



NUMUWAETU NAWAHANA

“Telling the Indian People’s News” Pyramid Lake Paiute Tribal Newspaper

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TRANSPORTATION PLANNING

The Tribal Transportation Planning office was established to provide technical management on road construction from design phase through final acceptance. The Department acts as liaison between the Tribe and other Transportation related agencies to coordinate roads planning and construction activities. The Transportation Planning Office has been in existence from May 2009 and is located at the Tribal Administration Building and funded through BIA transportation department funding.

Transportation Planning Department Projects: Wadsworth Bypass Road Construction, Pelican Point Design, Pyramid Lake Transit Planning (New), and Wadsworth Community Center Parking Lot with Access Road (New).

WADSWORTH BYPASS ROAD

The Wadsworth Bypass Road project is still in progress. This bypass road provides a primary route circumnavigating the town center which would keep non-local traffic out of the school/neighborhood area. The total length of realignment beginning at State Route 427 at the south end proceeding to connect with existing State Route 447 at the north end is 2.68 miles. By relocating this road approximately 4,000 ft. to the west, we would achieve an increased level of safety by providing that traffic; especially semi-trucks with trailers would not run through the school zone.

The Tribal Transportation Planning department continues to meet with Nevada Department of Transportation, BIA, and Summit Engineering to proceed with the design portion of this project. Summit Engineering is working to ensure that the plans meet Federal specifications and will be acceptable to NDOT. The design project consisting of the Plans, **Specifications and Estimates (PS&E’S)** currently stands more than 60% complete. Recent work includes obtaining soil samples excavated from test pits on September 9, 2013 for geotechnical clearance.

Additional archaeological/environmental surveys are scheduled for September 23, 2013 at the Wadsworth Bypass Road alignment area.

We recently applied for the 2013 Transportation **Investment Generating Economic Recovery “TIGER”** grant for the construction funding of Bypass Road Project but were not selected. This grant is highly competitive nationwide.

PELICAN POINT PROJECT

The Pelican Point Project, American Recovery and Reinvestment Act (ARRA), consisted of the survey, design, environmental clearance, archaeological clearance, right-of way and final plans for the upgrade of the Pelican Point Road area. This project will also include improved access road and parking areas at Pelican Point. Summit Engineering continues as the contractor for this design project. This project is nearing the 100% completion of the Plans, Specifications and **Estimates (PS&E’S)**. The project is substantially complete with final BIA approval pending.

The Pyramid Lake Paiute Tribe was selected to receive 2.94 million dollars for the Transportation Investment **Generating Economic Recovery “TIGER”** grant for the construction of the Pelican Point Project. The grant is highly competitive nationwide and we were one of four Tribes to be selected.

PYRAMID LAKE TRANSIT PROJECT

Using the recently completed Tribal Transit Plan, we have applied for the Tribal Transit Grant. Our grant application for \$785,000 and is to fund start-up costs for a new Transit System for the Tribe.

WADSWORTH COMMUNITY CENTER PARKING AREA AND ACCESS ROAD PROJECT

Summit Engineering has completed work on the design for the Parking Lot and Access Road for the New Wadsworth Community Center Building Area. The project PLIR 102 (2) is to widen/pave and drain the access road & pave the parking lot area with concrete sidewalks included. Construction staking was completed on September 4, 2013 and construction of PLIR 102(2) Wadsworth Community Center Access Road and Parking Area is expected to begin on September 23, 2013.

The drainage area for the community center complex is planned to be west of the new community center building. We ask that this area be kept free from dumping any type of material in the future because it is needed for the retention basin to drain water from the projected building complex.

The Transportation Planning Staff will continue to work to improve the Transportation system of the Pyramid Lake Paiute Tribe.

Johnnie M. Garcia
Transportation Planner



PYRAMID LAKE PAIUTE MUSEUM & VISITORS CENTER

PLPT Community Members

You are invited to attend The Grand Opening of our new Exhibits at the Pyramid Lake Museum/Visitor Center. The Opening will be held on November 16, 2013.

We will be showing a new video produced by Gabe Shaw. We have installed new exhibits and have made improvements to our permanent exhibits. We will be installing I-PADS to accompany our new exhibits making them more interactive and interesting for our visitors. We have also installed a large 12 foot movie screen and purchased a new projector to show films, and it also has the capability for power point presentations.

This year has been an exciting year at the Museum. Shannon Mandell has been hired as the new Museum Director and is making improvements to our technology at the Museum. We have a new viewing room with a 50 inch high definition flat screen TV monitor to view DVDs and other audio visual formats.

Our staff has produced a flyer that will be sent to tribal members and to the general public with times and activities that will be held at during the Grand Opening.

FREE EVENT **FUN FOR THE WHOLE FAMILY**

PYRAMID LAKE PAIUTE MUSEUM

NATIVE AMERICAN HERITAGE MONTH

SATURDAY, NOVEMBER 16TH, 2013
10 AM - 2 PM

- FIRST 100 GUESTS RECEIVE A FREE GOODIE BAG
- FREE RAFFLE FOR ALL GUESTS
- NEW INTERACTIVE EXHIBITS
- NEW SHORT FILM SHOWING
- STORYTELLING & SCAVENGER HUNT

FOR MORE INFORMATION VISIT US AT
WWW.PLPT.NSN.US/MUSEUM/INDEX.HTML

facebook 709 STATE STREET PO BOX 256 NIXON, NV 89424 (775) 574-1088 yelp

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TAX DEPARTMENT

Tax Department staff will be preparing for the 2013 tax filing season. Each year Tax Department staff must be certified by the IRS to prepare individual tax returns. This year staff members attended Native VITA training, this deals with specific issues to tribal income reporting. Alicia Querta attended the regular IRS VITA training so we can be on top of both while preparing taxes. The Tax staff participates in the IRS Volunteer Income Tax Assistance (VITA) program. The VITA program offers free tax help to people who make \$51,000 or less and need assistance in preparing their own tax returns. If you would like to learn to file your taxes we have access to "Free File" software.

We recommend you don't wait until the last day to file as problems may arise, you may owe or the return may be rejected and it may not meet the deadline or it may be **delayed. We don't have any control of a refund after it is** e-filed - you can ask for information on how to check the status of your return. If the IRS keeps all or part of your return, we are not responsible, as the IRS keeps outstanding student loans, child support and any amount owed from previous years.

TIPS:

- Please wait until you have received ALL forms and paperwork before coming in.
- If you receive unemployment, request to have taxes withheld.
- IRS receives copies of all income and they will eventually find out if you leave something out.
- File your return the same way every year, switching how you file could send a red flag to IRS.
- Have your employer withhold at least 10% of your **pay, if it's a lower amount you may end up paying.** We highly recommend you check with your employer. By increasing your federal tax withholding, you may stop owing taxes year after year.
- Form 8332 must be signed by the custodial parent if you claim a child that is not yours.
- If you claim a child for Head of Household purposes, they must be related to you by blood. You cannot claim your child who is over the age of 24 for Head of Household filing status unless he/she is a student. You can claim the child but not for Head of Household status.

NOTICE: Vehicle Exempt Form: The DMV has a new form! The form found on the DMV website is not being utilized by this Tribe. The Tribal Chairman has chosen

WADSWORTH COMMUNITY CENTER PLANNING

This building project was conceived in 2006 and it was to provide a community building for youth and community activities in the Wadsworth area. Originally the project was to encompass approximately 10,000 sq. ft. and include a large central area/gym, restrooms/locker rooms, office/meeting rooms and kitchen. This project would instill pride in the community with a sense of bringing the people together. The structure could also provide a gathering place in a time of emergency. The original project size was reduced because funding was not available for the larger size project. The Tribe received a \$495,000 HUD Economic Development Initiative Grant in 2006 for construction of a community center building.

The new building will be approximately 2,974 square feet with a kitchen, large meeting area, smaller conference room and bathrooms. The building is located at 551 8th street, Wadsworth, Nevada which is near the intersection of 8th Street and State Route 447.

After receiving Tribal council approval, we have hired a project manager and crew. Construction of the new community center began the week of beginning November 5, 2012 with the crew working clearing &

not to sign the new form as it places both the tribal member and him at risk. The Tax Department staff is the only individuals who can issue tax exempt forms and all data is kept in the Department for protection if questioned by DMV. **Please don't wait until the last minute to request a form;** it is your responsibility to get before the expiration date. If the Tax staff is out of the office, the Tribal Secretary or Receptionist can take the information from you and we will process the next day.

You can call in the information and we will either mail the form to you or hold for pickup. You can still stop by the office for the form and wait for it.

The following information is needed:

- Person(s) Vehicle is registered to (We cannot make **it out in just your spouse's name if they are non-Native**)
- Year, Make and Model of Vehicle
- License Plate Number
- Vehicle Identification Number (VIN)
- Amount of the Government Service Fee
- Physical Address (form requires physical address on reservation)
- Mailing Address
- Tribal Enrollment number
- If you are a Nevada Tribal Member (not Pyramid Lake) a copy of your Enrollment Card must be on file in the office before we can issue.
- The vehicle registration address must match a Reservation address.

Tribal Exempt Forms: When requesting letters of sales tax exemptions or spouse cards, it may take up to a day or two for letters and up to a week for spouse cards to be processed. Spouse cards are done in batches as it requires hooking up a machine to the computer. **With the staff's workload, one day or immediate service cannot be guaranteed.** Please plan ahead.

Souvenir Pyramid Lake Plates: Looking for a unique gift or perhaps a decoration for your home? The Pyramid Lake Souvenir license plate would be a great idea! We have a variety of plates in stock. Prices start at \$15 up to \$25 for your original wording up to five letters. These plates are not for vehicle use. Contact our office for more information, 775-574-1000.

grubbing and hauling fill material to the building pad site. Work continued with the excavation of the footing lines and layout of the under concrete slab plumbing and electrical trenches.



Work continued throughout the months of December 2012 thru June 2013. Everything from the monolithic pour of the concrete pad to the completion of the interior and exterior work has been completed, tested, inspected and approved. Utility lines are in place and ready for use. The crew endured extremely cold temperatures and some wet weather but stayed on task to finish the construction. Work is substantially complete on the building structure. Final interior work has been completed.

The building area is still under construction to provide sidewalks, curb & gutter and pavement for the street and parking lot. This project is named PLIR 102(2) Wadsworth Community Center Parking and Access Road Project and will be administered through the Tribal Transportation Planning Department. Project PLIR 102 (2) is scheduled to start on September 23, 2013. The

PLPT CONSOLIDATED HIGHER EDUCATION OFFICE:

PLPT Scholarship Application
Deadline Approaching!

Deadline dates are again rapidly approaching for the 2014 Spring Semester!!! Please call or come to the Consolidated Higher Education Office for any help you need to begin the application process. Please do not wait, the Dead Line Date is:

November 30th, 2013

All Scholarship Applications will be due on this date! Students please do not wait!!!! Call Monday through Friday from 8:00 AM – 4:30 PM the CHE Coordinator **should be there if not, leave a message and I'll get back to you!!!** (775) 574-0300 telephone, Fax (775) 574-0302....

Attention all Parents!!!

This concerns our tribal middle schools students! Our Consolidated Higher Education Office is asking for your help in identifying your Middle School student and where they are attending Middle School. **Higher Education doesn't begin when they are leaving High School... Higher Education is something that begins** while they are in grade school and while they are attending middle school.

Our CHE Office needs to know where we can reach your student so we can begin to flood their young minds with the possibility of going on with their **education.... Please contact our Consolidated Higher Education Office at (775) 574-0300** and either leave a message or come and visit. The Consolidated Higher Education Office is located next to the Blue Gym in **Nixon...**

What is going to happen is; at this time we need to **consolidate a listing of student's names and where they attend.** This will help me to begin to plan how I can set up an outreach plan and possibly a program to help our tribal middle school students reach a higher education goal.

Seeking Motivational Speakers: College Graduates, Native Entrepreneurs, Native Business Women or Men, your help is needed to reach out to our tribal youth!!! It is by your example that can inspire our tribal youth in seeking and reaching that success that amplifies their need of higher education. Please contact our Consolidated Higher Education Office at (775) 574-0300... **Our Tribal Youth need you...**



Please watch for bulletins on upcoming Higher Education Workshops!

Anthony Sampson, CHE Coordinator
asampson@plpt.nsn.us
Telephone (775) 574-0300

new community center building is not scheduled to open until sidewalks and access ramps are completed.

We will continue to pursue funding for the other buildings projected in the conceptual plan. The conceptual plans consist of three other buildings including a gym, a library/learning center and another building.

Johnnie Garcia
Wadsworth Community Center Planning Committee

THE GLS PYRAMID LAKE PROJECT: KWETSO'INA NUMU ~ "PEOPLE OF LIFE"

Reaching Out to Survivors of Suicide

It takes courage for a family to reveal the death of a loved one as a suicide. In doing so, they bring a hushed subject to light and validate the anguish of those left behind when a loved one takes their own life.

Any death plunges family members and friends into a season of grief. But a suicide death intensifies emotions, and sadly, often leaves families feeling isolated and shunned.

Suicide usually isn't discussed. While it is a subject whispered behind cupped hands or alluded to in the form of a prayer request, suicide is rarely confronted openly.

One of the greatest obstacles to addressing suicide head-on is the myths and misunderstandings about the subject. For example: Doesn't mentioning suicide to a depressed person plant the idea in their mind? Don't surviving family members feel better if no one mentions the manner in which their loved one died? The answer to all these questions is "no."

A Different Kind of Grief

Survivors of suicide desperately need the opportunity to talk openly about the complex emotions they are experiencing. Suicide literally explodes into a person's life like an earthquake registering off the Richter scale. Life changes in an instant for suicide survivors. One moment, they are blissfully traveling down the road of life, and the next, an event happens that opens the earth right before them. As with the survivors of an actual earthquake, suicide families are in shock, simply existing in the wake of the destruction.

As if the death of a loved one weren't enough to handle, suicide survivors must deal with the social stigma attached to suicide. In general, people do not know how to react to or comfort suicide families. Suicide is sort of like a social disease. A shadow is cast across the entire family as if something is "wrong" with them all. And then, there is the thought that perhaps the whole suicide idea might be "catching." If you associate with the family, are you putting yourself and your family at risk of developing a suicidal mindset? While this may seem a far-fetched and unrealistic idea, it is not an uncommon thought pattern for those on the outside looking in.

As with any death, people often feel talking about it will upset the family so they avoid the subject. But survivors need to talk about what has happened. Healing will never occur if the gaping wound of suicide pain is covered over without being allowed to heal from the inside out.

Suppose an earthquake seriously damages the foundation of a home, yet the house appears otherwise intact. There are obvious cracks, but instead of making the necessary inspection and repairs, the owner decides to cover over the damaged foundation. From the exterior, the repairs seem complete. However, one day an aftershock trembles the already insecure foundation and the whole house comes crashing down.

Waiting to address the damage done by suicide only postpones the inevitable. Talking about what has happened is a vital part of the healing process. Huge chunks of unresolved pain lay scattered in the path of recovery for suicide survivors. While picking through the rubble, the ordinary things of life must go on. In the chaos of second-guessing and "what ifs," survivors must deal with the hard issues of the funeral, finances, paperwork, and insurance claims.

How to Respond

Many do not know how to respond to suicide, and in their ignorance, often do more harm than good. Too often people feel compelled to pass judgment on the circumstances of the death and speculate about whether the victim is in heaven or hell. This is never appropriate. When people don't know what to say, but feel they are expected to say something, their comments are often hurtful.

You can be the most helpful to survivors by being available and listening. Don't feel you have to inform or justify. Asking probing questions is neither appropriate nor necessary. Because suicide can be an uncomfortable subject, people are tempted to avoid the truth. Hiding from the truth only makes grief more difficult. Simply be there to listen and comfort with your presence. In listening, you should be prepared to hear and accept a wide range of emotions. You may be uncomfortable with the intensity of expression of these emotions. However, it is important for survivors to express themselves without being silenced. Don't try to calm survivors down or cut short their expression of emotion. The freedom to work through anger and grief in an individual way will hasten the healing process. Realize the most difficult period for the family is probably weeks or months later. During the initial period of shock, survivors are not feeling many of the emotions they will feel later. You may meet the greatest need six to eight weeks following the death and again as the one-year anniversary of the suicide approaches. Survivors need to know you care and need to discuss their feelings and frustrations. Your support and encouragement can make a huge difference.

How You Can Help

- ♥ Be bold in reaching out to survivors of suicide. Don't be afraid to discuss the subject of suicide with survivors, but temper your comments. Grieving survivors need to be acknowledged, not ignored.
- ♥ Let them know you care. As the well-known saying goes, "People don't care what you know until they know that you care." Sharing your concern for survivors helps them know they are not alone in their pain.
- ♥ Be a good listener. Allow survivors to talk about what they are feeling. Listen much; talk little. Much of what you say will be ineffective because the person is in a state of mind that will not allow listening or absorbing. Do everything you can to let the person know you are there for them and willing to listen without judging or challenging.

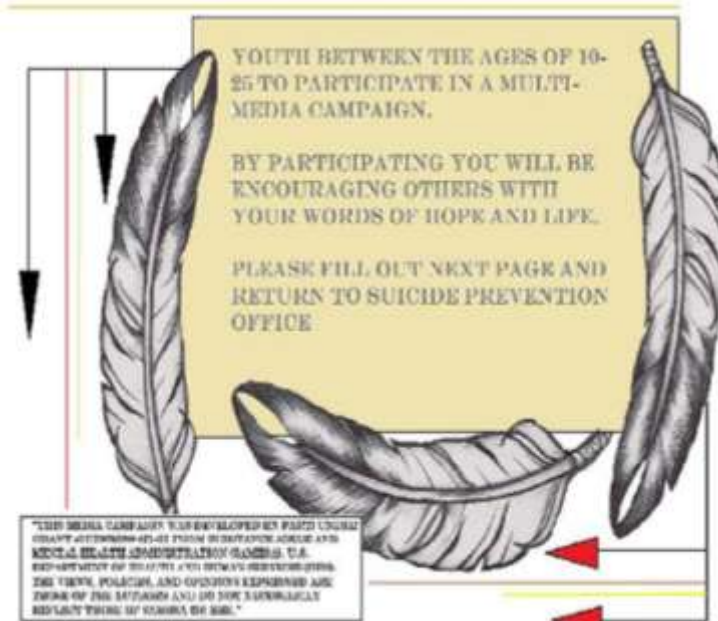
- ♥ Encourage counseling or support group attendance. Offer to make some calls for the person to help locate a traditional healer, counselor, pastor, or support group. Offer to drive your friend to and from the appointment or meeting.
- ♥ Be practical. What can you do for the person right now? Can you provide childcare, meals, or transportation? Instead of saying, "call me if you need me," be specific about what you are willing to do.
- ♥ Be available. Being available is difficult, because it takes time, but being sensitive to the small amounts of time we can give could reap large rewards in someone's life. It doesn't really matter what we say to comfort people during a time of suffering, it's our concern and availability that count.

Rise up Mighty Warrior



**This one is for all of you who
had to struggle and climb
your way out of any kind of
adversity; from anyone or
anything who tried to bring
you down, slow you down or
put you down. May you
RISE UP and NEVER
GIVE UP!**

THE GLS PYRAMID LAKE PROJECT: KWETSO'INA NUMU ~ "PEOPLE OF LIFE" (CON'T)



GLS Tribal Youth Suicide Prevention Grant Kwetso'ina Numu—People of Life Project

Pyramid Lake Tribal Health Clinic | Suicide Prevention Office
 705 Hwy 446—PO Box 227
 Nixon, NV 89424-0227
 Direct: (775) 574-1111
 GLSpyramidlakeproject@gmail.com

DEADLINE: FRIDAY—OCTOBER, 11, 2013

By participating in this media campaign you will be encouraging other with your words of hope and life. We would like to take a picture of you holding your message which will be put on posters and cards and used in prevention efforts.

Please fill out the sentences below with your message

- I look forward to the future because....

- Life is sacred because....

- I have hope because....

- I am alive because....

Participant Release, Indemnity, Assumption of Risk, and Photo/Media Release Statement

This Photo/Media Release statement covers all activities, events, sessions, occurrences, participation, and observation associated with the Garrett Lee Smith Youth Suicide Prevention Program "I AM LIFE" multimedia campaign.

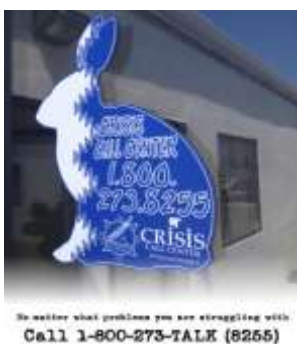
I will not hold liable the Garrett Lee Smith Youth Suicide Prevention Program, the Pyramid Lake Paiute tribal Health Clinic, or any of its agents, volunteers, or other organizations involved in the I AM LIFE multimedia campaign. I understand the activities associated with the I AM LIFE multimedia campaign are voluntary.

I further authorize the Garrett Lee Smith Youth Suicide Prevention Program to film, videotape, photograph, or otherwise record my own participation in the I AM LIFE multimedia campaign and its affiliated activities and to reproduce and use this file, artwork, narrative, videotape, or recordings and my own name, likeness, voice, and brief biographical material in connection with non-commercial promotional activities, materials, website, or media releases related to any events associated with the Garrett Lee Smith Grant and the Pyramid Lake Tribal Health Clinic.

Print Name: _____
 Signature: _____
 Parent/Guardian Signature: _____
 Date: _____

Please return this page and signed media release to the Suicide Prevention Office

"This media campaign was developed (in part) under a grant number 1U795M060421-01 from the Substance Abuse and Mental Health Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The Views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS."



PYRAMID LAKE TRIBAL HEALTH CLINIC

Diabetes Program:

A new study suggests that participation in the Chinese martial art Tai Chi Chuan may help boost immune function and improve blood sugar control in people with type 2 diabetes. After completing a 12-week Tai Chi exercise program, men and women with the disease had statistically significant reductions in their levels of HBA1C, a measurement of long-term blood glucose control. The participants also showed increases in regulatory T cells, which help to keep the immune response in check, while their levels of killer T cells, which destroy abnormal cells in the body, decreased.



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People with type 2 diabetes can experience chronic inflammation, and while exercise has been shown to be beneficial, strenuous exercise may boost inflammation and cause other problems as noted by health professionals.

Tai Chi Classes

- Tuesdays: Sutcliffe Community Building at 6:30 pm
- Wednesdays: Wadsworth Brown Building at 5:30 pm
- Wednesdays: Nixon Senior Center at 11:00 am
- Wednesdays: Diabetes Center at 12:00 pm



Creamy Mashed Potatoes

Ingredients

- 5 medium potatoes (2-1/2 pounds), peeled and cut into quarters
- 1 teaspoon Morton Lite Salt Mixture,
- 1 teaspoon dried parsley flakes
- 1 teaspoon dried onion flakes
- 1 package (3 tablespoons) Butter Buds
- 1/2 cup nonfat milk powder
- 1/4 teaspoon freshly ground pepper
- 1/2 teaspoon garlic powder

Directions

1. Place peeled potatoes in a large pot and cover with water. Cover; simmer for 30 minutes, or until potatoes are tender.
2. Drain, but reserve cooking liquid. Mash potatoes with a potato masher. Add 1/2 cup hot reserved cooking liquid and remaining ingredients. Mash until well blended.

Nutritional Information (Per Serving)			
Calories:	87	Fat:	0.12 g
Protein:	4.1 g	Carbohydrates:	18.2 g
Sodium:	251 mg	Exchanges:	1 Bread/Starch
Cholesterol:	1.5 mg		

Diabetic Gourmet Magazine

Contract Health Service of Indian Health Service is at Priority Level 1, Emergent/Acutely Urgent Care Services

IMPORTANT NOTICE

At this time Contract Health Service of Indian Health Service is at Priority Level 1, Emergent/Acutely Urgent Care Services, since our area is at the highest priority medical services – level 1, these medical services are generally only emergency care service, i.e., those necessary to prevent the immediate threat to life, limb, or senses.

Therefore, if you are or have been referred to a specialist you may be denied, which mean priorities of care and treatment for health care services will be determined on the basis of relative medical need. (Code of Federal Regulations, at title 42, section 136.23(e). All outside referrals determinations of approvals and denials are set forth from the Indian Health Service/Schurz Service Unit. Remember: the determination can take up to 3-5 days, if not longer.

You do have the opportunity to appeal the denied decision within 30 days of the dated certified letter. In respond to the CEO at the Schurz Service Unit and/or

the Area Director, I.H.S. in Phoenix. A certified letter is mailed by I.H.S Schurz Service Unit to your address and if you have not received a certified letter you may call the I.H.S/S.S.U @(775) 773-2345 or (800) 843-5790.

Once you have acknowledged the certified denied letter, please call the Pyramid Lake Health Tribal Clinic-Contract Health Service to obtain the appeal forms and/or need further information or have any questions. (Code of Federal Regulations, at title 42, section 136.25). You may also request the assistance from the Contract Health Service Clerks, Athena LameBull and Sarah Johnson. They are happy to help.

NOTE: remember you must respond within 30 days of the certified dated letter and it is important to get this process started immediately. If you do not pick up the certified letter, you will then miss the chance to appeal.

More Health information page 14

**MEDICARE
2013 OPEN
ENROLLMENT**



**2013 ANNUAL OPEN ENROLLMENT FOR
MEDICARE PART D PLANS AND
MEDICARE ADVANTAGE PLANS IS**

OCTOBER 15 - DECEMBER 7

(Plans are effective January, 2014)

For free, unbiased, objective plan comparisons, call
Pyramid Lake Tribal Health Clinic

775-574-1018 ext. 213 / Health Benefits

PYRAMID LAKE TRIBAL HEALTH CLINIC (CON'T)

HOW TO DISPOSE OF UNUSED MEDICINES

Is your medicine cabinet filled with expired drugs or medications you no longer use? How should you dispose of them?

Most drugs can be thrown in the household trash, but consumers should take certain precautions before tossing them out, according to the Food and Drug Administration (FDA). A few drugs should be flushed down the toilet. And a growing number of community-based "take-back" programs offer another safe disposal alternative.

Guidelines for Drug Disposal

FDA worked with the White House Office of National Drug Control Policy (ONDCP) to develop the first consumer guidance for proper disposal of prescription drugs. Issued by ONDCP in February 2007 and updated in October 2009, the federal guidelines are summarized here:

- Follow any specific disposal instructions on the drug label or patient information that accompanies the medication. Do not flush prescription drugs down the toilet unless this information specifically instructs you to do so.
- Take advantage of community drug take-back programs that allow the public to bring unused drugs to a central location for proper disposal. Call your city or county government's household trash and recycling service (see blue pages in phone book) to see if a take-back program is available in your community. The Drug Enforcement Administration, working with state and local law enforcement agencies, is sponsoring National Prescription Drug Take Back Days (<http://www.deadiversion.usdoj.gov/www.deadiversion.usdoj.gov>) throughout the United States.
- If no instructions are given on the drug label and no take-back program is available in your area, throw the drugs in the household trash, but first:
- Take them out of their original containers and mix them with an undesirable substance, such as used coffee grounds or kitty litter. The medication will be less appealing to children and pets, and unrecognizable to people who may intentionally go through your trash.
- Put them in a sealable bag, empty can, or other container to prevent the medication from leaking or breaking out of a garbage bag.

FDA's Deputy Director of the Office of Compliance Ilisa Bernstein, Pharm.D., J.D., offers some additional tips:

- Before throwing out a medicine container, scratch out all identifying information on the prescription

label to make it unreadable. This will help protect your identity and the privacy of your personal health information.

- Do not give medications to friends. Doctors prescribe drugs based on a person's specific symptoms and medical history. A drug that works for you could be dangerous for someone else.
- When in doubt about proper disposal, talk to your pharmacist.

Bernstein says the same disposal methods for prescription drugs could apply to over-the-counter drugs as well.

Why the Precautions?

Disposal instructions on the label are part of FDA's "risk mitigation" strategy, says Capt. Jim Hunter, R.Ph., M.P.H., senior program manager on FDA's Controlled Substance Staff. When a drug contains instructions to flush it down the toilet, he says, it's because FDA, working with the manufacturer, has determined this method to be the most appropriate route of disposal that presents the least risk to safety.

Drugs such as powerful narcotic pain relievers and other controlled substances carry instructions for flushing to reduce the danger of unintentional use or overdose and illegal abuse.

For example, the fentanyl patch, an adhesive patch that delivers a potent pain medicine through the skin, comes with instructions to flush used or left-over patches. Too much fentanyl can cause severe breathing problems and lead to death in babies, children, pets, and even adults, especially those who have not been prescribed the drug. "Even after a patch is used, a lot of the drug remains in the patch," says Hunter, "so you wouldn't want to throw something in the trash that contains a powerful and potentially dangerous narcotic that could harm others."

Environmental Concerns

Despite the safety reasons for flushing drugs, some people are questioning the practice because of concerns about trace levels of drug residues found in surface water, such as rivers and lakes, and in some community drinking water supplies. However, the main way drug residues enter water systems is by people taking medications and then naturally passing them through their bodies, says Raanan Bloom, Ph.D., an environmental assessment expert in FDA's Center for Drug Evaluation and Research. "Most drugs are not completely absorbed or metabolized by the body, and



Take drugs out of their original containers and mix them with an undesirable substance, such as used coffee grounds

enter the environment after passing through waste water treatment plants."

A company that wants FDA to approve its drug must submit an application package to the agency. FDA requires, as part of the application package, an assessment of how the drug's use would affect the environment. Some drug applications are excluded from the assessment requirement, says Bloom, based on previous agency actions.

"For those drugs for which environmental assessments have been required, there has been no indication of environmental effects due to flushing," says Bloom. In addition, according to the Environmental Protection Agency, scientists to date have

found no evidence of adverse human health effects from pharmaceutical residues in the environment.

Nonetheless, FDA does not want to add drug residues into water systems unnecessarily, says Hunter. The agency reviewed its drug labels to identify products with disposal directions recommending flushing or disposal down the sink. This continuously revised listing can be found at FDA's Web page on Disposal of Unused Medicines (see at the end of article for website listings).

Another environmental concern lies with inhalers used by people who have asthma or other breathing problems, such as chronic obstructive pulmonary disease. Traditionally, many inhalers have contained chlorofluorocarbons (CFC's), a propellant that damages the protective ozone layer. The CFC inhalers are being phased out and replaced with more environmentally friendly inhalers.

Depending on the type of product and where you live, inhalers and aerosol products may be thrown into household trash or recyclables, or may be considered hazardous waste and require special handling. Read the handling instructions on the label, as some inhalers should not be punctured or thrown into a fire or incinerator. To ensure safe disposal, contact your local trash and recycling facility.

Pyramid Lake Tribal Health Clinic
Nicholas Loughton, PharmD, MPH
Lt. US Public Health Service



Find this and other Consumer Updates at <http://www.fda.gov/ForConsumers/ConsumerUpdates> [www.fda.gov/http://www.fda.gov/ForConsumers/ConsumerUpdates](http://www.fda.gov/ForConsumers/ConsumerUpdates) ForConsumers/ConsumerUpdates

WEST NILE AWARENESS

Some of the mosquito tested during the mosquito pull were carrying the West Nile virus there have not been any human cases but it is important to be aware of the virus, it is fatal to people over the ages of 50 years old.

West Nile virus is a mosquito borne virus that causes illness in humans. Studies show that only a small number of humans infected will show symptoms.

Symptoms: Influenza Like that will appear suddenly, High Fever, Headache, Back aches, & Fatigue.

Personal Precautions:

- Stay inside during hours mosquitos are out (dusk-dawn)
- Wear Long, loose, light colored clothes
- Use insect repellent

Eliminate:

- Clogged Gutters
- Leaky Water Equipment
- Items holding water 4 days or longer
- Open screens

PYRAMID LAKE TRIBAL HEALTH CLINIC (CON'T)

HEALTH CLINIC NOTICE

To better serve the patients of the Pyramid Lake Tribal Health Clinic, especially in light of the new Affordable Health Care Act requirements and laws, patients are required to present health insurance benefit cards, including Medicaid and Medicare, at **EACH** visit.

Staff understands that this request seems repetitive and unnecessary as the information may have already been provided, but this requirement does assist the Health Clinic in providing consistent and responsible service.

Also, to avoid waiting time, please be sure to call the clinic for appointments and for walk-in availability.

The Health Clinic staff thanks you for your assistance and patience.

Tribes prepare for Obamacare



The historic health reform law, known as the Affordable Care Act (ACA), moves our nation toward a health-care system that covers many more people. The benefits and protections the new law provides are critical to promoting health equity among communities of color.

As the law moves toward eliminating disparities, many American Indian and Alaska Natives stand to gain from its health reform provisions.

The new health reform law will significantly expand access to affordable health coverage, which is especially important for all members of federally recognized tribes.

Nationwide, over 29 percent of Native Americans were found to be uninsured.

Even though Tribal members are able to access the **tribe's health**-care delivery system across the nation at no cost, many services cannot be provided due to a lack of or a reduction in federal Indian Health Service funding.

According to Families USA's Minority Health Initiatives (September 2012), health reform will expand coverage to American Indians for health care services by doing the following:

Expanding Medicaid
Under the new law, Medicaid coverage will be expanded to cover children and adults with incomes up to 133 percent of the federal poverty level - roughly \$15,281 for an individual and, for a family of three, \$25,974.

Over 277,800 non-elderly American Indians and Alaska Natives across the nation will be newly eligible for Medicaid.

This Medicaid expansion, which will go into effect in 2014, will provide coverage to many tribal members who would otherwise go without quality, affordable health coverage, particularly adults without dependent children.

Creating new marketplaces
For individuals who do not qualify for Medicaid, the new

law will expand coverage through the creation of state health exchanges.

Beginning October 2013, these exchanges will allow individuals to shop for insurance and easily compare prices and benefits.

To ensure that health insurance is affordable, the law will provide refundable tax credits to offset a portion of the cost of health insurance premiums.

These historic coverage expansions should have a significant impact on American Indians and Alaska Natives with low or moderate incomes.

In addition, the new law offers critical protections to all individuals by eliminating discrimination due to pre-existing health conditions.

According to a recent report by Families USA, more than one-quarter of Native Americans (25.9 percent) have a condition (such as cancer or obesity) that, without health reform, could lead to a denial of coverage.

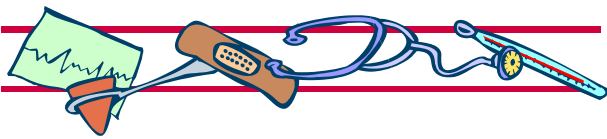
Through the expansion of the state Medicaid program or through state health exchanges, the Tribal Health Clinic staff across the nation are now preparing to assist tribal members to sign up for health insurance coverage.

Even though members of federally recognized tribes are exempt from participating in the health-care law, more insured tribal members means more resources would become available to provide health-care services.

This also means that more services could become available at the Tribal Health Centers and, if needed, for specialty care outside of the tribal health-care delivery system.

More insured tribal members will allow the tribe to improve all health care services but, most important of all, would help to ensure that all Native American families are able to live healthy and productive lives.

Members of the Pyramid Lake Paiute Tribe are encouraged to call the Pyramid Lake Tribal Health Clinic. For more information or assistance, please call (775) 574-1018 and ask for a Health Benefits



AVAILABLE TODAY !!!

GET YOUR...

Flu Shots!



**2013-14
Flu Season**

Flu shots available for ages 6 months and older. Protect you and your family get your flu shots!!!!

Flu shots are now available please request from nursing or pharmacy. Walk in for a nurse visit today between 8-11:30 AM and 1-3:30 PM

Contact: (775) 574-1018
Pyramid Lake Tribal Health Clinic
705 Hwy 446, Nixon, NV 89424
Phone: (775) 574-1018
Fax: (775) 574-1028

Pyramid Lake Tribal Health Clinic
Guest Speaker
November 20, 2013
Heart Strong
9:00 am - 3:00 pm
Location: TBA
Annual Health Fair

Flu Shots
Blood Pressures

Departmental Information



Sumunumu

Pyramid Lake Tribal Health Center | September 2013



Sumunumu sponsored The Sacred Vision outgoing royalty 2012 and 2013 contestants Float during the Fourth of July, Fernley, Nevada.

Special thanks to Richard James for the use of trailer and Judy Kroshus for truck.

Alyssa Johnson, rode on horseback through the parade.



Sacred Visions Pageant Contestants outgoing and 2013 contestants



The Sumunumu collaborated with the Garrett Lee Smith Youth suicide prevention Program on a Community gathering, "Healing Night" August 12, 2013 at Pyramid Lake High School with a soft presentation on loss, grief, healing, and how to talk about suicide to promote healing and reduce risk after a suicide death. Vice-Chairman, Terence James welcomed the community & spoke briefly. Elaine DeMello facilitated the presentation. A total of 40 people attended



August 13, 2013 was a full day of Training for the community members and programs.

14 total people attended this training the first step in the development of a postvention Suicide prevention plan.

ATTENTION!!

- **New** Satellite Sumunumu office opening in Wadsworth ~ Soon!
- Annual Pyramid Lake Health Center ~ Health Fair November, 2013 (Date to be announced)
- Garrett Lee Smith Youth Suicide Program Outreach at Natchez School Monday & Thursday 4-5 pm

Sacred Visions Pageant 2013

Tiny Tot Winner:

Kimora Harrison, Wadsworth, NV

Lil' Brave Winner:

Joseph Sepsy Fallon, Bishop, CA

1st Runner up: Takoda Pacheco, Fallon NV

2nd Runner up: Andres Sky Eagle, Mc Dermitt, NV

Lil' Miss: winner:

Ciabi Dick, Fallon NV

1st Runner up: Teanna Little Feather Shaw, Sparks NV

Jr. Miss: Winner: Amelia Henry, Fernley NV

1st Runner up: Alyssa Johnson, Wadsworth NV

Miss Pyramid Lake:

Felina Henry, Nixon NV



Sacred Visions Parade 2013

Special thanks

Susie Albright, Parade Coordinator

Categories:

Walking, Bicycle riding, Rez Car, programs,

Thank you to all who participated

Awards provided by the Sumunumu



Save the Date:
23rd Annual National/International Native American AA Convention
October 17-20, 2013
Rapid City, SD
Red Road Alcohol Anonymous
May 2-4, 2014



Sunlight of the Spirit AA Campout

August 1-3, 2013

Sumunumu provided support and tables and registration for 5 people this event was held at Pelican Beach, Pyramid Lake. Special thanks Pyramid Lake Paiute Tribe and thanks Gus Mix, Iggy Dunn for donation and time.

SUMUNUMU STAFF

Director: Judy Kroshus, Licensed Alcohol and Drug Counselor, Licensed by the State of Nevada

Counselor: Kathleen Wright, Native American Alcohol & Drug Counselor, Licensed by the State of Nevada

Counselor: Richard Klain, Certified Alcohol and Drug Counselor, Licensed by the State of Nevada

Prevention Advocate, Diana Mitchell, GAIN Administrator, Certification from Chestnut Health Services, Normal Illinois .

All substance abuse services provided by Nevada Licensed Counselors including Intensive Outpatient Treatment, Evaluations, and Outpatient counseling.

To check the status of any Nevada alcohol license, please go to: alcohol.state.nv.us



NATCHEZ SCHOOL NEWS

HOMEFRONT HEADLINES

by Jennifer Ramirez, Counselor

How to keep backpack organized at home

A backpack can be a great organizational tool for students to keep papers and assignments safe from getting lost.



However, if whenever you open your child's backpack and papers seem to be everywhere in no particular order, it might be time to set up a backpack intervention!

Here are some organization ideas that could help tame the backpack black hole:

- * Have one folder each for homework, papers to sign, papers back to school or each subject area as needed.
- * Buy a pencil case to store pens, pencils, erasers, etc.
- * Go through the backpack with your child every afternoon/evening after school to organize and go through papers. This ensures that you are receiving everything you are supposed to be receiving.
- * Set the backpack in the same area of the house every night and morning so there is no last minute rushing around the house to find it. If you set this routine, it becomes easier to manage and mornings become less rushed.

October is National Bullying Prevention month!

This is a good time to talk to your child(ren) about Bullying and Bullying prevention. Bullying is aggressive behavior that is intentional and that involves an imbalance of power or strength. Typically, it is repeated over time. There are many things a parent/guardian can do at home with their child(ren) to help "Bully-Proof" them; whether your child(ren) is the bully, the one being bullied, or the bystander. Over the next three weeks we'll look at each one individually and find out some things parents can do to help their student(s).

TEAM UP by Janet Davis, Site Coordinator

Native American Month at Natchez ES

Congratulations to our new Royalty...Dejalyn Gopher and Tashara Guerrero. They were crowned at our Powwow last Friday, September 27th. We would like to thank everyone for participating in our Native American Month activities. Thanks to the TEAM UP & Save the Children Staff for your help with all of the activities. We had a good turnout at all of the events. Please let us know how we did and give us ideas for next year! Thanks again!



Run for Education

We have received a total of 8 registration forms. We will need 20 to participate in the Kids in Motion Grant. So if you would like for your student to participate, please turn in the Registration form ASAP! Please see below the information for the run:

We will once again participating in the Run for Education on Sunday, November 3. We will provide transportation to the event. We will be running/walking in the 5K/Run/Walk which starts at 8:00 a.m. If students in grades 1st and 2nd wish to participate, we would like for a parent to come and chaperone. Registration is due by Monday, September 30th. For students the registration fee is \$10. If you should need another registration form please contact Janet Davis for another one.

Nevada Jumpstart Program

Natchez Elementary School Kindergarten class has been selected to participate in the Nevada Jumpstart Program. Nevada State Treasurer Kate Marshall stated this is a pilot program set to begin in October 2013. This program is designed to encourage children to start saving for college. Each kindergarten student will be eligible for a \$50 college savings account. There are no taxpayer money is involved with the program and is funded through grants, private donations and management fees that the State of Nevada receives. The money in these accounts cannot be used for any other purpose. Money put into the account by the parents are eligible to be matched by the State program up to \$300 a year, you must meet income requirements. Studies have shown that young students who have college savings accounts are seven times more likely to continue their education. **Start building for your child's future now.**

Informational meetings for Natchez elementary parents will be held October 28, 2013 at Natchez School.

Principal's Corner by Mr. Rick Taylor

Greetings Natchez Community! It was great see you all at the Pow Wow last week. It sure is a great event and I am so pleased and happy about how all the Natchez children and past Natchez children behaved during the event. It was very rewarding to me to see how far we have come in building character among our students. We were quite leery of having the event during the school day, but it appeared to be one of the best Pow-Wows we have had. Our school performance team would love to hear some feedback on your thoughts of having the Pow-Wow during the day on the Native American holiday versus holding the event at night as we have in the past. We are always striving to make these events family friendly and convenient as well. Your thoughts and comments will be appreciated.



Fernley Pool-Swimming

On Wednesdays during the early out, we will be going to the Fernley Pool from 3:00-4:00 p.m. Please send a swim suit, bag for wet items and towel for your student. We will dismiss at 4:30 p.m. on Wednesdays.

Please see the schedule for the pool for the next couple of weeks:

- Oct 2: 4/5/6 Grades
- Oct 9: 1/2/3 Grades
- Oct 23: 4/5/6 Grades

Homework

We would like to assure parents that we are allowing time in the afterschool program for students to do their homework. There are times when HW is not complete. Please check your child's HW at home to make sure it is complete. If you should have any questions or concerns please let us know. Thanks, together we can achieve academic success!

Contact Numbers—Library 575-1881

Questions/Concerns please contact Janet Davis, Site Coordinator at the above listed #'s.

Natchez School Calendar 2013-2014

October

- 1 5:30 p.m. 21st CCLC Advisory Mtg./ Booster Mtg All Natchez Families are invited to be involved in our school.
- 2 EARLY OUT dismiss @ 1:45 p.m.
- 8 EOGP End Of Grading Period
- 9 EARLY OUT dismiss @ 1:45 p.m.
2nd Session TU begins
- 10 5p.m. – 6:30 p.m. FALL FEST- OUTDOORS (weather permitted)
6:30 MOVIE NIGHT on the Lawn (look for flyers)
- 11 PICTURE DAY
- 14-18 FALL BREAK – NO SCHOOL
- 22 6 p.m. TITLE I Math Night/Pumpkin Carving
- 23 EARLY OUT dismiss @ 1:45 p.m.
- 25 NEVADA DAY – NO SCHOOL
- 28 6 p.m. Natchez Family College Night
- 28 – 11/01—Parent/Teacher Conference Week; NO TEAM UP this week
Please contact your teacher and schedule a time.
- 28 Night Parent/Teacher Conferences
- 30 EARLY OUT dismiss @ 12:20 p.m.
- 31 Trick n Treating in ALL Communities

November

- 1 Last Day for Conferences
- 2 Daylight Savings Time End
- 5 6 p.m. 4th Grade NV Day Program
- 6 EARLY OUT dismiss @ 1:45 p.m.
- 8 Clinical Aide Appreciation Day
- 11 VETERANS DAY – NO SCHOOL
- 13 EARLY OUT dismiss @ 1:45p.m.
- 20 EARLY OUT dismiss @ 1:45 p.m.
- 21 Title I Parent /"Bring A Special Person to School Day"
- 22 MAKE-UP PICTURE DAY
- 27-29 THANKSGIVING BREAK –NO SCHOOL

December

- 9 STAR Reading Testing
- 10
- 17 6 pm "Polar Express" Winter Music Program (ALL grades)
- 19 EOGP-End Of Grading Period
- 20- Jan 10, 2014
WINTER BREAK – NO SCHOOL
- 20 TEACHER work Day

- Reminder Parents your child is to read every night at home and reading logs need to be signed, please check your child's backpacks daily and look for Tuesday folders with important/updated school information.
- Keep your contact phone numbers current with the office, so if an emergency arises we are able to contact you.
- Check Infinite Campus on a weekly basis, if you've misplaced or forgotten your username or password, please contact Buddiette or Cindy and they will assist you.
- We welcome your comments, suggestions, and concerns at Natchez please feel free to call us or you may use our suggestion box in front of the office.

Natchez Fall Fest

THURSDAY
October 10, 2013
5:00 p.m.—6:30 p.m.

Everyone Welcome!

6:30 MOVIE
ON THE LAWN
AT NATCHEZ

25 cents/ticket

Haunted Hall
Spooky Cake Walk
Games, Food and Fun

HUMAN RESOURCES

Summer Youth Program—Career Goals and the Value of Tribal Work Experience:

My name is Brady Harry, I'm from the Pyramid Lake Paiute Tribe and I'm seventeen years old. I attend Pyramid Lake High School and play sports such as football and basketball.

This summer I was selected to work for the tribe in their Summer Youth Program. I was hired to work with the landscaping maintenance at Pyramid Lake High School. I have new respect for custodial staff. I used to take the good-looking school for granted but there is a lot of work done to keep the school clean. From my work experience I learned a lot of different things to keep the school clean and green such as maintaining drip systems, sprinklers, weed control and sanitation. From now on I will look at the campus differently from knowing all the work that goes on behind the scenes. Overall this job was a good experience. I would like to thank the tribe for choosing me and this opportunity to for them. I think this program is really good and should be kept around for a long time for future youth.

Sincerely, Brady Harry- July 26th, 2013

Hello my name is Adam Sanchez. I am a youth worker in the environmental department. I worked in public utilities and waste management and honestly learned a lot from yard work to digging up water lines to trash disposal and **also some septic work. So mainly I worked a lot outside. It's a fun and hard job that has a lot of ups and downs but through it all, it has been a great learning experience and I truly recommend to other youths to participate because you will learn a great deal of knowledge that will be useful in the real world.**

Adam Sanchez—7/26/13

I was hired as the Public Relations Intern for the **Museum and Visitors Center. At first, I didn't know where I was going to be placed, but I'm very glad it was here. Getting to learn how a museum operates has been really interesting and educational.**

Some of my duties were to create new social media accounts and maintain the ones we already had. Our **Facebook page was low on "likes" so we came up with the idea to start a daily game to get the community more involved.** Also, to create more awareness about new exhibits and events that are going to take place at the museum.

The museum is in the process of developing a new **logo/brand, so I've been able to help create that. Being the point of contact between different branding companies has taught me to better my communication skills and become more aware and appreciative of how much time and effort it takes to establish something like this.**

Being able to learn your language and more about **the tribe's history, where you work, is definitely stimulating. I've enjoyed listening to Ben and Ralph give presentations to the groups that come through, and also getting to converse with the many different people that visit the museum daily.** By working for the tribe, I have learned quite a few skills that will help me become successful in the future.

Brandie Harry—July 17, 2013

For the Tribal Youth Program, I was assigned to the Health Clinic. For the most part, I was unsure about what types of work would be required in the position and how much it would relate to medical work. It turns out I was passed onto different people for the first week from shredding papers to organizing files until I finally settled into the Suicide Prevention Center.

This position was actually related towards my career type being more hands on work with people instead of mainly office work. The majority of work during the program was working with children, including the JOM program, varying age in different art projects, which suited me just fine as an art major. The children were shown different aspects of our culture, as well as why it is important to be a little creative. Other work also included designing different projects for the Prevention Center, including the Facebook page and bumper stickers.

This job provided some insight into the tribes youth programs and was a good job experience in human relations. My co-workers were laid-back, relatable, and understanding as far as expectations and work load and provided insight into

the different subjects we worked on. This provided some work in art as well as teaching children, and if I get the chance to work here again in the future, I will take that opportunity.

My main focus on my career goals is to finish school and continue on with my education. I would like to attend a career college to earn my degree in medical assisting. I would find myself very successful in this field because I love to help others when they are in need of help. When I took the First aid/CPR class during this summer, it really made me feel confident about wanting to go to school for medical assisting. So this is where I would love to see my future at some day.

In my opinion, the Value of Tribal Work Experience would be to show good work ethics. Show good attendance and good work qualities.

I think it's a good head start for the youth that are participating with the summer youth program. It shows them as young adults what the working life feels like and will probably build up their confidence. So when they start their careers in the future they have some working background with them.

This is my **3rd summer I've been working with the Summer Youth Program and it's showed me a lot. This program showed me how to communicate and work well with others. It's showing me ways to do well in the future with my career and also teaching me good work qualities.**

Taylor Moore—July 24, 2013

I want to thank the Pyramid Lake Paiute Tribe for letting me have the chance to work for the Maintenance Department. I would also like to thank Billie Jean and the other two interviewers for interviewing me. It was a good learning experience I learned how to hang sheet rock, change oil, and rotate tires. I also learned a lot from Alonzo Ruiz, Stan John, and Wendell Henry they taught me everything I learned during the Summer Youth Program. It was a good learning experience to see how everything runs and what the Maintenance Department has to do to keep everything together for the whole reservation. We worked hard and accomplished a lot during the month and a half I was working. While working I got a chance to attend a OSHA training class and CPR class. We got the privilege of being taught safety in construction site and how to properly us CPR. Maintenance is one of my career goals but my main career goal is to become a Music Producer. The money I made working for Tribes Maintenance Department puts me one more step closer to reaching my goal. I would like to thank the tribe for hiring me and I would like to thank my supervisor Wendell Henry and my co-workers for teaching me everything I learned during the Summer Youth Program. I hope to work for the Maintenance Department next summer.

My name is Sam Harry, I am 18 years old and a **member of the Pyramid Lake Paiute Tribe. I'll be attending and playing football at Fort Lewis College this coming Fall Semester.** After having a successful career in football, I plan on becoming a Native Rights Attorney and not only fighting for the Pyramid Lake Paiute Tribe but also other tribes around the nation.

The Summer Youth Program allowed me to work as an assistant to the Parks and Recreation Department. Our main goal for Parks and Rec. is to provide more activities and help clean up the community. Working for Parks and Recreation, I learned that it not just about fun activities. It takes a lot of time, money, and fundraising to set up events such as Beach Volleyball, tug-o-war, basketball tournaments, and movie nights. Working with other departments made me realize how important the youth is to the tribe and much work is put in to allowing the kids to have a good time.

I would like to thank the tribe for the opportunity to work as assistant to the Parks and Recreation. It has been a great experience; also, my supervisor Della John and Co-workers Nathan Dunn, Ray Allen, and Alexis Sarabia.

Sincerely, Sam Harry

So far I am nineteen years of age with some work experience that I had already obtained from the tribe. I have worked before as a summer youth worker in 2010. As you **might have heard in my interview, I'm very grateful to be**

involved in helping my tribe. For me this was a new experience and had opened plenty of doors. Some of the things that I will be able to apply in my future are the CPR/ OSHA training. Some of the values I think that the tribal work experience give include things like getting a better view of the **community. If you are shy and don't get around a whole lot this was a chance to meet and help new people.** Another opportunity was that I learned more in depth about a proper cleaning environment and practicing work ethic. Such as how to properly do the job and also what the meaning of confidentiality is. I had a big connection with my home life and on the job. In my personal life I actually got the motivation to **clean my yard. To me that means wherever we are there's always work to do.** When we all come together to put our time into a little task or big project the outcome of our care is something we all can rejoice in. During our time at work its great being together amongst different coworkers. Another **aspect that I'd like to mention is that if you complete something step by step more things will become available to get done.** Some of my career goals are to start attending college and I say this was a great way to positively use my spare time in a productive way. Once again in my eyes I have followed my commitments and met my goals. I tried my best to show my supervisors as much effort as I could while enjoying my work for myself. To conclude this letter I would like to say how thankful I was when I found out I was chosen out of all the people that could have got the position instead.

Also how easy it was to get along with everybody. So this part of my life was fun to live and definitely had a good impact on my image and character. Those things really matter **to me and I'm excited to keep growing as a youth. As a resident of the PLPT I am glad to see that things are getting handled and I was able to do it my way and with the help of my bosses I did it the right way.** Lastly I would like to thank the PLPT and the human resources department for allowing me to be a part of the youth worker program I enjoyed working as a tribal employee and look forward to working with the tribe in the future.

By Ty sonny Sampson Lopez

How u! My name is Tyler Sumpter. I will be a senior at Reed High School in the upcoming school year. I am active in the Native American Club and Varsity Basketball. I live in Nixon, Nevada.

I would like to thank the Pyramid Lake Paiute Tribe for having the Summer Youth Work Program. There is no employment for students here. I worked at the Pyramid Lake Museum. It was interesting. I met and greeted customers as they came to visit the museum. People come from all over the world, near and far to visit. They had some funny questions that they ask. I met a lot of different people. I also learned how to use the cash register.

The museum is also going to use iPads to help with the displays. They are really cool. We were in the process of **putting new displays up too. I can't wait to see the museum next summer when everything is ready.** We worked on the PL Museum Facebook page, and would have a daily contest with questions that we would ask the public to answer in Paiute. It was cool to see everyone participate and also see all the different Paiute dialects people would answer in. Go like our Facebook page. I wish this program was longer because I **can't wait to see all the new changes. The museum staff was very nice and helpful and fun to work with. I'll miss them for sure.**

Once again, thanks for the opportunity. It has given me very valuable job experience to help me get a job later in life plus some lifelong skills.

Poonedooa! Tyler Sumpter

I think having the tribal work experience here was a great way to start off young people that never really had a job before or people that are trying to get more experience in the working world before they move on to something bigger. It really helps to know that there is an option for young people to go to work and be able to have the opportunity to be able to **apply and work. There isn't much out there for tribal kids to be able to do in their community. There seems to be only stuff in the city of Reno and a lot of these kids don't have access to be able to go into Reno and work. So a lot of kids just decide**

(Continued on page 11)

Human Resources (con't)

(Continued from page 10)

not to try. But having a program right in their community helps them a lot and it's a lot easier for them to actually want to go and work because it's right there for them to try. Also that way when they do go for another job, they will have some job experience because they have worked at something like this and other job employers will enjoy that their young employees are such experienced and smart workers and know what they need to do already. It'll be easier for young workers after working at something like this because they won't feel so scared going into a job somewhere else not knowing what they're doing. So this program is a good 1st job option for young people out there in the tribal area wanting to work. Career goals for me would have to be working in the medical field either for people or animals. I love to help people and look out for them, and I also love animals want to take care of every animal that I am able to care for. I feel that all living things should be cared for and treated the best. Jobs like this help me to be able to see how a day working on a job would be like. So I am experienced to go on and work in the jobs in the medical field or just anything else before I do that. First I would like to start off small and work my way up to working in that field because there is still a lot to learn before I get to that point. Like for example, working at Natchez a few years back in their summer youth program helped me get this job, and soon I'm going to use this job experience to help me get another job and then later I'll hopefully be a doctor like I would like to be and it will be because of these youth job options offered for people like me. They are a big help to my career goals, and a big help to other peoples career goals too. This whole experience this summer in this program has been great because I have learned a lot and this really did help me in many ways. It also didn't just help for work experience; it helped to be more social and to talk to others that you work with. I have made a lot of friends here that I am able to look

HR: Background Investigations

I will take this opportunity to introduce myself and talk a bit about the Pyramid Lake Paiute Tribe's background program. My name is Raymond Brady and I was born/raised in Massachusetts. I served in the United States Navy for (6) six years and the Army Reserves for (3) three years. I have over (13) thirteen years of Law Enforcement experience and I'm a proud Father/Grandfather. It has been a pleasure to serve the Native communities over the years and I take pride in the job that I do.

I will start by telling you that I have an open door policy and that I will certainly try and answer all questions and address your concerns. Also, my office hours are Monday through Thursday...8:00am to 4:30pm. My Office phone number is (775) 574-0441 and I can be reached just about anytime during the work day. When people come into my office, they are sometimes embarrassed about their background and the things they may have done during their lives.

Truth be told...Nobody's background is perfect and everybody certainly has an issue(s) that they are not proud of. That being said, the Pyramid Lake Paiute Tribe has entrusted me to work with potential employees and assist with getting the most suitable people hired. I have included a brief excerpt from the Federal guidelines, that mandate the guidelines we must follow. Again, I look forward to speaking with all of you and have a wonderful day!!

6.2 AUTHORITIES

Federal Statutes, require that minimum standards of character be imposed to ensure that individuals having regular contact or control over Indian children have not been convicted of certain types of crimes or acted in a manner that placed others at risk or raised questions about their trustworthiness.

A. Public Law 101-630, as amended, The standards of character must be no less stringent than those

up to and ask for help or just to be able to help them out with what they need done is a good thing for me to do too. This whole experience was just awesome, and I am proud to be working for the tribe in the environmental department. Thank you.

Alyssa Johnson 7.15.13

My work experience here for the youth summer program has been great. Working in the environmental department was probably the best work experience that I have ever been through. It definitely helped me a lot and I have learned a lot from working here. I know that all I learned here in the department I will be able to put to good use somewhere else. The people I met were such good spirits and they will always nice to me and helped me when I needed help with something I didn't understand. I made a few new friends and it was just an awesome atmosphere. I always wanted to come to work, because it's fun to do was so cool. I learned such cool things that I never learned before. I learned how to water sample with Brandon, Kameron, and Tanda. I love science and it was so awesome to be able to learn something like that and to be able to spend the day in the sun too. They all are really nice people too, and it just made it just as fun and interesting to learn because they were the ones that showed me. They always had a good time sampling and doing the lab work. The lab work seemed hard, but when they showed me it was so easy and cool to do! I felt like a real scientist at that point, and I couldn't wait to go again. I did some office work too and it was nice to be able to sit and learn how to use a scanner and many other things. This whole experience was a big help for me and it always will be a help to others too. I thank you for giving me this opportunity.

Sincerely, Alyssa Johnson—8.2.2013

provided for the Bureau of Indian Affairs. (Appendix A). *Indian Child Protection and Family Violence Prevention Act*, requires that each individual who is employed, is being considered for employment in a position having regular contact with or control over Indian children, or has duties or responsibilities having regular contact with or control over Indian children shall undergo an investigation of character. The minimum standards of character shall ensure that none of the individuals appointed to these positions have been found guilty of, or entered a plea of nolo contendere or guilty to, any felonious offense, or any two or more misdemeanor offenses under Federal, State, or Tribal law involving crimes of violence; sexual assault, molestation, exploitation, contact or prostitution; crimes against persons; or offenses committed against children. The implementing procedures for Public Law 101-630 are found in the Code of Federal Regulations, Title 25, Part 63, *Indian Child Protection and Family Violence Prevention*.

- B. All positions that involve activities that include contact with or control over Indian children, public safety and health, collection of revenue, finance, authority to commit Tribal funds through loans, purchase orders, or contracts are considered Public Trust Positions.
- C. All designated public trust positions must have a basic background investigation and are considered Low Risk Public Trust (LRPT)
- D. Public trust positions having regular contact or control over Indian children must have a basic background and additional investigative requirements. These positions are considered Moderate Risk Public Trust Positions (MRPT)
- E. Public trust positions that have duties and responsibilities critical to the Tribe or its mission with a broad scope of policy or program authority are considered High Risk Public Trust (HRPT) All High Risk Public Trust positions must have a full background.

HUMAN RESOURCES STAFF

Billie Jean Guerrero, Human Resources Manager
Raymond Brady, Background Investigator
Sharon Pacheco, Human Resources Assistant

New Employees:

Bonnie Smith, Secretary III, Health Clinic
Kim Lowery, Sexual Assault Advocate
Brian Wadsworth, Water Quality Manager
Lela Leyva, Accounting Technician, Health Clinic
Jill Mix, Accounting Supervisor
Norman Harry, Water Resources Director
Tammy Smith, Retail Clerk, Nixon Store
Courtney Woo, Child Care Provider
Tara Blossom, Administrative Assistant, BTOP
Stephanie Chapoose, Environmental Assistant
Michelle Mix, Victim Services Assistant
Christopher Tall Bull, Administrative Assistant
Sandra Rae Garcia, Cook-Nutritionist, Numaga
Amanda Davis, Shelter Advocate
Andrea Benally, Transitional Housing Advocate
Sharon Pacheco, Human Resources Assistant
Loren Decker, Health Clinic Police Officer

Welcome to the Tribal Team!!

UPCOMING BIRTHDAYS:

IN OCTOBER -

Eric Ingraham	Adrian Tom
Billie Jean Guerrero	Morgan Blake
Kristen Reeder	Donna Notel
Nathan Dunn	Christopher Tall Bull
Kimberly Dunn	Dorothy Ely
Janet Davis	Della John
Imagene Scott	Norman Harry
Aaron Dewar	Tara Shaw
Monica Atlookan	Teresa Tobey
Wendell Henry	Dallas Stephens

IN NOVEMBER -

Kenneth Miller	Rebecca Moore
Brenden Donnan	Patrick Dunn
Jacqueline Cawelti	Mary Dodd
Wallace Lowery	Melissa Decker
Amelia Brazzanovich	Walter Marrietta
Karen Hernandez	Sandra Hicks
Diana Mitchell	Jennell Fellows
Penny Mix	Arena Tapija
Tatiana Willie	Kim Lowery
Richard Frazier	Cirila Sandoval

IN DECEMBER -

Ralph Burns	Sandra Dunn
Don Pelt	Lea Geurts
Wilma Smith-Tobey	Bonnie Smith
Stephanie Chapoose	



Enrollment Services

The Office of Enrollment Services is open Monday through Friday during normal work hours closing for lunch between 12:00 and 12:30pm. Please call ahead of time to ensure that staff is available to process your requests.

Regular Membership: The Pyramid Lake Paiute Tribes regular membership is based on direct decendancy. Direct decendancy means there can be **no break in the line of progression on the person's family tree**, there must be a direct tie to the Base Roll.

Adoptive Membership: Requires a ¼ blood quantum or more of Pyramid Lake Paiute blood and must receive the endorsement of the Tribal Council by an affirmative 2/3 vote of its members.

Dual Enrollment: Dual enrollment is prohibited by the Pyramid Lake Paiute Tribe. Any person, who is enrolled, affiliated or recognized as a member of another Indian tribe, colony or band is considered to be dually enrolled.

Address Updates: All enrolled members are encouraged to keep their mailing addresses current with the Enrollment Office. Enrolled Member Address Update Forms are available for download on the Tribal website or by calling the Enrollment office.

Tribal ID Cards/Roll Numbers: All tribal members are

urged to keep their membership card with them at all times and to know their roll number. It is also **recommended that a list of your children's roll number** be kept. *Roll numbers cannot be verified over the phone.*

Enrollment Services forms now available online:

- Card Replacement Request Form
- Document Request Form
- Enrolled Member Address Update Form
- Name Change Request Form

Please be sure to sign and date the form before mailing to the Enrollment Office.

Applications: Applications for new enrollment are available in the Enrollment office for pick up or can be mailed to you. Please note: There is no cut-off date or deadline for enrollment applications; applications are accepted upon filing with the Enrollment Office.

Approvals

We welcome the following new members of the Tribe:

New Members July:

Leviticus Dewey Sampson, Brooklyn Olivia Francis, Evelyn Nicole Francis, Caleb Roy Francis, Joshua Stephen Cerocke, Nicholas Cruz Lujan, Mya Ylena

Lujan, Latyra Jhovon Wilson

New Members August:

Isabella Sophia Aguirre, Razakel Tuhudya Brady-Cummings, Alice Daniel Hartley, David Oso Leal, Kyree Vincent Nuanes

New Members September:

Amira Jade Centeno, Kailanna Amina Chapoose, **Azahni Monroe Dennison, E'Alianna Jonette Dennison**, Williams Pahdenah George, Terralena Redbird Miller, Farrah Hayden Mauwee, Enoch Lee Williams, April Leona Harden

All of these individuals have met the criteria for Regular Membership or Adoptive Membership and are the direct lineal descendants of Base Enrollees.

If there are any questions or concerns regarding membership issues, please call the Enrollment Office at 775.574.1000, Ext. 115, or email: pl enrollment@plot.nsn.us

On behalf of the Enrollment Committee and staff, we wish our tribal membership a safe and happy Holiday Season.



Intertribal Agriculture Council sponsors Youth Essay Contest

BILLINGS, MT — September 5, 2013 — The Intertribal Agriculture Council is sponsoring a Youth Essay Contest for Native American Youth enrolled in a Federally Recognized Tribe and entering grades 9-12 during the 2013-2014 school year. This is a great opportunity for youth to showcase their writing talents.

The theme for the contest is:

“Perseverance + Sustainability = Food Security: Feeding Ourselves in a Rapidly Changing World”.

We are excited to hear what these terms mean to youth and their personal history from a food and agriculture perspective. The deadline for submissions is 4pm (MST) on November 1, 2013. Please encourage all eligible youth to enter. IAC will provide an all-expense paid trip to 3 finalists including one adult chaperone per student. Finalists will present their written work at the 2013 IAC Membership Meeting at the Flamingo Las Vegas, December 9-13, 2013. Finalists will be notified by November 15, 2013.

For more information, contact:

Verna Billadeaux at (406)338-2650/(406)450-8107 or Janie Simms-Hipp at (479)409-9125.

Please share with your contacts. This is a great opportunity for youth.

About Intertribal Agriculture Council
The Intertribal Agriculture Council was founded in 1987 to pursue and promote the conservation, development and use of our agricultural resources for the betterment of our people. Land-based agricultural resources are vital to the economic and social welfare of many Native American and Alaskan Tribes.

The Intertribal Agriculture Council has over the last decade become recognized as the most respected voice within the Indian community and government circles on agricultural policies and programs in Indian country. For more information, please visit <http://www.indianaglink.com>

Contact

Donita A. Fischer, Public Relations Director
Office: (605) 964-8320
Fax: (605) 964-8321
donita@indianaglink.com

SAVE THE DATE

SMART RURAL COMMUNITIES ROUNDTABLE

Guest Speakers
Joe Tavormina - What is Smart Technology?
David LaPlante - How does a smart community use it?

See attached for answers to:
What is a Smart rural community and who are Joe Tavormina and David LaPlante?

When: October 15, 2013
Where: 7000 Dandini Blvd., Reno
Sierra Building, Rm. 108
TMCC Main Campus
Time: 1:00 p.m. to 4:00 p.m.

Video Teleconference Locations will be made available. Contact us if you are interested in a specific location.

RSVP is essential - jenifer.taylor@nv.usda.gov

If you feel you are in crisis, whether or not you are thinking about suicide, please call the Lifeline:



People have called us for help with substance abuse, economic worries, relationship and family problems, sexual orientation, illness, getting over abuse, depression, mental and physical illness, and even loneliness.

Victim Services Program

Domestic Violence and Abuse

Signs of Abuse and Abusive Relationships

Domestic violence and abuse can happen to anyone, yet the problem is often overlooked, excused, or denied. This is especially true when the abuse is psychological, rather than physical. Noticing and acknowledging the signs of an abusive relationship is the first step to ending it. No one should live in fear of the person they love. If you recognize yourself or someone you know in the following warning signs and descriptions of abuse, reach out. There is help available.

Domestic violence and abuse are used for one purpose and one purpose only: to gain and maintain total control over you. An abuser doesn't "play fair." Abusers use fear, guilt, shame, and intimidation to wear you down and keep you under his or her thumb. Your abuser may also threaten you, hurt you, or hurt those around you.

Domestic violence and abuse does not discriminate. It happens among heterosexual couples and in same-sex partnerships. It occurs within all age ranges, ethnic backgrounds, and economic levels. And while women are more commonly victimized, men are also abused—especially verbally and emotionally, although sometimes even physically as well. The bottom line is that abusive behavior is never acceptable, whether it's coming from a man, a woman, a teenager, or an older adult. You deserve to feel valued, respected, and safe.

Recognizing abuse is the first step to getting help. Domestic abuse often escalates from threats and verbal abuse to violence. And while physical injury may be the most obvious danger, the emotional and psychological consequences of domestic abuse are also severe. Emotionally abusive relationships can destroy your self-worth, lead to anxiety and depression, and make you feel helpless and alone. No one should have to endure this kind of pain—and your first step to breaking free is recognizing that your situation is abusive. Once you acknowledge the reality of the abusive situation, then you can get the help you need.

Signs of an abusive relationship
There are many signs of an abusive relationship. The most telling sign is fear of your partner. If you feel like you have to walk on eggshells around your partner—

constantly watching what you say and do in order to avoid a blow-up—chances are your relationship is unhealthy and abusive. Other signs that you may be in an abusive relationship include a partner who belittles you or tries to control you, and feelings of self-loathing, helplessness, and desperation.

To determine whether your relationship is abusive, answer the questions below. The more "yes" answers, the more likely it is that you're in an abusive relationship.

Sexual abuse is a form of physical abuse. Any situation in which you are forced to participate in unwanted, unsafe, or degrading sexual activity is sexual abuse. Forced sex, even by a spouse or intimate partner with whom you also have consensual sex, is an act of aggression and violence. Furthermore, people whose partners abuse them physically and sexually are at a higher risk of being seriously injured or killed.

It Is Still Abuse If . . .
The physical assaults stopped when you became passive and gave up your right to express yourself as you desire, to move about freely and see others, and to make decisions. It is not a victory if you have to give up your rights as a person and a partner in exchange for not being assaulted! Many women are emotionally and verbally assaulted. This can be as equally frightening and is often more confusing to try to understand. Unfortunately, emotional abuse is often minimized or overlooked—even by the person being abused.

Understanding emotional abuse
The aim of emotional abuse is to chip away at your feelings of self-worth and independence. If you're the victim of emotional abuse, you may feel that there is no way out of the relationship or that without your abusive partner you have nothing.

Emotional abuse includes verbal abuse such as yelling, name-calling, blaming, and shaming. Isolation, intimidation, and controlling behavior also fall under emotional abuse. You may think that physical abuse is far worse than emotional abuse, since physical violence can send you to the hospital and leave you with scars. But, the scars of emotional abuse are very real, and they run deep. In fact, emotional abuse can be just as damaging as physical abuse—sometimes even more so.

Abusers use a variety of tactics to manipulate you and exert their power

Abusers are able to control their behavior—they do it all the time:

- Dominance – Abusive individuals need to feel in charge of the relationship. They will make decisions for you and the family, tell you what to do, and expect you to obey without question. Your abuser may treat you like a servant, child, or even as his or her possession.
- Humiliation – An abuser will do everything he or she can to make you feel bad about yourself or defective in some way. After all, if you believe you're worthless and that no one else will want you, you're less likely to leave. Insults, name-calling, shaming, and public put-downs are all weapons of abuse designed to erode your self-esteem and make you feel powerless.
- Isolation – In order to increase your dependence on him or her, an abusive partner will cut you off from the outside world. He or she may keep you from seeing family or friends, or even prevent you from going to work or school. You may have to ask permission to do anything, go anywhere, or see anyone.
- Threats – Abusers commonly use threats to keep their partners from leaving or to scare them into dropping charges. Your abuser may threaten to hurt or kill you, your children, other family members, or even pets. He or she may also threaten to commit suicide, file false charges against you, or report you to child services.
- Intimidation – Your abuser may use a variety of intimidation tactics designed to scare you into submission. Such tactics include making threatening looks or gestures, smashing things in front of you, destroying property, hurting your pets, or putting weapons on display. The clear message is that if you don't obey, there will be violent consequences.
- Denial and blame – Abusers are very good at making excuses for the inexcusable. They will blame their abusive and violent behavior on a bad childhood, a bad day, and even on the victims of their abuse. Your abusive partner may minimize the abuse or deny that it occurred. He or she will commonly shift the responsibility on to you: Somehow, his or her violent and abusive behavior is your fault.
- Abusers pick and choose whom to abuse. They don't insult, threaten, or assault everyone in their life who gives them grief. Usually, they save their abuse for the people closest to them, the ones they claim to love.
- Abusers carefully choose when and where to abuse. They control themselves until no one else is around to see their abusive behavior. They may act like everything is fine in public, but lash out instantly as soon as you're alone.
- Abusers are able to stop their abusive behavior when it benefits them. Most abusers are not out of control. In fact, they're able to immediately stop their abusive behavior when it's to their advantage to do so (for example, when the police show up or their boss calls).
- Violent abusers usually direct their blows where they won't show. Rather than acting out in a mindless rage, many physically violent abusers carefully aim their kicks and punches where the bruises and marks won't show.

SIGNS THAT YOU'RE IN AN ABUSIVE RELATIONSHIP	
Your Inner Thoughts and Feelings	Your Partner's Belittling Behavior
Do you? feel afraid of your partner much of the time?	Does your partner: humiliate or yell at you?
avoid certain topics out of fear of angering your partner?	criticize you and put you down?
feel that you can't do anything right for your partner?	treat you so badly that you're embarrassed for your friends or family to see?
believe that you deserve to be hurt or mistreated?	ignore or put down your opinions or accomplishments?
wonder if you're the one who is crazy?	blame you for their own abusive behavior?
feel emotionally numb or helpless?	see you as property or a sex object, rather than as a person?
Your Partner's Violent Behavior or Threats	Your Partner's Controlling Behavior
Does your partner: have a bad and unpredictable temper?	Does your partner: act excessively jealous and possessive?
hurt you, or threaten to hurt or kill you?	control where you go or what you do?
threaten to take your children away or harm them?	keep you from seeing your friends or family?
threaten to commit suicide if you leave?	limit your access to money, the phone, or the car?
force you to have sex?	limit your access to money, the phone, or the car?
destroy your belongings?	constantly check up on you?

Do you want to leave an abusive situation, but stay out of fear of what your partner might do? While leaving isn't easy, there are things you can do to protect yourself. You're not alone, and help is available.

PLPT Victim Services Program
101 Big Bend Ranch Road, Wadsworth, NV 89408
(775) 575-9444
Monday – Saturday: 8:00am – 4:30pm

Victim Services Program (cont.)

Sexual Assault Support

Victims often feel they are somehow responsible or should have been able to prevent the assault. This is especially true in acquaintance rape. The intensity of any of these emotions can be frightening. Our experience has shown us that dealing with these emotions as soon as possible allows the victim to regain a sense of perspective and control.

Common Psychological Reactions to Sexual Assault:

- Intrusive thoughts and/or images
- Flashbacks
- Anxiety Attacks
- Feelings of shame, guilt, or embarrassment
- Depression/Numbness
- Recurring dreams/nightmares
- Confusion/Disorientation
- Fear and/or helplessness
- Sleeping and eating problems
- Panic attacks
- Being easily startled
- Anger
- Difficulty in establishing a sexual relationship with a partner

Victim's compensation programs can help to pay for counseling for survivors who have filed a report of the incident with the appropriate law enforcement agency. For those who choose not to file a report there are other services available at low or no cost. Please contact the Pyramid Lake Victim Services during business hours for other counseling referrals and options.

TO REPORT OR NOT TO REPORT.....

We encourage sexual assault victims to report their incident so that they may receive appropriate medical attention and have access to the services that are available once a report has been filed. However, reporting a sexual assault to law enforcement is the **victim's choice. We respect a victim's right to make that choice and will support them in whatever choice they make.**

If you are assaulted and you choose to report the incident, we recommend that you:

- Do not bathe, douche, or change your clothes
- Do not use the bathroom

- Do not eat or drink anything
- Do not apply medication
- Do not disturb or clean up the crime scene

Cleaning up is a normal reaction, but it can destroy vital evidence that can be used in court. Evidence collection examinations are conducted up to 7 days after an assault has occurred.

If you choose NOT to report the incident:

- Seek medical care
- You should be tested for any Sexually Transmitted Diseases and HIV/AIDS
- **You may also want to consider the "morning after" pill to prevent pregnancy**

Whether or not you choose to report the crime, please remember **IT IS NOT YOUR FAULT.** No one has the right to force you to do something that you do not want to do.

If you want to be helpful to someone who has been **sexually assaulted, remember...**

- The most important thing you can do is believe and support the victim.
- Remind the victim that it was not their fault.
- Encourage the victim to report the assault to law enforcement, but respect the victim's decision if they do not report it.
- Encourage the victim to seek medical attention.
- Encourage the victim to call Crisis Call Center or their nearest Victim Service Program.

The Victim Services Program can assist you with:

- Accompany victim to clinic or hospital
- Provide immediate crisis intervention
- Offer information and referrals for counseling, medical treatment and other services
- Help file for victims of crime compensation
- Assist with reporting the incident to law enforcement
- Assist with immediate needs such as clothing, food, and transportation

Pyramid Lake Victim Services	775.575.4444
Pyramid Lake Tribal Police	775.574.1014
Sexual Assault Support Services	775.784.8085
Washoe County Sheriff's Office	775.338.3320

Hopeful that these tips help out in a sexual assault situation. Please feel free to stop by our offices and ask questions or received information on how to help someone in this situation

Pyramid Lake—Victim Services Program
101 Big Bend Road | Wadsworth, NV 89442
Phone: 775-575-9444 | FAX: 775-575-9446

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**Staff:**  
 Mary Dodd, Program Coordinator  
 Genia Garcia, Administrative Assistant  
 John Meche, Legal Advocate  
 Ima Scott, Shelter Advocate  
 Kim Lowery, Sexual Assault Advocate  
 Kathleen Eyre, Counselor

**NEW HOURS:**  
 Monday – Saturday: 8:00am to 4:30pm

**Natchez Celebrates Native American Month—September 2013**

Natchez held their Pageant in collaboration with Pyramid Lake Jr. Sr High School. We had a great turnout numerous family members and community showing their support. Dinner was provided by PL Jr. Sr high School and Natchez. I would like to thank all that was involved in planning, preparing and clean up. At Natchez we have Delakka Placca (K), 3rd graders: Dejalyne Gopher

and Tsiavi Melendez vying for the title of Lil' Miss Natchez. For Miss Natchez we have 4th graders: Sage Abel and Tashara Guerrero. All the girls looked beautiful in their regalia and all had outstanding speeches and performed their talents very well. Hats off to them for having the courage to stand in front of everyone.

Davis, Charlene Williams; 50+ Male: Johnnie Garcia.

Due to weather conditions we held our 16<sup>th</sup> Annual Social Powwow at Natchez on September 27, 2013 during the day. Echo Sky was our host drum and Five Feathers was a Co-host. Thank you to our Arena director, Elmer Atlooken and Emcee, Monty Williams. Ken Paul for providing us with a blessing a carrying our flag. **Natchez's Royalty were announced, Lil Miss Natchez** Runner up: Tziavi Melendez and Lil Miss Natchez is Dejalyne Gopher. Miss Natchez Runner Up: Sage Abel and Miss Natchez is Tashara Guerrero. Congratulations to all the girls!



**2013-2014 Natchez Royalty**  
 L-R: Sage Abel, Tashara Guerrero, Dejalyne Gopher, Tziavi Melendez, and Delaka Polacca.

We held our 3<sup>rd</sup> Annual NAM Fun Run we had approximately 250 participants, working in Collaboration with Pyramid Lake SUMUNUMU program, PL Save the Children Program, Natchez, and TEAM UP, this event was a success, we look forward to next year! Our Winners in the Fun Run listed from 1<sup>st</sup> – 3<sup>rd</sup> place were: Kindergarten Nataani Bitsilly, Delaka Polacca, Laura Rosales; 1<sup>st</sup> grade: Raynan Mix-Tapija, Bryce Blindman, Jace Harry; 2<sup>nd</sup> Grade: Zaydn Lee, Johnnie Williams, Cash Hall; 3<sup>rd</sup> Grade: Cellis Batres, Cole Smith, Michael King-Florez; 4<sup>th</sup> Grade: Michael Gerbasi, Kaien John, Brandon Kills Back; 5<sup>th</sup> Grade: Eric Brinker (and overall), Warren Antone, Alexis Batres; 6<sup>th</sup> Grade: Zachary Lowery, Darrel Lopez, Isabella Edmo; Adult Female: Walita Querta, Elizabeth Chapin, Erica Funderburk; Adult Male: David One Horn, Spenser Wasson, Kenneth Fox; 50+ Female: Karen Shaw, Judie



**Natchez NAM Fun Run Winners**



October 12-13, 2013 PYRAMID LAKE JUNIOR RODEO CHECK IN 1 HOUR BEFORE RODEO  
 Big Bend Ranch ONE GO ROUND Rodeo start 10:00 a.m. SATURDAY  
 Wadsworth, NV [pljrrodeo@gmail.com](mailto:pljrrodeo@gmail.com) 9:00 a.m. SUNDAY

Contestant Name \_\_\_\_\_ Age on October 1, 2013 \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ST \_\_\_\_\_ zip \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

Buckles to 1<sup>st</sup> place Peewee (Co-ed) Peewee Prizes will be given out on Saturday. Jackpot 6-9 & 10-13 Girl & Boy. All-Around Buckles to Boy & Girl Peewee, 6-9, and 10-13. \$50 Added per event Jackpot ages 14-18 years of age and all around prize. **\*\*10-13 Team Roping-One Go w/Partner 18 years or older.**

| Girls 6-9            | \$15/event | Boys 6-9             | \$15/event | Girls 10-13          | \$15/event | Boys 10-13           | \$15/event |
|----------------------|------------|----------------------|------------|----------------------|------------|----------------------|------------|
| Pole Bending         |            | Figure Eight         |            | Pole Bending         |            | Steer Riding         |            |
| Barrel Racing        |            | Team Roping          |            | Barrel Racing        |            | Figure Eight         |            |
| Goat Tying           |            | Calf Riding          |            | Breakaway            |            | Breakaway            |            |
| Team Roping          |            | Goat Tying           |            | Goat Tying           |            | Goat Tying           |            |
| Steer Daubing        |            | Steer Daubing        |            | Team Roping          |            | Team Roping          |            |
| <b>TOTAL FEES \$</b> |            | <b>TOTAL FEES \$</b> |            | <b>TOTAL FEES \$</b> |            | <b>TOTAL FEES \$</b> |            |

| PEEWEE GIRL/BOY                 | \$15/event | Girls 14-18          | \$20/event | Boys 14-18           | \$20/event |
|---------------------------------|------------|----------------------|------------|----------------------|------------|
| <b>Ages 2-5 (SATURDAY ONLY)</b> |            | Pole Bending         |            | Bull Riding          |            |
| Dummy Roping                    |            | Barrel Racing        |            | Chute Dogging        |            |
| Stick Horse Barrels             |            | Goat Tying           |            | Calf Roping          |            |
| Mutton Busting                  |            | Team Roping          |            | Team Roping          |            |
| Goat Un-decorating              |            | Partner:             |            | Partner:             |            |
| <b>TOTAL FEES \$</b>            |            | Team Roping          |            | Team Roping          |            |
|                                 |            | Partner:             |            | Partner:             |            |
|                                 |            | <b>TOTAL FEES \$</b> |            | <b>TOTAL FEES \$</b> |            |

**\*\*14-18 Boy/Girl Team Roping -ONE GO w/another contestant ONLY. You may switch ends.**

**TOTAL FEES \$ \_\_\_\_\_ +\$5.00 PER CONTESTANT (Parking/Usage Fee) = \$ \_\_\_\_\_ TOTAL AMOUNT ENCLOSED. ALL ENTRIES must be accompanied by cashiers check or money order payable to PYRAMID LAKE JUNIOR RODEO CLUB - NO PERSONAL CHECKS. MUST BE POSTMARKED by October 4, 2013. NO EXCEPTIONS. CALL BACKS WEDNESDAY OCTOBER 9<sup>th</sup> 5 p.m. - 10 p.m. 775-742-8947 Buddiette. A copy of Birth Certificate must be sent with Entry.**

MAIL ENTRIES TO: PL Jr. Rodeo Club, POB 962, Wadsworth, NV 89442

I, \_\_\_\_\_ hereby hold release and hold harmless the Pyramid Lake Paiute Tribe/PL Jr. Rodeo Club, its members, officers, agents, servants, representatives, administrators, executors and assigns from and all debts, claims, demands, liabilities, obligations, causes of actions and rights, whether known or unknown, which the undersigned may have against the above named entities' in connection with the Pyramid Lake Paiute Tribe/PL Jr. Rodeo Club, for any reason whatsoever. This release is intended to, and does constitute a general release and waiver of any Nevada Statute, which may restrict a general release and waiver as to unknown or suspected claims. The undersigned certifies that he/she has read and understands this form.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Subscribed and sworn before me this \_\_\_\_\_ day of \_\_\_\_\_, 2013.

State of \_\_\_\_\_ County of \_\_\_\_\_

Notary Public \_\_\_\_\_

## Pyramid Lake Annual Nevada Day Open Rodeo (Pre) October 19-20, 2013 Wadsworth, NV

| EVENT                       | GO | FEE      | Added Money |
|-----------------------------|----|----------|-------------|
| Stock Saddle Bronc          | 1  | \$60     | *\$150      |
| Saddle Bronc                | 1  | \$60     | *\$150      |
| Bareback                    | 1  | \$60     | *\$150      |
| Bull Riding                 | 1  | \$60     | *\$150      |
| Barrel Racing               | 1  | \$60     | *\$150      |
| Calf Roping                 | 1  | \$60     | *\$150      |
| Steer Wrestling             | 1  | \$60     | *\$150      |
| Ladies Breakaway            | 1  | \$60     | *\$150      |
| Team Roping**               | 1  | \$60/man | *\$150      |
| Century Team Roping (45+)** | 1  | \$60/man | *\$150      |

**\*\*May enter twice**  
**\*For Added Money entries must exceed 5 contestants.**

### ADULT SPECIAL EVENT

| EVENT             | GO | FEE       |
|-------------------|----|-----------|
| Women Team Roping | 1  | \$80/Team |

*(May enter Twice-can switchends SATURDAY ONLY)*

### CASH PAYOUTS

Phone Entry: October 13 & 14th  
 5 p.m. - 10 p.m.  
 Buddiette @ (775) 742-8947

Call Backs: October 16th  
 5-10 p.m.  
 (775) 742-8947


Check in:  
 October 19-20 - Saturday/  
 Sunday  
 9:00 - 10:00 a.m. ONLY  
 @10:30 books close.

RODEO STARTS:  
 11:00 a.m. both days  
 Big Bend Ranch

For More Information Contact:  
 John Guerrero (775) 771-5713  
 Nathan Pudsey (775) 750-2168

**\$5.00 Usage Fee/Contestant**  
**NO PERSONAL CHECKS**  
**Cash (at check in) or Money order (if mailed)**  
**No setups or trade offs**  
**1/3 stock fee will be assessed**

*The Pyramid Lake Paiute Tribe and Rodeo Committee will not be responsible for Accidents, personal property damage, theft or injuries.*



**BRIDGES TO A THRIVING NEVADA**


*Bridges Out of Poverty is a powerful model for economic and social change and stability.*

It helps social, health, business, and legal professionals in middle class and wealth to understand the tyranny of living in poverty in constant survival mode. This book helps you or your organization create many more opportunities for sustainable success.

- Redesign programs to better serve the people you work with.
- Build skill sets for management to help guide employees.
- Upgrade training for front line staff.
- Improve treatment outcomes.
- Increase the likelihood of moving from welfare to work.

As we are looking to counter poverty or its impact on people and businesses in our community, **Bridges Out of Poverty** solutions give us the structures, ideas and concrete tools a community needs to prevent, reduce and alleviate poverty. **Bridges Out of Poverty** is an approach that helps employers, community organizations, social-service agencies and individuals address poverty in a comprehensive way. People from all economic classes come together to improve job retention rates, build resources, improve outcomes and support those who are moving out of poverty.

**BRIDGES OUT OF POVERTY**  
**Day 1 Training**  
**October 23 OR December 11**  
 Time: 9am - 3:30 pm  
 Location: United Way Offices  
 639 Isbell Rd. Suite 460  
 RSVP: Leslie Brandeau-Kennedy  
[lbrandeau@fynn.org](mailto:lbrandeau@fynn.org)  
 775-636-4209  
 Open to First 25 Registrants  
 Lunch and Book Provided



**FOOD BANK**  
 OF NORTHERN NEVADA  
[www.fynn.org](http://www.fynn.org)

## FOR THE CHILDREN TRAINING

(Ya A Too Wam O Bi)

PRESENTED BY:  
 Nevada Leadership Education  
 In Developmental Disabilities (LEND)  
 NV PEP  
 Training and Collaboration  
 will include the following:

- ◆ Providing positive behavior supports for your child
- ◆ Supporting learning
- ◆ Special education processes and advocacy
- ◆ Child Developmental Milestones --Learn the Signs. Act Early. (LTSAE)

When: October 14  
 Time: 9:00 to 4:00  
 Where: Stillwater Reservation, Fallon  
 Call to Reserve a Spot: Mary Williams  
 775-423-8065



## Letters to the Editor

The Pyramid Lake Paiute Tribal Newspaper welcomes your "Letters to the Editor."

- ◆ Letters must be 200 words or less. Letters are subject to editing for conformance to the 200 word limit, as well as for libel and taste.
- ◆ Letters must carry a full, legible and signed name of its author. The newspaper staff does not withhold names of letter authors. Pseudonyms are not allowed.
- ◆ Each author is allowed one published letter per newspaper issue.
- ◆ To be published, all letters must have a permanent address and/or a daytime telephone number for verification. This information will not be published.
- ◆ Letters addressed to specific parties other than the Pyramid Lake Paiute Tribal newspaper, to readers, letters from other publications, form letters that do not contain original writing content by the signatory or personal complaints outside the public domain are not published.
- ◆ Letters are published in the order which they are received. Promptness of publication depends on the volume of letters received and space availability.

**MAIL LETTERS TO:**

Letter to the Editor  
 PYRAMID LAKE PAIUTE TRIBE  
 P O Box 256  
 Nixon, NV 89424



### 2013 Newspaper Submittal for Paper 4th Quarter (Oct-Dec) DEADLINE: December 27, 2013

Please complete this form and submit with your article.  
**BE SURE TO:**

- Include your name, phone # and address.
- Personals may submit a hard copy of article. Hand written Personals ONLY must be printed legibly.
- Mailed articles must be saved on CD in Publisher, Word or WordPerfect format.
- Articles can be submitted via e-mail to news4plpaper@yahoo.com. Make sure contact info is available for any problems.
- Pictures should be submitted in black & white. (Dark backgrounds do not scan well).
- Digital pictures must be taken with a high resolution for a good quality picture in a .jpg format
- REMEMBER: Pictures represent the quality of the picture submitted.

DATE: \_\_\_\_\_ NEWSPAPER MONTH: \_\_\_\_\_  
 NAME: \_\_\_\_\_  
 PHONE: \_\_\_\_\_ DEPARTMENT: \_\_\_\_\_  
 TITLE OF ARTICLE: \_\_\_\_\_  
 ITEMS TO BE RETURNED: YES or NO  
 IF YES, ADDRESS: \_\_\_\_\_

### ADVERTISING RATES

Advertising space will be provided to any business, organization or individual at the following rates:

\$100/full page    \$75/half page    \$50/quarter page    \$25/eighth page    \$10/business card

All advertisements must be camera ready and cannot be returned. Each advertisement must be paid in full by the deadline date for publishing.

DEADLINES FOR THE YEAR 2013 (Tentative Dates, subject to change): Friday @ 12:00 pm

4th Quarter Oct—Dec, 2013—Dec 27th

This schedule will allow us to get the newspaper prepared, edited, and printed and ready for bulk mailing the first week of each month. Articles should be emailed directly to lgleyva@yahoo.com. If email is not available, mail to the Tribal Secretary address listed below., must be received by the due date.

Thank you for contributing your articles for our Newspaper this past year. Please continue to contribute to our Newspaper and let the community know about your program activities or upcoming events. Please submit by email, when possible, in Microsoft Word or Publisher format.

**CONTACT:** PYRAMID LAKE PAIUTE TRIBE—NEWSPAPER ADVERTISEMENT  
 P O Box 256, Nixon, NV 89424-0256    PH: (775) 574-1000; FX: (775) 574-1008

### CHANGE OF ADDRESS

Name: \_\_\_\_\_  
 Old Mailing: \_\_\_\_\_  
 New Mailing: \_\_\_\_\_  
 I confirm that this is my current address:  
 Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_



**Numuwaetu Nawahana**  
 Pyramid Lake Paiute Tribal Newspaper  
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