

FALLON PAIUTE SHOSHONE TRIBE

NUMA NEWS

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HAPPY 4TH OF JULY

JULY 2022



Longtime Optometrist Bolen Has His Eyes on Retirement



L-R; Tribal Treasurer Vickie Moyle, Council Member Phil Johnson, Dr. Bolen & Chairwoman Williams-Tuni

By Jill Wright tribalnews@fpst.org

Terry Bolen, an optometrist who served patients for 44 years, ended his career with a retirement party Thursday, June 30 at the tribal gymnasium.

He was born and raised in Ohio, joined the Navy as a volunteer submariner, then planned to go to optometry school and become an optometrist which was during the Vietnam War in 1969.

Bolen started his career in July 1978 in Texas, then began working for IHS in 1989 serving the Fallon Tribe as well as 4 neighboring tribe patients.

Members & co-workers thanked Dr. Bolen and wished him well at a lunch-

con reception in his honor. Leneva George, Optical Technician, who worked by his side for 14 years, fought back the tears and thanked him for everything he has taught her and for his excellent patient care.

Chairwoman Williams-Tuni stated, "I will always remember Dr. Bolen for his warm sense of humor and he couldn't resist cracking an occasional joke, which always seem to put her at ease—always positive and happy and showed his patients that he cared."

Afterwards, Dr. Bolen gave a short speech and said, "Although it's sad to go, it's also time to go as he will be relocating to Texas. The thing I will miss the most about my practice is my pa-

tients."

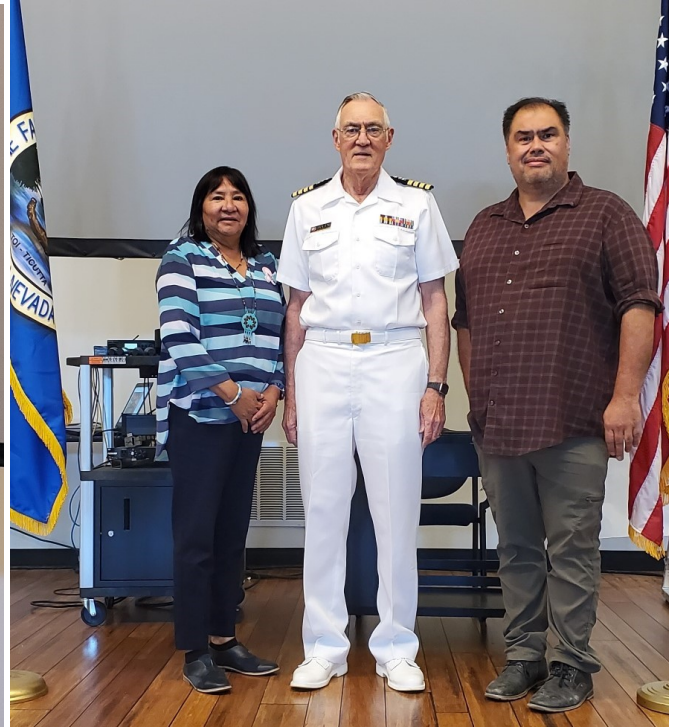
In retirement, he is most looking forward to spending time with his family & granddaughter who is now 15.

Both CLC & Clinic staff did a great job as they helped with the planning of his retirement party as everyone celebrated all his hard work and dedication by sending him off in style with a beautiful Pendleton Blanket & a handcrafted Tule Duck made by Tribal Member Mike Williams. A personalized eye chart poster made just for Dr. Bolen by Leona Minard & Adrian Tom.

Dr. Bolen, thank you for years of outstanding, dedicated service to our tribal community, you will be truly missed.



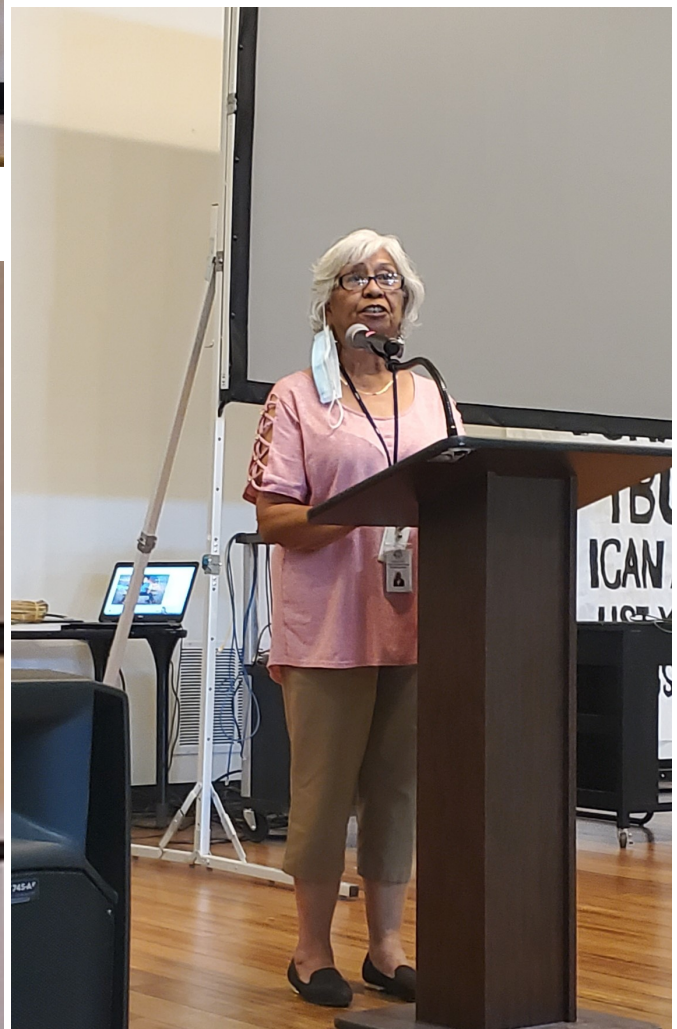
Dr. Bolen, speaks at reception



Chairwoman Williams-Tuni, Dr. Bolen & FTHC Director Jon Pishion



Leneva George, Optical Technician



Jenevie Lucero, Benefits Coordinator

Chief of the Mohegan Tribe to be named 1st Native American US Treasurer

A Native American is being appointed U.S. treasurer, a historic first.

The White House on Tuesday announced President Joe Biden's intent to appoint Marilyn "Lynn" Malerba as his administration establishes an Office of Tribal and Native Affairs at the Treasury Department, which will be overseen by the U.S. treasurer.

The treasurer's duties include oversight of the U.S. Mint, serving as a liaison with the Federal Reserve and overseeing Treasury's Office of Consumer Policy. The treasurer's signature appears on U.S. currency.

"It is especially important that our Native voices are respected," Malerba said in a statement. "This appointment underscores this Administration's commitment to doing just that. I am excited to serve our communities as Treasurer and for the work ahead."

Malerba, who is the lifetime chief of the Mohegan Indian Tribe, previously worked as a registered nurse, according to the tribe's website, and has served in various tribal government roles. The tribe's reservation is located on the Thames River in Uncasville, Connecticut.

"For the first time in history, a Tribal leader and Native woman's name will be the signature on our currency," Treasury Secretary Janet Yellen said in remarks prepared ahead of the announcement.

"Chief Malerba will expand our unique relationship with Tribal nations, continuing our joint efforts to support the development of Tribal economies and economic opportunities for Tribal citizens," Yellen said.

Yellen was set to visit the Rosebud Indian Reservation in South Dakota on Tuesday, the first time a Treasury secretary has visited a tribal nation. She is expected to focus on how the American Rescue Plan has affected tribal communities.

The relief package allotted more than \$30 billion to Tribal governments, some of which oversee the poorest communities in the nation.

For instance, 59% of Rosebud Sioux Tribal households live in poverty, according to U.S. government estimates. Native communities have also suffered the brunt of waves of COVID-19-related deaths and drug overdoses.

This makes the need for representation at the federal level all the more important, says Carl Tobias, a law professor at University of Richmond who specializes in federal appointments.

With Malerba at Treasury, the agency "can work with individual indigenous tribes to work on economic issues which are critical to Native people," he said.

He added that "I think it's true in certain western states that Native Americans are an important voting group."

There are about 9.7 million people in the U.S. who identify as American Indian and Alaska Native, according to the Census Bureau. And while roughly eight million Native Americans are eligible to cast a ballot, Census surveys estimate that large portions of the population are not registered to vote.

A March 2022 White House report on Native American Voting Rights states that "Native voters are less attached to political



Marilynn "Lynn" Malerba

parties and are more concerned with what candidates can do to support Native communities."

Biden, a Democrat, has taken several steps to demonstrate his commitment to tribal nations, including naming Deb Haaland as the first Native American to lead the Interior Department. Biden also has appointed at least three Native American judges — Lauren J. King, Sunshine Suzanne Sykes and Lydia Griggsby — to the federal court system.

Biden issued the first presidential proclamation of Indigenous Peoples' Day, with the intent of refocusing the federal holiday previously dedicated to explorer Christopher Columbus toward an appreciation of Native people.

The administration led by Haaland is leading a reckoning with the U.S. government's role in Native American boarding schools, which stripped children of their cultures and identities. On Wednesday, the Senate Indian Affairs Committee will hold a hearing on the Interior Department's report on its investigation into the federal government's past oversight of Native American boarding schools.

Free Drive-Thru Rabies Vaccination Clinic

Keeping our pets and families protected

By Jill Wright tribalnews@fpst.org

The Fallon Paiute Shoshone Tribe teamed up with IHS OEH&E to host a free rabies vaccination clinic for pets on Tuesday, June 7.

We want to make sure all pets are protected against rabies, so if we have a pet come in contact with a rabid animal, or if there is a pet-bite case, both pets and our families are protected.

At the free rabies clinic, vehicles entered and followed the established one-way traffic pattern on-site. Pet owners stayed in their vehicles with their pets, unless otherwise instructed.

Residents are encouraged to be responsible pet owners by having their pets vaccinated. Rabies is a very serious disease of warm-blooded animals caused by a virus. Raccoons, bats, skunks, and foxes



Fallon Tribe teams up with IHS to host a Free Rabies Clinic

re common disease carriers.

The virus is transmitted to humans and animals through saliva and it can enter the body from a bite, scratch, scrape or open cut. The rabies virus infects the central nervous system and can cause brain

swelling and ultimately death within days of the onset of symptoms.

We want to remind pet owners of the importance of vaccinating all dogs, cats, and ferrets, even if they are considered “house pets” and remain indoors.



Happy Dog, vaccinate your pets!!!



This cat never has a bad hair day, so they can hairless what you think and got the shot

Cuteness Alert!!!!!!!!!!!!!! Why did the goose cross the road?



Two geese and their goslings safely crossed a road behind Rattlesnake Hill

By Jill Wright tribalnews@fpst.org

It's not exactly a wild goose chase, more like a wild goose "wait". Every spring, Canada geese inhabiting the south side of Reservoir Road cross the street to get to the reservoir on the other side soon after their eggs hatch. The mother goose is followed by a trail of goslings. "A mated pair of geese will take their goslings to areas they consider safer, better or more supportive of their dietary and protective needs. A normal family of geese is called a "brood" but sometimes the geese have been combining up to about three families together into larger "gang-broods", which can sometimes have more than two dozen birds in one group.

Geese will cross a road without respecting the vehicles traveling at high rates of speed on the road they are trying to cross. Anyone driving down Reservoir Road is cautioned to drive with care, and to allow geese to cross the road as they move from the reservoir to the south side of the canal.

With regard to the geese & goslings, please note:

- Goslings have a three-day supply of food within them to provide them with nutrients after hatching.
- The parent geese take the goslings to water and food as necessary.
- Primarily because a goose is a grazing animal and grazers walk as they graze. Their

legs are positioned to their bodies farther forward than either duck or swan legs. They can, therefore, "walk and graze on dry land," . Walking uses far less energy than flying. Conserving energy for fleeing danger and long migrations helps the species survive.

- Geese become accustomed to road traffic. Intelligent and wary with keen hearing and vision, geese easily avoid traffic. On land, they feed in groups and at least one goose always scouts for trouble. Indeed, the grazing flock multiplies a lookout's sharp senses.



IN HONOR OF OUR VETERANS

ATTENTION

NEW PLANS FOR A VETERANS PHOTO WALL OF HONOR

An effort has been on-going for many years as the Fallon Paiute Shoshone Tribe makes new plans for a FPST Veterans Photo Wall of Honor to be displayed at the Tribal Administration Building. The COVID pandemic has had a significant impact on the progress of this project, but finish it we will!

If you or someone you know is serving or has served, please submit:

- Your name and contact information (phone and email)
- Your military service connection; rank branch of service
- Photo (JPG or TIFF, no smaller than 600 pixels wide, 72 or 96 dots per inch resolution)
- Submissions may be sent via email to tribalnews@fpst.org.
- All submissions must be received by Friday, August 12, 2022.

For more information or questions, please Jill Wright at 775.423.6075. x1012

THE ENROLLMENT OFFICE IS NOW OPEN

HOURS OF OPERATION

Monday-Friday

8am—5pm

PHONE- 775.423.6075 x 1014

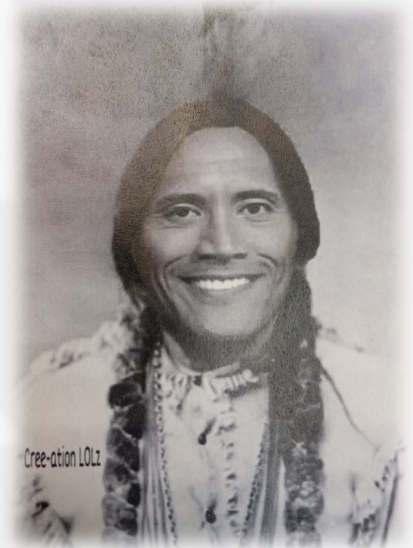
EMAIL– membership@fpst.org

ENROLLMENT CARD INFORMATION

FIRST ENROLLMENT CARD IS FREE

0-17	MINORS	\$5.00
18-49	ADULTS	\$10.00
50-OVER	ELDERS	FREE

***\$1.00 DISCOUNT IF YOU BRING YOUR OLD
CARD IN***



Taking your tribal
pic like.....

2022 Softball Team takes “The Ship”

Congratulations to my granddaughter

Koda Hicks and her teammates.

This year 2022 Softball/Basketball
season was a success

Her softball team took

“The Ship”.

She also traveled to Idaho with her parents
Grizzly & Chase where her team also took

“The Ship”.

Her family is very proud of her and all her
accomplishments on the softball field and
basketball court.

Wise words from her dad Chase

“HARD WORK PAYS OFF”.

I am truly blessed that God chose me
to be your grandma. I love you.

Gramma Suzanne and all your Reno Family.



**16-3 FINAL SCORE GOOD WAY
TO WIN THE SHIP**



Road Work Advisories



Construction is underway on Williams Avenue in downtown Fallon as driveways and sidewalks are built and repaired.

By Jill Wright tribal_news@fpst.org

The NDOT Project which began in March in Fallon is still underway. Q & D Construction have been working to complete the NDOT Fallon job consisting of . Pipe repair, adjust irrigation systems, curbs, gutters, sidewalks, driveways, signs and stripes. Work on Williams Avenue is estimated to continue through August 29. Here is what to know when road work comes to your area.

Street Access

There is limited street access during construction projects, and alternate routes are encouraged for those who do not live on the street. The contractor often places temporary "No Parking" signs on one or both sides of the street to make sure there is enough room for construction operations and

vehicle access.

If your street has road construction on it, the pavement will be replaced on one side of the street at a time to allow the street to remain open for traffic throughout construction.

Parking on the street may be tem-

porarily prohibited. Thank you to Melanie McFalls with the Tribe's TERO Department who has been attending the meetings with NDOT and Q & D Construction and providing updates.



Q & D Construction completing sidewalks near Fox Peak Station.



American Heart Association

Healthy Bond for Life™

LESS STRESS. LOTS OF LOVE.

Best Friend Fridays™ celebrate our pet companions who are always there for us — helping us handle stress and boosting our physical and mental health. Having a pet is a Healthy Bond for Life™ that may help you live a longer, healthier life! (And we've got the science to prove it.)



PETS CAN HELP YOU:

- Deal with stress
- Get more exercise and meet fitness goals
- Feel less lonely and isolated
- Lose weight
- Lower blood pressure and cholesterol levels
- Recover after a health event



Owning a dog can help prevent chronic conditions such as **DIABETES** and **DEPRESSION**, and simply petting a dog **HELPS LOWER BLOOD PRESSURE.**

DURING THE PANDEMIC

According to a Rover survey



53%

of U.S. adults
got a new dog



32%

got a new cat



14%

got both

93% said their "pandemic pet" improved their mental and/or physical well-being.



PETS MAKE WORK BETTER

80% said it made working from home more enjoyable, and they were able to bond with their pet more during this time.

40% of pet owners feel anxious about leaving pets at home if they go back to work in person.

44% would consider changing jobs for a pet-friendly workplace.

37% would give up vacation time and take a pay cut to bring their pet to work.

Having a pet around while working can help:

- ✓ Reduce stress
- ✓ Increase productivity
- ✓ Improve employee satisfaction, teamwork and collaboration

Learn more about Healthy Bond for Life's
Best Friend Fridays at

heart.org/pets



**At work or at play,
pets are the best.**

Take time each Friday to celebrate your pets and all they add to your life and post a photo or video using **#BestFriendFridays!**

What's good for your heart is good for your mind



How you eat, move and manage stress impacts your well-being, physically and mentally. The American Heart Association says all-or-nothing strategies rarely work. Small, consistent, healthy choices set you up for success that will last a lifetime.

It's important to begin with a positive mindset, which can improve your overall health. A recent study shows people with higher levels of optimism had a 35% decreased risk of CVD and a 14% decreased risk of all-cause mortality. The next step is to lower constant or chronic stress. Higher levels of the stress hormone cortisol are linked to increased risk of high blood pressure and cardiovascular events, like heart disease and stroke. Sometimes stress is too much to handle on your own. If you are feeling overwhelmed by stress or are using smoking, overeating or drinking alcohol to cope, reach out to a health care professional. There are many treatments available including speaking with a mental health professional.

The American Heart Association also recommends exercise as one of the best ways to release stress and keep your body healthy. Regular physical activity improves mood, gives you energy and improves quality of sleep. Physical activity is linked to lower risk of diseases, improved mental health and cognitive function and lower risk of depression. According to a recent study published in JAMA, an increase in daily physical activity of 10 minutes could help save more than 100,000 lives a year.

Another way to relieve stress is through your pet! The American Heart Association says having a pet may help you get more fit; lower your stress and your blood pressure, cholesterol and blood sugar; and boost your overall happiness and well-being.

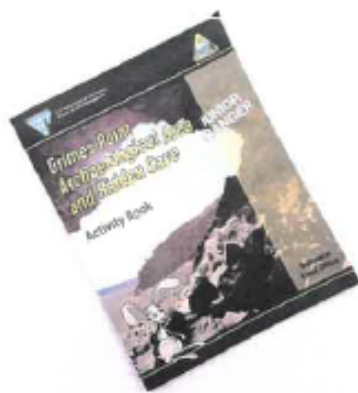
One large study found that pet ownership may help you live longer. In people with prior heart events, those living in a "dog home" had a lower risk of death. Additionally, dog owners who walk their dogs regularly may be less likely to have diabetes and other studies show that the mere act of petting a dog helps decrease blood pressure. If you have a pet, get moving together! Exercise is a win-win for the health of you and your pet.





The Churchill County Museum is
partnering with the
Churchill County School District
to provide the
Ma'Ya Tatza
Discover Summer Program .

Native American students and families are able to participate by picking up the introduction packet complete with the TIC TAC TOE playing card at the museum featuring visits to the museum, library, Hidden Caves, the downtown Fallon Theater, Pow Wow, Stillwater wetlands,



Grimes Point, and the Churchill Community Coalition . By getting a 3 spot TIC TAC TOE, students are eligible to receive a book from the museum and a cinch sack back pack. If the student and family complete a "black out " on the card, they will receive the book "In the Shadow of Fox Peak".

Pick Up your packet now at the Museum! Additional information can be found in the packet for the trip to the theater for a movie and scheduling your private group tour of Hidden Caves.



Churchill County School District and Churchill County Museum
Summer Native American Project
Tic Tac Toe

Instructions:

Thank you for participating in the Tic Tac Toe Quest. When you arrive at the Churchill County Museum, you will receive a Tic Tac Toe card with multiple activities listed.

Please attempt to get a black out on the card by doing all the activities and then you receive a free book called, *In the Shadow of Fox Peak*.

If you are able to complete a tic tac toe across or down, bring to the Churchill County Museum when you finish and receive a book (your choice).

The Library has a Hidden Cave Virtual Reality, or a Story Time, or a Summer Reading program that you can participate in. Bring a selfie or a library book to show you have been there.

The Museum has the amazing Hidden Cave Virtual Tour that takes you inside and gives you a cave like atmosphere to participate.

The Museum will also give you a Jr. Ranger Workbook for Grimes Point to take a family hike. Bring it back to the Museum when you get your Tic Tac Toe to get credit for being there or take a selfie.

There will be several opportunities for the whole family to visit Hidden Caves on a tour. The Bureau of Land Management will have tours on June 6th, June 24th, July 8th or July 22nd. Call the Museum to make a reservation and to get instructions. The Museum will conduct tours on June 9th and July 7th. Call the Museum to make reservations. 775 423-3677.

Stillwater wetlands or Tribal wetlands are also included as outdoor family activities. Take selfie in front of the sign and show us at the Museum when you return your Tic Tac Toe.

There will be a special showing at the Down Town Fallon Theater.

Attend the Traditional Powwow: Moving Forward Together! Take a selfie and show us when you return your Tic Tac Toe card to the Museum.

Go to the Churchill Community Coalition at the Old Post Office, 90 N. Maine St. Get a signature from the staff and participate in a quick activity. Or take a selfie with a staff person.

Not so bad! Do as many as you can over the summer (at least 3). Then turn in to the Museum for your personal book, (you pick) and if you have a black out, you get the book, *In the Shadow of Fox Peak*.

FOX PEAK STATION

CUSTOMER APPRECIATION DAY

FALLON



Customer Appreciation Day

FOX PEAK FERNLEY

*Invites You To
Customer Appreciation Day*

SATURDAY, JULY 23RD, 2022

From 12:00 PM to 2:30 PM

Come by and enjoy some good food
and register for door prizes



congratulations
GRADUATES



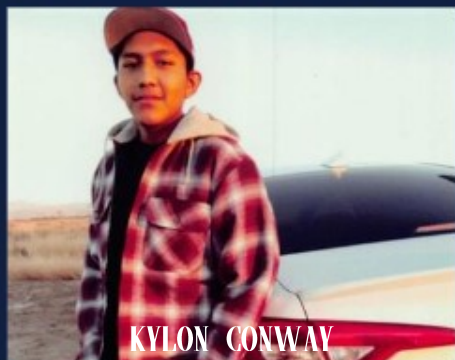
GUILLERMO ALLEN



ALEXANDER AZENON GARCIA



RILEY BONTA



KYLON CONWAY



MARCENA CONWAY



RYAN COSSETTE

Fallon Paiute Shoshone Tribe

CONGRATULATIONS
CLASS OF 2022



SOFIA DELACRUZ



CHARLIZE LEE



SADONI DOWNS



JAYDN FOOTE



JUSTIN HICKS



ADEN JOHNSTON



JESSIE PORTEOUS



SHALENE VALDEZ



SAMANTHA YESSLITH



MAKENZEE DELACRUZ



CIENNA WINDRIVER UNR



PRACTICE FOOD SAFETY FOR 4TH OF JULY COOKOUTS



Independence Day is on its way, and nothing beats eating a refreshing dessert while watching fireworks light up the sky. But before you can dig in and enjoy, you'll want to make sure your cookout has gone off without a hitch. Here are three food safety tips for a disaster-free July 4th party:

1. KEEP FOOD & DRINKS SEPARATE

Make sure you have separate coolers for beverages and food. When outdoor temps soar, opening a cooler lets the cold escape, even if you're just swiftly grabbing a drink before slamming the lid shut. Keeping foods in their own coolers of ice will guarantee they stay a cold, safe temperature before they hit the grill for dinner.

2. COOL IT DOW

Be the hero by having plenty of ice and coolers on hand, making certain everything stays cold that needs to: beverages, mayo-based salads, meats for the grill, etc. Having plenty of coolers with ice provides a safe place for your guests' dishes to stay chilled until dinner time and saves room in your refrigerator.

3. HEAT IT UP

Brats and burgers are often on our menus for July 4th celebrations, and they can be culprits for being charred on the outside yet undercooked on the inside.

Here are a few tips to help you master the barbecue:

- Choose the correct ground beef. For a grilled burger that tastes delicious you need ground chuck or ground sirloin (approximately 20 percent fat) that is loosely packed. Cook these guys at a high temperature (direct heat) to begin with, then move them over to a cooler part of your grill to allow your burgers to finish internally.
- Break out that instant-read thermometer. Insert it from the side to easily test a burger at the center. A safe internal temperature for ground beef burgers is 160 degrees F., but remember to take them off the grill at an internal temp of 155 degrees F. Place the burgers onto the buns, then immediately place them all back into the bun bags. Cover the bags with towels and let the burgers rest for a good 10 minutes. The residual heat will bring your burgers up to the correct internal temperature and won't make the buns soggy.
- For brats, we often choose stadium style. Stadium brats are fully cooked so you're just grilling them to heat them up, add some char and to impart the flavors of the grill — so easy, so tasty and so safe. These are especially great to use if you're cooking for a lot of folks, as they cook fast.

Firework Safety Tips

Always

- ☒ Use adult supervision when older children are using fireworks.
- ☒ Use protective eyewear when using fireworks for anyone standing nearby.
- ☒ Use fireworks away from people, houses and flammable material.
- ☒ Light one device at a time & maintain a safe distance after lighting.
- ☒ Soak both spent & unused fireworks in water for a few hours before discarding.
- ☒ Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire.

Never

- ☒ Never allow young children to handle fireworks.
- ☒ Never use fireworks while impaired by drugs or alcohol.
- ☒ Never hold lighted fireworks in your hands.
- ☒ Never light fireworks indoors.
- ☒ Never point or throw fireworks at another person.
- ☒ Never ignite devices in a container.
- ☒ Never try to re-light or handle malfunctioning fireworks.
- ☒ Never use illegal fireworks.

★ Pet Safety Tips for the 4TH OF JULY ★



Keep Pets Indoors

Keep pets in a safe, enclosed room, preferably without windows. If you're having guests over, consider keeping pets in a room that's off-limits to guests.

Create a Calming Environment

Surround pets with their favorite toys and familiar objects. Sometimes the smell of an article of clothing from your laundry can help comfort them. Keep the room as quiet as possible by playing music and closing doors, windows, and blinds.

Update Identification

Even if a pet is secured inside, the sound of fireworks can cause extreme panic – sometimes causing them to break loose. Make sure your pets are microchipped and wearing identification tags.



Fireworks Injuries by Body Part



Eye
19%

Arm
5%

Hand or Finger
36%

Head, Face or Ear
19%

Trunk or Other
11%

Leg
10%



Ideas How to Save Money on Gas

Cars are some of the most driven pieces of transportation for most of us. As gas prices go up, we try to figure out the best ways to save money on this expense.

It is reported that 90% of households spend close to \$3000 on gasoline per year. For our monthly budgets, transportation is a considerable cost.

Here are 14 Ways on How to Save Money on Gas



1. Carpool

One of the easiest ways to save money on gas is to spend less time driving. That may be an easy one for sure, but we all need to get to places.

You can carpool. Carpooling allows you to save money on gas by splitting the payment with others in the car. Having a ride to places is necessary, but if you know others going to the exact location or workplace, then grab a ride. This can cut down on your gas spending.

2. Fuel-Efficient Car

We are in the times of fuel-efficient vehicles. Tesla has hit the ground running creating electric cars, and other automotive companies are also jumping on board. So you have plenty of choices to choose from in electric vehicles. Plus, if you do not want an electric car, you can choose an efficient vehicle for gas usage. Usually, these can be smaller vehicles because they take less power to move less weight.

3. Gas Station Rewards Programs

Gas stations even offer rewards programs for shopping with them. Some of the major gas stations offer great rewards, such as BP, Exxon, and Shell.

- **BPme Rewards** offers savings of 5 cents per gallon for a month, and keep that rate if you spend \$100 the next month.
- **Exxon Mobile Rewards+** offers 3 points per gallon on fuel and 2 points for every dollar at the convenience store. So after 100 points, that would be \$1 off at the pump.
- **Shell Fuel Rewards** offers 10 cents off every gallon if you spend \$50 at certain restaurants, 5 cents off every gallon if you spend \$50 on certain online retailers, and 10 cents discount on every gallon for spending \$50 at certain live events.

Each way gives you a chance to save money at the pump. It is good to find a particular pump you usually go to and sign up for their rewards to save on the gas price.

4. Apps to Find Cheap Gas

There are apps out there that can help locate different gas stations based on price. For example, there is one app called GasBuddy. It is an app that is very accurate in finding the best gas prices around. You can even use it as part of a Gas station rewards program, which can save you up to \$0.20 per gallon. These are some massive savings for your budget.

5. Rewards Credit Cards

There are plenty of credit cards that give rewards on spending at gas stations. For example, you have such cards as the Citi Premier, Chase Freedom Flex, and the American Express Blue Cash Preferred card that all give 3x or more per \$1 spent at gas stations.

- Citi Premier 3x per \$1 spent at gas stations.
- Chase Premium Flex has a rotating bonus of 5x per \$1.
- AMEX Blue Cash Preferred 3x per \$1.

It is fantastic what credit cards can give you. You could use those bonuses to pay off your gas bill. These rewards can help bring those gas bills down.

6. Cash Instead of Card

I know I just spoke about using your credit card, but sometimes you are in a place where the gas station charges more for using the card. At that point, it is better to use cash. A lot of small operations refuse to use cards because the credit card company charges a transaction fee. So they will lower a price based on cash for them not to be charged the credit card transaction fee. If you get a much lower price and the price is lower than you would get from using your card bonuses, that is a win. However, sometimes it pays to go with cash.

7. Buy Gas Early in the Week

The saying goes, “the early bird catches the worm.” Early in the week, like on Mondays and Tuesdays, gas prices tend to be lower. However, the price goes up later on in the week when people will be out traveling. This time it is better to fill up earlier in the week instead of waiting until you need some gas. Being prepared before the price rises on the weekend is a great way to save on gas money.

8. Reduce Your Driving

One of the best ways to save on gas is not to drive as much. This means that if you drive less, then less money comes out of your pocket. Usually, there will be excellent public transportation in higher cost of living areas that can help you reduce your costs. These can be such things as using public transportation like a bus, metro, or train. One of my favorite frugal methods to get around is using a bicycle. Riding a bike is good exercise, and it reduces the cost of gasoline as well that you would need to use in your vehicle.

9. Work From Home

These days, plenty of people are working from home. It is a significant money saver. You can save a lot of money by not transiting to work and back. Commuting is not always the best bang for your buck. So being able to work from home can help you save some money.

10. Reduce Weight

Try to keep the weight down inside of your vehicle. An extra 100 pounds in your car could reduce your MPG by about 1%. When having heavy things left in your car all the time can put pressure on your engine to produce more power. The less weight, the better. Even if you have things on the top of your roof like a roof rack, these can create unnecessary drag, reducing the vehicle’s gas efficiency.

July 2022



FPST VOCATIONAL REHABILITATION PROGRAM

1007 Rio Vista Drive
Fallon NV 89406
Phone: 775-428-2250
Email: vrmanager@fpst.org

Taleah Hinkey, Program Manager
Hattie Williams, VR Counselor
Vanessa Charley, Technical Asst.

VOC REHAB 101

What is Vocational Rehabilitation?

VR is a program designed to serve individuals with physical, mental or cognitive disabilities in reaching their employment goals (a new job or maintain their current job).

Who is eligible?

Must reside in or near: Fallon, Lovelock or Yomba AND have a documented disabilities and/or receives SSI Disability OR needs an assessment to determine disability AND whose end goal is to have a job or maintain current job AND be enrolled in a federally recognized tribe.

VOC REHAB Q & A

Q: What is the minimum age to apply for Voc Rehab?

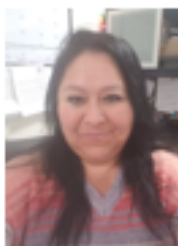
A: The minimum age is 14. We can help with getting your first job, summer job or after school job.

Q: My goal is to be a CDL driver. Can you help me pay for CDL driving school?

A: Yes. We can assist with funding your CDL driving school after we have made you eligible for services. If you're currently unemployed or if you are employed but want to further your advancement at your current job.

VR TECH SPOTLIGHT!

Vanessa Charley is our newly hired VR Technical Assistant! Vanessa comes to us from the FPST Tribal Admin. Office where she worked many years as the Administrative Receptionist.



Vanessa is an enrolled member of the Te-Moak Tribe of Western Shoshone. Vanessa lived in Big Pine for 35 years and moved to Fallon in 2010. Vanessa loves camping, fishing, gold panning and spending time with her hubby, two granddaughters and two sons.

OUTREACH

Our team provides outreach presentations/trainings to Fallon, Lovelock and Yomba on the following topics: Voc Rehab 101, Job Readiness Training, Resume Building, Transition Services, Professionalism 101,

Interested in applying?

Please call, email or stop by
1007 Rio Vista Drive Fallon NV 89406
Phone: 775-428-2250
Email: vrmanager@fpst.org



July 1st

July 8th

July 15th

July 22nd

July 29th

Minions

Thor: Love and Thunder

**Paws of Fury
Where the
Crawdads Sing
Mrs. Harris goes
to Paris
Bed Rest
Nope**

Vengeance

**DC League of
Super-Pets**



**Pick up your bag of
popcorn at
Fox Peak Station for only**

\$5

**All Pre-Covid
releases still only**

\$1



Adult evening shows: \$10.00
Children (under 12) are \$7.25
Seniors / Military: \$8.25

Matinee (before 6pm): \$7.25
Classic Shows: \$1.00
Call for showtimes: 775-423-7099

Tribal Transit Program



We are back up and running!!

Starting: Tuesday, July 5th

Bus will run Monday — Friday

Normal Operating Schedule

****8:00am - 4:00pm***

***Schedule is subject to change due to maintenance,
National Holidays, Tribal Holidays & Admin Days**

Phone: 775-426-8297

Times	TRANSIT SCHEDULE
8:00 AM	Gym
8:02 AM	Senior Center
8:10 AM	Eagles Nest Jensen & Ellison/Red Fire Hydrant
8:15 AM	Spirit Winds Pinenut & Doi Dicutta/Central Mail Boxes
8:17 AM	Stillwater View Spruce Trail/Bus Stop Sign
8:35 AM	The Colony Shoshone & Breckenridge/Stop Sign
8:37 AM	The Clinic
8:40 AM	Tribal Admin
X	N/A
8:45 AM	Fox Peak/West Side-Big Parking Lot
8:55 AM	Dollar Store South end of parking lot
9:05 AM	Walmart Blue Canopy/East Side
9:15 AM	Fox Peak/West Side-Big Parking Lot
X	N/A
9:26 AM	The Colony Shoshone & Breckenridge/Stop Sign
9:30 AM	The Clinic
9:33 AM	Tribal Admin
9:45 AM	Spirit Winds Pinenut & Doi Dicutta/Central Mail Boxes
9:47 AM	Stillwater Spruce Trail/Bus Stop Sign
9:50 AM	Eagles Nest Jensen & Ellison/Red Fire Hydrant
10:00 AM	Senior Center
10:21 AM	Gym
X	N/A
10:42 AM	Fox Peak/West Side-Big Parking Lot
10:49 AM	Dollar Store South end of parking lot
10:55 AM	Walmart Blue Canopy/East Side VIA COLEMAN
11:12 AM	The Colony Shoshone & Breckenridge/Stop Sign
11:15 AM	The Clinic
11:27 AM	Spirit Winds Pinenut & Doi Dicutta/Central Mail Boxes
11:29 AM	Stillwater Spruce Trail/Bus Stop Sign
11:32 AM	Eagles Nest Jensen & Ellison/Red Fire Hydrant
11:42 AM	Senior Center Drop off only
12:50 PM	Senior Center
12:52 PM	Gym
12:55 PM	Eagles Nest Jensen & Ellison/Red Fire Hydrant
12:57 PM	Stillwater Spruce Trail/Bus Stop Sign
1:02 PM	Spirit Winds Pinenut & Doi Dicutta/Central Mail Boxes
1:12 PM	The Colony Shoshone & Breckenridge/Stop Sign
1:15 PM	The Clinic
1:18 PM	Tribal Admin
X	N/A
1:25 PM	Fox Peak/West Side-Big Parking Lot
1:33 PM	Dollar Store South end of parking lot
1:40 PM	Walmart Drop off only
2:45 PM	Walmart Last Pick Up
2:55 PM	Dollar Store Last Pick Up
3:05 PM	Fox Peak Last Pick Up
X	N/A
3:10 PM	The Colony Shoshone & Breckenridge/Stop Sign Last Pick Up
3:14 PM	The Clinic Last Pick Up
3:20 PM	Tribal Admin Drop Off Only, Pickup if going to Reservation
3:36 PM	Spirit Winds Pinenut & Doi Dicutta/Central Mail Boxes Drop Off
3:38 PM	Stillwater Spruce Trail/Bus Stop Sign Drop Off Only
3:43 PM	Eagles Nest Jensen & Ellison/Red Fire Hydrant Drop Off Only

Times listed are departure times.

Times listed in "Pink" are updated times.

Please be at the scheduled stops 10 minutes prior.

Items highlighted in "Green" are last pick up for the day.

Bus Routes are Monday — Friday

**Transit Department will not operate on
National Holidays, Tribal Holidays & Admin
Days**

**Please be at your scheduled stop 10 minutes
prior to pick up.**

***Food Pantry on Thursday's only**

Drop Off at 9:10, Pick up 11:00

fallon paiute Shoshone Tribal Transit

Please call with any questions you may have.

Phone: 775-426-8297

Mask Up



**COMPLETELY COVER
NOSE AND MOUTH
WITH MASK**



U.S. Department of Transportation

- ◇ Children under the age of 8 must be accompanied by an adult 18 years of age or older.
- ◇ TTP does not provide car seats.. It is the responsibility of the adult passenger to bring a car seat for a child that is required to be in a child seat.
- ◇ *Scheduled times and locations may vary pending weather, unforeseen circumstances and necessary schedule changes.
- ◇ Buses are monitored by cameras.
- ◇ *No fees for rides at this time *
- ◇ *FPST reserves the right to make changes at any time*
- ◇ TTP's policy is to utilize Tribal, City and County maintained roads that are paved. There is no service on dirt or gravel roads.
- ◇ Service area is on the FPST Reservation and within the Fallon city limits.
- ◇ The Tribal Transit is open to the public and may ride if they so choose too.

The Nevada Health Centers Mammovan is Coming to Your Community!

Early Detection is the Best Protection!

The Mammovan will be in your community on:

DATE: Friday, August 12, 2022

HOURS: 7:40am to 3:20pm (closed for lunch from 11:40am to 1:10pm)

LOCATION: Fallon Tribal Health Center - clinic parking lot

1001 Rio Vista Drive, Fallon, NV 89406

Check in directly with the Mammovan

LEARN FORM

COVID-19 precautions
are in place to help
keep you safe.

*Please arrive 15 minutes
prior to your scheduled
appointment to receive a
COVID-19 screening.*

For an appointment, please call:

Nevada Health Centers Mammovan

877.581.6266 OPTION 1

MONDAY - FRIDAY | 7 AM - 6 PM

Go to nvhealthcenters.org/mammography
for the current calendar of Mammovan events

NEW
3-D
IMAGING*
FOR ENHANCED
ACCURACY

GET YOUR MAMMOGRAM TODAY!

- **As technology improves, so do we.** 3-D technology offers greater accuracy in mammography screening.
- Women 40 and over require NO referral. Women 39 and under, or men, MUST present a physician (PCP) referral.
- Must be at least 366 days since last screening.
- NO minors can be left unattended and they may NOT accompany you into the exam room.
- Results are mailed directly to you and your PCP / Specialist.

*Please be sure you have all of the
following with you upon arrival to
ensure a smooth check in experience:*

- Current and valid government-issued photo ID
- Current insurance card (if applicable)
- Mammography Patient Registration forms — **please complete before your appointment** (forms are available online at nvhealthcenters.org/mammography)
- Name and phone number of your Primary Care Physician (PCP)

Acceptable Methods of Payment:

- Call your insurance company to find out if 3-D is covered. If it is not covered, you have the option of purchasing this enhanced test at a cost of \$50.
- **Medicare • Medicaid • Sliding Fee Scale**
- **Women's Health Connection (WHC)**
- **Most major insurances** – Yearly Preventive Screenings are covered under most insurances, however, verify your coverage prior to your appointment to assure the Mammovan is an accepted provider.
- Individuals **NOT COVERED** by health insurance may qualify for a "no charge" screening.



NEVADA HEALTH CENTERS
MAMMOVAN
ON THE MOVE IN NEVADA

July 2022

July 13 - Juggler Izzy Tooinsky- 11am & 2pm

- Juggling Workshop- 1pm

July 13 & 27 - 3D Printing Workshop Drop-In - 3-5pm

July 14 - Reading With Rover - 3:30-4:30pm

July 21 - Ocean Bingo -1:30pm

July 26 - Young Shakes (with Lake Tahoe Shakespeare Festival)-10am

July 27 - Creative Aging Artist Reception - 4-6pm



Knitting Club - Tuesdays - 10am & Thursdays 4pm

Writer's Group - Tuesdays - 5pm

Virtual Reality Drop-In—Tuesdays & Fridays—2-5pm

Virtual Reality Hidden Cave — Call for an appointment

Story Time—Every Wednesday and Thursday—11am

Computer Help with Joe - Pennington Life Center-Fridays- 10-11am

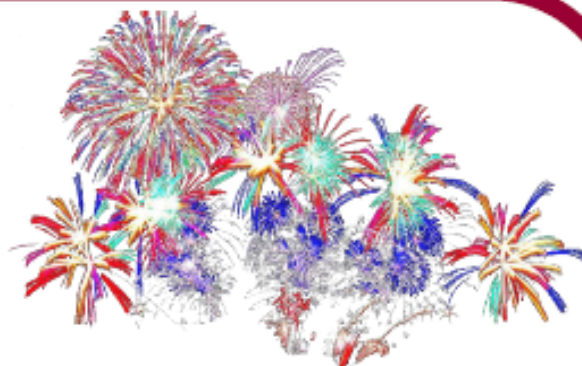
1,000 Books Before Kindergarten - Sign-Up Anytime!

Featured Artists - Creative Aging Program



Churchill County Library * 553 South Maine Street* Fallon, NV 89406

JULY– AUGUST FOOD DISTRIBUTION SCHEDULE



The following is a schedule for the July—August 2022 food distributions for the Fallon Tribal Community. This schedule includes the monthly USDA Yerington Commodity food distribution and the Northern Nevada Food Bank Mobile Harvest.

All distributions will be conducted at the FPST Community Learning Center (CLC) and are drive thru style to adhere to current COVID-19 safety guidelines.

USDA Yerington Commodity Food Distribution

Participants must meet USDA guidelines. Contact YPT for additional eligibility requirements. You can visit their Facebook page for the Yerington Commodity Food Program or by phone at (775) 783-0206.

Tuesday, July 5, 2022—8 a.m. to 12 p.m.

Tuesday, August 2, 2022—8 a.m. to 12 p.m.

Northern NV Food Bank Mobile Harvest

Fresh produce distribution of fresh fruit, dairy and vegetables. Mobile harvest is the **2nd Tuesday of every month**. Participation is open to all Churchill County residents of all income levels. First time participants are required to complete an initial intake form on-site.

Tuesday, July 12, 2022—12:30 p.m. to 1:30 p.m.

Tuesday, August 9, 2022—12:30 p.m. to 1:30 p.m.



**FALLON PAIUTE-SHOSHONE TRIBE
EMERGENCY MANAGEMENT DEPART.**

8942 MISSION ROAD
FALLON, NV 89406
(775) 867-8703

SOCIAL DISTANCING – TRIBAL POINTS-OF-CONTACT

We are encouraging our tribal members and residents to stay at home as much as possible with the coronavirus situation in the country. We know that you have tribal business that needs to be done but a lot of these items can be done either by phone or by email. So before you come in please try to phone or email the points-of-contact below to see if we can get your issue addressed without coming into a building. Your phone call or email will be answered by the individual or referred to the appropriate person and they will get back in touch with you as soon as possible. Thank you.

Program Area	Point-of-Contact	Email	Phone Numbers
ADMINISTRATION			
Primary Contact	Chairman Williams-Tuni	chairman@fpst.org	775-423-6075 427-9948
Primary Contact	Secretary Dyer	secretary@fpst.org	775-426-8635
Primary Contact	Treasurer Vickie Moyle	fbctreasurer@fpst.org	775-423-6075
Primary Contact	Sandra Hicks	grantsofficer@fpst.org	775-423-6075 ext.1021
Primary Contact	Melanie Scheid-Jordan	hrdirector@fpst.org	775-423-6075 ext. 1011
COMMUNICATIONS			
Primary Contact	Jill Wright	tribalnews@fpst.org	775-423-6075
VICTIM SERVICES			
Primary Contact	Michelle Bowers	victimservices@fpst.org	775-427-0985
HOUSING AUTHORITY			
Primary Contact	Jennifer John	housingdirector@fpst.org	775-426-8229
SENIOR CENTER			
Primary Contact	Sherry Taylor	diabetes1@fpst.org	775-423-7569
TRIBAL RESOURCES			
Primary Contact	Leanna Hale	landwaterdir@fpst.org	775-423-3725
COMMUNITY LEARNING CENTER			
Primary Contact	Rochanne Downs	clcdirector@fpst.org	775-427-0991
HEALTH CENTER			
Health Administration	Jon Pishion	fhcdirector@fpst.org	775-423-3634, ext. 1029 775-217-9078
Medical & Laboratory	Susan/Christina	medical8@fpst.org	775-423-3634, ext. 1050
Dental Services	Susan	dentalreceptionist@fpst.org	775-423-3634, ext. 1016
Optical Services	Leneva George	opto1@fpst.org	775-423-3634, ext. 1017
Pharmacy	Tim Brown	chiefpharmacist@fpst.org	775-423-3634, ext. 1872
Benefits Office	Vacant	benefits2@fpst.org	775-423-3634, ext. 1026
Patient Registration	Tamika Fasthorse	patreg2@fpst.org	775-423-3634, ext. 1025
CHR Program	Linda Noneo	chrsup@fpst.org	775-423-3634, ext. 1039 775-427-0977
Medical Records	Crystal Hall	medrecsup@fpst.org	775-423-3634, ext. 1024
PRC Office (referrals)	Juanita George	chs@fpst.org	775-423-3634, ext. 1030
Behavioral Health	Brenda Hooper Leslie Steve	bhassistant@fpst.org mhsadirector@fpst.org	775-423-3634, ext. 1040 775-423-3634, ext. 1032
PUBLIC SAFETY			
Emergency Management	Jackie Conway	emd@fpst.org	775-867-8704
Tribal Police	David Blackeye	chiefofpolice@fpst.org	775-423-8848
PUBLIC WORKS			
Water/Sanitation	John Schafer	publicworks@fpst.org	775-427-9954
Environmental	Richard Black	richenviro@fpst.org	775-423-0590
Public Works On-Call #	On Call		775-217-0312
TRIBAL COURT			
Judicial Services	Kae Ward	judicialmgr@fpst.org	775-423-8883
YOUTH & FAMILY SERVICES			
Social Services	Jennifer Pishion	ssdirector@fpst.org	775-423-1215
Vocational Rehab.	Taleah Hinkley	vrm@fpst.org	775-428-2250

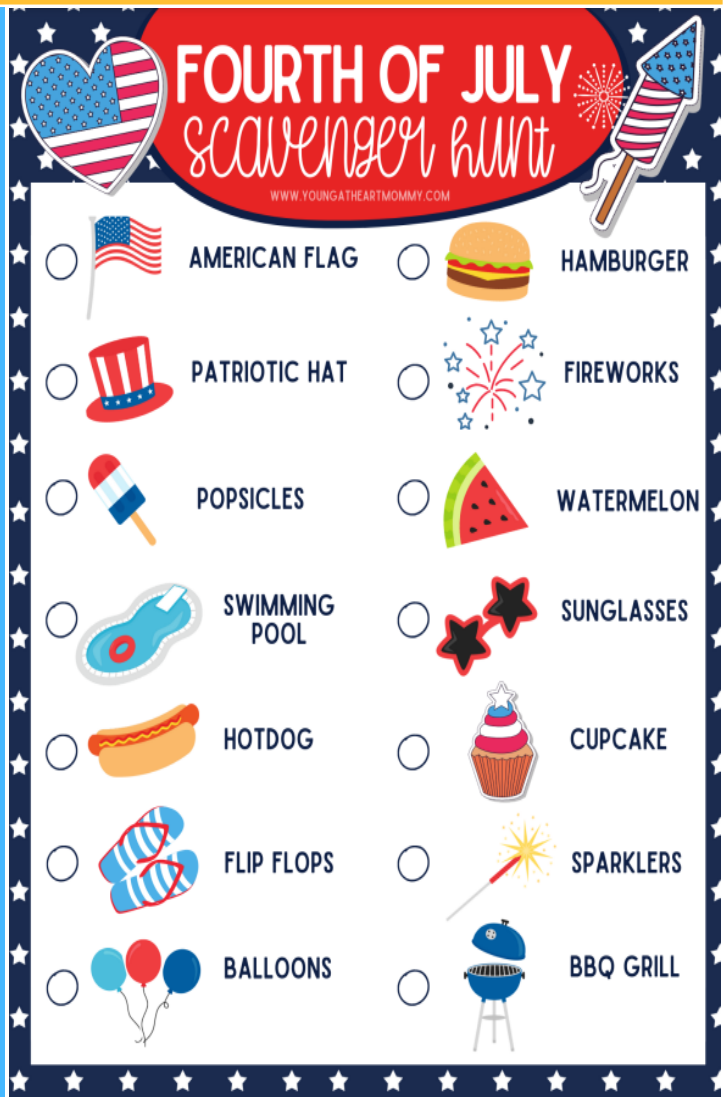
EMPLOYMENT

FALLON PAIUTE SHOSHONE TRIBE

Senior Center Cook
 Resident Services Specialist
 Youth Care Worker
 Optometrist
 Maintenance/Custodian
 Medical Records Clerk
 Environmental Services (EVS) Manager
 Secretary's Administrative Assistant
 Environmental Specialist
 In-Home Health Aide
 Youth Care Worker
 Youth & Family Social Services Director



For **more information** about a job or to **complete an application**,
 go to fpst.org/employment/to apply.





NOW HIRING



JOIN OUR TEAM

**Now Hiring Field Representatives in Fallon, NV - \$15.47 per hour
plus, mileage reimbursement - Paid Training**

The U.S. Census Bureau conducts ongoing surveys – other than the once-a-decade population count – to supply the nation with important statistics on people, places, and our economy. For more on Census Surveys, please visit [census.gov/surveys](https://www.census.gov/surveys).

To learn more about the position, please view our [Field Representative YouTube Video](#).

HOW TO APPLY

The application process is mail out/mail back paper application package.

Request an application package today!

By email – los.angeles.jobs@census.gov or call 1-800-992-3529.

Please provide a valid mailing address to send via USPS.

BASIC REQUIREMENTS

Must be U.S. Citizen

Must be 18yrs. of age or older

Meet conditions of employment as
outlined in Recruitment Bulletin

[No. 22-3200-001 FR \(EXT\)](#)



For more information visit:

www.census.gov/fieldjobs

The U.S. Department of Commerce is an Equal Employment Opportunity Employer

This agency provides reasonable accommodations to applicants with disabilities. If you need a reasonable accommodation for any part of the application and hiring process, please notify the Agency. The decision of granting reasonable accommodations will be made on a case-by-case basis. All qualified applicants will be considered regardless of age, race, color, sex, creed, national origin, lawful political affiliation, disability, marital status, affiliation with an employee organization, sexual orientation, or other non-merit factor.

FTHC Toi Ticutta Wellness Center



Everyone Welcome!

Round Dance Power Hour

**Every Tuesday
12:45 - 2:00 p.m.
FPST Senior Center**

Join Us for a
Heart Healthy & Low Impact
Workout - Round Dance Style

Come and share an afternoon in the round dance circle with the Toi Ticutta Wellness Center Staff and our Senior & Tribal community.



Have an upcoming event or community announcement?

Make sure it's in the Numa News Newsletter!

The Fallon Paiute-Shoshone Tribe provides a venue to list/post upcoming events and community announcements in its Numa News publication. This service is being offered to provide people with an opportunity to share information with the members of the Fallon Paiute-Shoshone Tribe. If you have an event or announcement of public interest you may email tribalnews@fpst.org or by mail to 565 Rio Vista Drive, Fallon, NV 89406 (*Attn: Numa News*) for consideration. For events include the event name, date, time, location and event website, along with a brief description and contact information. The Tribe is not responsible for inaccurate information, including but not limited to incorrect dates, times, and locations, published in the newsletter. All information should be submitted by the 1st of the month for approval prior to publish in the next month's edition. The Tribe reserves the right to decline event submissions, as well as to edit event information for length, spelling, clarity, and language. The newsletter is not intended to be used as a promotional vehicle for commercial interests or events (unless from Fallon Tribal programs/entities). References or hyperlinks in the Numa News to any individual or entity are for informational purposes only and are not an endorsement by the Tribe or Council. The Tribe is providing no legal, accounting or other professional advice by including references to any entity or individual. **Deadline is the 1st of each month so don't wait!**



Fallon Paiute-Shoshone Tribe

565 Rio Vista Drive
Fallon, NV 89406
Tel (775) 423-6075
www.fpst.org

ADDRESS/RETURN SERVICE REQUESTED

NONPROFIT ORG.
U.S. POSTAGE PAID
MAILED
ZIP CODE 89406
PERMIT NO 18

FAN DRIVE! You Can Help Us

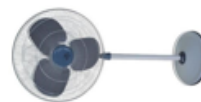
Our Elders on the colony and reservation of the Fallon Paiute Shoshone Tribe need to be **COOL** this summer.

With the weather warming up and the temperatures already in the **high 90s**, please consider donating a NEW Fan for an Elder who may be in need of one.

Box Fan



Pedestal Fan



Drop-off your donation at:

Youth and Family Services
1007 Rio Vista Drive

or

Emergency Management Office
Law Enforcement Building
8942 Mission Road

Have questions? Contact Youth and Family Services at 423-1215. Thank you.