



# THE CAMP NEWS

VOLUME XI ISSUE 12

December 31, 2016

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

## Spirit of Holiday Giving Sweeps Community

*Elders, children receive holiday gifts from employees, residents, tribal members*

If the old adage "It's better to give than receive," is correct, the Reno-Sparks Indian Colony might be one of the best places to be this holiday season.

"I've been overwhelmed by the generosity of our community," said Michelle Leon. "When everyone is so willing to pitch in and make others happy, it's a win-win for all of us."

Leon's summation is not only accurate, but rooted in scientific fact.

According to a recent study by psychologists at the University of British Columbia, human beings are all happier, especially young children---when we give rather than receive.

Author Lara Aknin, a professor of psychology at Simon Fraser University in Vancouver, British Columbia, has found that the joy of helping others is an inherent part of human nature.

"Positive social behavior, include giving time volunteering, giving money to causes or giving gifts and other resources, all correlate to happiness," Aknin said.

Leon, a certified health educator at the Reno-Sparks Tribal Health Center, is the co-organizer of the RSIC's gift giving program, Angels for Elders.

Leon and her health center co-worker, Lynn Rodriguez, a patient transporter, came up with the idea to brighten the holidays for elders with Christmas gifts.

"Because of my job, I get to know some of our elders pretty well, and sometimes they confide in me that they might

struggle sometimes," Rodriguez said. "A lot of our elders live on fixed incomes and many don't have family, so I thought we should do something about that."

Leon and Rodriguez quickly identified 48 elders who wanted to be part of Angels for Elders.

Those participants provided a wish list of three gift ideas he or she wanted, and even quicker, the RSIC community responded positively.

"Immediately, we had a lot

*Continued on page 4*



**Christmas Delivery** — About 50 seniors signed up for the Angels for Elders Christmas gift exchange which was organized by the Reno-Sparks Tribal Health Center. Above, Rollin Jackson receives his gifts from RSTHC Patient Transporter Lynn Rodriguez. This was the first year for the gifting program.

# Happy Holidays

★ Best Wishes in 2017 *from the*  
Chairman's Office



## Deadlines, Mailing List

### *The Camp News Profile*

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

### SEND US YOUR NEWS

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

### CONTACT OUR STAFF

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

### CIRCULATION

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

If you have a problem with delivery, please call us at (775) 329-2936.

### ELECTRONIC EDITION

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

## Important JANUARY dates

- 2 New Year's Day Observed, RSIC Administration Closed
- 3 Literacy Tutoring, Education Offices: Reno & Hungry Valley, 10 a.m.  
Pow Wow Club, RSTHC, 6 p.m.
- 4 Literacy Tutoring, Education Offices: Reno & Hungry Valley, 10 a.m.  
Law & Order Advisory Committee meeting, Tribal Court, 6 p.m.
- 5 Literacy Tutoring, Education Offices: Reno & Hungry Valley, 10 a.m.
- 6 Last Day of RSIC Recreation Day Camp
- 9 Winter Break Concludes, Back to School  
Education Advisory Committee meeting, Education Conference Room, Noon  
Senior Advisory Committee meeting, Senior Center, 1 p.m.  
Enrollment Advisory Committee meeting, Enrollment Office, 5:30 p.m.
- 10 Christmas Tree Recycling, Place Tree Curbside
- 11 Christmas Tree Recycling, Place Tree Curbside  
Tribal Council Meeting, 34 Conference Room, 6 p.m.
- 12 Law & Order Committee Meeting, Animal Control Ordinance, Tribal Court, 6 p.m.
- 14 Kids Cooking Classes, 10 a.m.  
Adult Cooking Classes, Nothing To It, 2 p.m.
- 16 Martin Luther King Day, RSIC Administration Offices Closed
- 17 Commodity Distribution, Senior Center
- 19 Executive Health Board Meeting, RSTHC, 5:30 p.m.  
Law & Order Committee Meeting, Animal Control Ordinance, HV Rec, 6 p.m.
- 23 Housing Advisory Board, Housing Department, 6 p.m.
- 25 Economic Development, 34 Conference Room, 6 p.m.

Check:

<http://www.rsic.org/>

for updates/changes on comprehensive calendar





# Toys For Tots Provides Holiday Joy

*RSIC departments join forces for children*

Broad smiles, squeals of glee, and the look of wonderment are common during the holidays and the Reno-Sparks Indian Colony Human Services Department is out to ensure that every child has a Merry Christmas.

To that end, Adriana Botello and her staff once again teamed up with the Marines Toys For Tots Foundation to distribute brand new toys to children throughout the Colony and in Hungry Valley.

"We want to make sure every child receives a toy for Christmas," Botello said. "Partnering with Toys for Tots coordinator Ken Santore and his volunteers is one of our highlights of our year."

According to Santore, since 1947 Marines have been making Christmas wishes come true for children. Last year, Reno Toys For Tots raised and

locally distributed over 86,600 toys for children.

Santore emphasized that all the toys collected by Reno Toys for Tots stay within Washoe County.

He said that his local team works very hard to make Toys for Tots a success, but without the help of concerned citizens and business leaders, the program wouldn't be successful.

One of those businesses is Toys"R"Us.

Toys"R"Us is proud to work with the U.S. Marine Corps Reserves, a premier community action program, to bring joy to less fortunate children across the country every holiday season. As the largest retail partner in the history of Toys for Tots, Toys"R"Us, has raised nearly \$48 million and collected

*Continued on back cover*

*Continued from front page*

of staff members at the health center that wanted to give presents to our elders," Leon said. "When word got out to employees outside the health center, we were easily able to match elders and gift givers."

However, the actual act of giving out the gifts will be doubly rewarding for Leon and Rodriquez who will personally deliver the presents before Christmas.

"That will definitely be one of the highlights," Leon said. "We are really looking forward to fulfilling the wishes of our elders."

Michael Ondelacy, the assistant director of business enterprises and economic development, said he had already caught the Christmas spirit, but when he heard about the opportunity to make the holidays better for RSIC elders, he jumped at the opportunity.

"This was really fun," Ondelacy said. "It feels good to help, especially since my elder asked for such practical gifts---a sweater, gloves, and the like."

Leon and Rodriquez confirmed that none of the gift requests from the elders were extravagant.

"Everyone wants usable, everyday-type items," has a Merry Christmas.



**Santa's Helper** — Eric Dearmore along with co-workers from throughout the Reno-Sparks Indian Colony made Christmas brighter by organizing and wrapping gifts for many community youth.

# Community Celebrates, Honors Military Sacrifice

*Annual event includes parade entry, exhibit, dinner, keynote speaker*

Last month, during National American Indian Heritage Month and to recognize all Native United States servicemen and women, the Reno-Sparks Indian Colony hosted a celebration to honor its veterans with an extravagant parade entry in the annual City of Reno Veterans Parade followed by its annual community dinner at the Colony.

“Our people have answered and continue to answer the call to service,” said Arlan D. Melendez, Chairman of the RSIC. “Our warriors defend the United States more than any other ethnicity per capita because we are connected to the land and our ancestors have been here since time immemorial.”

A United States Department of Veteran Affairs’ 2014 report stated that American Indian/Alaskan Native Veterans, though the smallest racial group in U.S. demographics, at 17 percent, American Indians are now the third largest minority group of veterans. Though they have served our country with great pride and honor, American Indian veterans trail behind their veteran peers in health, social and economic status.

American Indians have proudly served with honor and distinction for the United States in all wars from the Revolution-

ary War to Operation Iraqi Freedom as evidenced by twenty-seven Native Americans who have earned the Medal of Honor, the nation’s highest military distinction.

“Our Veterans Day community dinner is one of our most important yearly celebrations,” Melendez said. “We reflected on the sacrifices made by our service men and women during this event.”

This year’s keynote speaker was Edward Reina, a member of the Akimel O’Odham and Xalychidom Piipaash or Salt River Pima-Mariopa Tribes whose aboriginal lands encompass the greater Phoenix area.

Drafted in 1968 during the Vietnam Conflict, Reina was stationed in Germany. Though

he never experienced combat, Reina served two years in the U.S. Army and was honorably discharged as a staff sergeant.

Last July, Reina was named the RSIC Tribal Administrator.

According to the U.S. Department of Defense, as of 2012 there were over 22,000 American Indians and Alaska Natives on active duty, and the 2010 Census identified over 150,000 American Indian and Alaska Native veterans.

Currently, the RSIC, a tribe of just over 1,100 members, has 51 living veterans which includes six female soldiers, five tribal employees, plus four members currently serving on active duty. Eighty-seven RSIC veterans have passed.

See page 15 for additional photos from the celebration.



**Thank You For Your Service** — At the Reno-Sparks Indian Colony’s annual Veterans Day community dinner, members of the military along with military families were recognized for their service to America and the sacrifices that each soldier willingly made.  
*Photo By Trisha Calabaza*



# American Indians Relish First All Native Honor Flight

*Special veterans D.C. trip reminds military warriors of their distinction, valued service*

Forty-three Native American Veterans have made history, again.

Last month, Honor Flight Nevada, a non-profit organization whose mission is to transport military veterans to Washington D.C., to tour our nation's capital and visit those memorials dedicated to honor the service and sacrifices of them and their friends, organized an all-Native trip for American Indians living in the Great Basin.

"We've had Native Americans on trips, but we weren't able to show them their memorials specific for them," said Jon Yuspa, founder of Honor Flight Nevada. "With this trip solely dedicated to Native Americans, we wanted to bring attention to their service and show the rest of the nation that they should be doing the same thing."

Though it is well documented that based on our overall population and the percentage of volunteers, American Indians have served in the United States Military more than any other ethnicity or gender, many Americans do not know about the long history of service by Native Americans.

This three-day trip certainly helped get that message out while reminding the veterans in what high esteem they are held.

Retired four-star General and



**VIP Seating** — With everyone identified with bright red shirts, often wearing feathers attached to their caps which indicated their military branch, and always led by their eagle staff, the all-Native Honor Flight Nevada participants were special guests at the 2016 Veterans Day Ceremony at the Vietnam Memorial Wall. This was the first all-Native Honor Flight which took 43 veterans to the nation's capital to tour national war monuments and memorials built to honor the warriors' service to America. The group ranged from a 95-year-old World War II veteran to a 28-year-old Desert Shield veteran.

former presidential candidate, Barry McCaffrey, who was the keynote speaker at the Vietnam Memorial Wall Ceremony held every Veterans Day, recognized the all-Native American Honor Flight within the first minutes of his speech.

"Native Americans enlist in greater numbers than the rest of the population and they move to the front areas of the combat zone," General McCaffrey told thousands of onlookers. "They have suffered huge casualties, so there's a special debt of gratitude we owe to them."

In addition, the group got special, up close seating and participated in the prestigious

Vietnam Wall ceremony.

Veteran Grizz Hilpert, a member of the Pyramid Lake Paiute Tribe who helped lay the wreath, was touched by the quick recognition and the inclusion.

"We weren't last for a change," Hilpert said. "That sounds funny, but we're used to kind of being sent out back."

However, this historic experience was totally different.

Nothing during the trip was second class according to Gary McCloud of the Reno-Sparks Indian Colony.

"We were treated better than dignitaries," McCloud said.

*Continued on page 7*

And accolades like McCloud's were plentiful.

"It was a million dollar trip," said John Smith, a 95-year-old, World War II Veteran and the eldest participant. Smith, who lives on the Walker River Paiute Reservation said that the group shared so many laughs, it was just a priceless trip.

Certainly, one of factors which made the experience so unique, was the spirited, spontaneous greetings and the magnificent welcomes the group enjoyed beginning with their departure from the Reno Tahoe International Airport and ending with their return to the same spot.

The veterans relished their complimentary flight aboard

Battle Born Nevada One, a Southwest Airlines custom designed and painted 737 aircraft.

At every turn of the trip, crowds greeted the veterans with applause, thanks, cheers and sometimes tears.

"People—a lot of little kids, too—lined up to shake our hands and thank us for our service," said Harvey Merino, a Veteran who did four tours in Vietnam. "People shook our hands starting in Reno at the airport, and it continued in Washington, D.C., at all the memorial sites, and until we got home."

For many of the veterans, like Robert Tillman, also known as Truckee Bob, the rousing greetings from complete strangers were noteworthy.

"The last time I was in Washington D.C., after the war, people greeted me with jeers and threw fruit at us," said Tillman, a Paiute Indian who heads up the Pyramid Lake Veterans and Warriors Organization or the Numa Tookwasu.

Even though returning home from war should have been one of the highlights of military service, because the Vietnam Conflict was so controversial, many soldiers were met with hostility by the general public.

"This was worth waiting 48 years for," said Ray Harrison, a Sioux who lives in the Elko area. "I don't think I've ever been treated better."

In addition to several special surprises, the All-Native Honor Flight Nevada, visited several monuments including: the United States Navy Memorial, the American Veterans Disabled for Life Memorial, the National Law Enforcement Officers Memorial, the Korean War Veterans Memorial, the Vietnam Veterans Memorial, U.S. Marine Corps War Memorial and Iwo Jima Marine Memorial, the National World War II Memorial, and the Air Force Memorial.

The All-Native Honor Flight Nevada included two stops at the Smithsonian National Museum of the American Indian, a tour of Arlington National Cemetery, also with VIP seating at the changing of the guard.

At the American Indian



**Native Pride** — Gary McCloud carried the Numa Tookwasu's eagle staff during the all-Native Honor Flight Nevada trip. McCloud and other members of the Pyramid Lake Veterans and Warriors Organization made special provisions to get the eagle staff transported from the Reno Tahoe International Airport to Washington D.C. In addition to McCloud, other veterans proudly carried the eagle staff and were often peppered with questions from on-lookers about the Native heritage the eagle staff represents. Above, McCloud posed with the eagle staff in front of the Vietnam Memorial Wall.



museum, the veterans were treated to lunch with a Navajo Code Talker, Thomas H. Begay.

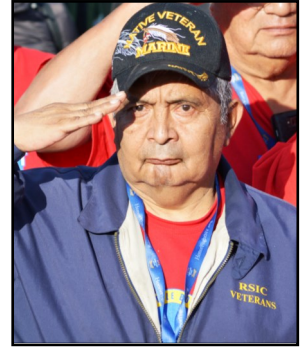
During World War II, radio transmission was the fastest way to deliver commands overseas.

In 1942, Marines from the Navajo tribe began to send voice transmissions in their Native language. It was impossible for the enemy to interpret or gain intelligence from these messages even if they were able to intercept the information.

Besides sharing his personal stories as a Navajo Code Talker, Begay sang the Marines' Hymn in Navajo which was a thrill to all the veterans, but especially to the six fellow Marines.

During another museum visit, the United States Department of Veterans Affairs Secretary Robert A. McDonald gave his personal regards to the veterans during a private reception. McDonald presented each Native Veteran with a commemorative Department of Veterans Affairs coin.

Furthermore, with a police escort during the entire stay, the veterans were treated to ideal vantage points of the White House, the Capital Building, the Pentagon, the Washington Monument, the Lincoln Memorial Arlington Memorial Bridge and the Old Post Office Washington D.C., now Trump Hotel. To see these sites, the group did not even de-board their luxury coach.



Honor Flight is a nationwide program and in Nevada, it has organized flights since 2012. The Veterans trip expenses are paid for thanks to monetary donations as well as donated plane tickets compliments of Southwest Airlines.

One of three female veterans on the trip, Jeanine Paul said that Honor Flight Nevada made all the veterans feel special and important.

"From the initial briefing to the massive return celebration at the airport, we were so touched," Paul said.

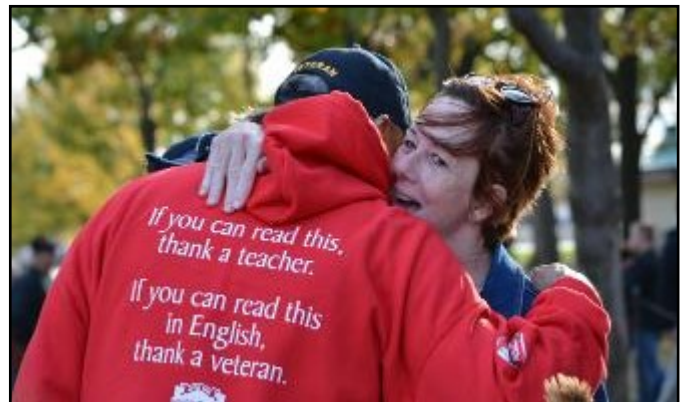
Michael Moreno is from a Southwest tribe who resides in Northern Nevada, agreed with Paul.

"I feel good in my heart," he said.



**All-Native Honor Flight Nevada 2016** — Top photo, left to right: Ira Coffey, Brenda Henry and Steve Frank went on the November trip. Middle: Robert Sargent and Richard Carter Sr., salute during the changing of the guard ceremony at Arlington National Cemetery. Above, friends and family don traditional and pow wow attire to welcome the veterans home.





**All-Native Honor Flight Nevada 2016** — Top left: Native Veterans Joseph Walling, Ben Rupert and Robert James shake hands with students who greeted the group at the Korean War Memorial. Top right: James Katenay places his medal of valor at the Vietnam Memorial Wall near the names of some of his fellow warriors who lost their lives in battle. Far left, three small photos include: Ira Hayes' grave stone, a Pima Indian who helped raise the US flag during the Battle of Iwo Jima. World War II Veteran John Smith is thanked for his service by Margaret Stefenoni a member of the Walker River Paiute Tribe and Stanley Hooper welcomes his second cousin, veteran Jerry Mascarenas. Middle photo: Hank Johnson dressed in full regalia escorts the veterans from the gate at Reno Tahoe International Airport. Top right, the group poses in front of the Marine Memorial. Bottom right, a tourist visiting D.C., hugs one of the veterans.





**Please don't forget to  
remove ALL  
decorations including  
tinsel and garland**



- **It's FREE!**
- **We'll transport it for you!**
- **Return your tree back to the Earth!**
- **Support area gardeners!**
- **Make some goats happy!**

**Place your tree curbside on:**

**Tuesday January 10th in Hungry Valley &**

**Wednesday the 11th at the Reno Colony**

**by 9am**

# Christmas Tree Recycling Pickup!

*The RSIC Environmental Program & Public Works- would like to assist in getting as many trees recycled as possible this year. Recycling provides residents with an easy alternative to dumping trees in the landfill or - as is sometimes seen- in our community open spaces.*

*The Christmas trees are chipped into mulch that is used for park projects, snacks for the Goat Grazers farm, and is available for free to area residents at the Bartley Ranch and Rancho San Rafael drop-off sites!*

*Please call BC Ledesma, Environmental Specialist II, at 785-1363 Ext. 5407 for questions.*





# JOIN US: KIDS ONLY ← COOKING CLASS!



Who: All eligible RSTHC kids--  
Ages 9-13

What: Healthy Snacking After  
School Cooking Class

When: January 14th, 2017 from  
10:00 am- 12:00 pm

Registration Required. Limited spots available. Please contact Kristie Messerli, Registered Dietitian to sign up @ 3295162.

\*\* Please Note: If your child no shows the class, they will not be able to attend the next kids class.



# **CONTRACT HEALTH SERVICE PATIENTS**

## **IN ORDER TO BE CONTRACT HEALTH SERVICE (CHS) ELIGIBLE YOU MUST MEET THE FOLLOWING CRITERIA:**

- ◀ You have to be a member of a Nevada Tribe or a descendant of a Nevada Tribal member living within the Contract Service Delivery Area (CHSDA)
- ◀ Married to a Nevada Tribal member and a member/descendant of a federally recognized tribe living in the Reno/Sparks CHSDA area
- ◀ Pregnant with a Nevada Tribal member's baby living in the Reno/Sparks CHSDA area.
- ◀ A member of a federally recognized tribe and working for the Reno/Sparks Indian Colony living in the Reno/Sparks CHSDA area
- ◀ A member of a federally recognized tribe and living on a reservation in the Reno Sparks CHSDA area
- ◀ Foster child living within the Reno/Sparks CHSDA area.

### **YOU MUST PROVIDE PROOF OF RESIDENCY BRING IN COPY OF:**

**Nevada Energy bill; Southwest Gas, cable bill, Division of Welfare Supportive Services response letters, or lease agreements or RSIC housing letter**

## **Emergency Room Notification**

It is the patient's or legal guardian's responsibility to notify **CHS** of an ER visit within **72 hours of visit or you may be liable for the bill. Elders have 30 days to report ER visits.** For notification make sure to speak to someone in the Reno-Sparks Tribal Health Center's CHS office or leave a message on one of the CHS clerk's phones. If the facilities are closed, please leave a detailed phone message with the CHS clerks at: (775) 329-5162 ext. #1915, 1916, 1917, 1919 or 1938.

The information should include:

1. Patient's full name (spell out the last name)
2. Date of birth
3. Patient's address
4. Telephone or cell phone number
5. Name of hospital or urgent care facility
6. Date and time of ER visit
7. Reason for ER visit
8. If patient was taken by an ambulance

**\*\*\*REFERRALS ARE LIMITED TO ONE VISIT\*\*\***

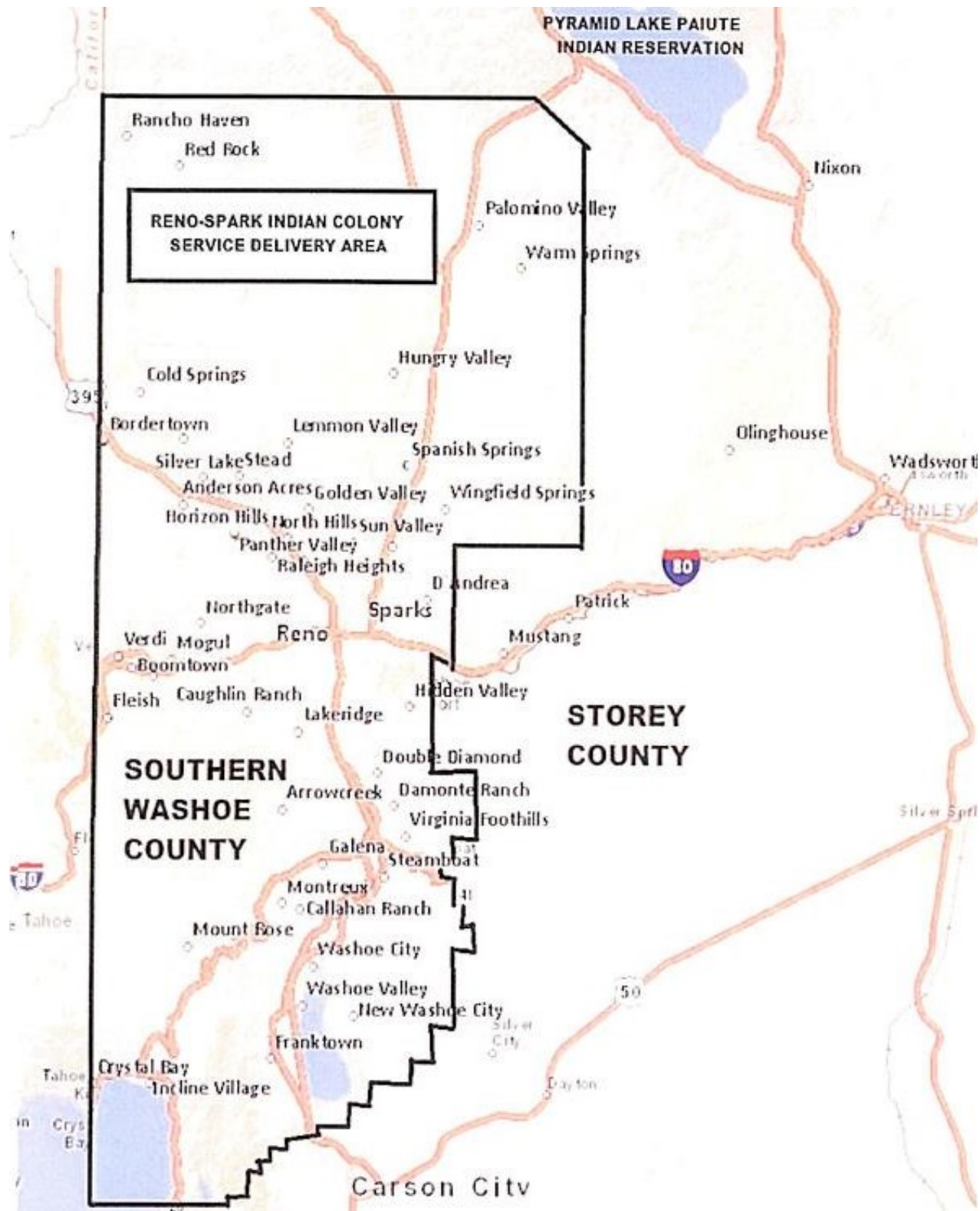
**YOU MUST OBTAIN ANOTHER REFERRAL FOR EACH VISIT, TEST ETC. \*\*\*\*\***

**CONTRACT HEALTH SERVICE – INDIAN HEALTH SERVICES**  
**ARE NOT AUTOMATIC**



# RENO-SPARKS INDIAN COLONY

## Contract Health Service Delivery Area



# Three RSIC Police Officers Named Safety Heroes

*Annual award recognizes individuals outstanding measures for community benefit*

Three individuals were recently recognized with the Champion of Safety award. All members of the Reno-Sparks Tribal Police Department, these officers were nominated as employees who routinely demonstrate exemplary use of Safe Work Practices and/or awareness of unhealthful or unsafe situations or conditions, and assists in the prevention and/or correction of these hazardous situations.

The annual award includes several categories related to safety, from prevention and implementation, to assisting others.

Two of this year's winners were recognized for participation in a lifesaving event.

Tribal Officers Gerard Jim and Shawn O'Daye were honored after performing meritorious action in the line of duty.

On Thanksgiving at about 6 p.m. during routine patrol,

Officer Jim and Officer O'Daye heard gunshots in the area of East 2<sup>nd</sup> St., and the I-580 overpass. He immediately relayed this information to the Washoe County Sheriff's Office dispatch center, and seconds later, Officer Jim located a male victim who had sustained several gunshot wounds.

Officer Jim administered aid to the victim, including cardio-pulmonary resuscitation (CPR), while also calming the victim's hysterical girlfriend. Unfortunately, the victim was later pronounced dead, but the victim's family took solace in Officer Jim's immediate action and lifesaving measures.

Furthermore, Officer Jim and Officer O'Daye were issued letters of commendation for their excellent work.

"You can take special pride in knowing that your efforts positively affect the quality of life on the Reno- Sparks

Indian Colony, as well as the City of Reno," read their award.

Their colleague, Officer Angelo Haffalla received the extra mile award.

His winning nomination noted that year after year Officer Haffalla takes time out of his busy patrol duties to spend time with community engagement. He visits the RSIC Senior Center and is highly visible at community events. In addition, he visits the Head Start students and the Child-care babies and toddlers to talk to them about many important safety issues such as stranger danger, how to get help in an emergency, and pedestrian safety. He delivers information at their level and makes it fun with stickers and other treats.

This is so very important because he is planting seeds that will empower our kids in how to take care of them

*Continued on page 28*



*Officer Gerard Jim*



*Officer Shawn O'Daye*



*Officer Angel Haffalla*



# In & Around: Reno-Sparks Indian Colony Community

*Hands on classroom & library projects, proud to be military*



**New Focus** – At the Reno Child Care Center, staff have implemented several techniques to teach students how to positively refocus. Above, two students show off their calm down jars which the students crafted.

*Photo provided by Lisa Tom*



**Mission Accomplished** – With a big smile after a job well done, Tatza proudly shows off her new reading material after helping with the RSIC Library's book fair.

*Photo provided by Lisa Tom*



**Attention** – A young soldier, Marcos Juarez, stands at attention near the military display arranged by the Reno-Sparks Indian Colony's Cultural Resources Program. During the annual RSIC Veterans community dinner, attendees took photos and admired the historic military relics.



**Parting Gifts** – Telling the crowd about his military service, Reno-Sparks Indian Colony Tribal Administrator, Edward Reina provided the keynote address at the RSIC Veterans community dinner. Reina is a Xalychidom and Piipaash Akimel O'Odham Indian.

*Photo By Trisha Calabaza*

# Ask Paul

**Question:** How was your holiday? Did the holiday season bring stress, anxiety, depression, frustration, anger, insomnia or loving, kind, restful, energetic, joyful, family time?

Maybe it brought a combination of all of these things.

The holiday season can bring unrealistic heightened expectations which lead to feeling overwhelmed, stressed and tired.

When people are lacking rest and/or not taking care of themselves, stress and anxiety build fast.

Does this sound like your holiday season?

So, now that the holidays are about over, how can we have more positive feelings and create a happier new year in 2017?

First, let's take a look at your lifestyle today.

Are you feeling down, sad or depressed?

Is this sadness or depression temporary or long lasting?

Here's a good quote that puts feeling down into perspective:

"People experience feelings of melancholy, sadness and grief tied to holiday recollections. Unlike clinical depression, which is more severe and can last for months or years, those feelings are temporary.

Anyone experiencing major symptoms of depression, such as persistent sadness, anxiety, guilt or helplessness; changes in sleep patterns; and a reduction in energy and libido, should seek help from a mental health professional."

December 3, 2015

By: Hazelden Betty

Ford Foundation

The Behavioral Health department at Reno-Sparks Tribal Health Center can help you if you are experiencing this type of depression.

If your negative feelings or challenges are temporary, you can benefit from taking a personal inventory of your life style and thoughts.

Think about this: You can think about your thoughts.

So, if you can think about your thoughts, you can change your thoughts.

If you change your thoughts you change your feelings.

If you change your feelings you change your behaviors.

Ask yourself, how do I behave when I am happy?

How is this behavior different than when I am angry?

If you can change your feeling from anger to another, more productive, emotion you stay in control and keep

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**"The most valuable asset you have is your time..."**

---

your power through your behaviors.

Are you setting up the new -year for success with your thoughts?

Or, are you going to behave the same way and expect different results?

Think about your new year's resolutions.

New Year's resolutions either add something you think you would like in your life or take out something that you don't want in your life.

The word resolution is similar to the word diet in that both have negative



connotations and hurt the person's self-esteem when these resolutions are broken.

Stop using concrete hard words in your self-talk.

Be gentle with yourself this new year and try for a healthier lifestyle change, slow and methodical, one day at a time, a little step every day towards your goal.

If you want to begin running, don't start by registering for a marathon.

Instead prepare yourself to succeed.

Make a special time in your schedule to devote to running and keep at it.

Your body will begin to feel odd if you miss your regularly scheduled run.

Now your body is communicating with your brain. The body never lies or plays tricks on you – unlike the mind.

So, listen to your body, it will tell you the healthiest option.

Remember your life is made up of your time.

So, the most valuable asset you have is your time.

Because your life is a culmination of all of your life choices, devote your time

to move towards your goals.

This is the way to create the life you dreamed of.

Are alcohol and/or drugs part of your life? Do you want to stop or slow down using substances?

Start by asking yourself; Is alcohol and/or drugs adding to my dream life or taking away from it?

If you drink alcohol set a limit and don't go over it. Holidays sometimes bring binges to people who don't normally drink much.

This can cause all kinds of problems both individually, and with relationships.

Sleep: Being tired leads to heightened emotions.

Also, your body doesn't forget. If you miss sleep, your body needs you to make it up.

Maintaining your sleep keeps life in perspective. Being tired can lead to irritability and being overly sensitive.

Don't take Facebook and social media so seriously. People are showing their very best experiences while they are self-promoting on Facebook.

It's unfair to compare your everyday life to these snap shots of other peoples' best experiences. These snap shots of people on their

dream vacation is not their normal lifestyle.

If you compare your regular life to others best snap shots, chances are you will leave feeling down. Be fair to yourself.

Finally, this year involve as many children as possible in your life, especially in your celebrations.

Kids have a great way of enjoying life with innocent fun! Kids' enthusiasm is contagious. Don't be surprised if you ending up having more fun than they do!

Above all, take care of yourself and invest in yourself this year.

The stronger you are the more you will be able to care for those who are older, younger, weaker or not as bright as you...which is the warrior way.

Paul Snyder MA, LADC-S  
RSIC

[rsnyder@rsicclinic.org](mailto:rsnyder@rsicclinic.org)

*Confidential voicemail:*

(775) 329-5162

Ext.,1962

# In & Around: Reno-Sparks Indian Colony Community

*Employees of the Year; wrapping collecting & delivering gifts for a great cause*



**Best of the Best** – The 2016 Reno-Sparks Indian Colony Employees of the Year were announced at the recent employee holiday party. Rhonda Laughlin, the Head Start Education Supervisor and Johnny Christy, the RSIC Administration Office Assistant were given the honor.



**A Personal Touch** – Making Christmas presents even more special with festival holiday wrap, staff members from several divisions within the Reno-Sparks Indian Colony helped wrap new toys for Colony and Hungry Valley youth. Above, Anissa Sabori adds some final touches.



**Big Hearts** – Leaders from the Reno-Sparks Indian Colony helped with the Marines Toys For Tots whose mission is to collect brand new toys for area youth during the holidays. Pictured above are: Jody McCloud, Arlan D. Melendez, Verna Nuno, Shawna Kirsten, and Robin Eagle.



**Surprise** – Members of the Reno-Sparks Indian Colony's Tribal Police Department helped deliver over 150 Christmas gifts to children throughout the Reno Colony and Hungry Valley.

*Photo Provided by Tribal Police*





# WINTER

## SKI TRIPS

# RSIC

Community

### INCLUDES

*Ski Rentals  
Food Vouchers  
Lessons  
Helmets  
Transportation  
(if needed)*

### Mt. Rose Ski Resort

Jan 7; Jan 21; Feb 4; Feb 11; Mar 4

*Sign ups*

Contact Walita @ 775-334-0938  
email: [wquerta@rsicclinic.org](mailto:wquerta@rsicclinic.org)

Event is free to you and your family ages 7 years old and up.  
Must be an RSIC member, employee or RSTHC patient.  
Sign ups are required.

# New Education Policies Emphasize Reading Fluency

*Hints for decoding, improving comprehension to improve children's reading skills*

## Reading Fluency:

***"Why does my child have trouble understanding or remembering what he/she reads?"***

**Decoding** (The ability to sound out letters and words) is very important, but sight words are important, too.

The more words your child can recognize at a glance (without having to sound them out), the faster he or she will be able to read.

Why does reading fluency matter? If your child has to sound out each word, it will take them longer to get

through each sentence. This makes it harder to remember all the words in the sentence and understand how they fit together.

Seeing the same word several times is one way to help your child shift from sounding out the word to recognizing it by sight. That's why reading the same passage multiple times can help them build fluency.

## Reading Level

Even if your child has accurate word reading, they may be reading books that are too far above their current reading level. Teachers occasionally give reading tests

to help them understand how well a student is able to read and comprehend text. These tests also give teachers important information about where a student needs help.

If you would like to know your child's reading level, please contact your child's teacher.

If you need assistance, please call the education department at 624-6114 or 785-1310.

*Submitted by:*

*Naomi Hanczrik*

*Student/Family Support Advocate*

*Provided by: UNDERSTOOD.ORG*

**I**n our traditional of respect, giving, and sharing, on Dec. 22, our 2016 Numaga Indian Days Tiny Tot Princess brought home made pine nut cookies to the elders at the Senior Center.

***Thank You,  
Kariumma K. John***





## Read by Grade Three – A Guide for Families

### What is it?

Read by Grade Three is a new Nevada State Law (SB 391) to ensure all young children get the reading skills they need to be successful in school and in the future. Read by Grade Three helps:

- Create stronger partnerships with families;
- Families understand their child's reading progress;
- Encourage families to ask questions and be aware of academic expectations; and
- Support teachers in receiving specialized training and resources to help struggling readers succeed.

### Will this new law affect my child?

The law applies to all kindergartner through third grade students; however the retention provision begins with the kindergarten students of the 2016-2017 School Year. That is, kindergarten students starting in the 2016-2017 School Year may be subject to retention at the end of grade three if they are not reading at their grade level.

### What are some questions I should be asking my child's teacher?

1. *How well is my child reading? Is my child reading as expected?*
2. *What is the plan to help my child in reading? What is the teacher doing? What can I do to help my child at home?*
3. *Can you show me some ways that I can help him or her read better?*
4. *Can you provide me with a list of books at his or her level?*
5. *What books will help improve his or her reading skills?*
6. *How do I know if my child understands what he or she is reading?*
7. *How will I know if the plan is working? If it isn't, how will the plan change?*
8. *What parent activities or workshops are available to me to help my child with reading?*



**Washoe County School District**  
Every Child, By Name And Face, To Graduation™



## What does it mean for my child?

- At the beginning of each school year and throughout the year, every child in kindergarten through third grade will be tested to see if he or she is reading at grade level.
- If your child's reading is not on track for his or her grade level, extra reading help will be provided by the school. If your kindergartner is not on track by the end of third grade, he or she might not advance to fourth grade.
- There are certain exemptions that allow a student who is not reading at grade level to advance to fourth grade. (Talk to your child's teacher or school administrator to discuss exemptions).

## How will I know if my child's reading is on track?

- Your child's teacher and other school staff will share results of your child's reading test beginning in the winter of each school year.
- If your child is not reading as expected, school staff will create a plan to help him or her improve.

## I need help understanding my child's test scores. What should I do?

- Ask your child's teacher - the best place to start is with your child's teacher. You should receive copies of these scores either with your child's report card or after your school has completed testing. Test results are also available on the Infinite Campus Parent Portal under the section titled "Assessment."

## How do I help my child outside of the classroom?

- *Read to your child in any language every day, anywhere for at least 20 minutes.*
- *Make reading part of your daily routine.*
- *Talk with, and listen to your child.*
- *Ensure your child is in school, ready to learn.*
- *Read books without words.*
- *Have books available around the house.*
- *Visit your local public library.*
- *Be a role model for reading.*
- *Ask your child to tell you about what they read?*
- *When reading to your child, stop often to comment, ask questions, and look at the pictures.*
- *Set up a writing station at home where your child can write and draw.*
- *Retell stories that have been read several times.*
- *After reading, invite your child to talk, draw, paint, or act out the story.*
- *If your child has an Individual Education Plan (IEP), please talk to your case manager about specific reading strategies for your child.*
- *Attend a Parent University class to help your child with literacy. Check our calendar of classes at: [www.wcsdparentu.org](http://www.wcsdparentu.org).*
- *Download the WCSD Family Guides for Learning for grades kindergarten to eight at: <http://www.washoeschools.net/Page/4292>.*
- *Use the following videos and tip sheets to support literacy learning at home: <http://www.washoeschools.net/Page/5342>.*
- *Visit the NBC Parent Toolkit to access resources at: <http://parenttoolkit.com/>.*





# EMS Office Relocates to Downtown Colony

*Tribal Council endorses more central location for Emergency Management*

The Reno-Sparks Indian Colony Office of Emergency Services has moved to a new location.

David Hunkup, the RSIC Emergency Services Manager can be found at 1933 Prosperity Ln., in Reno, Nev., in the same complex as RSIC Planning, Economic Development and Enrollment.

"The Tribal Council believes that the Reno location offers more ready access to support agencies and services. i.e. Law Enforcement, Health Clinic, Public Works, Planning and surrounding emergency support agencies," Hunkup said. "Now, emergency exercises can be conducted more effectively from our main tribal government headquarters."

In addition, Hunkup said that the building occupied in Hungry Valley was in disrepair and the cost to refurbish it was not economically feasible.

"Our emergency planning and training will be enhanced with access to additional resources and personnel thanks to the office's new location," Hunkup said.

Specifically, Hunkup sighted a recent power failure at the Colony.

In October, a construction accident left downtown Colony residents without power for nearly 12 hours.

Had the electricity remained out through the cold fall night, an emergency shelter would have had to have been opened for the community.

"This incident emphasized the need for a ready response to coordinate response services," Hunkup said.

The office hours of the Reno office will be from 8 a.m. to 5 p.m. Monday through Friday.

Of course, in keeping with the RSIC Emergency Services program mission, if an emergency incident requires,

Hunkup is available 24/7 for setting up a command and coordination, as Hunkup provides all aspects of emergency management, planning, prevention, protection, mitigation and recovery in an all risks hazard environment for the Reno-Sparks Indian Colony.

Hunkup works in tandem with the RSIC Tribal Police, the Hungry Valley Fire Department, the Local Emergency Planning Committee (LEPC), and several other local and state emergency services agencies.

Besides the physical address, all of Hunkup's other contact information remains the same--- email: [dhunkup@rsic.org](mailto:dhunkup@rsic.org); phone: (775) 785-1373, ext. 4373 and fax: (775) 834-0149.



**New Digs** — RSIC Emergency Services Manager, David Hunkup, has moved his office from a location in Hungry Valley to the downtown Colony. Now in the heart of the Colony, 1933 Prosperity Ln., Hunkup says the more central location will help plan for and enact emergency plans should a disaster strike.



# Join us for a Complimentary Cooking Class!

Who: All RSTHC  
patients and RSIC  
employees

What: Meal Prepping for  
a Healthy New Year!

Where: Nothing to It!  
Culinary Center

January  
14th, 2017  
2:00 pm-  
4:00 pm

Registration Required. Limited spots available.  
Please contact Kristie Messerli, Registered  
Dietitian to sign up or for more information @  
3295162

## PLEASE NOTE:

IF YOU NO CALL/NO SHOW A COOKING CLASS, YOU WILL BE UNABLE TO PARTICIPATE IN  
THE FOLLOWING MONTH'S CLASS.



# It's More Than A Feeling: Seasonal Affective Disorder

*Lack of sun can lead to more than just winter blues*

*By Lenzy Krehbiel-Burton,  
Native Health News Alliance*

**TULSA, Okla. —** April is not the cruelest month for Jason Tuesday. December is.

A First Nations resident of Winnipeg, Manitoba, Tuesday was diagnosed with seasonal affective disorder (SAD) in 2013 after he and his doctor noticed a pattern of his emotional well-being nose diving around the same time each year.

"I was going through what seemed like another crisis at about the same time as every other year — in December," he said. "We just came to this conclusion. It just seemed like I was in a cycle that these things were happening regularly at about the same time each year and where it was more... than what I could deal with."

About 3 million Americans and 2.1 million Canadians struggle with seasonal depression annually.

According to a 2005 study by Kathryn Roecklein and Kelly Rohan, up to 20 percent of all recurring cases of depression are seasonal.

Although it is possible to experience SAD during the spring or summer, it is more prevalent in winter months due to less daylight.

That prolonged darkness can set off a physiological chain reaction in the body, starting

with impacting some of the body's basic rhythms and eventually influencing brain chemistry.

"The circadian rhythm gets messed up due to lack of sunlight," said Terri Goodwin, a behavioral therapist for Citizen Potawatomi Nation in Shawnee, Okla. "It gets you all out of whack and messes up your internal clock. When that happens, your serotonin and melatonin levels drop, which affects your sleep cycle and impacts mood."

According to webmd.com, circadian rhythms are the biological cycles which reoccur over a 24-hour intervals. Our circadian rhythms tell us when

to get ready for sleep and when to wake up.

Among the populations more likely to develop SAD are women, people younger than 55 years old, those with a family history of SAD and those who live in northern locales, where there is not as much sunlight during the winter months.

The more common symptoms of seasonal affective disorder include:

- Irritability
- Difficulty concentrating
- Sleeping more than usual
- Increased hunger, especially for carbohydrates
- Weight gain

*Continued on page 26*



**Emotional Well-Being Nose Dive —** *Winter is a tough season for almost everyone. Seasonal affective disorder (SAD) is a condition of depression that is related to a lack of light during dark months. Bad weather, cold temperatures and the dark days of winter months in the northern hemisphere can affect individuals profoundly according to Range Media Healthy.com. Approximately 5 million people living in North America struggle with seasonal depression every year. The prolonged darkness due to less daylight can trigger a physiological reaction in the body which manifests itself through depression.* **File Photo**

- More difficulty getting along with other people or withdrawing from social events and interactions
- A leaden, heavy feeling in the arms and legs

As Goodwin pointed out, a SAD diagnosis requires that the symptoms appear and disperse at approximately the same time each year for two or more years, in order to differentiate it from a major depressive episode.

"Most of the symptoms are pretty much the same," she said. "It's a matter of how long they last, when they show up and whether it's present at just one time of year."

To combat that lack of sunlight, some patients turn to light therapy. Used either alone or in tandem with other treatments, a light therapy session involves sitting or working close to a bright artificial light box for a set amount of time.

Depending on the intensity of the fixture involved, a single session can last from 30 minutes with a 10,000 lux light – the equivalent of spending 30 minutes outside on a sunny day – to two hours with a 2,500 lux light.

In comparison, the lighting in an average bedroom ranges from 300-500 lux.

Patients often adopt light therapy sessions as part of their morning routine in order to maximize the treatment's impact during the day.

Although many patients are asked to face the box in order



to increase its effectiveness, looking directly at it is strongly discouraged, due to its potential harm to the eyes.

Despite showing some success in as little as two weeks in research studies, the United States Food and Drug Administration does not regulate or test light therapy boxes. Potential side effects may include eyestrain, headaches and insomnia, if the session is conducted later in the day.

The Diagnostic and Statistical Manual of Mental Disorders classifies SAD as a subset of depression, and several pharmaceutical options used to treat major depressive episodes have also been shown to be effective in SAD patients.

On the medication side, the Federal Drug Administration has approved the use of extended release bupropion, marketed as Wellbutrin and Zyban, as an option for SAD patients since 2006.

Paxil, Prozac and other selective serotonin reuptake inhibitors, which shift the brain's serotonin balance, have also shown to be viable treat-

ment methods, both alone or used in conjunction with counseling or light therapy.

For Tuesday, mindful meditation and stepping back from time to time have helped him cope when December rolls around. He has also found some peace through group sessions with other men who are struggling with depression, but the challenge is still there.

Although he has opened up more to friends and family about his mental health status, he allowed his phone to be temporarily shut off earlier this winter simply because he did not want to deal with people.

"For me, January's usually a little better," he said. "It's brighter, but getting through December without acting out is an achievement."

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*This story was created and written with support from the Citizen Potawatomi Nation. It was originally printed for Native Health News Alliance. Native Health News Alliance creates shared health coverage for Indian communities, highlighting important issues within the local Native community.*

If you think you or a loved one might be suffering from SAD, please contact the staff at the Reno-Sparks Tribal Health Center at (775) 329-5162 or visit them at 1715 Kuenzli St.





**CONGRATULATIONS**  
to  
**COLBY ASTOR**



Sherman Indian High School  
Varsity Cross Country Star



Mom Alvie

*The family of Tammy Tobey would like to take this opportunity to express a sincere thank you to all who expressed words of comfort, support, love and hugs, prayers, cards, flowers and food donations. The kindness of all is very much appreciated during this difficult time. Special thanks to Pastor Augustin Jorquez, Janice Gardipe, Vincent Stewart, Verna Nuno, Jody McCloud, RSIC Tribal Council, Planning Dept., IT, Public Works and Recreation. Tribal Council Secretary, Robin Eagle, was so helpful, caring and thoughtful, Juanita Sampson for the wonderful cakes, the Shaw Family; Frances, Shawn, and Geraldine, Ray and Peggy Karen.*

*The Family of Tammy Tobey*





*Continued from page 14*

selves and trust and respect law enforcement.

He demonstrates how much he cares for even the smallest members of our community.

"We are lucky to have a good role-model who is always friendly, polite, respectful, and carries himself with dignity and

professionalism," read his award.

The Champion of Safety Awards are a product of the RSIC Health & Safety Committee. The group uses a nomination and award system to recognize employees who routinely demonstrate exemplary work.

Nominations may be made by anyone who is aware of an employee who would qualify for an award.

Forms for nominations are available from the RSIC Emergency Management Office, 1933 Prosperity Ln., in Reno, Nev., or phone (775) 785-1373, ext. 4373.



VICTORY OUTREACH  
RENO


# W.I.N.D.S

Every  
*Thursday*  
@7:00pm

155 Glendale Ave

*For more info call 775 770-0937*

**THE 3 NATIONS WELLNESS CENTER  
AND DIABETES PROGRAM PRESENT:**



**DID YOU KNOW YOU CAN BURN UP TO 1,000  
CALORIES DURING ONE HOUR OF ZUMBA?**

**Come join us!**


**Mondays  
&  
Wednesdays**

**Who:** Open to RSIC employees and RSTHC patients  
**What:** ZUMBA! Wear tennis shoes and bring a bottle of water  
**When:** Every Monday night, from 6:00 pm-7:00 pm  
**Where:** 3 Nations Wellness Center Gym

**NO SIGN UP REQUIRED. JUST SHOW UP, READY TO EXERCISE!**  
Please contact Kristie Messeri, Registered Dietitian for questions: 775-329-5162 ext. 1943

*...call 329-5162 for details*

# BOXING



**JOIN US!**  
EVERY THURSDAY NIGHT  
6:30 PM- 7:30 PM

BEGINNERS  
INTERMEDIATE  
ADVANCED


MASTER TRAINER  
RICK PEARSON

**MEN ONLY**

Learn combinations, proper form  
and technique, along with foot  
work while training your  
cardiovascular system.

ALL  
RSTHC PATIENTS  
AND  
RSIC EMPLOYEES

# CARDIO KICKBOXING



**JOIN US!**  
EVERY FRIDAY  
12:00pm- 1:00pm  
**FIGHT FOR FITNESS**

**WOMAN ONLY**

CERTIFIED PERSONAL TRAINERS  
WALI QUERTA  
TIFFANY DEAN

Intense cardio by punching,  
kicking, and using natural  
body weight.

ALL ELIGIBLE  
RSTHC PATIENTS  
AND  
EMPLOYEES

# Legal Notices, Public Announcements

## *Recruitment for 2017 Tribal Election Board members, youth art contest*

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### **Notice to RSIC Enrolled Members**

An Election Board consisting of five (5) members and two (2) alternates shall be appointed within six (6) months before the 2017 Tribal Election and the term of office of these officials shall be for two (2) years.

The Election Board members shall be compensated at a rate prescribed by the Tribal Council. The Standing Rules for Committees and Advisory Boards of the Reno-Sparks Indian Colony were revised and adopted by the Tribal Council on 10-31-2012, Resolution No. 2012-RS-53. Rules No. 8 states - "Each person appointed as a member of a committee or advisory board shall not sit on more than two committees or advisory boards at a time; this is combined, meaning that if a person sits on a committee and an advisory board, that person has reached the limit under this rule. The only exception is if a person sits on an intermittent board, such as the Election Board; in that instance the person is subject to the limit of this provision but can sit as a member on one intermittent committee or advisory board. A person can only serve as the chair of one committee or advisory board at a time, including an intermittent committee or advisory board."

Any interested RSIC Enrolled Member may submit their signed letter of interest to the Tribal Administrator at 34 Reservation Road, Reno, NV, 89502. No emails will be accepted.

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## **PUBLIC MEETING PROPOSED AMENDMENT TO RSIC LAW AND ORDER CODE ANIMAL CONTROL ORDINANCE No. 10-C RENO - January 12, 2017 at Tribal Court at 6:00pm HV – January 19 at HV Rec Center LL at 6pm**

The Community is invited to attend and give input on the proposed amendment to the Animal Control Ordinance. There are specific changes that would affect ownership of pit bulls on the Reno-Sparks Indian Colony.

Copies of the proposed amendment will be available at the Tribal Court and front desk of the Administration Building at 34 Reservation Road, beginning December 12, 2016.

The proposed ordinance will be submitted to Tribal Council for approval in February 2017.





# Legal Notices, Public Announcements

*Recruitment for committee members: enrollment, language, health board*

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## **NOTICE OF COMMITTEE RECRUITMENT ENROLLMENT COMMITTEE**

The Enrollment Committee has one (1) vacancy. The Committee will need –One (1) Representative.

The Enrollment Committee By-Laws state – The Enrollment Committee members shall be appointed by the Tribal Council for a four-year term with an option to renew their membership on the Enrollment Committee. Section 1 – Vacancies and Recruitment – Any vacancies shall be filled in a corresponding tribal manner to maintain the balance of the Committee. A. The Committee shall declare all vacancies by Committee action. B. Letters of interest from Colony members will be solicited and upon receipt shall be filed with the Enrollment Officer for the Committee's review. C. The Committee shall submit a list of interested persons eligible to serve on the Enrollment Committee to the Tribal Council for formal appointment. The Enrollment Committee will make their recommendation on said appointment known to the Tribal Council at that time. D. The Tribal Council will notify the Committee of their decision.

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## **Recruitment for Language & Culture Advisory Committee Members**

The Reno-Sparks Indian Colony Language & Culture Advisory Committee is currently seeking one Tribal members to serve on the Language & Culture Advisory Committee.

Committee members will be appointed by the RSIC Tribal Council and shall serve a term of two years. If interested in becoming an LCAB member, please submit a letter of interest to:

Reno-Sparks Indian Colony  
Language & Culture Program  
401 Golden Lane  
Reno, NV 89502  
or call 775/785-1321

## **Reno-Sparks Tribal Health Center Recruiting Representative Executive Health Board**

The Reno-Sparks Tribal Health Center is recruiting for one (1) RSIC Tribal representatives to fill vacancies 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 which can be obtained from the front desk at 34 Reservation Rd. For more information please phone, 329-5162, ext., 1901.*

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**www.rsic.org**

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*Continued from page 4*

4 million toys since 2004 thanks to its generous customers.

"Certainly, we need the resources of Toys "R" Us, without the toys, we wouldn't have this opportunity, plus, we also want to thank our RSIC Tribal Police Department for assisting in the home delivery of toys," Botello said. "We are appreciative to Chief Daryl Bill and his officers for making a difference in our community."

Botello was also quick to acknowledge to the RSIC Tribal Court and the Reno-Sparks Tribal Health Center for their involvement.

"Our point of contact at the health center was Lawana Martinez who organized a food drive and collected toys, too," Botello said.

She added that because of these RSIC departments efforts, in addition to providing gifts for the children, many of these needy households received food donations. Botello said that the tribal courts made goody bags for the children as well.

Furthermore, in addition to the human services and the police department, other staff members from tribal court, the Chairman's office and the tribal

administrator's office, joined in the giving by wrapping over 150 gifts generously donated by Toys"R"Us.

"Certainly, our goal was on giving our needy children a brighter Christmas, but giving to others feels so good and helping children allows you to have that great feeling of putting others first.

Botello said it was an honor that the children allowed adults to enjoy their happiness.

"There is no greater reward and it is such humbling work," Botello said. "It is an absolute privilege to be part of such a great community."



**150 Toys For Christmas** — Some of the members of the Reno-Sparks Indian Colony Human Services staff stand with the hundred-plus gifts donated by Toys R Us for the Marines Toys For Tots Foundation. Pictured above, from left to right: Cheryl Douglas, Eric Dearnore, RSIC Chairman Arlan D. Melendez, Adriana Botello and Anissa Sabori. Not pictured is Vanessa Loya.