept was developed and implemented by the Los Angeles City Fire Department in 1985. The LAFD created a disaster preparedness division within the fire department for the purpose of training citizens and employees how to help in the event of an emergency.

According to David Hunkup, the director of emergency services for the RSIC, after last month's CERT training, the RSIC is on its way to building a safer community.

"You have to start with a few people and teach them the value and importance of the program," Hunkup said. "The participants learned about the impact they can have on the community, if they work together."

In addition to presentations and lectures about numerous aspects of emergency preparedness--how to evaluate whether to enter a damaged building, how to use teamwork and good communication when searching a distressed area, how to splint and bandage minor injuries and how to properly use a fire extinguisher--the CERT trainees ran through a mock scenario.

Good Technique — *RSIC member Art Shaw bandages Pyramid Lake's Bill Miller during a recent Community Emergency Response Team training held at the Hungry Valley Recreation Center last month. Eighteen volunteers from the Colony and Fort McDermott attended the two-day program which helps community members prepare for and act during an emergency or a disaster.*

In this make believe disaster, a large earth quake destroyed parts of the Hungry Valley Recreation Center and some children were trapped and missing. Besides using all their recently learned skills, this practical assignment required participants to deal with two very emotional parents who could not find their children.

"It was terrifying at the beginning," Quartz-Holling said. "I was really afraid, but we learned what important steps to take under such tremendous stress."

Endorsed by the U.S. federal government in 1993, the CERT model has been adopted in 28 states and Puerto Rico.

Community emergency response teams realize that local government departments like the RSIC Hungry Valley Volunteer Fire, Emergency Services and the Reno Sparks Tribal Health Center prepare for everyday emergencies.

However, there can be a disaster that can overwhelm the community's immediate response capability and because of its remote location, residents in Hungry Valley, for example, might not receive emergency services immediately.

While state and federal resources can be activated to help, there may be a delay for them getting to those who need them.

"CERT gives people the decision-making, organizational, and practical skills to offer immediate assistance to family members and neighbors while waiting for additional help," said Daniel Thayer, director of the Hungry Valley Fire Department.

Thayer, who also works for

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Important Facts about Contract Health Service

Eligibility requirements, delivery area for Reno Sparks Tribal Health Center

To be eligible for Contract Health Care, a patient must meet one of the following criteria:

- Reside on a reservation located within the Contract Health Service Delivery Area (CHSDA) of the RSTHC
- Does not reside on a reservation, but resides within the RSTHC CHSDA and; is a member or a descendent of a Nevada tribe: Washo, Shoshone, or Paiute. You must provide proof of residency or you will not be eligible to receive CHS. You need to bring in a copy of your utility bill or a letter from your landlord verifying residency.
- Maintain close economic and social ties with the Reno-Sparks Indian Colony.
- Student and/or transients (i.e. RSIC enrolled tribal members)

Other persons outside CHSDA (you are CHS eligible but move away, you are covered for 180 days from departure)

- Foster Children
- Priorities
- Alternate Resources (all patients are screened and based on the screening, if you are eligible for an alternate resource, you are required to apply)

Contract Health Service Delivery Area "CHSDA"

The CHSDA is the area that a tribal member must reside in to meet the residence requirement for CHS eligibility. The following communities are covered under the RSTHC CHSDA: Reno/Sparks Metropolitan area.

Medical Care Priority Levels

Priorities will be determined on the basis of relative medical need and access to other arrangements for obtaining care.

Priority I: Emergencies as listed on the IHS/CHS Priority I listing that may result in the loss of life or limb., i.e. critically ill; injuries, difficulty breathing, bleeding or chest pain

Priority II: Acute and chronic diagnosis

Priority III: Procedural, laboratory and diagnostic testing requests

An emergency is the sudden and unexpected onset of a condition or an injury that required immediate medical or surgical care that if not treated might result in the loss of life or limb. Some examples include: deep cuts, broken bones, heart attack, strokes, poisoning, gunshot wounds, sudden inability to breath, uncontrolled bleeding.

Please remember, an emergency to you may not be deemed an emergency by the Contract Health Services Committee priority rules and regulations as established by the Indian Health Service.

Examples of non-emergent or non-life threatening services include, but are not limited to: sore throats, cold, arthritis, chronic back pain, office visits, medicine refills, etc.

Alternate Resources (A/R):

RSTHC CHS is the payer of last resort. When a patient has A/R such as Medicare, Medicaid, private insurance, etc., that resource(s) is the primary payer(s).

It is the patient's responsibility to provide their insurance information and give the provider a copy of their card(s).

If the patient fails to do so and the provider cannot bill the primary or secondary insurer in a timely manner, it may result in the claim being denied by the RSTHC CHS Division, thus becoming the patient's financial responsibility.

All tribal members that wish to be eligible for RSTHC CHS must comply with the following requirements.

If the patient fails to comply, all CHS medical claims will be denied and the provider(s) will be notified that the bill is the patient's financial responsibility.

All patients are required to apply for an alternate resource such as: private insurance, Medicare, Medicaid, Nevada Check-Up, Nevada HealthCare, MAABD, MVA insurance or worker's compensation.

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You must update your insurance information with the RSTHC patient registration each time you check in for your appointment(s) at the RSTHC. Also please report changes in employment, address, phone numbers, etc.

When the patient is screened by the RSTHC benefits coordinator and it has been determined that the patient may be eligible for an A/R, they must apply. If the patient is denied A/R for any reason, the denial letter must be presented to the RSTHC CHS division within 10 days of receipt of the letter.

The RSTHC CHS determines eligibility by reviewing the reason for denial. Please note, if A/R is denied due to non-compliance with program eligibility requirements or if the patient does not complete the application process, then RSTHC CHS will also deny payment.

Direct Care Patients

Direct Care Patients are those who do not meet the RSTHC CHS eligibility requirements, but are eligible for direct care services. Direct services are services that can be provided within the Reno Sparks Tribal Health Center.

Authorized Referral

Referrals are a request of medical care only and not a guarantee of payment.

Any RSTHC provider may refer a patient when medical services desired cannot be provided within the Reno Sparks Tribal Health Center. The referral is limited to one medical treatment and/or appointment to the provider on each referral.

A new referral must be obtained from the CHS division for any follow-up appointments.

If the provider you were referred to is requesting a consultation, x-rays, labs, etc., You must contact the RSTHC and make an appointment with a provider to obtain another referral for each requested service.

Self-Referral

Presenting yourself to another facility or receiving services during the RSTHC normal business hours for non-emergent medical care without prior approval, is non-compliant. *Self-referrals are self pay.*

Emergency Room Visits

ER visits are reviewed by the RSTHC Contract Health Services Committee to determine priority.

If the medical care does not fall within the current Medical Care Priority Level the claim will be denied for payment.

Remember, an emergency to you may not be deemed an emergency by the Contract Health Services Committee priority rules and regulations as established by the IHS.

72 Hour Notification

The RSTHC Contract Health Services division must receive notification within 72 hours of any/all emergency medical care received outside the RSTHC (CFR 36.24).

This notification must come from the person receiving the care or a family member.

In emergency cases, a sick or

disabled Native American, or an individual or agency acting on behalf of the Native American, or the medical provider shall within 72 hours after the beginning of treatment for the condition or admission to a health care facility, notify RSTHC CHS. It is ultimately the patient's responsibility to make sure the notification has been received. Informing medical records, doctor, nurses or the pharmacy is not considered a notification.

The RSTHC CHS division must receive the notification. Remember, an emergency to you may not be deemed an emergency to the Contract Health Services Committee priority rules and regulations as established by the IHS.

Please note, all Contract Health Service requests for payments will be determined on compliance with the above requirements. The Reno Sparks Tribal Health Center Contract Health Services division is required to follow the same guidelines set forth by IHS and 25 CFR 42(36).

RSTHC Contract Health Service Delivery Area

Funding for services based on your physical address

Please note your funding for your Contract Health Services is determined by where you reside not by where you are enrolled.

If you reside outside the RSTHC CHSDA (as described above) you are considered a "Direct Only" patient of RSTHC and you are eligible for Direct Healthcare Services at the Reno Sparks Tribal Health Center.

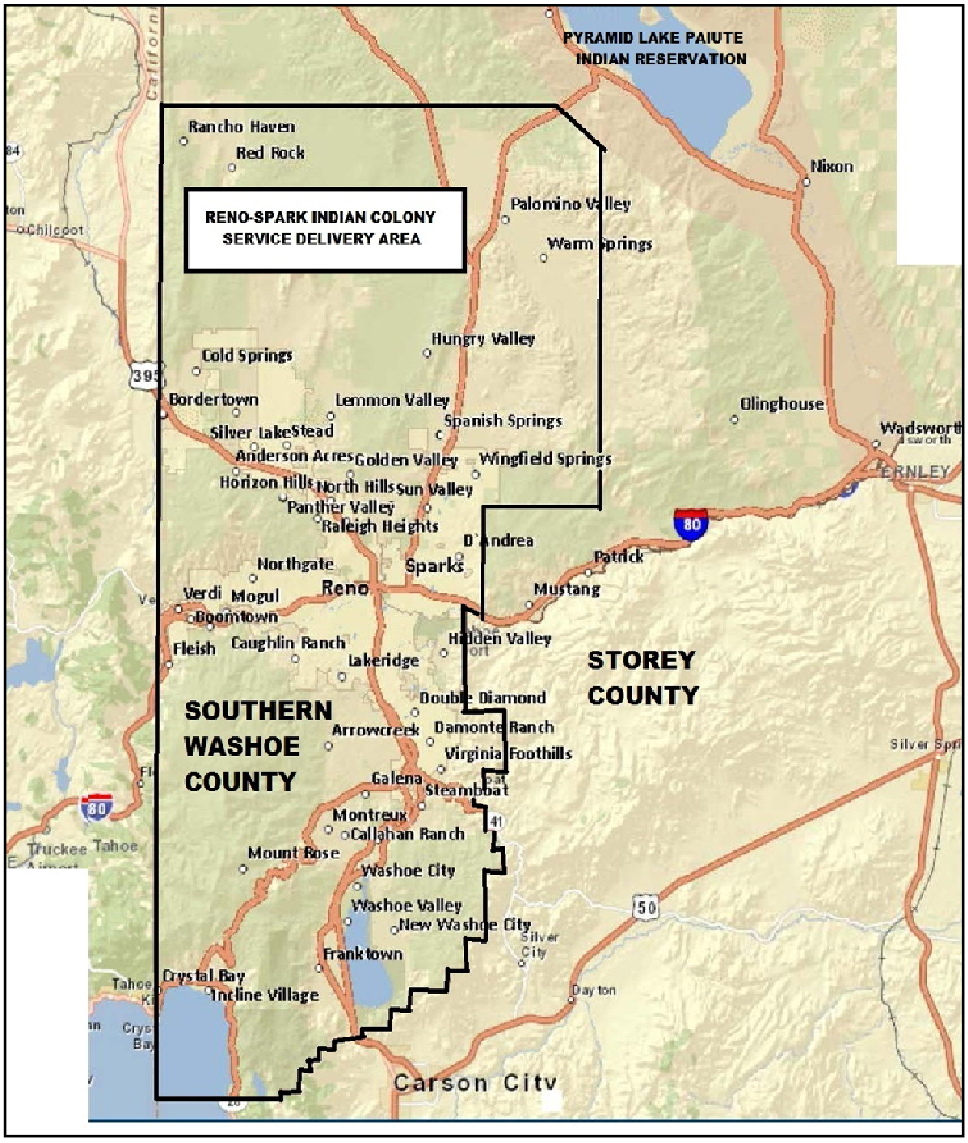
If you have any questions, about any aspect of your health-care, please call a benefit coordinator at the RSTHC at:

329-5162 ext. 1938,
or at any of these extensions: 1915, 1916, 1917, 1919 .

The RSTHC is available to answer your questions, Monday-Friday, from 8 a.m. – 5 p.m.

Also, visit with a a benefit coordinator in person at the RSTHC at:

1715 Kuenzli Street
Reno, Nev., 89502



SAFE TODAY. HEALTHY TOMORROW.

OLDER AMERICANS MONTH 2014

Each May, the nation celebrates Older Americans Month to recognize older Americans for their contributions and provide them with information to help them stay healthy and active. This year, we are focusing on injury prevention with the them

Safe Today, Healthy Tomorrow.

American Indian Exemption for Affordable Care Act

Insurance not needed, but completed application required to avoid fines

Part of the Affordable Care Act (ACA) or ObamaCare, required most Americans to purchase health insurance by March 31.

However, American Indians and Alaskan Natives who are eligible for services from the Indian Health Services, tribal health programs, or urban Indian programs did not have to abide by that part of the law.

American Indians are exempt from the "individual mandate" clause, but American Indians must complete and submit an Application for Exemption form.

Once your Application for Exemption form has been processed, you will receive an *Exemption Certificate Number.*

This exemption certificate number will be necessary when filing your 2014 taxes in 2015 and beyond.

The internet address printed above will take you to an Application for Exemption form.

http://marketplace.cms.gov/getofficialresources/publications-and-articles/tribal-exemption.pdf

If you are unable to print the form, you can visit the Reno Sparks Tribal Health Center and the patient benefit coordinators will assist you.

Use this application if you and/or anyone in your household is:

- A member of an Indian tribe
- Another individual who's eligible for health services through the Indian Health Service, tribes and tribal organizations, or urban Indian organizations

If you get this exemption certification number, you can keep it for future years without submitting another application if your membership or eligibility for services from an Indian health care provider remains unchanged.

You can use one application to apply for this exemption for more than one person in your household.

Send your completed, signed application with documents to:
Health Insurance Marketplace
Exemption Processing
465 Industrial Blvd
London, KY 40741

The Health Insurance Marketplace Exemption Processing Division will follow-up with you within one-to-two weeks and let you know if additional information is needed.

If you have any questions, lease call a benefit coordinator at the RSTHC at 329-5162.

Family Game Night

Reno-Sparks Indian Colony Library

Thursday, April 24th

6:00 p.m.—8:00p.m.

Itôs GAME ON for the whole family!
Check out some fun games, while enjoying light refreshments.

401 Golden Lane
Reno, NV 89502

Adriana Gutierrez
386-4291

Important Facts about Contract Health Service

Delivery service areas for Northern Nevada

If you reside in any of these areas listed below you are a "direct only" patient of the RSTHC and your CHS department will determine your eligibility for CHS funding.

If you reside in any of these areas:

FALLON, AUSTIN, GABBS, IONE, LOVELOCK, SILVER SPRINGS, STILLWATER

RSTHC will forward your referral to your designated Contract Health Service Delivery Area (CHSDA) Office.

Fallon Tribal Health Clinic
Contract Health Services Department
Juanita G. (775) 423-3634 or
IHS Schurz Service Unit Wanda Castillo
(775) 773-2345, ext. 230

If you reside in any of these areas:

MCDERMITT, DENIO, ONTARIO, OROVADA, PARADISE, WINNEMUCCA
RSTHC will forward your referral to your designated Contract Health Service Delivery Area (CHSDA) Office:

McDermitt Tribal Health Clinic
Madeline S. (775) 532-8522 or
IHS Schurz Service Maxine Hartley (775) 773-2345, ext. 229

If you reside in any of these areas:

PYRAMID LAKE, EMPIRE, FERNLEY, GERLACH, NIXON, SUTCLIFF, WADSWORTH
RSTHC will forward your referral to your designate Contract Health Service Delivery Area (CHSDA) Office:

PYRAMID LAKE TRIBAL HEALTH CLINIC
Athena L. (775) 574-1018 or
IHS Schurz Service Unit Cynthia Kness (775) 773-2345, ext. 227

If you reside in any of these areas:

WALKER RIVER, BABBIT, BEATTY, CALIENTE, DYER, HAWTHORNE, MINA, PAHRUMP, PANACA, ROUND MOUNTAIN, SCHURZ, TONOPAH
RSTHC will forward your referral to your designated Contract Health Service Delivery Area (CHSDA) Office:

Walker River Tribal Health Clinic
Amber T. (775) 773-2005 or
IHS Schurz Service Unit Dawna Brown (775) 773-2345, ext. 232

Nevada Indian Commission Executive to Speak at RSIC

Women's Circle Mother's Day program to honor all touched by domestic violence

Submitted by Dorothy McCloud
Women's Circle Coordinator

In recognition of Mother's Day, the Women's Circle will honor all Native women who have been touched by domestic violence.

On Thursday, May 8 Sherry Rupert, the executive director of the Nevada Indian Commission, will serve as the event's guest speaker at the Reno Sparks Tribal Health Center at 6 p.m. Snacks will be provided for participants.

This project is supported by Grant No. 2012-TW-AX-0052, awarded by the Department of Justice, Office on Violence Against Women.

Rupert was appointed by Nevada Governor Kenny Guinn in 2005 and was sworn in by Governor Brian Sandoval as the first American Indian woman to be appointed as a member of his cabinet in 2013.

With over 20 years of tribal, public and private business experience, Ruppert possesses a strong background in accounting, finance, business administration, tribal tourism and Indian affairs.

Rupert is a graduate of the University of Nevada and is past president of the Native American Chapter of the UNR Alumni Association.

She has presented at numerous tribal, state, regional and national conferences and served two terms as president of the Governors' Interstate Indian Council, and was formerly the treasurer for two terms.

The GIIC is a national organization promoting and protecting the various interests, welfare and well-being of American Indian people of the United States and in particular, those American Indian residents within the various participating states.

Rupert is the chairwoman of Nevada's Indian Territory, a marketing arm of the Nevada Commission on Tourism, and was awarded the 2007 and 2008 Excellence in Tourism Award as well as the 2011 Statewide Excellence in Tourism Award from the Nevada Commission on Tourism for her success in promoting and advancing tourism in Indian Country.

She was also awarded the 2009 Human and Civil Rights Award from the Nevada State Education Association for her work in the advancement of Indian education in the state.

Last year, Rupert was named to the prestigious United States Department of Commerce Travel and Tourism Advisory Board (US TTAB).

Established in 2003, USTTAB serves as the advisory body to the Secretary of Commerce and the White House on matters relating to the travel and tourism industry in the United States.

Rupert is an American Indian of Paiute and Washoe heritage. She is also a proud Native Nevadan, born in Carson City, Nev., and raised on the Washoe Reservation in Gardnerville, Nev. She is a wife and mother of two, with her eldest son proudly serving in the U.S. Navy.

Sherry Rupert

If you would like more information about Rupert or about the Women's Circle Mother's Day program, please contact Dorothy McCloud at 324- 4600.

Points of view in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

ANNUAL
PINENUT BLESSING

The annual pine nut blessing will be held at the traditional blessing ground at Desert Creek.

The tentative date will be on May 15. All are invited to attend. We need singers, dancers and potluck for lunch. Also a fluent speaker of the Paiute language to give the blessing of the pine nuts, water and everything else.

The blessing will be held around noon. The area will be blocked off by officials from the forest service.

Landmark Opinion Increases Women's Safety

Federal government recognizes connection between guns, domestic violence

Submitted by Dorothy McCloud
Women's Circle Coordinator

The United States Supreme Court recently decided a case that will save women's lives.

Back in 1996, Congress made it a crime for anyone convicted of a misdemeanor crime of domestic violence to possess a gun.

As Vice President Biden has often noted, there is a direct connection between gun violence and domestic violence; when a domestic abuser has a gun, a victim is 12 times more likely to die than when he doesn't.

Some lower courts, however, have set a high bar for what counts as a "misdemeanor crime of domestic violence" – which has meant that many domestic abusers have been allowed to keep guns.

But in United States v. Castleman, written by Justice Sonia Sotomayor, the Supreme Court changed all that.

It recognized that domestic violence is a unique kind of crime that does not always fit everyone's definition of "violent." Often, domestic violence can involve pushing, grabbing, shoving, scratching, or hair pulling – and which, over time, can "subject one intimate partner to the other's control."

The Court also recognized that in a number of states, these acts are prosecuted as crimes of "offensive touching" – which, before this week, meant some courts did not consider them to be domestic violence.

But now, according to the Court, that is enough to subject a convicted domestic abuser to the federal gun ban.

This is a landmark opinion, because so many abused women know what happens to them is a far cry from "offensive touching."

Domestic violence is terrifying and debilitating, and can rob one of all manner of trust, security, and hope.

It can make her – as the Vice President has also said – a prisoner in her own home.

But at least now, the law recognizes that those who are convicted of these crimes have no business having a gun.

Written by Lynn Rosenthal, a White House Advisor on Violence Against Women

Sincere Thanks!

The Family of Carolyn Judy Eben Moore would like to thank everyone who offered kind words, food donations, cards and spiritual support during hospice care and the funeral.

Carolyn was our shining light, our Elder and number one sister! We wish to thank the Reno-Sparks Indian Colony Tribal Council, the Fallon Paiute Tribal Council, and all the volunteers who helped with the dinner, family, friends and the whole community during our bereavement.

May the Creator bless you all: Kip Simpson, Arlan Melendez, Monty Williams, Echo Sky, Shayne Del Cohen, Connie Wyatt, Sheila Katenay, Robert Sampson, Penny Sampson and Carla Eben.

ALWAYS CALL 911 IN AN EMERGENCY

Our goal is to insure that all victims of domestic violence and/or their children are treated with compassion, respect and sensitivity in addressing their needs with the main focus being safety, outreach and advocacy.

If you or someone you know needs help, have questions about domestic violence or just want to talk, know that there is help and that everything discussed will be kept strictly confidential.

Remember that YOU have the RIGHT to live a life FREE of violence.

RSIC Women's Circle
324-4600 or 851-2510

Healing Through Wellness Court Option for Defendants

Alternative to incarceration aims to achieve, maintain sobriety

Submitted by Jeraldine Magee

The Reno-Sparks Indian Colony Wellness Court Program is a court-supervised, comprehensive outpatient treatment program for some substance-abusers and chemically dependent defendants.

Wellness Court may also involve a referral to residential treatment for some participants.

Entry into Wellness Court is completely voluntary and includes regular court appearances before the RSIC Tribal Court Judge.

Treatment consists of, but is not limited to drug testing, individual counseling and group counseling.

Wellness Court treatment services is primarily provided by the Reno Sparks Tribal Health Center's Behavioral Health Department.

Other treatment providers may also be utilized.

The program length is determined by each participant's progress and will last about twelve months.

The purpose of Wellness Court is to provide a non-punitive method to assist our members and residents to achieve and maintain sobriety.

While treatment efforts are made, problems are addressed, but participation in Wellness Court is not easy.

Participants are expected to remain drug and alcohol free and participants are sanctioned if they do not comply with the Wellness Court requirements.

If a participant elects to terminate from Wellness Court because he or she does not wish to comply with the court's requirements or if the participant is terminated due to repeated failures to comply, the participant is referred back to criminal court for a possible sentencing or a higher level of treatment.

Wellness Court critical elements include the following:

- Continuing judicial supervision over offenders with substance abuse problems
- Mandatory random drug testing for the use of alcohol and/or other controlled substances during any period of supervised release or probation for each participant.
- Phased program involving: engagement, education and maintenance.
- Court sanctions might include, but are not limited to incarceration or community service based on noncompliance with program requirements.
- Substance abuse/chemical dependency counseling and utilization of recovery maintenance services.

The Wellness Court team members are: chief judge, prosecutor, court advocates, probation officer, substance abuse counselors and the

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Life Long Journey — *The completion of the Wellness Court Program is a great accomplishment and viewed as the beginning of a lifelong journey of wellness and sobriety.*

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Wellness Court compliance officer.

The Wellness Court has been developed as an option for substance abuse related crimes. It is available to individuals who are:

- adults – male or female
- Reno-Sparks Indian Colony tribal members and/or residents
- assessed to have a substance use disorder
- willing to participate
- physically able to participate

In addition, to participate an adult must not have:

- severe untreated psychological problems
- a history involving the distribution of illegal substances or serious violent offenses
- previously participated in the Wellness Court for one year

Ultimately, participants must have a viable chance of recovery. During their arraignment or other court hearing, defendants are generally directed to see the Wellness Court Program staff or an adult probation officer within 48 hours of agreeing to apply for the program.

Once the participant has been assessed, the substance abuse counselor will make a recommendation for placement. The participant may be recommended for:

Wellness Court – up to 12 months to complete (diagnosed chemically dependent).

Residential Treatment (diagnosed as needing a higher level of care other than outpatient).

The Wellness Court Program is not appropriate for a non-substance abuser or chemically dependent or other chronic / acute conditions that prevent the participant from benefiting.

The recommendation for placement will be discussed between the participant and the counselor, so that the participant has the opportunity to ask questions regarding the diagnosis. A copy of the recommendation will be forwarded to the Wellness Court.

Upon receipt of the assessment recommendations, the case will be assigned to staff at the next Wellness Court team case meeting.

Again, within forty-eight hours of acceptance into the Wellness Court Program, participants will be instructed to contact a Wellness Court treatment provider to begin counseling services.

Treatment procedures include the following: treatment planning, case staffing and counseling.

The completion of the Wellness Court Program is a great accomplishment and viewed as the beginning of a lifelong journey of wellness and sobriety.

Upon graduation from the Wellness Court Program, the pending charges are dismissed with prejudice and the participant is relieved of all Wellness Court requirements.

The Wellness Court team meets every Tuesday at 1:30 p.m., and only team members are allowed.

The Wellness Court is held every other Tuesday at 2:30 p.m., and is an open court.

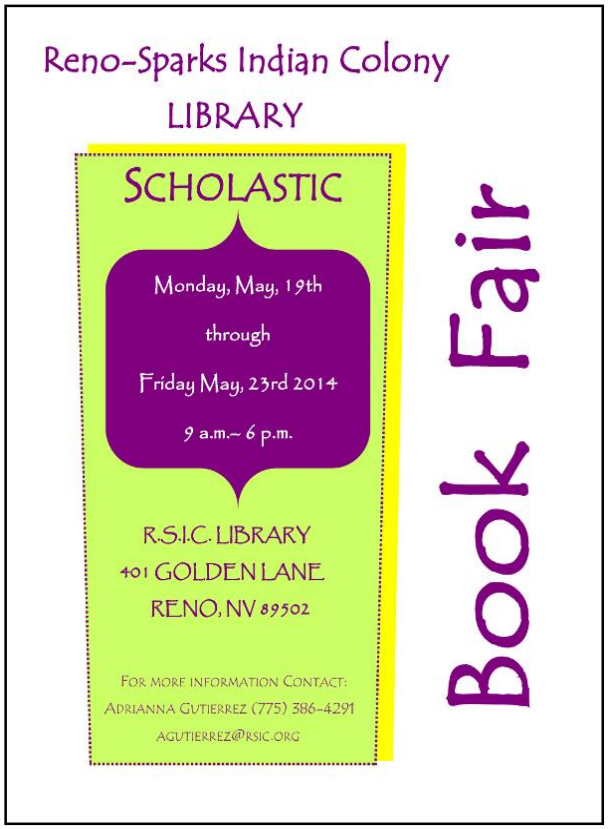
Mark Your Calendars...

Hungry Valley Community Clean Up

Volunteers Needed

May 10th

BBQ after clean up, soda, water and juice provided. Any ???s, please call the RSIC Public Works at 785-1341.



Education Department News

After school, kindergarten registration, higher education, youth employment

After School Program

Elementary students who are registered to attend the RSIC After School Tutoring Program have signed forms from their parents or guardians who expect the students in the program after school.

If students are registered to attend the program, the education staff is responsible to make sure the students are getting off the bus and attend the program. Registered students will be taken off the bus to attend the program unless a note is provided to the staff for the child to be excused that day.

Parents can call the Hungry Valley Center, 785-1310, or the Reno Center, 329-6114, if you would like your child to be excused that day.

2014-2015 Kindergarten Registration Open

If you are not sure which school your child should attend, log on to: ***http://bus.washoe.k12.nv.us/elinkrp/Students Basic TransBoundarySearch.aspx*** and type in your home address.

All new students must first complete online registration.

When registering new students, bring your child's original birth certificate, immunization record from a health care provider, and a utility bill showing your name and address as proof of residence to your zoned school.

Students who will be 5-years-old on or before September 30, 2014 may enroll in kindergarten for the next school year.

During the first week of kindergarten, August 11-15, students will come to school for an individual 30 minute appointment with the teacher. The school site will let you know the appointment date and time. Kindergarten students begin regular classes the second week of school.

Students will be considered registered for kindergarten or to be on the waiting list for a specific program when the following steps have been completed:

- Parent/guardian completes the online registration process
- Parent/guardian brings the following documents to the school:

-child's original birth certificate
-child's immunization record
-utility bill with your name and address as proof of residence

Higher Education

At the end of every semester students receiving RSIC education funding must turn in grades.

If you are continuing at the same school please complete a renewal application.

If you are a new student, please come in for a complete application.

The fall deadline is June 30. Apply for FAFSA at the FAFSA.GOV website for 2014-2015.

This is a great opportunity to conference with your eighth grade student about his/her progress at Shaw Elementary School and plan for the future.

The student-led conferences will be held on Mondays and Thursdays at 9:20 a.m., 1:15 p.m., and 5:30 p.m., from Feb., 10 until March 24.

EMPLOYMENT PROGRAM FOR YOUTH

Requirements:

Ages 14-22

- Enrolled in school fall, 2014
- Have a minimum 2.00 GPA

Enrolled member of RSIC or a direct descendant with 1/4 blood quantum of a federally recognized tribe

- Enrolled member of a federally recognized tribe, permanently residing on RSIC

All interested youth will submit applications for jobs

Youth will interview for jobs with site supervisors at the job sites

Projected start date for high school youth is June 23; end date is July 25.

Applications and available jobs will be available soon

Call San San or Monica at 775/329-6114 if you have any questions.

The RSIC is a drug and alcohol free work place.

More Education Department News

Sign up for student-led conferences, high school, middle school services

Please plan for your conference to last about 35 minutes and to have many rich discussions with your student throughout the spring. Some of the conference topics include:

- Transcripts
- MAP and CRT scores
- High school classes and registration
- College opportunities
- Career inventory results

You don't have to subscribe to SignUp to sign up.

Please be sure to add your student's first and last name when you sign up.

"Quantity" on the sign-up refers to the number of students --all parents, guardians, grandparents and other caring adults are welcome.

Thank you for taking time out for our most important resource --your child.

Parents can sign up for conferences at:

http: www.washoecounty schools.org/shaw/

High school and middle school students should be checking their Infinite Campus for missing work. Summer school students can make up a half credit at time. So, for example, if students are three credits behind at the end of the year, they will have to take two-and-a-half credit recovery classes to catch up. If you need a copy of your student's credit summary, please contact your education advisors for more information.

Wooster High School

Summer school enrollment is now open. The summer dates are June 23 through July 18. There will be two sessions from 8 a.m.—11:30 a.m., and from noon — 3:30 p.m.

The cost is $20 per class for credit recovery and $100 per class for Credit Accrual.

Also at Wooster High, free math tutoring is available starting on Aug. 26 on Mondays, Tuesday, Thursday and Friday. The tutoring runs from 2:45 — 3:50 p.m., at the WHS Career Center.

Vaughn Middle School

Student support is available at Vaughn Middle School after school on Mondays, Tuesdays and Thursdays from 2—3 p.m., and on Saturday from 8:30-11:30 a.m.

GEARUP homework help is available on Mondays and Tuesdays from 2-3 p.m.

For parents who are interested, Vaughn and GEARUP are offering students an opportunity to benefit from a new academic intervention program. The program will help students improve on his or her skills in reading, writing and math. If you are interested, please contact Vaughn Middle School at 333-5160.

Middle School

Summer School Sites

Computer Based Instruction (CBI) using PLATO will be available at the flowing school sites:

Billinghurst
Cold Springs
Dilworth
Pine
O'Brien
Sparks

All core subjects will be available for credit recovery only.

Current 8th graders may register on April 21 at 8 a.m. Current 7th graders may register on April 28 at 8 a.m. Enrollment closes on June 16 at 4:30 p.m., and extended studies registration also close on June 17 at 4:30 p.m.

The cost per session for Washoe County School District students is $75 per session. Out-of-district students will be charged $100 per session.

Parents should contact their student's RSIC advisor for payment options.

Shaw Middle School

There is no longer homework help after school at Shaw Middle School. If students need help, they should talk to their teachers and set up a day and time after school to get the needed help and the RSIC Education Department can provide them with a ride home. Students can also come to the Hungry Valley Education Office for assistance. Students should bring their books, papers and other materials needed to complete their work.

Environment, Head Start Partner For Story Time

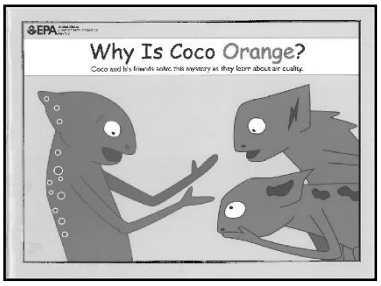
Head start enrollment for next year, open until August

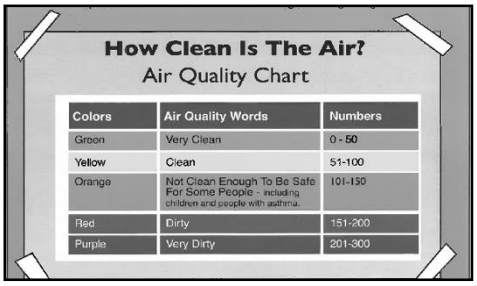
Submitted by Elizabeth Acevedo, Environmental Specialist II

The Reno-Sparks Indian Colony's environmental program hosted a short story time with Head Start during Health Schools Week.

RSIC Environmental Specialist II Elizabeth Acevedo shared a kid's story book about air quality. The paperback book is provided by the United States Environmental Protection Agency (EPA) Air Quality Division.

The story is about a chameleon, who can't change colors because he has asthma. The story leads into the use of the air quality index chart.





Applications Now Being Accepted, 2014-15 School Year

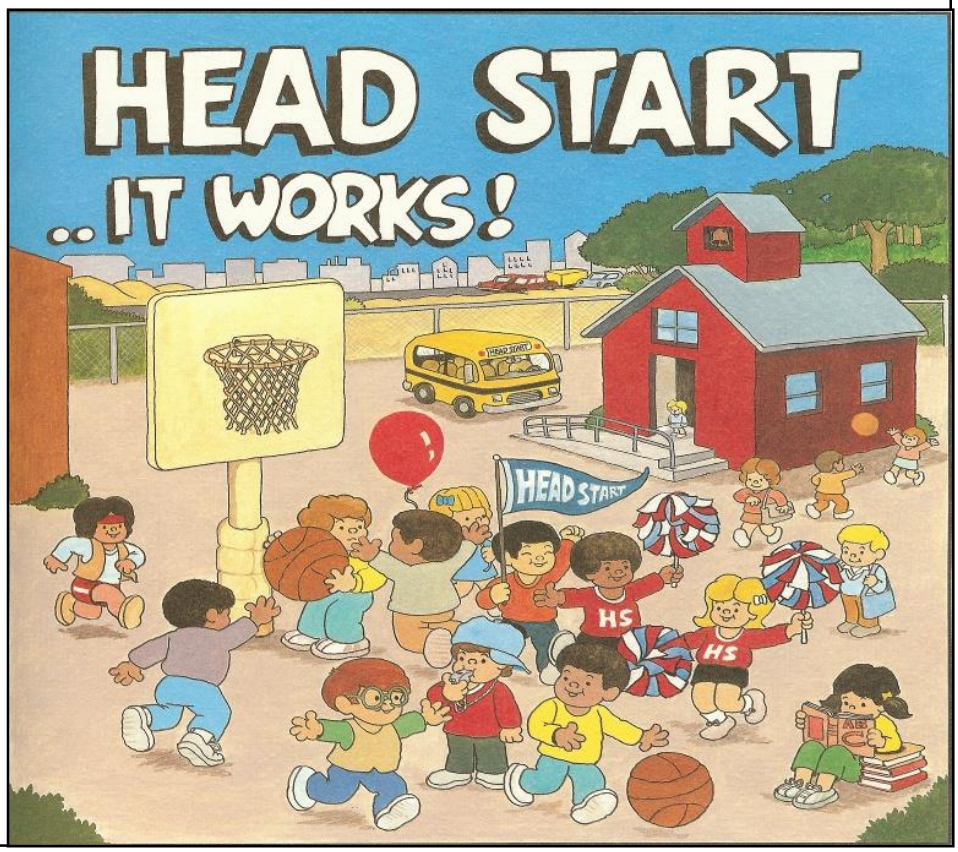
Head Start is a free preschool program for low income families and children with disabilities.

To be eligible, children must be at least 3-years-old before September 30, 2014.

Children up to 5-years-old are accepted into the program.

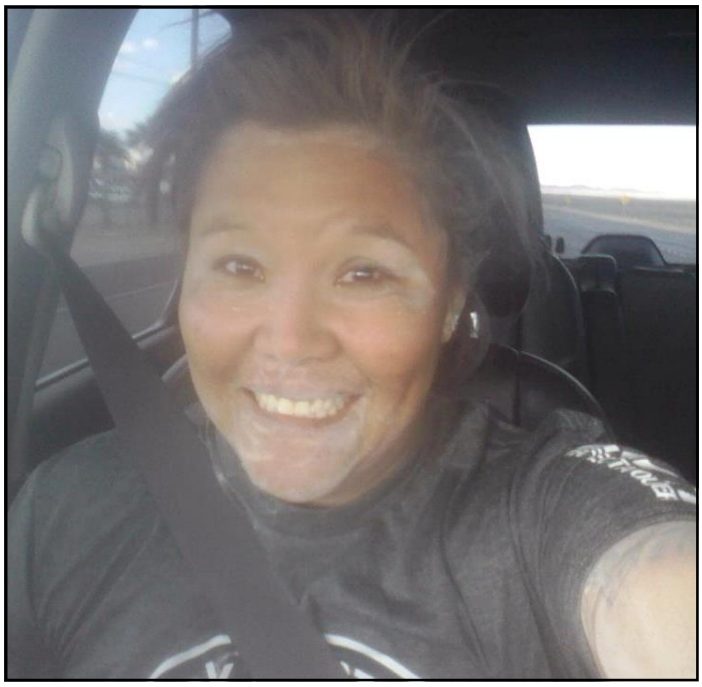
The Reno-Sparks Indian Colony operates three Head Start classes, one class in Hungry Valley and two classes at the RSIC.

Everyday, children receive a nutritious breakfast and lunch. In addition, transportation is provided for the Hungry Valley class. For a Head Start application or more information, please call 789-5658. Applications must be received by Friday, Aug. 1.



In & Around: Reno-Sparks Indian Colony Community

Tribal member completes Super Race, Spring Break day camp hikes Galena Creek



Mad Skills --- *Despite dust, heat, fire and fatigue, Winter Dove McCloud conquered the Spartan Super Race. A member of the Reno-Sparks Indian Colony, McCloud wants to compete in two more similar races within the year in order to gain Tri-Fecta status.*

Enjoying the Great Outdoors --- *Nearly one hundred youth from the Reno-Sparks Indian Colony spent their school vacation participating in the RSIC Recreation Spring Break Day Camp. Activities ranged from roller skating to the cinema to exploring Mother Nature with a hike at Galena Creek.*

The Thrill of Victory --- *An exhausted Winter Dove McCloud and Alicia Beatty posed for the cameras after finishing the Spartan Super Race. The race involved an eight-plus mile course with obstacles. For more on these athletic, powerful women, please see the article on page 23.*

Two-Time Winners — *Connie, Leasha and Nina Wyatt defended their title in the recent Take It Off! Take It All Off! weight loss challenge sponsored by the RSTHC Diabetes Center. For 12 weeks during the holidays, the Wyatt trio not only maintained their weight, but lost a total of 15 pounds.*

In & Around: Reno-Sparks Indian Colony Community

Wyatt family again wins weight loss challenge, new committee members take oaths

Sworn In— *Albert Hernandez took an oath of office and was sworn in by RSIC Chairman Arlan Melendez on April 4. Hernandez will be joining the enrollment advisory board, a nine-person committee which includes a four-year term of service.*

Oath of Office — *Michael Ondelacy recently joined the RSIC Education committee. On March 26, Ondelacy took an oath of office and was sworn in by Chairman Arlan Melendez. The education committee helps serve the needs of the entire RSIC community and its tribal members.*

Commitment to Service ---*Callie Cortez was sworn into office by Reno-Sparks Indian Colony Tribal Chairman Arlan Melendez on April 3. Cortez will be joining four other members of the RSIC Education committee.*

Civic Duty --- *Lydia Shaw became a member of the RSIC Education committee after being sworn in by Chairman Arlan Melendez on March 31. Shaw is one of three persons who recently took an oath of office to help.*

Hungry Valley Community Cleanup Set For May 10

RSIC Environmental program, public works, volunteer fire, housing will team up

Submitted by Laura Medvin
Environmental Manager

Several Reno-Sparks Indian Colony departments and divisions are working together to bring resources for the Hungry Valley Community Cleanup scheduled on Saturday, May 10.

Intended for all ages, this program is your opportunity to take part in the cleanup of your tribal lands.

It is a free event and all clean up supplies are provided.

Plus, the RSIC departments will provide a **FREE** barbecue and **FREE** raffle for all volunteers.

We need your assistance to make this project successful. More information is forthcoming, but please plan on volunteering to assist.

Please call the RSIC Environmental Program at 785-1363 ext., 5408 if you are interested in participating in this event.

You can also email at: lmedvin@rsic.org .

In addition, the Keep Truckee Meadows Beautiful Great Community Cleanup also will occur on Saturday, May 10.

Both events work together to clean up tribal lands and the surrounding tribal use areas.

Eagle Canyon has been selected as a cleanup area for the Keep Truckee Meadows Beautiful Great Community Cleanup.

We also are looking for volunteers for these areas, too.

Please call the Environmental Program to volunteer.

An Indoor Air Quality Quiz

Submitted by Elizabeth Acevedo, Environmental Specialist II

Poor indoor air quality can trigger allergies and asthma.

True or False

Indoor air is more polluted than outdoor air.

True or False

Most of the chemicals in the products you buy have not been tested for safety.

True or False

Your furniture and carpet have toxic chemicals in them.

True or False

The Environmental Protection Agency (EPA) does not regulate chemicals that end up in the air in your home.

True or False

Vent fans are a good way to get rid of bad air.

True or False

The answer to all of these questions is "true." Indoor air can be ten times more polluted than outdoor air. What can you can do? *Air out your house and use your vent fans; change your furnace filter every three months; dust and keep carpets vacuumed.*

Please contact the RSIC Environmental Program at 785-1363 for more information.

Earth Day Event

The Reno-Sparks Indian Colony Language and Culture Program, Public Works and the Environmental Program will collaborate this year to bring a small Earth Day Celebration to the RSIC youth community.

This after-school activity will include improvements to the existing garden and the development of new garden beds for the RSIC Daycare and Head Start.

The very first Earth Day was celebrated on April 22, 1970 and originated in the United States. Earth Day became recognized worldwide by 1990.

On the very first Earth Day, 20 million people gathered in the streets of America to protest industrial revolution. An environmental movement was born a result.

Every year on April 22, men, women and children collect garbage, plant trees, clean up coral reefs, show movies, sign petitions and plan for better future for our planet.

In a 2011 Earth Day celebration, 28 million trees were planted in Afghanistan by the Earth Day Network. (dosomething.org)

On Earth Day 2009, The Walt Disney Studios released a documentary film called "Earth" that followed the migration paths of four animal families.

This Earth Day, please stop by the RSIC Daycare and Head Start gardens to see our project underway.

FDA redesigning food labels for today's shopper

Current packaging for nutritional facts, misleading, outdated, hard to read

Submitted by
Stacy Briscoe RD, LD

Recently, the Food and Drug Administration (FDA) proposed updates to the nutrition facts label located on most food packages.

The updates will reflect amounts and nutrients people actually consume; those on the current label reflect reference amounts customarily consumed (RACCs) from food consumption surveys taken in 1977.

It is no secret that the amounts and types of foods Americans eat has drastically changed, which is why this update is timely.

The updates are grouped into three major categories: developments in nutrition science, refreshed design and serving sizes.

Developments in nutrition science have helped shape the label in terms of the risk of chronic disease. Chronic disease has now been tied to several nutrient deficiencies.

The current label reflects nutrients *most* people get enough of (such as vitamin C and vitamin A), so this information is not very useful.

The proposed new label will reflect those nutrients *most* Americans are deficient in—specifically calcium, vitamin D, potassium and iron.

New knowledge regarding added sugars is another area nutrition science contributes to the new label. Most Americans get 16 percent of their total calories from sugars added to soda, energy/sports drinks, grain-based desserts (Pop Tarts), sugar-sweetened fruit drinks (Sunny-D), dairy-based desserts, and candy. These extra calories are all nutrient-poor, empty calories.

Added sugars such as high-fructose corn syrup will appear in this line. Decreasing added sugars is now recommended by the American Heart Association, the American Academy of Pediatrics, and the Worlds Health Organization.

Additionally, the "calories from fat" line will be deleted. Current research reflects that it is not *total* fat that matters, but the *type* of fat (i.e. *unhealthy* trans- and animal fats vs. *healthy* plant fats).

Finally, the daily values nutrient needs section will be revised.

A re-design will make calories and serving sizes more prominent, and shift the daily values (those little percentages at the right side of the label) to the left side. It will also change the footnote description of the definition of the daily value.

Americans are undoubtedly eating more today than 20 years ago. Since the current values were based on food consumption surveys conducted between 1977 and 1988. serving sizes will now accurately reflect American's growing serving sizes and show not what people *should* be eating, but rather what they *usually* consume.

Some packaging misleads people to think the whole package is one serving, such as with 20 oz sodas and 15 oz cans of soup. The proposed redesign may also feature a new two column format indicating nutrients for one serving and those for the entire package.

All of these changes are still pending, and you can lend your input to the revisions. What do you think?

Comments on the revisions will be taken until June 2, 2014. You can submit comments at: www.regulations.gov . Or if you have more questions, please contact Reno Sparks Tribal Health Center Dietitian/ Nutritionist, Stacy Briscoe RD, LD at 329-5162, ext. 1945.

AMERIND Risk
MANAGEMENT CORPORATION

Tribes Protecting Tribes

2014
AMERIND POSTER CONTEST

REGION 7 SUBMITTAL DEADLINE

Submit Posters by May 30, 2014
to the Washoe Housing Authority
located at

1588 Watasheamu Dr.
Gardnerville, NV 89460

(Can be hand delivered June 3, 2014 to NV/CAL Caucus at the NAIHC Conference)

SAFETY is No Accident!

Contact Raymond Gonzales
Washoe Housing Authority
Ph: (775) 265-2410

2014 Safety Poster Contest

Official Rules

- Entry form must be filled out completely and attached to the back of the poster using tape or glue.
- All submitted posters must illustrate a "**safety**" theme.
- Children in kindergarten through the 8th grade during the 2013-2014 school year are eligible to participate (only one entry per child).
- Category Grades (K – 3) / (4 – 6) / (7 - 8)
- All entries must be original and created by the child using crayons, markers, colored pencils or paint. **Please do not use *lead* pencils.**
- Posters must be drawn ***horizontally*** on 8.5" x 11" paper.
- Submit / Fax Certificate of Entry form back to AMERIND Risk for entry and delivery of special gift.

Contact your housing authority or TDHE for more information at:

IHA/TDHE: _____

Contact Person: _____

Address: _____

City/State/Zip: _____

Phone: _____

Hey Kids, Win $1,000 Cash!

Three 1st place winners in AMERIND Risk's National Safety Poster Contest will receive a $1,000 cash prize!

Fire is a tool, not a toy!

Your poster could be shown and voted on nationwide!

Be sure to vote!

Posters will be judged at www.AMERINDRisk.org

AMERIND Risk MANAGEMENT CORPORATION
Tribes Protecting Tribes

AMERIND Risk 2014 NATIONAL SAFETY POSTER CONTEST

Contestant's Name: _____ **Age:** _____

Tribal Affiliation: _____ **Grade:** _____

Parent/Legal Guardian: _____

Mailing Address: _____

City: _____ **State:** _____ **Zip:** _____

Home Phone Number: _____ **Message Phone:** _____

Housing Authority: _____

The poster will be disqualified if the entry form is not ***completely*** filled out and ***attached*** to the back of each poster. All posters become the property of AMERIND Risk and reserve the right to modify posters as necessary.

AMERIND Risk sponsors this voluntary poster contest annually as a service to our members. By participating in the program, you agree to allow us to publish the submitted posters. From time to time we use the posters in publications and/or on our website. If you do not want us to use such materials, please e-mail Anthony Herrera, Safety Services Representative, at Aherrera@AMERINDRisk.org and indicate that you do not want your poster contest entry to be used in any company media or publications.

Submitted by
Steve Douglas, RPh, Pharmacy Manager

Deadly Combination

Many combinations of drugs can be dangerous, but mixing benzodiazepines and opiates can lead to death.

What are benzodiazepines? Benzodiazepines are a class of prescription medications that depress or slow the central nervous system (CNS). Benzodiazepines are often used to treat anxiety, agitation and insomnia.

Commonly used benzos include alprazolam, lorazepam, clonazepam, diazepam and temazepam.

In the United States alone, 118.4 million prescriptions of these five benzodiazepines were distributed in 2009 (Drug Enforcement Administration, 2010).

Because benzos are so commonly prescribed, and have CNS activity they are frequently abused.

What are opiates? Opiates are a strong medications used to alleviate pain. Opiates are derived from opium, and can be naturally sourced; many opiates today are partially or fully synthetic.

Hydrocodone, morphine, codeine, oxycodone and heroin are examples of opiates.

Opiates work on the brain and central nervous system, both relieving pain and providing a sense of pleasure. Opiates are can be extremely addictive. Oddly, the U.S. uses over 90 percent of worldwide production of prescription opiates.

Both benzos and opiates are central nervous system depressants.

When taking both a benzodiazepine, such as lorazepam, and an opiate like morphine, the drugs can lead to excessive depression of the nervous system, causing respiratory depression and ultimately death.

Maybe you are taking a benzodiazepine and an opiate per doctor's orders. If this is the case, make sure your doctor realizes that you are on both medications.

Also, make sure you understand your doctor's instructions and take the medication exactly as prescribed. You may even consider getting a second opinion.

If you are taking benzodiazepines in an effort to enhance the euphoric effect of your opiate drug, it is important to recognize that this is life threatening, ***has no medical necessity***, and can lead to death.

It is possible to recover from a benzodiazepine and opiate addiction. Whether you are dependent on one of the drugs or both, with quality treatment, long-term sobriety is possible.

Understand that the process of getting off of these medications can be dangerous without medical supervision.

Happy 14th Birthday Gabriel "John" Miller!
Love,
Mom, Dad, Grandma, Uncle & all the family

Tribal Member Completes Spartan Super Obstacle Race

Cousins conquer Nevada desert, plus treacherous obstacles including fire

On April 5, Winter Dove McCloud and her cousin Alicia Beatty competed in the Spartan Super Race; eight-plus miles with 13 obstacles in the southern Nevada desert.

Was it hot? Yes.

Did it get cold? Yes.

Did it get windy? Yes.

Was it hard? Brutal!

It took them four hours to complete this venture.

McCloud and Beatty battled fatigue, cramps, dehydration, and overall body aches up until the final obstacle, which was jumping over fire.

McCloud completed 12 obstacles unassisted and only failed at one obstacle, the spear throw.

"My people did not throw spears," McCloud was heard yelling, "we made baskets."

Regardless, McCloud knocked out her 30 burpee penalty.

McCloud and Beatty hope to complete in the Tri-Fecta which means completing three different Spartan races in one year.

McCloud is the daughter of proud parents, Reno-Sparks Indian Colony member Gary McCloud and Washo member Dorothy McCloud of Carson City.

The accompanying photos were submitted by Winter McCloud. To view additional photos, please see center section.

For Fun—*Cousins Winter Dove McCloud and Alicia Beatty competed in the eight-plus miles Sparta Super Race which had 13 obstacles.*

Teaming up with Education 2014 Youth Conference

Friday, May 30
University Nevada-Reno
Joe Crowley Student Union
9 a.m. - 1:30 p.m.
9th – 12th grade

***Cultural Activities**
***Guest Speakers**
***Snacks**
***Fun, Fun, Fun**

Email your advisors for more information:

SSHS Tanya,
thernandez@rsic.org

WHS/PLHS Lorraine
lkeller@rsic.org

WCSD ADVISORS:
Paula Smith
psmith@nevadaurbanindians.org

Christina Thomas
cthomas@washoeschools.net

Reno-Sparks Indian Colony
Education Department, Language & Culture Program

Language & Culture Events | May 2014

Cultural Event

Pyramid Lake Paiute Tribe Museum Trip

Join us for an excursion out to the Pyramid Lake Paiute Tribe Museum and Visitor Center. We'll be meeting at the L&C office at 1pm and driving over together for a 2pm tour. Seating is limited, so a RSVP is required. The 1 ½ hour museum tour will consist of a: time line history, language and culture presentation, and story. We hope you can join us!

Date: Saturday, May 3rd **Time:** 2 – 3:30pm **Location:** Pyramid Lake Paiute Tribe Museum

Language Classes

We just completed our first 8-week series of beginner level Paiute, Shoshone, and Washo language classes. Pesa u, ashinsa, langawi (thank you/good job) to all of those that came out! We'll be taking a 1-month break and then start-up the next 8-week series in the beginning on June. In the mean time, the Seniors Program and L&C are collaborating to offer Seniors Language Classes. Please see details below.

Seniors Language Classes

Language: Shoshone **Instructor:** Florence Millett
Date: Tuesday, May 6th **Time:** 12:30 – 1:30pm **Location:** Senior Center

Language: Paiute **Instructor:** Thalia Dick
Date: Wednesday, May 7th **Time:** 12:30 – 1:30pm **Location:** Senior Center

Language: Washo **Instructor:** Rose Lundy
Date: Thursday, May 8th **Time:** 12:30 – 1:30pm **Location:** Senior Center

Youth Cultural Activity

Pow Wow Club

Last month's Cultural Event, *Introduction to Pow Wow Dancing*, was such a sensation that the Recreation Department and L&C are teaming up to spotlight a new program – Pow Wow Club. Pow Wow Club is targeted as a youth program, but anybody that is interested in learning pow wow dancing is welcome to attend. Please bring gym shoes or moccasins and water.

HV | Dates: Tuesday, May 6th & 20th **Time:** 6 –7pm **Location:** HV, Gym
Reno | Dates: Thursday, May 8th & 22nd **Times:** 6 – 7pm **Location:** Reno, Gym

Contact Information: Teresa Melendez, Language & Culture Coordinator
tmelendez@rsic.org | (775) 329-8396

Everyone is invited! If you are interested in learning about Great Basin life ways, then you are welcome to attend. Children must be accompanied by an adult.

Melendez Inducted Into Hall of Fame

AD, coach, athlete, recognized by Nevada Interscholastic Activities Association

Last month, Randy Melendez received the highest individual honor bestowed by the Nevada Interscholastic Activities Association.

Melendez, a Paiute Indian who grew up on the Reno-Sparks Indian Colony, was inducted into the NIAA Class of 2014 Hall of Fame.

"As a young Native American it was always my dream to play high school sports, to go to college, to participate in collegiate athletics, and to one day become a teacher and a coach," Melendez said. "My dreams definitely came true."

According to Dr. Jerry Hughes, former Executive Director of the NIAA and the founder of the Hall of Fame, the purpose of this prestigious group is recognize and honor those outstanding individuals who have had a significant and positive impact on the lives of Nevada's young people.

With five different categories for nomination, the goal of the Hall of Fame is to recognize exceptional educators through their involvement in high school sports as an administrator, athlete, coach, contributor, or official.

Certainly, this award is befitting of Melendez who has served in several of these capacities. He has been an athlete, a coach and an administrator.

"I never enjoyed myself more than when I was interacting with our students on a daily basis," Melendez said. "Other than the board meetings, I loved everything about education."

Though his contributions to high school athletics started in 1967 at Wooster High, today, Melendez name is synonymous with Pyramid Lake High. However, Melendez's love of sports started nearly 55-years ago, largely due to his family ties and his Colony childhood.

"I am lucky that my brothers Arlan and Steve were older and into sports," Melendez said. "They dragged me with them and we would play basketball with an iron hoop or grab a football and play behind someone's house."

Melendez said growing up as the youngest of three boys, had its advantages.

"It made me tough," Melendez said. "I was their tackling dummy."

Melendez owns fond memories of playing football in a pasture near 2nd Street and the Truckee River. He said that part of the strategy when playing in such conditions was not just avoiding the cows, but to avoid what the cows left behind.

"When I was little, we were kids that did without," Melendez said. "We didn't have a gym, there were no clinics, no education programs, no recreation departments, and no HUD (Housing and Urban Development) homes."

Elite Company ---*Last month, Randy Melendez was inducted into the Nevada Interscholastic Activities Association Hall of Fame. The Hall of Fame recognizes outstanding individuals who have had significant and positive impact on the lives of young people. Melendez has spent over a quarter of a century as an educator.*

Regardless of their meager means, Melendez credits his father for getting him into organized sports and his mother for making him aware of possibilities beyond the reservation.

"My dad got me into Little League and Pop Warner," Melendez said, "and I just flourished."

And once exposed to sports, Melendez made them his personal priority.

"As a sixth grader, I used to sneak into the games at Wooster High School," Melendez said. "I would squeeze onto the

Continued on next page

Continued from previous page

crowded stage and watch the team run in---the cheerleaders and the band were so exciting---that fueled my fire, because I knew that I wanted to part of that."

And certainly, Melendez became part of it; earning all-conference and all-state honors in football, basketball and track. He was even named the WHS Player of the Year for basketball in 1971.

"There were not many Indian role models for me to look up to," Melendez said. "There were no Indian coaches, no Indian teachers, and certainly, no Indian administrators."

In fact, for Melendez, coming from a different ethnic and cultural background made him work even harder.

"My coaches were two Italian guys," Melendez said. "They had tans and dark features like me and I gravitated to them."

In 1971, one of those coaches, John Lagarza, radically changed the course of Melendez's life and indirectly, the lives of hundreds of more students.

After practice during Melendez's senior year, Lagarza asked him if he had ever considered becoming a teacher so that he could coach one day.

"At first, I could not believe that someone had that kind of faith in me; that my coach thought that I could be a teacher and a coach," Melendez said. "But then the light went off and I thought, 'I could do this,' but I knew I had to go to college."

His college path took him to Utah State University and then to the University of Nevada-Reno.

Prior to college, Melendez had developed into a stand out track star which seemed to be a family trait.

"Arlan was a good runner and eventually ran at UNR," Melendez said." I think we got it from our mother who was a good runner, too."

At Utah State University, Melendez was part of the Aggies track team, but the drastically different environment, especially the remote location and the intolerance of the small town, took its toll.

"Other than the board meetings, I loved everything about education..."

—Randy Melendez, NIAA Hall of Fame

"I quit after two years, moved back home and worked in a warehouse," Melendez said. "I hated it and I knew I had to get back to college."

In 1980, Melendez earned a bachelor's degree from UNR and his teaching career began at PLHS.

His first job offered a unique challenge. At that time, PLHS was an emergency school for Native students from the reservation. However, not long after Melendez was hired, the admissions policies were changed and the Nixon, Nev., school was operated by the Pyramid Lake Paiute Tribe as a Bureau of Indian Education school.

"I am thankful to Pyramid Lake because they gave me my first opportunity," Melendez said.

He spent a total of 23-years coaching basketball at PLHS and a total of 24 years teaching and administration on campus. Under his guidance, this tribally operated school blossomed into a Class IA athletic powerhouse and a model for student achievement.

"As an educator, your job is to inspire and make students realize their potential," Melendez said. "I realized early on that something I could say could change things around for a kid because that is what had happened to me."

In addition, Melendez completely turned around staff morale and student achievement at PLHS.

"It makes me feel like that the career path I chose was the right one," Melendez said. "What I will always remember the most about the students of PLHS is the great, untapped potential they all have. Our goal was to bring it out."

At his core, Melendez is pure teacher, but his passion is coaching.

"Coaching helped me in the classroom," Melendez said. "The kids respected me as a coach and that transferred to

Continued on next page

Continued from page 3

me having success as a teacher."

While at PLHS, Melendez led the boys' basketball team to four state championships, 1987, 1989, 2000 and 2004 and the girls' basketball team to a state title in 1982. Most notably, Melendez was named the NIAA small-school enrollment division Coach of the Year a remarkable 10 times. In 2000, Melendez was named the Nevada Athletic Directors Association's Class IA Athletic Director of the year.

Though there are too many to count, some more of Melendez's career highlights included: coaching the PLHS boys team that stopped Virginia City's state -record 93-game winning streak in 1987, earning a state championship title with a perfect 21-0 record in 1987, and coaching in the Kiwanis all-star game on three occasions.

All told, Melendez served as the PLHS athletic director for 25 years. He and his wife, Catherine, have been married for more than forty-years.

They raised three children and now enjoy five grandchildren and one great-grand child. He is the son of Sally and Don Melendez who still reside on the RSIC.

To be eligible for nomination to the NIAA Hall of Fame, a person must have served for at least 25 years and must be retired from their area of work.

The NIAA is the governing body of high school athletics and activities for 107 member schools in Nevada.

Despite official career retirement, in 2014, Melendez serves as a volunteer coach for the Wooster girls' freshmen basketball team. Melendez was also inducted into the WHS Hall of Fame in 1986.

Well Done — *Randy Melendez (back row, fourth from left) said that his youth spent on the Reno-Sparks Indian Colony was key to his career success. Melendez was an educator for over 25-years and continues to volunteer at his alma mater, Wooster High School.*

Emergency Response continued from page 3 page

ITERC as the Tribal Clinic National Incident Management System (NIMS) Coordinator, said that CERT is about readiness.

"During an emergency, our community will have to rely on each other for help," Thayer said. "That is why CERT training is so important and it was good having (RSIC) Tribal Council member Robin Eagle participate."

Thayer said that CERT is a big need in both Hungry Valley and on the Colony.

"With a CERT, actions during an emergency will be more proactive than reactive," Thayer said.

Hunkup added that the next step to building a CERT is to continue offering training to the community and to extol its benefits.

"When the word is out about the training and people see the success of the program, others might be willing to commit to a future training," Hunkup said. "Once more people assume responsibility, are willing to carry out the tasks of developing the program then we are on our way."

Quartz-Holling agrees.

"Even if you don't become a CERT member, get the training," Quartz-Holling said. "If more community members get an idea about what needs to be done, we are better off."

Thayer said that a second CERT training for RSIC employees and members is being scheduled.

For more information, please call Hunkup at 785-1373 or Thayer at 355-0600, ext. 153.

Sunday, May 11, 2014 | 10:30 AM

Mother's Day Lunch

Mother's Day is a special time to connect with family. What better way to honor Mom than around God's word and with His family.

A Mother's Day lunch will follow service featuring a hot potato bar. Please bring your favorite potato toppings to share. Contact Pastor Augustin or Pastor Cindy for more details.

Hope to see you there!

Hungry Valley
Christian Fellowship

HUNGRY VALLEY CHRISTIAN FELLOWSHIP

Location: HV Community Center
9055 Eagle Canyon, Hungry

Phone: 775-425-5886
Web: NativeBelievers.com
Like us on FaceBook!

Reno-Sparks Indian Colony Tribal Court Public Notices

Tribal Health Center recruiting board member, construction announcement

Reno Sparks Tribal Health Center
EXECUTIVE HEALTH BOARD
RECRUITMENT

RSIC Representative

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

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

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

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

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

The Executive Health Board
Reno Sparks Tribal Health Center
1715 Kuenzli Street
Reno, NV 89502

All interested participants will be invited to fill out an application and attend a Health Board meeting for introductions. For more information please phone, 329-5162, ext., 1901.

IN THE RENO-SPARKS TRIBAL COURT

IN AND FOR THE RENO-SPARKS INDIAN COLONY

RENO, WASHOE COUNTY, NEVADA

PUBLIC NOTICE

Notice is hereby given that the Petitioner, Manuel Melendez, Jr., has filed a Petition in the Reno-Sparks Tribal Court, Case No. CV-NC-2014-0013, praying that said Court enter an Order changing the present legal name of Jenicia Lovejoy Blindman, to the name of Jenicia Lovejoy Melendez, which is the name Petitioner desires to have.

Notice is hereby given that any person having objection to the aforesaid change of name shall file written objection, showing cause why the Petition should not be granted, with the Reno-Sparks Tribal Court, 1900 Prosperity Street, Reno, NV, within ten (10) days after publication of this notice.

Dated this 11th day of March, 2014
Henrietta A. Tobey
Clerk of Court
Reno-Sparks Tribal Court

ATTENTION ** ATTENTION ** ATTENTION

Due to the construction that is being conducted through July 1, *34 Reservation Road* will not be available for community check out.

If you have any questions, please contact, the Public Works Department at: 775-785-1341.

IN THE RENO-SPARKS TRIBAL COURT

IN AND FOR THE RENO-SPARKS INDIAN COLONY

RENO, WASHOE COUNTY, NEVADA

PUBLIC NOTICE

Notice is hereby given that the Petitioner, Bhi'e Ci'e-Naïve Malotte Ledesma who is a RSIC Tribal member, has filed a Petition in the Reno-Sparks Tribal Court, Case No. CV-NC-2014-0014, praying that said Court enter an Order changing the present legal name of Bhi'e Ci'e-Naïve Malotte Ledesma to the name of Bhie-Cie Naïve Ledesma, which is the name Petitioner desires to have.

Notice is hereby given that any person having objection to the aforesaid change of name shall file written objection, showing cause why the Petition should not be granted, with the Reno-Sparks Tribal Court, 1900 Prosperity Street, Reno, NV, within ten (10) days after publication of this notice.

Dated this 12th day of March, 2014
Henrietta A. Tobey
Clerk of Court
Reno-Sparks Tribal Court

IN THE RENO-SPARKS TRIBAL COURT

IN AND FOR THE RENO-SPARKS INDIAN COLONY

RENO, WASHOE COUNTY, NEVADA

PUBLIC NOTICE

Notice is hereby given that the Petitioner, Alicia Anita Parker, a member of the Reno-Sparks Indian Colony has filed a Petition in the Reno-Sparks Tribal Court, Case No. CV-NC-2014-0010, praying that said Court enter an Order changing the present legal name of Maya Leticia Brito, to the name of Maya Leticia Martinez, which is the name Petitioner desires to have.

Notice is hereby given that any person having objection to the aforesaid change of name shall file written objection, showing cause why the Petition should not be granted, with the Reno-Sparks Tribal Court, 1900 Prosperity Street, Reno, NV, within ten (10) days after publication of this notice.

Dated this 4th day of March, 2014
Henrietta A. Tobey
Clerk of Court
Reno-Sparks Tribal Court

IN THE RENO-SPARKS TRIBAL COURT

IN AND FOR THE RENO-SPARKS INDIAN COLONY

RENO, WASHOE COUNTY, NEVADA

PUBLIC NOTICE

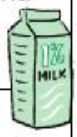
Notice is hereby given that the Petitioner, Alicia Anita Parker, a member of the Reno-Sparks Indian Colony has filed a Petition in the Reno-Sparks Tribal Court, Case No. CV-NC-2014-0009, praying that said Court enter an Order changing the present legal name of Pablo Omar Brito, to the name of Pablo Dennis Martinez, which is the name Petitioner desires to have.

Notice is hereby given that any person having objection to the aforesaid change of name shall file written objection, showing cause why the Petition should not be granted, with the Reno-Sparks Tribal Court, 1900 Prosperity Street, Reno, NV, within ten (10) days after publication of this notice.

Dated this 4th day of March, 2014
Henrietta A. Tobey
Clerk of Court
Reno-Sparks Tribal Court

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

MAY

Monday	Tuesday	Wednesday	Thursday	Friday
		**Nutritional Values** *Vitamin C daily +Vitamin A 3/week	1 French Dip Roasted Sweet Potatoes* Strawberries* & Kiwi* 1% Milk	2 Breakfast Burrito Bell Peppers+ and Tomato*+ Cantaloupe* and Grapes* 1% Milk 
5 Pork Chop Rice Green Beans* Fruit Cocktail* 1% Milk	6 Grilled Chicken Cesar Salad* Breadstick Fresh Pineapple* Slices 1% Milk	7 Indian Taco Meat, Beans* Cheese, Lettuce* and Tomatoes*+ Orange* 1% Milk	8 Turkey and Swiss on Rye Macaroni Salad Tomato*+ and Cucumber* Salad 1% Milk	9 Cream of Wheat Whole Wheat Toast Boiled Egg Tomato Wedge*+ Mixed Berries* 1% Milk
12 Turkey Meatloaf Pasta with Gravy Broccoli+ and Cauliflower* Pears* 1% Milk	13 Vegetable*+ Beef Soup Dark Green* Salad Crackers Apricots* 1% Milk 	14 Shredded Chicken Tostada Refried Beans* Lettuce* and Tomato*+ Tropical Fruit* 1% Milk	15 BBQ Pulled Pork Sandwich Coleslaw* Fresh Peach* 1% Milk	16 Spinach*+ and Egg Scramble English Muffin Cucumber* Slices Plum V-8*+ Juice 1% Milk
19 Cajun Tilapia Rice Pilaf Corn* Mandarin+ Orange 1% Milk 	20 *Commodity Distribution* *~Sack Lunch to go* Turkey and Cheese Sandwich Lettuce* and Tomato*+ Slice Pasta Salad Baked Lays Orange* 1% Milk	21 Liver and Onions* Egg Noodles Zucchini* and Squash* mix Peaches* 1% Milk	22 Birthday Bingo Lasagna with Ground Turkey Green Beans* and Carrots*+ French Bread Strawberries* and Bananas* 1% Milk	23 Cheerios Boiled Egg Cherry Tomatoes*+ With Cottage Cheese Mini Blueberry* Muffin 1% Milk
26 HOLIDAY Closed – No lunch served or delivered	27 Turkey Club Wrap with Lettuce* and Tomato*+ Sun Chips Orange* Bell Peppers*+ 1% Milk	28 Pork Fried Rice Peas* & Carrots+ Fortune Cookie Pineapple* 1% Milk	29 Chicken Fajitas Black Beans & Corn Mix* Mixed Berries* 1% Milk	30 Egg and Bacon Croissant Beets* Honey Dew* V-8*+ Juice 1% Milk

May

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Burial Presentation 12:00 p.m. Blood Pressure Check 11:30	2 Brunch 10:30 am
5 Senior Advisory Committee Meeting 1p.m. Blood Pressure Check 11:30	6 Injury Prevention Presentation 12:00 p.m. Make Memorial flowers *(make one leave one)* 1 pm	7 Shopping and Bill Pay 1:00 p.m. Make Memorial flowers *(make one leave one)* 1 pm	8 IMAX Theater Night 5:00 p.m. *Call to sign up*	9 Brunch 10:30 a.m. Respite Caregiver Support Group Meeting 10 am
12 Blood Pressure Check 11:30 Mother's Day Dinner *Call to sign up & for info*	13 Tribal Police Presentation 12:00 p.m. Make memorial flowers *(make one leave one)* 1 pm	14 Nutrition Presentation 12:00 p.m. Make memorial flowers *(make one leave one)* 1 pm	15 Tandy Leather Presentation & Crafts 12 pm	16 Brunch 10:30 a.m.
19 Food Pantry Century Theater Movie 1 p.m.	20 Commodities	21 Thrift Store trip 1:00 p.m.	22 Birthday Bingo 12:30 p.m.	23 Brunch 10:30 a.m.
26 Holiday CLOSED Memorial Day *No lunch served or delivered*	27 Shopping and Bill Pay 1:00 p.m.	28 Open Crafts 1:00 p.m.	29 Movie at Senior Center 1p.m. Blood Pressure Check 11:30	30 Brunch 10:30 a.m.

May 19 – Day trip to Susanville Pow-wow. Limited seats, Call to sign up and for info.

Caution: No Parking Here Next Tuesday—Thursday

RSIC employees, community please adhere to reconstruction restrictions

The reconstruction of the Smoke Shop I parking lot by Sierra Nevada Construction is scheduled to begin Tuesday, April 22 and conclude on Thursday, April 24.

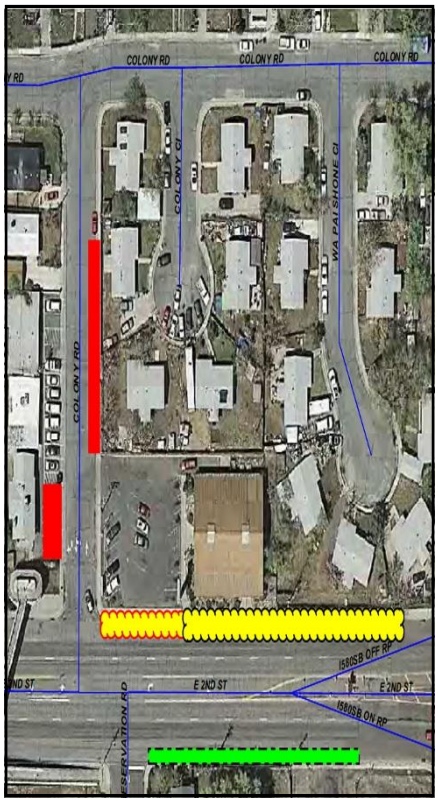
During this time, we are asking staff not to park in the following locations: five parking spaces adjacent to the old police station (reserved for Michael and Sons) and the entire length of the east side of Colony road (reserved for Smoke Shop customers).

These spaces will be identified with orange cones and signage during construction.

Employees should park on the adjacent streets (Colony road, Colony circle, and Golden lane) and be respectful of access to resident's private driveways.

During the three-day construction period, please be aware of the construction equipment and pedestrians in the area.

If you have any questions or concerns, contact Scott Nebesky the director of the Reno-Sparks Indian Colony Planning Department, 785-1363 or snebesky@rsic.org .



All About Education — *Last month, several staffers with ties to the Reno-Sparks Indian Colony Education Department attended the 7th Annual American Indian Education Summit. This year's conference was themed "Building a Foundation of Success." Participants gathered data on Nevada students, learned about new strategies for instruction and curriculum, tribal early childhood education, college and career readiness, family engagement and dropout preventions. Pictured are: top Row, L-R: RSIC Chairman Arlan Melendez, Lisa Tom, Vicki Moore, Lynette Sam, Naomi Hanzrick, Tanya Hernandez, Lorraine Keller, Micaela Chagolla, Sabrina Fischer, Amber Wadsworth and Stacy Burns. Bottom Row: Lloyd Eastman, Racquel Northrop, Stephanie Gibbons, Jessica McCloud, Janice Stump.*