



# THE CAMP NEWS

VOLUME XVI ISSUE 1-3

January—March 2020

**SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES**

## 2020 Elections & Your Native Vote

### Nevada Democratic Caucus

*Nevada Democratic Party and Reno-Sparks Indian Colony partnered to host an Early Voting Caucus polling site with same-day Voter Registration.*

For the 2020 elections, Nevada Democratic Party organizers have continued voting campaigns for Native Americans in Nevada to get out and vote. Nevada has been identified as one of seven, including Arizona, Colorado, Minnesota, Wisconsin, Michigan, and North Carolina as a swing or battleground state, with Native Vote being a deciding factor. Swing State meaning the two major political parties; Democratic and Republican parties; have almost an equal amount of support among voters within the State and could be reasonably won by either party.

Reno-Sparks Indian Colony recognizes how critical it is to influence not only RSIC Tribal members, but all Nevada Tribal Members to be a voice and vote.

With the help of the Nevada Democratic Party and Washoe County Dems, the Reno-Sparks

Indian Colony secured an Early Voting Polling Site with same day voter registration, for the Nevada Democratic Caucus at the Hungry Valley Recreation Center on February 15th.

The Nevada Caucus is where voters made their choice for the Democratic presidential nominee in 2020. Nevada was the first Western state and the third state in the nation to participate in the presidential nominating process.

The Nevada Statewide Native American Caucus Chairman, Brian Melendez, and Vice Chairman Teresa Melendez, also contributed by volunteering as the Caucus site leaders for the Hungry Valley Early Polling Site. The mission of the Nevada Statewide Native American Caucus is to promote the involvement of American Indians in the political process and the activities of the Democratic Party at the Local, State, and National level.

*Continued On Page 5*



*RSIC Tribal Members cast their votes at the Early Caucus Voting site in Hungry Valley*

*Photo Provided by Bethany Sam*

# 2020 CENSUS: WHATS AT RISK FOR INDIAN COUNTRY

Many programs that impact the Native community are funded based in whole or in part on census-derived data, an undercount will put these (and other) programs at risk:

## INDIAN HEALTH SERVICE (IHS) **\$4.8 BILLION**

IHS serves 2.2 million Natives nationwide.



## URBAN INDIAN HEALTH PROGRAM (UIHP) **\$40.7 MILLION**

Approximately 25% of Native peoples live in urban areas located in counties served by these programs



## NATIVE AMERICAN EMPLOYMENT AND TRAINING **\$58.4 MILLION**

This program provides Native peoples with employment training and skills, as well as support for daycare and transportation services to enable Native peoples to thrive in the workplace



## THE INDIAN HOUSING BLOCK GRANT **\$650 MILLION**

This block grant program, which is based almost entirely on census data, served, helped build, or rehabilitated 4,687 units in 2014.



## HEAD START PROGRAM **\$8.3 BILLION**

Approximately 10% of Native children and pregnant women participated in Head Start or Early Head Start during the 2015-2016 school year



## SNAP- **\$69.5 BILLION**

26% of Native households nationally and 32% on reservations received SNAP benefits in 2015



## 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 (RSIC) community. The newsletter is produced monthly out of the RSIC Public Relations Office, and duplicated and distributed by the 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 [bsam@rsic.org](mailto:bsam@rsic.org) or drop off your photos and suggested articles at 34 Reservation Road, Reno, NV 89502.

### CIRCULATION

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

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

### ELECTRONIC EDITION

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

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

## Important March Dates

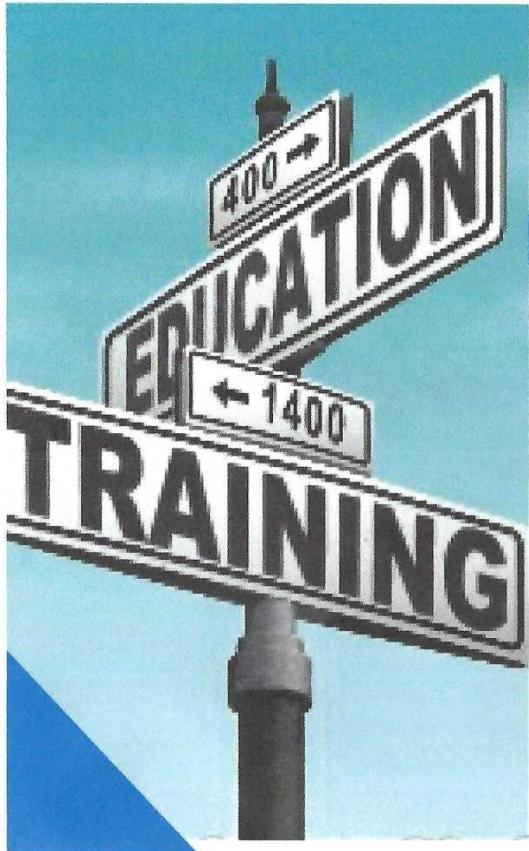
- 5 Shoshone Language Class, Hungry Valley TLC, 5pm-8pm.  
Sewing Gift Making for Shoshone Reunion, Hungry Valley TLC. 5pm  
Senior Center Nutrition Educational BINGO, Hungry Valley TLC, 12:30pm
- 7 Indian Taco Sale Fundraiser for Lara Girls, 285 Many Nations Road  
NUI Powwow & Health Fair, Galena High School, starts at 10am  
Teen Shopping Boutique for High School Students, Project 150 Reno Boutique: 1340 Foster Drive, 10am, more info 775-203-4755
- 9 Hungry Valley Community Visioning Event, Hungry Valley Lower Level, 6pm  
Youth Beading Club, Every Monday 5pm-7pm, Hungry Valley, Info 785-1321
- 10 Adult Beading, Every Tuesday 6pm-8pm, Reno Library, more info 785-1321
- 12 Census 2020 Launch  
Sewing Gift Making for Shoshone Reunion, Reno 34 Multipurpose Room, 5pm  
Poetry Workshop, All Ages, Hungry Valley Lower Level, 6pm, info 334-0904  
Community Nutrition Educational BINGO, RSTHC 5:30pm
- 14 Go Red for Heart Health Powwow, RSIC Gym, 10am-6pm
- 16 13th Annual NV Dept. of Education American Indian Education Summit, for more info, call 687-9143  
Youth Beading Club, Every Monday 5pm-7pm, Hungry Valley, Info 785-1321
- 17 13th Annual NV Dept. of Education American Indian Education Summit, for more info, call 687-9143  
Youth Prevention BINGO, Reno Gym, 1pm (Open to Enrolled Members, RSIC Community Members, & RSTHC Patients Ages 6-17)  
Adult Beading, Every Tuesday 6pm-8pm, Reno Library, more info 785-1321
- 18 Adult Cooking Class, RSTHC, 6pm (Sign-ups required, call Kristie 329-5162)
- 19 Sewing Gift Making for Shoshone Reunion, Hungry Valley TLC. 5pm
- 20 Native HIV/AIDS Awareness Lunch & Learn, RSTHC, 12pm & 1pm
- 21 SMASH Ultimate Tournament, Reno Gym, 1pm, more info 329-4930 .
- 23 Youth Beading Club, Every Monday 5pm-7pm, Hungry Valley, Info 785-1321
- 24 Adult Beading, Every Tuesday 6pm-8pm, Reno Library, more info 785-1321
- 30 Youth Beading Club, Every Monday 5pm-7pm, Hungry Valley, Info 785-1321
- 31 Adult Beading, Every Tuesday 6pm-8pm, Reno Library, more info 785-1321

**Plan now for Hungry Valley Visioning Event in HV, 3/9 @ 6pm.  
Go Red For Heart Health Powwow, RSIC Gym, 3/14 @ noon.**

**FOLLOW US AT:**



**www.rsic.org**



#### **GAYLENE WILLIAMS**

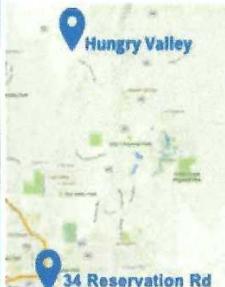
gwiliams@rsic.org

775-329-6114

34 Reservation Rd Bdg D

Reno, NV 89502

**The goal of the 477 Program is to provide tribal residents of the Reno-Sparks Indian Colony opportunities and support so they may reach self-sufficiency through education, employment and training.**



# **477 PROGRAM**



## **Eligibility Criteria**

All adults and youth served through the Reno-Sparks Indian Colony 477 Program must meet one of the following eligibility requirements:

- Be an enrolled RSIC Tribal member and reside on RSIC Lands
- Be an eligible direct descendant of an RSIC Tribal member and reside on RSIC Lands
- Be an enrolled member of a Federally Recognized Tribe and reside on RSIC Lands

## **Services Provided**

- Child Care
- Education and Training
- Employment Services
- General Assistance
- Supportive Services
- Transitional Services
- Youth Services

## **Apply Now**

Complete a 477 Application

Provide proof of:

- Tribal Enrollment of a Federal Recognized Tribe/RSIC Descendancy
- Identification
- Residency on RSIC Tribal Lands
- Selective Service Registration (Adult males born after 12/31/1959)

Additional documentation may be necessary for specific services based on funding requirements, (may include but are not limited to):

- immunization record
- employment verification
- invoices/quotes for services
- income verification
- guardianship/custody

Schedule a meeting with the 477 Office to complete an Individual Service Plan to outline goals and next steps.

**P.L. 102-477**  
**The "INDIAN  
EMPLOYMENT, TRAINING  
AND RELATED SERVICES  
DEMONSTRATION ACT"**

**Self-sufficiency is the greatest of all wealth.**

With everyone's help, the Early Voting process went pretty smooth. The Early Voting Caucus Polling site in Hungry Valley had over 180 people vote and over 60 of those votes were Native Votes. Although the address was listed incorrect on [washoedems.com](http://washoedems.com), the volunteers were able to place signs and even had a personal flagger waving traffic up the hill to the Hungry Valley Recreation Center Lower Level.

The votes casted on February 15th in Hungry Valley were tallied and then contributed to the actual Caucus Day Voting on February 22nd. The Nevada Democratic Caucus Results are:

- **#1 Bernie Sanders, 46.84% (6788 Votes, 24 Delegates Added).**
- **#2 Joe Biden, 20.0% (2927 Votes, 9 Delegates Added)**
- **#3 Pete Buttigieg, 14.31% (2073 Votes, 3 Delegates Added)**
- **#4 Elizabeth Warren, 9.7% (1406 Votes, 0 Delegates Added).**

So again, Reno-Sparks Indian Colony recognizes how critical it is to influence not only RSIC Tribal members, but all Nevada Tribal Members to be a voice and vote because it matters.

Reno-Sparks Indian Colony has been approached by almost every Democratic Candidate running for President. Includ-



*Tribal Leaders meet with New Mexico Congresswoman Deb Haaland at RSIC*

*Photo Provided by Bethany Sam*

ing New Mexico's Congresswoman Deb Haaland, who made a stop at RSIC to meet with Tribal Leaders and UNITY to campaign for Elizabeth Warren.

With Nevada being a swing or battleground State for the 2020 Elections, the Candidates recognize how important Native Votes are to their success. However, RSIC has not yet endorsed a Democratic Presidential Candidate. As we get closer to general elections, RSIC will eventually endorse a candidate and will advise Tribal Members.

For now, make sure you register to vote in the 2020 Elections. You can go to [www.nvsos.gov](http://www.nvsos.gov) to register online. The RSIC Elections Committee is also planning to hold a registration drive this Spring.

RSIC will have polling locations for Primary Elections Early Voting May 23rd—June 5th and General Elections Early Voting

October 17th—October 30th at Smoke Shop 6 in Spanish Springs; along with Primary Elections June 9th and General Elections November 3rd in Hungry Valley at the Recreation Center Lower Level.

Honor your Ancestors with Action. Make your Native Vote Count.

If you have questions or would like more info, contact Bethany Sam at (775)-842-2902 or [bsam@rsic.org](mailto:bsam@rsic.org).



*Round Table Discussion w/ RSIC Tribal Council and New Mexico Congresswoman Deb Haaland.*

*Photo by Bethany Sam*

## *The Reno-Sparks Indian Colony Enrollment Committee*

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Is looking for one (1) person to serve on the Enrollment Committee.

You must be a RSIC Tribal Member.

The meetings are on the first Monday of each month in the evening.

**Please submit your letter of interest to the front desk at the Administrative office located at:**

*34 Reservation Road or the Enrollment Office located at 1933 Prosperity Street. If you have any questions please feel free to contact the Enrollment Office at 775-786-3363*

Thank you,  
Sheila Katenay,  
Enrollment Officer

# CONGRATULATIONS!



*Reno-Sparks  
Indian Colony Members*

**2020 Girls Basketball  
Class 4A  
Northern Region Champions!**

**SSHS SPANISH SPRINGS COUGARS**



*Mariah #33 Autumn #14 Lauryn #20*



# Hungry Valley Community Visioning Event

**Please Note: Thursday, February 27 meeting in Hungry Valley is cancelled and has been rescheduled.**

**Come Share Your Vision for the Future of Hungry Valley**



- The RSIC Planning Department, THPO, and Tri-Basin Cultural Committee invites all enrolled community members to come share their vision for economic development, housing, and natural resources in Hungry Valley.
- Food will be provided and followed with a short presentation by staff related to the boundaries of Hungry Valley, existing and future land uses, and the specific input needed from the community.
- The RSIC staff will then lead small group discussions to gather information related to the vision of enrolled community members for the future of Hungry Valley.

**\*NEW MEETING DATE\***  
**HUNGRY VALLEY MEETING:**

**Date:** Monday, March 9, 2020

**Time:** 6:00 PM

**Location:** Hungry Valley Recreation Room; 9075 Eagle Canyon Dr., Sparks, NV 89441

# OFFICE of THE CHAIRMAN

*Arlan D. Melendez*

I would like to update Tribal Members as to issues I have been working on during the month of February. First of all, I attended the National Congress of American Indian's Executive Winter Session and Policy Summit in Washington D.C. on February 10-13. Tribal Councilman Toby Stump also attended the NCAI session.

On the first day, we listened to our new President of the National Congress of American Indians, Fawn Sharp, give the State of Tribal Nations Address, reminding everyone of the unique political status of Tribal nations and that we are genuine governments with the right and, more importantly, the ability to govern our own lands and Communities in accordance with the values that make us who we are as native peoples. President Sharp also said "The Federal Government is failing to address Climate Change which is impacting Tribal Villages in the Northwest and Alaska causing them to relocate to higher ground due to rising sea level." She also said that Indian Country was totally left out of the 2017 Tax cuts and Jobs Act and that Tribes must compete with one another for many Federal grants, a violation of the Federal gov-



ernments trust Responsibility. It was a very moving speech and resonated very well with Tribal Leaders.

In addition, I participated on the N.C.A.I. Tax and Economic Development Task Force as one of four co-chairs. The three other co-chairs are Henry Cagey (Lummi tribe), Larry Wright (Ponca Tribe), and Martin Harvier (Salt River-Maricopa Tribe). We are working on a tax package bill which we hope will be supported by both Democrats and Republicans starting with members of the House Ways and Means Committee. We met with a number of Republican House members from the States of Arizona, Indiana, Kansas, and Ohio to gain support. We also met briefly with our Senators Catherine Cortez-Masto and Jackie Rosen.

As to other issues, since sign-

ing a Cannabis agreement with the State of Nevada, we are now creating the organizational structure by Tribal resolution which establishes the Tribal Cannabis Authority and the sub corporations and boards. We have also issued a request for Qualifications (RFQ) to a number of firms, with expertise in the Cannabis business, to assist us with our Tribal Cannabis startup.

Finally, in regards to our Tribal Constitution amendments and secretarial election, the Bureau of Indian Affairs has made some suggested additional changes, which appear minor; the Tribal council will make a recommendation and inform the B.I.A. and hopefully they will give the approval for a Secretarial election to vote on the amendments.



Chairman Melendez signs Cannabis Agreement

We are off to a good start this year and will continue to keep you informed.



## 2020 Census Snapshot — American Indian/Alaska Native

### What is the census?

Every 10 years, the United States counts everyone living in the country on April 1. Our tribes do not share enrollment numbers with the government, so it is important for all American Indians and Alaska Natives to participate in the 2020 Census.

### What's in it for me?

The 2020 Census is an opportunity to provide a better future for our communities and future generations. By participating in the 2020 Census, you help provide an accurate count of American Indians and Alaska Natives. Your responses to the 2020 Census can help shape how billions of dollars in federal funds are distributed each year for programs and grants in our communities.

The 2020 Census is our count. Our responses matter. Regardless of age, nationality, ethnicity, or where we live, we all need to be counted.

### Responding to the 2020 Census is:

#### ➤ Easy

In early 2020, every household in the United States will receive a notice to complete the census online, by phone, or by mail.

#### ➤ Safe

Your responses to the 2020 Census are confidential and protected by law. Personal information is never shared with any other government agencies or law enforcement, including federal, local, and tribal authorities.

#### ➤ Important

The federal government and local American Indian and Alaska Native leaders and decision-makers will use 2020 Census data in a variety of ways that can benefit Native people and our communities.

**2020Census.Gov**

D-OP-AI-EN-055

Shape  
our future  
START HERE >



## Frequently Asked Questions

### ➤ Q. Who should complete the census questionnaire?

A. One person in the home should complete the questionnaire and include every person living there, including relatives, nonrelatives, babies, and children.

### ➤ Q. How do I fill out the race question correctly?

A. If you self-identify as American Indian or Alaska Native, you should check the American Indian or Alaska Native race box. You should then print the name of your enrolled or principal tribe in the write-in area.

### ➤ Q. What kind of assistance is available to help people complete the questionnaire?

A. Assistance responding to the 2020 Census will be available on 2020census.gov and via our toll-free phone number. Language guides, language glossaries, and language identification cards will be available in 59 non-English languages. Large-print questionnaires will also be available upon request, as well as TTY via Federal Relay Service. On 2020census.gov, video tutorials and how-to resources can help you complete your census form. Many communities, partners, and local organizations will also provide assistance.

### ➤ Q. How does the Census Bureau count people without a permanent residence?

A. Census Bureau employees work extensively to take in-person counts of people living in group housing, like college dormitories and shelters, as well as those experiencing homelessness or who have been displaced by natural disasters.

For more information, visit:

**2020Census.Gov**

D-OP-AI-EN-055

## 2020 Census Key Dates



January-April 2020

First census enumeration takes place in Toksook Bay, Alaska.



March 2020

Census notices are mailed or delivered to households.



March-May 2020

Census takers visit each household to update address lists and collect information on the questionnaire.



April 1, 2020

Census Day



May-July 2020

Census takers visit households that have not completed the questionnaire.



December 31, 2020

By law, the Census Bureau delivers population counts to the President for apportionment of congressional seats.



March 2021

By law, the Census Bureau completes delivery of redistricting data to states.

Shape  
our future  
START HERE >



# Native American Cultural Resource Repatriated to the RSIC

## “Writings on the Rock”

by Michon Eben, THPO Officer

The round atrium located between Buildings A, B and the Headstart Classrooms at 34 Reservation Road has a new cultural addition. A boulder that has a marking, symbol, image and/or pattern. Our traditional ancestors have different names for it, just to name a few:

- ◆ Writings on the Rock
- ◆ Animal Writings and Stories
- ◆ Spirit Stories
- ◆ Coyote Writings
- ◆ Ancestral Writings
- ◆ Salt Grass Stories

Archeologist call them petroglyphs or rock art. Non-natives have their own theories and opinions of how rock art has been created, by whom and why. Archeologist record them, author books and even lecture on them. This isn't always appropriate when Native American are left out of the conversation.

Sometimes these beautiful writings don't need to be translated—not everything needs a scientific interpretation.

There are all types of Writings on the Rocks all over the world. The oldest recorded Writings in the world are located in Australia and Africa. In North America, the oldest ones are located in Pyramid Lake, Nevada.

There are hundreds of thousands of them in the State of Nevada alone. Writings on the Rocks are found on boulders, cave walls and rock outcrops. Some say that they could have been

etched by beings greater than us and our ancestors. Today, they are our relatives, important to us as Native Americans and we are honored that they are still here among us. They are important Native American cultural resources and we honor its teachings.

There are several federal and state laws that protect Native American cultural resources, such as the Native American Graves Protection Repatriation Act, Archeological Resources Protection Act, American Antiquities Act and Nevada Revised Statute 383. It is important to mention that it is difficult to prosecute the vandals or looters who have damaged or stolen these important Native Ameri-

can cultural resources. Since the arrival of non-natives, important Native American cultural resources have been stolen, vandalized, desecrated and destroyed.

The Writings on the Rock that will be in the Atrium was repatriated back to the RSIC through a government agency. Based on investigations, our ancestor's Writing was stolen somewhere in the State of Nevada, possibly close to home. We do not know where the Writings on the Rock came from, who stole it and why. We cannot place it back to its original place because we do not know where this particular Writings on the Rock came from. It probably wouldn't be a

*Continued On Page 23*



Photo of Writings on the Rock at 34 Reservation Road Atrium

*File Photo*

# 21<sup>ST</sup> ANNUAL SHOSHONEAN ♦ NUMIC LANGUAGE REUNION

A REUNION FOR THE SHOSHONEAN, NUMIC & UTO-AZTECAN PEOPLES

## Honoring Our Traditions - Preparing for Our Future

JUNE 16<sup>TH</sup> - 18<sup>TH</sup>, 2020

RENO-SPARKS INDIAN COLONY, HUNGRY VALLEY GYMNASIUM - 9075 EAGLE CANYON DR, SPARKS, NV 89441



### TRIBAL MOBILE TOUR - JUNE 15<sup>TH</sup>, 2020

SPACE IS LIMITED.

VISITING TRIBE'S TAKE PRIORITY.

CONTACT: MICHON R. EBEN  
775.785.1326 EXT. 5430

### YOUTH TRACK - RSIC UNITY

AGES 12-17

CONTACT: ROBIN EAGLE  
775.688.9121

### DRY CAMPING AVAILABLE

LIMITED SPACES. NO UTILITY HOOKUPS.

CONTACT: PAM ABERCROMBIE  
775.329.6114

### VENDOR INFORMATION

CONTACT: TRISHA CALABAZA  
775.785.1335 EXT. 7777

### HANDGAMES (NIGHTLY!)

CONTACT: WIN SAM  
775.221.5620

### FASHION SHOW

TRADITIONAL & CONTEMPORARY  
CONTACT: LYNETTE SAM  
775.329.6114 EXT. 5103

### FOR MORE INFORMATION CONTACT:

MICHON R. EBEN  
RSIC THPO/CULTURAL RESOURCE PROGRAM  
775.785.1326 Ext. 5430  
SHOSHONEANREUNION.COM

### REGISTRATION:

ANTOINETTE THAYER  
RSIC PLANNING  
775.785.1363  
REUNION2020@RSIC.ORG

### HOST HOTEL:

NUGGET RESORT CASINO  
[HTTP://BOOKINGS.IHOTELIER.COM/BOOKINGS.JSP?  
GROUPID=2777402&HOTELID=96145](http://BOOKINGS.IHOTELIER.COM/BOOKINGS.JSP?GROUPID=2777402&HOTELID=96145)  
OR CALL:  
1.800.648.1177 GROUP ID: GRSIC20



**WASHOE COUNTY  
HEALTH DISTRICT**  
ENHANCING QUALITY OF LIFE

**Public Calls about COVID-19 - FAQ**

- **General calls from worried people who are not sick, example: I'm worried I'm going to get coronavirus. Am I at risk?**
  - Not necessarily. We have no confirmed cases in Washoe County, but we're reminding people to help prevent getting any communicable respiratory disease by washing their hands with soap and water for 20 seconds, coughing/sneezing into a sleeve or tissue, staying home if sick and disinfecting common areas like light switches, door handles, etc.
- **I'm not feeling well. I have a fever (OR OTHER SYMPTOM SIMILAR COVID-19). What should I do?** Contact your health insurance company and see if a telemedicine option is available where you can talk to a medical professional from home. If you don't have that service, call your primary care physician. If you don't have a primary care physician, contact a medical provider that you need to go to by phone. Unless it is an emergency, avoid going to an urgent care or hospital without calling.
- **I don't have a doctor, is there someone else I can call?** The CDC has a national contact center that can help. The website is <https://www.cdc.gov/cdc-info/index.html>.
- **Questions related to Chinese-Americans, example of question we have received: Reno has a lot of people who are Chinese. Am I at risk to get coronavirus because of them?**
  - ([More info here](#)) No. People—including those of Asian descent—who have not recently been in an area of ongoing spread of COVID-19 or been in contact with a person who is a confirmed or suspected case of COVID-19 are not at greater risk of acquiring and spreading COVID-19 than other Americans.
- **What is COVID-19 or novel coronavirus?** A novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus disease 2019 (COVID-19), is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.
- **Should I wear a facemask?** The CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory illnesses, including COVID-19. You should only wear a mask if a healthcare professional recommends it. A surgical (square) facemask should be used by people who have any symptoms of respiratory illness. The use of facemasks also is crucial for health workers and other people who are taking care of someone infected with COVID-19 in close settings (at home or in a health care facility). Due to a shortage of facemasks, we encourage people do not buy them for personal use unless directed by a healthcare professional.
- **What if I get a shipment from China, could I be infected?:** In general, because of poor survivability of these coronaviruses on surfaces, there is likely very low risk of spread from products or packaging that are shipped over a period of days or weeks at ambient temperatures. Coronaviruses are generally thought to be spread most often by respiratory droplets. Currently there is no evidence to support transmission of COVID-19 associated with imported goods and there have not been any cases of COVID-19 in the United States associated with imported goods.



*Alvie, Spencer, and Don Coyis at Wellbriety in Santa Fe, NM on 01/24-01/26/20  
Coyis is the founder of Wellbriety*

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**We would like to thank our Tribal Council for sponsoring us to attend the All Addictions Wellbriety Conference in Santa Fe, New Mexico.**

**Also, a thanks to Tiny Thomas, Richard Thomas, and Marvin Racine for all the support and encouragement.**

**Special thanks to Helen Uribe for all of the donations, without you our trip would not have been complete, Thank you very much.**

**Lastly, we thank Theresa Coffman for your time in helping us get this going.**

**You are all greatly appreciated!  
Alvie & Spencer**

# **MARCH IS NATIONAL NUTRITION MONTH!**

Join us for various activities all month long:

March 3rd–March 31st:  
Countdown to Your Health  
Kids Nutrition Class  
(Meeting every Tuesday @ 5:30  
ages 7-12, sign ups required  
w/ Kristie or Gina @  
329-5162)

March 5th: Senior Center  
Nutrition Educational BINGO  
12:30 pm- 1:30 pm @ TLC in  
Hungry Valley

March 12th @ 5:30 pm:  
Community Nutrition  
Educational BINGO @ RSTHC

March 14th @ 10:00 am: Go RED  
for Heart Health POWWOW 2020  
@ RSIC Reno Gym

March 18th @ 6:00 pm: Adult  
Cooking Class (Sign ups  
required w/ Kristie @  
329-5162)



# Healing the Sacred

## “Revisiting Resolutions”

By: *Rebecca Chavez (Renown Hospital Nurse-Midwife, Women’s Healthcare Provider)*

2019 has come and gone and along with ringing in 2020, many of us made promises for the new year. Making New Year's resolutions is a time honored tradition among many people. We look forward with hope for a bright and better future—especially if the year we leave behind has been a difficult one. Topping the resolution list for women include eating healthier, losing weight, exercising more and reducing stress.

The thing is, making resolutions are like babies: making them is fun, keeping and maintaining them takes a lot of hard work and dedication. Research shows that while a full 60% of all Americans make resolutions, only 8% are successful in achieving and/or maintaining them. Before January is done, those well-intended health goals have been abandoned, leaving many with a lack of confidence in their ability to make positive change.

The problem lies in making health resolutions that are too big and too vague to be successfully accomplished. For example, a resolution may be to lose, say 35 lbs in 2020. This well intended promise may prove difficult to keep if you don't have a specific plan; one that is easy to stick to and fits into your daily schedule. Sadly, the year's end may find you at the same

weight or even a few pounds heavier.

It is now the beginning of March, and we are moving into Spring, a time of new growth and rebirth. As the weather and our springs lift, many of us look to dusting off those health resolutions we made a few months ago in order to get ready and look good for summer.

The key to keeping a healthy resolution is to aim small, have a plan, and make it easy. If a desired goal seems too large, break it down into smaller units. Changing your perspective to losing 3 lbs every month rather than 35 lbs in one year can make that weight loss goal easier to achieve.

Once you make a resolution, write it down and make a plan on exactly how you are going to achieve it.

Here is a list of simple, easy short term goals that can lead to a healthier and leaner year ahead.

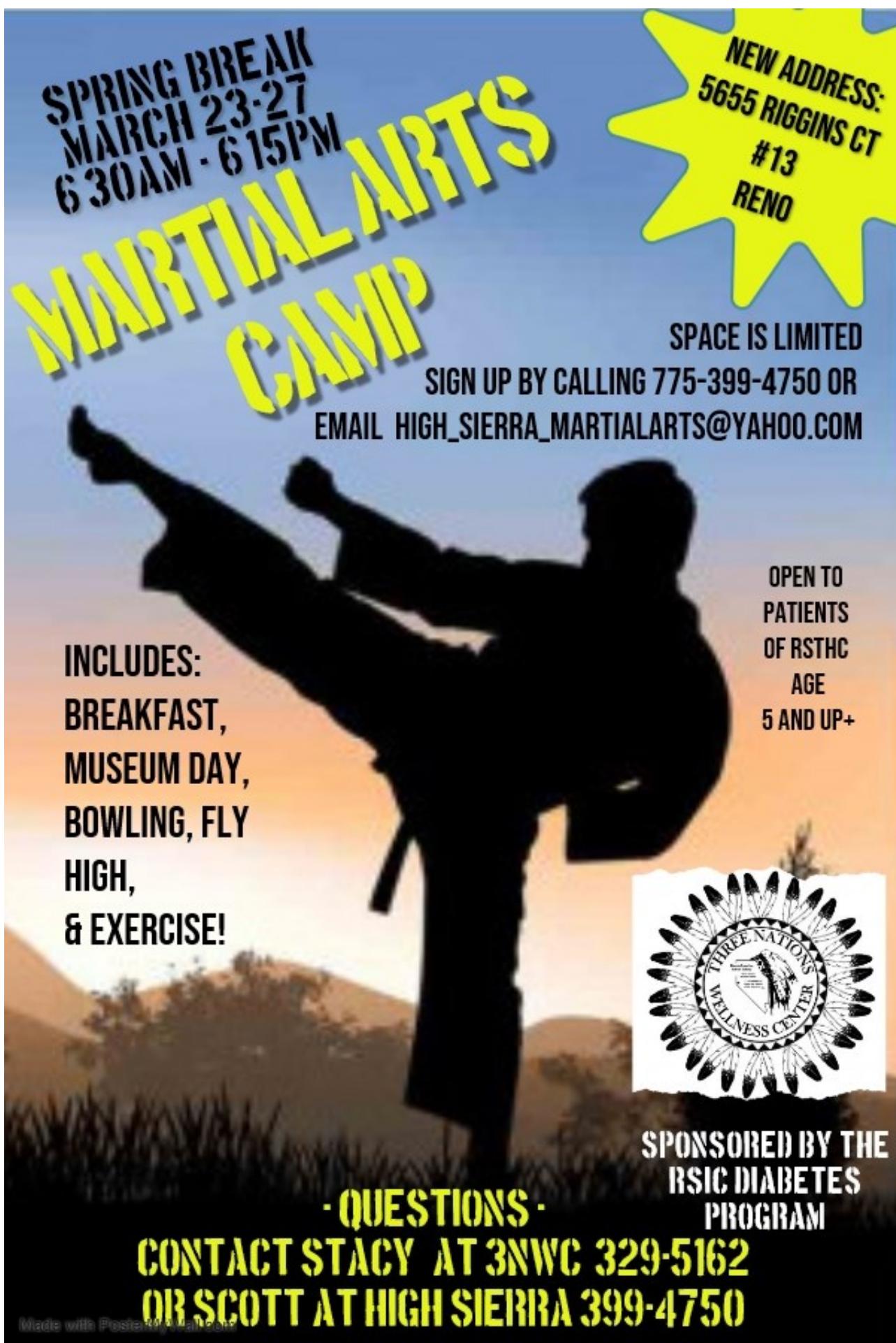
- Drink a glass of water before every meal or snack. Water is life. It helps our digestion, maintains our muscles, bladder and kidneys and flushes our bodies of toxins. It will also give a feeling of fullness to prevent overeating.

- Try your morning coffee or tea without sugar or cream.
- Make Saturday or Sunday soda free. This includes sugar free soda.
- Go carb free one day a week.
- If you tend to grab fast food after a long and busy day, make a pledge not to give in to Supersize.
- Substitute a piece of fresh fruit for that processed sugar snack.
- Join a gym or begin a walking routine with a friend. Knowing someone is monitoring your progress helps keep you accountable.
- If you can't make it to the gym, alternate squats and stretches while watching the evening news or your favorite TV show.
- Stop using the term “I can't” and start using the term “I don't” as in, “I don't eat donuts” rather than, “I can't eat donuts.” “Don't” connotes a choice, while “can't” connotes a punishment.

For an emotionally healthy year:

- Go to bed earlier to ensure a good night's sleep.
- Turn off all social media for a day.

*Continued On Page 23*



**SPRING BREAK  
MARCH 23-27  
6:30AM - 6:15PM**

# **MARTIAL ARTS CAMP**

**NEW ADDRESS:  
5655 RIGGINS CT  
#13  
RENO**

**SPACE IS LIMITED**

**SIGN UP BY CALLING 775-399-4750 OR  
EMAIL [HIGH\\_SIERRA\\_MARTIALARTS@YAHOO.COM](mailto:HIGH_SIERRA_MARTIALARTS@YAHOO.COM)**

**INCLUDES:**  
**BREAKFAST,**  
**MUSEUM DAY,**  
**BOWLING, FLY**  
**HIGH,**  
**& EXERCISE!**

**OPEN TO  
PATIENTS  
OF RSTHC  
AGE  
5 AND UP+**

**THREE NATIONS  
WELLNESS CENTER**

**SPONSORED BY THE  
RSIC DIABETES  
PROGRAM**

**QUESTIONS -**  
**CONTACT STACY AT 3NWC 329-5162**  
**OR SCOTT AT HIGH SIERRA 399-4750**

# 20 SOURCES OF Plant-based Protein

AND 40 VEGAN RECIPES TO USE THEM IN!



NUTRITIONAL YEAST

11g per 3 tbsp



PEANUT BUTTER

8g per 2 tbsp



AMARANTH

9g per 1 cup



CHICKPEAS

14.5g per 1 cup



LENTILS

18g per 1 cup



CHIA SEEDS

6g per 3 tbsp



EDAMAME

18.5 per 1 cup



SPIRULINA POWDER

8g per 2 tbsp



CASHEWS

12g per 1/2 cup



QUINOA

8g per 1 cup



TOFU

10g per 1/2 cup



FLAX SEEDS

6g per 3 tbsp



KIDNEY BEANS

15g per 1 cup



HEMP SEEDS

13g per 1/4 cup



SUNFLOWER SEEDS

7g per 1/4 cup



OATS

7g per 1 cup



PUMPKIN SEEDS

6g per 1/2 cup



ALMONDS

8g per 1/4 cup



WALNUTS

4.5g per 1/4 cup



BLACK BEANS

15g per 1 cup



VEGANFAUXEVER.COM

# SAVE THE DATE

2020

## 13TH ANNUAL NEVADA DEPARTMENT OF EDUCATION AMERICAN INDIAN EDUCATION SUMMIT

**"Voices From Our Future"**

### March 16, 2020

- One Day Youth Summit
- Adult Pre-Summit Event - focus on Cultural Competency
- Evening Event

### March 17, 2020

- Adult Summit - focus on Professional Development for Educators
- Youth not in attendance

University of Nevada, Reno  
Joe Crowley Student Union

Registration will begin on January 6th. Go to  
[nphf.org/2020-ai-an-education-summit](http://nphf.org/2020-ai-an-education-summit)  
to learn more and register.



For additional information:

**Call 775-687-9143 or  
contact Tess at  
[tess@nphf.org](mailto:tess@nphf.org)**



HUNGRY VALLEY, NV.

SEPTEMBER  
4<sup>TH</sup>, 5<sup>TH</sup>, & 6<sup>TH</sup>  
2020



Head Woman  
Amber Cleveland

Head Man  
Muhjuhtheen Roberts

SAVE THE DATE LABOR DAY WEEKEND **HOST DRUM POUNDMAKER** - SASKATCHEWAN, CANADA

# NUNAGA INDIAN DAYS POWWOW

# RSIC Senior Center's Temporary Location in Hungry Valley

By: Darlene "Dolly" Gardipe



The Senior Center has re-located to the Transitional Living Center in Hungry Valley during the remodel of the center. We will be there approximately 4-6 months. With the help of Public Works, the senior staff were able to get everything from pots & pans, cabinets, craft items, other materials and each other packed, stored and moved. On February 3, the construction crew started work early, taking out old windows ceiling tiles and the hall sink.

The building was originally construction in the 70's. The building was as a recreation center and snack shop for youth. Now, some of those same kids who went to have fun and eat at the building as teens, are returning to the center as "seniors"!

The building remodel will include a revamped kitchen and pantry area and a new stove and hood. We are also getting a new HVAC system. The center will have heat in the winter and air conditioning in the summer. We will have a dishwasher (for the first time) and improvements to the pantry and storage areas.

The building will have larger restroom facilities, new office space, and an improved dining area, craft and TV room. There will also be new flooring and many other new upgrades. There will be a handicapped entrance with new doors and ramp for the safety and accessibility of our elders.

The benefits of few months of inconvenience will be well worth the

wait for our remodeled building. We are excited and happily anticipating the much needed improvements at the Senior Center.

The Senior Center staff is working hard to keep disruptions at a minimum while the construction is going on. We have moved the congregate meal site to the TLC and seniors are coming to eat meals there. The Transit bus stops at the TLC before and after meal times. Staff is continuing activities and collaborating with other RSIC departments to meet the needs of our elders and community.

**Temporary Senior Center:**

**105 Loop Road**

**Phone Number: 785-1343.**

*Continued from Page 12*

good idea to take it to any location, therefore and at this time, the RSIC Tribal Council, THPO/Cultural Resource Program and Tri Basin Cultural Committee feels that our relative (Writings on the Rock) will be placed among us for cultural and educational purposes.

Some would say that this particular Writings on the Rock came to the RSIC for a special purpose. As such, there will be an educational plaque placed in this area at a later date to provide the community with background information. We offer this sitting area to you to take a moment to reflect on the origins of our people.

We appreciate the RSIC Public Works, particularly Mr. Vaidas Bunevicius, for creating a place for such a special cultural item. Thank you for your understanding and connection to an important cultural resource that has come to the RSIC.



**Photos of “Writings on The Rock”  
at 34 Reservation Road Atrium**



**Rebecca Chavez Certified Nurse-Midwife and Women's Healthcare Provider (Western Shoshone)**

*Continued from Page 17*

- Give a stranger a compliment.
- Exercise your brain and read a book.
- Learn something new and discover hidden talents.
- Reach out to an old friend you've lost contact with.
- Make a playlist of your favorite upbeat songs to listen to while doing chores around the house.
- Express your vulnerability.
- Be kind and patient...with yourself. If you find yourself backsliding on your resolu-

tion, don't beat yourself up. Do a self review of what caused the slip, reboot your resolution and start again. Progress can be a bumpy road.

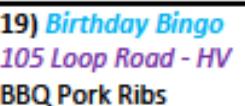
- Dedicate a few minutes first thing in the morning or just before bedtime to contemplate life's blessings.

*Rebecca Chavez (Western Shoshone) is a certified nurse-midwife, women's healthcare provider and a mother of two. If you have any questions or ideas for further topics, email her at [rchavez@renown.org](mailto:rchavez@renown.org)*

2020

# March

Reno-Sparks Indian Colony  
Senior Center Lunch Menu  
105 Loop Road, Hungry Valley  
Sparks, NV, 89441  
775-785-1343

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
| 2) Ground Buffalo<br>Burger Gravy over<br>Brown Rice<br>Veggies 5 way+*<br>Peaches+<br>Applesauce*   | 3) Pork Chops<br>Baby Roasted<br>Potatoes<br>5 Way<br>Vegetables+*<br>Applesauce*  | 4) Teriyaki Grilled<br>Chicken+ Bowl<br>Cauliflower Rice*<br>Broccoli*<br>Fresh Pineapple*   | 5) Salmon+ with<br>Basil and Chives<br>Brown Grains and<br>Kale Mix<br>Zucchini+<br>Fresh Pear*  | 6) Steak and Egg<br>Whole Wheat Toast<br>Tomato Cucumber<br>Salad*<br>Grapes+   |
| 9) BBQ Chicken<br>Rice Pilaf<br>Steamed<br>Vegetables+<br>Orange*  | 10) Steak Sandwich<br>on Whole Wheat<br>Roll<br>Spinach Salad with<br>Mandarin Oranges*<br>Cantaloupe*   | 11) Turkey Taco<br>Salad with Cheese,<br>Olives, Onions,<br>Tomatoes*<br>Black Beans+<br>Avocado Cilantro<br>Dressing on side<br>Honeydew* | 12) Shrimp+ Pasta<br>with Whole Wheat<br>Noodles, Heirloom<br>Tomatoes*, Baby<br>Spinach*,<br>Mushrooms+<br>Roasted Zucchini+<br>Strawberries*                                       | 13) Multi-Grain<br>Pancakes<br>Turkey Sausage Link<br>Sliced Bell Peppers*<br>V-8 Juice*+<br>Banana+  |
| 16) Turkey and<br>Swiss Sandwich on<br>Whole Wheat<br>Bread<br>Lettuce and<br>Tomato*<br>Sun Chips<br>Fruit Cup<br>Trail Mix   | 17) Corn Beef and<br>Cabbage with<br>Carrots+<br>Red Potatoes<br>Fruited Jell-O*<br><br>        | 18) Chicken Caesar<br>Salad+*<br>Pineapple*<br>Roll  | 19) <br>105 Loop Road - HV<br>BBQ Pork Ribs<br>Steamed Baby<br>Carrots+<br>Baked Beans<br>Orange* | 20) Denver<br>Scramble with Ham,<br>Onions and Bell<br>Peppers*<br>Tomato+ Wedges<br>Apricots+<br>Orange Juice*   |
| 23) Turkey and<br>Bacon Wrap on<br>Whole Wheat<br>Tortilla with<br>Lettuce, Tomato*<br>and Cheese<br>Carrot Sticks+<br>Grapes+<br>Sun Chips                              | 24) Buffalo Burger<br>on Whole Wheat<br>Bun<br>Lettuce and<br>Tomato<br>Sweet Potato Tots+<br>Fresh Plum*  | 25) Grilled Steak<br>with Diced<br>Potatoes, Green<br>Onions and Red<br>Peppers*<br>California Blend<br>Vegetables+<br>Tropical Fruit*     | 26) Grilled Chicken<br>Breast with Cilantro<br>Honey Lime<br>Rice Pilaf<br>Green Beans+<br>Pear*   | 27) Turkey Sausage<br>and Egg Breakfast<br>Sandwich on Whole<br>Wheat Muffin<br>Slice Cucumbers*<br>Applesauce*<br>Orange Juice*  |
| 30) Turkey Goulash<br>over Whole Wheat<br>Noodles<br>Broccoli*<br>Mix Fruit+<br><br> | 31) Beef Short Ribs<br>Roasted Brussels<br>Sprouts*<br>Roasted Potatoes<br>Cantaloupe*+<br><br> | Please tie up your<br>dog(s) during<br>delivery times<br>10 am- 1 pm.<br>Staff will not enter<br>yards with loose<br>dogs                  | <br>Please call before<br>10:00 am to cancel<br>or add your meal<br>delivery<br>775-785-1343    | <br>*Vitamin C<br>+Vitamin A<br>1% Milk<br><br><i>*Menu Subject to<br/>Change Without<br/>Notice</i> |



# MARCH

Reno-Sparks Indian Colony  
 Senior Center Activities Calendar  
 105 Loop Road  
 2020 Hungry Valley, NV

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|---|---|--|
| 2) 1:00 pm Senior Advisory Committee Meeting in 34 Conference Room  | 3) 10:00 am Errand Day<br>12:45 pm Paiute Language Class*  | 4) 12:00 pm Behavioral Health Presentation<br>12:45 pm Paiute Language Class*   | 5) 12:30 pm Community Health & Nutrition Bingo<br>5:00 pm Sewing Giftbags at TLC  | 6) 9:00 am Caregivers Support Group Meeting<br>10:30 am Brunch   |
| 9) 12:30 pm Sewing Giftbags at TLC<br> | 10) 11:30 am Blood Pressure Check<br>12:45 pm Paiute Language Class*<br>                                    | 11) 12:00 pm Tribal Police Presentation<br>12:45 pm Paiute Language Class*<br>1:00 pm Flower Arranging at Sparks Florist Warehouse  | 12) 12:30 pm Galaxy Theaters<br>5:00 pm Sewing Giftbags at 34<br>  | 13) 10:30 am Brunch  |
| 16) 8:30 am Food Pantry<br>           | 17) 8:00 am Commodities in 34 Reno<br>11:30 am Blood Pressure Check<br>12:45 pm Paiute Language Class*<br> | 18) 10:00 am Errand Day<br>12:45 Paiute Language Class*   | 19) 12:30 pm Birthday Bingo<br>5:00 pm Sewing Giftbags at TLC<br> | 20) 10:30 am Brunch  |
| 23)   | 24) 11:30 am Blood Pressure Check<br>12:30 pm Century Theaters<br>12:45 pm Paiute Language Class*<br>     | 25) 12:00 pm Environmental Presentation<br>12:45 pm Paiute Language Class*  | 26) 12:30 pm Cake Decorating<br>                                 | 27) 10:00 am Food Bank at HV Gym<br>10:30 am Brunch<br> |
| 30)   | 31) 12:45 pm Paiute Language Class*  | <b>Activities are subject to Change or Cancel without notice.</b><br>To sign up for an event or activity call<br>775-785-1343 or stop by the Senior Center. Sign up is required for all activities<br>that include a ticket or transportation. Clients must be physically able to<br>participate in activities. |   |  |

March 5<sup>th</sup> & 24<sup>th</sup> - If you want to go to the movies, please call the Senior Center to sign up.

Transportation will be picking up in front of the Administration Building.

March 8<sup>th</sup> Daylight Savings time set your clocks forward 1 hour.

March 11<sup>th</sup> Flower Arranging at Sparks Florist Warehouse. Must be signed up, transportation will be leaving the Admin. Building at 12:45.

March 26<sup>th</sup> Must sign up for Cake Decorating by March 24<sup>th</sup>. Limit 10 people.

\*Senior Paiute Language Classes are at the Reno Library\*

# RSIC Community

## Seamstresses / Tailors, Crafters & Beginners

The Senior Program is requesting your help in sewing gift bags for the upcoming Shoshonean Numic Language Reunion XXI on June 16-18, 2020 here at RSIC

How many bags do we need to make?

**“1000” we are at 400 bags!**

**HV TLC Bldg-Senior Center**

1<sup>st</sup> & 3<sup>rd</sup> Thursday at 5:00 pm  
March 5 & 19  
April 2, 16, 30 (extra night)  
May 7, 21

**Reno 34 Res. Multi-Purpose**

2<sup>nd</sup> Thursday at 5:00 pm  
March 12  
April 9  
May 14

*No kids unless they are helping, no playing around and must have adult supervision. Staff and sewers will be busy.*

Supplies provided but we have limited sewing machines  
You are welcomed to bring your own machine  
You can help from home – please call or stop by for supplies or questions. Reminder, do not forget to return your completed bags a.s.a.p. to Senior Center-785-1343.



**Thank You**



Reno - Sparks Indian Colony

## LANGUAGE & CULTURE PROGRAM

### Recruitment for Language & Culture Advisory Committee Members

The Language & Culture Advisory Committee is currently seeking three RSIC tribal members to serve on the Language & Culture Advisory Committee. Committee members will be appointed by the RSIC Tribal Council and shall serve a term of 2 years. If interested in becoming a Language & Culture Advisory committee member please submit a letter of interest to:

Reno-Sparks Indian Colony  
Language & Culture Program  
401 Golden Lane  
Reno, NV 89502  
Or Email  
[sburns@rsic.org](mailto:sburns@rsic.org)



**TEACH**  
**Our Children,**  
**Our Language,**  
**Our Stories**

# RSTHC Medical Director, Dr. Quinton Thomas MD (Navajo)

## Informational Summary

First and foremost, I want to recognize the Reno-Sparks Tribes as the First People of this land and thank them for allowing my position.

I grew up much of my childhood on the Navajo reservation in northern New Mexico, in the Four Corners. I am from the area called Nenahnezad, or Lower Fruitland. This is located between Shiprock and Farmington, New Mexico. My clan affiliation is Kinli'chiinii, or Red House Clan. I remember spending a lot of time with my grandparents. My grandfather or chei, raised livestock and herded sheep on a vast plateau. As a little boy, I spent many nights living in a hogan, or traditional Navajo house made of wood and mud. We also grew our own food with corn, squash, melons, apples, peaches and apricots.

Growing up with Traditional Navajo influences has helped me use the knowledge of The People to develop an understanding of the importance of education, self-esteem, and ability to work through difficult times. I was able to complete my medical training by graduating college with a Chemistry Degree and earning my Doctor of Medicine (MD) degree through the University of North Dakota. I was able to attend college with the help of an Indian Health Service scholarship as well as support through the

Indians Into Medicine (INMED) Program at the university.

I completed my scholarship obligation to repay the IHS by service, then entered into private practice in Nevada for 14 years, I have re-entered the field of Indian Health and have been credentialed to work in the Reno-Sparks Tribal Health Center for the past few months.

At this point in my career, I would like to help establish the Reno-Sparks Tribal Health Center a platform for providing health care to The People of the Nation into the electronic health record era.

The Dine' believe The Twin Boys slayed Giants, or Ye'ii, with arrows of lightning that then allowed The People to leave the underground and live on the earth as we do today. Hopefully, we can harness the power of the electronic future to provide for our children and allow them to grow strong and prosper—as long as the grass grows and the water runs.

Should you have any questions, email [qthomas@rsicclinic.org](mailto:qthomas@rsicclinic.org)

*Quinton Thomas MD Medical Director (Navajo), Reno-Sparks Tribal Health Center*



*RSTHC Medical Director, Quinton Thomas MD, Navajo*

RSIC PREVENTION COALITION  
PRESENTS

# YOUTH PREVENTION BINGO

OPEN TO ALL RSIC ENROLLED MEMBERS, RSIC COMMUNITY  
MEMBERS, & RSTHC PATIENTS AGES 6-17

**TUESDAY, MARCH 17**

**1-3pm**

**Reno Recreation Gym**

**Transportation from Hungry Valley will be provided**

**Wear your green! Contest for the most green girl  
and most green boy**

---

SPONSORED BY MSPI, Recreation,  
Tribal Court, Tribal Police, Housing Department, Senior  
Program, Planning Department, Youth Mentor Program,  
RSTHC, Tribal Administration, and RSIC Communities



# Media Release



**FOR IMMEDIATE RELEASE**  
March 2, 2020

Nevada Department of Transportation  
Meg Ragonese, Public Information Officer  
E-mail: [mragonese@dot.state.nv.us](mailto:mragonese@dot.state.nv.us)  
Phone: (775) 888-7172 / (775) 443-5926

## Nevada Department of Transportation Announces Preliminary Geotechnical Work for Future Reno Spaghetti Bowl Project

*CARSON CITY, Nev.* – Drivers will see temporary interstate shoulder and single lane closures near the spaghetti bowl and on Interstate 580 over coming weeks as the Nevada Department of Transportation conducts preliminary geotechnical soil surveys in advance of future spaghetti bowl renovations.

**When:** Monday, March 2-Friday, March 6, *7 am to 6 pm*

**What:** Shoulder closures on Spaghetti Bowl eastbound I-80 to I-580 southbound and northbound ramps. *No travel lane closures.*

**When:** Monday, March 9-Friday, March 13, *overnight hours 8 pm to 6 am*

**What:** Single lane closures of left-hand turn lane on southbound I-580 to Mill Street and East Second Street ramps. *All turn movements, including left turns, will remain available from these ramps.*

Friday, March 13 only: outside lane and shoulder closure on northbound I-580 near Mill Street.

**When:** Monday, March 16-Friday, March 20, *overnight hours*

**What:** Single lane and shoulder closures on I-580 and various ramps.

*The work schedule is subject to change.*

The geotechnical soil surveys will provide data on soil features to help finalize engineering designs for future construction of the first phase of spaghetti bowl improvements.

No additional major construction is anticipated over coming months as engineering designs are finalized, although drivers will see periodic minor lane closures for additional geotechnical exploration. Construction is tentatively scheduled to begin later this year.

Known as Spaghetti Bowl Xpress, the first phase of spaghetti bowl renovations will restripe eastbound Interstate 80 lanes between Wells Avenue and the Spaghetti Bowl and widen the eastbound I-80 to southbound I-580 Spaghetti Bowl ramp to two lanes. Auxiliary merge lanes and improved ramps will also be added on southbound I-580 between the Spaghetti Bowl and Plumb Lane, along with sound and aesthetic walls. Sections of pavement on northbound I-580 will also be repaired. The first phase of construction will not require relocation of any residences or businesses.

Additional interstate improvements will be built in prioritized phases through 2039 as funding is identified. Approximately 250,000 vehicles per day currently travel through the spaghetti bowl. The Reno-Sparks population is expected to increase 27 percent by 2040. Without the future improvements, population growth is anticipated to lead to travel delay increases of 53 percent through the Spaghetti Bowl.

Project information is available at [www.ndotspaghettibowl.com](http://www.ndotspaghettibowl.com).

# # #



## RECYCLE AT RSIC!

We now have recycling containers available on both campuses of RSIC. One in Reno, outside Anderson Park, (by the trash cart enclosure) and one in Hungry Valley, outside the Transitional Living Center.

**These are for CLEAN, DRY items, which include:**

- ✓ Cardboard
- ✓ Paper
- ✓ Plastic
- ✓ Metal
- ✓ Glass

Please, only put the approved items in the bins. Recyclables are ok to mix. Green Solutions Recycling sorts the recyclables at their warehouse. You may bring recyclable items from home or you may use them as employees for your programs.

Proper use is encouraged. If you have any questions, please contact RSIC Environmental Manager, BC Ledesma, at 775-785-1363 ext. 5407, [bledesma@rsic.org](mailto:bledesma@rsic.org).





RSIC - LANGUAGE AND CULTURE  
**ADULT  
BEADING**

EVERY TUESDAY 6PM-8PM

Reno Library  
Bring a dish to share.

Each month we will be introducing new projects  
to help you explore different beading techniques.

For more information contact the Language and  
Culture Program at  
775-785-1321



# Reno-Sparks Indian Colony New Public Relations Officer

## Bethany Sam's Update to Community

Bethany Sam (*Kuzadika'a Paiute, Hunkpapa Dakota, Washoe*) is RSIC's new public relations / community information officer.

As I'm settling in as the Public Relations Officer, I'm enjoying every part of this occupation and getting to know RSIC Community. RSIC is extremely involved with the community both Tribal community and general public. There are many events and promotions RSIC is involved in and I'm happy I get to help market / advertise these events.

I'd like to first apologize to you about the Camp News not being published in a timely manner. While getting settled in, I've ran into a few technology complications with computer and printer, along with scheduling conflicts. However, I've been working with staff to resolve the issues and I'm dedicated to have the Camp News published in a timely manner every month. Camp News will also be uploaded to the website, [www.rsic.org](http://www.rsic.org).

It's been a crazy busy start, but I'm finally getting acclimated to the RSIC process. Right now, we are working on a number of events and promotions. Such as, the Census 2020 Launch, Hungry Valley Visioning Event on March 9th, Nevada American Indian Education Summit March 16th & 17th, Go Red



for Heart Health Powwow on March 14th, Native American Day at Reno Aces on May 17th, Native Vote & Polling Sites on RSIC for Primary and General Elections, Graduation Ceremonies, Shoshone Reunion in Hungry Valley June 16th-18th, Reno Rodeo Cattle Drive June 17th, Artown starting July 1st, The Great Basin Reawakening on July 11th, Numaga Powwow Labor Day Weekend, just to name a few.

However with the precautions of Coronavirus, I will keep you informed and updated as information becomes available to take preventative measures. Especial-

ly, with all our upcoming events.

As I stated before, I'm extremely grateful and honored to be able to work for the RSIC community, learn from RSIC leaders, and grow together.

My passion is to help bring a positive spotlight on all tribes; RSIC as my priority; and help restore American Indian / Native American identity through media.

If you have any questions or would like to know about events, please contact me at 775-329-2936, ext. 3268 or email [bsam@rsic.org](mailto:bsam@rsic.org). Follow us on Facebook: @rsictribe.

My door is always open.

# SUSANVILLE 11TH ANNUAL POWWOW

**WHEN:** MAY 29-30-31, 2020

**WHERE:**

Lassen County Fair Grounds  
195 Russell Avenue,  
Susanville, CA 96130

**Grand Entry:** Friday, 7:00 PM  
Saturday, 1:00 PM & 7:00 PM  
Sunday, 1:00 PM

**Flag Carriers:** Intermountain Combat Veterans  
Burney, CA

**FACILITIES • RV Hookups • Showers• Dry Camping**

**Bring Your Chairs - Vendors Apply Early!**

The Susanville Indian Rancheria Powwow is Drug & Alcohol Free ! The Susanville Indian Rancheria Tribe & Powwow Committee are not Responsible for loss, theft or short funded travelers!

**Powwow Info:** Amelia Luna -(530) 249-7192

**WWW.SIR-POWWOW.COM**

**VENDOR INFO:** BARBARA WEEKS- bl.weeks@yahoo.com

**CANADIAN  
HOST DRUM  
BLACKSTONE**

**US HOST DRUM  
BLACK LODGE**

**MC**

**FRED HILL**  
PENDLETON, OR

**ARENA DIRECTOR**

**Carlos Calica**  
Warm Springs, OR

**HEADWOMAN**

**Tasha Goodwill**  
Sioux Falls, SD

**HEADMAN**

**Nigel Schuyler**  
Dearborn, MI

**Dance Specials**

**Fast n Fancy \$1000/\$500**

**Men's Special \$ 1000/\$500**

**Red Dress Special \$ 1000**

**Teen Owl Dance \$ 300/\$200**

**Woman's Team Dance**

**\$500/300**

**Host Hotels**

**Diamond Mtn. Hotel & Casino**  
(530) 252-1100  
**Red Lion Inn & Suites**  
(530) 257-3450

# I CAN BE A CENSUS TAKER

## APPLY ONLINE! [2020census.gov/jobs](http://2020census.gov/jobs)

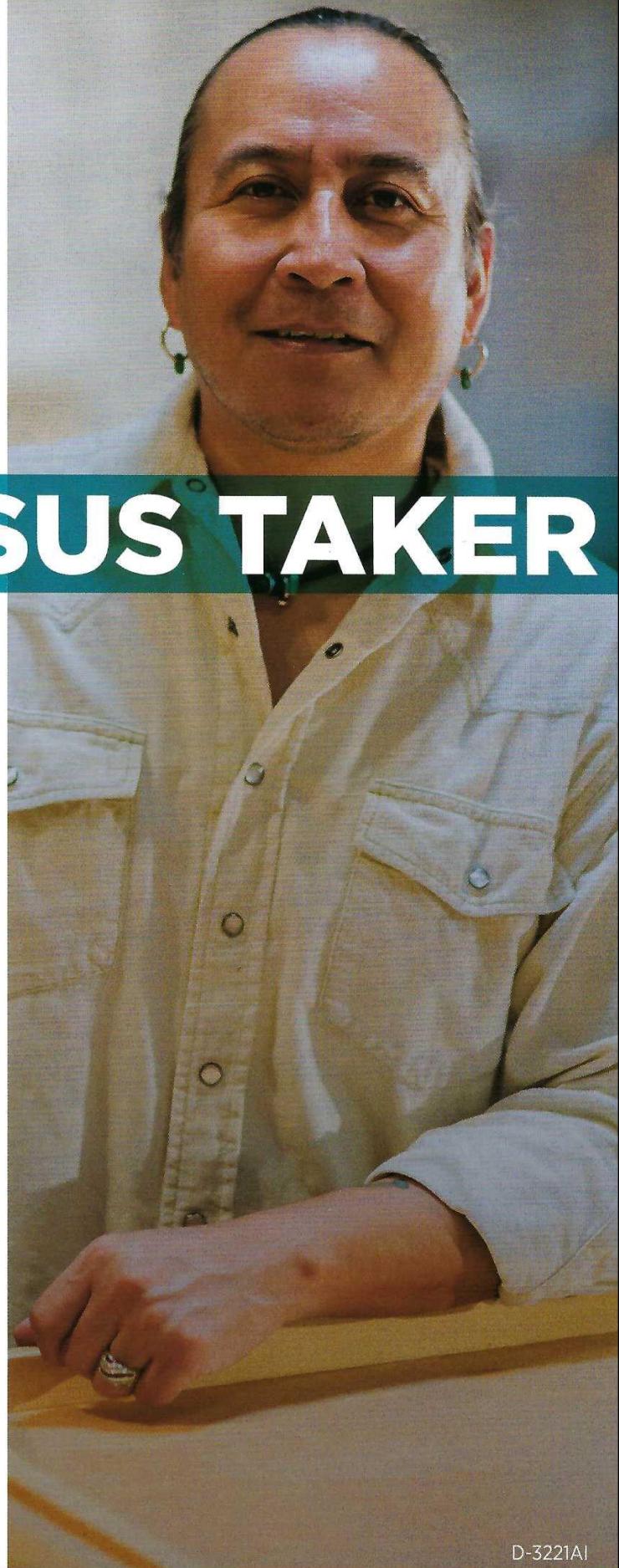
### 2020 Census jobs provide:

- ✓ Great pay
- ✓ Flexible hours
- ✓ Weekly pay
- ✓ Paid training

For more information or help applying, please call  
**1-855-JOB-2020**

Federal Relay Service:  
1-800-877-8339 TTY/ASCII  
[www.gsa.gov/fedrelay](http://www.gsa.gov/fedrelay)

The U.S. Census Bureau is an Equal Opportunity Employer.



D-3221AI

# The Old Deer

*By: Ricardo Hernandez, RSIC Truancy Officer*

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There's an old Deer, who had many scars from all the battles life had brought to her. The old Deer was stubborn to do things her way, but she was wise in being persistent to get things done right. The old Deer and her herd lived along the river and everyone from her herd looked down upon her because she was different. The shade of the big tree near the river, provided her protection from the sunlight during the day and kept her warm in cold nights. Life had never been easy for her, but she understood that life brings good times and bad times.

When the rain came from the heavens, the entire herd took shelter under the big tree. The old Deer complained to them that they just looked for her help when problems arose and took shelter with her when they need too. The entire herd would agree with her and let her know that they will change, but when the rain went away; the herd would go away from the big tree and leave the old Deer alone.

On one occasion, the heavens got upset and sent strong rain upon the valley; the rain was so strong that it over flooded the river and the water destroyed everything in its path. One father had to abandon his young buck who was also separated from his mother. The young buck found himself lost and alone. Not knowing how to survive, he would cry for help; but no one would try to rescue him. Under the protection of the big tree, the old Deer heard the

young buck and sprinted to help him. The old Deer struggled and fought her way through the river to rescue the young buck. "Now, Now" she said, "I will protect you and I will be your mother". The young buck was confused of her words, but seeing how hard she fought the river to reach him and to protect him, he was overwhelmed by emotion and wept so hard, while he was crouched down underneath her to get warm.

The riverbanks were not stable and they were dangerous to live near, so the old Deer told the young buck "let's go to the desert and live there". Some of the herd decided follow the old Deer, but never try to blend in with her. The desert was dry and dusty not suitable for their life. The old Deer was wise to teach the young buck where to find food and water for their survival. In the desert, there are coyotes and snakes always hungry ready to kill the weakest of spirit. One day, the coyotes attacked the old Deer to distract her from the protection of the young buck, but she was wise and quick to protect her son. She fought them off with quick stomps on their head. When the snakes attacked they did it a night. No one heard and saw the deadly bites the snakes inflicted on the young buck. The wise old Deer's quick reaction to take the young buck to eat the herbs of the desert, helped slow down the venom. See, in the desert you will not remember your name when you are dying, but the old Deer

knew how to heal the soul of a poor vagabond that needed her love and care. The young buck recuperated slowly and he saw the old Deer licking his bites while he was getting stronger and well.

The desert got too cruel for the young buck. The old Deer said to her young buck "let's go live in the mountains". Through the journey, the young buck complained about moving again. They traveled through ravines, hills, shaky mountains. The young buck got stronger and he grew bigger. When they got to the other side of the mountains, they saw a beautiful meadow. It was like a crown of gold. The mountains surround the meadow, protecting it from the outside world. Time pasted, the young buck has forgotten about his experiences with the old Deer.

On one occasion, the young buck came to the old Deer and said to her "I am leaving to search for my mother and father. I am old enough to take care of myself. I don't understand why I am dwelling here. Why I have to live in these ways of yours?" The old Deer's response with a tender loving voice "My son, you are searching and asking the wrong questions. You cannot live in the past; the present is the one that defines you. Indeed, you have become a strong young buck. May, creator protect you on your path. I will always be here for you, to love and protect you. I was there for you when you need me the most and I always will be here for you".

# RSIC Youth Baseball Sign-Ups

Now Accepting Applications for All Divisions

Practices to Start in *March*

## Divisions:

T-Ball 4-6yrs

Rookie 7-8yrs

Minor 9-10yrs

Major 11-12yrs

Prep 13-18yrs

Birth Certificate Required



Come down to the Reno Colony Gym for an application.

Don't hesitate and miss opportunity to be on team and receive full experience of the baseball season!

Any questions please contact Vic 329-4930 or email [vsam@rsic.org](mailto:vsam@rsic.org)

# Photo Collage of RSIC Events Dec 2019—Mar 2020

*Photos provided by Bethany Sam*



*RSIC Employees of the Year: Court Advocate, Enrico Castillo and Tax Clerk, Kathleen Wright-Bryan take a photo with Chairman Melendez*



*Rupert's Auto Body donates Travel Trailer to replace the stolen RV from Health Center. Ted Rupert (Owner), presents title to RSIC Tribal Council and Emergency Response Coordinator, Danny Thayer.*





IGT Vice President, Knute Knudson presents RSIC UNITY with a donation check for \$1000.



New Health Board Members:  
Jessica Castillo and Joan Lowery



Steve Moran, Economic Development Director receives award for Outstanding Leadership over the course of 27 years of service to RSIC Business Enterprises & Economic Development Department.

# Cont'd...Photo Collage of RSIC Events

*Photos provided by Bethany Sam*



**Top & Bottom Photos:** Hungry Valley Visioning Event w/  
RSIC Planning Dept. in Reno on 2/24/20.  
**The next HV Visioning meeting in Hungry Valley on March 9th @ 6pm.**

**Top Photo:** Crabbing with the Democrats -  
Tribal Council with Senator Catherine Cortez-Masto  
**Bottom Photo:** RSIC Hidden Valley Students pose for KRN  
News Channel 4 with News Anchor, Benjamin Margiott.



RSIC Powwow Club and Jingle Dress Dancers lead Women's March Reno 2020

**Bottom Photo:** Chairman Melendez meets w/  
Indiana Congresswoman, Jackie Walorski, at  
NCAL Executive Session on Tax Bill w/ Lobbyists.





*Left Photo:* Janice Gardipe says a prayer to open Women's March 2020.  
*Right Photo:* RSIC Powwow Club performs prior to Rally of Women's March.  
*Bottom Photo:* RSIC Powwow Club Drum Group sings for performance.



New Mexico Congresswoman, Deb Haaland speaks w/ Nevada Tribal Leaders at Reno-Sparks Indian Colony.

Chairman Melendez with Independent Presidential Candidate Mark Charles (Navajo), at the Las Vegas Presidential Forum



RSIC UNITY and Youth Mentors: Robin Eagle & Summer Dressler  
with New Mexico Congresswoman Deb Haaland

# SMASH ULTIMATE TOURNAMENT



**MARCH 21, 2020  
@ 1:00 P.M.**

**Location: 34 Reservation Road, Reno, NV 89502  
Reno Colony Gymnasium**

Attention all smash players! The RSIC Recreation will be hosting their first Smash Ultimate video game tournament. This event welcomes all ages and skill levels from beginner players to advanced players. So, if you think you got what it takes to be the best Smash player, come down to the Reno colony gym and sign up. Sign ups will begin January 27<sup>th</sup> – March 13<sup>th</sup>, 2020. There will also be awards for Runner-Up and Third place winners.

**1 VS. 1**

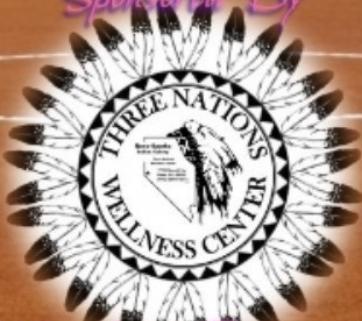
**Double Elimination**

**Entry Fee: \$1 per player**

**Winner Takes The Pot**

**Contact the Reno Gym @ 775-329-4930 for  
more info. or questions.**

Sponsored By



Diabetes Program

# RSIC SOFTBALL

*Spring Season*

## DIVISIONS

Women's 50 years  
& older (Mondays)

\*All Game Times\*  
6:30pm  
7:40pm  
8:50pm

## APRIL-JUNE

Golden Eagle Regional Park  
&  
Shadow Mountain Park  
Sparks, Nevada

## DIVISIONS

Coed -  
Beginner/Intermediate  
(Thursdays)

Coed -  
Advanced  
(Fridays)

## WHO WANTS TO PLAY?

CALLING ALL ELIGIBLE SOFTBALL PLAYERS THAT ARE RSIC COLONY MEMBERS  
AND/OR REGISTERED PATIENTS WITH RENO SPARKS TRIBAL HEALTH CENTER.  
ALL PLAYERS MUST MAKE A PRACTICE TO SIGN THE ROSTER.

TO SIGN UP CONTACT WALITA @ 775-334-0938

# INDIAN TACOS

SATURDAY MARCH 7, 2020

11:AM TILL ????

## 285 MANY NATIONS ROAD

## HUNGRY VALLEY

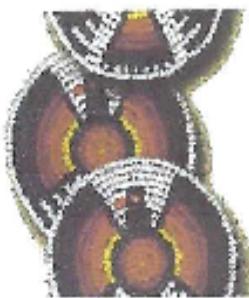
TACOS \$7.00 FRYBREAD \$ 3.00 DRINKS \$ 1.00



ALIZAH LARA WILL BE ATTENDING  
THE,  
AMERICAN INDIAN YOUTH  
CONFERENCE  
AND BASKETBALL  
TOURNAMENT UCLA

OLIVIA LARA WILL BE ATTENDING  
THE,  
THE NATIVE AMERICAN ELITE  
MIDDLE SCHOOL & HIGH  
SCHOOL  
NATIONALS IN LAS VEGAS NV.

## ALL PROCEEDS WILL GO TOWARD TRAVEL EXPENSES



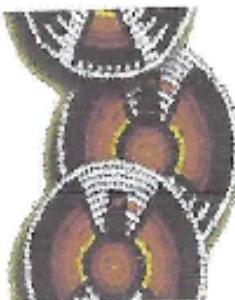
Reno-Sparks Indian Colony Education Department

34 Reservation Road Blg. D  
Reno, Nevada 89502

P: 775-329-6114

F: 775-785-9161

Pamela Abercrombie, Education Manager



As we move into the year 2020, Happy Valentine's Day

The Education Department warmly introduces new staff and changes in staff positions. We congratulate Joanna Ferris for her promotion to Lead Cook in the Reno Head Start kitchen, Lizett Arriaga transferred from the Hungry Valley Head Start classroom to the Hungry Valley Education Center Student Family Support Advisor, and Felicia Johnson is new to our team and filled our newly established position, 477 Client Compliance Intake Officer.

MANAGER'S  
CORNER



Felicia Johnson  
477 Client Compliance  
Intake Officer



Lizett Arriaga  
Hungry Valley Family  
Support Advisor



Joanna Ferris  
Reno Head Start  
Lead Cook

The Education Department has been advocating for the reversal of the WCSD rezoning of our elementary colony students from Hidden Valley Elementary School to Roger Corbett Elementary School. After learning how quickly the decision was made to rezone our children, we advocated at the WCSD Zoning Advisory Committee in October and November of 2019 and at the Board of Trustees in January 2020. Channel 4 is doing a story on it, too.

The Tribal Chairman and Education Manager advocated directly with the WCSD Interim Superintendent in November 2019. Thus far, we have not encountered receptive ears. Although, Corbett Elementary School is a higher performing school than Hidden Valley Elementary, moving our children is not something the community and the department support. We will keep you posted on our efforts to reverse this. Please contact Pam Abercrombie, Education Manager, to express any concerns you have with the rezoning or would like more information on the rezoning.

*Pamela Abercrombie Education Manager*

# Do Our Teenagers Experience **STRESS** The Answer Is YES!

## Homework load

The amount of homework students receive in middle/high school is markedly higher with an average of over 3 hours of homework per night for students with 5 classes.

## Image concerns

Social media has created a 24-hour-a-day platform for peer pressure and bullying, a problem that didn't exist for their parents.

## Romantic relationships

Pressure to be in a romantic relationship picks up in high school and cause stress for students, especially for those questioning their sexuality.

## Social Acceptance

Middle/High school teens, especially those who don't have an established peer group, worry about making friends and avoiding bullying.

## Peer pressure

Even before middle school begins students are starting to care more about what their peers think including drugs and alcohol.

## Parental pressure

Parents often put pressure on their high schoolers to excel and get into a good college at the same time teens are trying to establish independence.

## Financial worries

In middle/high school, kids who can't afford the hottest brands of clothing, backpacks or smart phone can feel left out.

## Test Anxiety

Students with test anxiety become so anxious that it causes a physical response. They may feel their heart beating fast, begin to sweat and become nauseous.

# Stress Symptoms Checklist

- Frequent stomach aches
- Changes in appetite
- Chronic worrying
- Nail biting
- Mood swings
- Fatigue /increased desire to sleep
- Sadness/depression
- Retreating to bedroom
- Self-harm
- "Checking out" from responsibilities
- Frequent absences
- Physical aggression
- Quick temper
- Crying often
- Difficulty sleeping
- Lying to teachers/parents
- Failing grades
- Substance abuse

If you find yourself checking more than 5 boxes, it's time to make a change.



## Take A Brain Break

### Take time to rejuvenate



#### Get a good night's sleep.

Getting enough sleep helps keep your body and mind in top shape, making you better equipped to deal with any negative stressors.

#### Be realistic.

Don't try to be perfect no one is. Don't put unnecessary pressure on yourself. If you need help, ask for it.

#### Solve the little problems.

Take action to solve problems, size up the situation and figure out ways to handle it better.

#### Take a stand against over scheduling.

If you're feeling stretched, consider cutting out an activity or two.

#### Make time for fun.

Build time into your schedule for activities you enjoy.

#### Build positive relationships.

Knowing that there are people who believe in us boosts our ability to deal with challenges. Ask for help and support when you need it.

#### Learn to relax.

Learn and practice easy breathing exercises, then use them when you're caught up in stressful situations.

# Save the Date

## 2020 WCSD Graduation Dates

### Wednesday June 10, 2020

|          |                                  |
|----------|----------------------------------|
| 8:00 am  | North Star                       |
| 9:30 am  | Inspire/Innovation/Turning Point |
| 11:00 am | Rise Academy                     |
| 2:00 pm  | Sparks High School               |

### Friday May 29, 2020

|         |                                |
|---------|--------------------------------|
| 7:00 pm | Pyramid Lake Jr/Sr High School |
|---------|--------------------------------|

### Thursday June 11, 2020

|          |                     |
|----------|---------------------|
| 8:00 am  | AACT                |
| 11:00 am | Reno High School    |
| 2:30 pm  | Hug High School     |
| 6:30 pm  | McQueen High School |

All WCSD High Schools will graduate at Lawlor Events Center except for Picollo, TMCC High School and Incline High School

WCSD student Entrance located on the lower level by box office.  
It is suggested that all graduates arrive 1 hr. prior to graduation time.

### Friday June 12, 2020

|          |                           |
|----------|---------------------------|
| 8:00 am  | Wooster High School       |
| 11:30 am | Galena High School        |
| 3:30 pm  | Damonte Ranch High School |

### Saturday June 13, 2020

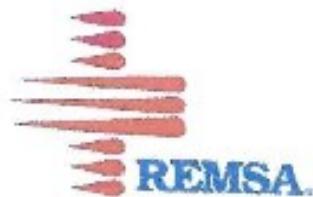
|         |                             |
|---------|-----------------------------|
| 8:00 am | Reed High School            |
| 1:00 pm | North Valleys High School   |
| 6:00 pm | Spanish Springs High School |

\*\*If you have any questions please contact your student's school\*\*



## REMSA Community Outreach

### 2020 Car Seat Inspection Checkpoint Schedule



## Point of IMPACT

| Date                     | Time      | Location   |
|--------------------------|-----------|--|
| Saturday, January 18th   | 10 a.m.   | Renown<br>1095 E. 2nd Street, Reno                               |
| Saturday, February 22nd  | 10 a.m.   | UNR Early Head Start<br>1095 E. 2nd Street, Reno                 |
| Saturday, March 28th     | 9 a.m.    | Reno-Sparks Indian Colony Clinic<br>1715 Kuenzli Street, Reno    |
| Saturday, April 18th     | 9 a.m.    | Northern Nevada Medical Group<br>5265 Vista Blvd, Bld. B, Sparks |
| Saturday, May 23rd       | 9 a.m.    | St. Mary's<br>235 W sixth Street, Reno                           |
| Saturday, June TBD       | 9 a.m.    | REMSA<br>400 Edison Way, Reno                                    |
| Saturday, July 18th      | 9 a.m.    | Menath Insurance<br>1325 Airmotive Way, Reno (Airport Gardens)   |
| Saturday, August 29th    | 9 a.m.    | Children's Cabinet<br>1090 S. Rock Blvd, Reno                    |
| Saturday, September 26th | 9/10 a.m. | TBD  |
| Saturday, October 17th   | 10 a.m.   | Raley's<br>1690 Rabb Drive, Reno                                 |
| Saturday, November TBD   | 10 a.m.   | TBD  |

Car seat inspections are also available by appointment.  
Visit [www.remsaeducation.com](http://www.remsaeducation.com) and click "VIEW ALL CLASSES" to schedule an appointment.

Dates and locations are subject to change. Checkpoint dates are available online at [www.remsahealth.com](http://www.remsahealth.com).

Francisco Ceballos, Community Programs Coordinator  
(775) 858-5700 ext. 5139



## Statement from Washoe County School District

Although there are no confirmed cases of coronavirus in Washoe County or the state of Nevada, the Washoe County School District Board of Trustees and District Leadership share our community's concerns about a possible outbreak in the future. We are collaborating with WCSD Student Health Services, Washoe County Health District, State of Nevada, and federal health officials to determine the best course of action to protect our students and staff members and ensure the educational needs of our students are met.

We are relying on health experts to provide us with guidance going forward, and depending upon the direction we receive, we will adapt our approach as necessary.

We can assure you that we are taking all necessary steps to gather information, following guidelines set forth by health officials, and that we will convey this information to our families and our community through the media, online, and through direct communication with our families. For further information, please

visit <https://www.washoeschools.net/Page/14315>

In the meantime, we encourage our families to keep students home when they are sick, encourage children to wash their hands frequently with soap and warm water, and cover their coughs and sneezes. Staff members should also stay home if they are ill.

We will also provide frequent updates to everyone involved to ensure our families receive timely and ac-

curate information as the situation unfolds.

We know that each of our schools has individual and unique needs, and those needs will be considered as we make plans for the education of our students in the event of an outbreak.

The safety and security of our students and staff has always been our highest priority, and we are dedicated to doing everything possible to protect them.



Hungry Valley Education Department

Announces

Friday Tutoring

Middle & High School Students

Where: HV Tutoring Room

Time: 11:00 am - 1:00 pm

Snacks Provided to all attendees

&

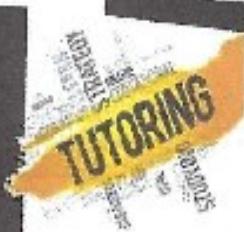
Transportation is Provided

For students who call in advance

Please call HVED @ 775-785-1310

Advisors: Justin Zuniga/Lizett Arriaga





# **TUTORING**

**Reno-Sparks Indian Colony Education Department**

**Presents**

**Friday Tutoring**

**Middle/High School**

**\*\*Transportation and Snacks provided\*\***

**Where: Reno Education Building**

**Time: 1:00 pm – 5:00 pm**

**VAUGHN PICK-UP**  
**LOCATION**

The Education Van will be located in front of the school; staff will wait 5 minutes after the bell to depart from the school.

**WOOSTER PICK-UP**  
**LOCATION**

The Education Van will be located in the back of the school by the childcare center and the tennis courts.

**Come on down and catch-up/make-up/get-ahead  
of the game. Everyone Is Welcomed**

**Any question please contact**

**Lynette Sam, Education Tutor**

**or**

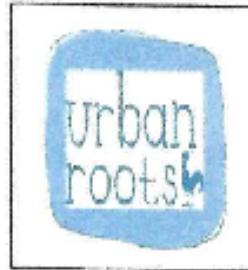
**Rhonda Knight, Student/Family Advisor**

**at 775-329-6114**

## Coming Spring 2020



*We are excited to announce a new partnership between RSIC Edu. & Urban Roots! Together we will implement gardening curriculum into our After-School Programs, as well as establish community gardens for RSIC Reno & Hungry Valley.*



Urban Roots is a Reno nonprofit that strives to change the way children eat and learn through garden-based education. They believe that a garden is not only a source of fresh, nutrient rich food, but also a lens for infinite learning and a fresh perspective towards Nature for Youth and the community as a whole.

*The Curriculum will include topics fit for WCSO and Nevada Department of Education standards.*

*Including but not limited to:*

*Companion Planting, Soil science and testing, Compost Chemistry, Seed and Plant Anatomy, Weather Instrument Building, Native Nevada Plants, Truckee River Watershed, and Fruit and Veggie Nutrition.*

### Are YOU ready for a Community Garden?

It starts with the youth, but the garden will benefit all participating households!

RSIC Edu. is collaborating with other RSIC Depts. Including RSIC Public Works, Recreation, Planning & Environmental!

### LETS GO!!

- **Field Trip:** On April 15<sup>th</sup>, we are taking K-12 students to Urban Roots Reno.
  - Education Advisors will distribute information Packets Mid-March!
- **Family Night in the Garden:** On May 5<sup>th</sup> RSIC Edu. will host all participating families in the Reno Colony & Hungry Valley Education Centers for an evening of fun activities with Urban Roots teachers.



## TEEN SHOPPING BOUTIQUE

Clothes, shoes, school supplies, toiletries and much more

Free with high school ID

**Wednesdays (during school year only)**

**1 PM – 5 PM**

**&**

**Every first Saturday of each month**

**March 7<sup>th</sup> , April 4<sup>th</sup> , May 2<sup>nd</sup> and June 6<sup>th</sup>**

**10 AM – 2PM**

**\*Holiday closure – July 4<sup>th</sup>**

Project 150 Reno Boutique - 1340 Foster Dr. - Reno, NV  
89509

Follow us at Project150 Reno on Facebook (775)203-4755 or  
email [info@project150reno.org](mailto:info@project150reno.org)

Project 150 Reno non-profit provides basic needs for  
homeless, disadvantaged and displaced high school  
students.

The Washoe County School District or the Board of Trustees  
neither endorses nor sponsors the organization or activity  
represented in this document. The distribution of this  
material is provided as a community service.



# RSIC YOUTH BEADING CLUB

RSIC LANGUAGE/CULTURE & H.V. RECREATION



MEETS EVERY MONDAY  
LOCATED AT THE :

HUNGRY VALLEY- REC  
5PM-7PM

All Materials Provided  
Bead Instructor Available  
Snacks will be served

Call for more information  
775-785-1321 or 775-785-1360

RSIC LANGUAGE AND CULTURE

# SENIOR PAIUTE CLASS

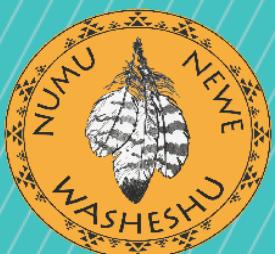
**Location:**  
RSIC Library

**When:** Tuesday  
& Wednesday

**Time:**  
12:30PM-1:30PM

**Instructors:**  
Reynelda James &  
Thalia Dick

**Please call for  
more information  
785-1321**



HUNGRY VALLEY LIBRARY

FOR ALL AGES

# POETRY WORK- SHOP

bring your favorite poem

THURSDAY, MARCH 12TH 6 P.M. - 8 P.M.

HUNGRY VALLEY RECREATION LOWER LEVEL  
9075 EAGLE CANYON SPARKS, NV 89441

FOR MORE INFO: 775-334-0904



University of Nevada  
Cooperative Extension

## News Release

For Immediate Release  
February 6, 2020

For more information, contact  
Kathryn Dyer  
(775) 861-6647  
kdyer@blm.gov

### Apply Now for Range Camp – REVISED - IMPORTANT

Reno, Nevada, February 6, 2020 — Applications are now being accepted from high school students to attend the 60th annual Nevada Youth Range Camp to be held June 14-20 at the Smith Creek Ranch in central Nevada. Applications must be submitted by Friday, April 24th.

Nevada Youth Range Camp is a teenager's best opportunity to learn about Nevada's desert and mountain rangelands and diverse ecosystems, while experiencing them first hand. The Society for Range Management operates the week-long camp for 14-18 year olds from Nevada and eastern California. University of Nevada Cooperative Extension conducts the program with staff from various State and Federal agencies including University of Nevada Cooperative Extension, Natural Resources Conservation Service, Nevada Division of Forestry, Nevada Division of Conservation Districts, Bureau of Land Management, U.S. Forest Service, U.S. Fish and Wildlife Service, and Nevada Department of Wildlife. Financial sponsors include Nevada Wildlife Federation, Nevada Conservation Districts, Nevada Bighorns Unlimited, and Nevada Society for Range Management.

Campers will have the opportunity to learn from range management professionals who are knowledgeable in the ecology and management of the Great Basin's desert and mountain rangelands. Students learn basic surveying and map reading, identification and importance of rangeland plants, evaluation of sagebrush and woodland ecosystems, wildlife surveying techniques, evaluation of stream health, and many other topics related to rangelands. While the camp is educational, it also offers an enjoyable, outdoor experience with activities such as swimming, fishing, hiking, volleyball, horseshoes, campfires and photography.

Interested students must submit an application and letter of recommendation from an adult other than a parent, relative, or sibling. The cost to attend Range Camp is \$225, which includes meals and camp activities. Applicants can be sponsored to attend Range Camp by contacting their local conservation district or other organizations. Forms and information can be found on the Nevada Youth Range Camp Web site at <http://nevada.rangelands.org/youth-range-camp/> or by contacting Kathryn Dyer (775) 861-6647 or [kdyer@blm.gov](mailto:kdyer@blm.gov).

Completed applications with enclosures can e-mailed to [kdyer@blm.gov](mailto:kdyer@blm.gov). Letters of recommendation must be on the adult's official letterhead. Applications must be submitted by Friday, April 24th. Approved applicants will be notified within two weeks by email. We are trying to go paperless, but if email is not available to you, please send your application by mail to NV Youth Range Camp, c/o Bureau of Land Management, attn. Kathryn Dyer, 1340 Financial Blvd, Reno, NV 89502.

Camp is being held this June at the Smith Creek Ranch, in central Nevada's Desatoya Mountain Range. This ranch has been recognized for its ecologically responsible approach to livestock management. The Desatoyas are one of Nevada's most impressive mountain ranges, and June is an ideal time to be in the Desatoyas when numerous wildflowers are in bloom and the vegetation is green from the recent snowmelt.

# MARCH 2020

| SUN | MON | TUE   | WED   | THU   | FRI  | SAT  |
|-----|-----|---|---|---|--|--|
| 1   | 2   | 3 Elder Aquacise 9-10am @ Alf Sorensen Yoga 12:05-12:50pm TRX 12:15-12:45pm @ 3NWC *Countdown to Your Health 5:30-6:30pm @ RSTHC  | 4 Elder Aquacise 9-10am @ Alf Sorensen Yoga 12:05-12:50pm TRX 12:15-12:45pm @ 3NWC *Countdown to Your Health 5:30-6:30pm @ RSTHC    | 5 Elder Hot Springs 9:00-10:00am @ Carson Hot Springs Kettle Bell Class 12:15-12:45pm @ 3NWC CKB12:15-12:45pm@3NWC Senior Nutrition Bingo 12:30-1:30pm @ HV TLC | 6 Elder Hot Springs 9:00-10:00am @ Carson Hot Springs Yoga 12:05-12:50pm @RSTHC 12:15-12:45pm @ 3NWC Spin 12:15-12:45pm @ 3NWC     | 7  |
| 8   | 9   | 10 Elder Aquacise 9-10am @ Alf Sorensen Yoga 12:05-12:50pm TRX 12:15-12:45pm @ 3NWC *Countdown to Your Health 5:30-6:30pm @ RSTHC | 11 Elder Aquacise 9-10am @ Alf Sorensen Yoga 12:05-12:50pm TRX 12:15-12:45pm @ 3NWC *Countdown to Your Health 5:30-6:30pm @ RSTHC   | 12 Elder Aquacise 9-10am @ Alf Sorensen Yoga 12:05-12:50pm @RSTHC Cardio Kickboxing 12:15-12:45pm @ 3NWC Community Nutrition Bingo 8:30-6:30pm @RSTHC           | 13 Elder Aquacise 9-10am @ Alf Sorensen Yoga 12:05-12:50pm @RSTHC Cardio Kickboxing 12:15-12:45pm @ 3NWC Spin 12:15-12:45pm @ 3NWC | 14 Go Red for Heart Health Social Powwow 10:00am-6:00pm @ Reno Recreation            |
| 15  | 16  | 17 Elder Aquacise 9-10am @ Alf Sorensen Yoga 12:05-12:50pm TRX 12:15-12:45pm @ 3NWC *Countdown to Your Health 5:30-6:30pm @ RSTHC | 18 Elder Chair Volleyball 10:00-11:00am @ Reno Recreation Kettle Bell Class 12:15-12:45pm @ 3NWC * Adult Cooking Class 6:00-8:00pm  | 19 Elder Hot Springs 9:00-10:00am @ Carson Hot Springs Yoga 12:05-12:50pm @RSTHC Cardio Kickboxing 12:15-12:45pm @ 3NWC   | 20 Elder Hot Springs 9:00-10:00am @ Carson Hot Springs Yoga 12:05-12:50pm @RSTHC Cardio Kickboxing 12:15-12:45pm @ 3NWC            | 21   |
| 22  | 23  | 24 Elder Aquacise 9-10am @ Alf Sorensen Yoga 12:05-12:50pm TRX 12:15-12:45pm @ 3NWC *Countdown to Your Health 5:30-6:30pm @ RSTHC | 25 Elder Aquacise 9-10am @ Alf Sorensen Yoga 12:05-12:50pm TRX 12:15-12:45pm @ 3NWC *Countdown to Your Health 5:30-6:30pm @ RSTHC   | 26 Elder Aquacise 9-10am @ Alf Sorensen Yoga 12:05-12:50pm @RSTHC Cardio Kickboxing 12:15-12:45pm @ 3NWC  | 27 Elder Aquacise 9-10am @ Alf Sorensen Yoga 12:05-12:50pm @RSTHC Cardio Kickboxing 12:15-12:45pm @ 3NWC                           | 28 Food Bank Mobile Harvest 10:00-11:00am in Hungry Valley Spin 12:15-12:45pm @ 3NWC |
| 29  | 30  | 31 Elder Aquacise 9-10am @ Alf Sorensen Yoga 12:05-12:50pm TRX 12:15-12:45pm @ 3NWC *Countdown to Your Health 5:30-6:30pm @ RSTHC | Three Nations Wellness Center 1715 Kuenzli Street Reno, NV 89502 Phone: 775-334-0938 Fax: 775-334-4353 E-mail: wquera@sicclinic.org | Gym Hours: Monday: 8:00am-7:00pm Tuesday: 8:00am-7:00pm Wednesday: 8:00am-7:00pm Thursday: 8:00am-7:00pm Friday: 8:00am-6:00pm                                  | 3 Nations Wellness Center  | * Sign Ups Required  |

**Nevada Urban Indians, Inc.**  
**presents:**  
**13th Annual Diabetes Health Fair and**  
**Youth Sobriety Contest Powwow**  
***Saturday March 7, 2020***

**at Galena High School, 3600 Butch Cassidy Way, Reno, NV 89511**

**Grand Entries: 12:00 pm and 6:00 pm      NUI Health Fair: 10:00 am to 4:00 pm**

Master of Ceremonies: Carlos Calica from Warm Springs, OR

Arena Director: Hank Johnson from Hungry Valley, NV

Head Man: Justin Goggles-Keka from Sonora, CA

Head Woman: Teresa Melendez from Hungry Valley, NV

Host Drum: Red Hoop from Gardnerville, NV

Flags/Eagle Staff provided by the Pyramid Lake Veterans and Warriors  
Organization

Other Contests/presenters include the Teokalli Traditional Mexica/Aztec Dancers  
from Richmond, CA

Clown Dance and Crowning of New 2020 NUI Royalty

**Drum Contest:**

**1st Place: \$700**

**2nd Place: \$600**

**3rd Place: \$500**

For more information or to become a  
craft, health or food vendor, please  
contact Mike Greene, Shelby Matthews  
or Nathan Jersey at 775-788-7600  
For general Powwow questions contact  
Jonathan Lowery at 775-788-7600

This is a Drug and Alcohol Free Event.

Nevada Urban Indians and Sponsors are not responsible for any  
loss that may occur while attending the event. No weapons,  
firearms or fireworks.



# RSIC Notice: Name Change

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

Notice is hereby given that the Petitioner, Velma Melendez on behalf of Makenna Rochelle Tom, who is a member of the Reno-Sparks Indian Colony, has filed a Petition in the Reno-Sparks Tribal Court, Case No. CV.NC.2019-0032, praying that said Court enter an Order changing the present legal name of Makenna Rochelle Tom, to the name of Makenna Chagolla Melendez, which is the name Petitioner desires to have.

Notice is hereby given that any person having objection to the aforesaid change of name shall file written objection, showing cause why the Petition should not be granted, with the Reno-Sparks Tribal Court, 1900 Prosperity Street, Reno, NV 89502, within ten (10) days after publication of this notice.

Dated this 24<sup>th</sup> day of June, 2019.

/S/  
Jeraldine Magee, Court Administrator  
Reno-Sparks Tribal Court

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

Notice is hereby given that the Petitioner, Velma Melendez on behalf of Makayla ~~Jazrean~~ Tom, who is a member of the Reno-Sparks Indian Colony, has filed a Petition in the Reno-Sparks Tribal Court, Case No. CV.NC.2019-0033, praying that said Court enter an Order changing the present legal name of Makayla ~~Jazrean~~ Tom, to the name of Makayla Chagolla Melendez, which is the name Petitioner desires to have.

Notice is hereby given that any person having objection to the aforesaid change of name shall file written objection, showing cause why the Petition should not be granted, with the Reno-Sparks Tribal Court, 1900 Prosperity Street, Reno, NV 89502, within ten (10) days after publication of this notice.

Dated this 24<sup>th</sup> day of June, 2019.

/S/  
Jeraldine Magee, Court Administrator  
Reno-Sparks Tribal Court

# TRX 101

**TUESDAYS**

**12:15 - 12:45**

**3NWC BACK ROOM**



**core stability**  
flexibility strength balance flexibility core stability

Call Tiffany Dean with any questions at **775-329-5162 Ext 1948**

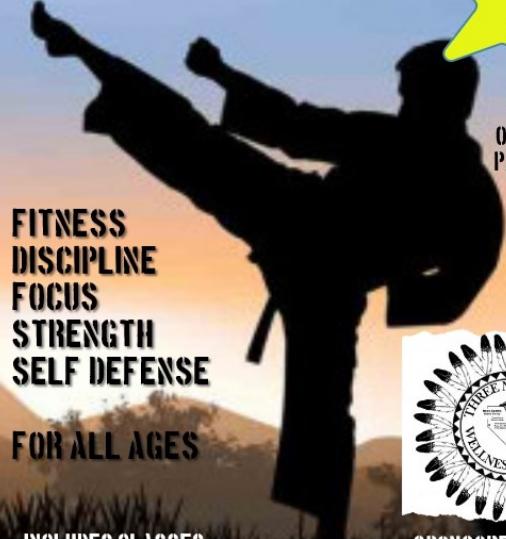
Made with PosterMyWall.com

# MARTIAL ARTS

CLASS SCHEDULE • INFO • REGISTRATION • SIGN UP AT  
[WWW.HIGHSIERRAMARTIALARTS.ORG](http://WWW.HIGHSIERRAMARTIALARTS.ORG)  
775-399-4750

**NEW ADDRESS:**  
5655 RIGGINS CT  
#13  
RENO

**OPEN TO ALL PATIENTS OF RSTHC**



**FITNESS DISCIPLINE FOCUS STRENGTH SELF DEFENSE**

**FOR ALL AGES**

INCLUDES CLASSES UNIFORMS AND TESTING FEES

**SPONSORED BY THE RSIC DIABETES PROGRAM**

**QUESTIONS - CONTACT STACY BRISCOE RSTHC 329-5162**

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## YOGA WITH KIM

**TUESDAY & THURSDAYS 12:05 - 12:50 @ 3NWC**

**ALL LEVELS WELCOME**

**TUESDAYS:** VINYASA SCULPT OR SHRED 12:10-12:50 ADD CIRCUITS FOR CARDIO

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

OPEN TO RSTHC PATIENTS AND EMPLOYEES

RSTHC 1ST FLOOR CONFERENCE ROOM OR BACK PATIO IN GOOD WEATHER

SPONSORED BY THE RSIC DIABETES PROGRAM



Made with PosterMyWall.com

## SPIN WITH MICHELLE

**FRIDAYS 12:15-12:45pm**

**3NWC Back Room**

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VISIT THE  
FOOD BANK OF NORTHERN  
NEVADA'S MOBILE HARVEST  
IN HUNGRY VALLEY  
NOW OCCURRING MONTHLY!

WHEN: MONTHLY ON THE 4TH  
FRIDAY OF THE MONTH

**Friday March 27th**  
**10-11am**

WHERE: PARKING LOT  
ABOVE THE GYM



WHO: ANYONE IN NEED  
limit one distribution per week

FBNN'S MOBILE HARVEST GIVES  
ACCESS TO NUTRITIOUS,  
HEALTHFUL FOOD BY VISITING  
NEIGHBORHOODS TO DISTRIBUTE  
PRODUCE AND OTHER FRESH FOOD  
ITEMS. ANYONE MAY USE THE  
PROGRAM. LIMIT ONE DISTRIBUTION  
PER WEEK

QUESTIONS?  
CONTACT STACY  
BRISCOE, RSTHC DM  
PROGRAM MANAGER  
OR  
JANE SMITH, RSTHC  
BENEFITS  
COORDINATOR AT  
RSTHC 329-5162



## The 2020 Diabetes Shoe Program



"Healthy feet can hear  
the very heart  
of Holy Earth."  
- Sitting Bull

Keep one Diabetes  
Checkup in RSTHC  
Medical in 2020 - and  
receive a foot exam -  
and you are eligible for  
shoes through the  
RSTHC Diabetes  
Program!

Sponsored by the RSIC  
Diabetes Program



Nutrition assessment  
appointment is required  
Contact Stacy 329-5162  
x1945 or Kristie x1943

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



Made with PosterMyWall.com

## Swim Safe for the Summer with Swim Lessons!

@ Alf Sorenson Pool 1400 Baring Blvd, Sparks

Available for all ages  
Build basic water  
safety or develop your  
skill.

**Enrollment Required @ Alf**  
call 353-2385

Go to [www.sparksrec.com](http://www.sparksrec.com)  
for schedule and reg dates

Paid for by the  
RSTHC Diabetes  
Program

Questions? Contact Stacy at 329-5162 x1945

Aquasize, Senior Water Fitness, Toddler Time, and Lap  
Swimming also available. Call Alf @ 353-2385 for details

## Swim Safe for the Summer with Swim Lessons!

@ Alf Sorenson Pool 1400 Baring Blvd, Sparks

Available for all ages  
Build basic water  
safety or develop your  
skill.

**Enrollment Required @ Alf**  
call 353-2385

Go to [www.sparksrec.com](http://www.sparksrec.com)  
for schedule and reg dates

Paid for by the  
RSTHC Diabetes  
Program

Questions? Contact Stacy at 329-5162 x1945

Aquasize, Senior Water Fitness, Toddler Time, and Lap  
Swimming also available. Call Alf @ 353-2385 for details

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



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

Senior Water Fitness Saturdays  
(55years and older)  
(Transportation not available)  
**SATURDAYS 12-1PM**

Senior Water Fitness  
(55years and older)  
(Transportation available for  
RSIC Enrolled and Resident  
Seniors only. Contact Wali  
for more info (see  
below) **TUESDAYS &**  
**THURSDAYS 9-10AM**

Toddler Time!  
(age 6years or younger)  
Parents must be in the pool  
with the child  
**MONDAY THRU**  
**THURSDAYS**  
**11:30-4:30 CLASS TIMES**

**SWIM LESSONS!**  
Available for all ages  
Build basic water safety or  
develop your skill.  
(Enrollment Required @ Alf  
call 353-2385. Paid for by the  
RSTHC Diabetes Program)  
Go to [www.sparksrec.com](http://www.sparksrec.com)  
for schedule and reg dates

Sponsored by  
the RSTHC  
Diabetes  
Program

Lap Swimming  
(all ages)  
MON-THURS 6-9AM,  
9-11AM, 11-1:30, 1:30-3PM  
SATURDAYS 12-5:45PM

QUESTIONS? Contact Wali at 329-5162 x1947 or Stacy x1945

*4<sup>th</sup> Annual*

# *Tamano Craft Fair*

- Tamano means spring in the Paiute language -

**May 8-9, 2020**

34 Reservation road (Gym)

Reno, NV 89502

(off Interstate 395, take Mill Street or Glendale off-ramp on west side of freeway)

***Open 10 a.m. - 6 p.m. - (Both days)***

*Come and support our local  
and surrounding area Craft Vendors!*

- Beaded items                    - Native Blankets

- Native Jewelry                    - Baked Goods

- Native Artwork                    - Handmade Quilts

*- Books & Music and many one-of-a-kind items just in time for Mother's Day!*

\*\*\*\*\*

**Indian Tacos by "Shaw's Indian Tacos"**

For vendor information, contact the TCF Coordinator (Joanne) at

(775) 722-5657 or online at [tamanocraftfair@gmail.com](mailto:tamanocraftfair@gmail.com)

# Kutzadika<sup>a</sup> Days

Nüümü-wia-nu-wae taa nana yadoha-wei-du  
July 22-26, 2020

July 22/ Camp at Pagwi-hu (Long Valley)

July 23-24/ Walk from Pagwi-hu to the shore of Mono Lake.  
(Water awareness of Long Valley)

Cross the Lake to the Mono Lake Park by boat  
or shuttle.

July 24-25/ Camp at Mono Lake Park and enjoy the Doings...

July 26/ Clean up and move camp for Mono Lake/Yosemite Walk.

Singing, Drumming & Dancing (Traditional Round Dance),  
Handgames, Chuptuhí, Story Telling, Traditional Foods and Crafts.

Camping Available

Meals will be served

Please bring your own tablewear  
(Plate, Bowl, Cup, Fork, Spoon)  
Dishwashing Station will be available



Vendors Welcome

To reserve your space and for more information contact:  
Charlotte Lange at (760)709-1273 or [char54lange@gmail.com](mailto:char54lange@gmail.com)



# Coronavirus

## COVID-19

### What is a Coronavirus?

Novel coronavirus COVID-19 is a virus strain that originated in Wuhan, Hubei Province, China that has spread among humans since Dec. 2019. Coronaviruses usually cause mild respiratory illnesses, such as the common cold. Some coronaviruses have caused more severe illness, such as severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS).

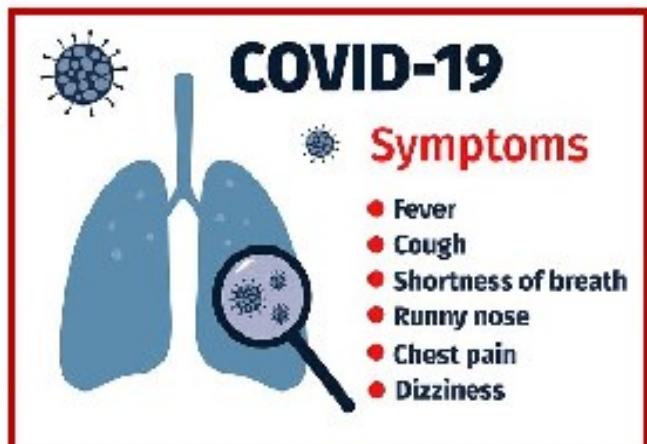
### Who is at risk?

At this time, most people in Nevada are not considered at risk for COVID-19 infection and do not need to seek medical evaluation for the virus.

### How is the coronavirus spread?

COVID-19 primarily spreads when an infected person coughs or sneezes releasing droplets which can travel up to 6 feet. Another person can become infected if these droplets enter their mouth, nose, or eyes directly or through their contaminated hands. An infected person who coughs or sneezes into their hands and touches surfaces such as phones, tables, door handles, or toys can contaminate them.

### How to prevent getting COVID-19?



Symptoms may appear in as few as 2 days or as long as 14 days after the exposure of the virus.

### Cleaning & disinfecting tips:

- Clean hard surfaces (desks, tables, countertops, sinks) and clean and disinfect frequently touched surfaces (door handles, faucets, railings), bathrooms, and rooms. Use alcohol wipes to clean keyboards.
- Clean surfaces with fragrance-free soap. Thorough cleaning with soap and water will remove most microorganisms.

### How do I get more information?

Nevada's Response to the 2019 Novel Coronavirus:  
<http://dohh.nv.gov/coronavirus/>

Centers for Disease Control and Prevention:  
<https://www.cdc.gov/>

COMMUNITY HEALTH & MSPI PRESENTS

# NATIVE HIV/AIDS



## AWARENESS LUNCH & LEARN

In 2018, the CDC reported that AI/AN had the 4th highest rate of HIV diagnoses among all races/ethnicities

**2 SESSIONS**

MARCH 20TH  
12PM & 1PM

RENO SPARKS TRIBAL HEALTH CENTER 1ST FLOOR CONFERENCE ROOM

**Ages**

**7-12**

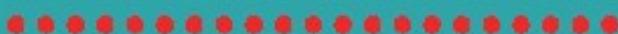
**54321**  
**+10**

.....

# Countdown to Your **HEALTH** **for Kids**

**Every Tuesday Night @ 5:30 pm**  
**Beginning March 3rd- March 31st**

**5 Week Education on Health and Wellness**  
taught by Kristie Messerli, Dietitian &  
Gina Featherstone, Health Educator  
Parents MUST attend classes with child



Contact Kristie Messerli to register your child @  
329-5162



**Sign Ups**  
**REQUIRED**

Explore six  
simple lifestyle  
habits that can  
significantly  
improve health  
and wellness

# RSTHC Staff Participates in National Wear Red Day

## In Support of Women's Heart Health



*RSTHC Staff in Red for National Wear Red Day on Friday, February 7<sup>th</sup>.*

Men and women were encouraged to **wear red** as a symbol of their support of women's heart health.

Heart disease is still the #1 killer of women. On National Wear Red Day, held every year on the first Friday in February, women all over the country will be **wearing red** to help raise awareness of women's heart health. The American Heart Association hopes by asking women (and men) to wear such a noticeable color, they can bring attention to a

disease which claims the lives of almost 500,000 women each year.



American Heart Month is an ideal time to remind people to focus on their hearts and encourage them to get their families, friends and communities involved.

RSTHC Staff participates in National Wear Red Day in support of Women's Health.

If you'd like to know more, please contact Gina Featherstone, RSTHC Certified Health Education Specialist at 775-329-5162 or [gfeatherstone@rsicclinic.org](mailto:gfeatherstone@rsicclinic.org).

# RSIC Position Announcements



## February 28, 2020 POSITION ANNOUNCEMENTS

Job descriptions and applications for employment may be obtained from Human Resources between 8:00 a.m. – 5:00 p.m. Monday-Friday OR at [WWW.RSIC.ORG](http://WWW.RSIC.ORG)  
**Note: Please attach a copy of your high school diploma or GED to application.**

### BEHAVIORAL HEALTH DIVISION MANAGER

RSTHC/Behavioral Health

Under the administrative supervision of the Executive Director, the Behavioral Health Manager is responsible for the overall development and administration of the Behavioral Health Programs. This program shall contain components of assessment, referrals, counseling, assessment, prevention, treatment and referrals related behavioral health and substance use disorders for individuals, families, and groups across the lifespan to include early childhood, adolescents, and the elderly.  
**NOTE: The Reno-Sparks Indian Colony requires a designated candidate to successfully complete a pre-employment criminal background check, drug screen, and confirmation of references. Must pass and comply with the HR Policy 164.905-PL101.630.**

**FULL-TIME, EXEMPT**  
Monday-Friday, 8:00 am- 5:00 p.m.  
Rate of pay depending on experience.  
**CLOSING DATE: Open Until Filled**

### PSYCHIATRIST RSTHC

This position shall perform Outpatient Adult Psychiatric Services for the patients of the Reno-Sparks Tribal Health Center to persons Scheduled by the RSTHC Behavioral Health Division on-site or via tele behavioral Health.  
**NOTE: The Reno-Sparks Indian Colony requires a designated candidate to successfully complete a pre-employment criminal background check, drug screen, and confirmation of references. Must pass and comply with the HR Policy 164.905-PL101.630.**

**PART-TIME, EXEMPT**

24 Hours Weekly  
Rate of pay depending on experience.  
**CLOSING DATE: Open Until Filled**

### PEDIATRIC NURSE PRACTITIONER RSTHC

This position provides professional nursing services to members of the Reno-Sparks Indian Colony of federally recognized tribal members within the scope of licensing and certification by the State of Nevada as directed by the Health & Human Services Director.  
**NOTE: The Reno-Sparks Indian Colony requires a designated candidate to successfully complete a pre-employment criminal background check, drug screen, and confirmation of references. Must pass and comply with the HR Policy 164.905-PL101.630.**  
**FULL-TIME, EXEMPT**  
Monday-Friday, 8:00 am- 5:00 p.m.  
Rate of pay depending on experience.  
**CLOSING DATE: Open Until Filled**  
RSIC 008-20

### TRIBAL COURT BAILIFF

Tribal Court

This position is responsible for the safety and security of tribal court proceedings, transport to and from jail facilities, and coordination of community service workers.  
**NOTE: The Reno-Sparks Indian Colony requires a designated candidate to successfully complete a pre-employment criminal background check, drug screen, and confirmation of references. Must pass and comply with the HR Policy 164.905-PL101.630.**  
**FULL-TIME, NON-EXEMPT**  
Monday-Friday, 8:00 am- 5:00 p.m.  
Rate of pay depending on experience.  
**CLOSING DATE: Open until Filled**

### FACILITY MANAGER RSTHC

The position is responsibility for leading employees assigned to the Maintenance and upkeep of the RSIC Health CLINIC (65,000 square feet and The grounds of the property. The nature of the position requires the application of a variety of skills, including, but not limited to carpentry, Painting, heating, ventilation and air conditioning. (HVAC systems), operations, maintenance of clinic equipment, and repairs.  
**NOTE: The Reno-Sparks Indian Colony requires a designated candidate to successfully complete a pre-employment criminal background check, drug screen, and confirmation of references. Must pass and comply with the HR Policy 164.905-PL101.630.**

**FULL-TIME, EXEMPT**  
Monday-Friday, 8:00 am- 5:00 p.m.  
Rate of pay depending on experience.  
**CLOSING DATE: Open Until Filled**

RSIC 013-20

### HEALTH CENTER ACCOUNTANT RSTHC

Performs professional accounting work related to the operation and maintenance of computerized financial accounting system, including grants and contracts, and third party funds. Has responsibility for Tribal Health Center complex technical accounts, maintenance programs, and procurement activities and performs related work as required. The workstation is in the RSIC finance Office.  
**NOTE: The Reno-Sparks Indian Colony requires a designated candidate to successfully complete a pre-employment criminal background check, drug screen, and confirmation of references. Must pass and comply with the HR Policy 164.905-PL101.630.**

**FULL-TIME, NON-EXEMPT**  
Monday-Friday, 8:00 am-5:00 pm  
Rate of pay depending on experience.  
**CLOSING DATE: Open Until Filled**  
RSIC 012-20

**VICTIM SERVICES COORDINTOR**  
Human Services

The Victim Services Coordinator (VSC) will be the primary contact and resource for victims of crime for the Reno Sparks Indian Colony. Will provide direct and referral assistance to crime victims, and families, offer emotional support, resources, referrals, assist with struggles created by victimization, and education and awareness of services for crime victims. NOTE: The Reno-Sparks Indian Colony requires a designated candidate to successfully complete a pre-employment criminal background check, drug screen, and confirmation of references. Must pass and comply with the HR Policy 184.905-PL101.630. FULL-TIME, NON-EXEMPT  
Monday-Friday, 8:00 am- 5:00 p.m.  
Rate of pay depending on experience.  
**CLOSING DATE:** Open Until Filled

**VICTIM ADVOCATE**  
Human Services

To provide advocacy and coordination Services for victims of domestic violence and Other related violent crimes, to ensure support services and resources are effectively identified and accessed by connecting victims go tribal and on-tribal services and providers, developing and maintaining partnerships with tribal and non-tribal service providers, offering training opportunities for tribal law enforcement and court personnel in appropriate victim processes, and to promote community awareness activities to the RSIC community on the subject of victims and resources.  
NOTE: The Reno-Sparks Indian Colony requires a designated candidate to successfully complete a pre-employment criminal background check, drug screen, and confirmation of references. Must pass and comply with the HR Policy 184.905-PL101.630. FULL-TIME, NON-EXEMPT  
Monday-Friday, 8:00 am- 5:00 p.m.  
Rate of pay depending on experience.  
**CLOSING DATE:** Open Until Filled

**CERTIFIED EDUCATOR-RENO**  
Education

Under the direct supervision of the Education Department Manager, incumbent will provide tutoring for students in the RSIC after School Program. NOTE: The Reno-Sparks Indian Colony requires a designated candidate to successfully complete a pre-employment criminal background check, drug screen, and confirmation of references. Must pass and comply with the HR Policy 184.905-PL101.630.  
**FULL-TIME, NON-EXEMPT**  
Monday-Friday, 3:00 am-5:00 pm  
Rate of pay depending on experience.  
**CLOSING DATE:** Open Until Filled  
RSIC 007-20

**NETWORK ADMINISTRATOR**  
RSTHC-Clinic- I.T.

Under general direction and supervision, the Network Administrator supports, maintains, and evaluates computer networking and telecommunications system installs, configures, and maintains both physical and virtual computer servers; assists in the installation and configuration of workstations and software, maintains employee network, e-mail and user access accounts and performs other relates job duties as assigned. NOTE: The Reno-Sparks Indian Colony requires a designated candidate to successfully complete a pre-employment criminal background check, drug screen, and confirmation of references. Must pass and comply with the HR Policy 184.905-PL101.630. FULL-TIME, EXEMPT  
Monday-Friday, 8:00 am- 5:00 p.m.  
Rate of pay depending on experience.  
**CLOSING DATE:** Open Until Filled

**IT TECHNICIAN II**  
IT Department

This position is responsible for coordinating the overall maintenance of the network equipment and software in conjunction with Managed Services consultants and assisting employees with technological support to desktop computers, servers, applications, and other work related technologies. Duties will include hardware, software, networking, telephone and telecommunications support. NOTE: The Reno-Sparks Indian Colony requires a designated candidate to successfully complete a pre-employment criminal background check, drug screen, and confirmation of references. Must pass and comply with the HR Policy 184.905-PL101.630.  
**FULL-TIME, NON-EXEMPT**  
Monday-Friday, 8:00 am-5:00 pm  
Rate of pay depending on experience.  
**CLOSING DATE:** Open Until Filled

**HEAD START TEACHER (Hungry Valley)**  
Education/Head Start

Under the direct supervision of the Head Start Manager the Teacher manages all aspects of the Head Start classroom including general (day-to-day) supervision of the Classroom Assistant/Aide, volunteers and interns; and assisting in the other areas of the program when needed; working in conjunction with other classroom teachers and staff to provide high quality services to the children and families and to develop and implement the individualized education plans and goals for each child in coordination with parental input including development reports, lesson plans and activities for children through; daily communication, parent conferences and home visits Teachers are also responsible in providing supervision and educational enrichment of children in a safe and comfortable environment ensuring; the facility and the playground areas are safe, the well-being and comprehensive care and education of the children are priority and on a consistent basis meet the social, emotional, physical, education and intellectual needs of the children based on knowledge of early childhood theories and practices to provide high quality services to children and their families as outlined in the Head Start Performance Standards, Reno-Sparks Indian Colony Policies and procedures, Indian Health Services Tribal Health and Safety Code and Child and Adult Care Food Program guidelines. This is (10) month position, annually. NOTE: The Reno-Sparks Indian Colony requires a designated candidate to successfully complete a pre-employment criminal background check, drug screen, and confirmation of references. Must pass and comply with the HR Policy 184.905-PL101.630. FULL-TIME, NON-EXEMPT  
Monday-Friday, 8-5 pm (10) Month Position  
Rate of pay depending on experience.  
**CLOSING DATE:** Open Until Filled

**MAINTENANCE WORKER II**  
RSIC Housing Department

Under the supervision of the Housing Director designee, the incumbent will be responsible for carrying out a variety of advanced skill routine duties and emergency tasks related to the maintenance or repair of Housing Department buildings, facilities, and grounds. NOTE: The Reno-Sparks Indian Colony requires a designated candidate to successfully complete a pre-employment criminal background check, drug screen, and confirmation of references. Must pass and comply with the HR Policy 184.905-PL101.630.  
**FULL-TIME, NON-EXEMPT**  
Monday-Friday, 8:00 am-4:30 pm  
Rate of pay depending on experience.  
**CLOSING DATE:** February 26, 2020  
RSIC 014-20

**HUMAN SERVICES MANAGER**  
Human Services

This position is responsible for the administration and effective delivery of RSIC Human Services programs; this person is responsible for the accomplishment of the objectives of the programs proposed and funded by the PL-93-638 contracts and any other approved grants which require coordination of all appropriate resources and programs from among tribal, federal, state and county agencies. The Director is responsible for the budget and overseeing all staff and client activities. This position also is responsible for Social Work duties RSIC Human Services. **NOTE:** The Reno-Sparks Indian Colony requires a designated candidate to successfully complete a pre-employment criminal background check, drug screen, and confirmation of references. Must pass and comply with the HR Policy 164.905- PL101.630. **FULL-TIME, EXEMPT** Monday-Friday, 8:00 am- 5:00 p.m. Rate of pay depending on experience. **CLOSING DATE:** Open Until Filled

**TRIBAL PROSECUTOR**  
Tribal Court/Prosecutor

Independently, with general oversight from the Tribal Council, review police reports or other investigatory sources and determines if a prosecution is appropriate. Prepare appropriate adult and juvenile cases to trial or otherwise complete cases through a resolution process. Represent the Reno-Sparks Indian Colony (Colony) through all stages of prosecutions including post-conviction matters. Perform administrative tasks incidental to the position, including management and maintenance of prosecution case files and records. As assigned, prepare reports; conduct administrative investigations; and review investigations of citizens' complaints. Serve as a liaison between the Colony and the community. Ensure a philosophy of community-oriented prosecution is an integral part of the Colony's law enforcement. **NOTE:** The Reno-Sparks Indian Colony requires a designated candidate to successfully complete a pre-employment criminal background check, drug screen, and confirmation of references. Must pass and comply with the HR Policy 164.905- PL101.630. **FULL-TIME, NON-EXEMPT** Monday-Friday, 8:00 am- 5:00 p.m. Rate of pay depending on experience. **CLOSING DATE:** March 06, 2020

RSIC 011-20

**UTILITY WORKER ASSISTANT**  
Public Works

Under the direction of the Supervisor, conduct his work as the Utilities Worker with assigned personnel working within Public Works Department, performs a variety of routine skilled and semi-skilled work in the operation, repairs and maintenance of the Colony's water and sewer systems, solid waste, infrastructure and related public works activities; along with performing related work as required of the utilities worker. **NOTE:** The Reno-Sparks Indian Colony requires a designated candidate to successfully complete a pre-employment criminal background check, drug screen, and confirmation of references. Must pass and comply with the HR Policy 164.905- PL101.630.

**FULL-TIME, NON-EXEMPT**  
Monday-Friday, 7:00 am-3:30 pm  
Rate of pay depending on experience.  
**CLOSING DATE:** Open Until Filled

RSIC 010-20

**COMMUNITY HEALTH ASSISTANT**  
RSTHC/Diabetes

As a part of the RSIC Diabetes Program, this position performs a variety of administrative and transport duties including logistics, organization and delivery of food boxes to eligible participants in Reno and Hungry Valley. This Position tracks grant-related data, transports eligible scheduled patients to and from 3NWC for exercise, and keeps current the maintenance schedule for all program related vehicles. **NOTE:** The Reno-Sparks Indian Colony requires a designated candidate to successfully complete a pre-employment criminal background check, drug screen, and confirmation of references. Must pass and comply with the HR Policy 164.905- PL101.630.

**FULL-TIME, NON-EXEMPT**  
Monday-Friday, Times May Vary  
Rate of pay depending on experience.  
**CLOSING DATE:** Open Until Filled

RSIC 015-20

**ACCOUNTING SUPERVISOR**  
Finance

Under the direct supervision of the CFO, the Position performs professional level Accounting services and supervision to the Accounting support staff to ensure accuracy and timelines of RSIC accounting records and reports. Responsible for ensuring compliance with RSIC financial and accounting policies and procedures in all aspects of supervision and responsibility. Provides support and assistance to RSIC management staff as needed regarding accounting services, procurement requirements, and programmatic financial reporting. Reporting directly to the CFO, performs related work as assigned or delegated by the CFO. **NOTE:** The Reno-Sparks Indian Colony requires a designated candidate to successfully complete a pre-employment criminal background check, drug screen, and confirmation of references. Must pass and comply with the HR Policy 164.905- PL101.630. **FULL-TIME, EXEMPT** Monday-Friday, 8:00 am- 5:00 p.m. Rate of pay depending on experience. **CLOSING DATE:** Open Until Filled

RSIC 016-20

**PLEASE NOTE: HIRING PREFERENCE WILL BE PROVIDED TO QUALIFIED MEMBERS OF THE RENO-SPARKS INDIAN COLONY FOLLOWED BY MEMBERS OF OTHER FEDERALLY RECOGNIZED TRIBES.** Preference in filling vacancies is given to qualified Indian candidates in accordance with the Indian Preference Act (Title 25 U.S. Code Section 472 and 473). However, the Reno-Sparks Indian Colony is an Equal Opportunity Employer and qualified candidates will be considered in accordance with the provisions of Section 703 (i) of Title VII of the Civil Rights Act of 1964, amended in 1991.

Reno-Sparks Indian Colony is required to comply with Federal regulations pertaining to the attainment and maintenance of a drug-free workplace outlined under the Drug-Free Workplace Act of 1988. An offer of employment with the Reno-Sparks Indian Colony will be contingent on the applicant's ability to pass a pre-placement drug test (RSIC Drug Testing Policy III.B.1.a) and a criminal background check, which will include finger printing for positions that involve the care, supervision, or teaching of children and other positions deemed sensitive to tribal operations.

If you are interested in the rate of pay for Positions please contact:  
Human Resources at:  
**775-785-1303**

Applications are available online at our Reno-Sparks Indian Colony Website: [WWW.RSIC.ORG](http://WWW.RSIC.ORG)

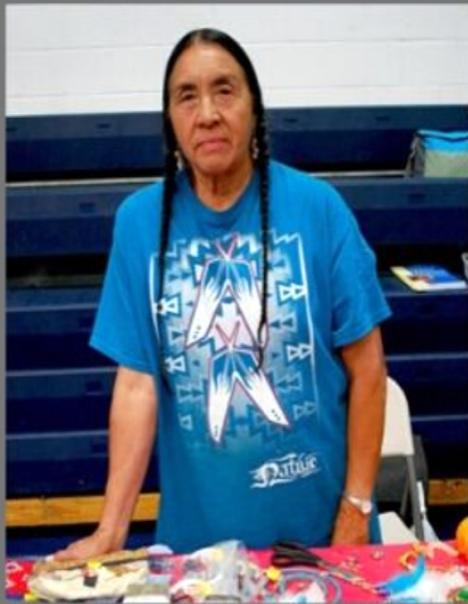


NEW E DAI GWA



# Shoshone Language Class

## Thursday March 5



PC: AISHWARYA KRISHNAMOORTHY

Instruction by Darlene

Graham

AT THE TLC  
HUNGRY VALLEY

5 P M - 8 P M

\* POTLUCK DINNER \*



# SAVE THE DATE!!

## 20th Annual Earth Day Celebration

**“Things aren’t what they used to be”**



**Saturday, April 18th, 2020**

**Volunteers \* Educators \* Arts/Crafts \* Food \* Vendors**

You are invited to join us for a wonderful day of fun, learning, and sharing at our Annual Earth Day Celebration. This community event is scheduled for 10 am - 2 pm at Oats Park in Fallon, NV on Saturday, April 18th, 2020. A detailed official poster will be posted once the full events schedule and venue have been finalized.



Hosted By the Fallon Paiute-Shoshone Tribe  
Environmental Protection Department  
To volunteer, set up a booth, or for more information call  
(775)423-0590.



[www.facebook.com/fallonearthday](http://www.facebook.com/fallonearthday)

# Heart Healthy Food Bid

To provide heart healthy foods  
for the Go Red Pow Wow  
On March 14, 2020

Please send bids to Bethany Sam at 34  
Reservation Rd Reno, Nv 89502 in a  
sealed envelope with your heart healthy  
meal/menu. All bids must be stamped  
in by 4pm on March 6th, 2020.  
\*Food Vendor will keep all profits.

Bid will be selected upon  
healthiest menu





American Heart Association®

# Go RED for Heart Health POWWOW 2020

Promoting Native  
American Heart Health

**SATURDAY, MARCH 14TH**  
**RENO, NEVADA**

**10AM-6PM**  
**GRAND ENTRY NOON**

## Head Staff

HOST DRUM: TBA

MC: HANK JOHNSON

ARENA DIRECTOR: MARTY MONTGOMERY

RSIC VETERANS HONOR GUARD

**INVITING  
ALL DANCERS & DRUMMERS**

## **SPONSORED BY:**

RSIC - THC COMMUNITY HEALTH PROGRAMS

RSIC - THC DIABETES PROGRAM

THE AMERICAN HEART ASSOCIATION

RSIC - UNITY

RSIC - LANGUAGE & CULTURE PROGRAMS

BEHAVIORAL HEALTH'S MSPI GRANT

- Free Blood Pressure Checks
- Heart Healthy Surprise Walk
- Heart Healthy Info Booths
- Exercise Demo & Activities
- Photo Booth

**VENDORS WELCOME | FOR MORE INFO: GINA FEATHERSTONE -RSTHC 775.329.5162 EXT.1949**

**RSIC - RENO GYM / 34 RESERVATION ROAD, RENO, NV 89502**