



NUMUWAETU NAWAHANA

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

Volume 8, Issue 3

www.plpt.nsn.us

2014 | 3rd 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, Tribal Bike Path Project (New) and a Tribal Safety Project (New).

WADSWORTH BYPASS ROAD

The Wadsworth Bypass Road project is ongoing. 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 have applied for the 2014 - Transportation Investment Generating Economic Recovery or "TIGER Discretionary Grant" - to fund the construction of Wadsworth Bypass Road.

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 Road Construction Project is 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.

This project will also include improved access road and parking areas at Pelican Point. The Pyramid Lake Paiute Tribe was selected to receive a "TIGER Discretionary Grant of \$2.94 million dollars for the project.



We have worked with Federal Highway Administration (FHWA) and the Bureau of Indian Affairs, Transportation to get this project going.

After working with Tribal staff, Tribal Departments and the Tribal Council, construction work started with a Tribal Force Account Crew during the week of June 23, 2014. Mobilization of the construction equipment and crew were accomplished during this time. The project work is continuing with the completion of subgrade work and the hauling of the structural fill to stabilize the soil in preparation for placement of aggregate base and paving. Concrete and Paving work will be accomplished



with independent construction contractors. We will continue with the construction work through the summer and fall of 2014 and are scheduled to be complete at the end of October 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. We are in the process of hiring the new Transit Manager. With the new transit department forming we hope to implement service to the communities by the beginning of next year.

WADSWORTH COMMUNITY CENTER PARKING AREA AND ACCESS ROAD PROJECT (PHASE II)

PHASE I of this project is PLIR 102 (2) was to widen/pave and drain the access road & pave the parking lot area with concrete sidewalks included, in the recently constructed community center area. This project was completed last spring with the paving job.

PHASE II of this project is to pave, drain and install underground utilities for an additional parking area adjacent to the recently completed PLIR 102(1). This parking area will be for a new building planned to be constructed at the development site. Plans, Specifications and Estimates (PS&E'S) will be developed for this project.

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 BIKE PATH PROJECT

The Tribe has approved a bike path project to improve approximately 11 miles following the old railroad bed from Popcorn to Sutcliffe. We have a preliminary map of this area approved and will start the new project with advertising for a consultant to design the bike path in the near future. This project will consist of the Plans, Specifications and Estimates (PS&E'S) for right of way, environmental clearance and construction.

TRIBAL SAFETY PROJECT

We have applied for and were selected to receive a \$12,500 safety grant. This project will be to develop a

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PUBLIC MEETINGS

The Pyramid Lake Paiute Tribe's next informational meetings regarding **TROA** are on the following dates:

- October 18, 2014 – Wadsworth
- January 24, 2015 – Nixon
- April 25, 2015 – Nixon

9:00 am to 12:00 pm
Nixon: Tribal Chambers
Wadsworth: New Community Ctr.

Pyramid Lake Paiute Tribe
PO Box 256 | Nixon, NV 89424 | (775) 574-1000
Donna Noel—Water Resources (775) 574-0101 ext. 27



HUMAN RESOURCES

Current Open Positions as of 09/24/14

GENERAL LEDGER ACCOUNTANT Re-Post JA 14-21
Pyramid Lake Finance Department-Nixon, NV
Performs accounting work related to the operation and maintenance of computerized and network financial accounting; reconciles general ledger accounts through multifaceted adjusted journal entries.
\$41,995.20 - \$44,116.80 per annum; Regular, Full-Time, Exempt Class Code 425, Grade 22, Step 1-3 DOE
Open Until Filled

DIABETES PROGRAM COORDINATOR JA 14-73
Pyramid Lake Health Clinic, Nixon, NV
Coordinates and provides delivery of diabetes program services. Develops and plans diabetes prevention initiatives.
\$41,995.20 - 44,116.80 Per Annum; Full-time, Class Code 438, Grade 22, Steps 1-3, Depending on Experience
Open Until Filled

CHILD CARE PROVIDER Re-Post JA 14-64
Pyramid Lake Paiute Tribe, Nixon & Wadsworth, NV
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: 10/02/2014

MEDICAL BILLING CLERK JA 14-74
Pyramid Lake Paiute Health Clinic, Nixon, NV
Performs a variety of clerical and business functions to bill and collect third party resources at the Tribal Health Clinic.
\$11.25 - \$11.82 per hour; Full-time, Non-Exempt, Class Code 223, Grade 10, Step 1-3 DOE
CLOSES: 10/02/2014

LICENSED PRACTICAL NURSE JA 14-76
Pyramid Lake Health Clinic, Nixon, NV
As a member of the health care team, provides basic nursing care and performs duties as directed by the Clinical Nurse for the ambulatory care of outpatients and/or families, emergency cases and patients in specialty clinics on the Pyramid Lake Reservation.
\$48,609.60 - \$51,064.00 Annum Salary, Full-time, Salaried Position Class Code 409, Grade 25, Steps 1-3 DOE
Open Until Filled

VAN DRIVER/KITCHEN AIDE Re-Posted JA 14-70
Pyramid Lake Paiute Senior Center, Nixon, NV
Perform kitchen duties and deliver meals as requested.
\$7.25 - 7.62 per hour; Part-time; 30 hrs per week, Class Code 116, Grade 1 / Step 1-3
CLOSES:10/09/2014

(Continued from page 1)

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

TRIBAL COUNCIL INITIATES INTERNET STUDY

The Tribal Council recently announced that a consulting study was awarded to Praxis Associates, the company who worked with the Tribe on the fiber optic backbone over the last couple years. With that project complete, the Tribal Council is now looking at how to connect homes on the reservation to the main system.

If feasible, this would help get affordable telephone and high-speed Internet throughout the reservation. The project involves a survey of tribal member interest, financial studies, and identifying potential sources of funding. Members who received the survey are encouraged to return it so their opinions can be included in the study results.

PLPT IT Department

COMMUNITY HEALTH WORKER JA 14-78
Pyramid Lake Health Clinic, Nixon, NV
A component of the Tribal Health Clinic to aid in the improvement of health care services to the reservation community, i.e. information of available health services, assisting to provide basic direct care, coordinate and communicate between individuals and medical providers, transport patients and provide health education.
\$9.25 - \$9.72 per hour, Full-time / 40 hours per week
Class Code 303, Grade 6/Steps 1- 3 DOE
CLOSES: 10/08/2014

ACCOUNTS PAYABLE TECHNICIAN JA 14-77
Pyramid Lake Finance Department, Nixon, NV
Responsible for the preparation, maintenance and record keeping related to the accounts payable function for the Finance Department.
\$15.07 - 15.84 per hour; Regular Full-time, Non-Exempt, Class Code 351, Grade 16, Step 1-3 DOE
CLOSES: 10/24/2014

ENVIRONMENTAL MANAGER JA 14-75
Pyramid Lake Environmental Department, Nixon, NV
Performs specific objectives and work plan activities under established environmental grants. Performs highly responsible management duties in the planning and administration of environmental protection programs and activities. Studies environmental needs to establish and develop regulations that safeguard the Pyramid Lake Paiute Tribe natural resources and environment.
\$38,084.80 - \$40,019.20 Per Annum; Full-time, Class Code 533, Grade 20, Step 1-3 DOE
CLOSES: 10/17/2014

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 1119/1120 or hrrassistant@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 employment.

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 (l) of Title VII of the Civil Rights Act of 1964, amended in 1991.

PUBLIC OPINION

By Duane Dunn

With the termination of our water rights the interest fund under TROA has been the topic of planning by our Tribal Council. Do you have enough faith to have the Tribal Council handle your business?

The Tribal representatives have proven not to be adept in long-range planning of our finances and are not accountable for the loss of our tribal monies. To circumvent any loss of the interest monies in the tribal government's general account the interest monies should be distributed in the same manner the Northern Paiute Settlement was 100% per capita distribution of the interest monies distributed by the US Trust Department to every living member.

Each member that is so well off that they do not choose to receive their per capita distribution can and should choose to sign a release of their share to be given to the Pyramid Lake Tribal government. In fairness to us due to the 1999 referendum election this is the only reasonable decision the tribal council should make.

Each minor would be entitled to receive their funds at the age of 18. The interest accruing in the minor's account could be re-invested for a future member distribution.

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.

Enrollment Services has moved! Now located next to the Tax Department

The Enrollment Committee is currently working on the Tribal ID card policy to include ID cards with expiration dates. The addition of an expiration date to the ID cards may be helpful when no other form of identification is available or as a secondary form of identification when needed.

On September 15, 16,17th The Enrollment Officer attending the OMB (the Office of Management and Budget) circulars training offered by the Finance Office. The OMB training was in preparation for the changes to grants and contracts requirements starting December 26, 2014.

Address Changes

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. Sorry address changes cannot be accepted over the phone.

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 numbers be kept. Sorry 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.

We welcome the following new members of the Tribe

New Members June:

Lida Virginia Davis, Steven Benjamin Lowery, Naveah Janelle Saige Miller, Tony Royal Morales, Bandit Donzia Quiones, Desirae Michelle Sanderson, Alec Anthony Salazar, Matthieu Isaiah Salazar, Nathan New Moon Salazar, Cody Eric Williams

New Members July: No quorum established for July meeting

New Members in August

Jaysten Eshoms Mashburn, Jurnie Porsha Pepion, Ethan Michael Howard Sanderson, Xeven John Everett Sanderson, Charilyn Aimee Serrano

If you have any questions or concerns regarding membership issues, please contact the Tribal Enrollment Office 775.574.1000, Ext. 1115; or you may email your comments to: plenrollment@plpt.nsn.us.

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

2014 NIXON DISTRIBUTION DATES

<u>PROCESSING</u>	<u>DISTRIBUTION</u>
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October	2 nd	October	6 th
October	30 th	November	3 rd
December	4 th	December	8 th
Processing from:		Distribution from:	
9:00 am—11:00 am		9:30 am—1:30 pm	
Tribal Offices		With Senior Deliveries First Nixon Gym	

PUBLIC NOTICE

The Pyramid Lake Paiute Tribe is proposing the following plan for implementation:

***NON-POINT SOURCE
MANAGEMENT PLAN***

If you would like to receive a copy of the proposed plan, please call the Pyramid Lake Tribal Office at 775-574-1000 or visit the PLPT Website www.plpt.nsn.us – Public Notices

Comments may be submitted to:

*Pyramid Lake Paiute Tribe
Attn: Executive Secretary
P.O. Box 256
Nixon, NV 89424*

Closing Date
For Comments: Wednesday – October 22, 2014 at 4:30 p.m.

Please do not remove

Posted: 09.22.2014

PUBLIC NOTICE

The Pyramid Lake Paiute Tribe is proposing the following plan for implementation:

WETLAND PROGRAM PLAN

If you would like to receive a copy of the proposed plan, please call the Pyramid Lake Tribal Office at 775-574-1000 or visit the PLPT Website www.plpt.nsn.us – Public Notices

Comments may be submitted to:

*Pyramid Lake Paiute Tribe
Attn: Executive Secretary
P.O. Box 256
Nixon, NV 89424*

Closing Date
For Comments: Wednesday – October 22, 2014 at 4:30 p.m.

Please do not remove

Posted: 09.22.2014

PESA NAWAHANA (GOOD NEWS) FROM THE PYRAMID LAKE MUSEUM

PROJECT NEWS

In spring 2014 the Museum was contacted by Burning Man representatives to discuss the idea of participating on the Playa at this year's event. A new addition to the event was The Caravansary Souk, an interactive, collaborative art environment at the base of the Man. The Caravansary Souk's creation involved the widespread and dedicated participation of Regional groups and communities from around the world who were asked to contribute to the monumental project.

Museum staff called to other Tribal Departments and Community Members to help develop the project. A small group of dedicated individuals worked diligently to create the Pyramid Lake: Kooyoee Panunadu Souk space. The installation was designed to promote knowledge and understanding of the Pyramid Lake region and people by utilizing educational, artistic, and interpretive elements. The space showcased a painted mural of the lake, a 3-D installation of Stone Mother, and several informational panels. Team members and artists manned the tent to speak with participants, demonstrate art, and answer questions. Attendees were able to view the installation from August 25 – 29.



The Museum received positive feedback on the installation. Some comments we received from our visitor sign in sheet:

- ◇ Wonderful. Necessary. Thank you for everything.
- ◇ Thank you for being & having been here.
- ◇ This is an essential part to include here. Thank you.
- ◇ Show me your tribal card J

Thank you again to the individuals that helped make the installation possible!



It's that time of the year again! The Museum is gearing up for an exhibit change. The Great Basin Native Artists will be showing traditional and contemporary works of art. Just as last year, there will be a community event on November 15th to celebrate the new exhibit. We will be having a "ROCK YOUR MOCS" photo booth to celebrate Native American Heritage Month. We hope to get pictures of every generation rockin their mocs! If you have any questions please contact Museum Staff.

Press Release July 28, 2014 - FWASHINGTON – National Park Service Director Jonathan B. Jarvis today announced more than \$700,000 in historic preservation grants to 18 American Indian tribes and Alaskan Natives organizations.

This competitive grant program is used to fund projects that help to preserve significant tribal places, culture, and tradition. The Pyramid Lake Museum's grant project will be utilized to digitize and conserve the outdated media recorded by the past PLPT Language Program to ensure preservation.

Student volunteers from the University of Nevada, Reno have been working hard to establish a research library from two large book collections that were donated to the Museum. The goal of the project is to make the book collections accessible to the Tribal Departments, Community Members, and Visitors. The end result will be a searchable digital database that can be utilized to retrieve research library media from the shelves.

The Nevada Day Parade will be held on November 1st at 9am in Carson City. This year there will be an Indian Territory section of the parade. We will be having a float in the parade along with many surrounding Tribes. If you are interested in participating in designing or decorating the float please contact the Museum ASAP. We are also looking for participants that are interested in riding/walking/dancing next to float during the parade. *Must be 10-years or older to walk/dance in parade.



From Right to Left

Maryian Paddy, Anna Davis, William Paddy

If you have any information on this photo or see any corrections in names or dates, please call, email, or stop by.

ANNOUNCEMENT

We are welcoming three members to the Museum Board. We are currently recruiting for (2) vacancies on the Pyramid Lake Museum Board. Please be advised that appointments on the Museum Board are voluntary as no stipends are paid to members. If you are interested please complete a Committee/Board Participation application form and return it to the Tribal Secretary.

Find us on Facebook to stay updated on what's happening at the Museum!



Pyramid Lake Paiute Tribe
 P.O. Box 256 | Nixon, Nevada 89424
 Telephone: (775) 574-1000
 Fax: (775) 574-1008

ANNOUNCEMENT

The Pyramid Lake Paiute Tribe is currently recruiting for five (5) vacancies on the

MUSEUM BOARD

If you are interested in serving on the PLPT Museum Board, please complete a Committee/Board Participation application form and return it to the:

PYRAMID LAKE PAIUTE TRIBE
 ATTN: Executive Secretary
 P.O. Box 256
 Nixon, NV 89424

CLOSES:
 Until Filled.

Posted: 06/27/2014

**PYRAMID LAKE PAIUTE TRIBE'S
TRIBAL HISTORIC PRESERVATION OFFICE**

Dean Barlese works with tule reeds to create a mat at a Tule Mat Weaving Class that was held on June 28, 2014 at the Pyramid Lake Museum.



Gwendolyn Pancho shapes and weaves tule reeds to make a mat at a Tule Mat Weaving Class held on June 28, 2014 at the Pyramid Lake Museum.



Tule Mat Weaving Class draws a number of participants to event.

By Betty Aleck
Tribal Historic Preservation Officer

NIXON - On June 28, 2014, the Pyramid Lake Paiute Tribe's Tribal Historic Preservation Office (THPO) hosted a Tule Mat Weaving class at the tribe's museum, which was attended by a dozen students and a number of people in the audience.

Master tule artisan, Mike Williams, showed students how to shape and weave tules into mats. During the class he talked about the ideal time to collect tules and ways of storing them. Participants not only learned an appreciation of the artistry of weaving mats, but also an understanding of past generations use of the marsh plant who lived off the land and used tules in their lives every day.

Mr. Williams first demonstrated weaving a mat and then provided individual instruction to each of the students, who came from Reno, Fallon and Nixon.

To honor our ancestors, the THPO and Pyramid Lake Paiute Tribe Cultural Resources Committee used tule mats made from the class in reburials of repatriated ancestral remains.

Mr. Williams told the class, thousands of years ago native people used tules to weave sleeping mats, clothing and shoes. Additionally, the mats were also used in burials, as mats have been found in burial sites.

Many of the participants had never worked with tule reeds before and the class held in June was their first undertaking. "I never worked with tules before and I think it's easier than willows," said Rosita Sampson of Reno, following the class. "I'm going to teach my kids to do this," said Tammy Henry, while Francis Shaw said

Numu (The People)

Known as Northern Paiute People, we refer to ourselves as Numu. Like other Great Basin Tribes, Numu live in bands. The 23 bands self-identify through either their surroundings or a main food source.

The people of Pyramid Lake are known as Kooyoee Tukadu (Cui-ui eaters). The Cui-ui fish is only found in Pyramid Lake and was traditionally a staple food for the Pyramid Lake Paiute. The Lake once nurtured fish of extraordinary size and abundance. It nurtured our people for thousands of years and continues to do so.

The Northern Paiute language, Numic, is part of the Uto-Aztecan family of languages. It is spoken throughout the bands in approximately 13 different dialects. Language loss is a concern for many Tribal communities. Preservation and continuity efforts strive to produce youth and adult language learners, speakers, and teachers.

Today Paiute Tribes live in areas that include, but are not limited to, Nevada, eastern California, southern Oregon, and southern Idaho. The Tribal reservations and colonies continue to share a common heritage, working together as a people. The Tribes focus on solutions for a changing world. Continued involvement in social and political issues has resulted in a stronger voice and influence within Nevada. The Pyramid Lake Paiute Tribe works to provide future generations with an enriching life by preserving the culture, traditions, and ancestral homelands.

she planned on teaching members of her cultural group to weave tule mats.

Most recently, Ralph Burns, Cultural Resources Committee member and Floyd "Buck" Sampson, CRC, and Betty Aleck, THPO, recently collected tule reeds at a ranch in Wadsworth and another Tule Mat Weaving class is being planned the future.

The Tribal Historic Preservation Office was organized to maintain, protect and preserve culturally sensitive sites, historic and archeological sites within the PLPT

boundaries and ancestral lands traditional used by tribal people. The THPO assumes the responsibilities of the State Historic Preservation Office concerning the National Historic Preservation Act, section 106, as amended. The office also works to bring ancestral remains back to native soil through the Native American Graves Protection and Repatriation Act.

For more information call Tribal Historic Preservation Office at 574-1088 or stop by the office, which is currently located in the Pyramid Lake Museum.

PYRAMID LAKE WATER QUALITY LAB IS UPGRADING

The Pyramid lake water quality monitoring program began in 1981, conducted by the Resource Dept. of the Pyramid lake Fisheries (PLF) and funded through EPA grants. In 1998 the program was expanded to include streams and sites along the lower Truckee River, conducted by the Environmental Dept. (PLPT). A water quality lab (Adeline Davis Research Laboratory) was completed in the spring of 2002, located adjacent to the PLF administration building in Sutcliffe. Water samples are analyzed for nutrients (total ammonia, nitrate + nitrite, Kjeldahl nitrogen, total phosphorus, ortho-phosphate), and chlorophyll. The objective of the WQ monitoring program is to characterize the surface water resources of the PLPT. Monitoring provides information about the current conditions of surface waters, and tracks changes to help assess potential future environmental impacts.



WQ monitoring is conducted monthly at five sites on the lower Truckee River (Pierson Dam, Wadsworth Bridge, Dead Ox, Nixon Bridge, Marble Bluff Dam); four nonpoint source sites (Paiute Pit Outlet, Tile Drain Outlet, Herman Ditch and Numana Wetland

outlets when flowing) near the lower Truckee River; and one lake site (Sta. 96 at the deepest point in the north basin). In addition, a second lake site (Sta. 93 in the south basin) is sampled quarterly. Perennial streams and wetlands are sampled annually, usually in the spring or early summer.

In 2001 the PLPT adopted a Water Quality Control Plan (WQCP) to address issues such as beneficial uses, anti-degradation, and water quality criteria that protect habitat for fish, wildlife, and people. In 2007 the Pyramid Lake Paiute Tribe received Treatment as a State (TAS) status pursuant to Sections 303 and 401 of the Federal Clean Water Act. This enabled the Tribe to set their own Water Quality Standards (WQS) and conduct 401 Certifications for waters within the exterior boundaries of the Pyramid Lake Indian Reservation (PLIR). The Tribe received final EPA approval on their WQCP on December 19, 2008. Every year PLPT must submit reports to EPA describing whether the WQS set by the Tribe are being met for surface waters on the Reservation.

Throughout the years Tribal technicians have used approved "wet chemistry" methods for analyzing water samples. Many labs nationwide have switched to automated methods utilizing sophisticated machines that run more samples per day, with better accuracy and precision, and at reduced cost. This year the Tribal Appropriations Committee awarded the Environmental Dept. monies from Pyramid Lake license plate funds to upgrade the PL WQ Lab. The new machines (EasyChem Discrete Analyzers) arrived this summer and technicians underwent three days of training with the company representative. For the next several months they will be practicing with the new



equipment and comparing results with the old methods. When everyone feels confident with the new procedures and results we will stop using the old methods.

Technicians will still be responsible for collecting samples in the field, making reagents and stock standards, loading the machine with samples, and performing quality assurance/quality control on the results. The EasyChem uses smaller sample sizes (1/100th of the previous sample size), less reagents, and produces less hazardous waste. The machine will pay for itself in 6 years with the savings realized in hazardous waste removal alone, not to mention the savings in chemical purchases and personnel hours. With the time savings we might be able to get our lab certified, and be able to charge for analyzing samples for other entities.

"Water, like religion and ideology, has the power to move millions of people. Since the very birth of human civilization, people have moved to settle close to it. People move when there is too little of it. People move when there is too much of it. People journey down it. People write, sing and dance about it. People fight over it. And all people, everywhere and every day, need it." — Mikhail Gorbachev



PYRAMID LAKE
JR./SR. HIGH SCHOOL
P.O. Box 267
711 State Street
Nixon, Nevada 89424-0267
(775) 574-1016
(775) 574-1037 – Fax

September 23, 2014

MEMORANDUM

TO: Tribal Community
FR: Pyramid Lake Jr./Sr. High School
RE: Human Resources Policies & Procedures
3.26 Certified Personnel Extra Duty Addition of
1 & 2

The Pyramid Lake Jr./Sr. High School Board of Trustees approved the posting of the attached revised the Human Resources Policies Section 3.26 at their regular September 9th meeting. The Board will review any comments regarding the revisions and take action on the Revisions at their October 14th meeting. You may submit any written comments to these attached policies to either Genevieve John, Finance/HR Director, johng@plhs.us or Steven Chapin, Principal, chapins@plhs.us. We request all comments be received no later than October 9th so we can have time to review and prepare for the Board meeting. You may also contact either one of us at the High School during the school week.

Thank you.

3.26 CERTIFIED PERSONNEL EXTRA DUTY

Each certified employee must assume her/his share of duties incidental to programs, extra-curricular activities, or community involvement activities assigned by her/his supervisor. Failure to assume responsibility for such duties is a contract violation and may be cause for dismissal. Some extra-curricular activities are of such size and scope that extra duty pay is warranted. Annually the Board will approve a list of activities that qualify for extra-duty pay.

For athletics, extra-duty contracts for those who are not currently employed by the School will be advertised for a minimum of ten days. Extra-Duty contracts will be issued for coaching that requires consistent supervision when applicable and must be approved by the Board.

The Athletic Director shall be responsible for providing an orientation for all individuals having extra-duty athletic contracts or assigned to an athletic event. The orientation shall be provided to coaches on expectations, school rules, administrative procedures, purchasing procedures, fundraising activities proceeds, philosophical elements, supervision, and other requirements.

Unless otherwise approved by the Principal extra-duty contract payments shall not be made until the activities have been completed. The Board may award bonuses for post-season involvement. Coaches shall be evaluated annually following the completion of the coaching assignments.

All head coaches must attend the Nevada Interscholastic Activities Association (NIAA) rules meetings for their respective activities. Violation of NIAA rules may result in disciplinary action or immediate termination of any coaching assignment.

Recommendation to add:

Classified Extra Duty: At times a classified employee, employed

at the High School in another job, may assume the role of coach in a school sponsored sport or activity. At such times, a conflict may arise between scheduled work hours and the coach schedule for extra-curriculum activities, i.e. travel, practice, game times. The High School will make every effort to meet both the employee and coach schedules to recognize the employee's contributions to work with Pyramid Lake students in extra-curriculum activities. Hourly workers fall under the FLSA and must count both coaching and regular job hours up to a 40-hour FLSA threshold for purposes of determining overtime liability. Bi-weekly coaching payroll will be based on the total amount of the approved contract divided by the estimated number of hours during the season or using the current federal minimum hourly rate, i.e. currently \$7.25. The High School will pay out the coach balance at the end of the season and cannot exceed the total approved coach contract amount. If necessary, the High School will also coordinate with the classified employee to allow the make-up of hours as scheduled with the Principal. The make-up hours must fit within the employee's job description and cannot exceed an employee's total number of scheduled weekly work hours.

Exempt from Overtime:

A classified employee of the High School who is an hourly coach who has met the following conditions, may coach and hours will not contribute towards any overtime liability:

Coaching is voluntary,

Coaching is different from regular job duties, and

The non-exempt employee receives only a "nominal fee" (defined as less than 20% of what the coaching position would normally pay) and reimbursement of expenses for the extra coaching duties.

TAX DEPARTMENT

Tax Department staff follows up with IRS Tax filing all year round. If we have filed a return for you in the last season and you receive any type of notice, letter or nasty-gram please bring in to the Tax Department as soon as you receive it. Do not wait until the deadline to respond; a week or less notice is not sufficient time to deal with it or don't expect it to wait until next filing season.

When you come in to do next year's filing you must disclose any action against you or we will not prepare the return for you. You must be able to prove you pay over 50% support for any dependents you claim. We are not allowed to put in information that can't be substantiated. 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 which includes any earned income credit that you received and were not entitled to.

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 find out anything you leave out.
- File your return the same way every year, switching how you file sends 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.

Vehicle Exempt Form: The Tax Department staff are 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 the form 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.

The DMV will not accept a tax exempt form by fax.

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) the 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.

Forms/Spouse Cards: 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.

Notary Services: Tax Department staff provide notarial services for the public. Remember that you must have your ID with you and do not sign the paperwork until you are in the office.

Natchez Elementary School Calendar

REMINDER:

- EVERY Wednesday is an EARLY OUT school dismissed at 1:45 p.m. 4:30 p.m. for TEAM UP.
- Check infinite campus weekly
- Check your child's backpacks daily especially on Tuesdays
- Keep phone numbers current with office, in case of an emergency.

October 2014

- 2nd Natchez Parent Advisory Mtg. (ALL Parents are invited to attend)
- 6-10 FALL BREAK NO SCHOOL
- 14th 5:30 p.m. Pt II: Nevada Academic Content Parent Workshop
- 15th EOGP (end of grading Period)
- 20th 2nd session of TU begins
- 21st 6 p.m. Title I Pumpkin Carving Family Math Night
- 24th-30th Parent Teacher Conferences school dismissed @ 12:20 p.m. (Make sure to schedule a conference time with your teacher)
- 29th 5:30 pm. FALL FEST
- 31st NV Day – NO SCHOOL

NOVEMBER 2014

- 4th NO SCHOOL- Election Day/WCSD Professional Development day
- 6th 5:30 p.m. 21st CCLC Advisory Mtg/Natchez PAC Mtg (ALL Parents are invited to attend)
- 7th Make UP Picture Day
- 11th Veteran's Day NO SCHOOL
- 20th National Parent Involvement Day
- 26-28th Thanksgiving Break

DECEMBER 2014

- 18th Winter Family Activity (watch for event flyer)
- 19th- January 9th WINTER BREAK – NO SCHOOL Keep on Reading!

*Music Programs haven't been scheduled so keep your eyes out

UPCOMING PLPT EVENTS:

Community Beading Class: Numaga Senior Ctr.

Friday, October 17—9:30am

Halloween: Trick or Treat Nights -

Thursday, October 30 / Nixon-Sutcliffe;

Friday, October 31 / Wadsworth

Halloween Carnival—PL Health Clinic

Thursday, October 30 / Nixon Gym

Rock ur Mocs "Walk" - PLHS Track

Wednesday, November 19—8:00 am

PLTHC Health Fair - Place TBA

Wednesday, November 19 12-5 pm

Community Beading Class: Numaga Senior Ctr.

Friday, November 21—9:30am

Thanksgiving: Tribal Office closed November 27

-28, reopening on December 1.

Tribal Christmas Eve Program - Nixon Gym

Wednesday, December 24 - 6:00 p.m.

Christmas: Tribal Office closed December 25-

26, reopening on December 29.

Election Day: December 27 - Tentative

VICTIM SERVICES PROGRAM

The Pyramid Lake Paiute Tribe's Victim Services Program began its operation in April 1998. In April 2000, our emergency women's shelter "Our Mothers' House -Tamme Pea Nobe" opened its doors. Our program has been providing services to our communities for over 16 years.

In 2013, The Victim Services Program provided assistance to 83 victims of crime. This number is 33% higher than 2012's number of 64. 69 cases involved Domestic Violence (64 cases involved intimate partner violence and five cases involved family violence). In three of the intimate partner (current or previous partner) domestic violence cases, the victims also reported that a sexual assault occurred. There were three separate sexual assault cases (one reported being sexually assaulted by a family member and the other two were sexually assaulted by acquaintances). There were four separate cases of stalking involving one previous intimate partner and three situations that dealt with acquaintances. Additional crime victims included one child molestation victim, three assault & battery victims, one child abuse victim, one case involving robbery and one secondary victim of a homicide that occurred in the Reno/Sparks area. In addition to the impact on the primary victims, 122 secondary victims (children) were impacted by these crimes.

In order to provide services on the weekend, the office hours have been extended to include Saturdays, 8:00 a.m. – 4:30 p.m. for individual counseling and group counseling sessions. The "Freedom to Be You," Women's Educational Support Group, is held from 1:00-2:00, at the Victim Services Program Office, at Big Bend, every Saturday.

Two new groups are to be added in October: A Teen Dating Violence Group will be held on the 15th of October, 3rd Wednesday, at 5:00 p.m.- 6:30 p.m. The second new group entitled "Collaterally Affected by Sexual Assault Group" will be held on the 22nd of October, 4th Wednesday, at 5:00 p.m.-6:30 p.m.

The program is still recruiting for a Women's Advisory Committee. The meetings are scheduled for the 2nd Wednesday of the month. The next meeting will be October 8th, at 5:00 p.m.-6:30 p.m.

The program has made every effort to apply for additional funding to enhance available services for all

victims of crime on our Reservation, as well as our members who reside off the Reservation and have been victimized. On September 22, 2014, the Tribe was notified that the Victim Services Program will be receiving additional funding through the 2014 Coordinated Tribal Assistance Solicitation, Victims of Crime- Comprehensive Tribal Victim Assistance Program. With this project, additional assistance for victims and training to providers will be conducted.

The program currently receives the following funding:

State of Nevada – Division of Child and Family Services (DCFS)

Victims of Crime Act (VOCA), VOCA13-087, 07/01/14-06/30/15 - Provides limited emergency financial assistance to victims of crime that are not covered by our Office on Violence Against Women funds. The funds provide emergency food and placement for other victims of crime. The funds also cover 50% of a Shelter Advocate's and 10% of the Coordinator's personnel costs and office supplies and materials.

Family Violence Prevention & Services Act (FVPSA), FV13--025, 07/01/14-06/30/15 - Provides 25% of a Shelter Advocate's wages as well as the operational costs for the shelter and emergency food/clothing and motel placements for intimate partner and family violence victims, when the shelter is full or inappropriate to place in, due to safety issues.

Nevada Office of the Attorney General, for victims of domestic violence, dating violence, sexual assault and stalking:

FY 2013 VAWA (STOP/SASP) Formula Sub-Grant, #2013-VAWA-54, 01/01/14-12/31/14 - Provides personnel costs for the Counselor (25%) and a Shelter Advocate (25%) positions. The goals under this award are to increase the Shelter Advocate and Counselor's hours in order expand hours and to create plans and activities for the program participant's children. Bi-weekly support groups for teens are currently in the works and will be in place in October.

Department of Justice, Office on Violence Against Women, for victims of domestic violence (intimate partner), dating violence, sexual assault, and stalking:

Rural Domestic Violence, Dating Violence, Sexual Assault, and Stalking Assistance Program, #2012-

WR-AX-0033, 10/01/12-09/30/15- Provides funding for personnel (Counselor, 50%; Coordinator, 30%; Shelter Advocate, 100%; and Assistant, 25%, office operational costs and short term emergency assistance funds for rural victims of domestic violence (intimate partner), dating violence, sexual assault and stalking.

Tribal Governments Program, #2013-TW-AX-0033, 10/01/13-09/30/16- Provides funding for a full-time Police Officer position, full-time Legal Advocate, Assistant, 60%, 25% of the Tribal Prosecutor's Contract and Coordinator, 50% and operational costs of the program as well as short term emergency financial assistance to prevent victims of domestic violence (intimate partner), dating violence, sexual assault and stalking from becoming homeless. The project also provides legal assistance for victims of these crimes in filing for TPOs, divorces and custody. (Due to the scope of the grant, the legal services are limited to the crimes listed and does not cover other victims of crime.)

Transitional Housing Program, #2013-WH-AX-0025, 10/01/12-09/30/15- Provides funding for short term housing (6 to 18 months) for victims who are homeless and fleeing domestic violence, dating violence, sexual assault and stalking.

Tribal Sexual Assault Services Program. #2012-KT-AX-0007, 10/01/12-09/30/15- This project provides assistance to victims of sexual assault and those collaterally affected. The funds provide a full-time Sexual Assault Advocate and 25% of the Counselor's personnel costs. The funds will also provide counseling for victims and on-site training for providers to better serve the needs of victims of sexual assault.

Department of Justice, Office on Victims of Crime

FY 2014 CTAS Comprehensive Tribal Victim Assistance, #2014-VF-GX-K012, 10/01/14-09/30/17- The project will be providing assistance and comprehensive services to all victims of crime on the reservation; provide on-site training to first responders and service providers who deal with victims; training for law enforcement; provide services (emergency food, clothing and shelter) to primary and secondary victims of crime; and, conduct outreach during tribal events. An additional Shelter Advocate will be hired for additional shelter coverage as well as an on-call Shelter Advocate position.

To contact us:

Victim Services Program
101 Big Bend Ranch Rd. / P.O. Box 430
Wadsworth, NV 89442
Phone: (775)575-9444
Fax: (775)575-9446

Office Hours

(Excluding Holidays)

Monday-Saturday: 8:00 a.m.-4:30 p.m.

Wednesday 5:00 p.m. – 6:30 p.m.
Held at the Victim Services Program Office

- 1st Wednesday- Craft Night (VSP Staff)
- 2nd Wednesday- VSP Advisory Committee (Mary Dodd, Coordinator/other VSP Staff)
- 3rd Wednesday- Teen DV Group (Kathleen Eyre, Counselor)
- 4th Wednesday- Collaterally Affected by Sexual Assault Group (Kathleen Eyre, Counselor and Kim Lowery, Sexual Assault Advocate)

Pyramid Lake Victim Services Program

Presents

"On the Wings of Hope..."

In Honor

Of Domestic Violence Awareness Month

Wednesday, October 29th

5:30 p.m.-7:30 p.m.

New Wadsworth Community Center

Agenda

- 5:30 Trailer Ride through Wadsworth Community
Featuring:
Five Feathers Drum
- 6:00 Opening Prayer/Introductions
- 6:15 "On the Wings of Hope..."
Presented by:
Kathleen Eyre, VSP Counselor
Kim Lowery, VSP Advocate
- 6:45 Potluck Dinner
- 7:30 Vigil and Balloon Release



This project was supported by grant #'s VOCA13-087, FV13-025, 2013-VAWA-54, 2012-WR-AX-0033, 2013-TW-AX-0033, 2013-WH-AX0025, 2012-KT-AX-0007, and 2014-VF-GX-K012. The opinions, findings, conclusions and recommendations expressed in this publication/programs/exhibition are those of the author(s) and do not necessarily reflect the views of the Grantor.

VICTIM SERVICES PROGRAM (CON'T)

Tips for Friends and Family of Sexual Assault Survivors

It can be hard to know what to do to help a friend or family member who has been sexually assaulted. Here are some tips on what survivors want you to know.....

- ◆ They often take a lot of responsibility for the abuse. Telling us it is not our fault may help to lessen the guilt of shame but it cannot take it away.
- ◆ They deal with a lot of shame. Please do not shame a survivor it is a pattern they are trying to break.
- ◆ The healing process for a survivor may take years. They may be in and out of therapy several times. New memories may surface, and new experiences may trigger them.
- ◆ People who are often caretakers. It is a survival technique. It takes a long time to unlearn that behavior.
- ◆ Do not excuse the abusers behavior.
- ◆ Do not categorize them. Each case of abuse is unique. Every survivor do not follow the same pattern of healing or behavior.

- ◆ Not all survivors have clear images of the abuse or assault.
- ◆ Even if they are safe now, they may still be fearful of their abuser/attacker.
- ◆ Please don't ask a survivor if they are done dealing with it yet. That is a shaming question. The process of healing may take an entire lifetime.
- ◆ Talking about it means "breaking the secret". Many survivors are faced with terror "breaking the secret" every time we talk about the abuse.

Victim Services Employees		
Employee Name	Position	Contact Information
Andrea Benally	Transitional Housing Advocate	abenally@plpt.nsn.us
Amanda Davis	Shelter Advocate	adavis@plpt.nsn.us
Mary Dodd	Program Coordinator	mdodd@plpt.nsn.us
Kathleen Eyre	Counselor	keyre@plpt.nsn.us
Rebecca Harold	Legal Advocate	rharold@plpt.nsn.us
Kim Lowery	Sexual Assault Advocate	klowery@plpt.nsn.us
Michelle Mix	Assistant	mmix@plpt.nsn.us
Ima Scott	Shelter Advocate	iscott@plpt.nsn.us

This project is supported by the Tribal Sexual Assault Program Grant #2012-KT-AX-0007 Violence against Women Act, US Department of Justice. The opinions, findings, conclusions and recommendations expressed in this publications are those of the authors and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.



October is National Domestic Violence Awareness Month. In honor of this month and in order to raise public awareness regarding the issues of domestic violence on the reservation, the Victim Services Program is asking all employees of the Tribe to wear a purple ribbon.

- ✘ **Break the Silence! Speak out against Perpetrators.**
- ✘ **Support violence prevention, awareness, and education.**
- ✘ **Support Victim's Rights (all forms of assault).**

Rules:

1. October 1st: Victim Services will stop by all PLPT departments to provide purple ribbons.
2. Victim Services will be making a surprise visit during the month to see who is wearing their ribbons.
3. Employees who are wearing their purple ribbons at the time of the visit will receive a small prize and will get their name added to a drawing that will be held Wednesday, October 29th.
4. Departments who are willing to place a purple ribbon on the door leading to their office (must provide your own ribbon) will earn two extra tickets for each member of their department.

The purple ribbon recognizes the suffering of victims of domestic violence and those who had the courage to fight it. Wear your ribbon as a symbol of courage, survival, honor and dedication to ending domestic violence.

This project was supported by grant #'s VOCA13-087, FV13-025, 2013-VAWA-54, 2012-WR-AX-0033, 2013-TW-AX-0033, 2013-WH-AX0025, 2012-KT-AX-0007, and 2014-VF-GX-K012.
The opinions, findings, conclusions and recommendations expressed in this publication/programs/exhibition are those of the author(s) and do not necessarily reflect the views of the Grantor

Congratulations to Mendive 7th & 8th Grade Girls Basketball Team Short & Sweet 2014 Season!!



L to R Top – Kayonna Henry, Morgan Thomas, Jurnie Pepion, Hilana Ely
L to R Middle – Isabella Smith, Lyllianna Williams, Krista Wasson, Salisa Williams
Bottom – Arin Wasson

"Relax!" "Help is Just a Breath Away"

The Pyramid Lake Tribal Clinic/CHR Program will be conducting an eight week program featuring "Yoga Classes" on Wednesdays only. These classes will be suitable for everyone from children to seniors with emphasis on safety, proper alignment, posture, breathing, stretching, and relaxation.

The first part of this program is offering a Therapeutic Program for Infants and Children with Special Needs. "Yoga for the Special Child™" taught by Kathleen Randolph, Certified Practitioner. If you have an interest in this program please call Dora Thomas, CHR or Ellen Houston, RN at the Pyramid Lake Tribal Health Clinic at (775) 574-1018. To set up a time and date to meet with Ms. Randolph regarding your child(ren) needs.

The other part of this program will be conducting mini-classes as follows:

◆ Wadsworth Daycare/Headstart	8:45—9:30 am
◆ Numaga Senior Center (open to everyone)	10:15—11:00 am
◆ Nixon Daycare	11:15—11:45 am
◆ Administration (open to everyone)	12:15—12:45 pm
◆ Clinic (open to everyone)	1:00—1:30 pm
◆ Wadsworth Headstart	2:00—2:30 pm
◆ Wadsworth Daycare	2:45—3:15 pm


Please note: No Classes will be held on 10/22 and 10/29.

These are approximate times and are subject to change as we see how each of the classes flow, interest and attendance. Future classes are being considered.

Classes will be conduct by Ms. Kathleen Randolph, Certified Practitioner of The Yoga Center in Reno.
If you are interested in these classes please contact Dora or Ellen for more information. (775) 574-1018

Updated: 09/29/2014

Pyramid Lake Annual Nevada Day Open Rodeo (Pre) October 26, 2014 Wadsworth, NV




CASH PAYOUTS

EVENT	GO	FEE	Added Money
Stock Saddle Bronc	1	\$60	*\$150
Saddle Bronc	1	\$60	*\$150
Bareback	1	\$60	*\$150
Bull Riding (Limit 15)	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** (Limit 50)	1	\$60/man	*\$300

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

Admission:
Adults \$3.00
Child 2.00
Senior Citizen FREE



RODEO STARTS:
8 a.m. SUNDAY
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)
◆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.

October 25, 2014
Big Bend Ranch
Wadsworth, NV

PYRAMID LAKE JUNIOR RODEO
ONE GO ROUND
LIMITED to 80 ENTRIES

CHECK IN 7 a.m.
Rodeo start 8:00 a.m.
SATURDAY ONLY

Contestant Name _____ Age on **October 1, 2014** _____

ADDRESS _____ CITY _____ ST _____ zip _____

PHONE _____ EMAIL: _____

Buckles to 1st place Peewee (Co-ed) Peewee Prizes to 4th place. Jackpot 6-9 & 10-13 Girl & Boy. All-Around Buckle to a Peewee, Boy & Girl 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	
TOTAL FEES \$		TOTAL FEES \$		TOTAL FEES \$		TOTAL FEES \$	

PEEWEE GIRL/BOY	\$15/event	Girls 14-18	\$20/event	Boys 14-18	\$20/event
Ages 2-5 (SATURDAY ONLY)		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:	
TOTAL FEES \$		Team Roping		Team Roping	
		Partner:		Partner:	
		TOTAL FEES \$		TOTAL FEES \$	

++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 13, 2014. NO EXCEPTIONS. To confirm entry rec'd you may call October 20th 6 p.m - 9 p.m. 775-742-8947 or email pljrodeo@gmail.com 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 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 _____, 2014.

State of _____ County of _____

Notary Public _____

The Pyramid Lake Junior Rodeo Club hosted the Western States Indian Rodeo Association Regional Finals, this rodeo helped determine who would be qualifying to continue on to the Indian National Finals Rodeo in Las Vegas on November 3 - November 8, 2014. Congratulations to our local cowboys: Stephan James-Bull Riding, Chance Guerrero-Saddle Bronc, Ed Harry Team Roping and Sr Breakaway and from Walker River Carl Johnson, Sr. Team Roping and Denton Williams in Jr. Breakaway.

PLJR Rodeo would like to thank all our volunteers and cowboys and cowgirls that stepped up and lend a helping hand at the rodeo, even during the downpour of rain we had lake in the arena. That didn't stop the cowboys and cowgirls, they continued to compete. Thank you to our back chute help Dellard Henry, Rodney Hawley and Dana Paya. Running, sorting cattle, Jay Guerrero, Denton Williams, Mackey Begay, Cody Barney, Mike Holyan, Lee Tom, Ralph Rogers, Cody Smith, Sid Kochamp and so many others. We do appreciate all your support!



Rock ur Moccs "Walk"

November 19, 2014

(We know the real day is November 15, 2014)

@ Pyramid Lake High School Track 8am

- Dust off your Mokos take a walk around the PLHS Track (1 mile)
- Light Refreshments will be serve



Any Questions or Concerns Please feel Free to contact :
Dora Thomas x1258 or Ellen Houston



MEDICARE OPEN ENROLLMENT

OCTOBER 15-DECEMBER 7, 2014

MEDICAID ENROLLMENT

90 DAY TO APPLY FOR MEDICAID EXPANSION
TO APPLY FOR QUALIFIED HEALTH PLAN YOU WILL NEED TO APPLY AT
HEALTH LINK OF NEVADA UNTIL **NOVEMBER 7TH**

AFTER THE 9TH YOU WILL BE ABLE TO APPLY AT ACCESS NEVADA

EXEMPTIONS ARE AVAILABLE FOR THOSE WHO DO NOT HAVE
AN ALTERNATIVE RESOURCE

PLEASE CALL (775)574-1018

HEALTH BENEFIT REPRESENTATIVES
Wilma Smith-Tobey Ext. 1213 Letisha Rosales, Ext. 1251
Temporary HBR Clerk—Cynthia Christensen, Ext. 1238

READING YOUR BILLING STATEMENT

Many times patients present with their billing statement and state “HOW COME THIS HAS NOT BEEN PAID?” Often, although you notify the hospital, facilities or providers of your insurance carriers they may be billed incorrectly.

****Helpful Information****

Read the billing statement and ensure that the Insurance information is correct, if not please contact the billing department and notify them of the corrections needed. You will need the Patient Account Number and Date of Service and they will resubmit the claim.

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 find 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
NV 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>

Also follow us on **YouTube**
To find us online search for us by name: Kwetso'ina Numu

FIND US ON facebook

KWETSO'INA NUMU

Get Connected ~ Stay Informed
Follow us for the latest Community updates, resources, videos, and trainings/events.

STATEMENT

Account Summary

Account Number	-QRNO1
Patient Payments in Last 30 Days	0.00
Current Statement Balance	25.25
Charges Pending w/ Insurance	0.00
Total Account Balance	25.25

[See Detail on Back](#)

PATIENT ACCOUNT NUMBER

Ensure you are able to locate an ACCOUNT NUMBER and DATE OF SERVICE

Insurance Information

PLEASE CONFIRM THAT INFORMATION IS CORRECT. TO UPDATE GO TO www.ezmedinfo.com/itno1

PRIMARY

Insurance	MEDICARE OF NEVADA
Group/Plan	
ID Number	XXX

PRIMARY INSURANCE

Ensure that your Primary Insurances is listed on the bill.

SECONDARY INSURANCE OR PAYOR OF LAST RESORT

Ensure there is a Secondary Insurance if applicable.

SECONDARY

Insurance	INDIAN HEALTH SVCS
Address	2 HOSPITAL RD
City/State/Zip	SCHURZ, NV 89427-
Group/Plan	
ID Number	

If there is no Primary or Secondary, ensure Indian Health Services is listed:

Indian Health Service
Schurz Service Unit
Drawer A
Schurz, Nevada 89427

Visions: A Tribal Perspective on Methamphetamine and Suicide Prevention

Mission of the National Indian Health Board: One Voice affirming and empowering American Indian and Alaska Native peoples to protect and improve health and reduce health disparities.

This publication is just one of many featuring information on suicide prevention, intervention, postvention and methamphetamine prevention, treatment and aftercare. We welcome your suggestions, questions and comments and invite you to submit materials for future publications. Visit the NIHB web page-www.nihb.org for more publications.



Bullying Prevention is Suicide Prevention

More and more today, news is filled with stories of children being bullied by their peers, and even more horrific is when one of those young people take their own life because of what they had gone through. For those who do not choose to end their life, they may still suffer serious social and psychological consequences. Bullying is a serious problem, and it is impacting American Indian and Alaska Native (AI/AN) youth and alarming rates. According to the 2013 Youth Risk Behavior Survey, 21.5% of AI/AN youth did not go to school at least one day in the last 30 days because they felt unsafe at school or on their way to or from school. This was the highest percentage of any reported race or ethnicity (Hispanic youth were second at 9.8%). Even more directly, 21.4% of AI/AN students said that they had been bullied on school property at least once during the previous year (compared to the national average of 19.6%), and 18.0% had been electronically bullied during the 12 months before the survey (compared to the national average of 14.8%) (Centers for Disease Control and Prevention, 2013).

What is Bullying?

Bullying now takes on several different forms and service providers should know the risks that exists. Bullying, also called peer victimization, generally occurs in person - where either physical, emotional or verbal abuse is heaped upon a youth by a single person or a group of people. Now, with the proliferation of social media and mobile technology, youth are experience more and more electronic bullying - where a person is exposed to emotional or verbal abuse via e-mail, chat rooms, instant messaging, websites, social media or texting. Both forms are horrific, however, electronic bullying brings with it an entirely different set of risk factors. Bullying via social media may expose the bullying to a broader audience, thus multiplying the humiliation a youth may feel. And with face to face bullying, victims tend to look for way to avoid confrontation (such as by skipping school, taking their lunch in different locations, walking different way home, etc.). However, with electronic bullying, the youth may find it difficult to avoid such harassment. And electronic bullying may not so easily catch the eye of adult witnesses, and many youth are forced to suffer in silence.

Research is also being conducted on what effects the amount and frequency of bullying can have on youth. It has been found that youth that are victimized one year and then the victimization stops (or episodic bullying) are far less likely than youth that are victimized repeatedly from year to year (or chronically bullied) to experience long term psychological trauma (Smokowski, 2014).

For all of these reasons, service providers and adults that work or interact with children regularly need to be able recognize the signs and symptoms of bullying in order to ensure that youth are not suffering with hope of support.

Signs and Symptoms of Bullying

There are signs that a child is being bullied (Warning signs, n.d.). Adults and providers can become vigilant guardians against bullying by looking for, recognized and then acting upon the following signs. Note that the signs and symptoms of bullying are similar to suicidal ideation, which make it doubly important that adults and friends intervene when they recognize any of the following.

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or personal possession
- Frequent headaches or stomach aches, feeling sick or faking illness (in order to miss school, for example)
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.

- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

Who are Bullies?

The days of the stereotypical images of schoolyard bullies are gone. Bullies are not just the brawny jocks that are taller, stronger, less intelligent, and poorer than all of their peers. It would do teachers, family members, and providers well to remember that anybody can be a bully. Bullies are not always academic underachievers. Those straight "A" students may also choose to use any intellectual prowess to make fun of those students who may be academically struggling. Students who come from affluent or influential families may find it easier to bully peers from families of lower socioeconomic or social status. Anybody can become a bully, or even be a bully and not even know it.

Adults can also be bullies - sometimes without even knowing it. Teachers who pick on students or even make jokes at a student's expense can become bullies. This can be especially true if the school personnel is not from the same race or community as the student. Teachers may purposefully or accidentally pick on students for things like mispronunciation, poor drawing skills, consistently poor grades, or handwriting and can have a lasting impact on the academic and social development of the youth, as well as how they view school and teachers in general.

Consequences of Bullying

In the short term, consequences of bullying include both social side-effects such as increased feelings of sadness and loneliness and loss of interest in activities that used to be enjoyed, and of course the potential for physical harm at the hands of a bullying (of even self-inflicted if the child is internalizing the pain). Data confirms that youth that are chronically bullied exhibit lower levels of school satisfaction, school safety, perceived social support, future optimism, and self-esteem (Smokowski, 2014). This can lead youth to drop out of school, withdraw socially, and even commit suicide. According to Smokowski (2014) chronic victims also reported the highest levels of peer rejection, anxiety, depression and aggression.

The consequences of bullying can be far reaching and can follow youth into college and adulthood. Research has shown that the brain processes bullying much like it would process physical pain (Vaillancourt, 2013). So for those youth that are chronically bullied, a parallel can be drawn to continuous torture. This can lead to anxiety disorders, stunted social development, social maladaptation, long-term depression. Kids who are bullied are more likely to experience:

- Depression and anxiety
- Increased feelings of sadness and loneliness
- Problems sleeping and eating regularly
- Health complaints
- Decreased academic achievement and school participation

A few youth who were bullied may relations through violent measures. In 12 of 15 school shooting cases in the 1990s, the shooters had a history of being bullied.

Reporting of Bullying

Kids may not report that they are being victimized by their peers. Statistics from the 2008-2009 School Crime Supplement show that an adult was notified in only about a

third of bullying cases (DeVoe & Bauer, 2011). Some reasons for withholding that information include:

- ◆ Bullying can make a child feel helpless.
- ◆ Kids may want to handle it on their own to feel in control again.
- ◆ They may fear being seen as weak or a tattletale.
- ◆ Kids may fear backlash from the kid who bullied them.
- ◆ Bullying can be a humiliating experience.
- ◆ Kids may not want adults to know what is being said about them, whether true or false.
- ◆ They may also fear that adults will judge them or punish them for being weak.
- ◆ Kids who are bullied may already feel socially isolated, and convince themselves that they don't have an outlet to disclose.
- ◆ Kids may fear being rejected by their peers.

Conclusion

Bullying can lead youth to commit suicide, and it is our responsibility to ensure that Native youth have the opportunities to lead the long, happy, and fruitful life that they deserve. Preventing bullying is about awareness and intervention - much like suicide prevention. It is about understanding youth and recognizing when something doesn't look or feel right - much like suicide prevention. Youth may not often disclose that they are being bullied for embarrassment - much like suicide prevention. That is why it is imperative that adults are prepared to intervene. Ask questions, observe carefully, and actively act against bullies. Gone are the days of 'boys will be boys,' 'let the kids work it out themselves,' or 'they'll never learn if we fight their fight for them.' Bullies are abusing power and that should never be rationalized or justified.

The Indian Health Services has developed an anti-bullying campaign that can be put up with your communities (<http://www.ihs.gov/dbh/index.cfm/mediacampaigns/bullying/>) and providers can use their suicide prevention programs to incorporate anti-bullying and bullying intervention strategies. Other sites, like www.stopbullying.gov, are extremely helpful. We all have an obligation to help our kids.

Resources Cited

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DeVoe, J. F., & Bauer, L. (2011). Student Victimization in U.S. Schools: Results from the 2009 School Crime Supplement to the National Crime Victimization Survey (NCES 2012-314). U.S. Department of Education, National Center for Education Statistics. Washington, DC: U.S. Government Printing Office.

Smokowski, P. R. (2014, January). Differential effects of episodic and chronic bullying: How victimization affects school experiences, social support, and mental health. Oral presentation for the Society for Social Work and Research 2014 Annual Conference, San Antonio, TX.

Vaillancourt, T., Hymel, S., & McDougall, P. (2013). The biological underpinnings of peer victimization: Understanding why and how the effects of bullying can last a lifetime. *Theory Into Practice*, 52: pp. 241-248.

Warning signs. (n.d.). In Who is at risk. Retrieved from www.stopbullying.gov

PLTHC—DIABETES PROGRAM

DIFFERENCE BETWEEN TYPE 1 DIABETES TYPE 2 AND GESTATIONAL DIABETES

Type 1 Diabetes

Type 1 Diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. Only 5% of people with diabetes have this form of the disease. In type 1 diabetes, the body does not produce insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. With the help of insulin therapy and other treatments, even young children can learn to manage their condition and live long, healthy lives.

Type 2 Diabetes

Type 2 Diabetes is a problem with your body that causes blood glucose (sugar) levels to rise higher than normal. This is also called hyperglycemia. Type 2 diabetes is the most common form of diabetes. If you have type 2 diabetes your body does not use insulin properly. This is called insulin resistance. At first, your pancreas makes extra insulin to make up for it. But, over time it isn't able to keep up and can't make enough

insulin to keep your blood glucose at normal levels.

Gestational Diabetes

This is a type of diabetes that some women get during pregnancy. Between 2 and 10 percent of expectant mothers develop this condition, making it one of the most common health problems of pregnancy.

Diabetes is complicated, but in a nutshell it means you have abnormally high levels of sugar in your blood. Here's what happens:

When you eat, your digestive system breaks most of your food down into a type of sugar called glucose. The glucose enters your bloodstream and then, with the help of insulin (a hormone made by your pancreas), your cells use the glucose as fuel. However, if your body doesn't produce enough insulin – or your cells have a problem responding to the insulin – too much glucose remains in your blood instead of moving into the cells and getting converted to energy.

When you're pregnant, hormonal changes can make your cells less responsive to insulin. For most moms-to-be, this isn't a problem: When the body needs additional insulin, the pancreas dutifully secretes more of it. But if your pancreas can't keep up with the increased insulin demand during pregnancy, your blood glucose levels rise too high, resulting in gestational diabetes.

Most women with gestational diabetes don't remain diabetic after the baby is born. Once you've had gestational diabetes, though, you're at higher risk for getting it again during a future pregnancy and for developing diabetes later in life.



GET THE FACTS ABOUT DIABETES AND LEARN HOW YOU CAN STOP DIABETES MYTHS AND MISCONCEPTIONS.

Myth: Diabetes is not that serious of a disease.

Fact: If you manage your diabetes properly, you can prevent or delay diabetes. However, diabetes causes more deaths a year than breast cancer and AIDS combined. Two out of three people with diabetes die from heart disease or stroke.

Myth: If you are overweight or obese, you will eventually develop type 2 diabetes.

Fact: Being overweight is a risk factor for developing this disease, but other risk factors such as family history, ethnicity and age also play a role. Unfortunately, too many people disregard the other risk factors for diabetes and think that weight is the only risk for type 2 diabetes. Most overweight people never develop type 2 diabetes, and many people with type 2 diabetes are at a normal weight or only moderately overweight.

Myth: Eating too much sugar causes diabetes.

Fact: The answer is not so simple. Type 1 is caused by genetics and unknown factors that trigger the onset of the disease; type 2 diabetes is caused by genetics and lifestyle factors.

Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories from any source contributes to weight gain. Research has shown that drinking sugary drinks is linked to type 2 diabetes.

The American Diabetes Association recommends that people should avoid intake of sugar-sweetened beverages to help prevent diabetes. Sugar-sweetened beverages include beverages like:

- regular soda
- fruit punch
- fruit drinks
- energy drinks
- sports drinks
- sweet tea
- other sugary drinks



These will raise blood glucose the and can provide several hundred calories in just one serving! See for yourself:

- Just one 12-ounce can of regular soda has about

150 calories and 40 grams of carbohydrate. This is the same amount of carbohydrate in 10 teaspoons of sugar!

- One cup of fruit punch and other sugary fruit drinks have about 100 calories (or more) and 30 grams of carbohydrate.

Myth: People with diabetes should eat special diabetic foods.

Fact: A healthy meal plan for people with diabetes is generally the same as a healthy diet for anyone – low in saturated and trans fat, moderate in salt and sugar, with meals based on lean protein, non-starchy vegetables, whole grains, healthy fats and fruit. Diabetic and "dietetic" foods generally offer no special benefit. Most of them still raise blood glucose levels, are usually more expensive and can also have a laxative effect if they contain sugar alcohols.

Myth: If you have diabetes, you should only eat small amounts of starchy foods, such as bread, potatoes and pasta.

Fact: Starchy foods can be part of a healthy meal plan, but portion size is key. Whole grain breads, cereals, pasta, rice and starchy vegetables like potatoes, yams, peas and corn can be included in your meals and snacks. In addition to these starchy foods, fruits, beans, milk, yogurt, and sweets are also sources of carbohydrate that you need to count in your meal plan.

Wondering how much carbohydrate you can have? A place to start is about 45-60 grams of carbohydrate per meal. However, you may need more or less carbohydrate at meals depending on how you manage your diabetes. You and your health care team can figure out the right amount for you. Once you know how much carb to eat at a meal, choose your food and the portion size to match.

- Women 45 - 60 grams of carbs per meal 3-4 servings
- Men 60 - 75 grams of carbs per meal 4-5 servings

Myth: People with diabetes can't eat sweets or chocolate.

Fact: If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more "off limits" to people with diabetes than they are to people

without diabetes. The key to sweets is to have a very small portion and save them for special occasions so you focus your meal on more healthful foods.

Myth: You can catch diabetes from someone else.

Fact: No. Although we don't know exactly why some people develop diabetes, we know diabetes is not contagious. It can't be caught like a cold or flu. There seems to be some genetic link in diabetes, particularly type 2 diabetes. Lifestyle factors also play a part.

Myth: People with diabetes are more likely to get colds and other illnesses.

Fact: You are no more likely to get a cold or another illness if you have diabetes. However, people with diabetes are advised to get flu shots. This is because any illness can make diabetes more difficult to control, and people with diabetes who do get the flu are more likely than others to go on to develop serious complications.

Myth: If you have type 2 diabetes and your doctor says you need to start using, it means you're failing to take care of your diabetes properly.

Fact: For most people, type 2 diabetes is a progressive disease. When first diagnosed, many people with type 2 diabetes can keep their blood glucose at a healthy level with oral medications. But over time, the body gradually produces less and less of its own insulin, and eventually oral medications may not be enough to keep blood glucose levels normal. Using insulin to get blood glucose levels to a healthy level is a good thing, not a bad one.

Myth: Fruit is a healthy food. Therefore, it is ok to eat as much of it as you wish.

Fact: Fruit is a healthy food. It contains fiber and lots of vitamins and minerals. Because fruits contain carbohydrates, they need to be included in your meal plan. Talk to your dietitian about the amount, frequency and types of fruits you should eat. As all fruit will raise your blood glucose level.



PLTHC—DIABETES PROGRAM (CON'T)

Importance of Hemoglobin A1c Test

The hemoglobin A1c test, also called HbA1c, glycated hemoglobin test, or glycohemoglobin, is an important blood test that shows how well your diabetes is being controlled. Hemoglobin A1c provides an average of your blood sugar control over the past 2 to 3 months and is used along with home blood sugar monitoring to make adjustments in your diabetes medicines.

Hemoglobin is found in red blood cells, which carry oxygen throughout your body. When your diabetes is not controlled (meaning that your blood sugar is too high), sugar builds up in your blood and combines with your hemoglobin, becoming "glycated." The average amount of sugar in your blood can be found by measuring your hemoglobin A1c level. If your glucose levels have been high over recent weeks, your hemoglobin A1c test will be higher.

What's a Normal Hemoglobin A1c Test?

For people without diabetes, the normal range for the hemoglobin A1c test is between 4% and 5.6%.

Hemoglobin A1c levels between 5.7% and 6.4% indicate increased risk of diabetes, and levels of 6.5% or higher indicate diabetes. Because studies have repeatedly shown that out-of-control diabetes results in complications from the disease, the goal for people with diabetes is a hemoglobin A1c less than 7%. The higher the hemoglobin A1c, the higher the risks of developing complications related to diabetes.

People with diabetes should have this test every 3 months to determine whether their blood sugars have reached the target level of control. Those who have their diabetes under good control may be able to wait longer between the blood tests, but experts recommend checking at least 2 times a year.

People with diseases affecting hemoglobin, such as anemia, may get abnormal results with this test. Other abnormalities that can affect the results of the hemoglobin A1c include supplements such as vitamins C and E and high cholesterol levels. Kidney disease and liver disease may also affect the result of the hemoglobin A1c test.

Jicama

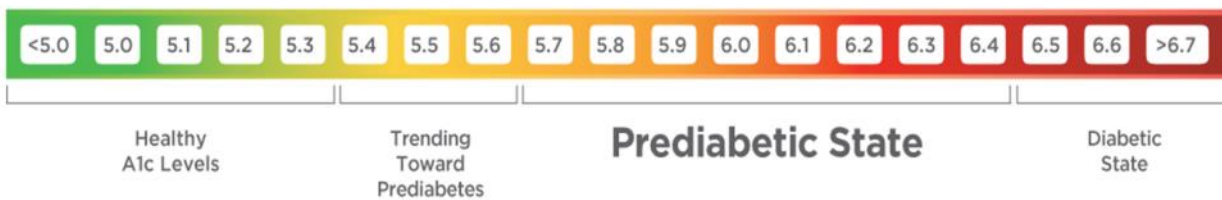
Jicama (pronounced hih-cama) is a low calorie root vegetable that is available in most supermarkets. It is grown in Mexico and Central America and widely used in the Latin American diet. It looks like a turnip or large radish but has a mild, almost sweet flavor. In addition to containing potassium, iron and calcium, Jicamas are very high in Vitamin C, ellagic acid, and fiber. This low calorie (45 calories per cup), zero fat, vegetable is a nice addition to any meal. Peeled and used raw, it can be substituted for water chestnuts, added to stir fries, sliced and eaten raw like celery, or added to salads for delightful taste. Eating jicama not only is it rich in ellagic acid, it is also rich in vitamin C which helps the body use glucose as energy rather than storing it as fat. In addition, the fiber in jicama may help reduce belly bloat. Jicama is also low in sugar, which can make it a good raw, crunchy snack for diabetics or hypoglycemics. You can get precut Jicama at Wal-Mart by the fresh packaged fruit area or a whole one at Scolari's



Jicama Recipe

- > Peel jicama like you would a potato
- > Cut jicama into fries
- > Rinse the jicama
- > Put cut jicama into a bowl, add some lemon juice and a pinch of salt and enjoy.

Hemoglobin A1c



McDermitt Combined Schools

2014 YOUTH POWWOW

Saturday, November 22
Grand Entry 12:00 noon
McDermitt, Nevada

HEAD STAFF

Host Youth Drum
Stonechild
 Yakima, Washington

Master of Ceremonies
Dwayne Redstar
 Cree, Saskatchewan, Canada

Arena Director-
Kendrick Northrup
 Paiute, Fort McDermitt, NV

Head Teen Girl-
Summer Dressler
 Washoe/Paiute, Reno, NV

Head Teen Boy-
Israel Hernandez
 Shoshone /Paiute, Owyhee, NV

Head Jr. Boy-
Nakoa Kakakaway
 Cree, Saskatchewan, Canada

Head Jr. Girl-
Katelyn Crutcher
 Paiute, Fort McDermitt, NV

Dance Specials

Redstar Teen Boys Traditional \$500 \$300 \$200
 Kakakaway Jr. Boys Traditional - \$300
 Evelyn Crutcher Traditional Special \$500 \$300 \$200
 Curtis Tiny Tot Special Jr. Girls Jingle
 Teen Girls Boots & Hats Teen Boys Grass
 Jr. Girls Fancy Jr. Boys Grass
 Inter-Tribal Champion
 Hand Drum Contest
 Other Committee Specials - TBA
 Traditional Dinner hosted by Powwow Committee

Contact Information: Maxine Smart 775-532-8259. Ext. 113 or 775-532-2544 (after 6:00 p.m.)
 Vendor Information: Valerie Barr 775-532-8259. Ext. 103

In recognition of American Diabetes Month
8:00 am Walk/Run

McDermitt Combined Schools and the Humboldt County School District are not liable for theft or accidents occurring on the school grounds. Absolutely no alcohol, drugs, or firearms allowed. No available camping areas.

Promoting Community Wellness

Beading Class

Open To All Adults

Every Friday 9:30 a.m. to Noon

@ Numaga Sr. Center

1st session Friday October 17, 2014
 2nd session Friday November 21, 2014

Class Size is Limited
 Reserve your spot today!
 Contact Kathy Wright
 @ 574-1018

Sponsored by: MSPI Grant, Sumunumu Substance Program & Sumunumu Prevention Program



Sponsored by Churchill Community Coalition

Someone you know could be experiencing a mental illness or crisis, but **YOU CAN HELP**

Mental Health First Aid



Join us!

2 day training:
October 15 & 17 2014
8:00 a.m. - 12:00 p.m.
Fallon Tribal Admin
Conference Room
Space is limited!
Fallon Tribal Health Center
Contact: Jolene Aleck
775-423-3634, ext. 229
associatedirector@fst.org



An 8-hour certification course designed to help communities -

- >> Better understand mental illness
- >> Respond to psychiatric emergencies



WHO SHOULD ATTEND?

- Parents, Families, Educators and Students
- Public Safety/Law Enforcement Departments, First Responders
- Schools, Medical Staff, Nurses
- Social Service Providers, Therapists, Counselors
- Human Resource Professionals
- Non-Profit and For-Profit Organization
- Faith Communities
- Caring Citizens

Sometimes, the best first aid is you.
Take the course and save a life,
strengthen your community.

23RD ANNUAL SOUTHERN PAIUTE VETERANS

POW-WOW

November 1st & 2nd 2014

www.sopva.com

The public is welcome to attend!!!!

Admission and parking free

Moapa Travel Plaza Moapa Paiute Indian Reservation
On Interstate 15, exit 75-Valley of Fire
(Approx. 20 minutes north of Las Vegas)

◆◆◆ Saturday November 1st ◆◆◆

11:00 a.m. - Gourd Dancing-Honoring our Veterans
Grand Entry 1st Session 1pm -2nd Session 7 pm

◆◆◆ Sunday November 2nd ◆◆◆

10:00 a.m. - Gourd Dancing-Honoring our Veterans
Grand Entry - 12/Noon

Head Staff: M.C- Mike Natchees/No. Ute**A.D.-Alex Shepard/So. Paiute-Dine**Head Gourd Dancer-Rick Gray/Dine** Northern Drum-War Horse Lead: Damien Bear/Meskwaki**Southern Drum-Southern Soul Lead: Rance Redhouse/Dine **

**ALL DRUMS WELCOM-S100. day pay per drum.
IRON MAN SPECIAL \$1,000. (Mens Fancy & Grass Dancer)**

Pow-Wow Host Hotel: Cannery Hotel & Casino

2121 E. Craig Rd, Las Vegas, NV 866-999-4899 or 702-8565300
Pow-Wow Code: SGSPVA1 Rates \$59.99 *Cut off date is OCTOBER-1-2014*
Come and enjoy in our Native American celebration of life!
Lots of Arts & Crafts and Food booths!!!!

Have questions call 702-656-6828

ELKO BAND POWWOW OCTOBER 10-12, 2014

ELKO, NEVADA

ELKO COLONY GYM, 2250 INDIAN VIEW HEIGHTS

ALL DRUMS & DANCERS WELCOME!!

**PUBLIC INVITED
FREE ADMISSION**

NORTH BEAR

host drum

ALEX O. SHEPHERD

mc

JERRY BEAR

arena director

LORREN SAMMARIPA

spiritual leader

PICKED PER SESSION

head dancers

Te-Moak Princess,

Little Princess,

Tiny Tot &

Little Brave Pageant

Hand drum contest

1st & 2nd places

GRAND ENTRIES

**Fri. Oct. 10, 7pm
Sat. Oct. 11, 1pm & 7pm
Sun. Oct. 12, 11am
REGISTRATION OPEN
Fri. Oct. 10, 4:30pm-7pm
Sat. Oct. 11, 10am-1pm**

DRUM CONTEST PRIZE MONEY

1st \$2,500, 2nd \$2,000, 3rd \$1,500

DAY MONEY first 10 drums per session

SPOTLIGHT & DANCE SPECIALS

VENDOR BOOTHS

10x10 Food - \$275.00

10x20 Food - \$450.00

10x11 Arts & Crafts - \$200.00

MUST BRING OWN SET-UP

**ABSOLUTELY
NO ALCOHOL OR DRUGS
ALLOWED
DURING THIS
3-DAY EVENT**

Powwow Information
Jennifer Saunders
775-738-8889

Hand Game Tournament
Natalie Bill 775-388-8152
Nick Knight 775-934-5344

Powwow/Hand Game Vendors
Stillman Knight
775-388-7887

Pageant Information
Stephanie Sam
775-397-3910

The Elko Band Pow-wow is not responsible for any accidents, loss, theft or damage to property or persons

Halloween Carnival

Nixon Gymnasium

Time: 6:00pm

**Date: 10/30/14
Thursday**

**Food Concession,
Costume Contest,
Pumpkin Carving Contest,
Cake Walk,
Games, Games, Games
Haunted House**

Sponsor by: Pyramid Lake Tribal Health Clinic staff

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 3rd Quarter DEADLINE: Sept. 19th-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 lgleyva@plpt.nsn.us**. 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 2014 (Tentative Dates, subject to change): Friday @ 12:00 pm

~~1st Qtr—Mar 21st~~ ~~2nd Qtr—Jun 20th~~ 3rd Qtr—Sept. 19th 4th Qtr—Dec 19th

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
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