



NUMA NEWS

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FALLON PAIUTE SHOSHONE TRIBE

FEBRUARY 2023



ARTIST
SPOTLIGHT
LORETTA
BURDEN



THE ART OF BASKETRY

WITH LORETTA BURDEN

BY JILL WRIGHT

Loretta Burden, a member of the Fallon Paiute Shoshone Tribe, an inspirational basket weaver who combines age-old techniques with nontraditional materials to generate cultural commentary.

On a recent visit with Loretta in her home, I now have a deeper appreciation for the arts in basket weaving as she shared with me her very own success story.

Loretta gives us some insight into her life as her roots began in Las Vegas where her love for basketry began.

She would attend various art shows and learned on her own utilizing whatever she could find including palm tree cuttings.

After moving to Fallon, she used the same technique of finding things in nature such as tules, grasses and willows.

Some of her materials defy the ideas you might have about what a basket could be as she uses plastics, bubble wrap and even stereo wire.

She was featured in the book *Basket Weavers of Tradition and Beauty* by Mary Fulkerson and exhibited with a statewide travelling art show called *Common Thread* in the 1980's. Burden also worked with the Clark County Heritage Museum to create one of the first Native American exhibits and a Native basketry exhibition at the McCarren International Airport.

How long have you been doing weaving baskets?

I began in my mid 30's, raising my son, I needed something to do and keep me busy.

What tools do you use?

Cutting tools to cut willows, but more importantly, my bare hands are my magic tools.

Do you use any patterns or plans in your work?

No, I have no idea when I start a basket how it will turnout.

How long does it take to do a typical project?

Some days I work just a while, other days I work for days and days.





**TODAY THE STORY
CONTINUES**

Artist Loretta Burden

Are you known for any technique or style?

Just contemporary style, always adding things that are not typical.

How is your work different from the work of others?

There are many types of baskets and even more techniques of basket weaving. I think I add a lot more colors, lots of traditions use black and browns.

Why do you like what you do?

When I start to create a basket, I am fully engaged in how it is going to look. It's my passion and it keeps me busy. I love the challenge of figuring out a new basket design or pattern.

Is there anything you don't like about what you do?

After harvesting the willows, I hate scraping the willows, it's a lot of work. (Scraping the willows is when you peel off the thin layer of bark)

Have you ever taught others how to do this traditional art?

Yes, and I have also taught in Las Vegas. I have done classes up there.

What is your favorite pattern/item to make?

The Burden Basket is my favorite. Burden baskets are exactly what they sound like - conical-shaped baskets worn on the back and used to carry food, wood, and even personal belongings.

What makes a good/beautiful basket?

A sturdy basket, not flapping around. The most important skill is definitely patience - taking on a new craft like basket-making requires a lot of practice.

Do you have anything you would like to add?

Yes, I hope that my techniques get better. I look forward to many years of learning new skills from and with others.



- First Lady Katherine Sisolak honors cultural bearer Loretta Burden at the 2nd Annual Art Exhibition in the Governor's Mansion in Carson City
- Loretta's basketry was featured in the book "Basket Weavers of Tradition and Beauty"
- Loretta has been featured as one of six "Nevada Women Making a Difference" for the Las Vegas Centennial Celebration in 2005
- Loretta is a member of the Great Basin Native Artists collective and the Great Basin Native Basket Weavers Association
- She exhibited in the group exhibition Ah'-Wah-Nee at the University of Las Vegas Donna Beam Gallery celebrating the beauty of Indigeneity through the art of local and regional Native American Women artists
- Featured in a book titled "Intertwined"
- Featured in an Exhibition Catalog: "Tahoe, a Visual History"

Her work resonates with a strong sense of place and shared stories of our people.

VETERANS & MILITARY DAY
AT THE LEGISLATURE (VAMDAL) OPENING CEREMONY
LOCATION GOVERNORS OFFICE 101 NORTH CARSON STREET
CARSON CITY NEVADA 89701



15TH March
8am-10am



The opening ceremony kicks off Veterans and Military Day at the Legislature which provides a day-long event that raises awareness to Nevada lawmakers and the public regarding veterans and the military. The Nevada National Guard will have static displays outside the Legislative Building.

There will be vendors, along with a free lunch provided to celebrate the day. The opening ceremony will take place behind the Governor's Office, near the Veteran's Memorial Wall and the Battle Born Memorial. Coffee and mingling begin at 8:00 a.m. with the ceremony beginning at 9:00 a.m.





BE PREPARED FOR A WINTER STORM

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.



FEMA

FEMA V-1014/June 2018

Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds.



Greater risk



Can last a few hours or several days



Can knock out heat, power, and communication services

IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY

Stay off roads.



Use generators outside only.



Stay indoors and dress warmly.



Listen for emergency information and alerts.



Prepare for power outages.



Look for signs of hypothermia and frostbite.



Check on neighbors.

HOW TO STAY SAFE WHEN A WINTER STORM THREATENS



Know your area's risk for winter storms. Extreme winter weather can leave communities without utilities or other services for long periods of time.

Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.

Pay attention to weather reports and warnings of freezing weather and winter storms. Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.

Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.

Learn the signs of and basic treatments for frostbite and hypothermia. For more information, visit: www.cdc.gov/disasters/winter/staysafe/index.html.



Stay off roads if at all possible. If trapped in your car, stay inside.

Limit your time outside. If you need to go outside, wear layers of warm clothing. Watch for signs of frostbite and hypothermia.

Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stove top or oven.

Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.

Watch for signs of frostbite and hypothermia and begin treatment right away.

Check on neighbors. Older adults and young children are more at risk in extreme cold.



Frostbite causes loss of feeling and color around the face, fingers, and toes.

- **Signs:** Numbness, white or grayish-yellow skin, and firm or waxy skin.
- **Actions:** Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.

Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.

- **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness.
- **Actions:** Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.



Take an Active Role in Your Safety

Go to **Ready.gov** and search for **winter storm**. Download the **FEMA app** to get more information about preparing for a **winter storm**.

FEBRUARY-MARCH FOOD DISTRIBUTION SCHEDULE



The following is a schedule for the February & March 2023 food distributions for the Fallon Tribal Community. This schedule includes the monthly USDA Yerington Commodity food distribution, the Northern Nevada Food Bank Mobile Harvest and the Fallon Food Hub fresh produce distribution.

USDA Yerington Commodity Food Distribution (CLC Parking Lot)

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.

Wednesday, March 1—8 a.m. to 11:45 a.m.

Northern NV Food Bank Mobile Harvest (CLC Parking Lot)

Drive-thru style 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, February 14 & March 14 —12:30 p.m. to 1:30 p.m.

Fallon Food Hub Fresh Produce (Senior Center)

Fresh produce distribution will be held every Wednesday located at the backroom of the FPST Senior Center. Participation is open to all Churchill County residents in need.

**Wednesday, February 8, 15, & 22/March 1, 8, 15, 22 & 29
11:30 a.m. to 1:00 p.m.**



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

8942 MISSION ROAD
FALLON, NV 89408
(775) 867-8706



Shop Smart & Save

Smart shopping on a budget means knowing what to buy and when.

PLAN AHEAD



Sign up for a reward card

Sign up for a reward card (loyalty program) with your grocery store(s). Scan the card as you check out to receive deals automatically.



Use coupons and coupon apps

Collect coupons. With a reward card, you will get email coupons and can download online coupons. Use coupon apps.



Know what you have

Inventory your pantry and refrigerator each week.



Plan meals each week

Keep recipes, grocery lists, receipts and coupons in one place to make planning easier.



Make a shopping list

Be specific with descriptions. Note the quantity needed and which coupons you have.



Save receipts

For each week, compare what you spent to what you budgeted. Adjust your meal planning and budgeting if necessary.

AT THE GROCERY STORE



Compare prices

Store-brand products may be more affordable.



Use coupons, but compare prices and nutrition facts.

A coupon may not always be the best deal or the healthiest option.



Buy in bulk

You may save money. Just be sure you have room to store what you've bought in your pantry or freezer.



Save with seasonal produce

Buying produce that's in season can save you money. Can or freeze it for year-round use.



Don't check out at the checkout

Pay attention at the register to make sure you get all your discounts and savings.



For more smart shopping tips, visit heart.org/healthyforgood.

FALLON PAIUTE SHOSHONE HOUSING DEPARTMENT



CHECK YOUR PROPANE

The maintenance crew is checking the propane at each tenants home.

If your dog would not let the crew in you will receive a letter so maintenance can check your level of propane. RSS will be sending out letters soon.

HVAC/ APPLIANCES

Housing is starting to knock on doors to get information from those of you who signed up for this project.

To be eligible we will require your updated income you must be below 80% of the US Median Income (A paycheck stub will be fine)

The maintenance crew will then inspect the appliance once eligibility is signified

Housing is on a budget and we hope to assist as many of you as we can. We are looking forward to serving your needs.

HOUSING INFORMATION

PHONE: 775-423-3321 FAX: 775-423-8416

Sharon Pacheco-Acting Housing Director
Jonell Strawbuck-Housing Receptionist
Savahanna Kelley-Resident Service
Specialist
Krystal Williams-Housing Specialist

Oscar Moser-Maintenance Supervisor
Wilfred Tuni-Project Manager

Brittian Edralin-Carpenter
Chris Bagaforo-Carpenter
Derrick Chief Child-Carpenter
Donald Lonewolf-Carpenter
Herb Williams-Carpenter
Krista Williams-Carpenter
Max Martens-Carpenter
Shannon Kiele-Maintenance
Tommy Kee-Carpenter

FALLON PAIUTE SHOSHONE TRIBE

NOTICE



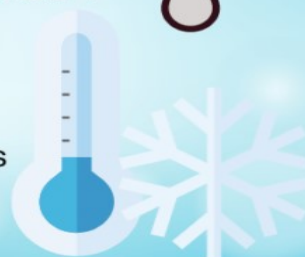
FREEZE WARNING

AT NIGHT KEEP YOUR WATER DRIPPING AS THE TEMPERATURE IS BELOW FREEZING. HOUSING HAS RECEIVED VARIOUS CALLS ON FROZEN PIPES UNDER THE HOMES, FROZEN WATER HEATERS, ETC.

EMERGENCY CONTACT
OSCAR MOSER AT 775.426.1778

Keep Your Pipes From Freezing

- Seal cracks and holes properly
- Keep the heat in your home at a minimum of 55°F
- Allow your faucets to drip overnight
- Insulate pipes that are in cold, drafty places
- Disconnect all outside hoses



2023



NATIONAL NATIVE AMERICAN ENVIRONMENTAL AWARENESS SUMMER YOUTH PRACTICUM

Accepting Applications

What?

Opportunity to learn more about interdisciplinary components of Tribal natural resource management thru hands-on & in-lecture settings

Who?

10th - 12th grade (by Fall 2022) Native Youth

When?

Saturday July 15 - Saturday, July 22, 2023

Cost?

Free! We pay for your travel, food and lodging!

Where?

Colorado State University
Mountain Campus, Colorado

Application Due Date:

Friday, May 5, 2023 at 10 pm
Mountain Time

TO DOWNLOAD APPLICATION/TO APPLY GO TO:

[HTTPS://WWW.NAFWS.ORG/YOUTH-PRE-PROFESSIONAL/SUMMER-YOUTH-PRACTICUM/](https://www.nafws.org/youth-pre-professional/summer-youth-practicum/)

QUESTIONS & INFO CONTACT:

ASHLEY MUELLER, EDUCATION COORDINATOR
EMAIL: AMUELLER@NAFWS.ORG
PHONE: 303-466-1725, EXT. 4





January 27, 2023

On EITC Awareness Day, IRS and partners promote major tax benefit to millions of low- and moderate-income workers

WASHINGTON – The Internal Revenue Service and partners nationwide today kicked off their Earned Income Tax Credit Awareness Day outreach campaign to help millions of Americans who earned \$59,187 or less last year take advantage of the Earned Income Tax Credit (EITC).

“This is an extremely important tax credit that helps millions of hard-working people every year,” said IRS Acting Commissioner Doug O’Donnell. “But each year, many people miss out on the credit because they don’t know about it or don’t realize they’re eligible. In particular, people who have experienced a major life change in the past year – in their job, marital status, a new child or other factors – may qualify for the first time. The IRS urges people to carefully to review this important credit; we don’t want people to miss out.”

In 2022, 31 million eligible workers and families across the country received about \$64 billion in Earned Income Tax Credits, with an average amount of more than \$2,000. The IRS administers the EITC, which Congress originally approved in 1975. It was developed in part to offset the burden of Social Security taxes and provide an incentive to work. The IRS and partners urge people to check to see if they qualify for this important credit. They also encourage people who don’t normally file a tax return to review whether they qualify for EITC and other valuable credits. The EITC is a tax credit for certain people who work and have low to moderate income. A tax credit usually reduces tax owed and may also result in a refund. Even though millions of people get the EITC, the IRS estimates that about 20% of EITC eligible taxpayers do not claim it. Workers at risk for overlooking the EITC include those:

- Living in non-traditional homes, such as a grandparent raising a grandchild
 - Whose earnings declined or whose marital or parental status changed
 - Without children
 - With limited English skills
 - Who are veterans
 - Living in rural areas
 - Who are Native Americans
 - With earnings below the filing requirement
- The IRS also reminds taxpayers that the quick-

est way to get a tax refund is by filing an accurate tax return electronically and choosing direct deposit for their refund. Tax software, tax professionals and other free options can help people see if they qualify for the EITC.

Who can get the EITC?

To qualify, taxpayers must meet certain requirements and file a tax return, even if they did not earn enough money to be obligated to file a tax return. There’s no need to guess about EITC eligibility; find out with the EITC Assistant, only at IRS.gov.

Workers with qualifying children may be eligible for EITC if their adjusted gross income (AGI) was less than \$53,057 in 2022 (\$59,187 for married filing jointly). These individuals can receive a maximum of \$6,935 in EITC, up from \$6,728 in 2021.

The maximum EITC for taxpayers with no dependents is \$560, available to filers with an AGI below \$16,480 in 2022 (\$22,610 for married filing jointly), and it can be claimed by eligible workers between the ages of 25 and 64. Married but separated spouses who do not file a joint return may qualify to claim EITC if they meet certain requirements.

EITC is for workers whose income does not exceed the following limits in 2022:

- \$53,057 (\$59,187 married filing jointly) with three or more qualifying children who have valid Social Security numbers (SSNs).
- \$49,399 (\$55,529 married filing jointly) with two qualifying children who have valid SSNs.
- \$43,492 (\$49,622 married filing jointly) with one qualifying child who have valid SSNs.
- \$16,480 (\$22,610 married filing jointly) with no qualifying children who have valid SSNs.
- Investment income must be \$10,300 or less.

How to claim the EITC

To get the EITC, workers must file a tax return and claim the credit. Eligible taxpayers should claim the credit even if their earnings were below the income requirement to file a tax return. Free tax preparation help is available online and through volunteer organizations. Those eligible for the EITC have these options: **Free File on IRS.gov.** Free brand-name tax software is available that leads taxpayers through a question-and-answer format to help prepare the tax return and claim credits and deductions if they’re eligible. Free File also provides online versions of IRS paper forms, an option called Free File Fillable Forms, best suited for taxpayers comfortable preparing their own returns.

Free tax preparation sites. EITC-eligible workers can seek free tax preparation at thou-

sands of Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) sites. To locate the nearest site, use the search tool on IRS.gov, the IRS2go smartphone application, or call toll-free 800-906-9887. Taxpayers should bring all required documents and information.

Find a trusted tax professional. The IRS reminds taxpayers that a trusted tax professional can prepare their tax return and provide helpful information and advice. Tips for choosing a return preparer, including certified public accountants, enrolled agents, attorneys and many others who don’t have a professional credential, and details about national tax professional groups are available on IRS.gov. EITC recipients should watch out for unscrupulous return preparers.

The IRS reminds taxpayers to be sure they have valid Social Security numbers for themselves, their spouse if filing a joint return and for each qualifying child claimed for the EITC. The SSNs must be issued before the April due date of the return. There are special rules for those in the military or those out of the country.

Most EITC refunds deposited by late February

While the IRS began accepting 2022 returns on Jan. 23, 2023, the IRS cannot issue a refund that includes the Earned Income Tax Credit or Additional Child Tax Credit (ACTC) before mid-February. This is due to the 2015 PATH Act law passed by Congress, which provides this additional time to help the IRS stop fraudulent refunds from being issued.

Where’s My Refund? should show an updated status by Feb. 18 for most early EITC/ACTC filers. The IRS expects most EITC/ACTC related refunds to be available in taxpayer bank accounts or on debit cards by Feb. 28 if taxpayers chose direct deposit and there are no other issues with their tax return.

Get it right

Taxpayers are responsible for the accuracy of their tax return even if someone else prepares it for them. Since the rules for claiming the EITC can be complex, the IRS urges taxpayers to understand all of them.

Look out for scams

Be sure to choose a tax preparer wisely. Beware of scams that claim to increase the EITC refund. Scams that create fictitious qualifying children or inflate income levels to get the maximum EITC could leave taxpayers with a penalty.

Visit IRS online to learn about other tax credits

IRS.gov is a valuable first stop to help taxpayers get it right this filing season. They can check to see if they also qualify for the Child Tax Credit, Additional Child Tax Credit or Credit for Other Dependents.

FEBRUARY 2023

Happy Valentines Day

Senior Center Activities

The Senior Center Activities Calendar is subject to change, please call

(775)-423-7569 to confirm activities.

Please note: The food HUB will begin again Wednesday, February 8th from 11:30am-1:30pm. You will be able to pick up available fruits and vegetables inside the Senior Center every Wednesday at this time.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
				Groundhog Day 11am Catholic Charities 1pm Paint Class	1pm BINGO	
5	6	7	8	9	10	11
		1pm BINGO	11:30am-1pm Food HUB	National Chocolate Day 1pm Valentine's Day Craft	9-11am Morning Coffee & a Movie "See Spot Run"	
12	13	14	15	16	17	18
	Valentine's Day 1pm Cookie Decorating	10:30am-12pm Valentine's Day Party. Build your own ice sundae	11:30am-1pm Food HUB	1pm Paint Class	10:30am-11:30am BINGO	
19	20	21	22	23	24	25
	Closed for Presidents Day	1pm BINGO	11:30am-1pm Food HUB	1pm Paint Class	1pm Fun interactive games to make you laugh	
26	27	28				
	Board Games All Day	1-3pm Afternoon Coffee & a Movie "Frontier"				

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STILLWATER SENIOR CENTER IS
HAVING A

Valentine's Day Party

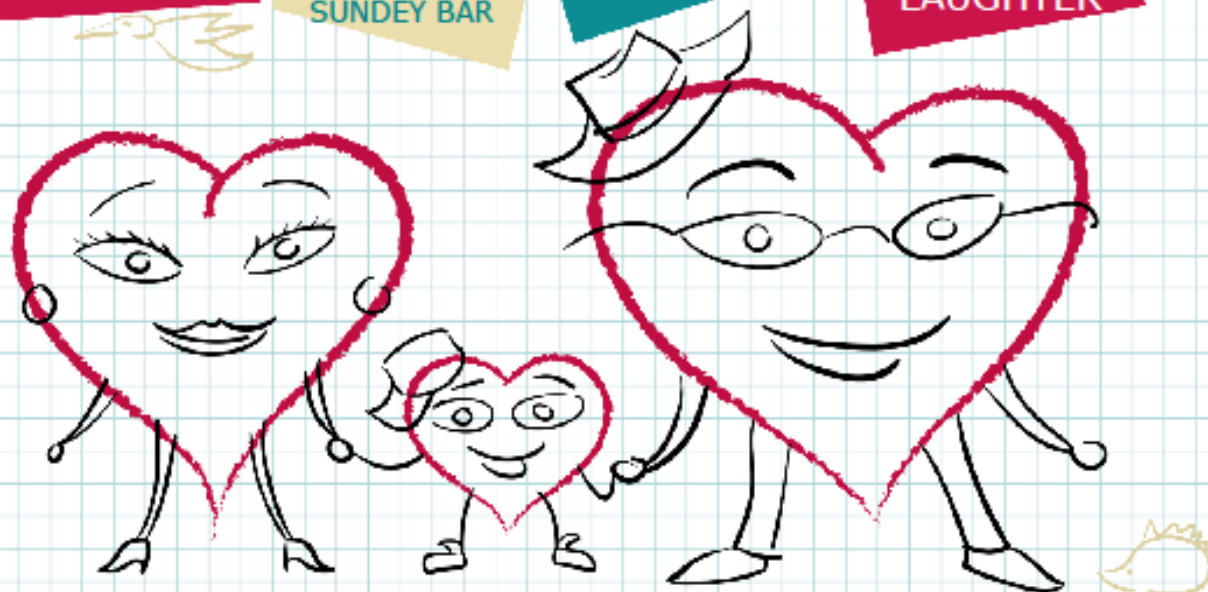


PRIZES

ICE CREAM
SUNDEY BAR

GAMES

FUN &
LAUGHTER



Tuesday, February 14th

10:30AM-2PM

Join the fun!

Tuesday, February 14, 2023 from
10:30 am-2pm the Senior Center
will be hosting a Valentine's Day
Party for seniors 50 and up. Bring a
friend and join the fun!
BINGO 10:30am -11:00am.

American Indians and Alaska Natives (AI/ANs) are at higher risk of developing serious complications from flu



A yearly flu vaccine can help protect you and others around you from flu

Flu is a leading cause of pneumonia

Flu and pneumonia rank among the top 10 causes of death for American Indians and Alaska Natives.

American Indians and Alaska Natives are more likely to die from pneumonia and flu than are US residents of other races.¹

Across the U.S., flu causes hundreds of thousands of hospitalizations each season.

American Indians and Alaska Natives are at **higher** risk than others for:

- Pneumonia and bronchitis
- Hospitalization
- Death



Flu poses an even greater risk to American Indians and Alaska Natives who:
are young children or elders

are pregnant women

have diabetes, severe obesity, heart disease, or asthma and other lung problems

Flu Information for Parents

What is flu?

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Flu viruses cause illness, hospital stays, and deaths in the United States each year.

How serious is flu?

Flu illness can vary from mild to severe. While flu can be serious even in kids who are healthy, it can be especially dangerous for young children and children of any age who have certain chronic health conditions. Children younger than 5 years old—especially those younger than 2—are at higher risk of developing serious flu-related complications. Children of any age with certain chronic health conditions like asthma and diabetes are also at higher risk.

What are the signs and symptoms of flu?

Symptoms of the flu can include:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.
- It's important to note that not everyone with flu will have a fever.

Protect your child

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

Ask your health care provider which flu vaccine is right for your child.

- Everyone 6 months of age and older should get a flu vaccine by the end of October, if possible.
- Children 6 months through 8 years of age may need 2 doses of vaccine.
- Children younger than 6 months are at higher risk of serious flu illness, but are too young to be vaccinated. Parents, siblings, and people who care for infants should be vaccinated in order to help protect younger children you cannot be vaccinated.

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

- Stay away from people who are sick, cover your coughs and sneezes, wash your hands often with soap and water, do not touch your eyes, nose, and mouth.

If your child is sick

What can I do if my child gets sick?

Talk to your doctor right away if you are worried about your child's illness.

- Make sure your child gets plenty of rest and drinks enough fluids. If your child is at higher risk for flu complications, call your doctor or take them to the doctor right away if they develop flu symptoms.
- If your child becomes sick with flu illness, CDC recommends that they stay home for at least 24 hours after their fever is gone and their symptoms have improved or resolved. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C)* or higher.

*Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.

Is there medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antiviral treatment of the flu works best when given as soon as possible, ideally 1-2 days after flu symptoms develop. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at higher risk of serious flu complications who get flu symptoms. Antivirals can be given to most children and pregnant people.

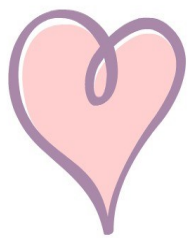


For more information, visit
www.cdc.gov/flu/protect/children.htm
 or call 800-CDC-INFO

#FIGHT FLU



U.S. Department of
 Health and Human Services
 Centers for Disease
 Control and Prevention



Valentine's Day

PARTNER WORKOUT



UPPER BODY PUSH/PULL

Partner A will do 10 reps of the push exercise while Partner B will do 10 reps of the pull exercise, then switch. Do three rounds total of each pair of exercises.

Chest presses + Double arm neutral rows

Pushups + Bent over reverse flies

CARDIO

Lateral shuffles each way, mirroring each other, 90 seconds

LOWER BODY PUSH/PULL

Partner A will do 10 reps of the push exercise while Partner B will do 10 reps of the pull exercise, then switch. Do three rounds total of each pair of exercises.

Goblet squats + Stability ball hamstring pull ins

Step ups to overhead presses + Single leg romanian deadlifts

CARDIO

High five burpees, 90 seconds

CORE WORK

Standing back to back medicine ball twists, 60 seconds each direction

Seated medicine ball hot potato (both directions) or situp toss, 60 seconds

Straight arm plank claps, 60 seconds

Straight leg medicine ball crunch and pass, 60 seconds each direction

Hooked arm situps, 60 seconds



Lucinda Hinojos has made history, she is the first ever Xicana, Native American artist to partner with the NFL to create an art piece for Super Bowl.

-Shayne's Journal



NOTICE OF REVISION TITLE 14 - TRIBAL ELECTION CODE

The Tribal Election Committee (TEC) is starting the process of updating and revising Title 14 - Tribal Election Code. The TEC will be meeting on the 2nd and 4th Wednesday of each month at 5:00 pm in the Council Chambers located at 565 Rio Vista Drive, Fallon, Nevada*.

The TEC will be going through the Title starting from the first page and continuing until finished. The revision meetings will take place as part of the regular committee meetings starting February 8, 2022.

If you have any questions or would like to submit written comments please email the Tribal Election Committee at tribalelections@fpst.org. Thank you.

** Meetings subject to change depending on room scheduling conflicts, etc. - please email the Tribal Election Committee at least 24 hours before to confirm meeting status and location.*



IRS Certified Volunteers Providing **FREE TAX PREPARATION**

IRS VITA/TCE return preparation sites are operated by certified volunteers. Site operating hours and services offered may be limited. In addition, by law, some sites provide priority services to seniors. Please be advised that you may not be immediately served. Your patience and understanding are appreciated.

Will Prepare

- Wages, salaries, etc. (Form W-2)
- Interest Income (Form 1099-INT)
- Dividends Received (Form 1099-DIV)
- State Tax Refunds (Form 1099-G)
- Unemployment Benefits (Form 1099-G)
- IRA Distributions (Form 1099-R)
- Pension Income (Forms 1099-R, RRB-1099-R, CSA-1099)
- Social Security Benefits (Form SSA-1099, RRB-1099)
- Simple Capital Gain/Loss (Form 1099-B) *limited*
- Sale of Home (Form 1099-S) *limited*
- Prior Year and Amended Returns
- Self-Employed Income (Form 1099-MISC, Form 1099-NEC and Form 1099-K) *limited*
- Gambling Winnings (Form W-2G)
- Cancellation of Debt (Form 1099-C) *limited*
- Health Savings Accounts (Form 1099-SA) *limited*
- Itemized Deductions *limited*
- Education Credits (Form 1098-T)
- Child Tax Credit
- Earned Income Credit
- Health Insurance Statements (Forms 1095-A, B or C)

Will Not Prepare

- Schedule C with net loss, depreciation or business use of home
- Complex Schedule D, Capital Gains and Losses
- Form SS-5 (request for Social Security Number)
- Form 8606 (non-deductible IRA)
- Form 8814 (child taxed at parent's tax rate)
- Form SS-8 (determination of worker status for purposes of federal employment taxes and income tax withholding)
- Parts 4 & 5 of Form 8962 (Allocation of Policy Amounts, Alternative Calculation for Year of Marriage)
- Form W-7 (application for Individual Taxpayer Identification Number (ITIN))
- Returns with casualty/disaster losses



Please see a professional preparer for assistance with complicated returns.

What to Bring

- For married filing jointly, both spouses must be present
- Original photo identification such as driver's license, school, employer, military, or state id for you and your spouse (if married)
- Social Security cards or Individual Taxpayer Identification Number documents for you, your spouse, and dependents
- Birth dates for you, spouse, and dependents
- A copy of last year's tax return
- All Forms W-2 and 1099
- Forms 1095-A, B or C (ACA Statements)
- Information for other income
- Information for all deductions (including charitable contributions)/credits
- Total paid to daycare provider and their tax ID number
- For direct deposit of refund, proof of account and bank's routing number
- For prior year returns, copies of income transcripts from IRS (and state, if applicable)



Site Name: Fallon Paiute-Shoshone Tribe

Site Open 2/6/2023-10/20/2023

Location: 565 Rio Vista Drive, Fallon, NV 89406

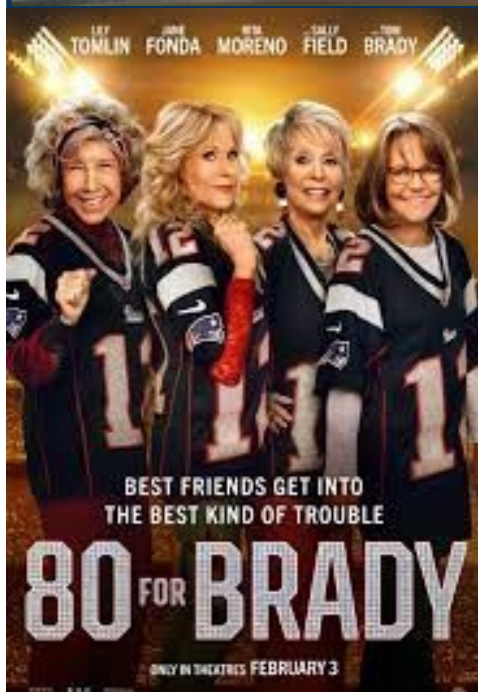
Days: Mondays 1pm-4pm, Tuesday-Thursday 10am-4pm, CLOSED FRIDAYS

Hours: Mondays 1pm-4pm, Tuesday-Thursday 10am-4pm, CLOSED FRIDAYS

Appointments Required: Call 775-423-6075 for more information.



IRS e-file is fast, more accurate, secure, and simple.



Feb 3rd 80 for Brady
 Knock at the Cabin
 Feb 10th Magic Mike's Last Dance
 Titanic
 Feb 15th Marlowe
 Feb 17th Ant-Man and the Wasp: Quatomania
 Feb 24th Cocaine Bear
 Jesus Revolution

Valentine's Day Couples Special

Only on February 14th

MATINEE HOURS

12PM-6PM

\$30

EVENING

\$35



INCLUDES:

- 2 MOVIE TICKETS
- 2 LARGE DRINKS
- 1 LARGE POPCORN
- 1 VALENTINES DAY CANDY

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

NOTICE

STARTING **FEBRUARY 13, 2023**
THE MAIN ENTRANCE TO FOX
PEAK FALLON WILL BE CLOSED
DUE TO RENOVATIONS.

THE SMOKESHOP ENTRANCE
WILL REMAIN OPEN DURING
CONSTRUCTION.

WE ARE SORRY FOR ANY
INCONVENIENCE.



FALLON TRIBAL DEVELOPMENT CORPORATION UPDATE



**POLAR EXPRESS
MOVIE NIGHT**



Fox Peak Cinema hosted The Polar Express movie night, assisted by David Collier and Shawntay Fredericks. Families were greeted by Santa Claus (Michael Abe), Mrs. Claus (Heather Abe), and elves (Bryson Abe and Shawntay Fredericks). Photos with Santa were taken by Heather Abe.



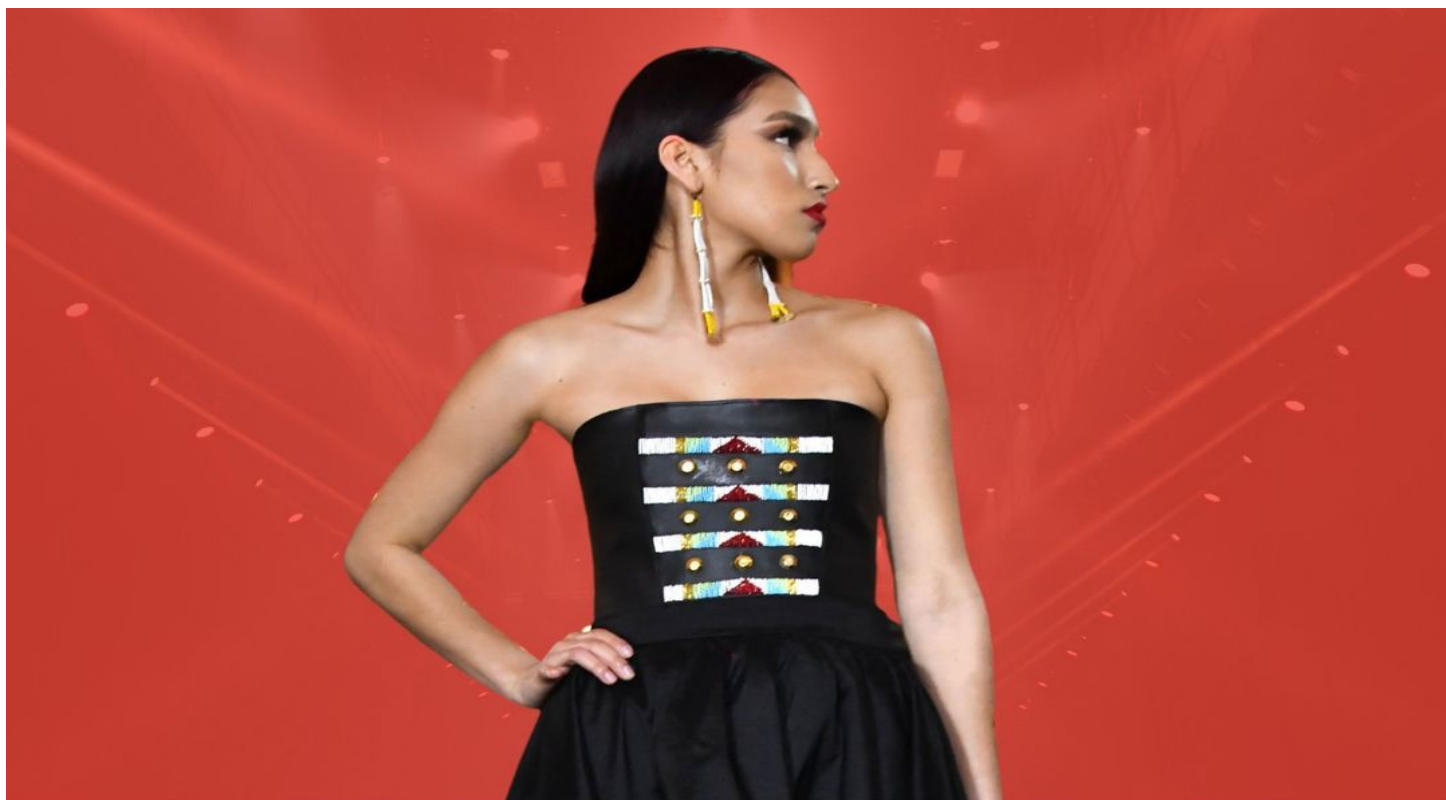
HOLIDAY PARTY



FTDC hosted the 2022 Holiday Party at Fox Peak Cinema in December and presented employee awards and raffle prizes. The recognition awards went to the following employees.
Employee of the Year: Harry Butterbedt
Most Dependable: Isiah Christy
Above and Beyond: Robertha Leeper
Best Customer Service: Nicole Newton
Congratulations to the winners!

FTDC donated two family four-packs from Fox Peak Cinema and two handmade turkey baskets for the FPST Tribal Christmas dinner.





NFITC 2023

MODEL AUDITIONS

THE PREMIER NATIVE FASHION EVENT OF NORTH AMERICA

Rapid City, SD | 1/21, 10am-2pm @ Ramkota Hotel

Bismarck, ND | 1/22, 9am-1pm @ Sacred Pipe Resource Center

Billings, MT | 1/23, 5pm-8pm @ DoubleTree Hotel

Oklahoma City, OK | 2/4, 1pm-4pm @ First Americans Museum

MORE LOCATIONS TBA

For requirements and more, visit NATIVEFASHIONINTHECITY.COM



Technical Assistance **MEET WITH IAC STAFF**

Wednesday, February 8 at 10 am - 3 pm
Fallon Paiute-Shoshone Tribe Council Chambers
565 Rio Vista Fallon, NV 89406

Attention ranchers, producers, and foragers!
 Please call to schedule a time to meet with me or
 stop by the FPST Council Chambers on February
 8th for information about Intertribal Agriculture
 Council and available assistance.



Ginny M. Hatch
*Pacific Technical
 Assistance Specialist -
 Nevada*
 (775) 431-3257
ginny@indianag.org

INDIANAG.ORG



CCD / WNA FIRE



2023 AD Fire Hiring Season

Fire training will take place starting in the month of April, consisting of classroom training, physical training, field day and pack test. For those already qualified, there will be refresher training offered.

Firefighter Requirements

- 18 years or older
- Physical examination
- Work Capacity Test – (Pack Test)-walk 3 miles, carrying 45-lb. pack in 45 minutes or less

Camp Crew Requirements

- 16 years or older (need to be 16 by 5/15/2023)

Various Overhead Positions

- For trainees and qualified personnel



How to Apply:

Email AD Fire Program for application, use QR code, or call and we can send an application via mail upon request. nvccdad@doimspp.onmicrosoft.com
775-885-6196

For more Information contact: Dan Gustafson AFMO WNA 775-291-0437

APPLICATION DEADLINE: March 3, 2023

AD Fire Employee additional information

Camp Crew information

What is a camp crew? When large fires occur and an IMT (Incident Management Team) is ordered, fire camp is established. Help is needed to setup and take down camp and to keep the camp clean and organized throughout its usage. Camp Crews are ordered by the incident to assist with these duties. Camp Crews are a call when needed resource, assignments can be up to 21 days long including travel.

Camp Crew member AD-A (\$16.48 per/hr)

- 16 + years of age (need to be 16 years old by 5/15/2023)
- Performs various types of manual labor activities to meet incident objectives by completing various work duties and assignments during each shift, while on an incident.
- Must attend/complete the mandatory training requirements. IS-100 & 700, Do What's Right, POSH, CPR/First Aid, and Defensive Driving. If selected guidance for training completion will be provided.
- Needs a strong work ethic, good attitude, be accountable for your actions and quality of work; willing to help with and work at completing numerous tasks safely, and capable of picking up and learning new skills.

Camp Crew Boss AD-D pay rate (\$22.20/HR)

- 2 years of experience as a camp crew member or comparable work experience. Previous Supervisory skills.
- Needs a strong work ethic, good attitude, be able to handle the pressure of being accountable and responsible for the actions and quality of work for others and yourself, willing to help with and guide the work of others completing numerous tasks safely, and capable taking on new responsibilities and picking up and learning new skills.
- Provide daily leadership and supervision of camp crew members while performing various types of manual labor activities to obtain incident objectives. Must be able to organize, assign tasks, motivate, and deal with concerns and issues as they arise.

Fire Crew information

Often during fire season additional firefighters are needed to support local and national fire suppression efforts. Our call when needed (AD fire crew) will be trained and issued gear for firefighting. Employees will be paid during training and during any fire/work assignments they are assigned to. At times hard working and reliable individuals from the AD crew will be called and asked to help staff BLM initial attack engines. All training and required gear will be provided by the CCD/WNA AD program.

- Must be 18 years old by 5/15/2023
- Must attend Rookie School (if it's your first season)
- Must pass a Physical examination
- Must pass the Work Capacity Test (Pact Test) walk flat ground carrying a 45lb pack for 3 miles in 45 minutes or less
- Must attend/complete the mandatory training requirements. IS-100 & 700, Do What's Right, POSH, CPR/First Aid, Defensive Driving, RT-130 (fire refresher training for those who have completed rookie school) If selected guidance for training completion will be provided.

Overhead (Single Resource) Positions

- Must submit an AD Fire application and complete any required training.
- Typical positions are IMT support positions, Dispatch, READ, DIVS, SOFR, SOF2, PIO, RADO, ATGS. There are many more, but these are a few we support annually.

Microsoft purchases 274 acres in Silver Springs, Nevada

Company hints at new data center

-Shayne's Journal

Microsoft has purchased a parcel of land in Silver Springs, Nevada, with the company hinting it will be developing a data center on the site.

"Microsoft has purchased just under 274 acres of currently vacant land for \$16.425 million," Brian Armon, SVP at real estate firm NAI Alliance told 2News. "And we believe there will be a technology center very similar to what Apple and Google have built within the region."

The parcel is off Highway 50 to the west of central Silver Springs, a city located outside Reno in Lyon County. The deal reportedly closed last month but terms were not disclosed.

When asked about the scope of the project, a Microsoft spokesperson told 2News: "We are continuing to expand our cloud infrastructure in response to growing customer demand. Data centers are large-scale and complex projects. We will share more updates as the project progresses."

"We're excited to see high-tech companies coming to the area," said Jeff Sutich, Executive Director of the Northern

Nevada Development Authority. "It's really beneficial for rural Nevada. They bring in high-paying jobs, they bring in large capital investments which create large tax revenues for the counties they land in, and the infrastructure they bring to the area helps jumpstart new community and industrial developments."

Switch, Apple, eBay, and Google all have a data center presence in the Reno area.

"Our reliable supply of power, our competitive rates of power, green energy initiatives, our proximity to all the major western markets, our lower tax climate, and the business-friendly structure, that's all huge competitive advantages other states don't have," Sutich said. "And that helps entice companies to come to our area."



Native Americans ~~had~~ ^{Have} a planting technique where they ~~would~~ plant corn, bean, and squash crops close to each other. The corn provides a structure for the beans to climb, the beans give nitrogen to the soil, and the squash spreads on the ground to prevent weeds from growing. These companion crops ~~were~~ ^{Are} known as the "Three Sisters."



FALLON SHOOTOUT
YOUTH CO-ED BASKETBALL TOURNAMENT

DATE MOVED!
MARCH 17, 18, 19

FALLON, NV | THE CITY-COUNTY GYM
DEADLINE TO REGISTER: 3/3/2023

\$175
/TEAM

AWARDS TO:
CHAMPION | RUNNER-UP | 3RD PLACE
MVPS | ALL STARS

Includes Tournament T-Shirt!
T-Shirt for all players registered by deadline

GRADE DIVISIONS:
1st-3rd
4th-6th
7th-8th
Limit of 8 teams per division

VISIT FALLON
THE OASIS OF NEVADA

Churchill County
EST. 1883
Parks and Recreation

Register through Churchill County Parks & Recreation
CHURCHILLCOUNTYRECREATION.ORG
Call 775-423-7733 for additional information

Churchill County Parks & Recreation
NEW CLASS OFFERING

ANGOLAN KIZOMBA
Dance Class

3 Hr. Crash Course | Saturday, Feb. 11
9 a.m. - 12 p.m. in the Barrel House
(The Multi-Purpose Building, 3C Event Complex)

INTRODUCTORY CLASS PRICE: \$25.00/PERSON
(Dance partners included in registration fee)

FOR AGES 18 & OLDER, MEN & WOMEN WELCOME

REGISTER ONLINE AT
CHURCHILLCOUNTYRECREATION.ORG



FREE PHONES
MONDAY
FEBRUARY 6
9AM-2:30PM
SENIOR
CENTER



FEBRUARY
LUNCH AND LEARN

START YOUR DAY RIGHT WITH
HEALTHY BITES

FEBRUARY 22, 2023
11:00 AM

8929 MISSION ROAD
TOI TICUITA WELLNESS CENTER

PRESENTED BY LAURIE BISSETT, RD
SHERRY TAYLOR RN, BSN
PHONE: (775)423-2220

Cultural Monitor Training

When: February 24 10 am - 4pm

Where: Nixon Gym off Highway 447

Hosted by the Pyramid Lake Paiute Tribal Historic Preservation Office

Learn the basics of:

- **NAGPRA, State Burial Laws**
Anna Camp, Ph.D., NAGPRA Coordinator/Tribal Liason - Nevada State Museum
- **Osteology**
Kaitlyn Stiles, Ph.D., University of Nevada, Reno
- **Geomorphology**
Teresa Wriston, Ph.D., University of Nevada Reno
- **Stone tool identification**
Rocky Brockway, M.A., Project Manager & Field Director, G2 Archeology



Please RSVP to reserve your place:

Anna Camp acamp@nevadaculture.org or 775-687-4810 ext. 261 (office) or 530-249-5745 (cell)

FALLON PAIUTE SHOSHONE TRIBE

Social Services Manager
 Behavioral Health Liaison
 Victim Services Advocate
 Youth & Family Social Services Director
 Tribal Administrator
 Optometrist
 Clinical Psychiatrist
 Billing Technician
 Police Officer
 Program Development Manager
 Youth Care Worker
 Environmental Services (vs) Tech I/II
 Environmental Specialist 1
 Transit Bus Driver
 Medical Assistant (MA)
 In-Home Health Aide
 Housing Receptionist
 Patient Registration



For more information about a job or to complete an application, go to [fpst.org/employment/to apply](https://fpst.org/employment/to-apply)

CHRISTOPHER DOWNS

HAPPY BIRTHDAY

Son

DAD



Happy Birthday
 Veronica
 May God richly
 Bless you always



Happy Birthday Sister,
 Hope you have a blessed day!

Happy Birthday
Jocelyn
January
30th
Kyra

February 9th
With love from
your family





GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first
and most important step in
protecting against flu viruses.

#FIGHT FLU



CCHS
CHURCHILL COUNTY HIGH SCHOOL
Home of the Mighty Greenware

MONDAY / WEDNESDAY (A Day)

Zero 7:20 - 8:09

1st 8:20 - 9:38

2nd 9:45 - 11:03

Lunch / Advisory 1 11:08 - 11:38

Lunch / Advisory 2 11:45 - 12:15

3rd 12:22 - 1:40

4th 1:47 - 3:05

TUESDAY / THURSDAY (B Day)

Zero 7:20 - 8:09

5th 8:20 - 9:38

6th 9:45 - 11:03

Lunch / Advisory 1 11:08 - 11:38

Lunch / Advisory 2 11:45 - 12:15

7th 12:22 - 1:40

8th 1:47 - 3:05

Friday Schedule

August 19A, 26B

September 9A, 16B, 30A

October 7B, 21A

November 4B, 18A

December 2B, 16A

January 6A, 20A

February 3B, 10A, 17A

March 3A, 17A, 31A

April 14B, 21A

May 5B, 12A, 19B, 26A

FRIDAY - GREENWAVE SPECIAL

Dates 2/17, 3/17, 5/5

Zero 7:20 - 8:09

A1 - B5 8:20 - 9:10

Greenwave Special 9:15 - 10:05

A2 - B6 10:10 - 11:00

A3 - B7 11:05 - 11:55

A4 - B8 12:00 - 12:50

Lunch 12:50 - 1:20

FRIDAY - See Friday Schedule

Zero 7:20 - 8:09

A1 - B5 8:20 - 9:20

A2 - B6 9:25 - 10:25

A3 - B7 10:30 - 11:30

A4 - B8 11:35 - 12:35

Lunch 12:40 - 1:20

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Fallon Paiute-Shoshone Tribe

565 Rio Vista Drive

Fallon, NV 89406

Tel (775) 423-6075

www.fpst.org

ADDRESS/RETURN SERVICE REQUESTED