

## NUMUWAETU NAWAHANA

"Telling the Indian People's News" Pyramid Lake Paiute Tribal Newspaper

Volume 8, Issue 1 www.plpt.nsn.us 2014 | 1st Quarter

#### 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 Construction, Pyramid Lake Transit, Wadsworth Community Center Parking Lot with Access Road and a Tribal Safety Project (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 90% complete.

We are applying for the 2014 - Transportation Investment Generating Economic Recovery or "TIGER Discretionary Grant" - to fund the construction of Wadsworth Bypass Road. This grant is due on April 28, 2014 and if we are successful in our application we will continue with the construction of this road project.

We are continuing to work on this project with Nevada Department of Transportation, Bureau of Indian Affairs and Summit Engineering to complete the Environmental Requirements and Right of Way for the design package.

#### PELICAN POINT PROJECT

The Pelican Point Project design project 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 including the Plans, Specifications and Estimates (PS&E'S) is 100% complete. The Pyramid Lake Paiute Tribe was selected to receive a "TIGER Discretionary Grant of \$2.94 million dollars for the project. The grant is highly competitive nationwide and we were fortunate to be one of four Tribes nationwide to be selected.

The Pelican Point Road Construction Project will be located off of State Route 445 approximately three miles north of Sutcliffe, Nevada. The new intersection will be relocated approximately 800 feet south of the existing intersection. Improvements will include 0.3 miles of paved access road, paved parking for approximately 127 vehicle/trailer combinations, 40 day use sites with parking for 90 additional vehicles and an associated 2,400 feet of connector roadways. We have hired a project manager and project superintendent and are working with Federal Highway Administration (FHWA) on the preconstruction requirements. We have planned to begin construction of the project during the summer of 2014.

#### PYRAMID LAKE TRANSIT PROJECT

We have recently been awarded \$300,000 to fund start-up costs for a new Transit System for the Tribe. We are now communicating with Federal Transit Administration to access the funding to start this project. New staff to be hired will include a Transit Manager and Drivers when the project is underway.

## WADSWORTH COMMUNITY CENTER PARKING AREA AND ACCESS ROAD PROJECT

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 began on September 23, 2013.

The project work including sidewalks, curb & gutter, manhole, water line extensions, sewer line extensions, power and natural gas extensions were completed. The project was paved on April 7<sup>th</sup> and April 8<sup>th</sup> and is complete with the exception of the striping.

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.

#### TRIBAL SAFETY PROJECT

We have applied for and were selected to receive a \$12,500 safety grant. This project will be to develop a safety plan for the Pyramid Lake Tribal Transportation system. The safety plan will be similar to the BIA transportation safety plan. By implementing a Tribal Safety Plan, we hope to meet the BIA VISION STATEMENT: All transportation users arrive safely at their destinations and GOAL: to prevent and reduce the number of people killed and injured in transportation related crashes. Some key components of the plan are to be Data Collection, Run off the Road Crashes, Occupant Protection, Alcohol/Drug Impaired Driving and Other Driver Behavior and Awareness. Transportation planning is continuing to work on this project.

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

Johnnie M. Garcia Transportation Planner

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

Currently, work is complete on the building structure and interior. The community building area now includes sidewalks, curb & gutter and pavement for the street and parking lot. The new community center building is preliminarily scheduled to have a grand opening during the first week in May 2014.

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

> Pyramid Lake Fisheries has started the 2014 Spawn season!

We will be distributing trout once a week to any community members that are interested.

476-0500 to leave your name and contact number

Please call the Fisheries at



#### PLPT CONSOLIDATED HIGHER EDUCATION

## PLPT Scholarship Application Deadline Approaching!

**Deadline dates** are again rapidly approaching for the 2014 Fall 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:

#### June 30<sup>th</sup> 2014

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....

#### 2<sup>nd</sup> Notice!!! 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.

## Native American Motivational Speakers needed!!!

We are again reaching out looking for Motivational speakers that we can use to reach out tribal youth. We are seeking those individuals who have graduated from college and are working in the chosen field you received your education in. However we are not limiting this to college success stories, but to the individual native entrepreneurs that have made their way with their creative idealism that catapulted you into success. Any individual interested please call me at (775) 574-0300

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

Phone #

574-1088

574-0441

574-0117

560-4417

574-1018

574-0300

574-1016

574-1026

574-0301

574-1035

Phone #

476-0500

476-0510

476-0559

476-0720

Marble Bluff

Nixon Store

Numaga Center

Social Services

Community Bldg

I-80 Smokeshop

Incubation (PLF)

Natchez Elementary

Sumunumu

Tribal Court

Numana Hatchery

Wadsworth Phone Numbers

Nixon Daycare

Nixon Head Start

Nixon Post Office

Phone #

574-0187

574-1031

574-1032

574-0300

574-0467

574-1064

574-0290

574-1047

574-1111

574-1094

Phone #

575-2181

575-2253

575-1883

**Nixon Phone Numbers** 

Location Cultural Center

Background Invest.

Diabetes Program

Emergency Resp.

Higher Education

Housing Authority

Sutcliffe Phone Numbers

Health Dept.

High School

Maintenance

PLF - Admin.

PLF - Hatchery

PLF - Lake Ops.

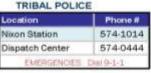
PLF - Maintenance

Library

Last Name	First Name	EXT	Position/Title
BLACK	Lori	1100	Front Desk
CONFERENCE	ROOM	1126	Conference Room
VACANT		1129	Finance
ELY	Dorothy	1114	JOM Director
FRAZIER	Vernelda	1121	Tax Administrator
GARCIA	Johnnie	1106	Transportation Manager
GARCIA	Sandy	1105	Payroll
GARDNER	Greg	1117	Technology Services
GUERRERO	Billie Jean	1120	HR Manager
HICKS	Sandra	1104	Contracts/Grants
HUNTER	Sheri	1111	Comptroller
JAMES	Terence	1102	Tribal Vice-Chairman
JOHN	Della	1125	Tribal Executive Officer
VACANT		1112	G/L Accountant
LOWERY	Elwood	1122	Tribal Chairman
MANDELL	Lynelle	1118	Accounting Clerk
MITCHELL	Randa	1128	Accounts Receivable
PACHECO	Sharon	1119	HR Assistant
QUERTA	Alicia	1123	Tax Specialist
SHAW	Joanne	1115	Enrollment Officer
SMITH	Carol	1101	Executive Secretary
TALL BULL	Christopher	1107	Transportation Secretary
WADSWORTH	Gina	1127	Tax Office Manager
WADSWORTH	Steven	1117	Information Assistant
WILLIAMS	Nikki	1116	Grants Writer
WRIGHT	Pam	1110	Accounting Supervisor
ZURWELL	Grace	1109	Accounts Payable



Ranger Station 476-1155 Realty Office 575-2185 575-9444 Victim Services Wads, Daycare 575-2774 Wads. Head Start 575-7910 TRIBAL FAX NUMBERS (all communities) 574-1008 Natchez School 575-1888 Administration Childrens Cabinet 574-0302 PL High School 574-1037 PL Police Dept Contract Health 574-1074 574-1006 Contract/Grants 574-1082 PL Store 476-0554 574-1090 476-1161 **Cultural Center** Rangers Finance 574-1073 Social Service 574-1052 Fisheries 476-0558 574-1007 Tax Department 574-0302 Higher Education Tribel Clinic 574-1028 574-1044 574-1096 Housing Authority Tribal Court Human Resources 574-1086 Tribal Chairman 574-1054 575-4893 I-80 Smokeshop Victim Services 575-9446 574-1090 574-1025 Museum Water Resources





The Pyramid Lake Tribe has updated their phone system these are new extension numbers for the Administrative Staff.

Updated 4/28/2014

#### TRIBAL ADMINISTRATION REORGANIZATION

In December, 2013 the Pyramid Lake Paiute Tribal Council passed through motion an initiative to reorganize Tribal Administration to allow elected Tribal officials more time to dedicate to the political needs of the Tribe. The action created three positions needed to be responsible for the daily operations of the Tribal Operations, Tribal Program Supervision and Tribal Business. These positions are supervised by the Tribal Chairman and report to the Tribal Council. Since the action was taken, Della John initiated steps to reclassify the Tribal Administrator position into the Operations position and to classify the Tribal Programs Supervisor and the Business Administrator positions. This process was completed and open recruitment for two positions initiated. Office space reorganization has begun with staff locating to new work areas.

During this time, the Tribal telephone system was crashing and efforts were initiated to replace the phone system. Through the RFP process, the Tribe was able to cut its current phone bill to one third of it's original monthly cost by converting to a Shoretel phone system (utilizes one PRI connection and the computers at each work station) at the Tribal Administration building. It is hoped to continue to phase in the Tribal department lines to eventually convert over to this phone system and save money.

TRIBAL COUNCIL STRATEGIC PLANNING
The Pyramid Lake Paiute Tribe has been

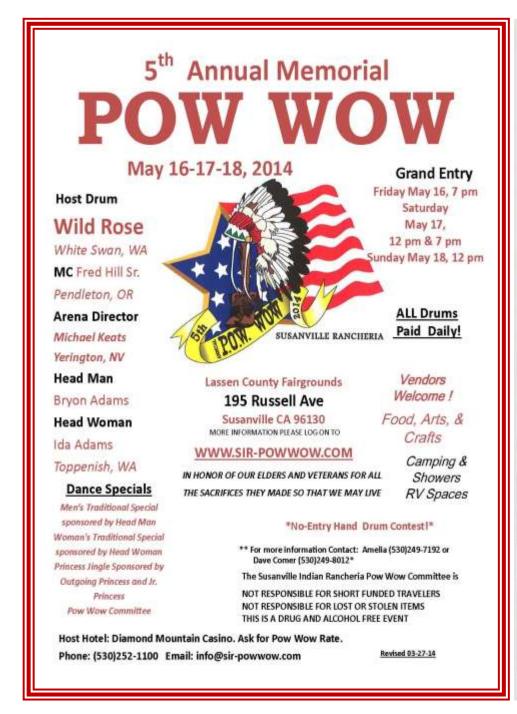
working through the strategic planning process to update the Tribal Vision and Mission statements and to develop goals to meet them. Della John, Tribal Administration initiated the process which involved a presentation to the Tribal Council on why a strategic plan is necessary and how important it is for our Tribal organization to be on the same page, provide consistency in program supervision, streamline efforts and enhance efficiency. The process also involved several the with Council, meetings Communities and Tribal departments. This process is on-going and needs Tribal member involvement. If you want to view the information generated to date, please contact Della John. Also, plan to attend the meetings that the Council schedules each month in each community, usually starting at 9 am on the first Saturday of the month. (2014 - May 3<sup>rd</sup> in Sutcliffe; June 7 in Wadsworth; July 5 in Nixon).

#### TRIBAL COMMUNITY COALITION

The Community Coalition used to be called the Meth Suicide Prevention Injury Coalition funded through the Indian Health Service. The coalition at that time was to provide support for our families and provide information about suicide and meth in order to understand signs and learn to prevent these problems. Learning about the issues helped our community begin to come together to deal with the impacts and created a support mechanism for survivors of suicide and meth use. The coalition worked to secure grants

for Tribal programs to provide community with additional mental health hours, provide community education and to educate youth on these issues. Another great effort of the coalition was to begin growing sustainability and creating capacity within our communities providing culturally appropriate information, training and certification. Community Coalition operates with no direct funding and depends on community volunteers and Tribal program support. The Community Coalition meets on the last Friday of each month at 9 am in the Tribal Conference room. Community members are welcome to attend and participate. The group usually brings a brunch potluck item to enjoy at the end of the meeting.

Currently, the Community Coalition is initiating a needs assessment initiative to gather input on the status of the community. The timing is great as the Tribal Council is in the process of developing their strategic plan. Training for the facilitators will be held on May 19<sup>th</sup> in Nixon. Once local facilitators are trained, meetings with the communities will be held to implement the process to determinewhat is good about living in your community, what is not good about living in your community, do you feel safe in your community, what changes may be needed. etc. It is important to gather input from the community members this will help guide our future efforts to improve our community standard of living and enhance our quality of





#### American Indians and Alaskan Natives have through the end of 2014 to file Health Insurance exemption forms.

Article contributed by Angie Wilson, Director, Reno Sparks Tribal Health Center

American Indians and Alaskan Natives who are eligible for services from the Indian Health Services, Tribal Health Programs, or Urban Indian Programs, are exempt from the "Individual Mandate" clause within the Affordable Care Act. This means that you are not required to purchase insurance on the Health Exchange Marketplace, also known as Nevada Health Link, and are also exempt from the fines for not purchasing insurance.

However, American Indians and Alaskan Natives are being required to file a formal exemption application. Non-Indians are required to purchase insurance by March 31, 2014, however, American Indians and Alaskan Natives have through the end of 2014 to file the exemption forms. The exemption will be

necessary when filing your 2014 taxes in 2015.

The link pasted at the bottom of this notice is to the CMS application for exemption from the Affordable Care Act penalty. A copy of the exemption form can also be found at www.plpt.nsn.us. If you are unable to print the form, you can come to the RSTHC or the PLTHC and the Patient Benefit Coordinators will assist you.

Use this application if you and/or anyone in your household is:

- A member of an Indian tribe.
- Another individual who's eligible for health services through the Indian Health Service, tribes and tribal organizations, or urban Indian organizations.
- If you get this exemption, you can keep it for future years without submitting another application if your membership or eligibility for services from an Indian health care provider remains unchanged.
- You can use one application to apply for this exemption for more than one person in your household.

Send your complete, signed application with documents, no later than December 2014 to:

Health Insurance Marketplace – Exemption Processing 465 Industrial Blvd. London, KY 40741

The Health Insurance Marketplace Exemption Processing Division will follow-up with you within 1–2 weeks and let you know if they need additional information. Once your exemption has been processed, you will receive an Exemption Certificate Number. As per the Nevada Health Link, you will use the Exemption Certificate Number on your federal tax return for 2014 taxes filed in 2015.

http://marketplace.cms.gov/ getofficialresources/publications-andarticles/tribal-exemption.pdf

For Pyramid Lake residents contact:
Pyramid Lake Tribal Health Clinic
(775) 574-1018
Madge Smith-Tobey Ext. 213 or
Letisha Rosales Ext. 251

Visit the Pyramid Lake Website: www.plpt.nsn.us for additional information and forms.

## NOTICE

Pyramid Lake High School is providing

GED Prep after school
From 3:45 to 6:00 pm
Monday—Thursday
Classes have started,
plan to attend now.
No classes on school holidays
Funded by MSPI,
Pyramid Lake

Tribal Health Clinic

#### PYRAMID LAKE JR./SR. HIGH SCHOOL

POBOX 267 | 711 State Street Nixon, Nevada 89424-0267 (775) 574-1016 | (775) 574-1037—FAX

Pyramid Lake Jr./Sr. High School is now offering a 4-day school week Monday-Thursday.

The school will be closed on Friday.

Office hours have been extended from 7:00 a.m. to 5:00 p.m.

## **Invitation To All Tribal Staff and Community Members**

To a Potluck on May 6, 2014—Tuesday, starting at 5:30 pm to? at the Numaga Senior Center

For a planning session to assist the Numaga Senior Center with the Annual Numaga Senior Fun Day to be held on June 19th at the Sutcliffe Marina 10:00 am—2:00 pm

Please plan to come, bring your favorite dish and ideas.

Most Important! What can you do to help.

All ideas and help are greatly appreciated.

For more information contact:

Dehan Dominguez | Numaga Senior Center | 574-1064

#### GLS Tribal Youth Suicide Prevention Grant: Kwetso'ina Numu – People of Life Project



Pyramid Lake Tribal Health Clinic | Suicide Prevention Office

705 Hwy 446 – P.O. Box 227 Nixon, NV 89424-0227 Direct: (775)574-1111 ext. 241

Email: GLSpyramidlakeproject@gmail.com

#### **LOCAL RESOURCES**

For 24/7 crisis intervention assistance you may contact the following:

• Veterans Crisis Line: 1-800-273-8255 (Press 1)

• Suicide Prevention Hotline: 1-800-273-8255

Or Text "listen" to 839863

For crisis intervention assistance Monday – Friday/8-4:30pm you may contact your local Health Clinic and Behavioral Health Department:

Pyramid Lake Tribal Health Clinic: 775-574-1018
Reno Sparks Indian Health Clinic: 775-329-5162

#### Groups:

- The Solace Tree For group times and more information please call (775) 324-7723.
- The Survivors of Suicide Loss Support Group For meeting times, location, and further information, please contact Janett at 775-784-8085.

#### **LOCAL ONLINE RESOURCES**

Crisis Call Center:

http://www.crisiscallcenter.org/crisisservices\_sp.html Nevada Office of Suicide Prevention:

http://dhhs.nv.gov/SuicidePrevention.htm

#### TRIBAL ONLINE RESOURCES

WeRNative: http://www.wernative.org/

IHS Behavioral Health:

http://www.ihs.gov/behavioral/index.cfm

#### **CRISIS HOTLINES**

Crisis Call Hotline: 1-800-273-TALK (8255)
Crisis Call Text Messaging: Text "listen" to 839863
Veterans Hotline: 1-800-273-8255 (Press 1)

#### **NATIONAL ONLINE RESOURCES**

National Suicide Prevention Hotline:

http://www.suicidepreventionlifeline.org/

SPRC – Suicide Prevention Resource Center:

http://www.sprc.org/

Center for Disease Control and Prevention:

http://www.cdc.gov/ViolencePrevention/suicide/index.html

ReachOut:

http://us.reachout.com/wecanhelpus/

Statistics on Suicide:

http://www.oas.samhsa.gov/suicide.cfm#Suicide

Action Alliance for Suicide Prevention:

http://actionallianceforsuicideprevention.org/

National Council for Suicide Prevention:

http://www.ncsponline.org/

SAMHSA:

http://www.samhsa.gov/

#### **SOCIAL MEDIA**

Please take the time to visit our social media sites which are designed and dedicated to bringing a message of future, hope, and life to the people of Pyramid Lake and surrounding area Tribes.

**Facebook:** https://www.facebook.com/pages/Kwetsoina-Numu/549012458459382

YouTube: https://www.youtube.com/user/GLSPyramidLake

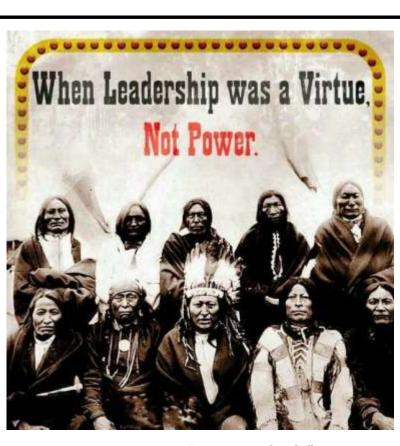
# HELP US SPREAD THE WORD

Do you work with youth in your community?
Please share this contest with them!

#### To Enter:

- Write a poem, song, or short story telling us What it takes to be a tribal leader
- Submit your entry by dropping it off at the GLS Project Office located in the Pyramid Lake Health Clinic. Or send it to our email: glspyramidlakeproject@gmail.com

Upon receiving all entries, <u>THREE</u> winners will be randomly selected, and will receive a "People of Life" sweatshirt! This contest is open to everyone ages 6-30 years old. Entries must be submitted by Friday, May 23, 2014. Winners will be announced by Monday, May 26<sup>th</sup>.





#### Learn the warning signs and what to do.

Among young people, friends sometimes let friends know if they are thinking about suicide or dying. Other times, they don't say anything, but their behavior communicates that they are struggling emotionally. Any warning signs should prompt you to express concern, ask about suicidal thoughts and plans, and help your friends get help.

#### How could anyone want to die?

Many people are unable to see alternatives to their problems or an end to their pain. Many who consider dying by suicide still want to live: your friend may have mixed feelings about acting on their thoughts of suicide. By recognizing his or her risk and getting him or her to help, a life can be saved.

#### Go ahead and ask.

Your friend may hint or joke about suicide, but it is important to take all communications about suicide seriously. It is safe to ask directly, "Are you thinking about killing yourself?" Talking about suicide does not cause suicide. If you have difficulty asking the youth about his or her thoughts, enlist and adult to help you. Or call Lifeline at 1-800-273-8255 (1-800-273-TALK) and the trained counselors there will help you.

#### Don't keep secrets.

Rather than promising your friend to keep their thoughts of suicide a secret, tell him or her you can help, but you need to involve other people. True friends will remain your friend, even if he or she does not initially agree with your approach to help-seeking. Your efforts to help another will not overlooked. Keeping secrets about suicide can have devastating consequences that could affect you for a long time.

#### Really listen.

Show your interest and support without judgment. Don't interrupt, and don't give advice. Express concern and tell your friend that you will get him/her help together. Simply showing a friend that you care enough to listen can be lifesaving.

#### Stay with your friend.

Don't leave a suicidal friend alone. Go with him or her to a mental health professional, hospital emergency room, or his or her doctor.

#### Move out of harm's way.

If there are firearms, drugs, or other means of suicide in his or her house, remove them until the crisis has passed. Make inaccessible anything that might be used by your friend in an impulsive moment.

#### Take care of yourself.

Helping a suicidal friend is stressful. Make sure you get support: talk to a friend or family member and get good food, rest, exercise, and whatever else you need. Don't ever put yourself in danger.



- 1. Know you can survive. You may not think so, but you can.
- 2. Struggle with why it happened until you no longer need to know why, or until you are satisfied with partial answers.
- 3. Know you may feel overwhelmed by the intensity of your feelings but all your feelings are normal.
- 4. Anger, guilt, confusion, forgetfulness are common responses. You are not crazy. You are in mourning.
- 5. Be aware you may feel appropriate anger at the person, at the world, at God, at yourself.
- 6. You may feel guilty for what you think you did or did not do.
- 7. Having suicidal thoughts is common. It does not mean that you will act on those thoughts.
- 8. Remember to take one day at a time.
- 9. Find a good listener with whom you can share.
- 10. Don't be afraid to cry. Tears are healing.
- 11. Give yourself time to heal.
- Remember, the choice was not yours.
   NO one is the sole influence in another's life.
- 13. Expect setbacks. Don't panic if emotions

- return like a tidal wave. You may only experience a remnant of grief.
- 14. Try to put off major decisions.
- 15. Give yourself permission to get professional help.
- 16. Be aware of the pain of your family and friends.
- 17. Be patient with yourself and others.
- 18. Set your own limits and learn to say no.
- 19. Steer clear of people who want to tell you what or how to feel.
- 20. Know that there are support groups that can be helpful. If there are no support groups, ask a professional to start one.
- 21. Call on your personal faith to help you through.
- 22. It's common to experience physical reactions to your grief (i.e. headaches, loss of appetite, inability to sleep, etc.).
- 23. The willingness to laugh with others and at yourself is healing.
- 24. Wear out your questions, anger, guilt, or to her feelings until you can let them go.
- 25. Know that you will never be the same again, but you can survive and go beyond just surviving.

©A Guide to Healing After a Death, Loss or Suicide. By Iris Bolton

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



YOU ARE NOT ALONE! People have called the lifeline 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.

OR Text LISTEN to 839863

\*Standard text messaging rates apply

#### **END OF YEAR TIE-DYE** June 2-4, 2014

It's that time of the year again to hold our Annual Tie-Dye Event. We would like to encourage the participation of ALL NATCHEZ STUDENTS.

Students' have two choices, they may bring in their own item to tie-dye (100% cotton (best); 80% Cotton, Rayon or Silk. No POLYSTER or mixed blends of material). IF you choose to order please submit a check or money with order to Buddiette. Checks are to be made payable to Natchez Elementary School. We need to have ALL items and/or money by FRIDAY, MAY 19, 2014—2:30 PM. You may use one order form for your family but please place name of family member by T-Shirt size. Questions call Buddiette.

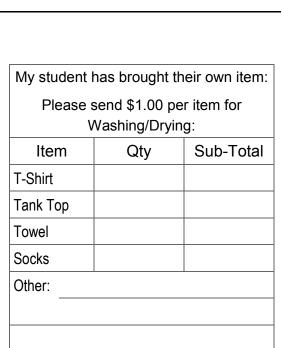
Student/Staff Name:		
Teacher/Grade:		

Please indicate size and quantity.

SIZE	QTY	COST	NAME			
	\$ 3.50 / per shirt					
Youth Small						
Youth Medium						
Adult Small						
Adult Medium						
Adult Large						
Adult X-Large						
	\$ 4.5	0 / per shirt				
Adult 2XL						
Adult 3XL						
Adult 4XL						
Adult 5XL						
TOTAL	TOTAL					

Natchez

My student has brought their own item:				
Pleases	send \$1.00 pe	er item for		
V	Vashing/Dryir	ng:		
Item	Qty	Sub-Total		
T-Shirt				
Tank Top				
Towel				
Socks				
Other:				
PLEASE PUT YOUR CHILD'S NAME ON ITEM with a PERMANENT MARKER				
TOTAL				







Happy Birthday Kacidee! May all your dreams come true. Love Mom, Ave and Sissy.

Happy Birthday to my Dad, Kenny Lots of Love, Abby

#### May 2014 **Elementary** Tonega Muha



#### Card of Thanks

The Family of Darren Hicks would like to thank everyone for their prayers and support during the past few months. We appreciate everyone who sent donations of food and gas money to help us travel to and from the hospital each day to support Darren in his recovery process. Your kindness and generosity will never be forgotten. We are thankful for all of the people who have come to visit Darren and brighten his day. We are especially thankful for Darren's close circle of friends who have been there for him each and every day at the rehabilitation hospital along with us.

Prayers and blessings to you all.

## Nevadans Encouraged to File Advance Directives at LivingWillLockbox.com on National Healthcare Decisions Day

National observance raises awareness of need to plan ahead for healthcare decisions; Nevada registry offers free electronic storage for living wills and other advance directives

(Carson City, NV; April 16, 2014) - In recognition of National Healthcare Decisions Day today April 16, 2014, Nevada Secretary of State Ross Miller encourages Nevadans to file their advance directives in the Living Will Lockbox. National Healthcare Decisions Day raises public awareness of the need to plan ahead for healthcare decisions related to end-of-life care and medical decision-making whenever patients are unable to speak for themselves, and to encourage the specific use of advance communicate directives to these important he althcare decisions.

The Secretary of State's office, Nathan Adelson Hospice, the Southern Nevada Senior Law Program, law firms, senior centers, hospitals, faith communities and other organizations throughout Nevada endorse this event and are committed to educating the public about the importance of discussing health care choices executing and advance directives.

Nevada's Living Will Lockbox offers free electronic storage for living wills, do-not-resuscitate orders (DNRs), and other advance directives for end-of-life or emergency care in order to make those documents immediately available to

health care providers. The Secretary of State's office designed the secure, web-based registry to electronically store advance directive documents with password-restricted access. Advance directive documents typically contain such information as limitations on treatment, type or level of care, and organ or tissue donor instructions.

"National Healthcare Decisions Da y encourages citizens have to conversations about their healthcare decisions and execute advance directives to make their wishes known," said Miller. "The Living Will Lockbox allows fewer families and healthcare providers to struggle with making difficult healthcare decisions in the absence of guidance from the patient. Advance directives are useless if they are not available when it is time for that treatment or care to be provided. authorized Whenever necessary, healthcare providers can easily access these documents quickly, resulting in better care for patients, and clear direction for healthcare providers. The Living Will Lockbox is about providing Nevadans with the assurance that their wishes regarding the course of their medical treatment will be made available."

Nevadans can download the registration forms at <a href="www.LivingWillLockbox.com">www.LivingWillLockbox.com</a> and send the completed forms and documents to be filed with the Living Will Lock box to the Nevada Secretary of

State. Those without internet access can request to receive the registration forms by mail by calling (702) 486-2887. Hospitals, hospices and other care giving institutions can also download registration forms online and mail or fax their completed forms to the Secretary of State's office, which then sends a confirmation letter with log-in information.

Once registered, individuals will receive a wallet-size card with their password for accessing their advance directives. Changes to the documents may be made at any time through a simple procedure similar to the registration process.

Since its inception on March 25, 2008, more than 6,500 registrants, 50 hospitals and medical groups, and 50 law firms throughout Nevada use the Living Will Lockbox. The program is operated at no charge to the taxpayers of Nevada through grants and sponsorships.

For further information on how to file advance directives in the Lockbox, visit <a href="https://www.LivingWillLockbox.com">www.LivingWillLockbox.com</a>, or contact the Secretary of State's office at (775) 684-5708.

###

Posted Date: 4/16/2014 FOR IMMEDIATE RELEASE: Contact: Catherine Lu (702) 486-6982 / 334-7953 clu@sos.nv.gov

#### 2014 NIXON DISTRIBUTION DATES

## <u>DISTRIBUTION</u> <u>PROCESSING</u>

3<sup>RD</sup> FEBRUARY 27<sup>TH</sup> MARCH APRIL MAY MAY 29TH JUNE JUNE 3RD 7<sup>TH</sup> JULY JULY 31<sup>ST</sup> AUGUST 8<sup>TH</sup> SEPT 4<sup>TH</sup> SEPTEMBER OCT 2<sup>ND</sup> 6<sup>TH</sup> OCTOBER 3RD OCTOBER 30<sup>TH</sup> NOVEMBER DEC 4<sup>TH</sup> DECEMBER

- \*\*processing from 9:00 am 11:00 am
- \*\*distribution- from **9:30 am 1:30** pm with senior deliveries first.



#### **INDIANPRENEURSHIP**

A Native American Journey Into Business Della John, Tribal Administration and Mark Thompson of Indian Dispute Resolution Service worked together to provide free training and technical develop assistance to an entrepreneurship program to assist Tribal and community members to start or grow small businesses. In November 2013, a kick-off meeting was held in the Nixon gym and was enthusiastically received by Tribal and community members. February the first of 10 training workshops began. More than 20 students have attended the weekly training sessions. The training was completed on April 24<sup>th</sup>, with graduation dinner held on May 1st. Congratulations to the students on completing the "Indianpreneurship" workshops.

It is hoped that the next series of free training will be another series on "Entrepreneurship" and also provide much needed "Individual or Family Financial Literacy" workshops.

#### NATIVE AMERICAN CHILDREN

(opinion Della John)

March, a wonderful event occurred, Washoe County the School District Board held their monthly meeting at Natchez School. Opportunity was provided to meet and greet the Board members and for them to meet parents and community members, to put names with faces. I provided a statement that Native Americans have great traditions and values such as large extended families, courage, loyalty, sacrifice, generosity, honoring Elders, being respectful to women, not interrupting, being tolerant of all people, not focusing on material values, forgiving others, helping fellow humans, being gentle with children, giving thanks to the Creator every day, being kind to animals, treating the Earth and the environment with respect. Native children experience some of the highest levels of poverty and the trauma that comes with our history, which greatly impacts their academic and life options.

I spoke of challenges that need to be addressed such as wanting the children and families to be welcomed into the schools and need for schools to provide greater opportunities for students to be included so that they can have new learning experiences and find out what they can do or want to do. Teachers need to be aware of Native American history so they can identify with and understand the student population they are working with in order to be able to identify and work with each student's strengths and weaknesses. The low graduation and high dropout rates for our students have existed for guite a while and we need to identify helpful resources and connect those resources to the families so they can access and use them easily. Screening for disabilities needs to be done as early as possible and for the children that are experiencing trauma a home, a full-time counselor needs to be on site at Natchez School. A teacher needs to be onsite for the special needs children. Testing for the gifted and talented students needs to be conducted at the second grade level on a regular basis. Bright children need to be challenged in order to grow. Natchez needs an active parent committee to provide insight to the Principal on how the school allocates the precious resources that it has and to identify ways to help

students succeed in school. Training opportunities need to be provided for parents, staff and volunteer to create capacity within our school communities to better sustain efforts. Natchez needs a full-time Principal on site every day to provide leadership,

supportive services and guidance to the teachers, staff and students. Combination classes do not work well because the students different are on age development levels. Positive Behavior Strategies incorporating the traditional beliefs and values of the Tribe need to be implemented by all teachers, and sending children out of the classrooms to the library for behavior issues should not be Positive classroom the daily norm. management by the teacher needs to be implemented. Teacher evaluations based on teaching to the core curriculum needs to be completed on a regular basis by the principal. Parent complaints need to be addressed in a timely manner by the Principal and changes incorporated for the benefit of the student. Teachers need to be able to adapt to the student needs, not the other way around.

A student goes through school only once and that time is critical because it can never be replaced. If the information is not taught, how can we expect that the student knows it.

Our County schools like Natchez, need to teach the Core Curriculum in fidelity as adopted by the State and have teachers use this opportunity to bring in the Native American local resources and regional history into the classroom. This is very important because it will help the Native and non-Native students know what happened and is happening in our area and how these events impact them today. Currently within Washoe County 44% of our Pyramid Lake children are on an Individualized Education Plans (IEP). IEP's are good, but may not be necessary if the teachers taught Core Curriculum at each grade level because then the student would know the material and a test just reflects what the student knows. Basic Core Curriculum understanding is necessary for success in middle and high school, especially in the areas of science, English and social studies. Students have to be able to conduct research and write about subjects. If a student has not been exposed to Core Curriculum material, a student is already behind in the academic language and it is not easy to catch up and this makes it easy for the student to give up on school. Currently we are very concerned that our students are dropping out of school at the ninth grade level. If the student gives up on school, they just made their life harder and are prone to experience poverty. We do not want this to happen. Education is the way out of poverty. We must identify the contributing causes and take steps now to provide the tools to make each student successful in order for them to become contributing members of our society.

The Natchez students brought us together and they are part of a bigger picture for our Tribal community and the County. If some of the challenges mentioned are addressed, I feel encouraged that a partnership can be created between our community and the school district to improve the educational outcomes for our students and eliminate educational inequities by incorporating the tradition, values and beliefs that have sustained our Native American People from time immemorial.

#### **EMERGENCY ASSISTANCE**

The Community Services Agency in Reno has received funding to assist low income households with emergency assistance.

The Community Services also provide Job Search Assistance and Job Training.

#### **ASSISTANCE AVAILABLE:**

- NV Energy Payment Assistance
- ♦ Rent/Lease
- ♦ Affordable Housing
- Natural Gas/ Propane
- Vouchers for diapers/formulas
- Vouchers for Gas
- Bus Passes for employment/job searches (in the Reno Area)
- ♦ Weatherization

Intake application are available at the Pyramid lake Social Services office or for more information you may contact:

Community Services Agency ATTN: Yvette Myers 1090 E 8th street Reno, NV 89512 Phone: (75) 786-6023 Fax: (775) 786-5743

#### **HUMAN RESOURCES**

PROBATION OFFICER

Pyramid Lake Paiute Tribe-Nixon, NV

Perform specific supervision and court services with parole and probation caseload, such as managing casework, conducting investigations, writing presentence recommendations, supervising parolees and probationers, coordinating drug testing, and field work. Make referrals to available community resources. Prepare reports, records and other supporting documentation. Maintain the security and order during court sessions.

\$16.61 - 17.46 per hour, Regular, Full-time Class Code 306, Grade 18, Step 1-3 DOE

OPEN UNTIL FILLED

JA 14-25

#### PARKS & RECREATION COORDINATOR JA 14-23 Pyramid Lake Paiute Tribe-Nixon, NV

Under the supervision of the Tribal Chairman, incumbent develops and implements a comprehensive Parks and Recreation program on the Pyramid Lake Paiute Reservation. Responsible for administration and management of all aspects of the program.

\$12.40 - 13.03 Seasonal, June-July and December as Needed Part-time (20 to 30 hrs./week) Code 507, Grade 12, Step 1-3 DOE

CLOSES: 05/06/2014

### WATER RESOURCES DIRECTOR Re-Posted JA 14-09

Pyramid Lake Paiute Tribe-Nixon, NV

Under the direction of the Tribal Chairman, the Director administers the Water Resources Department of the Pyramid Lake Reservation.

\$39,998.40 - \$42,016.00 per Annum; Full-time, Exempt/Salaried Class Code 511, Grade 21, Step 1-3, DOE

CLOSES: 05/07/2014

#### **ACCOUNTING SPECIALIST**

Re-Posted JA 14-17

PLPT—Finance Department-Nixon, NV Provides technical accounting, budget and other administrative support for contract and grant

programs of the Pyramid Lake Paiute Tribe, including monitoring, tracking, and maintaining current draw down of funds. Prepare/track required internal and external administrative and financial reports.

\$20.19 – 21.21 per hour; Full-time Class Code 416, Grade 22, Step 1-3; DOE CLOSES: 05/07/2014

MAINTNENANCE WORKER I

JA 14-24

Pyramid Lake Paiute Tribe-Nixon, NV

Responsible for the repair and maintenance of all buildings, vehicles/equipment, water systems and

\$8.39-\$8.82 per hour; Part-Time, Temporary (90 days), 32 hours per week; Non-Exempt; Class Code 137, Grade 4, Steps 1-3, DOE

CLOSES: 05/07/2014

#### ACCOUNTING SUPERVISOR Re-Posted JA 14-16

PLPT—Finance Department-Nixon, NV

Under the direction of the department director, manages and directs the activities of the Finance Department, including finance budgets and accounting records. Responds to the public on customer service issues and collection of activities; recommends, coordinates, and implements revisions for services. Performs difficult, complex, and specialized duties requiring use of independent judgment in the daily operations of the Tribal Finance Department.

\$45,353.20 per annum; Regular, Full-time; Exempt/ Salaried Class Code 516, Grade 19

CLOSES: 05/07/2014

#### TRIBAL BUSINESS OFFICER

JA14-12

Pyramid Lake Administration Office-Nixon, NV Provides direct supervision to assigned programs to ensure that program goals and objectives are achieved with outcomes and deliverables consistent with the overall Tribal mission. Provides support to ensure department head develops and implements short-term and long-term business plans for the Pyramid Lake Paiute Tribe, including but not limited to existing Tribal income generating programs.

\$62,046.40-65,187.20 per year Full-time; Exempt Salaried Class Code 608, Grade 30 I Step 1 -

CLOSES: Open Until Filled

POLICE OFFICER

JA 14-26

Pyramid Lake Paiute Tribe-Nixon, NV

Under general supervision, performs a full range of police duties in the areas of the following: patrol operations, criminal investigations, civil processes, and search and rescue operations. Enforces all applicable Tribal and Federal and State laws, within the Pyramid Lake Reservation, to ensure the safety and health of citizens. Prevents crime through effective enforcement presence and interacts with the community to address their needs and concerns.

\$19.23 - 20.20 per hour; Regular, Full-time (40 hrs. per week), Non-Exempt Class Code 443, Grade 21, Step 1-3 Depending on Experience

CLOSES: Open Until Filled

#### CHILD CARE PROVIDER Pyramid Lake Paiute Tribe-Nixon, NV

JA 14-28

Responsible for the supervision, care and education of children in the Child Care program. Assists with the development and implementation of classroom activities, cooperatively working with and supporting other staff, and assists with the general maintenance of program facilities to insure the health and safety of the children in the program. Promotes the delivery of quality child care services, participates in continuing education, and encourages parent/family interaction in center programs.

\$8.39 - \$8.82 per hour; Part-time, up to 30 hrs. Non-Exempt Class Code 112, Grade 4, Step 1-3 Depending on Experience

CLOSES: 5/13/2014

#### ACCOUNTS PAYABLE TECHNICIAN

JA 14-18

PLPT-Finance Department-Nixon, NV

Responsible for the preparation, maintenance and record keeping related to the accounts payable function for the Finance Department.

Current Open Positions as of 05/02/2014

\$15.07 - 15.84 per hour; Regular Full-time, Non-Exempt, Class Code 351, Grade 16, Step 1-3 DOE

CLOSES: 5/08/2014

#### TRANSIT MANAGER

JA 14-27

Pyramid Lake Paiute Tribe-Nixon, NV

Responsible for transit coordination and oversight activities for the Pyramid Lake Transit Authority. Monitors the performance of service providers, develops and implements short and long term transit plans, and coordinates demand/fixed-route service. Compiles and prepares information to support transportation grants, and prepares statistical information to monitor service performance. Supervises program personnel and projects in accordance with tribal policies and procedures.

\$39,998.40 - \$42,016.00 per annum; Salaried; Fulltime Class Code 521, Grade 21/Step 1-3 Depending On Experience

CLOSES: 5/28/2014

#### YOUTH WORKER

JA 14-29

Pyramid Lake Paiute Tribe-Nixon, NV Under the direct supervision of an assigned staff member; performs duties as directed to assist in accomplishing program goals and objectives. Gains work experience in a field of interest and participates in career development.

\$7.25-7.62 per hour; Part-time; 32 hours per week; 6 week program, Class Code 103, Grade 1-3 DOE

CLOSES: 5/30/2014

TO APPLY: Applications may be obtained on-line at www.plpt.nsn.us or from the Human Resources Office at the Tribal Administration Building in Nixon, Nevada; by writing to the Pyramid Lake Paiute Tribe at P.O. Box 256, Nixon, NV 89424; or, by calling the Human Resources Office at (775) 574-1000/1001, extension 119/120 or hrassistant@plpt.nsn.us

The Pyramid Lake Paiute Tribe is a drug-free work place. Applicants will be required to undergo drug testing prior to employment and will be subject to further drug and alcohol testing throughout their period of employment. In addition, the Tribe implements a Background Investigation Program in which all employees are subject to a background investigation and favorable suitability determination as a condition of

Preference in filling vacancies is given to qualified Indian candidates in accordance with the Indian Preference Act (Title 25, U.S. Code, Section 472 and 473). However, the Pyramid Lake Paiute Tribe is an Equal Opportunity Employer and all qualified applicants will be considered in accordance with the provisions of Section 703 (I) of Title VII of the Civil Rights Act of 1964, amended in 1991.

#### **PUBLIC MEETINGS**

The Pyramid Lake Paiute Tribe's next informational meetings regarding Strategic Planning on the following dates:

- >Saturday, June 7—Wadsworth
- >Saturday, July 5, Sutcliffe.
- >First Monday each Month—Nixon 9:00 am to 11:00 am



Refreshments will be served

### ARRIVE 15 MINUTES PRIOR TO APPOINTMENT TIME.

PATIENTS ARRIVING AFTER APPOINTMENT TIME WILL BE SEEN AS A WALK-IN OR RESCHEDULED FOR THE NEXT AVAILABLE APPOINTMENT.

**PUBLIC NOTICE:** 

FROM THE PYRAMID LAKE TRIBAL HEALTH CLINIC

- WALK-INS WILL BE SEEN AS SCHEDULING ALLOWS.
- ALL PATIENTS ARE ASKED TO MAKE APPOINTMENTS FOR MINIMAL WAIT TIMES AND ASSIST WITH PROVIDER PREFERENCE.

**Pyramid Lake Paiute Tribe** PO Box 256 | Nixon, NV 89424 | (775) 574-1000

#### VICTIM SERVICES PROGRAM

#### PLPT Victim Services Program (VSP): AWARD WINNER

On April 9, 2014, Victim Services Program was presented with the "Outstanding Non-Profit Agency" award from the Alliance for Victim's Rights – 2014 Awards Ceremony. The ceremony took place at the Reno Justice Court.

Victim Services was recognized for starting a program from nothing and building resources and services for our tribal community. The Alliance for Victim's Rights also acknowledged the hard work that it entailed to create this program, and understands the hard work was driven out of the staff's passion to ensure the community received the best resources available. Mary Dodd, Victim Services Program Coordinator, initiated VSP in

1998 and has been the motivating force behind the accomplishments of VSP.

Mary Dodd stated, "The program staff members would like to take this time to thank our tribal government, tribal staff, and our community who have supported our program throughout the years.

In order to have the ability to operate the program, there are many things that need to take place and many of you have contributed in ways you may not realize.

We are grateful for this opportunity to represent our tribe."



## IT IS IMPORTANT TO UNDERSTAND THAT CHILDREN LEARN TO DEFINE THEMSELVES AND UNDERSTAND THE WORLD AROUND THEM FROM WHAT THEY OBSERVE AT HOME

#### Statistics:

- Children from violent homes have higher risks of alcohol and/or drug dependencies, and higher risks for juvenile delinquency.
- Children exposed to abuse suffer low self-esteem, depression, poor health, sleep difficulties, post-traumatic stress disorder, poor impulse control, and are at higher risk for problems in school, drug and alcohol abuse, sexual acting out, running away, isolation, loneliness, fear and suicide.
- Children who witness domestic violence were found to show more anxiety, depression, traumatic symptoms, and temperamental problems than other children.
- Domestic violence is a major factor that contributes to the problem of teenage runaways and homeless street youth.

## Ideas for helping youth who've witnessed domestic violence:

Talk about it when they are ready

- Listen to them
- Talk about their feelings
- Show understanding
- ▶ Let them know that it's not their fault
- ▶ Let them talk, If they want to
- Let them know you love them
- Let them know you will keep them safe / act in a way that is safe

- Let them know the violence is not OK
- Acknowledge it's hard / scary for them
- Accept that they may not be willing or able to talk about it right away
- Always act in a way that is nonthreatening and non-violent with your kids
- ▼ Take them to counseling if they need it
- Set limits respectfully when your child is acting violently
- Don't expect your child to respond immediately

Denying the violence often causes kids to be more confused and scared.

## When Children Witness Violence in their home:

#### What do they learn?

- Other people are responsible for their behavior.
- They are responsible for other people's behavior.
- Men have the right to control women
- Violence is an appropriate way to solve problems.
- My mother is to blame for my father's violence.
- The violence is my mother's fault.
- Women have no rights.
- My mother can't protect me.
- Nothing is safe.
- Domestic violence is normal.
- Intimidation is the way to get what you

want.

- Other people have the right to abuse me.
- My father's violence is my fault.
- It's OK to abuse my mother.

#### How do they feel?

Scared, powerless, confused, bad, helpless, angry, self-blaming, anxious, guilty about loving the abusive parent, guilt about not protecting the abuse parent, worried about the future, worried about possible loss of a parent, insecure, hopeless, split down the middle, numb.

#### How do they act?

Regress: bedwetting, whining, temper tantrums, earlier childhood fears return, aggressive to other kids / brothers and sisters / pet, treat mom like dad treats her, experience problems concentrating, easily distracted, fight at school, get bad grades, lie / steal, withdraw and usual shyness, forgetful, have trouble sleeping, very anxious, physical illness: stomach aches / nausea / headaches, easily startled, unable to play, highly sensitive to noise, Attention Deficit Disorder (ADD) symptoms \*

\*NOTE: Some youth who have witnessed violence are incorrectly diagnosed and given meds, when they may just need counseling and support for witnessing domestic violence.

#### Victim Services Program (VSP): New Support Group

VSP provides individual counseling services to those who have been victims of sexual assault and sexual abuse.

Starting in June 2014, VSP will be starting a new support group for victims of sexual assault, their family and household members and those innocently collaterally affected by the victimization. Groups will be held the last Saturday of every month, from 3:00 – 4:00pm. For more information, please call Kim Lowery, Sexual Assault Advocate, or Kathleen Eyre, Counselor at 775-575-9444.

#### VICTIM SERVICES PROGRAM

#### PLPT Victim Services: Community Resource Library

Pyramid Lake Victim Services has new books available for check out at our office. We have a variety of books to choose from that are self -help books and books that will hopefully bring you information to help you deal with and understand more about domestic violence, sexual assault relating to domestic violence.

free to check out a book simply by filling out the checkout form and return it to Michelle Mix, Administrative Assistant, or Kim Lowery, Sexual Assault Advocate.

If you have any questions or would like to see certain books added to our Library Program, please feel free to request a book for order.

Come by our office and take a look and feel

**VSP Staff** 

#### Resource Library Book List

	Title	Author
1.	Rape and Sexual Assault: Healing and Recovery (Helpline: Teen Issues and Answers)	Rebecca T Klein
2.	Breaking Free from the Codependency Trap	Janae Weinhold & Barry Weinhold
3.	A.er the Tears: Reclaiming Personal Losses of Childhood	Jane Middleton Moz
4.	Invisible Girls: The Truth about Sexual Abuse- a Book for Teen Girls, young Women, and Everyone Who cares For Them.	Pa Feureisen
5.	When Your Child Has Been Molested: A Parent's Guide to Healing and Recovery	Kathryn Brohl
6.	Helping Your Child Recover from Sexual Abuse	Caven Adams
7.	Please Tell: A Childs Story about Sexual Abuse (children's book)	Jessie
8.	It's My Body: Children's Safety and Abuse	Lory Britain
9.	Rape in Marriage	Diana Russell
10.	Why does he do that: Inside the Minds of Angry and Controlling Men?	Lundy Bancro
11.	The Road Less Traveled	M. Sco Peck M.D.
12.	The Sacred Hoop	Paula Gunn Allen
13.	The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse	Wendy Maltz
14.	Vicm s No Longer: Classic Guide for Men Recovering from Sexual Child Abuse	Mike Lew
15.	Healing the Shame that Binds You	John Bradshaw
16.	Even Eagles Need a Push	David Mcnally
17.	Homecoming	John Bradshaw
18.	A rma ons for the Inner Child	Rokelle Lerner
19.	The Courage to Heal: A Guide to Women's Survivors of Sexual Abuse	Ellen Bass and Laura Davis
20.	Leers to Survivors: Words of Comfort	Ma Atkinson
21.	The Rape Recovery Handbook	Aphrodite T Matsakis PhD
22.	The Dance of Anger	Harriet Lerner
23.	Chicken Soup for the Soul: Think Posi ve	Jack Can eld, Mark Victor Hansen, Amy Newmark
24.	Chicken Soup for the Soul: Grieving and Recovery	Jack Can eld, Mark Victor Hansen, Amy Newmark
25.	Chicken Soup for the Soul: Just for Preteens	Jack Can eld, Mark Victor Hansen, Amy Newmark
26.	Chicken Soup for the Soul: The Grieving Soul	Jack Han eld, Mark Victor Hansen, Amy Newmark
27.	Chicken Soup for the Girls Soul	Jack Can eld, Mark Victor Hansen
28.	Resurrec on a er Rape	Ma Atkinson
29.	Leers to Survivors	Ma Atkinson
30.	The Body Remembers	Babee R othschild
31.	Finding Sunshine ae r the Storm: A Workbook	Cur s Holmes PhD
32.	A Terrible Thing Happened	Margaret Holmes
33.	I Said No!	Kimberly King
34.	The PTSD Workbook for Teens	Libby Palmer PsyD
35.	The Self- Esteem Workbook for Teens	Lisa M Shab LCSW
	Feelings in a Jar	Free Spirit Publishing



We provide support services to help those who want to stop violence and are determined to reach their goal.

"If you can conceive it, and your heart can believe it, we know you can achieve it."

We provide the following services:

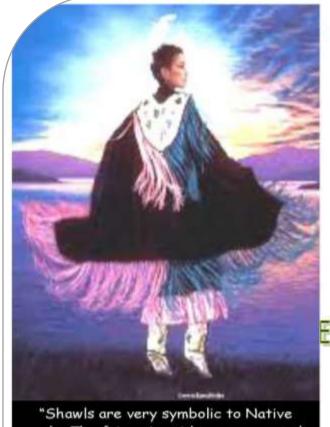
- Emergency Shelter, food, clothing
- Transportation
- Transitional Housing
- Peer Counseling
- Referrals
- Hospital Accompaniment/Advocacy
- Assistance in filling compensation/ claims
- Court Accompaniment/advocacy
- Assistance with TPO/TRO

Assistance for the following is available:

- Victims of Domestic violence
- Adult Victims of Sexual Violence
- Elder Abuse
- Survivor of Homicide Victims
- Attempted Murder/Kidnapping/ Assault/Battery/Deadly Weapon
- Victims of Hate Violence
- Victims of Drug/Alcohol
- Related Violence or Abuse
- Victims of AIDS
- Victims of DUI/DWI
- Victims of Physical/Sexual/ **Emotional Abuse/Neglect/** Abandonment



#### VICTIM SERVICES PROGRAM



"Shawls are very symbolic to Native people. The fringe is said to represent the tears of Indian women crying for the pain and suffering the people have endured for generations; yet it also represents strength, beauty, and solidarity."

# Womens Eircle

When: Every Wednesday 6:00 to 7:30 p.m.

Where: Pyramid Lake Victim Services Office 101 Big Bend Ranch Road

Everyone is welcome, bring a friend... or two.



Potluck
Bring your favorite
dish.

Shawl making and beading.

All materials will be supplied by the Victim Services program

## Freedom To Be You



### Women's Educational Support Group

When: Every Saturday (Group Repeat)
Where: PLPT Victim Services Program

Time: 1:00 - 2:00PM

Call: 775-575-9444 for more information or to RSVP

Transportation Available

Child care is available on site during group session

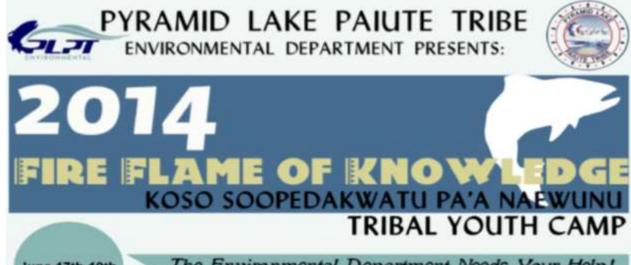
Support & Respect Each Other's Journey

#### **AWARENESS TOPICS DISCUSSED:**

- Week 1: How the impact of non-Indian culture has affected our Native ways and traditions
- Week 2: My spirit was broken, why did he treat me like that??
- Week 3: Paying attention to our intuition
- Week 4: What was he thinking? Week 5: Wolf in sheep's clothing
- Week 6: Open discussion
- Week 7: Non-traditional abuse; I respect my body
- Week 8: Children see everything
- Week 9: Regaining strength and moving forward; how not to fall back into the trap of a toxic relationship
- Week 10: Positive support and becoming self-sufficient
- Week 11: Emotional growth
- Week 12: "If your mind can conceive it, and your heart can believe it, we know you can achieve it!"
- Week 13: FUN / CELEBRATE (only for graduates of class)

The support group will offer Education, skits, guest speakers, movie clips, video songs and other visual/hands-on material relevant to each topic





June 17th-19th

The Environmental Department Needs Your Help!



#### POSSIBLE DONATIONS...

- **Monetary Donations**
- Camping equipment (tents, sleeping bags, flashlights, etc.)
- Food (Fresh produce, meat, and other healthy options)
- Cooking Supplies (Plates, utensils, napkins, pans, etc.)

Media (T-shirts, posters, bags, water bottles, etc.)

#### Hello All!

The Pyramid Lake Paiute Tribe's Environmental Depart ment is holding its first 2014 Kooyooe Tukadu Tribal Youth Camp, "Fire Flame of Knowledge," within the Hardscrabble Canyon in Sutcliffe, NV. With current environmental crises on our Earth Mother, we are designated as the ones to mentor and prepare our youth on the conservation and protection of cultural and natural resources.

The camp will educate 20-25 youth about the value of wetlands, water quality, range management, and noxious weeds while also providing cultural knowledge in a setting that will help embrace the elements and promote protection and conservation. Our mentors will include federal. state, local resources, and influential Tribal speakers.

Meeting the needs of the camp requires funding combined with the hard work of dedicated volunteers. We would be grateful of any charitable donations you may provide as well as financial assistance. Your support will aid in the success of this camp.

Thank you!



All donations are tax-deductible. Donators will receive free advertising on Fire Flame of Knowledge media and a thank you packet as a sign of our gratitude. For donations or more info, please contact Bonnie Smith at bonsmith@plpt.nsn.us or at (775) 574-0101 ext. 16.

## Donate to Kooyooe Tukadu Tribal Youth Camp

We also accept camping gear and other items. Please call us at 775-574-0101 x 16 and speak to Bonnie Smith about pickup/dropoff or if you have other questions about giving to the Tribal Youth Camp. The Kooyooe Tukadu Tribal Youth Camp is under the Pyramid Lake Paiute Tribe which is tax exempt and the youth camp is non-profit. All contributions are tax deductible. Thank you for your support!

Donation Level	Donation Amount	Description
Kooyooe Giving Level	\$250	Assists with guest speakers, prayer givers, and camping gear.
Pyramid Giving Level	\$200	Assists with purchase of t-shirts, promotional items, and bags
Warrior Giving Level	\$150	Assists with organic, cultural, and nutritional meals.
Tule Giving Level	\$100	Assists with cultural activities and teachers.
Elderberry Giving Level	\$50	Assists with plant resources, activities, and supplies
Pine Cone Giving Level	\$25	Assists with publications, posters, cards, and other media.
Other:	\$	Gift Certificate

DONATION INFORMATION					
Company Affiliation:					
Email Address:					
First Name:		Last Na	me:		
Street Address:		Address	Line 2:		
City:		State:		Zip Code:	
Phone Number:					
Comments:					

#### GOT TRASH?

Hello All!

The Environmental Department want to invite you, the community, to help our reservation beautiful. Since October 2013 there has been 33 open dumpsites discovered on the Pyramid Lake Paiute Reservation. That's equal to more than 1 illegal dump site a week!!

We have put together a schedule for site cleanups in order to keep our land and water clean as well as our lake and fish healthy!

If you are interested in helping with any site cleanups please contact Jessee Santos. PLPT Environmental Technician, at 775-574-0101 ext. 10.

Thank You!

Jessee Santos-775.574.0101



#### Scheduled Cleanups

<u>Locations</u>	<u>Date</u>
Nixon Rodeo	05/01
Old Railroad Wads	05/06,09
Water Tower Road	05/12-15
Dodge Flats	05/20
Near Nixon Transfer Sta	06/03,05
Nixon Transfer Station	06/23-27
Sutcliffe	07/08

Sign up at the Natural Resources Bldg.

### Kooyooe Tukadu **Tribal Youth Camp**

Please visit the PLPT Website: www.plpt.nsn.us for more information regarding this Youth Camp.

#### Forms for:

- Chaperone Application
- **Donation Solicitation**
- Youth Registration

## KOOYOOE TRIBAL YOUTH CAMP June 17-19, 2014



Pyramid Lake Paiute Tribe

Environmental Department

PO Box 256

Nixon, Nevada 89424

Sign Up for the
Kooyooe Tukudu
Youth Camp
at Hardscrabble Canyon
Ranch (east of Sutcliffe).
Tell your friends!

#### WORKSHOPS, ACTIVITIES, AND FIELD TRIPS PLANNED FOR TRIBAL YOUTH:

- > Tribal Prayer by Elder
- > Traditional and Flag Song Sung by Tribal Youth
- ➤ Talking Circle: This is where youth will talk about their thoughts, environmental vision and why they came to the youth camp. It's a core approach to balancing our walk, to learn from one another and to develop unity.
- ➤ Rez Café': An activity to explore and discuss solutions to environmental and cultural impacts to the land, air, and water. This is a good activity to learn respect of one another and understanding youth concerns.
- ➤ Introduction to Plants (101): Learn how plants grow, learn plant parts, how they make food, pollinate, disperse seeds, and adapt.
- ➤ Aerial Vegetation Mapping: A vegetation map will be used to educate students about the type of land coverage within the camp field study area of the Hardscrabble Canyon.
- ➤ Ethno botany : Let's learn about how Numu people interacted with plants. We will teach the students about heritage in relation to cultural
- > continuity and learn how the Numu were shaped by their physical environment.
- Introduction to Water quality (101): A short class in understanding how the Tribe has worked to protect water quality within the Pyramid Lake Watershed while using the Clean Water Act.
- ➤ Water Quality/Bio assessments: Learn how the Tribe uses aquatic life (dragonflies, stone flies, etc.) in streams/ river to evaluate the health of a tribal water body.
- Riparian and Wetland Ecosystems: Let's learn about the importance of emergent wetland and riparian ecosystems in the Great Basin and historic losses of and current threats to wetlands. Students will learn about adaptations and reproductive strategies.
- ➤ Traditional Ecological Knowledge: Experts will be sought to share how (TEK) could be used and incorporated with planning to learn methods of protecting the earth. Cultural revitalization and rediscovery will be sought.
- ➤ PLPT Wetlands: Overview of the Wetlands Program within Pyramid Lake Indian Reservation.
- ➤ Air Quality/Solid Waste Activity: Open burning results in pollution. Students will burn non-chemical waste in coffee cans and measure the reduction in weight. and volume of which is transferred to air emissions.
- Activities Design
- ➤ The Sky at Night; We will teach students about their heritage and explain how Native people were knowledgeable about astronomy, seasons and divisions of time.
- Numu Games: Let's explore traditional games by using objects in nature to communicate and count using the Numu language.

# IMPORTANT DATES TO CONSIDER:

- \* KOOYOOE TRIBAL YOUTH CAMP: JUNE 17-18, 2014
- \* YOUTH APPLICATIONS DUE: MAY 16, 2014.
- \* CHAPERONE APPLICATIONS DUE: MAY 16, 2014

Please call or use the following resources for additional information.



(775) 574-0101x16 -Office

(775) 574-0125 –Fax

http://www.plpt.nsn.us



#### **Available documents:**

- Donation Request
- Youth Camp Packet
- Chaperone Application



# 6th Annual Sacred Vision Pow-WoW Seeking Royalty Contestants

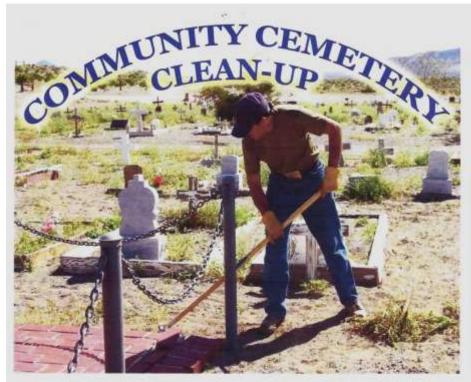
- Lil Brave 0-10yr old (any Tribal Affiliation)
- Tiny Tot Princess 0-5yr old (any Tribal Affiliation)
- Lil Miss Sacred Visions 6-10yr old (any Tribal Affiliation)
- Jr. Miss Sacred Visions 11-15yr old (any Tribal Affiliation)
- Miss Sacred Visions 16-25yr old (any Tribal Affiliation)
- Miss Pyramid Lake 16-25yr old
   (must be an enrolled PLPT member for Miss Pyramid Lake ONLY)

**Application and Tickets are available NOW** 



Accepting applications til June 2014

Royalty Committee: Collette Auguh (775) 842-2007





#### WADSWORTH

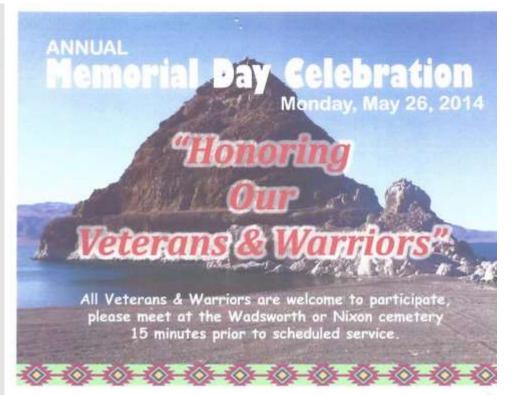
NIXON

May 10, 2014 9:00 am May 24, 2014 9:00 am



REFRESHMENTS PROVIDED BY THE PLYAWO.

Pyramid Lake Veterans & Warriors Organization (PLVWO) P.O. Box 13, Wasdworth, NV 89442



#### VETERAN SERVICES

10:00 am Wadsworth Cemetery 11:30 am Nixon Cemetery

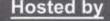
#### COMMUNITY POTLUCK NIXON

12:15 pm Welcome/Prayer (Community Potluck

Meat dishes will be provided.

Food donations of sides and desserts appreciated Volunteers are welcome.

Point of contact: Brenda Henry (775) 815-5787 or email: plvwo2008@yahoo.com



Pyramid Lake
Paiute Tribe
&
Pyramid Lake
Veterans & Warriors
Organization





"TE NANOMO MAGODYOKO"

"Bringing the People Home"

July 18 - 20, 2014

Big Bend Ranch, Wadsworth, NV
Pyramid Lake Paiute Tribe

HOST DRUM

# Cree Confederation Edmonton, Alberta Canada

MC - Anthony Bluehorse Tulalip, Washington

AD - Carlos Calica Warm Springs, OR

### **GRAND ENTRY**

Friday 7pm Saturday Noon & 7pm

**Sunday Noon** 

All Events open to Public FREE Admission FREE Camping

Crowning of Royalty - Friday Fun Run/Walk - Saturday

**Host Hotel:** 

Comfort Sultes, Fernley (775) 980-6514

#### \*\*CATEGORIES\*\*

Golden Age \*\*Senior Men & Women Adult Men & Women Teen Boys & Girls

Junior Boys & Girls

Feast on Saturday
Native Arts & Crafts
Food Vendors

For more information contact: William Wadsworth (775)575-7063

email: sacredvisions09@clearwire.net facebook: sacred visions powwow

#### \*\* SPECIALS\*\*

Jingle Iron Woman Special
Traditional Buckskin Special
Teen Girls Fancy Special
Hand Drum Contest
Drum Contest
Hand Game Tournament
Horse Shoe Tournament

Vendor Contacts: Angey Dunn (775) 412-8624 angeyfaye@yahoo.com

Royalty Contacts: Collette Auguh (775) 842-2007 colletteauguh@yahoo.com

Sacred Visions Powwow Committee, Veterans & Warriors Organization MSPI/GLS & Sumunumu Programs

Sacred Visions Powwow Committee P.O. Box 897 Wadsworth, NV 89442

Drug & Alcohol Free Event. Committee not responsible for short funded travelers, theft, damages or injuries.

No weapons, firearms or fireworks permitted. \*\*Sr Categories subject to change.

# Pyramid Lake Sunrise Ceremony & Eagle Staff Walk/Run

Date: Friday-May 16, 2014

Time: 6:30 a.m. Sunrise Ceremony

Pre-Registration & Check-In

7:30 a.m. Run Starts

Place: Start: Numana Hatchery—off SR 447

Ends: Nixon Gym (appox. 8.1 miles)

Registration Deadline—May 9, 2014—12:00 p.m.
ALL Participants & Volunteers Must Pre-Register

Forms available at the:

- . Wadsworth & Nixon Stores
- · PL Health Clinic
- · PL Tribal Court
- PL Tribal Offices

Potluck Brunch will be served at the Nixon Gym

Food donations & volunteers appreciated

Clinic will provide walk/run participants with fruit, water, nutrition bars

This event promotes health/wellness, non-violence and is drug & alcohol free

Photo taken by. Sponsored by the PL Veterans & Warriors Organization; Pyramid Lake Paiute Tribe;
B. Douglas Jensen 2006 PL Health Clinic-Sumunumu Program, Victim Services & Community Volunteers

## **Pyramid Lake**

## Sunrise Ceremony & Eagle Staff Walk/Run

Date: May 16, 2014 Start Time: 6:30 am Race Start: 7:30 am

Place: Numana Hatchery off SR 447 Race Starts: Numana Hatchery

Ends: Nixon Gym (approx. 8.1 miles)

This event is open to anyone who wishes to participate. You may walk or run any distance you desire. You may also enter as a team. This is not a race for awards but to unite, inspire and to spiritually cleanse ourselves to become free from drugs, alcohol and violence.

RUNNER/WALKER
RUNNER/ WALKER

### VOLUNTEER

T-Shirt Size (Circle One): Adult S M L XL 2XL 3XL

No guarantees on shirt size or availability if not pre-registered

#### REGISTRATION FEE: NO FEE

- This is a non-profit event
- Pre-registration is required to guarantee Eagle Staff Walk/Run items by May 9th
- Registration is open until the race time
- On-Site registration is NO guarantee for the FREE Eagle Staff Walk/Run items
- Registration forms must be turned in at the Tribal Office by May 9th
- Children under the age of 12 must be accompanied by an adult

#### INFORMATION: Della John- (775) 574-1000

Waiver: In consideration of accepting my entry, I intend to be legally bound, for myself, my heirs, my executors and administrators, waive and release any and all rights and claims that I may have against the persons/ organizations affiliated with the Eagle Staff/Walk/Run, Pyramid Lake Paiute Tribe and all other contributing organizations and assign for all injuries suffered by me while traveling to and from or while competing/participating in the Eagle Walk/Run on May 16, 2014. I further attest that I am physically fit and have sufficiently trained for this event.

lignature: \_\_\_\_\_ Date: \_\_\_\_

Check if Guardian/Parent: All applicants must sign. Signature of Parent/ Guardian required if 17 years or younger

## Patricia Sicherman ACHIEVES RENEWAL OF CERTIFIED DIABETES EDUCATOR STATUS

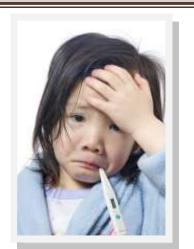
(Arlington Heights, IL – December, 2013) The National Certification Board for Diabetes Educators (NCBDE) announced that Patricia Sicherman, MSN candidate, BSN, RN, Health Director for the Pyramid Lake Tribal Health Clinic, 705 Hwy 446 Nixon, NV 89424 has renewed the Certified Diabetes Educator (CDE) status by successfully completing the continuing education renewal option process. Candidates must meet rigorous eligibility requirements to be eligible for certification. Achieving the CDE credential demonstrates to people with diabetes and employers that the health care professional possesses distinct and specialized knowledge, thereby promoting quality of care for people with diabetes. Currently, there are over 17,800 diabetes educators who hold NCBDE certification.

Patricia has been a contracted Certified Diabetes Educator for the Pyramid Lake Paiute tribe from 1998 to 2011 and 1998 to 2010 at the Fallon Paiute Shoshone Tribal Health Clinic then assuming the position of Health Director at the Pyramid Lake Paiute Tribe. Pyramid Lake Tribal Health Clinic achieved Accreditation from the American Association of Diabetes Educators in 2010.

The Special Diabetes Program for Indians provides support for the strong programs that serves the Native communities and programs.

NCBDE was established in 1986 to develop and administer a certification program for health professionals who teach individuals with diabetes how to manage their disease. NCBDE's mission is to define, develop, maintain, and protect the certification and credentialing process to promote quality diabetes education. With the CDE program, NCBDE recognizes and advances the specialty practice of diabetes education. NCBDE supports the concept of voluntary, periodic certification for all diabetes educators who meet credential and experience eligibility requirements. For more information, visit the website at <a href="https://www.ncbde.org">www.ncbde.org</a> or call the national office at 877-239-3233.

REMSA offers a Nurse Health Line should you need medical advice, especially after the Health Clinic is closed or on weekends. This service does not replace 911 for emergencies.



## What is the REMSA Nurse Health Line?

When you have a medical problem or ques on, now you have the op on in Washoe County to speak to a registered nurse simply by calling

#### 775-858-1000

Nurses who have special training and experience can answer your call 24-hours a day, 7-days a week.



24 Hours a Day



Free For Everyone



Registered Nurses



# Pyramid Lake Housing Authority PUBLIC ANNOUNCEMENT

Pyramid Lake Housing Authority is accepting new and updating applications for:

#### **BIA Housing Improvement Program (HIP)**

Eligible Applicants may apply for:

- ♣ Category A Interim Improvement
- ♣ Category B Repairs and Renovations

All applications will be ranked on a point system as follows:

- Annual household income
- ♣ Age
- ♣ Disabled/Handicapped
- ♣ Dependents
- For new construction (Category C) Applicant MUST have an approved land assignment suitable for housing including available water/sewer and electricity PRIOR to applying for a Category C.

#### APPLICATION DEADLINE IS: June 30th 2014

Applications are available at: Pyramid Lake Housing Authority P.O. Box 210 Nixon, NV 89424

> For more information contact: The Development Department

/s/ 2/11/14
Christine John, Executive Director Date

POSTED: 2/11/14

#### PYRAMID LAKE HOUSING AUTHORITY

P.O. Box 210 | Nixon, Nevada 89424 | 775-574-1026

## **FOR SALE!**

#### **BID ANNOUNCEMENT FOR THE FOLLOWING:**

Year	Make	Type	Color	VIN#	Price
2004	Ford	F250	White	1FTNF20PX4EC14953	\$7,000
1995	Dodge	Flatbed	Gray	1B6MF36C1SS344371	\$3,000
		Boat and	Trailer		\$50.00

- Bids will be accepted by the Pyramid Lake Housing Authority until 12:00 PM on May 21, 2014 at the PLHA Office
- The above three items are sold "AS IS". No warranties!
   All sales are FINAL!
- After bid results are posted, the winning bidder has 7 days to pay by cashier check or money order.
- NO PERSONAL CHECKS please.
- The above three items can be viewed at PLHA M-F from 8:00 am – 4:30 PM.
- Please contact Gerald Hunter, Maintenance Supervisor at 775-574-1026 to schedule an appointment.

#### 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



#### 2014 Newspaper Submittal for Paper 1st Quarter (Jan-Mar) DEADLINE: March 21st-12:00 pm

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 or Word format. Please DO NOT send in .pdf 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.

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 news4plpaper@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: (789) 1 PK (189) 1 PK (189

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 P.O. Box 256—208 Capitol Hill Drive Nixon, NV 89424-0256 www.plpt.nsn.us PRSRT STD U.S. POSTAGE **PAID** 

NIXON, NV

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