



THE CAMP NEWS

VOLUME XIV ISSUE 7

JULY—2018

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

Career In Medicine Rooted In Community Need

Native American family traditions, sacrifice shape Pinto's career path

While observing others, Marisa Pinto made the decision to become a physician.

For 16 years at Renown Health as a clinic lab scientist and its blood bank manager, Pinto's profession was a supporting role in healthcare. However, a 6-month project that paired her with physicians from various fields of medicine changed everything. She saw firsthand, how these doctors interacted with their patients and made up her mind to enroll in medical school.

"I knew that is what I wanted to do," Pinto said. "As a technician, we are in the background. Patients don't see us at all because we are running lab specimens, and I wanted to work directly with people."

So, at 41-years of age, Pinto moved away from her entire family, including her husband and two children, and tackled the hardest thing she's ever done.

"I struggled quite a bit," Pinto said. "Medical school was different than anything I have ever done."

Grown up with her first language as Zuni, Pinto was a product of public education

on the reservation. Even though she was very grounded in academics and secured a bachelor's of science from the University of Arizona and a master's in business at the University of Nevada, the medical school demands were unimaginable.

"I've been to college and enjoyed a very science based education," Pinto said. "It was not that the subject matter or the curriculum was too hard, but I struggled because I had

to find out how I best studied."

Plus, the city Pinto chose to build her second career didn't offer much in the way of comforts either. From Reno, Nev., to Grand Forks, N.D., it is a 24-hour drive by car and the average winter temperature is 13 degrees.

So as it had been for her entire existence, Pinto's success in medical school has been contingent on all the loved ones in her life—her husband,

Continued On Page 5



Second Year — Marisa Pinto has spent her summer shadowing physicians at the Reno-Sparks Tribal Health Center. A member of the Reno-Sparks Indian Colony, Pinto is a second year medical student at the University of North Dakota School of Medicine. She is one of seven Native American students in the Indians Into Medicine MD Program. After serving 16 years at Renown Health, Pinto currently is pursuing a career as a doctor, likely in family medicine. Pinto is the wife of Bruce Yochum, the daughter of Carol and Bryceson Pinto, the mom of Shayna Norris and Yellie Yochum, and the grandmother of Thomas Oosterman.

32nd Annual

NUMAGA INDIAN DAYS

POW WOW



Aug. 31-Sept. 2, 2018 • Hungry Valley, NV • rsic.org

**FREE
ADMISSION * OPEN TO
THE PUBLIC**

HEAD STAFF

Master of Ceremonies: Bart Powaukee
Arena Director: Randy Woods
Head Judge: Wesley Windyboy
Head Man: Nathan Nez
Head Lady: Willow Abrahamson

SPECIALS

TINY TOTS

Outgoing Numaga Tiny Tot Aurelia Sanchez
MMIW RED DRESS • JUNIOR & TEENS

Traditional, Jingle & Fancy

Outgoing Miss Numaga Tziavi Melendez

WOMEN'S FANCY TRICK SONG • OVER 16

Outgoing Miss Numaga Amelia Henry

MARCARIO PADILLA GRASS DANCE • OVER

15 \$1,000 Winner-Take-All, Plus Jacket

FAMILY TEEN DANCE, 3+ MEMBERS

RSIC Pow Wow Club

COMMITTEE SPOTLIGHTS

Women's Fancy & Men's Grass

ACTIVITIES

Numaga Walk/Run, Saturday
Registration at 7:30 am, Run at 8 am
Saturday Community Dinner

DRUM CONTEST

1st Place:

\$10,000

2nd Place:

\$5,000

3rd Place:

\$4,000

4th Place:

\$3,000

5th Place:

\$2,000

Consolations

VENDORS

Marla Dressler 775/399-0594
Summer Dressler 775/203-5017

GENERAL INFO

Toby Stump 775/470-1100
Lydia Bonta 775/842-6388

MEDIA

Stacey Montooth 775/842-2902

TRIBAL COUNCIL LIAISON

Marlene Yarrow 775/329-2936

GRAND ENTRY

Friday at 7pm
Saturday at 1pm, 7pm
Sunday at Noon

EVENT LOCATION

Hungry Valley, 266 Loop Road
Sparks, Nevada 89441

www.rsic.org

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 AUGUST dates

- 1 Spanish Springs High , RSIC Walk-In Fees Assistance, SSHS, 8:30 a.m. Summer Foods Breakfast, 34 Multipurpose Rm and/or HV Ed, 8:30 a.m. Summer Foods Lunch, 34 Multipurpose Rm and/or HV Ed, 11:30 a.m. Law & Order Committee Meeting, Tribal Court, 6 p.m.
- 2 Summer Foods Breakfast, 34 Multipurpose Rm and/or HV Ed, 8:30 a.m. Elder Hot Springs, Carson Hot Spring, 9 a.m. Summer Foods Lunch, 34 Multipurpose Rm and/or HV Ed, 11:30 a.m. 7th Grade Ice Cream Social, Shaw Middle School, 6 p.m.
- 3 Last Day - Summer Foods Breakfast 34 Multipurpose Rm and/or HV Ed, 8:30 a.m. Last Day - Summer Foods Lunch 34 Multipurpose Rm and/or HV Ed, 11:30 a.m. Enrollment Advisory Committee Meeting, Enrollment Office, Noon Language & Culture Basket Vault tour, Nevada Museum, 1 p.m.
- 6 Washoe County School Year Begins Washoe County Kindergarten Screening Begin Education Advisory Committee Meeting, Education Conference Room, Noon Senior Advisory Committee Meeting, Senior Center, 1 p.m. RSIC Pow Wow Club, Hungry Valley, 6 p.m.
- 7 Washoe County Kindergarten Screening Diabetes Program Grocery Store Tour, RSTHC, 5:30 p.m.
- 8 Washoe County Kindergarten Screening Begin Pyramid Lake Junior/Senior High Welcome Back BBQ, PLH, 5 p.m.
- 9 Washoe County Kindergarten Screening Begin
- 10 Washoe County Kindergarten Screening Begin 10th Anniversary Celebration, RSTHC, 4 p.m.
- 13 Washoe County Kindergarten Begins, 9 a.m. RSIC Pow Wow Club, RSTHC, 1st Floor Conference Room, 6 p.m. RSIC Pow Wow Club, RSTHC, 6 p.m.
- 14 RSIC Color Guard Meeting, 34 Reservation Rd., 6 p.m.
- 15 Tribal Council Meeting, Hungry Valley Recreation Center, 6 p.m.
- 17 Deadline, Cleanup Crew, Dinner Bids Due for Numuga Indian Days Pow Wow
- 20 After School Tutoring Begins, 7-12 Education Offices, 2:30 p.m. After School Tutoring Begins, K-6 Education Offices, 3:30 p.m. Executive Health Board Meeting, RSTHC, 5:30 p.m. Language and Culture Advisory Board, RSIC Library, 5:30 p.m. RSIC Pow Wow Club, Hungry Valley, 6 p.m.
- 21 Commodity Distribution, Senior Center, 8 a.m.
- 27 Housing Advisory Board, Hungry Valley Recreation Center, 6 p.m. RSIC Pow Wow Club, RSTHC, 6 p.m.
- 29 Economic Development Meeting, Hungry Valley Recreation Center, 6 p.m.
- 30 Numuga Pow Wow Princess Pageant, Hungry Valley Amphitheatre, 7 p.m.
- 31 Numuga Indian Days Pow Wow, Grand Entry, 7 p.m.

For an listing of all activities and events, please see:
www.rsic.org



RENO-SPARKS TRIBAL HEALTH CENTER

10th Anniversary Celebration

FRIDAY, AUGUST 10, 2018

4:00 PM - 7:00 PM

1715 KUENZLI ST., RENO, NV

PLEASE JOIN US FOR A CEREMONY AND ACTIVITIES TO COMMEMORATE THE
10TH ANNIVERSARY OF THE RENO-SPARKS TRIBAL HEALTH CENTER

4:00 p.m. - Opening Prayer, Welcome and Our Next 10 Years

4:30 p.m. - Close - Presentation RSIC Archives - Time Line - Slide Show - 10 Years in Pictures



CARNIVAL ACTIVITIES



BOOTHES



REFRESHMENTS

her parents, her brother, her two children, and her grandson.

According to Pinto, if it wasn't for her family--mostly Zuni and Paiute--she wouldn't have made it through her first year of medical school, and the notion of two more rigorous years to finish her doctorate, along with another three grueling years of residency is extremely daunting.

"I take it one day at a time," Pinto said more than once, "but I feel strongly that is my path."

Her path to medical school not only required a U-turn back to the University of Nevada where she had been a master's student 16-years prior, but where to attend medical school weighed on her entire family, too.

Starting off, Pinto completed prerequisite courses at UNR, before applying to medical school. She took several visits to universities in the west and southwest prioritizing those in close proximity to her family. However, the University of North Dakota, more than 1,600 miles from the Colony, offered something different.

"Initially, I thought that is too far north because my family is here," Pinto said. "But when I toured the facility and got to meet people in the program, I was very welcomed."

In fact, North Dakota University is very Native friendly. It offers a comprehensive education program assisting American Indian students who are preparing for health careers called Indians Into Medicine (INMED). Established in 1973 to address

the need for health professionals to serve reservation populations, INMED student support services include academic and personal counseling, assistance with financial aid applications, and summer enrichment sessions. Every year, INMED allocates at least seven spots in its medical school class to Native Americans.

Pinto said everyone in her family agreed that the Indians Into Medicine Program was the best fit for her.

"It's different for those of us who grew up more traditionally like I did in Zuni," Pinto said. "I moved up (to North Dakota) on my own because my family thought that it was best for me not have any distractions."

Pinto said that being isolated from her family can be lonely, but the rigors of earning a doctorate in medicine don't allow her much time to think about what she might be missing, plus she makes a point to FaceTime with her family every week.

Because Pinto spent half her childhood in her father's ancestral land, Zuni, N.M., a Pueblo style, very rural community and because she spent half her childhood in her Paiute mother's ancestral land, the Reno-Sparks Indian Colony, a nation of three distinct tribes in an urban setting, her Native American cultural experience is two-fold.

"I always feel like I'm from two places," Pinto said. "In Zuni the language is very culturally rich, very traditional, and we are very far away from any urban life where as with the Colony, we are right in the city."

However, despite the differences, the health disparities in both communities are strikingly similar, and thanks to one of those special summer seasons set up by INMED, Pinto has studied the diabetes epidemic at the Reno-Sparks Indian Colony up close.

"Indian Nation is hurting for family physicians," Pinto said. "Those of us who are American Indian can relate more to Indian Nation, and especially those of us who were raised on reservations because we know the culture, the values, and the lifestyle."

For six weeks this summer, Pinto served as an Indian Health Service intern as she shadowed Reno-Sparks Tribal Health Center medical professionals. As the RSTHC is independently operated by the Tribe rather than IHS, Pinto had to get special approval for her work at her Tribe's health center.

She said the internship was well worth the months of planning and the many follow up phone calls.

With input from the RSTHC medical director, Dr. Geniel Harrison, Pinto shadowed and consulted with RSTHC doctors, dieticians, and nurse practitioners. Her biggest take away from her time at the health center was the same as her Zuni and Paiute traditions emphasize; in healthcare it takes team work for positive outcomes.

"The doctor can prescribe all kinds of medication, tell you what to do, refer you to the dietitian, refer you to the 3Nations Wellness Center

OPIOID / HEROIN AWARENESS COMMUNITY OUTREACH

The Bureau of Indian Affairs (BIA), Office of Justice Services (OJS), Indian Police Academy (IPA) and Division of Drug Enforcement (DDE) will be holding a Opioid/Heroin Awareness Community Outreach meeting.



Bureau of Indian Affairs
Office of Justice Services
Division of Drug
Enforcement
3100 West Peak Boulevard
Muskogee, Oklahoma 74401
Phone: 918-781-4650

Opioids/Heroin in Indian Country

To be held at the following location:

Reno Sparks Tribal Health Clinic

1715 Kuenzil

Reno, NV 89502

August 14, 2018

9:00am to 11:00am

1:00pm to 3:00pm

The Opioid/Heroin in Indian Country will include:

- > Identification and Effects of Opioids/Heroin drugs
- > Fentanyl and causes of overdoses
- > Combating opioids/heroin at the community level
- > Investigation and Prosecution of Opioid/Heroin drug cases

This community outreach will consist of the OJS Division of Drug Enforcement and Indian Police Academy presenting information on the opioid/heroin trends we are seeing around the country that may effect your reservations in the future. DDE would like to hear from attendees on the opioid/heroin trends they are seeing in their specific areas, what is currently being done to address the drug issues and what they feel they need to address them.

This seminar should be attended by community members, tribal employees, community stakeholders and law enforcement staff. If you have any questions, please contact the BIA Division of Drug Enforcement office at 918-781-4650. We look forward to visiting with you.

As Wildfires Continue, The West Is On Fire...Again

Multiple factors lead to extended fire seasons; Witness Sought for Perry Fire

Rising average temperatures have led to western forests drying out, increasing the risk of fires.

Those conditions coupled with human behavior mean wildfires have almost become a year-round threat in many parts of the western United States.

"Fire officials don't refer to 'fire seasons anymore but rather to fire years,'" Jennifer Jones, a spokesperson for the National Interagency Fire Center, told Vox in late July.

According to Jones, a key thing to remember is that wildfires are ordinarily a natural phenomenon.

She said that many parts of the United States are primed to burn, and fires are vital to the ecosystem, restoring nutrients to the soil and clearing out decaying brush.

Forrest Hall, a physicist at NASA agrees with Jones.

"Fire is the mechanism by which the forest is continually regenerated," Hall said. "Fires consume dead, decaying vegetation accumulating on the forest floor, thereby clearing the way for new growth."

Specifically, Hall said that some species even rely on fire to spread their seeds. For some pine trees, their cones are very durable and remain dormant until a fire melts the resin inside the cones. The heat forces the cones to pop open and the seeds fall or blow out.

However, Jones and Hall both believe that blazes we have

seen in recent years is hardly natural and human activity is clearly making it worse.

For one thing, humans start the vast majority of these fires, upwards of 84 percent, according to a series by the National Parks Service on Wildland Fires.

Human-caused fires resulting from campfires left unattended, the burning of debris, negligently discarded cigarettes, and intentional acts of arson.

Plus, utilities were also blamed for fires in California and Nevada.

Another factor is land use. People are increasingly building closer to the wilderness, blurring the line between suburbs and shrub land.

Which means that when fires do burn, they threaten more lives and property. Plus, when dry vegetation is allowed to accumulate and when embers ignite, it likely causes a massive blaze.

Just this summer, the Owyhee Fire burned over 5,200 acres after a bird hit a power line.

The Winnemucca fire exploded to 400,000 acres, and was the largest wildfire in the U.S.

Other recent, nearby high-profile fires include: the Ferguson Fire near Yosemite National Park, and the Carr Fire in Redding, Calif., the Dixie Fire, and the Goose Creek Fire.

For more information about area fires, see: <https://www.nevadafireinfo.org/>

Arson Arrest Made In Perry Fire

A 34-year-old man has been charged with 41 counts of third degree arson and two counts of first degree arson following an investigation on the cause of the Perry Fire.

Now about 40,000 acres or about 70 square miles, the Perry Fire started five miles south of Sutcliffe and was first reported last Friday.

The fire started in the Pah Rah Range and is about 30 percent contained. It is burning on public and private land, as well as the Pyramid Lake Paiute Reservation.

Request for evacuation for about 20 off-reservation homes was implemented by the Bureau of Land Management (BLM) within 36 hours of the ignition.

On Tuesday, some evacuations had been lifted while areas east of Grass Valley road were still under notice via the Washoe County Sheriff's Office.

An emergency evacuation shelter is opened at the Ironwood Event Center at 56000 Whiskey Spring Rd., and the American Red Cross of Northern Nevada has established an evacuation hotline at 741-3564.

WHAT COLOR IS YOUR AIR?

Know the Air Quality Index and the Air Quality Color Guide to protect your health from the potentially harmful effects of air pollutants!
Visit www.airnow.gov for information.

Code Green

Good Air Quality

0-50 AQI

No health effects forecasted

All groups may participate in normal activities

Code Yellow

Moderate Air Quality

51-100 AQI

Unusually sensitive people may experience health effects and may consider limiting activity

Code Orange

Unhealthy for Sensitive Groups

101-150 AQI

Children, active individuals, elderly adults and those with heart or lung conditions should limit activity or exertion

Code Red

Unhealthy

151-200 AQI

Individuals in sensitive groups should avoid activity or exertion; all others should limit activity or exertion

Code Purple

Very Unhealthy

201-300 AQI

All individuals should avoid activity or exertion

Code Burgundy

Hazardous

301-500 AQI

Health effects are forecasted regardless of exertion level; emergency actions are required

For more information, please contact:

Bhie-Cie (BC) N. Ledesma, MPH, Reno-Sparks Indian Colony Environmental Specialist II

Reno-Sparks Indian Colony Planning Department/Environmental Program

1937 Prosperity Street, Reno, NV 89502

Office (775) 785-1363 Ext. 5407 ■ Fax (775) 789-5652 ■ bledesma@rsic.org

Record Hot Temperatures Plus Fires, Impact Air Quality

Extreme heat, poor air quality call for extra care, precautions for vulnerable

As Reno has already tied a record for the most 100+ degree days (11) in one month, the heat wave and wildfire smoke impact are impacting residents, Washoe County, health officials want to remind the community and visitors that smoke and heat-related illnesses can be deadly, but are preventable. Take these simple steps to keep safe.

Drink plenty of fluids –

- Increase your fluid intake regardless of your activity level.
- During heavy exercise in hot weather, drink 2-4 glasses (16-32 ounces) of cool fluids each hour.

Stay cool indoors

- The most efficient way to beat the heat is to stay in an air conditioned area.
- If you do not have an air conditioner or swamp cooler, consider a visit to a shopping mall or public library for a few hours.

Seniors, ages 60 and older, who do not have air conditioning or are in need of a fan to help cool their homes are encouraged to contact Washoe County Senior Services at (775) 328-2575 or stop by the Senior Center at 1155 E. 9th Street, Building E.

Stay cool outdoors

- Plan activities so that you are outdoors either before noon or in the evening.
- In the hot sun wear a wide-brimmed hat to keep your head cool.
- While outdoors, rest frequently in a shady area.

Monitor high risk individuals

- If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heat wave. If you know anyone in this age group, check on them twice a day.
- When working in the heat, monitor the condition of your coworkers and have someone do the same for you.

Pace yourself

- If you are unaccustomed to working or exercising in hot weather, start slowly and pick up the pace gradually.
- If exertion in the heat makes your heart pound and leaves you gasping for breath, stop all activity, get into a cool or shady area, and rest, especially if you become lightheaded, confused, weak, or feel faint.

Use common sense

- Do not leave infants, children, or pets in a parked car.
- Bring your pets indoors with you to protect them.
- Give your outdoor animals plenty of fresh water, leave the water in a shady area, and consider wetting the animal down.

Those at highest risk of heat-related illness are the very young, the elderly, and those who must work outdoors in extremely high temperatures.

Sudden rise in body temperature and dehydration can lead to heat stroke or heat exhaustion.

If not addressed quickly, brain damage or death can result.

"High temperatures can have serious health consequences if you don't use common sense," said Washoe Health District Communications Manager Phil Ulibarri. "Never leave infants, children or pets in a parked car. Temperatures in cars can skyrocket and cause heat stroke and even death. Drink plenty of fluid. Avoid caffeine or alcohol because those cause dehydration. Stay indoors, preferably in an air-conditioned environment. And, limit strenuous activities between noon to 6 p.m., when temperatures tend to be highest."



Dry Conditions Prompt Public Lands Fire Restrictions

Cooperative agencies, RSIC first responders encourage extra precautions

Due to drying vegetation, increasing daytime temperatures and several human-caused fires, the Bureau of Land Management-Carson City, the Bureau of Indian Affairs-Western Nevada Agency, Public Domain Allotments, and the United States Fish & Wildlife Service Stillwater National Wildlife Refuge Complex have announced the implementation of fire restrictions on all lands under their jurisdiction until further notice.

BLM says vegetation in western Nevada and eastern California is significantly more than we have seen in previous years partly because of a wet spring and the abundance of last year's grass crop. Warmer-than-average temperatures have increased the rate of vegetation dry-out. A large crop of grass and brush is evident at lower elevations and trees and other forest vegetation at higher elevations is quickly drying out.

Citizens are encouraged to safely enjoy the public lands, bearing in mind that human-caused fires threaten human life, private property and public land resources every summer.

Fire restrictions prohibit the following:

1. Building, maintaining, attending or using a fire (using wood, charcoal or any other material), campfire or stove fire except a portable stove using gas, jellied petroleum or pressurized

liquid fuel outside of an official fee campground or picnic area (except by permit).

2. Smoking, except within an enclosed vehicle or at a developed campground or picnic area.
3. Operating vehicles or other motorized equipment off of existing paved, gravel or dirt roads.
4. Welding or operating an acetylene torch with open flames, except by permit.
5. Using or causing to be used, any explosive, except by permit.
6. Possession or use of fire works or any other incendiary device.
7. Use of tracer rounds

(always prohibited), steel-core ammunition, or exploding targets, including Binary Explosive Targets while recreational shooting.

Of course, the discharge of firearms is illegal on all Reno-Sparks Indian Colony Tribal land.

All agencies, including RSIC Emergency Services, Tribal Police, and Hungry Valley Volunteer Fire Department recommend when operating vehicles or equipment traveling on or using wildland areas, you should have at least an axe, shovel and one gallon of water, and carry cell phones while in the wildlands or national forests to report wildfires.



Risk Factors For Wildfires — *The weather is a huge risk factor with wildfire. The level of humidity in the air, the dryness of fuels such as fallen timber, the amount of wind, and the temperature all play a part in creating favorable conditions for wildfire. Winds can direct or change direction of fire to new areas with new fuels. Additionally, winds provide fresh supply of oxygen, a key ingredient of fire, to the situation. In addition, wild fires usually move faster uphill than downhill. The steeper the slope, the faster they burn. Also, some vegetation with high oils and resins like cheatgrass aid combustion and makes fires burn with more ease.*

THE FIRE SEASON IS HERE AND IT IS MORE DESTRUCTIVE THAN EVER!

"DEFENSIBLE SPACE" MAY BE YOUR ONLY CHANCE FOR SURVIVAL

When the strong winds and hot dry days of summer lead to wildfires, don't expect a fire engine to park in front of your home to protect your family and possessions. There just aren't enough fire-fighting resources to protect every home in the state. In a matter of minutes, a prairie grass wildfire can travel up to 30 mph, jump from a burning hillside, race through your subdivision and destroy your home and your neighborhood.

The most important person to protect your home from wildfire is not the firefighter, it is you. Homeowners must take responsibility to assure Firewise conditions and initial fire defense of their residences and property before and during wildland fires.

Creating defensible space is essential to improve your home's chance of surviving a wildfire. It's the buffer you create between a building on your property and the grass, trees, shrubs, or any wildland area that surround it. This space is needed to slow or stop the spread of wildfire and it protects your home from catching fire—either from direct flame contact or radiant heat. Defensible space is also important for the protection of the firefighters defending your home. For more information, see: <http://www.livingwithfire.info/>

SAVE THE DATE

UNIVERSITY OF NEVADA RENO

POWWOW | SEPTEMBER 8, 2018

KNOWLEDGE CENTER LAWN

CONTACT: SAUNDRA MITROVICH | smitrovich@unr.edu | (775) 682-6499

MR. AND MISS UNR POWWOW
2018 - 19

6TH ANNUAL MR. & MISS UNIVERSITY OF NEVADA, RENO POWWOW PAGEANT

TIME: 6-8 PM

DATE: SEPTEMBER 7, 2018

VENUE: MATHEWSON - IGT KNOWLEDGE
CENTER WELLS FARGO AUDITORIUM

PARKING: BRIAN WHALEN PARKING GARAGE



CATEGORIES:

Brave & Princess ages 12-18

Junior Brave & Princess ages 6-11

Tiny Tot Brave & Princess ages 3-5

APPLICATION/INFO CONTACT:

STEPHANIE WYATT

2014missunr@yahoo.com | (775) 813-6551



Federal, State Policies Hinge on November Election

Chairman's report includes calls to support candidates advocating for RSIC

Office of the Chairman Arlan D. Melendez

The past few months have been focused on a number of issues, especially national issues which affect Indian Country and local issues which may impact Nevada Tribes. It is obvious under the Trump administration that it will be more difficult for Tribes to even maintain status quo in regards to federal funding, protection of our land and natural resources, and federal Indian policies in general. The recent decisions to reduce the amount of protected federal land designated as National monuments such as Bears Ears in Utah, and the President's initiative to deregulate environmental protection laws in order to promote more oil and gas drilling, including expanded mining in places like Alaska, will have a negative impact on Tribes and their way of life.

After the historic gathering at Standing Rock against the building of the Dakota Access Pipeline, President Trump and his administration showed only concern with the economy, even at the expense of the environment and protection of our land. Our Tribal lobbyist in Washington D.C., George Waters continues to monitor federal legislation, policy, and funding cuts which would harm Tribes.

On the state level, we are concerned that our positive relationship with the State of Nevada may change once

governor Sandoval leaves office at the end of the year.

We have had a good relationship with Governor Sandoval who elevated the Nevada Indian Commission to parity with other state departments and was very supportive in the initiative to restore Stewart Indian School buildings for a cultural center as well as enhancing the presence of Indian people to the campus once again. As you know, the Nov. 6 election will focus on an important race for governor between Steve Sisolak, Chairman of the Clark County Commission and Adam Laxalt, the current Nevada Attorney General. We have not had a good relationship with Laxalt as his office derailed Tribes in Nevada from receiving money through the Tobacco Master Settlement Agreement which was previously supported by former Attorney General Catherine Cortez Masto. Cortez Masto, our current United States Senator, has always been supportive of Tribes (See more on her latest efforts to advocate for Indian Country on page 24). We will be supporting both Sisolak for governor and Aaron Ford for attorney general; both candidates stopped by our office and listened to our concerns. It is really important that our community get out and vote, which is one reason we will be establishing an election day voting station in Hungry Valley for the November election.

As to other issues, we are following the Washoe County Lands bill of which we do have some concerns. We were very fortunate to have had the Nevada Native Nations Lands Act pass during the Obama Administration. It would have been very difficult for us to reclaim 13,334 acres of land as part of the Washoe County Lands Bill. Although we will attempt to protect other cultural sites with the county lands bill, we have concerns that another Tribe, through the county lands bill, may attempt to establish a land base in the Truckee Meadows due to its aboriginal land claims position. However, due to our sovereign status as a federally recognized Tribe, and due to our Tribal Council's commitment in protecting the general welfare of our people, including our economic and political influence in the Truckee Meadows, we will adamantly oppose any effort by another Tribe to establish trust land near the Reno-Sparks Indian Colony.

Finally, our Tribal constitution work group has finished its work and is forwarding the proposed RSIC Constitution amendments to our Tribal Council which will address two articles for changes: territory and membership.

So, as I announced during my State of the Tribe address last June, the RSIC is fiscally strong, our culture is thriving, and our work for a healthier, sustainable future generation continues.

Reno Police Warning Public of New Phone Scam

Alert family, elders as thieves getting more aggressive, sophisticated

The Reno Police Department has become aware and would like to make the public aware of a scam that has begun in our area.

This scam attempts to trick the citizen by identifying themselves as the "City Alarm Program."

Victims will be instructed that there is a fine owed at their residence and that it should be paid over the phone.

Reno City officials would like to stress that the city and all municipalities: Sparks, Washoe County, the State of Nevada, and federal agencies, do not deal with fines in this manner.

If you receive one of these phone calls *do not give out any personal information*. Also, to report this scam to the Federal Trade Commission, log onto: www.ftc.gov/complaint



30,000 Reported Calls A Week —

The one thing phone scammers want is your information, and they will do just about anything and everything to get to it. WebfinanceInc.com defines a phone scam as a fraudulent scheme performed by a dishonest individual, group, or company in an attempt to obtain money or something else of value. Individual misrepresent themselves as someone with skill or authority, or power.

File Photo

Massive IRS Impersonation Ring Thwarted

As technology improves, scam methods improve

Phone scammers target our aging. Thieves call elders pretending to be from the Internal Revenue Service (IRS), the treasury department, a charity, or now advances in technology, fake calls can even come via robocall. These prerecorded calls often have a menacing voice threatening our loved ones with jail or hefty fines.

These criminals carefully select older people and anyone they consider vulnerable to their fake pressure. Your aging parents could be a target as in our digital age, scammers buy information. For a small price, these outlaws will buy personal information from lottery entry forms, contests, magazine subscriptions as well as by hacking whatever can be hacked.

According to *Forbes* magazine, "information brokers" have been around for decades and so have these telephone scams. The people or organizations which sell the names don't care what the buyer does with them, so names and numbers are easy for them to get.

The IRS recently shared a public service announcement explaining how these scammers often work: The caller catches the unsuspecting older person off guard. The call is official sounding: "This is Officer James with the Internal Revenue Service and I am calling about an urgent matter! Do not hang up!" Sometimes they are even able to secure a fake caller ID that says "IRS" or looks like a legitimate government entity to those with caller ID.

They then tell the stunned elder that they or their spouse has an overdue debt to the IRS and if it is not paid immediately they will be arrested. Of course, they want the elder to use a wire transfer or a prepaid debit card so the thief can't be traced. The frightened person will hurriedly comply and realize only later that it was a scam. In the moment of reacting to the threat, they are not thinking clearly. They are moved by fear--just what the thief was planning.

In a July piece written by Christine Hauser, the *New York Times* detailed some of the most common phone scams.

The United States Federal Trade Commission (FTC) said that people answering advertisements for child-care jobs had been tricked into buying supplies from a specific vendor before they were hired. The promised reimbursement and job never materialized after the vendor was paid.

Con artists often impersonate a relative or friend pleading to be bailed out of jail or swept up in a travel emergency and in need of a loan. Others pretend they are collecting money, cars or boats for military veterans.

Continued On Page 17



You're getting a new Medicare card!

Cards will be mailed between April 2018 – April 2019

You asked, and we listened. You're getting a new Medicare card! Between April 2018 and April 2019, we'll be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity.

You'll get a new Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your new card is mailed.

Here's how you can get ready:

- Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213. TTY users can call 1-800-325-0778.
- Beware of anyone who contacts you about your new Medicare card. We'll never ask you to give us personal or private information to get your new Medicare Number and card.
- Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.

AUG
14

COLOR GUARD

MONTHLY MEETING



HONOR—RESPECT—DIGNITY

REVERENCE

After a successful debut during the 2017 Veterans Day Celebration, the RSIC Color Guard continues to organize. The mission of this elite group is to honor past, present, and future Native Warriors. The group will represent our community at events —cultural, social and business.

All military Veterans are welcome!

775/329-2936, ext. 3268

34 Reservation Road—TA Conference Room—Reno, Nevada 89503
Meetings (usually) second Tuesday at 6 p.m.

Reports about online romantic scams, in which impostors created fake profiles to trick a love interest, have tripled from 2012 to 2016, the FTC announced. Some people even make wedding plans before disappearing with the money.

Another common scheme, especially around the holidays involves scammers asking for gift card numbers over the phone.

"Gift cards are a big target for criminals," says Avivah Litan, security analyst for Gartner, an information technology research and advisory firm.

The FBI estimates that gift card fraud losses are in the low single digits as a percentage of sales, but gift card sales run about \$130 billion a year.

No legitimate institutions will want Apple iTunes cards, Best Buy cards or any other gift card as a payment form.

The FTC also warns consumers of a common technical support scam, which while working on your computer, suddenly, a message pops up on the screen: 'Virus detected! Call now for a free security scan and to repair your device.' The impostor will asks for remote access, or pretends to run a test. Don't give it, but contact your security software company directly or employer's IT department and do not use the phone number in the pop-up window.

A spokesperson for the FTC said that no matter how many public service announcements are sent out, and no matter how many FTC, AARP or National Center on Elder Abuse warn-

ings are posted, the scam are still working.

In the fall of 2017, *The Washington Post*, wrote that when the US Treasury Inspector General for Tax Administration began tracking scams in 2013,

IRS officials warn that if you get a suspicious phone call or email claiming to be from a government agency, do not engage or do not open attachments or click on links.

as the office was getting from 9,000 to 12,000 complaints a week.

In 2017, that number jumped to 25,000 to 30,000.

Another government agency, the Federal Trade Commission, gets about 170,000 calls a month according to an National Public Radio report.

Experts say that the best way to keep our elders and loved ones financially safer is to personally warn them yourself about these scams. They will probably listen to family more readily than they would seek information from the internet or official sources trying to spread the word.

Remember, the IRS generally contacts people by US mail.

If you receive a suspicious phone call or email claiming to be from a government agency or charity, do not open attachments or click on links. Forward it to phishing@irs.gov.

There are some scammers being held accountable. Just a week ago, the US Justice

Department announced it had broken up a vast IRS impersonation operation in which conspirators in the US coordinated with call centers in India from 2012 to 2016, causing "hundreds of millions of dollars" in losses to more than 15,000 victims.

According to *The New York Times*, 24 people have been convicted and sentenced in the case, and more indictments have been issued in India. The Justice Department said it hoped the case would serve as a deterrent.

Following are some steps you can take to protect your loved ones, yourself, and especially elders from phone scams:

- ◀ Never provide personal information over the phone
- ◀ Do not engage the caller
- ◀ Explain that you have to go get something
- ◀ Tell them someone is at the door
- ◀ If you don't recognize who is calling, do not answer the phone, let it go to voicemail
- ◀ Report unwanted sales calls and robocalls to the Federal Trade Commission (FTC) [online](#).
- ◀ Report scams and scam attempts to Better Business Bureau's [BBB's Scam Tracker](#). Reporting scams allows authorities to investigate further and alert other local consumers of the situation
- ◀ Add your phone number to the [National Do Not Call Registry](#) to help cut down on unwanted calls from tele marketers. You can register your home and/or your cell phone for free.

Ask Paul

Have you ever asked yourself “who am I?” Why do you like the things you like, act the way you act, and think the way you think? What are your goals? Are you healthy in mind and body? Why?

In the Red Road to Well-briety, the Elders help us figure out this essential question through a process of working the 12 Steps of Alcoholics Anonymous (12 Steps) in the “Indian way.” Many times I hear people complain about the 12 Steps. They say it’s not effective and it’s just a bunch of old guys telling their drunk stories. Or they compare their drinking to others who drank more alcohol than they have and come to the conclusion that they are not that bad.

The Elders realize that there are powerful personal messages in these 12 Steps and have made them easier to understand. First they arranged the 12 Steps in a circle. When we look at the 12 Steps as a wheel, it makes sense. As always, the process starts in the East, advances to the South, continues in the West and concludes in the North.



Great, but how does this help answer the question – Who Am I? And what about the person who doesn’t drink alcohol, how can this help them when they aren’t an alcoholic? The answer is you don’t have to be an alcoholic to use the 12 Steps. Actually, the word “alcohol” is only mentioned in the first half of the first step. The rest of the steps are created for self-exploration and making changes in behaviors and thoughts that are not serving you.

So, back to the 12 Steps. The Elders tell us that first we must find our relationship with the Creator. The East is where we start. This is where we explore Steps 1, 2 and 3. The East has the power of new beginnings. The sun comes up in the East and turns darkness to light. Individually we ask the Creator to enlighten our insides and to bring lightness where we had darkness.

Step 1 is dedicated to honesty. We admitted we were powerless over alcohol – that we had lost control of our lives. (Remember to take out alcohol if it is not a problem. If you have problems with another substance, you can replace alcohol with the other substance. Or if you have problems with behaviors like shopping, gaming, gambling, the internet etc. you can replace the word alcohol

with the behavior. If you have no substance or behavior which is negatively impacting you, just move on to the next step).

Step 2 is dedicated to Hope. We came to believe that a Power greater than ourselves could help us regain control. (How do you define your Higher Power?)

Step 3 is dedicated to Faith. We made a decision to ask for help from a Higher Power and others who understand.

Steps 4, 5 and 6 help us find ourselves. For these steps we face the South. The South is the direction where the sun spreads its warmth and helps us with our personal growth. Many years ago when a person felt lost, an Elder would take them down to a quiet pond, and have the person look at their reflection. The Elder would ask them if they liked the person they saw. Today you can look in the mirror and ask yourself the same question. You can also ask yourself if you and your actions would make the Elders proud. If not, you can start making changes right now! Keep in mind this self-exploration is not meant to beat yourself up or get down on yourself. The idea of a personal inventory is to make good decisions going forward and learn

“...if you have veered off, don’t worry, the Red Road is wide.”

from previous mistakes. There's an old saying that if you keep doing what you always did, you'll keep getting what you always got.

The Elders valued being respectful, caring, trustworthy, committed, courageous, honest, fearless, strong, prayerful, loving and kind. This is a good time to ask yourself if you are following more of the Elders values or are you more angry, disrespectful to property and/or nature, gossiping, abusive either/or verbally – physically or emotionally, fearful and/or selfish? If you tend towards the later of these descriptions ask yourself; “Why am I this way, and do I want to change?” If you answered “yes” to change, here are some tips:

If you are abusing substances, **STOP**. You will see all kinds of positive changes very quickly.

Take an inventory of where you invest your time each day, including the people you spend time with and your activities.

Ask yourself if you judge yourself and compare yourself to others or do you support and care for others?

Are you always full of stress trying to achieve more and control others or outcomes?

Remember the Elders valued character over positions of power and wealth.

Do you gossip to sabotage others or try to manipulate situations to achieve more power?

Are you more interested in producing something of value and caring for people you love with your time or constantly chasing more money and trying to impress people?

This is the time to reflect and see if your actions and thoughts are in line with your core beliefs and values. The next 3 Steps help us explore these questions. It is wise to have a guide help you with these steps. Some people call this guide a sponsor. Some people use an Elder, Medicine Person or someone they trust to work through these steps. Whomever you choose, make sure they have experience with working through the Steps. You don't want to take a chance with this very important exercise.

Step 4 is dedicated to Courage. We stopped and thought about our strengths and our weaknesses and thought about ourselves. (It takes courage to look at yourself honestly.)

Step 5 is dedicated to Integrity. We admitted to the Great Spirit, to ourselves and to another person the things we thought were wrong about ourselves.

Step 6 is dedicated to Willing

ness. We are ready, with the help of the Great Spirit, to change.

Life has an interesting way of unfolding. These questions and the 12 Steps are made for your own self-exploration. This is an opportunity to check out where you are and change course back to the Red Road. If you have veered off, don't worry, the Red Road is wide. You can regain your integrity if needed by changing your thoughts and behaviors. The Red Road to Wellbriety discusses how the positive warrior lives in a love based system. It says, “The positive warrior feels a great deal of unity, harmony and balance in their lives. They feel a great deal of respect and are able to forgive when injustices are done to them. They are men and women of honor and integrity.” The positive warrior is an excellent role model to live by.

Next month, we'll go over Steps 7—12 to complete the circle.

As always, take care of yourself, your family and the community. Please feel free to contact me and/or the Behavioral Health Department at RSTHC any time.

Paul Snyder MA, LADC-S
Substance Use Counselor
775-329-5162, ext. 962

In & Around: Reno-Sparks Indian Colony Community

Joining the pow wow committee, lending a hand



Congratulations — Lydia Bonta recently took an oath of office and was sworn in to join the Numaga Indian Days Pow Wow committee. Bonta, plus Tribal members—Marla Dressler, Summer Dressler and Toby Stump—will organize one of the most high-profile annual events hosted by the Reno-Sparks Indian Colony.



Many Hands Make Light Work — Reno-Sparks Indian Colony educator, Connie Melendez guides three of her young Head Start students as the trio assists during the annual Colony Cleanup. The young volunteers focused on picking up small trash using metal, grabber reacher tools.



Traditional Food Preparation — Paiute elder Grace Dick, displays some of the berries used for a special RSIC Language & Culture and RSTHC Community Health program series on traditional food preparation. Recently, community members learned how to make buckberry pudding. On Aug. 24, the special series will focus on elderberry and chokecherry jam. **Photo Provided by Stacey Burns**



Off Duty — Acting police chief Nida Harjo of the Reno-Sparks Indian Colony spent her day off helping her neighbors rake up lawn debris. During the annual community clean up which is organized by the RSIC Planning Department's Environmental Program, Sgt. Harjo along with 17 RSIC department/division whose staff worked for hours beautifying the Colony.

Employee of the Month



Kristie Messerli, who works in the Reno-Sparks Tribal Health Center's Diabetes Program as a registered dietician, has been named the Employee of the Month for June.

According to Messerli's supervisor, Messerli always has a smile and a positive attitude.

"She is willing to go above and beyond," Stacy Briscoe said of Messerli. "She works a

lot of overtime to make sure that all patients are taken care of and she finds creative new ways to get the patients involved."

As a registered dietician, Messerli is focused on proactively improving the health by teaching nutritious eating habits to patients of the RSTHC.

Accordingly, Messerli organizes and hosts a wide variety of classes to better help the community.

"Kristie is always willing

to lend a hand," Briscoe said. "She always has great ideas."

Another great asset that Messerli brings to the Reno-Sparks Indian Colony is her problem solving skills.

"She is always willing to fill in for the manager and help supervise other employees when needed," Briscoe said. "Moreover, Kristie is great with outside vendors."

Anyone who encounters Messerli will confirm, that she owns a super positive demeanor and is always engaging.

"She always makes patients feel welcome," Briscoe said.

Congratulations—The June Reno-Sparks Indian Colony Employee of the Month is Kristie Messerli, a registered dietician as the Tribal health center. Messerli (middle) is pictured with RSIC Director of Human Services Steven Saari (left) and 3 Nations Wellness Center and the RSTHC Diabetes Program Manager Stacy Briscoe (right).

Photo Provided By RSIC Human Resources



Highway to Health



COMMUNITY HEALTH FAIR

**SATURDAY, 22 SEPT 2018
10:00AM - 2:00PM**

AT RENO-SPARKS TRIBAL HEALTH CENTER

Cultural Dances & Presentations
Information on Healthy Lifestyles

Bring the Family!

West Nile Virus Confirmed In South Meadows Area

Learn how to protect your love ones from airborne illness spread by mosquitos

Reno, Nev. – The Washoe County Health District confirmed that mosquito samples from the Damonte Ranch and Hidden Valley areas have tested positive for West Nile Virus (WNV).

These are the first positive tests in Washoe County in 2018.

When WNV identification is confirmed, the Health District increases mosquito surveillance and conducts controlled early-morning insecticide fogging in the area.

Fogging is always conducted in early morning and began July 26 to provide relief to those South Meadows neighborhoods from increased mosquito activity.

“We expected to see West Nile Virus in the area because of the substantial moisture from our spring-time precipitation and the recent and ongoing heat-wave,” said Washoe County Health District Communications Manager Phil Ulibarri. “When the weather is hot and humid it presents perfect breeding factors for mosquitos.”

While fogging represents increased prevention efforts by the Health District, and helicopter abatement efforts are scheduled for later this summer,

Ulibarri reminds everyone that there are steps you can take personally to avoid being bitten by mosquitos that carry disease.

How to avoid mosquito bites:

Wear proper clothing and repellent if going outdoors when mosquitos are most active in the early morning and evening;

Use a repellent containing DEET, picaradin, oil of lemon eucalyptus, or IR3535 according to label instructions.

Repellents keep the mosquitoes from biting you. DEET can be used safely on infants and children 2 months of age and older. Applications can be put directly on the skin and also on clothing;

Make sure that your doors and windows have tight-fitting screens to keep mosquitos out. Repair or replace screens with tears or holes;

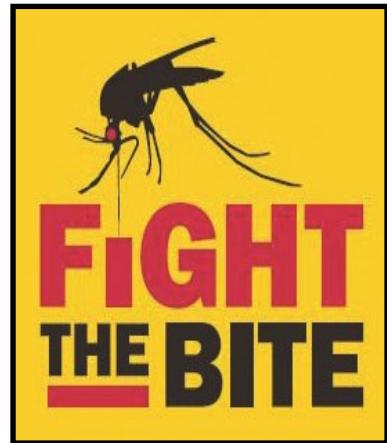
Clear standing water and any items from around homes that can be a potential mosquito breeding-grounds, including small puddles, pools, planters, children’s sandboxes, wagons or toys, underneath and around faucets, as well as plant saucers and pet bowls; and,

Vaccinate your horses for WNV.

Residents are asked to report night-time mosquito activity to the Health District at 785-4599 or 328-2434.

More information on WNV and the Washoe County Health District’s Vector-Borne Disease Prevention Program can be found at :

<http://bit.ly/1SCOM2g>.



What can you do to prevent mosquitoes from spreading West Nile Virus?

The most important thing you can do is to get rid of standing water on your property now.

That is where mosquitoes breed. Do not leave standing water in outside pet water bowls, old tires, potted plants, anything that holds stagnant water. Dump birdbath water and replace every two or three days. Drain and cover unused swimming pools. Hit mosquitoes where they breed.

Learn more at : beyondpesticides.org/

Nevada Senator Introduces Law to Protect Indian Country

Cortez Masto co-sponsors *End Trafficking of Native Americans Act of 2018*

Washington, D.C. – United States Senators Catherine Cortez Masto (D-Nev.) and Lisa Murkowski (R-Alaska), members of the Senate Committee on Indian Affairs, recently introduced the End Trafficking of Native Americans Act of 2018.

This bill addresses some of the gaps between tribal communities and the federal government in combatting human trafficking of Native Americans and Alaska Natives.

It would establish an advisory committee on human trafficking comprised of law enforcement, tribal leaders, and service providers to make recommendations to the department of interior and the department of justice on combatting human trafficking of Native Americans and Alaska Natives.

The bill also establishes a Human Trafficking Prevention Coordinator within the Bureau of Indian Affairs (BIA) to coordinate human trafficking prevention efforts across federal agencies.

“As Nevada’s Attorney General, one of my key missions was to stop the trafficking of innocent women and children and hold traffickers accountable, and I am proud to continue that work in the U.S. Senate” Cortez Masto said. “I have seen firsthand how factors including violence and historical trauma put Native Americans and Alaska Natives at an increased risk of trafficking. This bill will help coordinate investi-



Ignored — *The National Institute of Justice reports that more than 56 percent of American Indian and Alaska Native women experience sexual violence in their lifetimes. Despite this high rate of sexual violence and the known correlation between high rates of sexual violence and trafficking, there were only 14 federal investigations and 2 federal prosecutions of human trafficking offenses in Indian country from 2013 through 2016.*

File Photo

gation and prosecution efforts between federal agencies and will strengthen partnerships between the federal government, tribal leaders, law enforcement and victim advocates. I will continue to use all resources available to bring traffickers to justice and support Native American and Alaska Native survivors.”

“Human trafficking is as evil and vile an issue as any other that’s out there. It is a shocking reality that is felt deeply across the state of Alaska, impacting the Alaska Native population in devastating proportion. This legislation will allow for improved national collaboration between various agencies, tribal communities, and local law enforcement to help address human trafficking – with the assurance that an

Alaskan will always have a voice at the table,” Murkowski said. “From strengthening our ability to prevent human trafficking to increasing culturally appropriate training and research programs, I am proud to help drive legislation that will help bring an end to trafficking against American Indians and Alaska Natives.”

“The federal government is aware that Native Americans are a population vulnerable to human trafficking, yet there is no comprehensive plan to address it,” said Chairman Chris Spotted Eagle of the Las Vegas Paiute Tribe. “This legislation to bring law enforcement, tribal leaders and service providers together to make recommendations to the justice department and the department

Continued On Page 25

of interior and to establish coordination between those agencies and the BIA is a bridge to that plan."

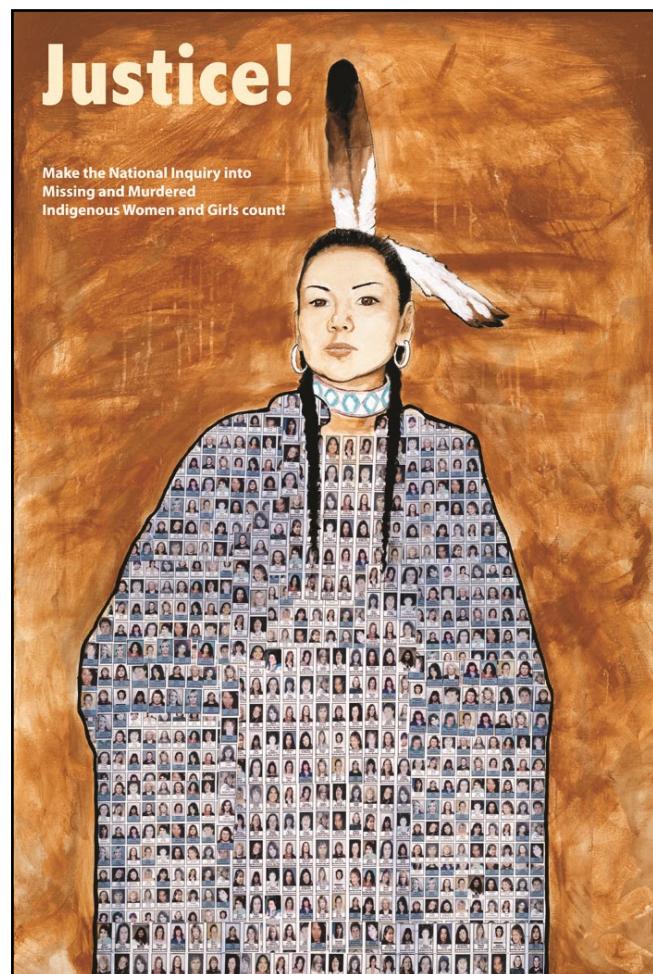
"Though we know that anecdotally human trafficking has had a devastating effect on our tribal communities, there seems to be a lack of understanding around how to best address it. This legislation will help to establish a better understanding of this issue as it relates to American Indian and Alaska Native populations in both Indian country and urban settings. We are thrilled that Senator Cortez Masto is placing a high significance on our communities and on our safety. Human trafficking of Native men, women and children has for too long gone unaddressed," said Lucy Simpson, Executive Director, National Indigenous Women's Resource Center.

In another development to bring awareness to missing and murdered Indigenous women, Annita Lucchesi, a doctoral student at the University of Lethbridge in Canada is creating her own database by filing public record requests with local law enforcement agencies.

So far she's documented more than 2,000 cases across both the U.S. and Canada. Most occurred over the last 20 years.

Lucchesi told Yellowstone Public Radio that when she was working on her master's thesis, she tried to find the total number of indigenous women who were either killed or went missing in U.S. and Canada.

"After doing some Googling, I



Still Dancing — In honor of International Women's Day 2016, the Canadian Union of Postal Workers commissioned Indigenous artist Jon Labillois to create a poster to bring awareness to missing and murdered Indigenous women.

Law enforcement agencies suggest as many as 300 Indigenous women go missing or are killed under suspicious circumstances every year in the United States and Canada.

This year, Nevada Senator Catherine Cortez Masto has crafted a law to stop the trafficking of Native Americans.

The End Trafficking of Native Americans Act of 2018 addresses some of the gaps between tribal communities and the federal government in combatting human trafficking of Native Americans.

realized nobody has the right number," she said.

It was not until 2013 that a provision in the Violence Against Women Act gave tribal governments more authority in cases of domestic violence. But the provision is limited.

The law only gives tribal courts jurisdiction to prosecute non-tribal citizens for a narrow set of crimes, which do not include crimes against children, law enforcement personnel, and sexual assault crimes committed by strangers.

Federal law enforcement agencies suggest as many as 300 Indigenous women go missing or are killed under suspicious circumstances every year in Canada and the U.S.

However, the exact number

is unknown because the Federal Bureau of Investigation (FBI) is not really tracking the numbers.

Even if a local police report is filed some of those cases never make it to the FBI's crime database. This is because there's no requirement to file those reports nationally unless the person is a juvenile according to Lucchesi.

"This allows many Native women to fall through the cracks," Lucchesi said.

The End Trafficking of Native Americans Act is also supported by the Minnesota Indigenous Women's Sexual Assault Coalition (MIWSAC).

The text of the bill can be found at: <https://www.Cortezmasto.senate.gov/>



LANGUAGE & CULTURE PROGRAM

Encouraging Cultural Pride and Awareness

August - 2018

Mission:

To encourage the growth of a positive cultural identity for Reno-Sparks Indian Colony community members through the teaching of their native language(s) – **Numu, Newe** and **Washiw** – and by providing a learning environment in which community members will gain a basic understanding of the Great Basin Cultures.

Beginning/Intermediate level Paiute Language Classes will continue in August 2018. These interactive classes include grammar, storytelling, games, songs and immersion activities. The class has a knowledgeable language instructor and anyone who is interested in learning the Paiute Language is welcome to attend.

Language Classes:

Wednesdays

Seniors Numu (Paiute) Class:

Location: RSIC Senior Center, 34 Reservation Road, Reno

Time: 12:45 p.m. – 1:30 p.m. **Instructors:** Thalia Dick & Reynelda James

Dates: 8/1, 8/8, 8/15, 8/22, 8/29

Beginning/Intermediate Numu (Paiute) Class:

Location: RSIC Multipurpose RM – 34 Reservation Rd.

Time: 6:00 p.m. – 8:00 p.m. **Instructor:** Jennie Burns

Dates: 8/1, 8/8, 8/15, 8/22, 8/29

Cultural Activity:

Date: August 3, 2018

Time: 12:00 PM – 5:00 PM

Location: Meet at the

Language & Culture Office

401 Golden LN - Reno

Nevada State Museum Basket Vault

Join us for our Annual Basket Vault tour at the Nevada State Museum in Carson City. We will be leaving from the Language & Culture Program at 1:00 PM and returning at 5:00 PM. **Seating is limited so reserve your space!**

RSVP to the Language & Culture Program at 775-785-1321.

Everyone is invited! Anyone interested in learning about the Great Basin language or way of life is welcome to attend our language classes. Children must be accompanied by an adult. For more information, contact the Language & Culture Program

775-785-1321

Blessing Ceremony Marks ‘New Beginning’ for Stewart

Construction on Stewart Indian School Cultural Center and Museum starts

By Guy Clifton
Nevada Department of Tourism
and Cultural Affairs

Carson City, Nev. — With blessings delivered in the native languages of the Paiute, Western Shoshone and Washoe tribes, a new chapter in story of Stewart Indian School commenced on July 11.

More than 250 people, including Nevada Governor Brian Sandoval, dozens of alumni and leaders from several Nevada tribes, attended the blessing ceremony for the Stewart Indian School Cultural Center and Museum – part of a \$4.5-million appropriation approved during the 2017 Nevada legislative session.

The 7,100-square foot museum is scheduled to open in the spring of 2019. It will occupy the school’s former administration building and its purpose is to tell the unvarnished history of the school, which opened in 1890 with 37 students from the Washoe, Paiute and Shoshone tribes.

By the time the school closed in 1980, more than 30,000 Native American students from around the country had attended Stewart.

Blessings were given by Dinah Pete of the Washoe Tribe of Nevada and California, Ralph Burns of the Pyramid Lake Paiute Tribe and Reg Soap of the Duck Valley Shoshone-Paiute Tribe.

The original purpose of the school was to train and educate

Indian children with the ultimate goal of assimilation, stripping them of their native traditions and language. The purpose eventually shifted from vocational training to academics in the 1960s. Multiple generations of tribal families attended the school and feelings about the school are mixed.

The State of Nevada has owned the 240-acre Stewart campus since the 1990s. Governor Sandoval said he made funding the museum a priority in his budget because preserving the history of the school is important.

“The importance of history and culture and what happened here, for better or for worse, it has to be preserved,” Governor Sandoval said. “It has to be a

story that is told forever. This has to be a place where people can travel from all over country and all over the world and truly understand what happened here.”

Sherry Rupert, executive director of the Nevada Indian Commission, said that the museum and cultural center offer a new beginning to the campus. Long-term plans include rehabilitating many of the more than 60 distinctive stone buildings on the campus, making them available for use as places of learning about tribal culture and arts.

The first-phase construction project also includes turning the former post office near the cultural center into a welcome center for the campus.



For The Red White and the Poohe — *The Reno-Sparks Indian Colony’s Chelsea O’Daye played her hand drum and sang the Flag Song during a blessing ceremony for the soon-to-be constructed Stewart Indian School Cultural Center and Museum. Standing with O’Daye was RSIC Chairman Arlan D. Melendez and Nevada Governor Brian Sandoval. Also, from the Colony, World War II Veteran Beatrice Thayer (middle).*

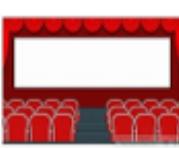
Photo By Guy Clifton



AUGUST

Reno-Sparks Indian Colony
 Senior Center Activities
 34 Reservation Rd, Building F
 Reno NV 98502
 775-329-9929

2018

Monday	Tuesday	Wednesday	Thursday	Friday
		1) Language Class 12:45pm	2) Screen Printing 12:30pm	3) Caregivers Support Group Meeting 9:00am Brunch 10:30am
6) Tone & Fit 11:00am Senior Advisory Committee Meeting 1:00pm	7) Farmers Market 9:00am Painting 12:30pm 	8) Blood Pressure Check 11:30am Community Health & Nutrition Presentation 12:00pm  Language Class 12:45pm	9) Errand Day 10:00am Galaxy Theaters 1:00pm 	10) Tone & Fit 11:00am 
13) Tone & Fit 11:00am Tribal Police Presentation 12:00pm 	14) Farmers Market 9:00am Night Bingo 5:30pm 	15) Chair Volleyball 10:00am Language Class 12:45pm 	16) Blood Pressure Check 11:30am Errand Day 1:00pm	17) Brunch 10:30am 
20) Food Pantry Tone & Fit 11:00am Bird Houses 12:30pm 	21) Commodities Bird Houses 12:30pm 	22) Blood Pressure Check 11:30am Language Class 12:45pm 	23) Environmental Presentation 12:00pm Birthday Bingo 	24) Tone & Fit 11:00am 
27) Tone & Fit 11:00am 	28) Century Theaters 1:00pm 	29) Blood Pressure Check 11:30am Language Class 12:45pm 	30)	31) Brunch 10:30am

Does Classic Literature Parallel American Indian Plight?

Fictional exploitation leads to awareness, revolt, ending with tyranny

One day, long ago as I walked down the crowded hallway of Vaughn Jr. High, I overheard a conversation between two students.

One was quite excited as he told the other about one of his classes and the book they had been studying. Never in my life had I seen anyone so excited about a book. The book, he said, was called, *Animal Farm*.

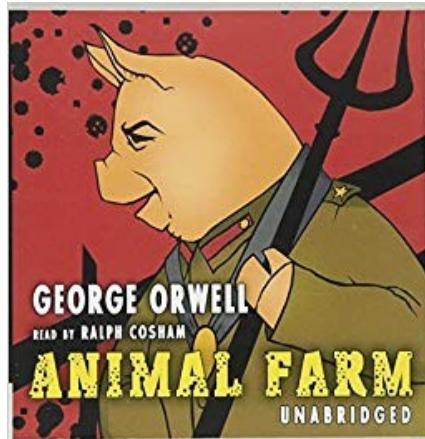
It was only years later that I finally found a copy and read the book. It is one of those books that once you have read it, you wish you had read it years earlier.

The story is about the oppressed animals of Manor Farm who are exploited by the cruel, drunken farmer, Mr. Smith.

One day, Major, the wise old pig calls all the animals together to tell them of a dream that he had about a society where they have plenty of grain and oats to eat and where they no longer have to endure the cruelty of the farmer. After Major tells all the other animals of his dream, he sang a song called, "Beasts of England" which is described as sung to the tune of, "something between Clementine and La Cucaracha."

The animals, filled with hope and rebellion, soon overthrow the farmer and re-name the farm, "Animal Farm."

As the plot thickens, the animals find that they have traded one cruel master for an even crueler master.



American Classic— *Animal Farm* satirizes politicians, specifically their rhetoric, ability to manipulate others, and insatiable lust for power. *File Image*

The animals had written their constitution on the barn wall which was to govern their democracy, but the smarter pigs would change the laws in the middle of the night. By the morning light, "Four legs good, two legs bad" became, "Four legs good, two legs better." That was because the pigs had started walking on their hind legs and wearing the farmer's clothes. The chickens would question for a moment if something had changed, but it would be only a fleeting thought because there never was any consideration that anyone would have the audacity to change a law they fought so hard for.

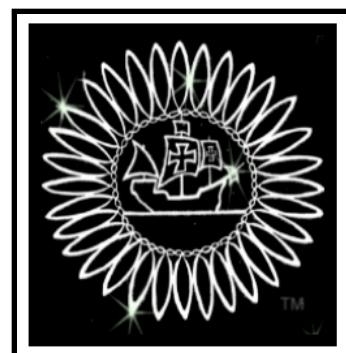
In real life, it is hard to believe that anyone would or could change the law without the people knowing it, but it happened to the Indians.

In 1935, the Secretary of the Interior, Harold Ickes urged the

United State Senate to pass H.R. 6655, an act to create an Indian Claims Commission.

In the final report of the Indian Claims Commission, they wrote of their own formation, "... the legislative movement to expedite Indian Claims shifted irreversibly from the consideration of a judicial to a commission format...the Secretary of the Interior now felt that a commission rather than an adversary proceeding could better 'cut through' the red tape..."

In one fell swoop, the government replaced "a judicial" and "adversary proceeding" which is two lawyers battling it out in a court of law, with a commission, which is a panel of white men chosen to decide the amount of monetary compensation the Indians should receive due to the ownership of the land changing hands according to the colonial law of "discovery."



Editor's Note:

The proceeding was submitted by Steve Melendez, a member of the Reno-Sparks Indian Colony and the President of the American Indian Genocide Museum.

IMPORTANT
Please TIE up your
dogs during delivery
times 10 am – 1 pm



AUGUST

Reno-Sparks Indian Colony
Senior Center Lunch Menu
34 Reservation Rd, Bldg F
Reno NV 89502
775-329-9929

2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>~ Reminder ~ To call before 10:00 a.m. to cancel or add your meal delivery</p> 	<p>Daily * Vitamin C 1% Milk 3 x Week + Vitamin A</p> 	<p>1) Southwest Chicken Salad+* with Black Beans and Cilantro Lime Dressing Diced Cantaloupe*</p> 	<p>2) Steamed Pork Chop Mashed Potatoes Green Beans+ with Tomatoes* and Onions Pineapple*</p>	<p>3) Brunch 10:30 am Biscuit and Sausage Gravy Boiled Egg Banana* V-8 Juice+*</p>
<p>6) Turkey Taco on Whole Wheat Tortilla with Lettuce*, Tomatoes+ and Cheese Refried Beans Tropical Fruit+*</p> 	<p>7) Pepperoni and Vegetable+* Pizza Carrot+, Cucumber and Celery Sticks Watermelon</p> 	<p>8) BBQ Chicken Breast Roasted Asparagus+ Red Potato Salad Grapes*</p>	<p>9) Mandarin Spinach Pork Pasta Salad+* with Pinenuts Strawberries*</p>	<p>10) Beef Gravy over Brown Rice Mixed Veggies+* Peaches</p>
<p>13) Fish Sticks Lettuce* and Tomato+ Macaroni and Cheese Melon* Mix</p>	<p>14) Chicken Alfredo over Whole Wheat Pasta Broccoli+ Salad Pears*</p>	<p>15) Turkey and Swiss Cheese on Whole Wheat Wrap Lettuce* and Tomato+ Sun Chips Orange*</p> 	<p>16) BBQ Pork Sliders Coleslaw+ Mixed Berries*</p> 	<p>17) Scrambled Eggs Turkey Bacon Whole Wheat Toast Cantaloupe*</p>
<p>20) Tuna Salad Sandwich on Whole Wheat Bread Lettuce+ and Tomato* Dark Green Salad+ Strawberries*</p>	<p>21) Beef Fajita with Bell Peppers+ and Onions Southwest Corn With Black Beans+ Peaches*</p> 	<p>22) Baked Rosemary Chicken Breast Brown Rice Pilaf Basil Pesto Kohlrabi Salad with Cranberries, Carrots and Kale+ Blueberries*</p>	<p>23) <i>Birthday Bingo "Oldies"</i> Hamburger on Whole Wheat Bun Lettuce* and Tomato+ Sweet Potato Tots+ Watermelon*</p> 	<p>24) Lemon Salmon Wild Rice Steamed Broccoli+ Pears*</p> 
<p>27) Chicken Stir Fry with Mixed Vegetables over Brown Rice Pineapple Fortune Cookie</p> 	<p>28) Steak Quesadilla on Whole Wheat Tortilla Tomato Cucumber Salad Tropical Fruit</p>	<p>29) Chef Salad with Turkey, Ham, Boiled Egg, Carrots, Kidney Beans, Purple Onion, Olives, Mushrooms, Beets Fruit Salad</p>	<p>30) Chicken Salad Sandwich on Whole Wheat Bread Lettuce and Tomato Orzo Salad with Carrots, Purple Cabbage and Pomegranates Apple</p>	<p>31) Frosted Mini Wheat Cereal Boiled Egg Grape Mix Trail Mix V-8 Juice</p> 

Legal Notices, Public Announcements

Tribal committee recruitment, volunteer opportunity, name change request

Recruitment for Housing Advisory Board

HAB is actively seeking **two** 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

KTMB's Truckee River Cleanup Day

Saturday, Oct. 13 from 9 a.m.—noon

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

IN THE RENO-SPARKS TRIBAL COURT IN & FOR THE RENO-SPARKS INDIAN COLONY RENO, WASHOE COUNTY, NEVADA

PUBLIC NOTICE

Notice is hereby given that the Petitioner, Yesenia Irene Reyes, who is a member of the Reno-Sparks Indian Colony, has filed a Petition in the Reno-Sparks Tribal Court. Case No. CV-NC-2018-0027, praying that said Court enter an Order changing the present legal name of Yesenia Irene Reyes, to the name of Yesenia Sampson. which is the name Petitioner desires to have.

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

Henrietta A. Tobey Clerk of Court
Reno-Sparks Tribal Court

Recruitment Senior Advisory Committee

The Senior Advisory Committee (SAC) encourages persons 55 or older to apply to become a member of the SAC. Please submit a letter of interest, stating your name and contact information to the Senior Program Manager. The tribe's standing rules for committees and advisory boards apply to this position. The committee meets the first Monday of the month. You must be an active participant in the meetings and other SAC sponsored events and be available for any additional meetings. The term is for two years. If you have any questions, please contact the RSIC Senior Program Manager at 329-9929.

Recruitment Law & Order Committee

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

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

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

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

WATER FITNESS!!

- Senior Water Fitness
- Senior Aquacize
- Toddler Time
- Swimming Lessons
- Lap Swimming



FREE
TO ALL
CHILDREN,
DIABETIC,
NON-DIABETIC
& SENIOR
RSTHC
PATIENTS

@ Alf Sorenson Community Center
1400 Baring Blvd, Sparks
Tribal Card required @ Class Check-In

QUESTIONS?

Call Wali at 329-5162 x1947 or Stacy x1945



SCRAP HAPPY CROP

September 8, 2018 - 9 am to 9 pm

September 9, 2018- 9 am to 6 pm

34 Reservation Road, Reno (Reno-Sparks Indian Colony building)
Registration Fee: \$25 for Saturday, \$20 for Sunday, OR \$40 for both

Come spend the weekend with your friends doing what you do best
– scrapbooking, card making or any crafting.

Guaranteed EIGHT foot table all to yourself. Lunch, coffee, tea, ice and water are provided on both days. There will be at least one silent auction item and ways to earn & purchase raffle tickets towards prizes – not all crafting related.

Name : _____

Email : _____

I want to sit with : _____

I will attend Saturday (\$25) Sunday (\$20) Both (\$40)

Number of attendees is limited to 30 so get your registration in soon.

Please contact Margaret Emerson @ emerson3468@gmail.com if you'd like to attend.
Payment will be sent to Velda (Jenny) Lowery at 50 Colony Cir, Reno, 89502.

YOGA WITH KIM

TUESDAYS

12:10-12:50pm

Vinyasa HIIT Fusion Yoga

NEW CLASS
ADDED!

(ADD CARDIO TO YOUR
YOGA PRACTICE WITH
CARDIO CIRCUITS)

LAST TUESDAY OF THE MONTH

12:10-12:50pm

Gentle Chair-Based Yoga

(INCREASE
FLEXIBILITY
WITH NO MAT
WORK)

THURSDAYS

12:10-12:50pm

Vinyasa Yoga

(SLOW FLOW
FOR ALL
LEVELS)

ALL CLASSES
AT RSTHC
1ST FLOOR
CONFERENCE
ROOM

OPEN TO RSTHC PATIENTS AND EMPLOYEES

ALL LEVELS WELCOME

SIGN UP NOT REQUIRED

ALL EQUIPMENT PROVIDED

SPONSORED BY THE
RSTHC DIABETES PROGRAM

QUESTIONS? CONTACT STACY AT 329-5162 X1945





LET'S SPINN

SPINNING WITH MICHELLE

FITNESS

AWESOME CALORIE BURNER AND FITNESS BOOSTER

WEDNESDAYS 5:30-6:30PM &
FRIDAYS 12:15-12:45PM
@ 3NWC

Questions Contact Michelle @ 329-5162



MARTIAL ART CLASSES

ALL AGES
KIDS &
ADULTS

Contact High Sierra Martial Arts for schedule & enrollment: 775-683-9950
www.highsierramartialarts.com

NEW LOCATION
HIGH SIERRA MARTIAL ARTS
5450 Mill St. suite C upstairs

LEARN & DEVELOP

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

FREE!!!

UNIFORM AND TESTING FEES INCLUDED...ROLLING ADMISSION

Sponsored by the RSIC Diabetes Program

QUESTIONS?
Contact Stacy Briscoe 329-5162 x1945

The 2018 Diabetes Shoe Program

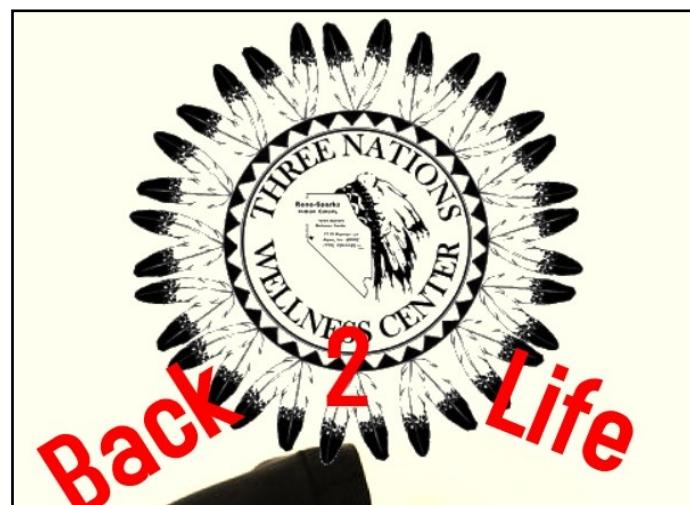


Keep two Diabetes Checkups in RSTHC Medical in 2018 and you're eligible for shoes through the RSTHC Diabetes Program! Appointment required.

QUESTIONS?
Contact Stacy 329-5162 x1945

Sponsored by the RSIC Diabetes Program

The RSIC Diabetes Program reserves the right to end the program at any time.

Back 2 Life

It's time to get rid of the aches and pains and get back to living.

Gradually get back into exercise with help from a trainer.

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



-Numaga Indian Days -

Princess Pageant



Tiny Tot
1-5 yrs.

Junior Girl
6-11 yrs.

Teen Girl
12-17 yrs.

Applications available at:

Reno-Sparks Indian Colony Administration Office
34 Reservation Road, or download from: www.rsic.org

Numaga Indian Days Pow Wow

NOW ACCEPTING

BIDS

.....

CLEAN UP CREW

- grounds
- bathrooms
- parking lot

FRI, SAT, SUN

(Bid should include the price for before, during, after event)



SATURDAY DINNER FEED

250 PEOPLE

4 ITEM MENU MINIMUM *(main dish, side, drink, dessert)*

Deliver bids in a sealed envelope to:

*Pow Wow Committee
34 Reservation Road
Reno, NV 89502*

DEADLINE:
Friday, Aug. 17

Continued From Page 5

for activity, and doctors can monitor your sugars, but if you are not doing your part, it is not going to help," Pinto said. "You have to help yourself as a patient."

She added that she was energized and delighted to see great results when patients adhered to their plan and work in partnership with the doctors.

It was these types of revitalizing client cases, along with the independence the RSTHC providers afforded her which made her work at the RSTHC exceed her expectations.

In fact, Pinto said that she looks forward to sharing her summer experience with her fellow INMED Native American students back in North Dakota.

It has been such a great opportunity and such a great feeling for me," Pinto said. "When I was a teenager, I used

the (Colony) clinic and Dr. (Gil) Mabunda was my doctor, and now, here I am, shadowing my own doctor."

Such feelings—familiarity, a sense of purpose and a lot of confidence in her path—inspire Pinto.

"I have made so many sacrifices to move away from home and to go back to school at the age of 41," Pinto said. "I'm the oldest medical student in my class of 79 and I want to make every part of my journey worthwhile."

Yet, she knows the path to become Dr. Pinto will only get more difficult.

"In the back of my mind, I am preparing for residency. It is very competitive and you have to interview for spots," Pinto said. "Plus, I need to come to terms with that it may mean moving again."

Regardless, whether as wife,

mom, daughter, sister, grandma, or even as a doctor, Pinto knows it all takes team work and family.

"Whether you are the patient or a medical student, we all need support," Pinto said.

"What I saw here (RSTHC) is that patients get really excited if they know that there is someone from the Tribe or even someone who is Native is involved in their care."

Pinto said that she wanted to explore family medicine because that specialty is needed most on reservations.

"It was the greatest opportunity to work here in the health center on the Indian Colony," Pinto said. "One of the many lessons I learned, was that all you have to do is ask, which is sometimes difficult for Native people, but you have to put forth the effort if you want to pursue your passion."



Outstanding Representation—

Nearly 3,000 guests visited the Nevada Museum of Art for the "Reawakening the Great Basin: A Native American Arts and Culture Gathering." The largest, most comprehensive Native American gathering in Northern Nevada, the partnership between the Reno-Sparks Indian Colony and the Nevada Museum of Art celebrated art, culture, community, and tradition. The free day featured a wide variety of artists, dancers, storytellers and musicians sharing traditional and contemporary culture and art of the Paiute, Shoshone, Washoe, Pala, and Patwin traditions. Many guests were greeted by Native American royalty as well as other youth from the Reno-Sparks Indian Colony. Pictured above are: Back row, left to right: Dania Wahwasuck, Sydney Shoemaker, Shaylyn Astor, Emileigh Mason, and Arianna Wahwasuck. Front row, left to right: Karianna John, Mary Melendez, and Russell Melendez.

Photo Provided By NMA