



NUMA NEWS

www.fpst.org

Fallon Paiute Shoshone Tribe

March 2024

Fallon Tribal Health Center bids farewell to Dr. Thomas

By Jill Wright tribalnews@fpst.org

The Fallon Tribal Health Center hosted a farewell lunch in honor of Dr. Thomas. Many friends and colleagues from our tribal community attended the lunch to say farewell on Thursday, February 15 at noon.

Health Center Director Jon Pishion paid tribute and stated, “I had the pleasure of working with Dr. Thomas for many years and he is a very hard-working and dedicated physician, and I am sure all his patients are going to miss him”.

Attendees took time to share well wishes and present gifts to Dr. Thomas. Several tribal members thanked him for all his hard work he has done for our community and expressed how much he will be missed. Staff members also reflected on his leadership and the great role model he has been for them.

Dr. Thomas spoke of the warmth and hospitality he had experienced during his time working for the tribe and stated, “I have so much gratitude seeing you all today. It means so much to me and I have enjoyed the experience and will undoubtedly miss it and miss all of you.

We would also like to acknowledge that Dr. Thomas worked tirelessly before, during and after the pandemic to serve the patients of the FTHC. There are many different ‘superheroes’ and not all wear capes. Dr. Thomas you are one of them. Thank You.



Jon Pishion, FTHC Director (right) thanks Dr. Thomas (left) for his years of dedication and hard work.



Dr. Thomas hugs Elder Millie Brigham



Full House to bid Dr. Thomas farewell

FALLON PAIUTE SHOSHONE TRIBE
31ST MARCH 2024

EASTER *Hunt* EGG



SUNRISE BREAKFAST

7:30 AM



**5K RUN REGISTRATION
5K RUN START TIME**

**8:00 AM
8:30 AM**

EGG HUNT

10 AM SHARP

Free Entry For All

**AT WELLNES CENTER &
PARKING LOT**

CONGRATULATIONS

It is with great honor that the Fallon Paiute Shoshone Tribe's Education Department writes this letter about one of our own who has completed an amazing accomplishment. Mrs. Jennifer Fragua has been awarded the Student of the Year Award by The American Indian College Fund. The Education Department has been working Mrs. Fragua for the past few years with ensuring she gets her scholarship through the tribe. Jennifer was born and raised in Fallon, but once it came time to go to school she had chosen to move to further her education. While having conversations with Mrs. Fragua on the phone, her personality says everything. You can feel the smile on her face while having a conversation over the phone. The warmth of her voice just brings joy and happiness to your soul.

Blew are some words from Jennifer;

Hau-Mu!

My name is Jennifer Fragua, and I'm thrilled to share that I've been chosen as the American Indian College Fund Student of the Year for the 2023-2024 academic year. I hail proudly from the Fallon Paiute Shoshone Tribe in Fallon, Nevada, with roots extending to Jemez Pueblo. My mom is Jolene Thomas and my dad is Joseph Fragua.

Currently, I'm immersed in the Pre-Engineering program at United Tribes Technical College in Bismarck, North Dakota. My sights are set on completing my degree by spring 2025, after which I plan to transition to a university to pursue studies in Electrical Engineering.

Looking ahead, my passion lies in leveraging my knowledge and skills in renewable energy to benefit my tribal community and native communities throughout North America. I envision myself actively engaged in initiatives focused on renewable energy sources such as solar and wind power. My aim is to empower indigenous native communities to take control of their energy needs and reduce reliance on harmful fossil fuels. I believe in harnessing the natural resources abundant in many reservations to create sustainable energy solutions that not only meet our needs but also nurture the environment and foster community growth.

Ultimately, my goal is to contribute to sustainable development and foster self-sufficiency within indigenous native communities. Here's to a brighter, greener future ahead!

Pesha-U!



**Student of the
year Award**



"To give back to my community, neighboring tribes and Indian Country through my degree would be the highest of honor to me." - Jennifer Fragua

Alzheimer's Grant Program Team Conducts Site Visits



(Photo 1) IHS Elder Care Date Coordinator Valerie Jones (left) and IHS Management Analyst Jamie Olsen (right) with Cherokee Nation Health Services Patient Experience Manager Jessica Lewandowski (Photo 2) Jones and Olsen with Fallon Tribal Health Center Associate Director of Clinical Services Susan Bracamontes

Team members from the [IHS Alzheimer's Grant Program](#) recently conducted two site visits. The team, which operates under the Division of Clinical and Community Services, visited the Cherokee Nation Outpatient Health Center in Tahlequah, Oklahoma, on February 6 and the Fallon Tribal Health Center in Fallon, Nevada, on February 8. During the visits, the team engaged in tours and discussions about the vibrant cultures of the local communities. The visits aimed to enhance understanding and recognition of Alzheimer's disease and related dementias within IHS, tribal, and urban Indian communities by empowering health care providers, family caregivers, and tribal leaders with the essential knowledge and resources for early detection, diagnosis, and effective management.

-Tribal & UIO Updates





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 - Tax Department

Location: 565 Rio Vista Drive, Fallon, NV 89406

Days: Tuesday-Wednesday-Thursday

Hours: 10:00am - 4:00pm

Call 775-423-6075 for an appointment



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

SAVE THE DATE!!

Fallon Paiute-Shoshone Tribe 25th Annual Earth Day Celebration



Saturday, April 20, 2024

Volunteers * Educators * Arts/Crafts * Food * Vendors

You are invited to join us for a wonderful day of fun, learning, and sharing at our Annual Earth Day Celebration. This community event is scheduled for 10 am - 2 pm at Oats Park in Fallon, NV on Saturday, April 20, 2024. A detailed official poster will be posted once the full events schedule and venue have been finalized.



Hosted By the Fallon Paiute-Shoshone Tribe
Environmental Protection Department
To volunteer, set up a booth, or for more information call
(775)423-0590 or email ileanaenviro@fpst.org



www.facebook.com/FPSTEPD



Fallon Paiute-Shoshone Tribe 25th Annual Earth Day Poster Contest

Call for Artists!

DEADLINE
MARCH
8th!

“Planet vs. Plastics”

We are accepting artwork that reflects the theme of this year's **Earth Day Event** for our annual **Poster Contest, "Planet vs. Plastics."** We only have this one Mother Earth, and this life is our chance to make a difference.

1st place winners of the poster contest will have their artwork displayed on t-shirts and other promotional material for the Earth Day events. Prizes will be awarded for 1st and 2nd place in each age category! Age categories are 5-10, 11-16, and 17+. The 1st place prize is \$50, and 2nd place prize is \$25.

All posters must be submitted to the Environmental Office at 1011 Rio Vista Drive by March 8, 2024 by 4 p.m. to be eligible for the contest.

Hosted by the Fallon Paiute-Shoshone Tribe Environmental Protection Department

If you have any questions or would like to volunteer for any of this year's Earth Week activities give us a call at (775) 423-0590 or email ileanaenviro@fpst.org.

Poster Contest Rules & Submission Form

Artwork may be from 8.5x11 inches to 11x17 inches in size and may be drawn or painted with marker, paint, or pastel. Artwork must be able to lie flat. Lines in the artwork must be thick enough to be detected on a scanner.

Please include the following information with the artwork: artist name, age, contact phone number, and t-shirt size. Posters submitted without adequate artist information will not be considered for the contest. Please do not put information on the artwork itself.

All posters must be submitted to the Environmental Office at 1011 Rio Vista Drive by 4 p.m. on March 22, 2024 to be eligible for the contest.

Artist Name:	
Artist Age:	
Parent Name if Artist is under 18:	
Contact Phone Number (this is how we contact contest winners):	
Artist T-shirt Size:	
Describe artwork (optional):	



FPST VFD Held a Recruitment Day

Fallon Tribe

The FPST VFD opened held a Recruitment Day on Wednesday, February 21 at the CLC Community Room. It was an opportunity for those interested to help out their community!

Those interested in joining the department had the opportunity to speak with active volunteers, ask questions and learn about the benefits of becoming a firefighter.

This year Jackie Conway, Emergency Management Coordinator showed a power point slide going over what the department was about, trainings, meetings and other information. She also went over the Firefighters Code of Ethics.



Interested community members attend VFD Recruitment Day

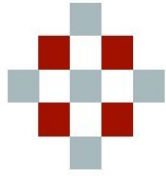
Jill Wright, Acting Fire Chief stated, “There was a good turn out and hopefully we will have many who are interested and will sign- up in the coming weeks to join the department. Those who choose to step up and volunteer do this not for accolades or recognition and certainly not for any compensation. To get this department up and operating smoothly, we need dedicated women and men and although we know they have their own responsibilities, they step up to honorably serve their community. That’s what professionals do.”

Recruitment and retention are the cornerstone of any volunteer fire or emergency medical services (EMS) department.

Get Involved

There will always be a need for people who care, who help, who heal. As new tragedies shake us and new problems challenge us, we do more than fight fires. Volunteer firefighters are trained and equipped professionally to fight for and protect their communities with pride. If you are interested or have any questions, please feel free to contact Jackie Conway, Emergency Management Coordinator at 775.867-8706 or email emd@fpst.org.





FALLON TRIBAL HEALTH CENTER COMMUNITY HEALTH *Outreach Initiative*



UPCOMING

ACTIVITIES

As part of our Community Health Outreach, we will be coming out to offer the services listed below. This initiative is part of a multi-year approach to improving the health of our tribal communities and to bring health care outside of the traditional clinic setting. **If you would like more information or to schedule a healthcare appointment, please call us at 775-423-3610.**

Q1

2024

UPCOMING DATES, TIMES, & LOCATIONS

JANUARY

- JANUARY 3, 2024, 10 AM - 12 PM (Weds.)**
 - Stillwater Tribal Senior Center, Fallon, NV
- JANUARY 4, 2024, 4 PM - 6 PM (Thurs.)**
 - Fallon Tribal Health Center, Fallon, NV
- JANUARY 11, 2024, 10 AM - 2 PM (Thurs.)**
 - Lovelock Tribal Gym, Lovelock, NV*
- JANUARY 18, 2024, 10 AM - 1 PM (Thurs.)**
 - Yomba Tribal Community Center, NV*

FEBRUARY

- FEBRUARY 7, 2024, 10 AM - 12 PM (Weds.)**
 - Stillwater Tribal Senior Center, Fallon, NV
- FEBRUARY 8, 2024, 4 PM - 6 PM (Thurs.)**
 - Fallon Tribal Health Center, Fallon, NV
- FEBRUARY 15, 2024, 10 AM - 2 PM (Thurs.)**
 - Lovelock Tribal Gym, Lovelock, NV*
- FEBRUARY 22, 2024, 10 AM - 1 PM (Thurs.)**
 - Yomba Tribal Community Center, NV*

MARCH

- MARCH 6, 2024, 10 AM - 12 PM (Weds.)**
 - Stillwater Tribal Senior Center, Fallon, NV
- MARCH 7, 2024, 4 PM - 6 PM (Thurs.)**
 - Fallon Tribal Health Center, Fallon, NV
- MARCH 14, 2024, 10 AM - 2 PM (Thurs.)**
 - Lovelock Tribal Gym, Lovelock, NV*
- MARCH 21, 2024, 10 AM - 1 PM (Thurs.)**
 - Yomba Tribal Community Center, NV*



SERVICES AVAILABLE

- COVID-19 Testing, Boosters, and Vaccinations
- Flu shots and other Immunizations (as applicable)
- Well-Child Visits & Limited Medical Provider Appointments* (limited locations)

All events are subject to change or cancellation depending on staffing, weather conditions, etc.

WINTER HEALTH AND SAFETY TIPS

- ✓ Wear a hat, hood, or scarf. Don't forget to wear layers, too!
- ✓ Check on friends, relatives, and neighbors who may need assistance during periods of extreme cold. Avoid in-person visits to protect your health and the health of others.
- ✓ Practice safe home heating. Never use an oven or stove to heat your home.
- ✓ Pets feel the cold, too. Keep them warm and indoors.



Sponsored by the Fallon Tribal Health Center, a department of the Fallon Paiute-Shoshone Tribe, in conjunction with U.S. Indian Health Service and with funding from the Emergency Rural Healthcare Grant, U.S. Department of Agriculture, Rural Development.

FPST BEHAVIORAL HEALTH PROGRAM FOR MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES - MARCH 2024

Mental Health Program-Assessments, Psychiatric & Therapy Services

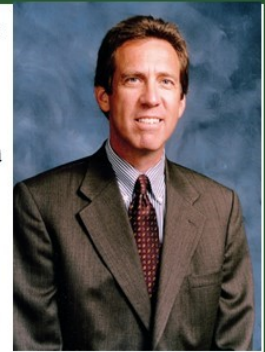
Dr. Sonny Ruckstuhl, Clinical Psychologist, available on Tuesdays.

Susan Stark, MA, LCSW, is a licensed clinical social worker. She is available for therapy services up to 2 days a week in-office or virtually.

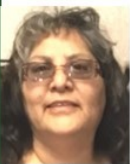


Steven Rubin, MD, Psychiatrist

We are saying farewell and thank you to **Dr. Rubin** who has served our community for a number of years. We appreciate your service and commitment to help those with psychiatric needs. We are actively recruiting applicants and hope to fill this contracted soon.



Substance Abuse Program (SAP) - Assessment & Outpatient Treatment Services



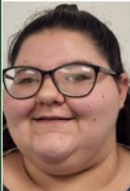
Cynthia Wachsmuth, CADC Intern, a full-time Substance Abuse Counselor. She is available for screenings, evaluations and substance abuse treatment and referral services.



Sunny Cox, CADC Intern, Substance Abuse Counselor. Sunny is now a full-time substance abuse counselor intern and can provide screenings, assessments, treatment and referral services.



Brenda Hooper, Recovery Support Coach & Coordinator. She provides recovery support to individuals in early recovery from substance abuse and mental health issues. Her roles is to help people stay on their wellness path.



Shelby Harrison, Behavioral Health Assistant. Call Shelby to make an appointment with any of the BH providers, (775) 423-9076.

All contracted positions have been moved over to the Health Center and are located in the Medical Department.

The positions include Dr. Ruckstuhl, Clinical Psychologist, the Psychiatrist, and Susan Stark, Therapist.

Bureau of Justice Assistance Connect & Protect Project—A 3-year project in which the goal is effective collaboration between FPST Law Enforcement officers and Mental Health providers regarding crisis interventions within the FPST community.

VACANT—Position is open for the Behavioral Health Liaison for this grant.

HRSA Rural Communities Opioid Response Program—A Treatment program specific to Opiate Use Disorders and other substance use disorders, also provides recovery support services & overdose education and the distribution of Naloxone to reverse an overdose.

SAMHSA Native Connections Project: a 5-year grant that focuses on suicide prevention for individuals of all ages. Positions to fill include a Project Director and a Prevention Specialist.

Talking Circle Tuesdays

5:30 to 7:30 p.m.

999 Rio Vista Dr.

Contact Cynthia Wachsmuth for more information at (775) 423-9076, x1042.



For questions regarding services or activities contact Leslie Steve, MA, LADC, Director of Behavioral Health at 423-9076, ext. 1032.

PRACTICE MINDFULNESS.....Breathe.

“Yesterday is gone, tomorrow hasn’t happened; what we have is right here, right now. Promote peace and be kind.”



The Fallon, Lovelock & Yomba Wellness Community (WELCOM) Circle

We will host the next meeting at the COC building on 3/28/24 from 12noon to 1:30 p.m. Everyone is welcome to attend. For more information call (775) 423-9076.



WHO IS ELIGIBLE?

- Pregnant women
- Children up to 5 years old
- Legal guardians
- Foster parents



BENEFITS:

- Offering dedicated support to breastfeeding mothers for addressing queries and concerns.
- Providing nutritional food packages for you and your family.
- Extending assistance for any nutrition-related inquiries.

COME JOIN US ON:

April, 18, 2024

LOCATION:

Fallon Tribal Health Center
1001 Rio Vista Dr.
Fallon, NV 89406

11am-2pm

FOR MORE INFORMATION CALL OR TEXT:

Maryely Villa (775)384-7201
 Main Office (775)398-4960

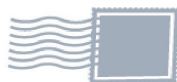


Fallon Tribal Health Center

1001 Rio Vista Drive
Fallon, NV 89406
(775) 423-3634 EXT 1030

We are here to help.

Keep an eye on the mail!



Did you receive a Medicaid and CHIP renewal letter? Fill out and return the form to stay covered.



InsureKidsNow.gov

Connecting Kids to Coverage
National Campaign

Yvonne Thomas, CKC Project Director
oespecialist@fpst.org
Available Monday to Friday 8-5

Stephanie Riggs
Family Services Specialist II
Nevada Division of Health and Human Services
Available Thursday's and Friday's 8-5



InsureKidsNow.gov

WELCOME NEW COMMITTEE MEMBERS



Housing Committee- L-R- Arlene Austin, & Jill Wright (R) sworn in by Chairwoman Williams-Tuni (C)



FTDC Board- L-R- Kathleen Gutierrez sworn in by Chairwoman Williams-Tuni



Natural Resource Committee-L-R- Chairwoman Williams-Tuni swears in Thoma Tom & Tim Hicks

Mindful March 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



4 Notice how you speak to yourself and choose to use kind words



5 Bring to mind people you care about and send love to them



6 If you find yourself rushing, make an effort to slow down



7 Take three calm breaths at regular intervals during your day

1 Set an intention to live with awareness and kindness

2 Notice three things you find beautiful in the outside world

3 Start today by appreciating your body and that you're alive

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 Have a 'no plans' day and notice how that feels

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Appreciate nature around you, wherever you are

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together





Climate Pollution Reduction Meeting

Please join us for a community meeting to discuss ways to reduce air pollution and greenhouse gas emissions on tribal lands.

We want to hear from you! Scan the QR code below and take a short survey on the proposed pollution reduction measures and projects. Your input is invaluable to our planning process.



When: Thursday, March 21st

6-7 pm

Where: Council Chambers

Come enjoy some hot pizza and drinks while learning about our environment.



For questions or more info, please call the Environmental Protection Department

@ 775-423-0590

**FALLON PAIUTE SHOSHONE TRIBE
COMMUNITY LEARNING CENTER & B&GC**

MONDAY, 4 MARCH 2024

NEWSLETTER



NEW HONOR ROOM FOR STUDENTS..

The Fallon Paiute Shoshone Tribe Boys and Girls Club was able to set up a Honorary Room for the Student who are doing good in school and participating in Club activities. Good behavior and grades are the reasons the Room was set up, to reward the students with a Game Room with all the latest consoles and games.

The Honorary Rooms at other clubs have proven, that a little reward for hard work goes along ways, and video games is what the student are into and rewarded with.

VALENTINES DAY PARTY FOR STUDENTS AT THE B&GC

This year we cooked up some Hot Dogs and Hamburgers for the students, and handed out Valentines at the end of it all.

the students enjoyed the food and appreciated the Presents at the end of the party, everyone got a heart shaped box of chocolates.



**CLC Preparing for Graduation any Seniors graduating from High School Contact
Community Learning Center For JOM related Fee's and questions**

Call (775) 423-8065

JOM: Night to be announced!

Elder Art Classes Every Thursday 1-3PM



Every Thursday 1pm-3pm is painting class at the Fallon Paiute Shoshone Tribe Senior Center, we are working towards creating art to win at some of these fairs that are coming up this year. Last year we had several participants who submitted pieces of art in the Cantaloupe Festival and all won blue ribbons.



BOB ROSS STYLE Class Step By Step

Community Art Classes Every Month @ CLC

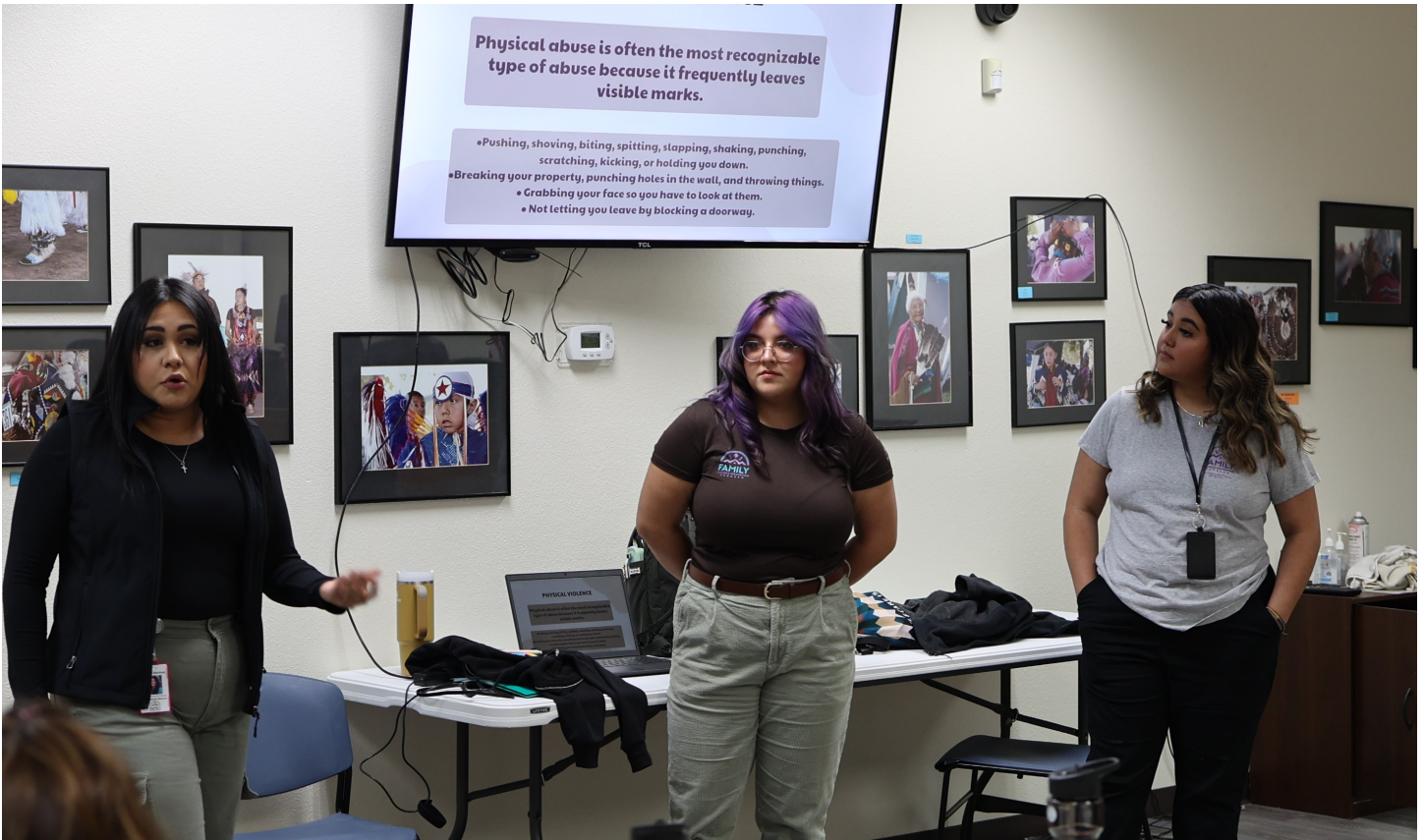


At Least once a month we have art class at the CLC and are creating works of art using Acrylic and Water colors.

The art classes are open to all community and members and families. The art we create is yours to keep and take home, These art classes are for fun and teach real art techniques.

CLC Transportation For Students during Black-Out is still provided: Full right now but give us a call.

February is Teen Dating Violence Awareness Month



Family Violence Prevention Program Staff bringing awareness to teen dating violence

Family Violence Prevention Program and FPST Victim Services hosted a lunch and learn to bring awareness to Teen Dating Violence month at the FPST. It was held in the Fallon Business Council Chambers on February 8 at noon.

February is Teen Dating Violence Awareness Month and the event focused on dating violence in and how resilience is working with youth to prevent dating abuse before it starts. Advocates covered important issues on the topic of teen dating. This is an issue that impacts everyone – not just teens – but their parents, teachers, friends and communities as well

One in three young adults will be in an abusive or unhealthy relationship. Teens usually struggle to figure out what an unhealthy relationship looks like. Sometimes the line between a relationship involving love and respect and a controlling or dangerous one can be blurry. Our Teen Dating Violence Prevention Program (TDVPP) provides a three-day, interactive discussion on healthy relationships, how to recognize the warning signs of dating violence, the importance of consent for sexual activity, the conditions of consent, sexual assault, gender roles and what we can do to help someone that is in need.

Love should **never** hurt. There are many resources, local and national, that are here to help young people in toxic/abusive relationships.

Family Violence Prevention Program

24 Hour Hotline-775-722-8794

FPST Victim Services Program

775-427-0985

DEPARTMENT OF MOTOR VEHICLE TAX EXEMPTION

This Governmental Services Tax Exempt Privilege/Eligibility has been in effect since 2012. The current Tribal Chairwoman is only enforcing the DMV Vehicle Privilege for the benefit of all eligible Tribal Members.

It is the responsibility of the Chairman/Vice Chairman of the Fallon-Paiute Shoshone Tribe to verify that the following vehicle tax exempt application through the State of Nevada is in accordance with NRS Nevada state requirements. The statement above the required signature of the Tribal Chairwoman states *"I declare under penalty of perjury that the foregoing is true and correct and that the applicant meets the eligibility requirements listed above."* This statement puts a great deal of responsibility on the Chairwoman & Vice Chairman under penalty of perjury to ensure the documents presented for exemption are true and correct. Likewise, the tribal member seeking the tax exempt also has an obligation by the statement above their signature, *"I declare under penalty of perjury that the foregoing is true and correct."* meaning the applicant attests all information is correct and has met the eligibility criteria when requesting the vehicle privileged exemption.

This privilege was created for the beneficial use & opportunity for federally recognized Tribal Members LIVING ON THE FALLON PAIUTE-SHOSHONE RESERVATION OR COLONY ONLY

INSTRUCTIONS & ELIGIBILITY:

- ◆ The exemption must be applied for annually with a separate exemption application required for each vehicle being registered.
- ◆ Bring your Tribal ID, Drivers License & DMV Registration and/or Title to the Chairwoman's Office for processing. ALL documents must match the same address to validate the applicant & vehicle. If any of the documents do not match, it is the responsibility of the applicant to make necessary changes.
- ◆ Once the proper documents are turned in, please give the Chairwoman's Office at least 24 hours time for processing.

WHO IS NOT ELIGIBLE:

- ◆ Fallon Paiute-Shoshone Tribal Members or other Nevada Tribal Members who **DO NOT** permanently reside within the boundaries of the Fallon Paiute-Shoshone Reservation or Colony are **NOT ELIGIBLE** for receiving the Governmental Services Tax Exempt from the Fallon-Paiute Shoshone Tribe.

Fallon Elks announce Hoop Shoot Winners



Al Babb, Nevada State Director (left) stands with Amillya Bishop, the 12-13 year old winner

Fallon Elks Hoop Shoot Winners, Congratulations Amillya Bishop (center)

Nevada Appeal/Lahontan Valley News

On Dec. 16, the Fallon Elks Lodge had 18 boys and girls (between 8-13-years-old) sign up and compete in its Hoop Shoot event.

The division were 8-9-year olds for boys; 10-11-year olds for boys; 12-13-year olds for boys; and 12-13-year olds for girls. (No girls 8-9 or 10-11 signed up.)

Deacon Johnson won the 8-9 boys contest; Luke Champneys won the 10-11 boys contest; Weston Starr won the 12-13 boys contest; and Amillya Bishop won the 12-13 girls contest.

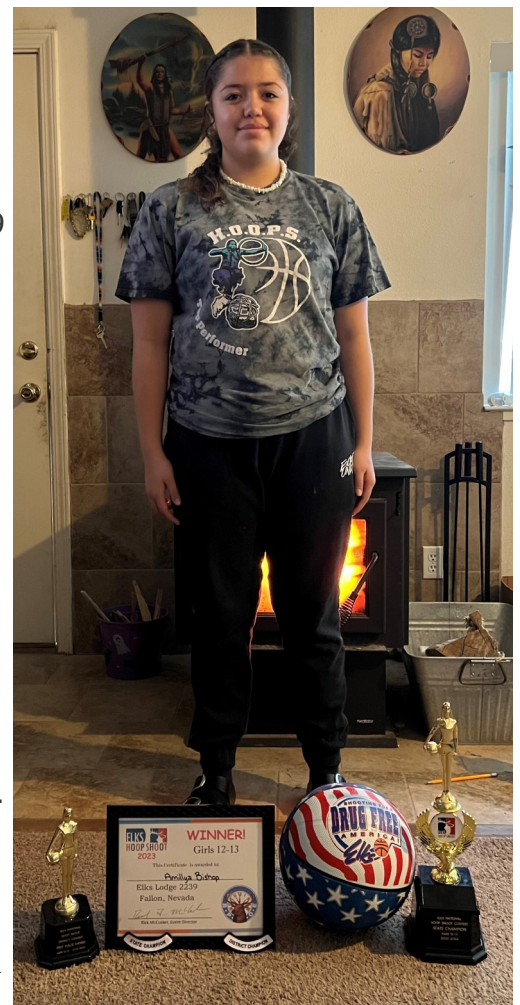
On Jan. 27, the Fallon winners competed at the Central District Elks Hoop Shoot Contest in Austin with winners of the Reno, Carson City, Sparks, Tonopah, Tahoe/Douglas, Elko and the Hawthorne Elks Lodge contests.

Deacon Johnson won the Central District 8-9 Boys contest; and Amillya Bishop won the Central District 12-13 Girls Contest; Luke Champneys finished second in the Central District 10-11 boys contest.

Deacon and Amillya and their parents headed to Hawthorne on Feb. 10 for the Nevada State Elks Hoop Shoot Finals. They both won and now are the Nevada State Elks Hoop Shoot champions.

They traveled to Las Vegas on Feb. 24 for the Elks Area 7 Finals to compete against the area winners from California/Hawaii, Utah and Arizona.

A win there means a trip to Chicago for the championship and for the champion's name to be entered in the Naismith Memorial Basketball Hall of Fame along with some of the best players in the NBA.



February & March FOOD DISTRIBUTION SCHEDULE



The following is a schedule for the February 2024 & March 2024 food distribution supplemental resources for the Fallon Tribal Community. This schedule includes the monthly USDA Yerington Commodity food distribution and the Northern Nevada Food Bank Mobile Harvest.

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) 783-0260.

Tuesday, February 6 & March 5 — 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 13 & March 12 — 12:30 p.m. to 1:30 p.m.



**FALLON PAIUTE-SHOSHONE TRIBE
FOOD PANTRY/COMMUNITY GARDEN**

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

Exercise – Sodium and your Health

True or False: Most of the sodium in your diet comes from table salt.

The answer is at the end of this article.

Sodium is a mineral that supports vital functions. It's regulated by your kidneys and helps control your body's fluid balance. It also affects nerve impulses and muscle function.

Table salt is a combination of two minerals – about 40% sodium and 60% chloride. Yet, before we use the salt-shaker at the table, some foods are already loaded with too much sodium. More than 70% of the sodium we consume comes from packaged, prepared and restaurant foods due to salt added for flavoring, stabilizing, preserving and reducing bacterial risk.

The rest of sodium in the diet comes naturally in food (about 15%) or from salt added when cooking food or to our plates (about 11%).

The Dietary Guidelines for Americans recommend that we consume less than 2,300 milligrams (mg) of sodium daily. Yet, we typically consume about 50% more, or 3,400 mg. So, it's important to know the amount of sodium in foods you eat.

The average amount of sodium in a few foods include:

- 1 slice cheese pizza = 600 milligrams (mg) sodium
- 1 serving fast food chicken tenders = 800 milligrams (mg) sodium
- 1 slice cooked bacon = 400 milligrams (mg) sodium

The science behind sodium reduction is clear. Significant evidence links excess sodium intake with high blood pressure, which increases the risk of heart attack, stroke and heart failure.

Even if you don't have high blood pressure, eating less sodium can help blunt the rise in blood pressure that occurs as you age. It can also reduce your risk of heart attack, heart failure, stroke, kidney disease, osteoporosis, stomach cancer and even headaches.

If people in the U.S. consume an average 1,500 mg/day sodium, it could result in a 25.6% decrease in high blood pressure and an estimated \$26.2 billion in health care savings.

Answer to our question: False

More than 70% of the sodium we consume comes from packaged, prepared and restaurant foods due to salt added for flavoring, stabilizing, preserving and reducing bacterial risk.

For more information, visit www.heart.org.





7 Salty Myths Busted

MYTH: Eliminate sodium completely for good health.

Sodium is an essential nutrient that controls blood pressure and is needed to make nerves and muscles work properly, but you need the right amount.



MYTH: Sea salt has less sodium than table salt.

Sea salt is very popular, but it usually isn't any less salty. Just like table salt, it typically contains 40% sodium.

MYTH: I usually don't salt my food, so I don't eat too much sodium.



About 71% of sodium Americans consume is estimated to come from processed and restaurant foods – not the saltshaker.

That's why it's so important to compare Nutrition Facts labels and serving sizes.

MYTH: High levels of sodium are only found in food.

Some **over-the-counter medications** contain high levels of sodium. Read drug labels carefully and remember that some companies produce low-sodium over-the-counter products.



MYTH: Lower sodium foods have no taste.

There is a rich world of creative and flavorful **alternatives to salt**. Experiment with spices, herbs and citrus to enhance the natural flavor of your food!

MYTH: My blood pressure is normal, so I don't need to worry about how much sodium I eat.

The American Heart Association recommends **no more than 2,300 milligrams (mg) a day** and moving toward an ideal limit of no more than 1,500 mg per day for most adults. Even cutting back by 1,000 mg a day can help improve your blood pressure and heart health.

2300mg
daily

MYTH: I don't eat a lot of salty food so I don't eat too much sodium.

Sodium is found in **almost all foods** including mixed dishes such as sandwiches, burgers, and tacos; rice, pasta, and grain dishes; pizza; meat, poultry, and seafood dishes; and soups. Use the Nutrition Facts label to choose foods with the least sodium.

heart.org/Sodium

FPST Lagoon Project Underway

Project updates and information

During the construction of the new lagoon and lift station project it was found that the water table was very close to the surface near the lift stations. The contractor A&K, determined that to continue to repair and replace the lift stations, they would need to put dewatering wells by each lift station to draw down the ground water in the immediate area around the lift stations to complete the work on them. This is accomplished by sinking two well casings near each lift station to a depth of 20 feet and pumping the water out to create a cone of depression around the construction site. This process is crucial to ensure that the soil is stable and drier before construction starts.

Once the construction is completed the wells will either be removed or plugged. At lift station two, the discharge water will be pumped into the pipe that removes water from the retention basin which discharges onto the empty lot south of the Upper Paiute Drain ditch. The water from the dewatering wells at lift station one will be discharged into the retention basin or drain ditch that is west of Pinenut/Dio Diccutta subdivision. This drain ditch flows North away from the subdivision and through farm land toward the main TCID ditch.







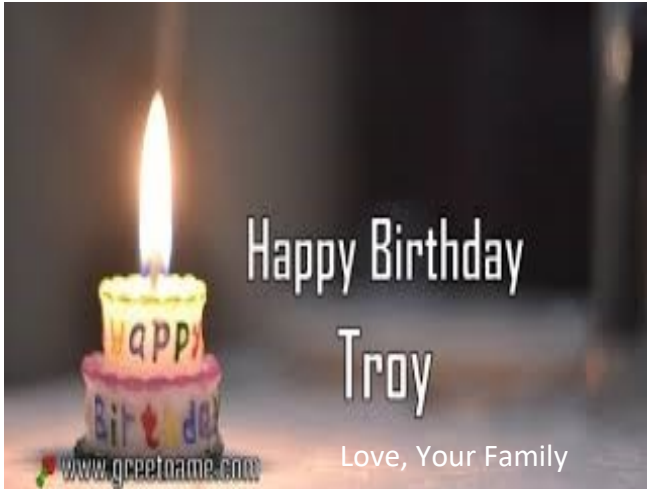
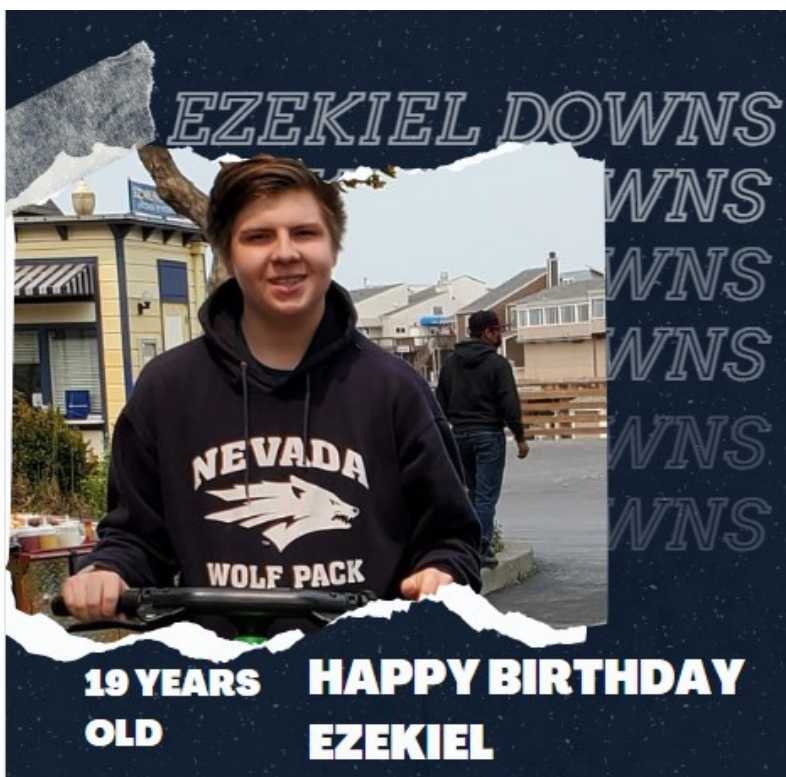
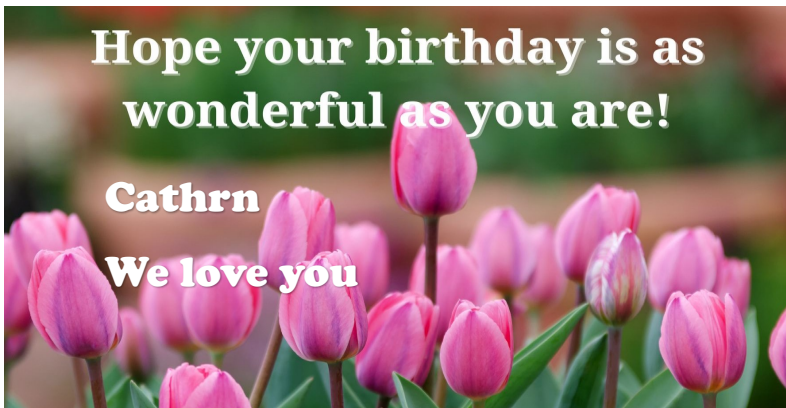
- March 1st Dune Part 2
- March 8th Love Lies Bleeding
Kung Fu Panda 4
Imaginary
- March 22nd The American
Society of Magical
Negroes
Arthur The King
- March 29th Ghostbusters:
Frozen Empire



Pick up your bag of popcorn at Fox Peak Station for only \$5



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



ATTENTION GRADUATING SENIORS!

PLEASE JOIN US IN Learning how to make a Beaded Graduation Cap



THURSDAY, APRIL 18TH

THURSDAY, APRIL 25

THURSDAY, MAY 2

THURSDAY, MAY 9

6PM - 8PM

COMMUNITY LEARNING CENTER



FOR QUESTIONS OR MORE INFORMATION PLEASE
CALL LETISHA YELLOWHAWK @ 775-423-8065



Fallon Paiute Shoshone Tribe Current Job Openings

FPST Application Required: <https://www.fpst.org/employment/>

Clinical Psychiatrist GS/41 Pay DOE	Police Officer Trainee GS/16 \$24.55-\$29.31
Dental Assistant II GS/11 \$18.26-\$21.81	CLC Specialist II GS/10 \$15.32-\$23.18
Dental Hygienist GS/23 Pay DOE	Prevention Specialist GS12 \$19.38-\$23.14
Fallon Business Council Secretary Assistant GS/10 \$17.22-\$20.56	Native Connections Project Director GS18/ \$27.63-\$41.79
Tribal Historic Preservation Coordinator GS/15 \$23.14-\$27.63	Purchased/Referred Care Clerk GS/7 \$14.42-\$17.22
Vocational Rehabilitation Manager GS/17 \$26.04-\$31.09	Accountant GS/13 \$20.56-\$24.55
Medical Assistant GS/9 \$16.23-\$19.38	Behavioral Health Liaison GS/19 \$29.31-\$35.00
Optometrist GS/31 Pay DOE	Benefits Coordinator/Patient Registration Clerk GS/10 \$17.22-\$20.56
Program Development Manager GS/17 \$26.04-\$31.09	Senior Center Driver GS/6 \$13.59-\$16.23
Clinical Compliance Officer GS/17 \$26.04-\$31.09	Seasonal Ag Laborer GS/5 \$12.81-\$15.30
Patient Registration Clerk GS/6 \$13.59-\$16.23	Vocational Rehabilitation Technical Assistant GS7/\$14.42-\$17.22
Youth Care Worker P/T GS/7 \$14.42 \$17.22	Diabetes Prevention Coordinator GS/15 \$23.14-\$27.63
Tax/TERO Administrator GS/20 \$31.09-\$37.13	Environmental Services Manager GS/18 \$27.63-\$32.99
Project Manager GS/17 \$26.04-\$31.09	Program Development Manager GS /17 \$26.04-\$31.09
Environmental Specialist I GS/9 \$16.23-\$19.38	
Police Officer GS/16 \$24.55-\$29.31	

Employee Benefits: Employer Paid Health Insurance. Full-Time employees are provided medical, dental, vision, and disability insurance at no-cost (family, child, spouse coverage is extra)

Paid Leave. Employees accrue 80 hours of Annual Leave a year and 120 hours of Personal Time Off (PTO) Leave per year. Proportional for part-time employees.

Employee Retirement Plan. Full-Time Employees are eligible to enroll in a 457-retirement plan with matching contributions up to \$2,002/yearly (eligible after 1 year).

Paid Holidays. The Fallon Paiute-Shoshone Tribe recognizes most Federal/State Holidays, as well as Tribal Holidays.



STILLWATER
INDIAN CHURCH

SUNDAY SERVICES
MARCH 31
10:30 AM

EASTER

Sunday Services

EVERYONE WELCOME

March GYM SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 OPEN GYM	2
3	4 BASKETBALL	5 BASKETBALL	6 VOLLEYBALL	7 VOLLEYBALL	8 OPEN GYM	9
10	11 BASKETBALL	12 BASKETBALL	13 VOLLEYBALL	14 VOLLEYBALL	15 OPEN GYM	16
17 	18 BASKETBALL	19 BASKETBALL	20 VOLLEYBALL	21 VOLLEYBALL	22 OPEN GYM	23
24	25 BASKETBALL	26 BASKETBALL	27 VOLLEYBALL	28 VOLLEYBALL	29 OPEN GYM	30
31 EASTER						

**IN THE FALLON TRIBAL COURT
IN AND FOR THE FALLON PAIUTE-SHOSHONE TRIBE
FALLON, NEVADA**

IN THE MATTER OF:
THE ESTATE OF HERMAN G.
DIXON,

Decedent

Case No.: CVFT2023-0035

NOTICE TO CREDITORS

NOTICE IS HEREBY GIVEN that the undersigned has been duly appointed and qualified by the above-entitled Court as Executor of the Estate of Herman G. Dixon, deceased.

All creditors having claims against said estate must file a claim, with the proper vouchers attached, with the:

FPST Tribal Court Clerk
87 Rio Vista Drive
Fallon, NV 89406

within ninety (90) days after mailing or after the first publication of this notice (whichever occurs first). Only those claims so presented may be accepted.

Dated: December 27, 2023.
/s/ Jeffrey Cox, Executor
2320 Enterprise Road
Reno, NV 89521

By: Norman Allen, Esq.
Attorney for the Executor



Fallon Paiute Shoshone Tribe



CALLING ALL

Graduates!

CLASS OF 2024

We are looking for **ALL** of our 2024 Graduates who are FPST Members and/or FPST Community Members and Adult Ed Graduates who are either an FPST Member and/or an FPST Community Member, to please reach out us here at the CLC Education Department No later than April 8, 2024

Please contact a CLC Staff Member @ 775-423-8065
or
E-mail: clcspecialistly@fpst.org

TRIBAL FARMLAND LEASE OPPORTUNITY

Fallon Paiute-Shoshone Tribal farmlands are available to lease for two years, eligible for a one-time only request for a six year extension. FPST will be accepting closed bids beginning Wednesday, February 28, 2024 at 8:00 a.m. and will close on Tuesday, March 12, 2024 at 3:00 p.m. Bid packets will be available at the FPST Natural Resources Department located at 8820 Mission Road. Bid Round #2 is open to all in good standing with the Fallon Paiute-Shoshone Tribe and shall not have any outstanding debts.*

For more information, contact Lynn Castro, at 775-423-6075

FBC Approved

** Six year extension available upon mutual agreement.*



NAS FALLON

EMPLOYMENT OPPORTUNITIES

Visit any of these websites to learn about openings at NAS Fallon

USAJOBS

usajobs.gov



NAVY LIFE SW

NAS Fallon

navylifsw.com



Navy Life NAS Fallon

facebook.com/NavyLifeNASF/

amentum

amentumcareers.com



synectics

synectics.net

LinkedIn

linkedin.com

indeed

indeed.com



Chugach
chugachgov.com

NAS FALLON



APPLY TODAY

For questions:
Toni Burton
NAS Fallon Tribal Relations
(775) 686-8283
toni.a.burton.civ@us.navy.mil

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



Fallon Paiute-Shoshone Tribe

565 Rio Vista Drive

Fallon, NV 89406

Tel (775) 423-6075

www.fpst.org

ADDRESS/RETURN SERVICE REQUESTED