



THE CAMP NEWS

VOLUME X ISSUE 6

June 30, 2015

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

Operation Wildfire Provides Needed Emergency Practice

Staffers, residents participate in mock Hungry Valley drill

Universally experts agree that the best way to deal with an emergency is preparation and that is what 32 Hungry Valley residents and eight departments from the Reno-Sparks Indian Colony recently did.

Under a pretense of an out-of-control wildfire, emergency responders practiced fire management, evacuating residents, and setting up and operated an emergency shelter.

According to Daniel Thayer, who organized the event and served as the controller, the practice drill helps emergency responders and those involved in disaster relief, identify gaps in service and determine what additional training is needed.

"It's a spark," said Daniel Thayer, volunteer fire chief in Hungry Valley. "This drill makes people wonder, 'What if? How do I prepare my family?'"

Thayer, who also serves as the emergency response coordinator at the Reno Sparks Tribal Health Center said that the June 6 practice evacuation was a first since the Hungry Valley community was established in 1992.

"During the exercise, we

collaborated well not only between RSIC departments, but with outside agencies," Thayer said. "Practicing our skills is very important, so that when we do have an emergency, we know what to do."

By all accounts, the drill was successful.

"This was a great start," said David Hunkup, who headed up the Incident Command (IC) and coordinated all resources for the event, "We can only do better."

Hunkup also had high praise

for law enforcement and the firefighters.

"Law enforcement did an excellent job setting and managing our perimeter which included road blocks," said Hunkup, who oversaw the staging area and served as the primary communications facilitator. "The fire department did a great job sizing up the disaster and handling the wildfire."

Participants were told

Continued on page 4



Practice Makes Perfect — Hungry Valley Volunteer Firefighters, Donovan Garcia III Curtis Hunter and Bill Harjo (driving) provide a barrier during "Operation Wildfire," an emergency training drill held on June 6 to prepare for potential disasters.

29TH ANNUAL NUMAGA INDIAN DAYS POWWOW

SEPTEMBER 4-6, 2015
HUNGRY VALLEY, NV ♦ **LABOR DAY WEEKEND**

HOST DRUM

IRON BOY

Minneapolis, MN



2015 World Class Drum Champions

INFORMATION

FREE ADMISSION ♦ **OPEN TO THE PUBLIC**

VENDORS: Ramona Darrough (775) 842-1385

GENERAL: Elliot Ramirez (775) 250-7013
Tanya Hernandez (775) 770-4127

HOST HOTEL: Circus Circus Reno (775) 329-0711

GROUP CODE "NUMAGA1" Deadline August 1st

MAP/DIRECTIONS



**ALCOHOL AND
DRUG FREE
EVENT**

GRAND ENTRY

Friday 7pm ♦ Saturday 12pm & 7pm ♦ Sunday 12pm

HEAD STAFF

HEAD MAN: Mason McGurk *Sacramento, CA*

HEAD LADY: Jamie Eaglespeaker *Blackfoot, ID*

ARENA DIRECTOR: Noah Fred *Ft. Hall, ID*

MC: Carlos Calica *Warm Springs, OR*

HEAD JUDGE: Skye McMichael *Lajolla Ind. Res., CA*

SPECIALS

MEN'S GRASS: Head Man

WOMEN'S JINGLE: Head Lady

SPOTLIGHT SPECIAL:

Men's Fancy ♦ Women's Jingle

DRUM CONTEST: 1st Place \$7,000
2nd Place \$6,000 & 3rd Place \$5,000

ACTIVITIES

NUMAGA PRINCESS CONTEST

Anita Talancon (775) 338-3723

3NATIONS WELLNESS CENTER

SMILE WALK & RUN

Rocky Batastini (775) 329-5162

SPONSORED BY



RENO SPARKS INDIAN COLONY &
RENO SPARKS TRIBAL HEALTH CENTER

RSIC & Committee is **NOT** responsible for short funded travelers, theft, lost items, pets, accidents, breakups/divorces, injuries, etc.

Deadlines, Mailing List

The Camp News Profile

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

SEND US YOUR NEWS

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

CONTACT OUR STAFF

E-mail your submissions to smontooth@rsic.org or drop off your photos and suggested articles to the receptionist at 98 Colony Road, Reno, NV 89502.

CIRCULATION

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

ELECTRONIC EDITION

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

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

Important JULY dates

- 1 Law & Order Committee Meeting, Tribal Court, 6 p.m.
Regalia Making Class, Hungry Valley Recreation, 6 p.m.
Beginner Washoe Language, Education Classroom, 6 p.m.
- 2 Beginner Paiute Language, Education Classroom, 6 p.m.
- 3 Fourth of July recognition, RSIC offices closed
- 4 Independence Day
- 6 Education Advisory Committee meeting, Education conference room, noon
Senior Advisory Committee, Senior Center, 1 p.m.
Enrollment Advisory, RSIC Enrollment Office, 5:30 p.m.
Pow Wow Club, RSTHC, 6 p.m.
- 7 Ethic Ordinance meeting, 34 Reservation Road, multipurpose room, 6 p.m.
Beginner Shoshone Language, Education Classroom, 6 p.m.
- 8 Regalia Making Class, Reno Gym, 6 p.m.
Beginner Washoe Language, Education Classroom, 6 p.m.
- 9 Beginner Paiute Language, Education Classroom, 6 p.m.
Submission deadline for *Camp News*, 6 p.m.
- 13 Toddlers Rock Musical Therapy with NEIS ages 3-0, RSIC Library, 5 p.m.
Substance Abuse Presentation, RSTHC, 2nd floor, 5:15 p.m.
Pow Wow Club, Hungry Valley Gym, 6 p.m.
- 14 New software installation at RSTHC; No health center walk-ins for 30-days
Beginner Shoshone Language, Education Classroom, 6 p.m.
- 15 RSIC Tribal Council meeting, 34 Reservation Road Multipurpose, 6 p.m.
Beginner Washoe Language, Education Classroom, 6 p.m.
Regalia Making Class, Hungry Valley Recreation, 6 p.m.
Buffy Sainte-Marie's free concert, Wingfield Park, 7 p.m.
- 16 Beginner Paiute Language, Education Classroom, 6 p.m.
- 18 Car Seat Checkpoint, RSTHC, 9 a.m. – noon
- 19 Sky Tavern Summer Music Series, Reno Rock: Native Rock, Mt. Rose Hwy, noon
- 20 Language and Culture Advisory Committee Board meeting, RSIC Library, 5:30 p.m.
Executive Health Board meeting, RSTHC, 5:30 p.m.
Pow Wow Club, Reno Gym, 6 p.m.
- 21 Beginner Shoshone Language, Education Classroom, 6 p.m.
Commodity Distribution, Senior Center
- 22 Beginner Washoe Language, Education Classroom, 6 p.m.
Regalia Making Class, Reno Gym, 6 p.m.
Hazard Mitigation Workshop, RSTHC, 6 p.m.
- 23 Toddlers Rock Musical Therapy with NEIS, Hungry Valley Community Center, 5 p.m.
Beginner Paiute Language, Education Classroom, 6 p.m.
Pow Wow Club, RSTHC, 6 p.m.
- 24 Great Basin Basket Vault Tour, Nevada State Museum, Carson City, noon
- 25 2nd Community Meeting with Tribal Council, Hungry Valley Recreation Center, 9 a.m.
- 27 Housing Advisory Board Meeting, Hungry Valley Community Center, 6 p.m.
Pow Wow Club, Hungry Valley Gym, 6 p.m.
- 28 Beginner Shoshone Language, Education Classroom, 6 p.m.
- 29 Lunch & Learning, RSIC Library, noon
RSIC Economic Development meeting, 34 Reservation Road Multipurpose, 6 p.m.
Beginner Washoe Language, Education Classroom, 6 p.m.
Regalia Making Class, Hungry Valley Recreation, 6 p.m.
Talking Circle, RSTHC, 5 p.m.
- 30 Beginner Paiute Language, Education Classroom, 6 p.m.
- 31 Deadline to apply for 2015-16 Head Start, 789-5615
Deadline to apply for Language & Culture Advisory Committee, 785-2015

in advance that a wildfire started by lightning southeast of Hungry Valley, required the evacuation of residents on Fancy Dance and Morning Dawn streets.

Once the practice drill began about 9:30 a.m., Lance Chantler, Fire Management Coordinator of the Hungry Valley Volunteer Fire Department, sent word that the mock wildfire was threatening 33 households.

Chantler's declaration prompted the Tribal Police and the CERT to start going door-to-door to inform residents of the pending danger. The police and the CERTs shared with community members that an emergency shelter at the Hungry Valley Recreation Center, 9075 Eagle Canyon Dr., was accepting evacuees.

Residents were asked to use the safest route to seek shelter at the Hungry Valley Gym or evacuate the area via the Bureau of Land Management (BLM) service road which leads to Lemmon Valley. They were told that Eagle Canyon road was blocked and check points at Fancy Dance and Morning Dawn streets were staffed by Tribal Police and RSIC Public Works employees.

"It went really smoothly," said Susie Quartz-Holling, one of the Hungry Valley CERT members helping with the evacuation. "We took the houses on one side and the Carson (Colony) CERT went on the other."

Thirty-two community members made their way to the



Vital Statistics — Members of the RSIC Recreation staff collaborated with the American Red Cross of Northern Nevada to operate an emergency intake shelter during "Operation Wildfire," a drill held in Hungry Valley at the beginning of June. Above, Shane Sanchez writes key information about an evacuee.

evacuation area where the RSIC Recreation staff and the American Red Cross of Northern Nevada organized those needing shelter.

At this intake center, vital data was collected for a written record on each evacuee while making the participants as comfortable as possible. Even bedding cots were set up to simulate a real disaster.

"We were thrilled with the teamwork," said Zanny Marsh, the executive director of the local Red Cross Chapter.

Those staffing the evacuation center even successfully handled a disgruntled evacuee and an unaccompanied juvenile.

In the practice exercise, an unhappy resident actually required police intervention which mandated extensive interdepartmental cooperation to solve the situation.

As expected, the practice drill brought to light important information which will be used to handle actual disasters.

For example, Lydia Shaw and

her family of six participated in the exercise. Shaw said that her family was happy to join the mock evacuation. However, during the hot wash or the after the event briefing, Shaw shared that her family needed more information as they initially walked toward the fire.

"The people who went door-to-door needed to provide specifics about which is the best route to the shelter," Shaw said.

Another Hungry Valley resident and emergency responder, Becky Hunkup contributed additional valuable information. Becky Hunkup, who staffed the medical center, said that they dealt with an evacuee's diabetic condition.

"You have to plan ahead and think, 'If my family member has health issues, how do we handle that in an emergency?'" Becky Hunkup said. "You have to remember to bring medications or anything needed for your loved ones."

Continued on next page

Once Chantler made the call that erratic winds caused the wildfire to jump across Eagle Canyon Road, David Hunkup, the emergency incident commander, called for additional help including the use of six structure fire engine trucks, seven brush trucks, two water transport trucks, two bulldozers and two single engine air tanker planes for airdrops.

In the mock scenario, the wildfire covered 65 acres and was contained by 65 firefighters from the Hungry Valley Volunteer Fire Department, with assistance from the Truckee Meadows Department and the BLM.

"The coordinated effort went really well," David Hunkup said. "The information flow was good, even though there are some things we can do better next time."

In addition to taking the lead and organizing the drill, the



Knock Three Times — Hungry Valley CERT member Martin Clayton checks on residents during an emergency drill.

Hungry Valley Volunteer Fire Department received assistance from the RSIC Office of Emergency Services, Tribal Police, Public Works, Recreation, Housing, the Chairman's Office, and Hungry Valley Community Emergency Re-

sponse Team (CERT).

Outside agencies that participated in the mock evacuation included: the Hungry Valley Christian Fellowship, the Carson Indian Colony CERT Team, the American Red Cross of Northern Nevada, Living with Fire Program from the University of Nevada, and the Truckee Meadows Fire Department.

Chantler, who has served as a firefighter for 16-years, most recently, in neighboring Lemmon Valley, explained some of the challenges of a practice disaster.

"When we say that we have two water tankers, it is hard for some people to imagine that," Chantler said. "Simulating resources is difficult, but all-in-all, we did good."

Next month, the RSIC department will hold a formal follow up meeting which requires an after action report, along with a discussion about future practice exercises and what changes need to be made.

"Having attended the drill we can now have a general idea what occurs, who is in charge, what needs to be done and what resources are available," said Sergeant Nida Harjo of the RSIC Tribal Police. "Everyone involved in the drill did great and worked as a whole."

Thayer echoed those same feelings.

"Disasters occur twenty-four seven, three-hundred and sixty-five," Thayer said. "It is important we work and train for the safety and protection of the community members and property."



Command Central — During a recent emergency evacuation drill in Hungry Valley, Emergency Services Manager David Hunkup served as the incident commander. On his right, Sergeant Nida Harjo directed police resources during "Operation Wildfire." In addition to Reno-Sparks Indian Colony departments, other outside agencies which helped included the American Red Cross of Northern Nevada, the Carson Colony CERT, the University of Nevada Living With Fire Program and the Truckee Meadows Fire Department.

Hon. Arlan Melendez
Chairman

Angela Wilson
Clinic Director

RENO-SPARKS INDIAN COLONY
Tribal Health Center
1715 Kuenzli Street
Reno, Nevada 89502

Telephone (775) 329-5162 • Fax (775) 334-4357



June 15, 2015

Dear Reno Sparks Tribal Health Patients;

Beginning July 14, 2015 Reno-Sparks Tribal Health Center will be converting to a new Operating System for Electronic Health Records. The new operating system Nextgen will allow the providers to provide more detailed comprehensive care for our tribal health patients.

During the conversion we will not be taking walk-in visits due to the lengthy check in process for our patients and our providers to document their first visit under the new operating system. Walk-ins will not be available for the first 30 days from our conversion date. However, we will have staff available and prepared to assist you in locating an appropriate urgent care option for you based on your specific insurance network of providers. In addition, for those patients who are Purchased and Referred Care (PRC) eligible, formerly known as contract health services, we will be assisting you with appropriate referrals for emergency and/or urgent care.

We will also be requiring all patients to submit Photo ID, Tribal Verification Cards and insurance cards for scanning into your individual charts. Once checked in at patient registration you can proceed to your scheduled appointment or selected clinic dept.

We look forward to serving you, and are excited for the new system to assist us in providing quality health care services to all of our patients.

We appreciate your patience and understanding during this time. Thank you for working with us in improving our internal system for our continued growth.

Respectfully,

Angie Wilson, Director

Obese, Overweight Youth at Crisis Level in Indian Country

Devastating health issues rapidly appearing in RSIC youth

Officials at the Reno Sparks Tribal Health Center are extremely alarmed because almost half of the Reno-Sparks Indian Colony's children are medically overweight or obese.

"This is absolutely a crisis," said Stacy Briscoe, Diabetes Program Manager at the RSTHC.

The U.S. Centers for Disease Control and Prevention (CDC) have created a growth chart which takes into account age and gender for children 2 to 19 years of age. This information is used to determine body mass index or BMI.

Overweight is medically defined by a BMI at or above the 85th percentile and lower than the 95th percentile.

Obesity is medically defined by a BMI at or above the 95th percentile.

According to the 2014 survey done by the RSIC Planning Department, there are 511 youth, 0-17 years-old, enrolled with the RSIC. Tribal health center records indicate that 224 of those children have a BMI at or above the 85th percentile, which means they are medically overweight.

Moreover, of the 224 RSIC children and teens, 52 weigh over 200 pounds and seven weigh over 300 pounds.

"These numbers are stunning," Briscoe said.

The CDC says that nationwide, one of three children is

overweight or obese, but at the RSIC, one of two is overweight or obese.

"Besides the psychological difficulties endured when a child is overweight, there are several, very serious health related issues, too," Briscoe said.

The CDC reports that five of the top eight leading causes of death in Native Americans are related to being overweight or obese. Those sicknesses include: heart disease, diabetes, respiratory diseases, stroke, suicide, and nephritis.

"People who are overweight are more likely to suffer from high blood pressure, high levels of blood fats, and LDL cholesterol ("a fatlike substance")—all risk factors for heart disease

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Mental trauma often connected to body image

The 224 RSIC children and teens, of which 52 weigh over 200 pounds and seven weigh over 300 pounds, not only are at significant risk for serious life-long diseases, but being overweight takes an emotional toll, too.

"Bullying has gotten worse with social media and a main subject is weight," said Bhie-Cie Ledesma, the RSTHC Certified Health Specialist. "Your child listens to the way you speak to them and your words can help or hurt them in living a healthy life."

According to Ledesma and many health experts, many

Continued on page 11



Health Crisis — Nationwide, but especially in Indian Country, youth are suffering serious health problems brought on by being overweight and obese. At the RSIC, more than 50 percent of our children between 2 and 18 years of age are considered medically overweight. Besides an onslaught of critical diseases associated with being overweight, obese youth also endure psychological stress due to low self esteem, too.

Continued from page 7

and stroke,” Briscoe said.

Diagnoses for those leading causes of death, all of which could be alleviated with modified behavior, are much higher in Natives than other ethnicities, too.

“Just being Native American increases one’s risk for a lot of these diseases,” Briscoe said.

For example, the U.S. Department of Health & Human Services Office of Minority Health says that American Indians and Alaska Natives are twice as likely to have diabetes as Caucasians.

“When we hear about numbers like this and we hold funerals on a regular basis, many for people under the age of 60, it brings to reality how serious these health issues are,” said RSIC Chairman Arlan D. Melendez said.

The CDC says that obesity now affects 17 percent of all children and adolescents in the United States—triple the rate from just one generation ago.

That means there are more than 21.7 million children who are obese. At the RSIC, there are 59 obese children.

“There are many factors which have greatly increased childhood obesity not just throughout our country, but right here at the Colony,” Briscoe said. “From sugary drinks and less healthy foods on school campuses, to lack



Way Too Young — According to the Indian Health Service website, one in three kids is obese or overweight and one in five kids have a mental illness, but the overweight statistics are worse at the RSIC. Diabetes, which is often linked to obesity is a complication which often leads to death among American Indian people. CDC research indicates that the rate of juvenile diabetes, which plagues school-age children, is growing, especially on reservations. To combat these afflictions, the Reno Sparks Tribal Health Center has several special programs and services to help youth and his/her families combat obesity and maintain healthy lifestyles. For more information, please call the RSTHC at 329-5162.

of physical activity, and increased television and electronic usage contribute to this health crisis.”

Briscoe cited statistics that show American kids are watching TV or using an electronic device an average of seven hours every single day.

“Physical activity is important for so much more than physical fitness,” Briscoe said. “The impact of exercise or light activity (such as walking or active recess for 15 minutes) especially after meals has a huge impact because it can prevent blood sugar irregularities.”

Briscoe said that advertisement of unhealthy food which are specifically aimed at children also has contributed to the health predicament.

In addition, Briscoe said that larger size portions of food

contribute to overweight and obese children, along with limited access to healthy, affordable foods.

Furthermore, some health experts believe there can be a genetic link to being overweight or obese. Plus, often adults model poor habits which young people mimic which led to poor eating and exercise habits.

“Families can’t change their genes, but they can change the family environment to encourage healthy eating habits and physical activity,” said Kristie Messerli, RSTHC Clinical Nutritionist. “Those changes can improve the health of family members and improve the health history for the next generation.”

Thus, the RSTHC, the Three Nations Wellness

Continued on back cover

RSIC TRIBAL ARCHIVES

Preserving the Past to Ensure the Future



Harry Sampson
1934-1942



Hastings H. Pancho
1942, 1950, 1956-1958



Willie Astor
1944-1947, 1952-1954



Connie H. Hunter
194-1947



Dave Christy
1948-1949



Maude Sampson
1949



William B. Coffey
1950-1951



Frank Morgan
1951-1952



John H. Dressler
1958-1964



Tellivan Eben
1964-1966



Effie Dressler
1966-1967



George Kane
1968-1969



Lawrence Astor
1969-1990



Robert D. Shaw
1990-1992



Arlan D. Melendez
1992-Present

Reno-Sparks Indian Colony Tribal Chairmen 1934-Present

If you have any photographs of the RSIC Tribal Chairmen please share with us. We do not keep your photograph, we will make a digital copy and give right back to you.

Any questions or Information Contact:
Trisha Calabaza-Tribal Photograph Archives
15A Reservation Road | Reno, NV 89502
Phone: 775-329-8802 | E-Mail:
tcalabaza@rsic.org
Office Hours 8am-5pm Monday – Friday

Aloha Elders



please join us for our

2015 RSNC Senior Fun Day

August 20, Thursday

Reno Gymnasium

10 am - 2 pm



Information booths

Live music

Bingo, Door Prizes

Hawaiian Dressed Contest



**For information please call
Darlene or Teresa at 775-329-9929**

Continued from page 7

factors in our society have created a situation where one in three children is affected by obesity.

“We know you (parents and guardians) want what is best for your child in all areas of their life,” Ledesma said. “Being overweight is a matter of health, and is a gateway to many chronic diseases and conditions.”

Ledesma explained that if a child does not have a healthy self-image, he or she is more prone to isolation and depression.

“A child with overweight or obesity is 10 times more likely to become an adult with the same issues,” she explained. “Parents and guardians set the example and are the primary source of information for their children,” Ledesma said. “It is helpful to keep your words factual, supportive and loving. Labeling children and using harsh language has been proven to have negative effects related to behavior change that supports weight loss.”

She said that plainly speaking, criticizing or teasing children about their weight does not help them become healthier or set a good path for them into adulthood.

With that in mind, Ledesma and her colleague, Kristie Messerli, a clinical nutritionist, have developed the accompanying tips for promoting a positive body image in children and young adults.

“We stand behind this information as very valuable in guiding parents in a better way to communicate positive messages,” Ledesma said.

For more information, contact your child’s pediatrician and/or nutritionist at 329-5162.

Body image poster developed in partnership between Bhie-Cie Ledesma, MPH and Kristie Messerli, Clinical Nutritionist with references from Stopobesityalliance.org.

BUILDING A POSITIVE BODY IMAGE

Good Messages & Strategies	Potentially Harmful Messages
Offer help: Would you like to talk about ways we can help you get healthier?	Criticizing: The doctor said you’re fat.
Be a partner in health: Do you want to take a walk together after dinner?	Making it the child’s problem: You need to go exercise.
Find creative ways to be active: Let’s go wash the car together, it’ll be fun.	Using it as a punishment: Go wash the car because you need to be more active.
Educate: Soda tastes good, but there are smarter choices we should have like water & milk.	Giving half of the story: No soda because it’s bad.
Keep it positive: Fruits & vegetables help give us energy & can help keep us healthy.	Speaking negatively: I don’t like salads.
Connect healthy foods & physical benefits: Healthy foods & water keep our skin clear, our hair shiny, and make our nails grow strong.	Comparing physical appearances: Why can’t you be skinny like your sister?
Set a good example: I finished all of my vegetables and now I’ve had enough to eat.	Setting the example for overeating: I’m so stuffed I can’t breathe.
Let them listen to their bodies: You can be finished if you’ve had enough to eat.	Telling them to overeat: You’re not done until you eat everything on your plate.
Create a safe place: I know it must hurt when other kids tease at school, we can talk about it if you want to. We use nice words with each other at home.	Allowing teasing at home & bullying words such as: Fat, thunder thighs, chunky, piggy, etc.
Reward your child with lots of love & praise: I’m so proud of the way you helped Grandma. You’re a very hardworking girl! (Hugs)	Using food as a reward or incentive: If you behave at Grandma’s house, I’ll buy you a Twinkie.
Speak kindly to yourself: I’m working on building better healthy habits; this will take time and practice.	Speaking negatively about yourself: I’m so fat, I look disgusting in this shirt.
Praise the effort: I’m so proud of all of your hard work since you started playing basketball.	Praising the results: You look better now that you’ve lost weight.
Acknowledge the concerns: Carrying extra weight is hard on your body & has health risks such as diabetes.	Denying: You’re not overweight, the bigger the better.
Let the child talk about it: Do you want to tell me how you felt when they said that to you?	Minimizing their feelings: You’re making a big deal about nothing.
When you need help, show your child that you’re not afraid to reach out: I don’t know which food is better; let’s write our questions down for the nutritionist and ask her at our next appointment.	Quitting if you don’t know: These food labels are confusing, I give up.
Let your child participate in healthy options: What kinds of fruit do you want me to put on the shopping list?	Being controlling: You can’t have any of that food because you’re on a diet.

Discovering Washoe Country, Tahoe Great Basin

Cultural Resources Program 'Reawakening Connections to the Past' continues

*Submitted by Vance Wilson,
THPO Administrative Assistant/Oral Historian*

On June 6, the Reno-Sparks Indian Colony Cultural Resource Program/Tribal Historic Preservation Office (THPO) successfully hosted the second event in a series designed to explore traditional homelands of our ancestors.

Organized by the THPO, the all-day trip took about 50 RSIC Tribal members, residents and employees all over the Lake Tahoe region.

Under the guide of Ben Rupert and his son John, the tour provided cultural and ancestral education.



Beautiful Da ow a ga — *During a trip to the Lake Tahoe region which was organized by the RSIC Cultural Resources Program/Tribal Historic and Preservation Office (THPO), about 50 community members visited traditional homelands, including Cave Rock on the south side of the lake. This was the second event in the series, Reawakening Connections to the Past.*



Language Expert — *Washoe language instructor Jamie Astor was in attendance to teach the group Washoe words. This trip was sponsored by the Cultural Resources Program/THPO.*

For example, stops were made at culturally significant places like Cave Rock and at petroglyphs at Donner Summit.

Washoe language instructor Jamie Astor was in attendance to teach the group a few words in Washoe. The participants learned: Da ow a ga (Lake Tahoe) and *De-ek Wadapush* ('Standing Rock'-Cave Rock) and other Washoe words.

The trip was definitely memorable. After spending the morning above Donner Lake viewing the petroglyphs, visiting Cave Rock on the east shore of Lake Tahoe, learning some Washoe language and oral histories of Lake Tahoe, the tour bus experienced some trouble climbing the steep, curvy roads around Emerald Bay.

With the bus stalled on the road, many of the members of the tour had to get out of the bus to lighten the load (due to transmission failure) and take a fortunately, short hike up the summit.

Many laughs and cheers were had during the unexpected delay. While having a healthy lunch at Meeks Bay, the old bus was exchanged for a newer one that provided smooth sailing for the rest of the trip.

The tour included a visit to the grand opening of the Donner Memorial State Park Visitor Center and its museum, which tour guides Ben and John Rupert helped construct and design parts of the

Continued on page 24

RSIC – LANGUAGE & CULTURE PROGRAM

Great Basin Basket Vault Tour

Carson City State Museum – Carson City, NV

Friday – July 24, 2015

12:00 PM – 5:00 PM



SEATING IS LIMITED!

Contact the Language & Culture Program to reserve your seat – 775.785.1321

At 74, Native American Artist Still Shaping Industry

Buffy Sainte-Marie to headline at Reno Artown in July

As part of its World Music Series, on July 15, Reno Artown will present: The Roots and Soul of Native American Culture with Buffy Sainte-Marie.

A Native American musical icon, Sainte-Marie, and special guest, Martha Redbone, will represent and share their deep rooted culture in a free concert.

Redbone will perform at 7 p.m. and Sainte-Marie will headline at 8:30 p.m., at Wingfield Park, 300 West First St., in downtown Reno.

Sainte-Marie is a Canadian-American Cree singer-songwriter, musician, composer, visual artist, educator, pacifist, and social activist.

Throughout her career in all of these areas, her work has focused on issues of Indige-

nous peoples of the Americas.

Her singing and writing repertoire also includes subjects of love, war, religion, and mysticism.

Power in the Blood is her new album released two months ago.

Ann Powers, a National Public Radio music critic and correspondent describes Sainte-Marie as a risk-taker, who always chases new sounds, and a plain talker when it comes to love and politics.

"Her voice remains relevant, full of spit and vinegar, and fun," Powers said. "The 74-year-old firebrand defies categorization."

Sainte-Marie played piano and guitar, self-taught, in her childhood and teen years.

She was born in 1941 on the Piapot Cree First Nations



Buffy Sainte-Marie

Reserve in the Qu'Appelle Valley, Saskatchewan, Canada.

Orphaned and later adopted, Sainte-Marie grew up in Wakefield, Mass., with parents who were related to her biological parents.

She attended the University of Massachusetts Amherst, earning degrees in teaching and philosophy. She graduated in the top ten of her class.

In 1964, on a return trip to the Piapot Cree Reserve for a Powwow, she was welcomed and adopted by the youngest son of Chief Piapot, Emile Piapot and his wife, who added to Sainte-Marie's cultural value of, and place in, native culture.

In 1968, she married surfing teacher Dewain Bugbee of Hawaii; they divorced in 1971. She married Sheldon Wolfchild from Minnesota in 1975 and they have a son, Dakota "Cody" Starblanket Wolfchild.

That union also ended and she married, thirdly, to Jack Nitzsche in the early 1980s.

She currently lives in Hawaii.



I'm With The Band — Buffy Sainte-Marie and her band will perform during Reno Artown's World Music Series. The free concert along with an opening appearance by Martha Redbone starts at 7 p.m., at Wingfield Park, 300 West First St. Artown's mission is to strengthen Reno's arts industry, enhance our civic identity and national image, thereby creating a climate for the cultural and economic rebirth of our region.

Continued on page 24



LANGUAGE & CULTURE PROGRAM

Encouraging Cultural Pride and Awareness

JULY - 2015

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.

Shoshone, Washoe and Paiute language classes will resume for the month of July. Each class will focus on conversational speaking. Everyday phrases will be implemented into the curriculum for each student to use on a daily basis. We encourage all who want to learn their Great Basin languages to attend our classes and have fun in a family style atmosphere.

Language Classes:

Newe (Shoshone):

Location: Education Building, 34 Reservation Road, Reno

Time: 6:00 – 8:00 PM **Instructor:** Florence Millet

Dates: 7/7, 7/14, 7/21, 7/28

Washiw (Washoe):

Location: Education Building, 34 Reservation Road, Reno

Time: 6:00 – 8:00 PM **Instructor:** Jamie Astor

Dates: 7/1, 7/8, 7/15, 7/22, 7/29

Numu (Paiute):

Location: Education Building, 34 Reservation Road, Reno

Time: 6:00 – 8:00 PM **Instructor:** Ralph Burns

Dates: 7/2, 7/9, 7/16, 7/23, 7/30

For more information about our language classes, contact the Language & Culture Program,
Stacey Burns – sburns@rsic.org or 775-785-1321

Everyone is invited! If you are interested in learning your language or about the Great Basin way of life, then you are welcome to attend. **Children must be accompanied by an adult.**

RSIC Product Runs, Crawls, Jumps, Hangs, Swims

McCloud conquers another grueling obstacle course, distance race

Congratulations to Winter Dove McCloud in completing her second and final Spartan Super for 2015.

The Monterey Super was eight-plus miles with 25-plus obstacles.

McCloud successfully completed all obstacles but two; the spear throw and the Spartan rig.

McCloud's biggest accomplishments to date have been accomplished on this race.

She successfully completed the 7-foot and 8-foot walls, unassisted, and finally made the 25-foot rope climb.

She met fellow Spartans Tara Smith (from Yakima, Wash.) and Felicia Fong (from Sacramento, Calif.) online through the Facebook group "West Coast Spartans."



Celebrate — Winter Dove McCloud and her Spartan Super team cross the finish line.



Arool! — Mud, fire, water, barbed wire all rolled into one hardcore obstacle race didn't stop Winter Dove McCloud (left) from completing her second Spartan Super in 2015.

The ladies met for the first time at this race and completed the course together.

Finishing the course in four hours, the group encouraged and assisted other Spartans who had difficulties completing various obstacles.

McCloud's group was not focused on time, but rather to enjoy the Monterey venue and the Spartan environment.

McCloud also brought her family for the first time to experience the Spartan community. Xzanthia (niece), Brodie (son), Kaylene (cousin) and Dorothy (mother) were among the thousands of spectators there to encourage and root on family and friends competing at the event. Everyone enjoyed the venue and will be sure to attend another event.

McCloud's next event is

in July for her second Spartan Sprint at AT&T Park, home of the San Francisco Giants.

For anyone wishing to compete in a closer race, Spartan is hosting all three races in Lake Tahoe and there is currently a coupon for 50 percent off entry fees.



Hanging Out — One of the obstacles that Winter Dove McCloud faced during the Spartan.

What Does Educational Neglect Mean?

Disregarding schooling needs included in definition of child abuse

*Submitted by Adriana Botello,
RSIC Human Services Department*

In a family law context, “Educational Neglect” refers to a parent’s failure to provide for a child’s basic needs with regard to education and to school.

In most cases, this refers to younger children who are still claimed as dependents of the parent. It can also include any adult who is legally responsible for the child, such as a step-parent, legal guardian, or custodian of the child.

Educational neglect is often classified under child abuse and neglect laws.

In order for an adult to be held liable for educational neglect, it needs to be proven that the parent has failed to provide an education for the child that is consistent with state requirements.

Thus, educational neglect laws may vary depending on the family and education laws in each particular region.

What are Some Forms of Educational Neglect?

Educational neglect generally implies the parent’s failure to perform certain duties on behalf of the child and their educational needs. These can include:

- Failing to ensure that the child receives proper educational care and attention



Missing Out — *Every child needs a great education. Parents/guardians must support that.*

- Failing to enroll the child in school
- Allowing the child to continually miss school, be delinquent, or truant
- Deliberately interfering with the child’s educational development

In some states, educational neglect only applies to children of a certain age, which is generally from the ages 7-14 (the ages may vary by state).

Also, there may be separate neglect provisions that specifically address children who are being home-schooled.

Are There Any Legal Consequences for Educational Neglect?

There may be several legal consequences for educational

neglect. These can include:

- Loss of child custody rights
- Diminished child visitation rights, or a total loss of visitation altogether

In serious cases, or cases involving willful conduct, there may be criminal penalties involved.

In some cases, lack of income is not an excuse for failing to provide for a child’s educational needs.

This is especially true in situations where the custodial parent could have worked, but simply chose not to.

In such cases, the court may enforce principals of imputed income (calculating how much the parent should have made) to determine whether the parent should be found liable for educational neglect.

What are the indicators of educational neglect?

Specific signs that indicate educational neglect are not included in state law, regulations, or agency policy. Rather, professional judgment is required on a case-by-case basis.

Educational neglect may be indicated if the child is too young to be held responsible for his or her own regular school attendance.

Educational neglect may be indicated if the parents do not respond to requests by school officials to meet

Continued on next page

regarding the child's attendance problems or the parents appear apathetic about school attendance and make no effort to work with the school to encourage the child's future attendance.

Educational neglect may be indicated if the the parents refuse to cooperate with an intervention plan instituted by the school to address the child's continued absence from school.

Other indicators of neglect are present. Child neglect is often chronic and can occur across dimensions. Neglect may be indicated when frequent absences from school are coupled with other signs of neglect, such as the following:

- Inappropriate clothing for the weather
- Poor hygiene, body odor
- Failure to receive routine or urgent medical care
- Excessive sleepiness during the day
- Coming to school hungry, stealing or asking for food
- Child (frequently oldest sibling) acting as caretaker
- Child reports being left alone at home
- Child is overly compliant, passive, or withdrawn
- Parent appears to be indifferent to child's needs

The **Nevada Revised**

**Statutes, Title 34-Education
Public School Attendance
NRS 392.040 provides for,
among other items, the
following:**

1. Unless otherwise provided by law, each parent of any child between the ages of 7 and 18 shall send the child to a public school during all the time the public school is in session. A child who is 6 years of age and enrolled in school must also attend.
2. A child who is 5 or 6 years of age and enrolled in a public school is subject to all rules and regulations of the school district including the school district's attendance regulation.

**Student Absences and
Truancy NRS 392.130
provides for, among other
items, the following:**

1. Excused/Approved
Absence - If an emergency exists or if the pupil is physically or mentally unable to attend school, the parent of the pupil shall notify the teacher or principal of the school within 3 days after the pupil returns to school in order for the absence to be considered excused.
2. Unexcused/Unapproved
Absence - An absence that has not been approved shall be deemed an unapproved absence. In the case of an unapproved absence a notice of truancy will be delivered to the parent of the child.
3. A pupil shall be deemed a

truant who is absent from school one or more class periods or the equivalent of one or more class periods without the written approval of his teacher or the principal of the school unless the pupil is mentally or physically unable to attend school.

**Definition of Habitual
Truant NRS 392.140
provides for, among other
items, the following:**

Any child who has been declared a truant three or more times within one school year must be declared a habitual truant.

**Reporting of Habitual
Truants NRS 392.144
provides for, among other
items, the following:**

If a pupil is a habitual truant, the principal of the school shall report the pupil to a school police officer or the local law enforcement agency for investigation and issuance of a citation.

**Failure to Comply by
Parent or Guardian NRS
392.210 provides for,
among other items, the
following:**

Any parent, of any child and to whom notice has been given of the child's truancy as provided in NRS 392.130 and 392.140, and who fails to prevent the child's subsequent truancy within that school year, is guilty of a misdemeanor.



Reno-Sparks Indian Colony Library
Summer Youth Reading Challenge
June 22nd – August 6th 2015

Students 1st – 12th grade, stop by the RSIC Library
to pick up a reading journal.

Upon completion of their Reading Journal,
Students will earn A FREE BOOK from
Barnes & Noble Bookstore.

Participants will be entered to win a
Samsung Galaxy Tab 4 NOOK 7.0



For more information please contact Adriana Gutierrez (775)785-1320
Agutierrez@rsic.org /RSIC Library 401 Golden Lane Reno, NV 89502
Library Hours 9am– 1 pm & 2 pm-6 pm

In & Around: Reno-Sparks Indian Colony Community

Young adults excel professionally, physically, plan future, play ball,



Tomorrow's Leaders — Brothers and RSIC Tribal members Garrett and Zachary Shaw have brains and brawn. Zachary made the Dean's List at the University of Rochester in Rochester, NY with a GPA of 3.55, while his older brother, Garrett, is completing his service with the U.S. Army, 75th Ranger Regiment. In anticipation for his August honorable discharge, Garrett has been accepted at Pierce College in Washington.



Up & Over — RSIC Tribal member Winter Dove McCloud scales a wall during her second Spartan Super in 2015. McCloud is an accomplished Spartan competitor. Her latest race included more than 25 obstacles along with an eight mile run. Some of the obstacles involved mud, fire, water, barbed wire, and even spear throwing.



Planning For the Future — Recently, the Career College visited the Colony to discuss vocation options and requirements with interested RSIC community members. Above, Janelle Katenay reviews the admission materials while Monica Thomas, higher education expert, listens intently.



Well Done — Sacred Hoops took top honors in an eight team, fifth and sixth grade, three-on-three basketball tournament. RSIC student-athletes are left to right, Seth Cortez, Jaran Two Hearts, and Blake Kirsten.

In & Around: Reno-Sparks Indian Colony Community

Field trips for students of all ages



Fun In The Sun — Programs sponsored by Overnight Outdoor Learning are held at the Grizzly Creek Ranch campus, 1,500 acres of pristine yellow pine forest with modern infrastructure for the students. Sierra Nevada Journey is a nonprofit organization that delivers innovative outdoor, science-based education programs for youth which inspire natural resource stewardship.



Sierra Nevada Journeys — Fifth graders from Jesse Hall Elementary participated in overnight, outdoor learning at the beginning of June. OOL provides overnight programs that engage students to build analysis, critical thinking and collaborative problem solving through outdoor education. Above, Kiera Bill and Payton Yarrow participate in team-building.



A Day At The Beach — Melissa Melero and Janice Stump make their way up a Tahoe beach during a trip to the ancestral lands of the Washoe people. The day was sponsored by the RSIC THPO as part of its cultural exploration series.



Listening Hard — Elders who made the trip to the Lake Tahoe basin listen to one of the many informative and culturally demonstrations. Pictured above are Carol Frank, Margaret Emm and Frances Shaw.

Free, Reduced Lunch Continue Through Summer

RSIC participates in USDA program for reservation youth

During the school year, over 21 million children receive free and reduced-price breakfast and lunch each day through the USDA's National School Lunch Program.

But, when school is out, many children who rely on these meals go hungry. The challenge is particularly great in rural areas and Indian Country. In these areas, children and teens often live long distances from designated summer

meal sites and lack access to public transportation. The consequences are significant.

Several studies have found that food insecurity impacts cognitive development among young children and contributes to poorer school performance, greater likelihood of illness, and higher health costs.

The Obama administration has addressed the challenge head-on, investing unprecedented

resources to increasing participation in the food program.

The impact has been significant. In 2014, in the peak operating month of July, over 45,000 summer meal sites were available across the U.S., including at two locations on the RSIC, a 29 percent increase from 2009.

All told, last summer the USDA Food and Nutrition Service delivered 23 million more meals than in the summer of 2009.

RENO SPARKS INDIAN COLONY

SEPTEMBER

HUNGRY VALLEY, NEVADA

4, 5, 6, 2015

HANDGAMES

OPEN GAMES ALL WEEEEKEND

FRIDAY 9.4

TWO MAN TOURNAMENT

\$50 PER TEAM \$800 1ST PLACE

REGISTRATION 6-8ISH

SATURDAY 9.5

MAIN TOURNAMENT

\$150 PER TEAM \$6000 FIRST PLACE

REGISTRATION BEGINS AT 1230 PM AND ENDS AT 2 PM

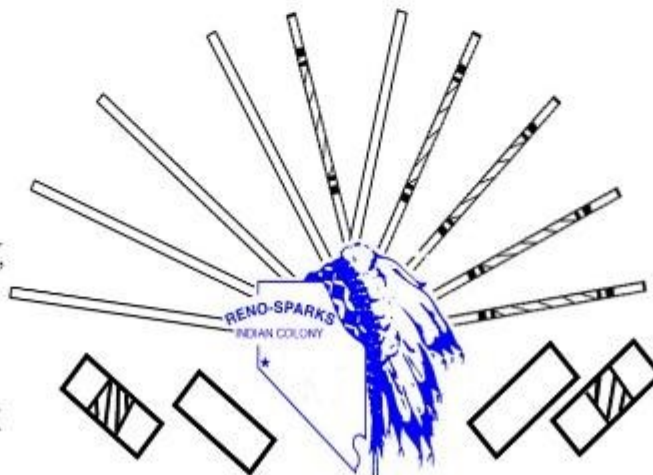
SUNDAY 9.6

3-MAN TOURNAMENT

\$75 PER TEAM \$800 1ST PLACE

REGISTRATION 1 PM

THE RENO-SPARKS INDIAN COLONY WELCOMES YOU ALL TO OUR ANNUAL HANDGAMES DURING THE LABOR DAY WEEKEND IN BEAUTIFUL HUNGRY VALLEY, NV. THIS YEAR WE ARE CELEBRATING TEN YEARS OF WASHO, PAIUTE, AND SHOSHONE TRADITION. WE HOPE YOU CAN JOIN US!



THIS IS AN ALCOHOL/
DRUG FREE EVENT

DRY CAMPING
AVAILABLE. BRING YOUR
CHAIRS AND ENJOY THE
WEEKEND.

CONTACT WINSTON
SAM AT 77.221.5620 FOR
MORE INFORMATION.



United States Department of Agriculture

Summer Food Rocks!

AT THE RENO-SPARKS INDIAN



The Summer Food Service Program operates Monday-Friday until August 7, 2015

Breakfast: 8:30 a.m. – 9:30 a.m. Lunch: 11:30 a.m. – 12:30 p.m.

All children 18 years & younger are eligible to receive a free, delicious, nutritious meal.

Reno Site Multipurpose Room 34 Reservation Road, Reno NV 89502	Hungry Valley Site Transitional Living Center 104 Loop Road, Sparks NV 89441
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For further information please contact San San Tin at 775-329-6114 X5110, stin@rsic.org

Continued from page 12

Washoe culture exhibit.

After the museum visit, the tour returned to the RSIC in good spirits.

Overall, the event was fun for all ages, very informative and culturally appropriate, as well as a shared memory for all its participants.

A special thanks goes out to everyone involved, from our patient bus driver, Amy, to our guides, and to each and every participant.

The third event of the series: Reawakening Connections to the Past is in the planning stage. Stayed tuned for more information on the upcoming 3rd series, as well as other events by the RSIC Cultural Resource Program /THPO.



Everybody Out — Adding to the rich memories of the day-trip to the Tahoe Basin, a stalled bus made for additional fodder. On the winding road around Emerald Bay, the Amador Stage Lanes transportation failed. Fifty-some passengers had to unload as the bus's transmission failed.



Another Generation — RSIC community members visited Washoe territory during a recent trip sponsored by the THPO. The third event of the series is in the planning stages.

Continued from page 14

She became an active friend of the Bahá'í Faith by the mid-1970s when appeared at the 1973 Third National Bahá'í Youth Conference, and has continued to appear at concerts, conferences and conventions.

In 1992, she appeared in the musical event prelude to the Bahá'í World Congress, a double concert "Live Unity: The Sound of the World."

In the video documentary of the event Sainte-Marie is seen on the *Dini Petty Show* explaining the Bahá'í teaching of progressive revelation.

She also appears in the 1985 video "Mona With The Children" by Douglas John Cameron.

However, while she supports a universal sense

of religion, she does not subscribe to any particular religion.

"I gave a lot of support to Bahá'í people in the '80s and '90s," Sainte-Marie said. "Bahá'í people, as people of all religions, is something I'm attracted to, but I don't belong to any religion."

Sainte-Marie said that she owns a huge religious faith or spiritual faith, but feels as though religion is the first thing that racketeers exploit.

"I've been traveling around the world for a long time, finding songs in my head like snapshots of how I feel about what I see and the people I meet," Sainte-Marie said. "I've had the blues now and then, but I've had all the other colors, too."

NOTICE FROM RSIC HOUSING

HOMEOWNERS AND HOMEBUYERS

IT'S TIME FOR THE ANNUAL PEST SPRAYING

Northern Nevada Pest Control will be offering to spray the inside, outside, and underneath your home for a total cost of \$50.00



Please clear your crawl space so they can access underneath your home on the day they will be spraying. After they have sprayed your home it is recommended that you leave your home for 4 hours.



**FOR FURTHER INFORMATION PLEASE CALL
HOUSING AT 785-1300**

Comparing Community's Air Quality With Spring Pollen

Breathable particles contain numerous miserable things

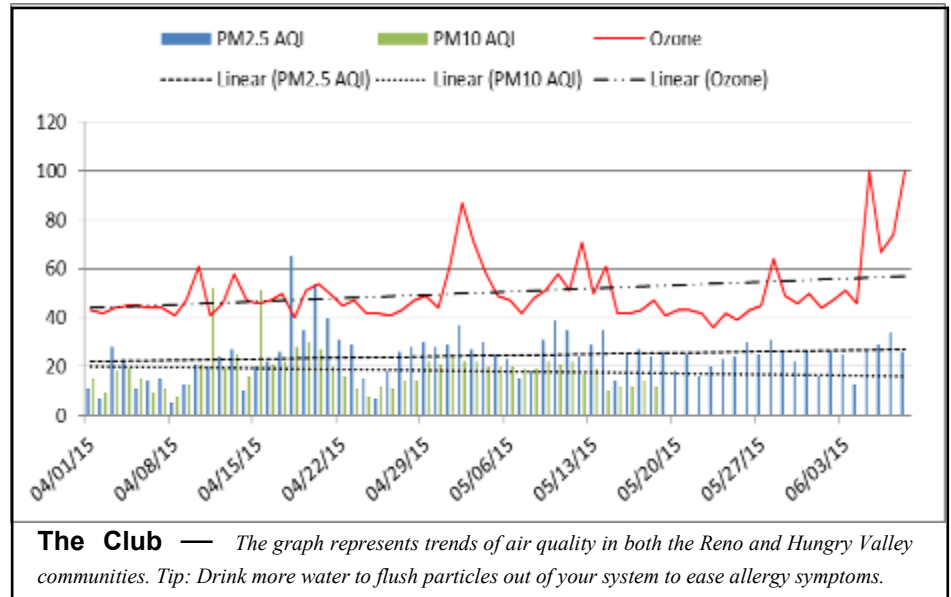
*Submitted by Elizabeth Acevedo,
Environmental Specialist II*

Tiny breathable particles floating in the air are made up of a lot of different things—flakes of skin, ash from fires, vehicle exhaust, mold spores and pollen.

Pollen levels go up a lot this time of year, causing many sneeze and get red, itchy, watery eyes.

While it seems like there are a lot more particles floating around than normal, air quality samples tell a different story—a little pollen goes a very long way in making us miserable.

A summary of this spring's particulate levels indicates that the trend is actually flat or going down as shown in the nearby graph.



Air quality in both the Reno and Hungry Valley communities has been generally good this spring, with the exception of ozone which becomes more of a problem as the weather warms up. The above graph

shows air quality levels in the Air Quality Index (AQI), with a “good” AQI being less than 50, and a “moderate” AQI of between 50 and 100. Ozone and PM_{2.5} samples are collected in Reno and PM₁₀ samples are collected in Hungry Valley.

Talking Circle

The talking circle is also a listening circle. The talking circle allows one person to talk at a time for as long as they need to talk. So much can be gained by listening. Is it a coincidence that the Creator gave us one mouth and two ears? The power of the circle allows the heart to be shared with each other. What we share with each other also heals each other. When we talk about our pain in the circle, it is distributed to the circle, and we are free of the pain. The talking circle works because when the people form a circle, the Great Mystery is in the center.

COMMUNITY SUPPORT GROUP

The last Wednesday of every month – DATE: July 29 * TIME: 5 PM

Reno-Sparks Tribal Health Center 2nd floor Behavioral Health Department

ALL AGES WELCOME

Power, Control Root Cause of Violence

Inter-Tribal Council of Nevada Domestic Violence Prevention works with Colony

*Submitted by Dorothy McCloud,
Women's Circle Coordinator*

Sarita Alvarez, Inter-Tribal Council of Nevada Domestic Violence Advocate, was the guest speaker for the Women's Circle sponsored event on "Sexual Assault."



Sarita Alvarez

The presentation was held in April at the Reno Sparks Tribal Health Center.

Alvarez shared with participants examples of sexual assault. She explained how sexual assault is defined, how individuals and agencies recognize and deal with reported assaults as related to laws designed to protect victims of sexual assault.

She also provided information on available resources.

Thank you to the Women's Circle Program Advisory Board Members, ITVN-DV Program, and all those who contributed food items for this luncheon event.



For more information about domestic violence prevention, please see:

<https://www.futureswithoutviolence.org/>

<http://www.justice.gov/ovw/tribal-communities>

<http://www.indigenouspolitics.com/?p=115>

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

This project is supported by Grant No. 2012-TW-AX-0051, awarded by the Department of Justice, Office on Violence Against Women. Points of view in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

ALWAYS CALL 911 IN AN EMERGENCY!!!

RSIC Women's Circle	RSIC Tribal Police	National Crisis Hotline
775-324-4600 office	775-323-2677	1-800-799-SAFE [7233]
775-851-2510 cell		1-800-787-3224 [TDD]

If you or someone you know needs help, have questions about domestic violence or about this article, or just want to talk, know that there is help and that everything discussed will be kept strictly confidential. Look for future on-going articles in The Camp News.

Troubling Stats: Native American Women and Violence

Cultural barriers, mistrust, fear, agency inactivity leads to victims' silence

*Submitted by Dorothy McCloud,
Women's Circle Coordinator*

Native American women experience the highest rate of violence of any group in the United States.

As we prepare to celebrate the 4th of July, be mindful of Native American Women and children's safety, and situations that may lead to domestic violence.

A report released by the Department of Justice, American Indians and Crime, found that Native American women suffer violent crime at a rate three and a half times greater than the national average.

National researchers estimate that this number is actually much higher than has been

captured by statistics. According to the U.S. Department of Justice, over 70 percent of sexual assaults are never reported.

As women of color, Native Americans experience not only sexual violence, but also institutionalized racism.

Alex Wilson, a researcher for the Native American group, Indigenous Perspectives, found a high level of tension between law enforcement and Native American women.

According to Wilson, his research indicated that when Native American women report violent encounters, the police treated the women as if they were not telling the truth.

In addition to domestic abuse,

Native American women also experience the highest levels of sexual and domestic abuse of any group.

A report from the American Indian Women's Chemical Health Project found that three-fourths of Native American women have experienced some type of sexual assault in their lives.

However, most remain silent due to cultural barriers, a high level of mistrust for white dominated agencies, fear of familial alienation, and a history of inactivity by state and tribal agencies to prosecute crimes committed against them.

[Report from National NOW Times, Spring 2011]

NEVADA
Museum
of Art
EXHIBITION:
Washoe Legends:
Illustrations by
Charles Munroe
Kevin Jones
Mauricio Sandoval
Billy Hawk Enos



August 22, 2015 - January 10, 2016

Substance Abuse Presentation

The Facts About Binge Drinking

WHEN: Monday, July 13

2nd Monday of every month

Time: 5:15-6:15pm

Where: Reno-Sparks

Tribal Health Center

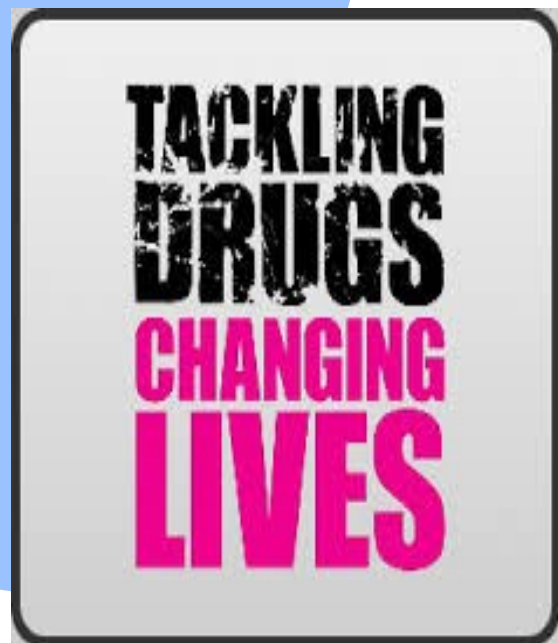
**2nd floor, Behavioral
Health Department**

**Come learn and discuss
how alcohol and drugs
affect our minds, bodies,
spirits, children, families
and communities.**

*We will also discuss the
BENEFITS OF NUTRITION
AND EXERCISE ON MENTAL
HEALTH.*



- ◇ Potluck-please bring a dish or snack to share
- ◇ Raffle Prizes
- ◇ Monthly Topics



Questions??? Contact Michelle Katenay or Jason Hill @ 329-5162



Reno Sparks Tribal Health Center

PHARMACY

Hours - Monday-Friday 8 AM - 5PM*

*Wednesday afternoon closure does not apply to the Pharmacy

Submitted by
Steve Douglas, RPh, Pharmacy Manager

Nevada is terribly dry year-round. With warm weather here, I'd like to remind you of a common problem: dehydration.

Dehydration is a condition that occurs when the loss of body fluids, mostly water, exceeds the amount that is taken in. We lose water every day in the form of water vapor in the breath we exhale and as water in our sweat, urine, and stool.

Along with the water, small amounts of salts are also lost. When we lose too much water, our bodies may become out of balance or dehydrated. Severe dehydration can lead to death.

Many conditions may cause or accelerate fluid losses and lead to dehydration:

- Fever, heat exposure, and too much exercise
- Vomiting, diarrhea, and increased urination due to infection
- Diseases such as diabetes
- Significant injuries to skin, such as burns or mouth sores (water is lost through the damaged skin).

Some of the signs and symptoms of dehydration include:

- Thirst, dry mouth and swollen tongue
- Weakness or dizziness
- Palpitations (feeling that the heart is jumping or pounding

- Confusion, sluggishness, fainting, inability to sweat and decreased urine output.
- Urine color may indicate dehydration. If urine is concentrated and deeply yellow or amber, you may be dehydrated.

Call your doctor if the dehydrated person experiences any of the following:

- Increased or constant vomiting for more than a day
- Fever over 101°F
- Diarrhea for more than 2 days

Take the person to the hospital emergency department if these situations occur:

- Fever higher than 103°F
- Confusion, fainting, sluggishness (lethargy), head ache, or seizures
- Difficulty breathing, chest or abdominal pain
- No urine in the last 12 hours

At home treat dehydration (even if vomiting) in the following ways:

- Sipping small amounts of water or sucking on ice chips
- Drinking carbohydrate/electrolyte-containing drinks like Gatorade or prepared replacement solutions (Pedialyte
- Sucking on popsicles made from juices and sports drinks

If fever is a cause of dehydration, the use of acetaminophen (Tylenol) or ibuprofen (Advil) may be used.

The best treatment for dehydration is prevention. Anticipate the need for increased fluid intake.

Drink more water than any other beverage.

Plan ahead and take extra water to all outdoor events and work where increased sweating, activity, and heat stress will increase fluid losses. Encourage athletes and outdoor workers to replace fluids at a rate that equals the loss.

Ensure that older people and infants and children have adequate drinking water or fluids available. Make sure that any incapacitated or impaired person is able to drink and provided with adequate fluids.

Avoid alcohol, especially when it is very warm, alcohol increases water loss and impairs your ability to detect signs associated with dehydration.

Wear light-colored and loose-fitting clothing if you must be outdoors when it is hot outside. Carry a personal fan or mister to cool yourself.

Break up your exposure to heat. Find air-conditioned or shady areas and allow yourself to cool between exposures.

For The Love Of The Softball Game

Weekly sports league full of fun, frolic for Native American athletes



Glowing In Victory — The Reno Sparks Tribal Health Center softballers, stand at 6-3 on their Friday night league. Pictured are, back row, left to right: Joel Jayme, Shawn O'Daye, Kathleen Wright-Bryan, Vic Sam, Kaylea Dunn, Cameron Smith, Jane Smith, Derek Henry and Samantha Rambeau. Front Row: Shane Bill, Jordy Sam, Georgianna Wasson and Walita Querta. Team member not pictured: Leah Evans.



It's How You Play The Game — The Spring league softball team sponsored by the Reno Sparks Tribal Health Center, played hard every game, winning some and losing some, but bubbled with enthusiasm and competitive nature that drives every Native. It should be noted that John McCauley did not miss a game during the season. Pictured above, back row, left to right: Lorri Chasing Crow, Shelbert Chasing Crow, and John McCauley. Front row: Michelle Katenay, Stacy Keo, Teri Larson, Toby Stump, Ramona Darrough, Jeraldine Magee and Celina Gonzalez. Not pictured is Robert Sampson, Michael Ondelacy, and Willie Astor.

www.rsic.org

www.rsic.org

www.rsic.org

Local Youth Participates in Elite Showcase Tournament

Focus on college basketball dream stronger than ever

Since her Head Start Days, Autumn Dick has felt connected to basketball.



Autumn Dick

"I like to play a lot of sports, but basketball is my game,"

Autumn said.

"Since I was in the fifth grade, I

knew I wanted to play basketball in college."

So, even though she is just 13-years-old, Autumn is taking steps to make her dream of being a collegiate student athlete a reality.

"She's the best 7th grader in Reno," said Coach Sharice Green, "and I know all the players in town."

In addition to playing on two basketball teams, the all-Native Ballhogs and the Jam On It JV team, Autumn was recently hand-picked by Green to participate in the 18th Annual 3 Stripes Arizona Basketball Tournament. This is one of a handful of nationally held tournaments of which college basketball coaches are allowed to observe.

"I wanted to go last year, but I was just too young," explained Autumn, a student at Mendive Middle School. "After getting to go this year, I definitely want to go next year, too."

Coach Green is optimistic that not only can Autumn attend next year's showcase tournament, but if Autumn "stays with

it, she will be the best player in her class," come high school graduation.

A former college scholarship player at the University of Nevada and now the Jam On It Basketball Academy Events Director, Green has been grooming and evaluating potential college basketball talent beginning in 2003.

Since National College Athlete Association (NCAA) rules restrict coaches from corresponding with student-athletes until they are freshman in high school and coaches are not allowed to speak with student-athletes until they are sophomores, Autumn's work ethic and opportunities like the showcase tournaments might make her fifth grade dream a reality.

Though Autumn has played in dozens and dozens of basketball tournaments, she said that the 3 Stripes Arizona Basketball Tournament was unlike any of her other experiences. Besides dealing with the understandable nerves of playing in front of hundreds of coaches whom have the power to positively shape Autumn's future, she said the competition was tougher than any she has encountered.

"The girls were so much taller," Autumn said. "We had two bigs on our team, but I was boxing out and rebounding against six-footers, and I'm a



Box Out — Autumn Dick, down low, gains positioning on a player much taller than her.

point guard."

According to Green, Autumn's under 15-years-old team (U15), included only the top athletes from Nevada.

"We put together a combo of the best players from Northern Nevada and Las Vegas," Green said. "Autumn played well because she was pretty physical, she is a good shot, and she can handle the ball."

Green added that Autumn makes good decisions, so even at 5-foot-4, she doesn't get trapped much.

Furthermore, as organized athletics often does, exposing athletes like Autumn to stiff competition can build positive self-worth and promote a sense of accomplishment. That is what happened to Autumn.

Continued next page

Drownings Rise in Summer

Know the dangerous around swimming

Public News Service - Summertime in Nevada means more people will be in backyard swimming pools and on the lakes and rivers, and it also means there will likely be more drownings.

Shelly Cochran, public information officer with Safe Kids Clark County, says the purpose of National Drowning Prevention Month is to stress the importance of water safety. She adds being in any body of water can be dangerous.

"In Nevada, our drowning deaths really do run the gamut," Cochran said. "Some happen at home in backyard pools, some happen at the lake, some happen in the bathtub."

Cochran said drowning is a leading cause of preventable death for children younger than 14. It is also reported two out of three drowning victims are adults, with the leading causes being health events in older people and drugs and alcohol in younger adults.

Cochran says it's vital children and adults in or near the water know how to swim, and adds putting up a five-foot wrought-iron pool fence can help prevent child drownings. She says the actual event of drowning can happen very quickly.

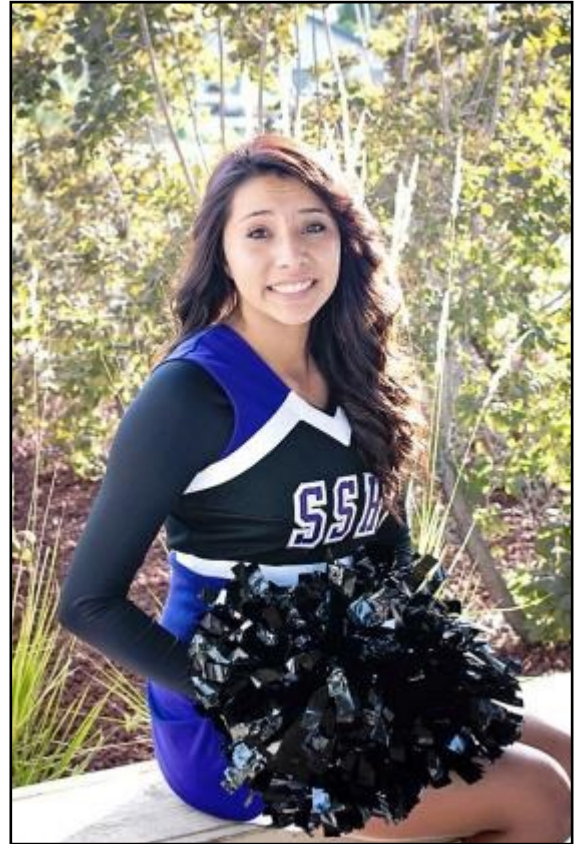
"The thing about drowning is people think there is going to be a lot of splashing, a lot of noise, it's going to be very dramatic," she said. "The thing is, you can slip under the water and it only takes seconds."

Cochran said another important safety tip is to always wear a life jacket on open water.



CONGRATULATIONS

Maya Dunn



...on making the 2015-16 Varsity Cheer Squad for Spanish Springs High School. You're doing great things and we are so proud of you.

Keep reaching for your dreams. College is right around the corner!

*Love, Mom, Kobe, Camron,
and Ian*

Continued from page 32

"Now I know, I have to be stronger and be faster," Autumn said. "This experience taught me that I need to work on my speed."

So, while her college days creep closer and closer, Autumn will continue to focus on her physical conditioning, she will play in as many tournaments as she can, and even in the off-season, Autumn will practice at least two times a week, every week.

"If she stays with it, she can be the best Native player around, no doubt," Green said.

RSIC Recreation has limited funding for sports assistance for RSIC enrolled members who would like to attend. Call rec for more information: 329-4930 or 785-1327 ext.4396



2015
WOLF PACK
CAMPS

Volleyball Day Camp

Girls and boys entering grades 5-8

July 20-23, 2015

Monday-Thursday, 9 a.m.-noon each day

Held on the University of Nevada, Reno campus

Join University of Nevada head coach Lee Nelson and his staff at our instructional camp! Whether you need to learn the fundamentals of volleyball or just want to improve your game, this camp is for you!

Camp Features

Volleyball Day Camp is designed for middle school and beginning high school players, girls and boys, who want to improve their skills and knowledge of the game. The camp will cover basic skills and playing strategies and athletes will be grouped according to ability to ensure quality instruction. Camp participants will enjoy the positive atmosphere that comes from learning and playing volleyball at the University of Nevada!

Camp Schedule/Location

- **Morning Camp** (girls and boys entering grades 5-8)
July 20-23, Monday-Thursday, 9 a.m.-noon each day

Sessions will be held at the University of Nevada, Reno Virginia St. Gym and Lombardi Recreation Center. Drop-off/pick-up for camps will be at the University's Virginia St. Gym. Please arrive promptly at camp arrival/departure times. Daily parking permits are available for \$3 per day; permits will be sold on the first day of each camp.

Camp Fees, Cancellations and Refunds

Volleyball Day Camp fees:

- Early registration: \$199, by June 30
- Late registration: \$250, after June 30

Fee includes t-shirt and ball. Please bring water and snack. An athletic trainer and training room will be available at all times in the event of minor injuries or illness.

A \$100 nonrefundable deposit is due at registration. Full payment must be made by June 30, 2015. For discounts to groups registering 10 or more players, call Extended Studies at (775) 784-4062.

Full refunds will be given if camp is cancelled by the University. Full refunds of fees paid, less a \$100 nonrefundable cancellation fee, will be given for each participant-initiated cancellation made prior to camp. **No refunds of registration fees will be made after the start of camp.**

Camp Registration and Information

Register online at www.unr.edu/sportscamps. (An email address is required for all registrations.) Register in the CAMPER'S NAME; parent information will be required for billing. You may also call the University's Extended Studies to register at (775) 784-4062 or 1-800-233-8928, fax the registration form to (775) 784-4801 or mail it. For questions about camp content, call assistant coach Tyson Norton at (775) 682-6919.



2015
WOLF PACK
CAMPS

Volleyball Premier Camp

Girls entering grades 8-12 or freshman-level college

July 17-19, 2015

(Commuter or Overnight*/Dorm options)

Held on the University of Nevada, Reno campus

Join University of Nevada head coach Lee Nelson and his staff at our instructional camp! Whether you need to improve your volleyball fundamentals or want to take your game to the next level, this camp is for you!

Camp Features

Premier Camp is designed for girls of all skill levels entering the 8th grade or higher. Instruction will be fast-paced and intended to challenge players of all abilities. Athletes will be grouped based on their age and level of skill to enable each player to receive quality instruction during the camp. Instruction will include step-by-step progressions of all skills as well as team concepts and match play. Enjoy the positive atmosphere that comes from learning and playing volleyball at the University of Nevada!

Camp Schedule/Location

- **Check-in:** July 17, Friday, 9:30-11 a.m.

- **Formal instruction:**

- July 17, Friday, 1-8:30 p.m.
- July 18, Saturday, 9 a.m.-8:30 p.m.
- July 19, Sunday, 9 a.m.-noon

Sessions will be held at the University of Nevada, Reno Virginia St. Gym and Lombardi Recreation Center. Drop-off/pick-up for camps will be at the University's Virginia St. Gym. Please arrive promptly at camp arrival/departure times. Daily parking permits are available for \$3 per day; permits will be sold on the first day of each camp.

Meals and Overnight* Option

Lunches and dinners will be provided for all campers. Overnight campers will also be provided breakfasts and dormitory accommodations. Meals for participants will begin with lunch on Friday and conclude with breakfast on Sunday.

Camp Fees, Cancellations and Refunds

Premier Camp (Commuter/day camper; lunches + dinners)

- Early registration: \$299, by June 30
 - Late registration: \$399, after June 30
- Fee includes lunches and dinners each day, and t-shirt

Premier Camp (Dorm/overnight camper; all meals)

- Early registration: \$50 security deposit* - \$450, by June 30
 - Late registration: \$50 security deposit* - \$550, after June 30
- Fee includes full room and board, and t-shirt

A \$100 nonrefundable deposit is due at registration. Full payment must be made by June 30, 2015. For discounts to groups registering 10 or more players, call Extended Studies at (775) 784-4062.

Full refunds will be given if camp is cancelled by the University. Full refunds of fees paid, less a \$100 nonrefundable cancellation fee, will be given for each participant-initiated cancellation made prior to camp. **No refunds of registration fees will be made after the start of camp.**

Camp Registration and Information

Register online at www.unr.edu/sportscamps. (An email address is required for all registrations.) Register in the CAMPER'S NAME; parent information will be required for billing. You may also call the University's Extended Studies to register at (775) 784-4062 or 1-800-233-8928, fax the registration form to (775) 784-4801 or mail it. For questions about camp content, call assistant coach Tyson Norton at (775) 682-6919.

All participants must be covered by parents'/guardians' medical insurance before participating in camp activities. Complete camp details and mandatory Health and parent/camper Behavior Pledge forms are available online at www.unr.edu/sportscamps.



Reno Sparks Injury Prevention & REMSA Point of Impact **Car Seat Checkpoint!!**



**Come get your car
seat checked and/or
purchase a seat on a
sliding scale!**



**When: Saturday July 18th, 2015
9am to 12:00pm**

**Where: Reno-Sparks Tribal Health Center,
1715 Kuenzli Street Reno, NV 89502**

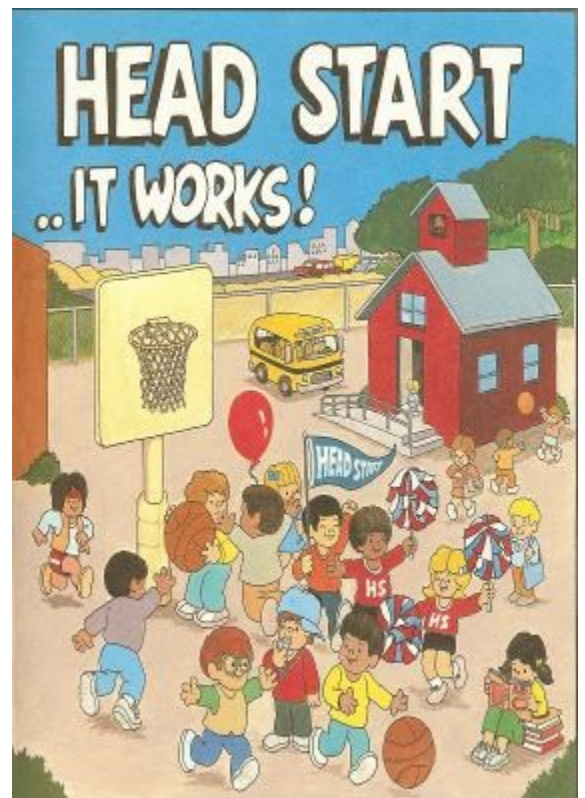
Apply for School!

Application accepted until **July 31**

The RSIC Head Start offers early childhood education services for low income families for children 3 to 5 years of age. Families must reside on or near the Colony.

For application and/or information,
call **(775) 789-5615**

***Your child deserves
an excellent
education!!***



SAMPSON'S TOUGHMAN FUNDRAISER

34 RESERVATION RD. RENO, NEVADA

Drug and Alcohol Free Event

Friday - July 3rd (First Bout at 6 pm)

Saturday - July 4th (First Bout at Noon)

\$ 500 for each Weight Class

3 Weight Classes for Men

- Light Weight 125 through 165
- Middle Weight 166 through 200
- Heavy Weight 200 +

\$ 350 1 Weight Class for Women - All Weights

Open to all nationalities

\$10 Admission Fee

\$5 for Senior Citizens (60+) and kids under 12

Boxers - \$45 registration fee by postal only, money orders or cash

Mail to: Reno Warriors 1925 Prosperity Ln. Reno, NV 89502

Deadline July 3rd

Contact for more information: Buck Sampson (775) 324-2825

Skylar Sampson (775) 315-7408

Ronnie Sampson (775) 412-3144

Reno-Sparks Indian Colony is NOT liable for any injury or accidental death under tribal sovereignty. Each fighter WILL have to sign a liability waiver prior to the event. Age 45 + fighters will require medical permission form signed by the doctor. Blood pressure and weight will be checked prior to event. NO PREGNANT boxers.

ALL PROCEEDS WILL BE DONATED TO RENO WARRIORS BOXING

Legal Notices, Public Announcements

Recruitment for committee members, meeting dates, looking for couriers

**IN THE RENO-SPARKS TRIBAL COURT
IN AND FOR THE RENO-SPARKS INDIAN COLONY
RENO, WASHOE COUNTY, NEVADA
PUBLIC NOTICE**

Notice is hereby given that the Petitioner, Briana Quartz, who is a member of the Reno- Sparks Indian Colony, has filed a Petition in the Reno-Sparks Tribal Court, Case No.CY- NC-2015-0014, praying that said Court enter an Order changing the present legal name of Briana Quartz, to the name of Briana Leigh Tom, which is the name Petitioner desires to have.

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

Dated this 12th day of June, 2015

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

**IN THE RENO-SPARKS TRIBAL COURT
IN AND FOR THE RENO-SPARKS INDIAN COLONY
RENO, WASHOE COUNTY, NEVADA
PUBLIC NOTICE**

Notice is hereby given that the Petitioner, Briana Quartz, who is a member of the Reno- Sparks Indian Colony, has filed a Petition in the Reno-Sparks Tribal Court, Case No.CY- NC-2015-0015, praying that said Court enter an Order changing the present legal name of Sienna Mauwee, to the name of Sienna Dawn Tom, which is the name Petitioner desires to have.

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

Dated this 12th day of June, 2015

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

COURIERS NEEDED

We need couriers to deliver the newsletter and other important documents, door-to-door in Reno & in Hungry Valley during the months of August through December. If you are interested, please phone Antoinette Thayer at 329-2936, ext. 3269.

Recruitment for Language & Culture Advisory Committee Member

The Language & Culture Advisory Committee is currently seeking an RSIC Tribal member to serve on the Language & Culture Advisory Committee.

Committee member will be appointed by the RSIC Tribal Council and shall serve a term of 2 years. If interested in becoming an LCAB member, please submit a letter of interest to:

Reno Sparks Indian Colony Language & Culture Program
401 Golden Ln. Reno, Nv 89502
Deadline: July 31, 2015

If you have any questions or concerns feel free to contact the Language & Culture offices at 775-785-1321.

Recruitment for Pow Wow Committee Members

Numaga Indian Pow Wow Committee is currently seeking RSIC Tribal members to serve on the 29th Annual Numaga Indian Days Pow Wow Committee.

Committee members will be appointed by the RSIC Tribal Council and shall server a term of (4) years. If you are interested in becoming a NIDP committee member, please submit your completed application to:

Reno-Sparks Indian Colony
ATTN: Tribal Administrator
98 Colony Road, Reno NV 89502

Applications are available at 98 Colony Road.
All interested individuals must submit an application

RECRUITMENT FOR ELECTION BOARD MEMBERS

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

The Election Board members shall be compensated at a rate prescribed by the Council.

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

Any interested RSIC Enrolled Member may submit their signed letter of interest to the Tribal Administrator at 98 Colony Road. No emails will be accepted.

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



Monday	Tuesday	Wednesday	Thursday	Friday
	Vitamin C - Daily + Vitamin A - 3 X Week 1% Milk - Served Daily 	1) French Dip Sun Chips Tomato and Cucumber Salad+ Watermelon * Milk	2) Early Brunch Raisin Bran Cereal Boiled Egg Cherry Tomatoes w/light cottage cheese Light Yogurt Fruit Cup* V-8 Juice *+	3) Holiday Senior Center Closed No lunch served or delivered
6) Pork Fried Rice Peas and Carrots+ Fortune Cookie Fresh Pineapple and Strawberries* Milk	7) Split Pea Soup Salad bar+* Orange Cutie* Milk 	8) Meatloaf Rice and Gravy Carrots and Broccoli+* Pears* Milk 	9) Chicken Salad on a Hoagie Roll Lettuce and Tomato+ Baked Lays Fruited Jell-O* Milk	10) Brunch Pancakes Turkey Sausage Tomato and Cucumber Salad+* Cantaloupe* Milk
13) Lemon Salmon Rice Pilaf Carrot and Broccoli mix +* Peaches* Milk	14) Beef Stew Pan Bread Green Salad+* Crackers Mixed Berries* Milk	15) BBQ Pulled Pork Sandwich Coleslaw+* Watermelon* Milk 	16) Spaghetti Mixed Veggies+ French Bread Tropical Fruit* (Second Lunch for July 17 th Chef Salad)	17) Senior Center will be closed No lunch delivered or served Lunch for this day will be provided on 6/16
20) Pepperoni and Mushroom Pizza Tomato and Cucumber Salad +* Strawberries and Pineapple* Milk 	21) Commodity Distribution Sack Lunch Cold Roast Beef and Swiss on Rye Lettuce and Tomato+ Sun Chips Fruited Jell-O* Trail Mix	22) Soft Taco Ground Turkey Meat cheese Lettuce and Tomatoes+ Refried Beans Mandarin Oranges* Milk	23) Birthday Bingo BBQ Turkey Dog Roasted Sweet Potatoes+ Melon Mix* Milk 	24) Brunch Breakfast Burrito Tomato Slices+ Pineapple and Grapes* Orange Juice V-8+* Milk
27) Steak Cesar Salad+* Breadstick Tomato Wedge+ Milk	28) Minestrone Soup+* Tuna Salad Sandwich Lettuce & Tomato + Orange* Milk 	29) Chicken a-la King Rice Mixed Veggies+* Kiwi and Strawberries* Milk	30) Buffalo Burger Lettuce and Tomato+ Macaroni Salad Watermelon* Milk	31) Brunch Oatmeal Bagel Boiled Egg Cherry Tomato and light cottage cheese Mixed Berries*

N Non senior meals are \$4.00 each
O No to-go meals, all meals purchased
T must be consumed at the senior center
E No outside food or drinks allowed



Senior Center Serving Times
Monday - Thursday 11:30 am - 12:45 pm
Brunch 10:30 am - 12:45 pm



Reminders


- 1) call to cancel home meal delivery by 10:00 a.m.
- 2) dogs must be tied up for meal delivery



July

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



Monday	Tuesday	Wednesday	Thursday	Friday
		1 12 pm Language Presentation 1 pm Errand Day 1 pm Crafts	2 Early BRUNCH 9:30-11:30 am	3 CLOSED Holiday <i>No lunch served or delivered</i>
6 1:00 pm Senior Advisory Committee Meeting	7 9 am Farmer's Market Trip 12 pm Tribal Police Presentation 1 pm Crafts	8 12 pm Nutrition Presentation 12:30 Language class	9 8 am Carson City Hot Springs 1 pm <i>Galaxy Theater Movie*</i> 	10 10:30 am Brunch 10 am Respite Caregivers Support Group Meeting
13 11:30 am Blood Pressure Checks 	14 5:30 pm Night Bingo & Potluck <i>-bring 2 prizes - & a food dish</i> 	15 12:30 pm Language Class 1 pm Errand Day	16 10:30 am BRUNCH	17 Closed - a sack lunch will be delivered on July 16 – Thursday for today
20 Food Pantry Delivery 1 pm Crafts Sewing 	22 9 am Farmer's Market Trip Commodities at the Senior Center	23 12:30 pm Language Class	23 12:30 pm Birthday 	24 10:30 am BRUNCH
27 11:30 am Blood Pressure Checks 1 pm Crafts Sewing 	28 9 am Farmer's Market Trip 1 pm Century Theaters Movie*	30 12:30 pm Language Class 1 pm Crafts Sewing	31 8 am Carson City Hot Springs 1 pm Crafts Sewing	



***For both movies - Must be signed up & have own monies for concession items**
No 3D movies - only regular senior admission price provided



Be Happy

RAPID NOTIFY

MASS NOTIFICATION SYSTEM



THE RSIC HAS RECENTLY SUBSCRIBED TO RAPID NOTIFY TO ALERT YOU TO SITUATIONS SUCH AS:

- LARGE FIRES
- Chemical Spills
- Contaminated Water
- Evacuation Notices
- Severe Weather
- Police Activity

To sign up, or if you have any questions, or would like to learn more information about this system, please contact us, at:

329-2936, ext. 3268

or log onto: www.rsic.org

PARTICIPATION IN THE **RAPID NOTIFY SYSTEM** IS NOT MANDATORY. YOUR CONTACT INFORMATION CAN BE REMOVED FROM THE SYSTEM UPON REQUEST.

www.rsic.org

WHAT IS RAPID NOTIFY?

The Rapid Notify System 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 over communications platforms such as email, telephone, cell phone, SMS text message, pager and PDA.

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.

RSIC Public Relations
98 Colony Road - Reno, Nevada 89502
Phone | 775.329.2936



Continued from page 8

Center and the Diabetes Program are ready to help the entire family maintain healthy weights and fight obesity.

Messerli explained that the Healthy Lifestyle Program uses a panel approach with the pediatrician, dietitian, gym trainer, and nurse to educate the entire family on positive nutrition and activity habits.

"The Healthy Lifestyle Program is a great tool for the parents and guardians," Messerli said. "Often the families have little nutrition knowledge and don't know they are modeling poor habits."

Additionally, overweight children ages 6-12 years of age, can attend the

children's classes hosted at the 3 Nations Wellness Gym. The classes are held Tuesdays, Wednesdays, and Thursdays from 4-5 p.m., in which kids learn how to use the machines and engage in sports such as soccer, rock climbing, or basketball.

Also, kids 13-years and older, can use the gym during regular operating hours, 8 a.m.- 8 p.m., Monday-Thursday, and 8 a.m.-

***"This is absolutely
a crisis..."***

—Stacy Briscoe,
RSTHC Diabetes
Program Manager on the
224 overweight youth
at the RSIC

6 p.m., on Fridays. They also have access to a basketball hoop in the back room of the gym and one in the large parking lot across from the clinic.

"Being overweight or obese is a complex problem at any age," Briscoe said. "However, these health issues are even harder to correct at an older age."

For more information or to join any of the programs offered by the RSTHC to combat being overweight, obese or any of the ailments associated with these illnesses, please contact Briscoe or Messerli at the Reno Sparks Tribal Health Center, (775) 329-5162.



Home of the Wa She Shu — *"In a Washo Tribal History," the author explains that every cave, stream, lake or prominent geographical feature is named and has stories appropriate to it. In traditional times, as soon as the weather permitted, the Wa She Shu began their annual journey to Lake Tahoe. The Washo lived around the lake and referred to it as Da ow a ga, which means "edge of the lake." Non-Indians mispronounced Da Ow as "Tahoe" and so, became its English name.*