



THE CAMP NEWS

VOLUME XIV ISSUE 12

DECEMBER—2018

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

Human Services, RSIC Staff Partner to Brighten Holidays

Volunteers wrap, deliver toys for hundreds of youth throughout community

Once again, the Reno-Sparks Indian Colony Human Services Department partnered with Toys for Tots to celebrate our children and the beauty of the holiday season.

After receiving 682 toys from Kevin Santor of the Marine Corps League Battle Born Detachment 672, over 50 employees of the Colony helped wrap the toys.

“For five hours, we had great helpers join us for this joyous occasion and celebration,” said Adrianna Botello, the director of the Tribes Human Services Department. “Our goal was to insure that all our children got a toy this Christmas.”

All told, the effort yielded enough gifts for 92 families. These households included all children living on Tribal lands as well as Urban Indians.

Besides working with current clients to brighten the holiday season for families, Botello and her staff took recommendations from all RSIC departments.

“We don’t say no,” said Meleseini “Mel” Tuihalangie, the department administrative assistant. “We want every child to have a toy no matter what.”

And partnering with Toys

for Tots eases that lofty goal.

Founded in 1947, Toys for Tots is a program run by the United States Marine Corps Reserve. Their basic mission is to collect new unwrapped toys and distribute those toys to less fortunate children at Christmas.

The program was founded in 1947 by reservist Major Bill Hendricks. Santor serves as

the Toys for Tots coordinator in Reno.

Presently, the Toys for Tots Program distributes an average of 18 million toys to 7 million less fortunate children annually.

Plus, the project often goes to extraordinary lengths to make Christmas Merry for kids and their loved ones.

Continued On Back Cover



Finishing Touches — Reno-Sparks Indian Colony Social Worker Anissa Sabori marks a Christmas present as a gift for a girl, boy, or either gender, along with the ideal age of the receiver. Led by the RSIC Human Services Department, over 680 wrapped toys will be given to Native American children, many of which were delivered by RSIC Tribal Police.

NEW YEAR'S EVE

SOBRIETY SOCIAL POWWOW

DECEMBER 31, 2018

RSIC GYMNASIUM - RENO, NEVADA

MC
HANK JOHNSON

ARENA DIRECTOR
MARTY MONTGOMERY

HEAD MAN
JJ JOHNSON

HEAD WOMAN
DAYANN HARRISON

INVITED DRUMS
RED HOOP
YOUNG CHIEF
WAR HAMMER
BATTLE HORSE

GRAND ENTRY 6PM

FAMILY FUN!!!

CAKE WALK

SOBRIETY CHIP
GIVEAWAY

SPONSORED BY THE
RENO-SPARKS
TRIBAL HEALTHCENTER

FREE EVENT
GIFTS TO DANCERS
FREE COMMITTEE
RAFFLE

GENERAL INFO

Lydia Bonta 775.842.6388
Summer Dressler 775.203.5017
Helen Uribe 775.686.0394

Vendors: toby stump 775.470.1100

34 Reservation Road 89502

Reno, NV

Deadlines, Mailing List

The Camp News Profile

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

SEND US YOUR NEWS

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

CONTACT OUR STAFF

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

CIRCULATION

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

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

ELECTRONIC EDITION

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

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

www.rsic.org

Important JANUARY dates

- 1 New Year's Day, RSIC Administration Offices Closed
- 2 Senior Paiute Classes, Senior Center, 1 p.m.
Law & Order Committee, Tribal Court, 6 p.m.
- 4 Native Art Classes, RSTHC, 10 a.m.
- 5 Connected Native Art Exhibit Closes
- 7 Education Advisory Committee, Ed Conference Room, 1 p.m.
Senior Advisory Committee, Senior Center, 2 p.m.
- 9 Senior Paiute Classes, Senior Center, 1 p.m.
- 11 Last Day of Winter Day Camp
Native Art Classes, RSTHC, 10 a.m.
- 14 Washoe County Schools Resume
- 15 NDOT Deadline for Public Comments on Spaghetti Bowl
Environmental Impact Statement
Commodity Distribution, Senior Center, 8 a.m.
- 16 Senior Paiute Classes, Senior Center, 1 p.m.
Tribal Council Meeting, 34 Reservation Rd., 6 p.m.
- 17 *Camp News* Submission Deadline
- 18 Native Art Classes, RSTHC, 10 a.m.
- 19 3rd Annual Women's March Nevada, Reno Arch, 11 a.m.
- 21 Martín Luther King Day, RSIC Administration Offices Closed
- 23 Senior Paiute Classes, Senior Center, 1 p.m.
- 28 Executive Health Board Meeting, RSTHC, 5:30 p.m.
Language & Culture Advisory Board, RSIC Library, 5:30 p.m.
Housing Advisory Board, Hungry Valley Rec Center, 7 p.m.
- 30 Senior Paiute Classes, Senior Center, 1 p.m.
Economic Development Meeting, 34 Reservation Rd., 6 p.m.



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

Please be sure you and your loved ones are connected...

SIGN UP *for* **Reno-Sparks Indian Colony** **EMERGENCY MESSAGES!**

VOICEMAIL



E-MAIL



TEXT



WHAT ARE EMERGENCY ALERTS OR RAVE MOBILE SAFETY?

The Reno-Sparks Indian Colony's Rave Mobile Safety is a software application used to send emergency alert notifications and updates to large groups of people.

The system is capable of simultaneously sending an alert to thousands of people via email, telephone, cell phone, text message.

Mass notification systems are typically used to issue voice or text messages alerting response personnel to the presence of an emergency as well as instructing residents of specific areas on how best to reduce their risk of harm in potentially life threatening situations.

www.rsic.org

EMERGENCY ALERTS MAY BE USED TO ALERT YOU TO SITUATIONS SUCH AS:

- Large Fires
- Chemical Spills
- Contaminated Water
- Evacuation Notices
- Severe Weather
- Police Activity
- Electrical Outages

If you have any questions, or would like to learn more information about this system, please contact us.

RSIC Emergency Services

David Hunkup
34 Reservation Road
Reno, NV 89502

dhunkup@rsic.org
Phone: (775) 785-1373
Fax: (775) 329-2781

Participation in the Emergency Alerts or Rave Mobile Safety system is **NOT MANDATORY**. Your contact information can be removed upon request.

The Reno-Sparks Indian Colony's Emergency Alert System will be used to warn you of possible hazards that could affect your safety.

Environmental Impact Statement Released by NDOT

Spaghetti Bowl public comments still accepted until January 15

By Scott Carey

Reno-Sparks Indian Colony Planner

The Nevada Department of Transportation (NDOT) has released a proposed preferred alternative for the Reno Spaghetti Bowl Project, and it will be reviewed by the Reno-Sparks Indian Colony leadership next month.

The proposed preferred alternative design, Alternative #2, does not take any Tribal land or Tribal Member homes, while it also preserves both the E. 2nd Street/Glendale Avenue and Mill Street interchanges.

The announcement came as NDOT released the Environmental Impact Statement (EIS) earlier this month.

"We are grateful that the staff at NDOT, carefully listened to our residents and worked closely with our staff to come up with solid solutions for this complex, and very necessary



What Is The Impact? — A full copy of the environmental impact statement is available for review at the Reno-Sparks Indian Colony Library, located at 401 Golden Ln., and at the RSIC Planning office located at 1937 Prosperity St. It is also available online at <https://ndotspaghettibowl.com/environmental-review-docs/> and on the Tribes' website: www.rsic.org. The National Environmental Policy Act of 1969 requires that all federal agencies prepare a detailed environmental impact statement (EIS) for major federal actions that will significantly affect the quality of the human environment.

File Photo



Major Redesign — The I-80/I-580 Interchange, the Reno Spaghetti Bowl was constructed around 1971 for a population of about 130,000. Currently, Washoe County has approximately 420,000 people and the state transportation department, expects an increase of over 147,000 people over the next 20 years. Besides the massive congestion and poor traffic flow, the number of collisions at the Spaghetti Bowl nearly doubled in the last five years.

project," said RSIC Chairman Arlan D. Melendez. "It appears, NDOT has refined the preferred alternative to protect the interests of the Colony and mitigate impacts to our community."

The preferred alternative includes many changes to Interstate 80, Interstate 580, and U.S. 395, with particular attention to the I-80/I-580 interchange, also known as the Spaghetti Bowl.

The ultimate goal of the new design is to improve safety and traffic operations.

According to the state transportation department, Washoe County is expected to see an increase of over 147,000

people over the next 20 years.

In preparation for continued population growth, NDOT is improving portions along the busiest interchange in Northern Nevada.

In addition to these improvements, future traffic projections will be analyzed and infrastructure needs will be identified to take the Reno-Sparks area through the year 2040.

Spaghetti Bowl improvements include short-, mid- and long-range projects. NDOT has put plans in place to add more freeway digital message signs advising drivers of upcoming traffic conditions near the Spaghetti Bowl. Long-range

Continued On Page 6

projects may include the widening of the freeway and interchange ramps to accommodate increased traffic volumes.

Once complete the preferred alternative design is expected to improve safety and traffic operations in the Reno/Sparks area with an estimated 94 percent of all vehicles on the freeway traveling over 50 miles per hour during morning and evening commutes.

The total estimated cost for the preferred alternative is \$2.4 billion and would be constructed in five phases between 2020 and 2039.

A full copy of the environmental impact statement is available for review at the Reno-Sparks Indian Colony Library, located at 401 Golden Ln., and at the RSIC Planning office located at 1937 Prosperity St., and online at <https://ndotspaghettibowl.com/environmental-review-docs/>.

Last week, NDOT and the Federal Highway Administration (FHWA) held a public hearing on the EIS at the Reno-Sparks Convention Center.

The public hearing was well attended by local agency representatives and members of the general public.

During the public hearing, NDOT and their design team provided an overview of the preferred alternative design and discussed the project's potential impacts.

The identified impacts from the proposed design throughout the Reno/Sparks area include; displacement of 326 residential units, loss of 1.7 acres of parks, displacement of 16 public build-

Key features for the Spaghetti Bowl Project Alternate #2

- Ramp braids with most adjacent interchanges.
- Two-lane ramps for most traffic movements.
- Direct connect ramp for the south-to-east ramp.
- Semi-direct ramp for north-to-west traffic.
- A loop for west-to-south traffic.
- Wells eastbound entrance is fixed with a braid for the east-to-north ramp.

ings, and displacement of 22 commercial buildings.

None of the identified displacements from the preferred alternative include any RSIC owned land, homes, business, or buildings.

During the public hearing, the RSIC Planning staff provided testimony about the preferred alternative design and provided suggestions for mitigating the project's impacts to the Colony.

The first phase of the project includes freeway improvements near the Colony and is slated to begin construction in 2020.

The first phase of the project includes the reconfiguration of the southbound I-580 E. 2nd Street/Glendale Avenue off ramp and constructing a braided ramp for the southbound I-580 Mill Street off ramp.

NDOT has released a video simulation of the preferred alternative design throughout the entire Reno/Sparks freeway system and is available at the following link <https://www.youtube.com/watch?v=deAdwMGHjXA>.

According to a 2015 *Reno-Gazette Journal* story written by Jeff DeLong, the Spaghetti Bowl has evolved into a steadily worsening traffic snarl as the Reno-Sparks area grew and more and more cars took to highways.

The Reno Spaghetti Bowl was originally constructed between 1969 and 1971 for a population of about 130,000 people.

In 1980, the area's population was about 191,000 and the number of vehicle miles traveled was measured at 1.3 billion, according to NDOT.

By 2011, the population had soared and miles traveled almost tripled to 3.2 billion.

Currently, Washoe County has increased in population to approximately 420,000 people.

Average annual daily traffic on I-80 just west of the Spaghetti Bowl is 118,000 vehicles while another 102,000 travel U.S. 395 just north of the interchange, per NDOT.

Furthermore, NDOT will be accepting public comment on the EIS through Jan. 15, 2019.

Public comment forms and copies of the EIS public hearing handouts are at the RSIC Planning offices, too.

For more information on the Reno Spaghetti Bowl project please visit:

www.ndotspaghettibowl.com, call 775-622-5555 or email: info@dot.state.nv.us.

For questions or additional information about the project or to discuss the project please contact Scott Carey, RSIC Planner at (775)785-1363 ext., 5406 or at scarey@rsic.org.


Burn Wise


Program of U.S. EPA


BURN THE RIGHT WOOD, THE RIGHT WAY, IN THE RIGHT WOOD-BURNING APPLIANCE


Did you know that by changing the way you burn wood you can save money, reduce air pollution and protect your health?


Here are a few simple tips to make your fire burn hotter, keep your wallet fatter and keep your local air cleaner and healthier.


 **Season all firewood.** All firewood should be split, securely covered or stored, and aged for at least six months. Seasoned wood burns hotter, cuts fuel consumption and reduces the amount of smoke your appliance produces.


 **Choose the right firewood.** Hardwoods are the best. Never burn trash or treated wood which can emit toxic air pollutants.


 **Start it right.** Use only clean newspaper or dry kindling to start a fire. Never use gasoline, kerosene, charcoal starter, or a propane torch.


 **Don't let the fire smolder.** Many people think they should let a fire smolder overnight. But reducing the air supply does little for heating and increases air pollution.


 **Clean ashes from your wood-burning appliance.** Excess ashes can clog the air intake vents reducing efficiency. Be sure to dispose of ashes in a metal container away from the house or any flammable material to reduce the risk of fire.

 **Keep your chimney clean.** A clean chimney provides good draft for your wood-burning appliance and reduces the risk of a chimney fire. Have a certified professional inspect your chimney once a year.

 **Be a good neighbor.** Follow best practices for burning wood. Always remember to comply with state and local codes and check your local air quality forecast.

 **Follow instructions.** Operate your wood-burning appliance according to the manufacturer's instructions and follow all maintenance procedures.

 **Upgrade to cleaner equipment.** EPA-certified wood stoves and fireplace inserts burn cleaner and burn wood more efficiently emitting less particle pollution than older models.

 **Size matters.** Choose the right-sized appliance for your needs. If your wood-burning appliance is too big for your room or house, the fuel will smolder and create more air pollution.

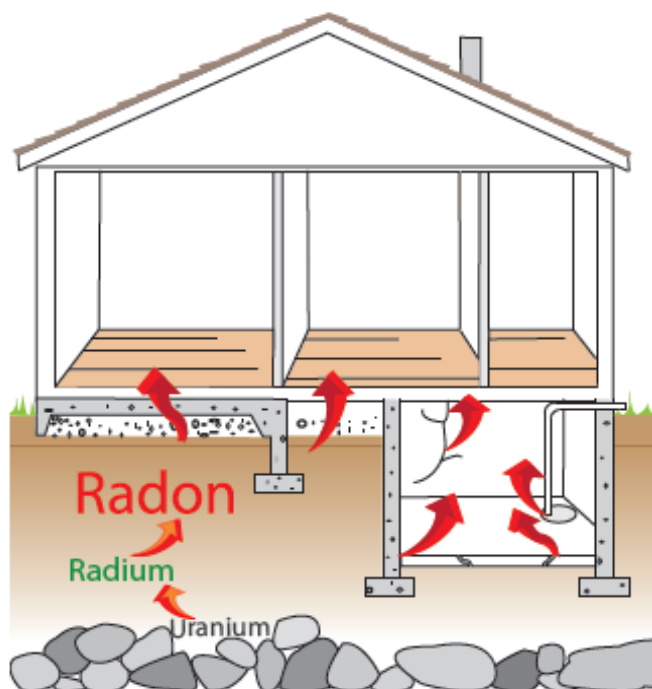


For more information on how to burn wise, go to www.epa.gov/burnwise

EPA-456/F-09-004



Learn about **RADON** in Washoe County



RADON is a naturally occurring radioactive gas that can seep into your home from the ground, increasing your risk for **LUNG CANCER**.

FREE RADON TEST KITS

Jan. 1 to Feb. 28

WASHOE COUNTY COOPERATIVE EXTENSION
4955 Energy Way, Reno
(M-F, 8 a.m. to 5 p.m.)

SUN VALLEY GENERAL IMPROVEMENT DISTRICT
5000 Sun Valley Blvd., Sun Valley
(M-F, 8 a.m. to 5 p.m.)

INCLINE VILLAGE RECREATION CENTER
980 Incline Way
775-832-1300
(M-F, 6 a.m. to 9 p.m. and S-Sn, 7 a.m. to 8 p.m.)



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FREE RADON EDUCATION PRESENTATIONS

- ◆ Learn how to test for **RADON**
- ◆ Learn how homes can be fixed
- ◆ Get a FREE **RADON** test kit

SATURDAY, JAN. 12, 2 P.M.

Sierra View Library

4001 S. Virginia St., Reno

TUESDAY, JAN. 15, 5:30 P.M.

Spanish Springs Library

7100 Pyramid Way, Sparks

SATURDAY, FEB. 2, 3:30 P.M.

Northwest Reno Library

2325 Robb Dr., Reno

WEDNESDAY, FEB. 6, AT 5:30 P.M.

North Valleys Library

1075 N. Hills Blvd., Reno

THURSDAY, FEB. 7, AT 6 P.M.

Sparks Library

1125 12th St., Sparks

SATURDAY, FEB. 9, 3 P.M.

South Valleys Library

15650 Wedge Pkwy., Reno

FOR MORE INFORMATION

call **888-RADON10** (888-723-6610)

or visit www.RadonNV.com

Health Risk: Odorless, Tasteless, Colorless Radioactive Gas

Free presentations, test kits available through January for county residents

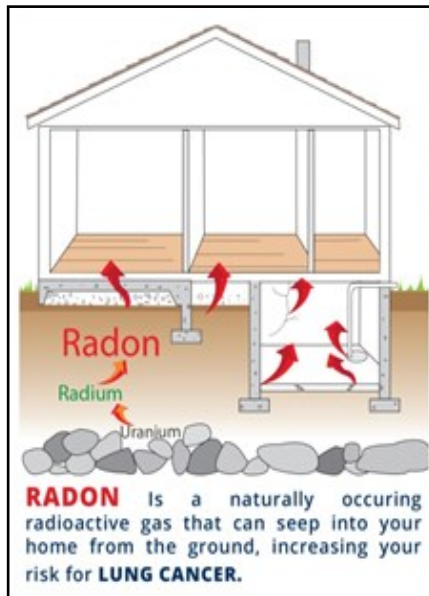
*By Bhie-Cie (BC) N. Ledesma, MPH
Environmental Specialist II (EPA & CAA)
RSIC Environmental Program*

Radon is a naturally occurring radioactive gas that has no odor, color or taste and is produced by the breakdown of uranium in soil, rock and water.

Uranium is found in all soils and in higher concentrations in granite, shale and phosphates.

As it decays into radon gas, it moves through the soil into the atmosphere, where it is harmlessly dispersed in outdoor air or can enter buildings through foundation openings and become trapped inside.

When it enters a building, it can accumulate and present a



Early Symptoms — *Sickness from radon includes: persistent cough, coughing up blood, wheezing, shortness of breath, hoarseness, chest pain, especially when you cough or laugh and frequent infections such as bronchitis and pneumonia.*

health concern for occupants.

Buildings other than homes, such as commercial buildings, schools, and apartments can also have radon concerns.

Radon is a serious health risk facing tens of thousands of Americans. Exposure to radon gas causes more than 20,000 deaths annually and it is the number one cause of lung cancer among non-smokers.

The challenge is that we can't see, smell, or taste it, so it is easy to forget that radon may be a problem in any home, school, or building in the country.

The only way to determine whether a building has elevated radon levels is to test.



Connected

ART EXHIBIT INCLUDES CALIFORNIA INDIANS,
NATIVE AMERICAN AND INDIGENOUS ARTISTS ACTIVE
IN THE CENTRAL CALIFORNIA REGION:

Tiffany Adams
Dugan Aguilar
Gemma Benton
Noixium Berrios
Charley Burns
Sonia Camp
Frank LaPena
Kai LePena
Meyo Marrufo
Melissa Melero
Stan Padilla
Devany Rain Royalty
Lyn Risling
Monique Sonoquie
Gerald Stone
Brian Tripp

through — JANUARY 5TH, 2019

BLUE LINE ARTS

405 VERNON STREET, ROSEVILLE, CA

Reno-Sparks Tribal Health Center, Three Nations News

Candy Swap, Steps Toward a Healthier You well received

*By Vanessa Williams
B.S. Community Health Science /
Certified Personal Trainer*

2018 marked the third year that Walita Querta, the Three Nations Wellness Center Events Coordinator, has held a candy swap during the Reno-Sparks Indian Colony's communities trick-or-treating.

A huge thank you goes out to the parents and children who participated in the candy swap.

We all know how hard it is to give up those Reese's Peanut Butter Cups and Sour Patch Kids. Over the past three years we have collected roughly 175 pounds of candy.

So, what happens to the collected candy?

We eat it!

Joking, we do not eat the



Treats For Others — *For the third straight year, the 3 Nations Wellness Center collected candy after trick-or-treat which was donated to a organization who sends care packages for overseas military members and their other public servants.*

Photo Provided By RSTHC

candy. We donate the candy to an organization called Operation Gratitude. Operation Gratitude sends care packages to deployed troops, first responders (law enforcement, firefighters, and paramedics), Veterans, new recruit graduates, wounded heroes, wounded hero's caregivers, and children of deployed members. A handful of candy is added to each care package sent.

Halloween is the perfect time for donations because there is a lot of extra candy, and it is all mixed up, so there is variety.

Since Operation Gratitude's start, they have sent out 2,137,920 care packages. They predict to send out 20,000 care packages this 2018 holiday season to the deployed troops overseas.

Because every November is Diabetes Awareness month, we joined forces with the Reno-Sparks Indian Colony Seniors along with Valentine Lovelace RSTHC Injury Prevention Manger for a walk around Anderson Park.

The event was named *Steps Towards a Healthier You*. The goal was to get as many people as possible out and walking.

The seniors set a goal of 20,000 collective steps to be walked within 30 minutes based on how many times they thought they could walk around the park which is about 500 steps.

Accordingly, 2,000 steps is one mile, so the goal set was 10



Long Walk — *Twenty-six elders combined forces and walked over 14 miles during a recent Three Nations Wellness Center activity. Photo Provided By RSTHC*

miles between all the walkers.

On Nov.16 at 12:30 p.m., the walk started.

There were 26 participants. Some walked once, twice, or even more.

Each time a person went around, we marked off 500 steps.

In no time we were at the half-way mark, and we reached our goal with all of our participants well-within the 30 minute goal, and we had participants who still wanted to do more laps.

The final count of steps for the walk was 33,500 steps or about 14 miles in 30 minutes.

A huge congratulations goes out to Jessie Astor and Art Shaw, as they had the most steps. Astor ended with six laps (3,000 steps/ 1.5 miles) and Shaw ended with 12 laps (6,000 steps / 3 miles).

Thank you to all that came out and participated.

In & Around: Reno-Sparks Indian Colony Community

Gift wrapping party because Santa Claus is coming to town



Why Wrap Gifts? — Wrapping, as a practice, has been around for ages. The Japanese [furoshiki](#), the reusable wrapping cloth is the earliest rendition of the version of gift wrapping that has been around since the early 1600. Above, Ramona Darrough of the RSIC Housing Department, tapes her reindeer wrapping paper.



Why We Give — All over the world, families and friends give presents to each other during the holiday season. Most children around the world believe in a Christmas gift bringer. These presents are also left in different places like shoes, boots or stockings, often left hanging by a fire place.



Bringing Smiles To Children — Annually, Lawana Martinez organizes a Christmas Toy Drive which benefits the pediatric patients at the Reno-Sparks Tribal Health Center. This year, her wrappers included Teri Larson, Lorri Chasing Crow, Cheryl Johnson and Mercedes Ramirez. *Photo By Lawana Martinez*



Santa's Helpers — In partnership with the Reno-Sparks Indian Colony Human Services Department, RSIC Tribal Police officers delivered hundreds of Christmas presents to children in Hungry Valley and on the Colony. Above, Officer Andrew Royat spreads holiday cheer to a young community member.

Ask Paul

EDITOR'S NOTE: This month's *Ask Paul* is part **two** of a **two-part** column. This month, *Ask Paul* continues to outline the outstanding credentials of the Reno-Sparks Tribal Health Center's Behavioral Health Program staff. To read part one, please log onto: www.rsic.org/rsic-newsletter/.

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

People understand if they have a tooth ache they go to the RSTHC Dentist Department. If they have problems with their eyes, they go to RSTHC Optometry. If they need help with their body they see their RSTHC physicians.

Although we have discussed substance use and/or mental health concerns that can be treated in our program, we have not discussed the additional health care and self-wellness reasons to go to the RSTHC Behavioral Health Department.

In order to do this we have to explore what services are available and most importantly, the qualifications and experience of the persons and the quality of the organization who are

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

Dr. Earl Nielsen is also a clinical psychologist. Nielsen, Ph.D. worked for the State of Nevada for six years, then the University of Nevada, Reno for two years.

Dr. Nielsen has also been in private practice as a clinical and forensic psychologist. Dr. Nielsen is trained to work with children, adolescents, adults, and families. Dr. Nielsen conducts psychotherapy using the Mindfulness and Cognitive Behavioral models for treatment in the Native American population. Dr. Nielsen also conducts a variety of psychological evaluations, including forensic, mental health, psychoeducational and disability measures. Dr. Nielsen also offers anger management group on Wednesdays from 4-5 p.m., and domestic violence prevention group on Thursdays from 4-5 p.m. for our community.

Dr. Lyle Noisy Hawk is an enrolled member of the Oglala Lakota Tribe, located in South Dakota. His Lakota name is Wicahpi Yamni, Three Stars.

Dr. Noisy Hawk completed his graduate studies at the University of Minnesota-Twin Cities. He then successfully completed a pre-doctoral American Psychological Association internship at Southwest Behavioral Health in Phoenix.

Dr. Noisy Hawk is working on his post-doctoral supervision hours at the

RSTHC as a psychological assistant. He will be working under the supervision of Dr. Nielson, clinical psychologist. After accumulating expected post-doctoral supervised hours, Dr. Noisy Hawk intends to apply for licensure as a psychologist.

As part of his studies at Minnesota, Dr. Noisy Hawk's doctoral research entailed interviewing seven traditional Lakota healers in the Lakota language that included the meaning within the use of sacred discourse in relation to psychological well-being. He also studied positive psychology to better understand both a traditional Lakota perspective and a Western psychological perspective of well-being.

Dominic Nardini is a licensed marriage family psychotherapist. He has a Bachelor of Arts degree in psychology and a Master's of Science in clinical psychology & family systems. Dominic has 11 years of experience in Nevada. Dominic provides individual, couples, family and group psychotherapy. He uses an approach which supports multiple goals and a higher level of care and quality of service for Native Americans.

He says, "Our behavioral health team provides a collaboration of resources and expertise. Treatment may be clinically staffed, reviewed and designed for that particular case."

In addition Dominic offers a supportive, safe and trusting group program called the Talking Circle

“People need to take ownership of our spiritual, emotional and mental and physical health.”

for Native Americans. This group offers energy and information to promote individual development. This group meets every Tuesday from noon to 1 p.m.

Michelle Jim-Katenay, certified alcohol and drug counselor (CADC) is an enrolled member of the Duck Valley Shoshone Paiute Tribe. She has worked for the Reno-Sparks Indian Colony for 15 years and has worked her last 10 years at the RSTHC in behavioral health.

Michelle has experience working with our adolescents and elders, and she is also a certified safeTALK (suicide prevention) and Drug Endangered Children presenter. Michelle received her bachelor's of science in human development and family studies from the University of Nevada, Reno.

Veronica Domingues Gephart M.A. CPC, is a licensed clinical professional counselor (CPC) and is the RSTHC Behavioral Health Department Division Manager.

Veronica is an enrolled member of the Yavapai-Apache Nation with lineage from the Kashaia-Pomo and Coastal Miwok Indians in Northern California.

She acquired her Master's of Arts in counseling and educational psychology at the University of Nevada, Reno and an undergraduate degree in American multicultural studies at Sonoma State University. She has minor degrees in Native American studies and addiction

counseling and prevention services, as well as certification in marital, couples, individual and group counseling. Veronica comes from her own Native American community and has perfected the art of providing therapeutic mental health and substance use healing for Tribal communities for over 20 years while at the same time relating to the struggles and challenges of the community she serves in balancing traditional knowledge with Western philosophy.

Veronica offers a safe, healing environment and listens with her heart as well as uses her expertise to help the person become in touch with the core beliefs and values. Veronica has experience in all areas of mental health and substance use disorders and is an expert in Native American intergenerational trauma, adolescent care, and women's issues. As a manager, Veronica is always approachable and willing to help. Her open door policy and courageous, forward thinking mentality has created an outstanding team of caring professionals who strive to provide spiritual, emotional and mental health to the individual, their family, and the community.

As was outlined last month, the best way to receive optimal care for you or your loved one is to ask your provider these questions:

What are your qualifications? Where did you get your education? What degrees do you have and what do they mean? Who else is on your team? Who is your supervisor and manager?

Do they offer services specifically for the Native American population and are they culturally responsible or trained in your specific population?

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

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

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

Editor's Note

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

Yet Another Cabinet Member Leaves Administration

Former fossil fuels lobbyist to head U.S. Interior Department, oversee public lands

Many Native American Tribes as well as conservation groups have welcomed the departure of the United States Interior Secretary, Ryan Zinke, noting that it could take years to reverse the damage to America's public lands done during his short 21-months in office.

Just 10 days before Christmas, the president announced that the former Navy SEAL and Montana congressman will leave his post by the end of the year.

Zinke is facing five active federal investigations including ethics charges involving his business deals, policy decisions and travel arrangements.

Despite high hopes that, as a Westerner, Zinke would be sensitive to public-lands protections, Aaron Weiss with the Center for Western Priorities said he thinks he'll be remembered as the most harmful interior secretary for public

lands in the nation's history.

"Secretary Zinke focused on slashing Bear's Ears by three-quarters and Grand Staircase-Escalante by half," Weiss said. "And that's going to be the legacy that he leaves behind. It is this attempt, rather than to stand up and protect public lands, but instead to open them up to oil and gas drilling."

A pair of tall, rock towers or buttes stand against beautiful scenery, Bear's Ears are so distinctive that in each of the Native American languages of the region, their name is the same: Hoon'Naqvut, Shash Jáa, Kwiyaagatu Nukavachi, Ansh An Lashokdiwe, or Bears Ears in English.

The Navajo Nation, Ute Mountain Ute Tribe, Hopi Nation and other Tribes are extremely tied to this land as well as the Grand Staircase national monument. White House sources

said the interior secretary was forced out of the job.

Zinke is the fourth Donald Trump Cabinet member to resign under a cloud of suspicion.

The most serious of more than a dozen accusations against Zinke involves a land deal with the chairman of oil services mega firm Halliburton in Zinke's hometown of Whitefish, Mont., now under investigation by the Justice Department.

Weiss said it isn't likely Zinke's successor will oppose more oil and gas leases, but he hopes that person will be a better advocate for national parks and monuments.

"You do need someone who's dedicated to protecting wildlife corridors; to acknowledging there are some places that are too precious to drill; and that your job as a steward of America's public lands is to ensure the best possible return for taxpayers, rather than leasing all of these acres," he said.

Weiss said he doesn't think there will be much improvement in the short-term, as former oil and gas lobbyist David Bernhardt, an Interior deputy secretary, will be the interim director.

Editor's Note

Parts of the proceeding story were provided by Suzanne Potter of the *Nevada Public*

Cowboy Rides Away —

Then, United States Interior Secretary Ryan Zinke, rode a horse through the streets of Washington D.C., to work on his first day in March of 2017. Zinke was responsible for the management of federal lands and natural resources. With his recent departure, former oil and gas lobbyist David Bernhardt will take over that responsibility.

File Photo



3rd Annual Reno Women's March Planning Underway

Jingle dancers, hand drummers wanted to lead march of over 10,000

Through a letter to Intertribal Council of Nevada (ITCN), jingle dancers from Indigenous members of the Western Shoshone, Goshute, Washoe, and Northern and Southern Paiute Tribes or another Native American Tribes have been cordially invited to lead the 3rd Annual Reno Women's March.

As hand drums, songs, solidarity and Native people have created a greater awareness" of the missing and murdered Indigenous women within Indian country and adjoining countries, the awareness needs to grow.

Last year, jingle dancers and indigenous women lead over 10,000 people in the march.

"It would be our honor to have you lead us in the March again," the organizers wrote in the letter to ITCN.

The organizers also are requesting recommendations for speakers for a rally at the City Plaza.

The March will start at 11 a.m. on Saturday, Jan. 19 at the Reno Arch on Commercial Row and North Virginia streets.

It will proceed to City Plaza at 1st and Virginia streets where a short program is planned.

There will be a number of events throughout Reno that will lead us up to the march.

Please contact Beverly Harry at (775) 857-7737, Matt Fonken at (479) 595-3764, or Mylan Hawkins at (775) 232-9825.



— THIRD ANNUAL —

WOMEN'S MARCH

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RENO CITY PLAZA



Washoe County Makes It Quick, Easy to Weigh In

Citizens encouraged to share their opinions with FlashVote

Washoe County officials in partnership with FlashVote, are pleased to announce they are making civic participation more accessible and simpler for the residents of Nevada's second largest county.

According to the FlashVote website, the communication platform is ideal for those who don't have time to attend public meetings.

Furthermore, FlashVote gets statistically valid community input in 48 hours, on any topic, so government leaders never have to be misled or bullied by a noisy few.

"If you can spare a minute or so a month to give feedback to Washoe County, sign up for FlashVote to share input with the county," according to the Washoe County signup page. "FlashVote helps us hear from residents more frequently about an array of topics."

Washoe County plans to roll out no more than six, 1-minute surveys on timely county issues that residents from all areas of the community may receive by email, phone call, or text messages, depending on the method the participant chooses.

"With Washoe County nearly half a million residents and growing, it is our goal to provide platforms that allow them to share feedback on issues in our community," said the Washoe County Manager, John Slaughter.

FlashVote touts itself as a cutting-edge survey provider

that collects timely resident feedback on current municipal topics of concern.

Any Washoe County resident simply needs to sign up, and as a part of the survey pool they will quickly receive a notification whenever a survey is launched by Washoe County.

Possible topics might include how Washoe County residents would like to hear from their elected leaders (email, social, etc.) parks plans, public meeting topics, and more.

Participants will have up to 48 hours to complete the survey before it closes.

Once the survey closes, FlashVote immediately

tabulates all the responses, and provides the results to FlashVote participants, Washoe County staff and public.

All results are anonymous and FlashVote does not share any personal information.

Because of the ease of the survey, FlashVote gives residents who typically don't interact with the city a greater opportunity to provide feedback.

Participants can choose to receive surveys via email, text message, phone call or by logging onto an internet browser.

To sign up, visit FlashVote.com. Registration requires that users create a login ID and password.

All that is required to register is an email, first and last name, gender and year of birth. Many users provide their home address, though it is not required.

After registration is submitted, users will receive an email containing a link they must click to activate registration.

Users can customize the method of delivery and time of day they receive survey notifications. Residents who choose to participate can also opt out at any time.

If you have additional questions, please contact Washoe311 by dialing 3-1-1 from any phone, or email the Reno-Sparks Indian Colony Public Information Office at: smontooth@rsic.org.



Using Technology — *Most governments leaders want to know what they should be doing better, faster, cheaper and differently. With FlashVote, community members can weigh in on a topic. The idea is to make for better decisions by elected officials and happier citizens. To sign up for the Washoe County surveys, visit: www.washoecounty.us/ or FlashVote.com.*

Largest Two-Spirit Powwow Assisting With Travel Funds

Cultural stipends available for Bay Area celebration expected to draw more than 5,000

Bay Area American Indian Two Spirits organization would like to offer Great Basin Two Spirits Tribal Members, and their allies, a cash cultural stipend to help with travel expenses to the 8th Annual Bay Area American Indian Two-Spirits (BAAITS) Powwow.

Cultural stipends can be used to assist with travel expenses to San Francisco. Stipends awarded up to \$250.00. Limited amount available.

These cultural stipends are made possible by a generous donation by the Burning Man collective Comfort & Joy, which seeks to create spaces where queer people can be authentic,

creative, and connected.

BAAITS Organization is celebrating our 20th year anniversary supporting our Two Spirits community.

On Saturday, Feb. 2, 2019, the BAAITS Powwow will be held at Fort Mason in San Francisco, from 10 a.m. to 6 p.m., with featured dancers making their Grand Entry at noon.

This event is free and open to the public. The BAAITS Powwow is the largest Two-Spirit powwow in the world. Last year the event welcomed more than 5,000 people and an even larger crowd is expected this year.

This powwow features several hours of ceremonial honor dances, contest dances, and a drum contest; all powwow dancers and drums are welcome.

"Two-Spirit" is a Native American term for a person with both female and male energies.

Two-Spirits may (or may not) also identify as lesbian, gay, bisexual, transgender, or queer. Traditionally Two-Spirits often held—and many still hold—honored positions in their Native American and First Nations communities.

According to a BAAITS press release, "Two-Spirit" is a pan-tribal term which is rooted in the Anishinaabe language describing such souls as "niizh manidoowag."

BAAITS Board Chair Amelia Vigil welcomes attendees to the powwow saying that this is a space for all of us to gather respectfully and celebrate Native traditions.

"Whether you are African-American, Native American, White, gay, straight, transgender, whoever you are and wherever your roots originated, come with curiosity and kindness and you will enjoy the company of 5,000 like-minded good and connected people as we celebrate traditions of music and art and togetherness," Vigil said.

For information about the stipends, call Tisina Parker at (415) 871-6227 or emailing tisinat@gmail.com.



How Infants Are Falling Victim to the Opioid Crisis

Children born to addicted considered overlooked victim of epidemic

According to a United States Department of Health and Human Services report, 116 people, on average, die each day as a result of an opioid-related drug overdose.

The report indicated there were 42,249 opioid overdoses resulting in death in 2016, which is more than any previous year on record, and 15,469 of those overdose deaths were specifically from using heroin.

The Centers for Disease Control and Prevention (CDC) noted that the increase in opioid overdose deaths can be attributed to three distinct, yet recent, waves.

The first wave began with the increased prescribing of opioids in the 1990s, with overdose deaths involving prescription opioids (natural and semi-synthetic opioids and methadone) increasing since at least 1999.

The second wave began in 2010 with rapid increases in heroin overdose deaths.

The third wave began in 2013, with significant increases in overdose deaths involving synthetic opioids – particularly those involving illicitly manufactured fentanyl (IMF). The IMF market continues to change, and IMF can be found in combination with heroin, counterfeit pills, and even cocaine.

Many criminal justice professionals focus their research on the addict and their engagement in crime, as well as those impacted by those crimes.

However, one particular “victim” of the opioid epidemic that has been largely overlooked and understudied are the children born to opioid-dependent mothers who used throughout pregnancy.

According to Dr. Michael Pittaro of the American Military University and Shanna O'Connor, alum of the Philadelphia College of Osteopathic Medicine this is a topic that warrants immediate attention.

The Substance Abuse and Mental Health Services Administration (SAMHSA) reported in 2017 that the past decade has seen a significant increase in the number of infants exposed to opioids before birth.

The report noted that between 2000 and 2009, opioid use among women who gave birth in the United States

increased from 1.19 to 5.63 per 1,000 hospital births per year.

As a direct result, the U.S. has witnessed an incredible increase in the incidence of neonatal abstinence syndrome (NAS) among newborns.

NAS primarily caused by maternal opioid use during this same period went from 1.20 to 3.39 per 1,000 hospital births per year.

These are the most recent statistics, so one can only assume that these percentages have increased even further given that the opioid epidemic has considerably worsened since 2009.

Neonatal abstinence syndrome (NAS) includes medical problems that a baby experiences when withdrawing from exposure to narcotics. Nearly every drug used by a mother during pregnancy will pass from her bloodstream through the placenta to the fetus.

In the case of opioids, drug dependence in the mother can lead to drug dependence in the newborn. At birth, the baby's dependence on the substance continues; however, since the drug is no longer being passed from the mother, the baby's central nervous system becomes overstimulated resulting in symptoms associated with opioid withdrawal. Withdrawal symptoms may begin 24 to 48 hours after birth, or as late as five to 10 days and these symptoms can last as long as six months after birth.



Totally Innocent — *The increase of opioid use means more babies are born with health issues related to the mother's drug use. Almost every drug used by a mother during pregnancy will impact the fetus.* **File Photo**



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Briscoe 329-5162
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12:10-12:50
ADD CIRCUITS FOR CARDIO

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



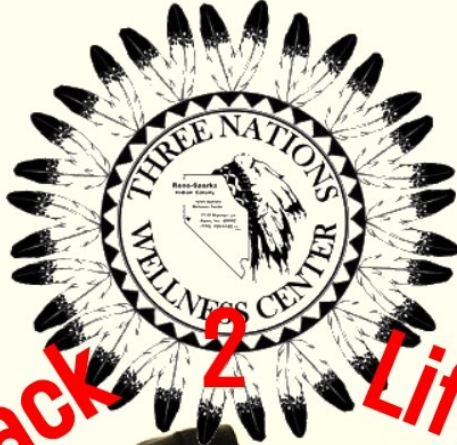
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Gradually get back into exercise with help from a trainer.

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



Legal Notices, Public Announcements

Go Red Pow Wow, couriers wanted, open committee positions

Recruitment for Housing Advisory Board

HAB is actively seeking interested community members to sit on the Housing Advisory Board.

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

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

COURIERS NEEDED

We need couriers to deliver *The Camp News* door-to-door in Hungry Valley and on the Reno Colony.

Please contact Penny Sampson at 329-2936, if you are interested.

What: Go Red Pow Wow

When: Saturday, February 16th

Time: 7-11 p.m.

Where: RSIC Gym, 34 Reservation Rd.

Why: To promote heart health and American Heart Month

The RSTHC is excited to announce the **Go Red Pow Wow** in February. Everyone is encouraged to attend and participate in the dancing, food, blood pressure checks and other healthful activities.

Some of the exercise demonstrations will include the potato dance, musical chairs, a heart healthy surprise walk, sweep your TP and a fun photo booth highlighting ribbon skirts for MMIW (Missing, Murdered Indigenous Women).

There will be all kinds of heart health information, including booths from Renown and the American Heart Association. For more info, contact Gina Featherstone Certified Health Education Specialist, at 329-5162, ext. 1949.

Recruiting Representative for Executive Health Board

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:

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.



Recruitment for Pow Wow Committee Members

The Numaga Indian Days Pow Wow committee is seeking Reno-Sparks Indian Colony Tribal members to serve on its committee. Committee members will be appointed by the RSIC Tribal Council and shall serve a term of (4) years.

If you are interested in becoming a Numaga Indian Days Pow Wow committee member, please submit your completed application to:

RSIC Pow Wow Committee
ATTN: Tribal Administrator
34 Reservation Road—Reno NV 89502

Hungry Valley Recreation Winter Daycamp

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24 No Daycamp	25 	26 Urban Air Depart from HVRC @ 12:30	27 Arts & Crafts and Get Active	28 Cocomut Bowl Bowling & XD Theater Depart from HVRC 12:30
31 Jfy High Depart from HVRC @ 12:30	Jan 1 Hofiday 	2 Roller Kingdom Depart from HVRC @ 12:30	3 Arts & Crafts and Get Active	4 Peppermill Arcade Depart from HVRC @ 12:30
7 Fun Quest Depart from HVRC @ 12:30	8 Arts & Crafts and Get Active	9 Cocomut Bowl Golf & Go-carts Depart from HVRC @ 12:30	10 Arts & Crafts and Get Active	11 Century Theaters Depart from HVRC TBD

PARENTS:

PERMISSION SLIPS: Your child must have a 2018 permission slip on file **before** attending the activities. If your child has not yet done so, please contact the Recreation Dept. ASAP. Please make sure your child wears appropriate clothing and shoes for each day's activity and weather.

TRANSPORTATION: PLEASE TAKE NOTE OF PICK UP TIMES...HV Rec. vans will pick up at bus stops 30 minutes before departure time and 12:00 on facility days. The school bus will depart on time from both facilities ***Recreation will no longer be able to transport children from RENO to HV or from HV to RENO due to the new schedule.**

DAY CAMP HOURS: Daycamp starts at 12:00 and ends at 4:00. (Unless otherwise noted). **If you have any questions feel free to contact the HV Gym 785-1360 after 9:00am.**

GYM DAYS BEGIN AT 12:30PM-4:00PM

DAY CAMP AGE REQUIREMENT: children must be 6-17 yrs old to attend. All teens are encouraged to attend all day camp activities.

WINTER DAY CAMP



Monday	Tuesday	Wednesday	Thursday	Friday
Dec 24 <i>No Daycamp</i>  Merry Christmas	Dec 25 <i>No Daycamp</i> 	Dec 26 <u>Activity</u> Roller Kingdom <u>Depart</u> 12:30 PM	Dec 27 <u>Activity</u> Fly High <u>Depart</u> 9:30 AM	Dec 28 <u>Activity</u> Century Theater Movies <u>Depart</u> T.B.A
Dec 31 <i>No Daycamp</i> 	Jan 1 <i>No Daycamp</i> 	Jan 2 <u>Activity</u> Carson Valley Swim Center <u>Depart</u> 9:00 AM	Jan 3 <u>Activity</u> Gym Day Pizza & Movies	Jan 4 <u>Activity</u> GSR Fun Quest <u>Depart</u> 12:30 PM
Jan 7 <u>Activity</u> Urban Air <u>Depart</u> 12:30 PM	Jan 8 <u>Activity</u> Peppermill Arcade <u>Depart</u> 12:30 PM	Jan 9 <u>Activity</u> Ice Skating ACES Stadium <u>Depart</u> 12:30 PM	Jan 10 <u>Activity</u> Coconut Bowl Golf & Go Karts <u>Depart</u> 12:30 PM	Jan 11 <u>Activity</u> Century Theater Movies <u>Depart</u> T.B.A



PARENTS: THIS SCHEDULE IS SUBJECT TO CHANGE WITH OR WITHOUT PRIOR NOTICE DUE TO UNFORESEEN CIRCUMSTANCES

***Recreation will no longer transport children from RENO to HV or from HV to RENO.**

DAY CAMP HOURS: Day camp starts at 12:00 and ends at 4:00. (Unless otherwise noted) **GYM DOORS WILL OPEN AT 11AM.**

DAY CAMP AGE REQUIREMENT: children must be 6-17 yrs old to attend. All teens are encouraged to attend all day camp activities.

TRANSPORTATION: PLEASE TAKE NOTE OF PICK UP TIMES...HV Rec. vans will pick up at bus stops 30 minutes before departure time and 12:00 on facility days. The school bus will depart on time from both facilities.

Please make sure your child wears appropriate clothing and shoes for each day's activity and weather.

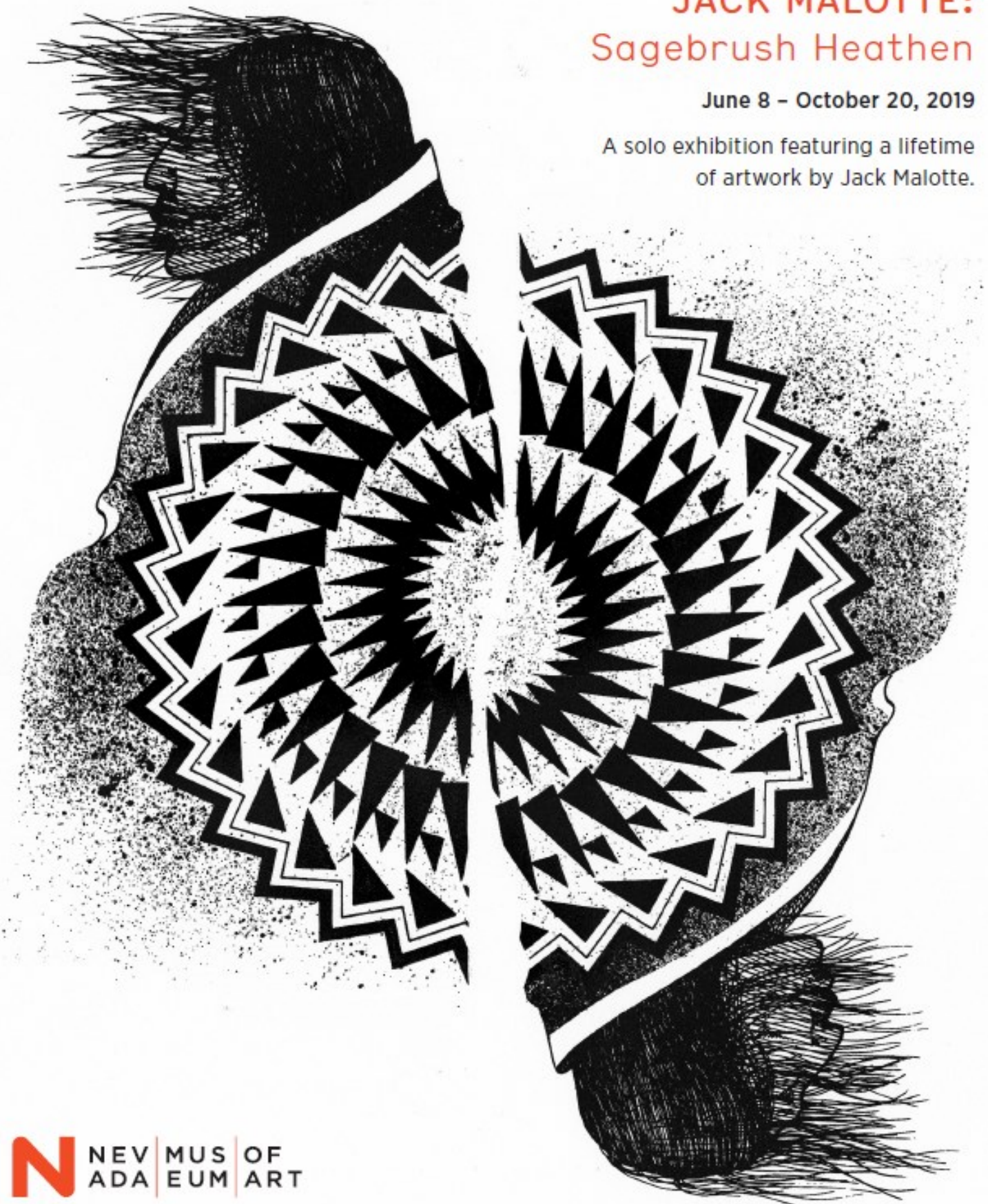
If you have any questions feel free to contact the Reno Gym @ 775-329-4930 after 9:00 AM.

PERMISSION SLIPS: Your child must have a **2018 permission slip** on file **BEFORE** attending the activities. If your child has not yet done so, please contact the Recreation Dept. ASAP.

JACK MALOTTE: Sagebrush Heathen

June 8 – October 20, 2019

A solo exhibition featuring a lifetime
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160 West Liberty Street in downtown Reno, Nevada | 775.329.3333 | nevadaart.org

Continued From Front Page

Last year, Toys for Tots conducted a key toy delivery mission to hurricane devastated Puerto Rico with assistance from Hillwood Airways.

Disney, Hasbro Inc., the UPS Store, Hallmark, Chick-fil-A, and Delta Airlines are all corporate sponsors for this nationally-known organization.

For RSIC Archivist Trisha Calabaza, the Toys for Tots effort including the wrapping party is an extension of the commitment all employees have to our community.

"It is so important for the RSIC staff to do community projects because this why we are all working here," Calabaza said. "We are here to service the RSIC Community and when you have a community project it shows that you care about the people and want to make this community a better place to work and live."

That same sentiment connected the RSIC Tribal Police to the cause, too.

Tuihalangie said the Tribal Police Officers delivered wrapped gifts to children living

on the Colony and in Hungry Valley.

"The project not only provided a happy Christmas for our children, but also instituted a camaraderie within our departments," said Edward Reina, administrator for the Tribe.

Botello agreed.

"Our effort was a huge success that was only made possible by employee support," Botello said. "We hope every year, this partnership gets better and better, and we are able to serve more and more children."

Merry Christmas!!!



Dan, Chairman Melendez Stacey, & Ed.
Trisha, Marlene, Jane, Verna & Alicia.

Photo by Michael Ondelacy