



NUMA NEWS

Fallon Tribal Health Clinic Celebrates Ribbon Cutting of New Mobile Health Clinic, Empowering Health Access



Chairwoman Williams-Tuni and Under Secretary Basil Gooden, cut the ribbon to unveil the new Fallon Tribal Health Center's Mobile Clinic

By Jill Wright tribalnews@fpst.org

The Fallon Paiute Shoshone Tribe celebrated a historic day on Monday, June 10th, when they held a ribbon cutting for the unveiling of its new state-of-the-art mobile clinic. The ribbon-cutting ceremony marks the culmination of years of dedication and commitment to expanding health care access that covers 3 tribes and over 200 miles, the Fallon Paiute Shoshone Tribe, Lovelock and the Yomba Tribe.

The new mobile clinic was funded through a \$672,950 emergency rural healthcare grant, provided by the U.S. Department of Agriculture.

The mobile health clinic represents an innovative approach to delivering comprehensive medical care, bringing essential services to remote areas and individuals who face barriers to accessing traditional health care facilities.

Health Director Jon Pishion stated, "Our new mobile clinic

is equipped with cutting-edge technology and staffed by a dedicated team of health care professionals and we can now deliver services in geographically isolated areas that may lack access to healthcare providers."

The mobile health clinic will offer a wide range of services including as immunizations, lab testing, physician and nurse visits, wound care, and prescription medicine distribution.

USDA Rural Development Under Secretary Basil Gooden was at the ceremony and stated, "We want the same opportunities for people in rural areas as people in metropolitan areas," said Secretary Basil Gooden.

Chairwoman Williams-Tuni stated, "It's a vision come true to be able to serve our remote communities, and I want to thank former and present Council Members who worked hard towards this vision."

Photos on page 2-3



Hooper Family signing card



Summit Lake Paiute Tribal Elder Thalia Dick



Chairwoman Williams-Tuni presents Under Secretary Basil Gooden with a gift and stated, "In the Shadow of Fox Peak, this is who we are, Toi-Ticutta, Numa Newe Ancestral People of the Great Basin."



Standing in front of a photo of their grandmother Wuzzie George, 5th generation,
L-R, Linda Noneo, Destanie Dewey and Darren Dewey



Ribbon-Cutting for Krispy Krunchy Chicken inside Fox Peak Fernley Gas Station



L-R; District Manager Dave Collier, FBC Member Edwin Conway, FTDC Board of Directors Vice President, Tanzi Kancler, FTDC Board of Directors President Cody Downs, FTDC Board of Directors Member Robert Lawson, FBC Member Jon Pishion, Front Row; FBC Treasurer Vickie Moyle, FTDC Board of Directors Secretary Melanie McFalls & FBC Secretary Lynette Fisherman.

By Jill Wright tribalnews@fpst.org

The Fallon Tribal Development Corporation & Krispy Krunchy Chicken hosted their Ribbon Cutting ceremony and Grand Opening on Saturday, June 22. Krispy Krunchy Chicken is located inside the Fox Peak Fernley convenience store at 1200 Nevada Pacific Pkwy, Fernley NV.

Krispy Krunchy Chicken, originates out of Louisiana, is a quick-serve solution with “freshly made, perfectly Cajun.” Menu items include chicken tenders, wings, sandwiches, and an array of sides, as well as other options.

Board of Directors President Cody Downs cuts a ribbon during the ceremony. The ceremony served as the official grand opening of the Krispy Krunchy Chicken. “I would like to thank everyone for attending to our Grand Opening and Ribbon Cutting Celebration. I would like to thank and recognize the FTDC Board, District Manager Dave Collier and the Fallon

Business Council for all their hard work.”

District Manager Dave Collier stated, “I would like to thank all the vendors who donated to our grand opening. A special thank you to Coca Cola who donated drinks, water, a trailer, surf board, igloo coolers, a bike, and many other great prizes.

“The Biggest Little Radio Station, 101.3 was streaming live with great music and raffling off great prizes including Reno Aces tickets.

As part of the Grand Opening celebration, Krispy Krunchy Chicken provided free samples to customers as they treated their taste buds to a crispy and flavorful experience!

Throughout the event, the raffle was a huge success hosted by FTDC with great prizes.

Krispy Krunchy Chicken has limited hours until they are fully staffed. They are working towards opening for break-

fast, lunch and dinner. If you or know of anyone who would be interested in working at Krispy Krunchy Chicken, please pick up an application from one of the cashiers at the Fox Peak Fernley Store.



FTDC President Cody Downs proudly celebrates the official Grand Opening of with a ribbon-cutting



IMPORTANT TRIBAL DROP OFF & PICK UP NOTICE DMV 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 federally recognized Nevada Native Americans residing permanently within the boundaries of the Fallon Paiute-Shoshone Reservation & Colony.

PLEASE:

- When you arrive at the Administration Building, 565 Rio Vista requesting a DMV Exemption, the Front Desk Staff will ONLY take a copy of your Valid Tribal ID, Drivers License & DMV Registration and/or Vehicle Title which will be picked up and processed by the Chairwoman's Office. Please leave a current phone number so the Chairwoman's Assistant can call you when your application is ready for pickup.

NOTE: ALL documents must match the same address located on FPST lands in order to validate the applicant & vehicle. If any of the documents do not match, it is the responsibility of the applicant to make necessary changes are done before receiving the exemption.

**THERE IS A ONE DAY TURN AROUND FROM THE TIME YOU
SUBMIT YOUR APPLICATION, SO PLEASE LOOK AT YOUR DMV
EXPIRATION DATES CLOSELY & PLAN ACCORDINGLY.**

Tribal Road Repairs-Drive Safe



Roads Department maintaining roads; L-R; Director Andy Hicks, Laborers William Berreman & Shaulina Valencia

By Jill Wright tribalnews@fpst.org

The wear and tear on our roads over time can lead to various forms of damage, with cracks being one of the most common issues.

Asphalt crack sealing is a crucial maintenance activity aimed at preserving roads and ensuring their longevity. Repairs are so important, its benefits, methods, and the role it plays in sustainable infrastructure management. By maintaining smooth, crack-free pavements, crack sealing contributes to safer road conditions for everyone.

Beginning in April 2024, the FPST Roads Department began its project on portions of Mission Road and

sealing will extend throughout the summer. Weather dependent, the roads department will move from one project to the next. The Roads Department hired two crew members for road maintenance and construction.

One of the first things you'll notice in construction zones is the reduced speed limit. Work zone speed limits are legally mandated and must be adhered to, regardless of workers' presence, to ensure the safety and consistency of driving conditions. Reducing your speed upon entering work zones is essential for a safe response to lane shifts and to safeguard road workers.

Be aware of all signage throughout

work zones that can indicate reduced speeds, lane changes and other important information. Avoid distractions such as your cellphone, eating, drinking, the radio, GPS and conversing with other passengers.





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

**BEST FRIEND
FRIDAYS**

**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!**

Healthy Bond for Life™ - Pets

True or False: Pets can improve your health.

The answer is at the end of this article.

Having a pet is a Healthy Bond for Life™ that may help you live a longer, healthier life! In fact, pets have positive effects at home and at work. Our furry friends enrich our lives – at home and at work.

Spending time with your pet can be relaxing, encouraging the release of endorphins, which are brain chemicals that help us de-stress and feel good. And petting a beloved animal can even help lower your blood pressure.

Having a pet may help also you get more fit; lower your cholesterol and blood sugar; and boost your overall happiness and well-being.

Your pet is more than a companion:

- Owning a pet may change habits that can lead to weight loss.
- Dog owners are more likely to get the recommended physical activity than those who don't have a dog.
- Get moving with your pet indoors or outdoors. You'll both get exercise, and you may find yourself meeting other dog owners in your area. Socializing can be a good thing.
- Dog parents are more likely to reach their fitness goals than those without canine companions.
- In fact, dog parents are 34% more likely to fit in 150 minutes of walking a week than non-dog owners.

Answer to our question: True


Studies have shown pet ownership may help increase fitness levels, relieve stress, lower blood pressure and cholesterol levels, as well as boost overall happiness and well-being. Pets also provide social support, which is an important factor in helping you stick with new healthy habits.

For more information, visit heart.org/pets.

EXTREME HEAT AND CHILDREN


Children are at risk from more frequent & intense heat

INFANTS




Less able to regulate temperature & hydration

ATHLETES



Risk of heat illness during outdoor sports

STUDENTS



Reduced ability to concentrate & learn

Chairwoman Williams-Tuni swears in new Tribal Chief Judge and new Committee Members



New Committee Members



Ribbon Cutting Ceremony for the Toi Ticutta Food Hub



Cathrn Foote, Food Pantry/Community Garden Coordinator, Chairwoman Williams-Tuni and Tribal Elder Corrine Lewis



Chairwoman Williams-Tuni, Amber Torres, Northern NV Food Bank and Ava Case, ESD Manager at State of Employment



Chairwoman Williams-Tuni



Council Member Edwin Conway



Toi Ticutta Food Hub Ribbon Cutting

By Jill Wright tribalnews@fpst.org

Local farmers, food enthusiasts, State of Nevada, Northern NV Food Bank, FPST officials and residence came together Monday, June 17 for a ribbon cutting ceremony in front of the Toi Ticutta Food Hub.

The first portion of the ceremony was held inside the tribal gymnasium due to high winds. The ceremony began by a welcoming by Cathrn Foote, Food Pantry/Community Garden Coordinator and an opening prayer by FPST tribal elder Corrine Lewis. Opening Remarks by Chairwoman Williams-Tuni & Amber Torres, Northern NV Food Bank & Closing remarks by Jon Pishion, FTHC Director/FBC Member.

Chairwoman Williams Tuni stated, "As we gather here today on our traditional homelands of the Toi-Ticutta and of the Numa and Newe peoples we are sharing a pretty historical moment in that we are in a position to now serve our membership with their food sovereignty needs."

Torres stated, "The USDA has worked hand-in-hand with the Fallon Tribe and its commitment by investing in projects that advance food sovereignty and self-determination."

FTHC Director Jon Pishion stated, "The FPST Food Hub is an awesome example of all that can be accomplished when we all work together, and I want to thank all the partners involved in bringing the Food Hub to this point, with a special recognition of Emergency Manager Jackie Conway and all her hard work."

Guest were then invited to walk across the street as Chairwoman Williams-Tuni, Cathrn Foote, Food Pantry/Community Gardens Coordinator and Amber Torres, Northern NV Food Bank, cut the ribbon celebrating new beginnings.

After the ribbon cutting, everyone was given a tour of the warehouse as community members were encouraged to shop the shelves of nutritional foods for themselves and get the items they need to make healthy meals. Foote briefed the members on the various services it provides to

the community and answered any questions.

Following the tour, Tribal Elder Ray Allen prepared a BBQ for attendees to celebrate the new Food Hub.

We would like to thank the Fallon Business Council, Ava Case, ESD Manager at State of Nevada Department of Employment, Amber Torres, Northern Nevada Food Bank, Melanie McFalls, Tribal Administrator and Cathrn Foote and all volunteers that have worked hard to make this dream come true.

Clients must call to make an appointment, if you have any questions about the FPST Food Hub, please contact Cathrn Foote at 775-867-8703.



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.

4th of JULY SAFETY

HEAT-RELATED ILLNESS

STAY HYDRATED

- Drink more than 8 ounces a day
- Drink even when you're not thirsty
- Avoid alcohol, coffee & soft drinks



APPLY SUNSCREEN

The sun is the strongest between 10 a.m. and 4 p.m.
Reapply sunscreen often
Stick to SPFs between 15 and 50+

WEAR YOUR SHADES



Sunglasses must block 99 to 100% of UVA/UVB rays



MOST AT RISK



Adults over 65 and children under 4
Those w/existing medical conditions

GRILL SAFETY

in a 5-year period



8,900 house fires
160 injuries
118 mil. in damages
10 deaths

KEEP GRILL:

- AWAY FROM STRUCTURES
- IN WELL-VENTILATED AREA
- AWAY FROM CHILDREN & PETS

Fireworks Safety

NEVER allow children to play with or ignite fireworks

KEEP a bucket of water or hose nearby

MAKE sure fireworks are legal in your area

MORE THAN 14,000 4TH OF JULY FIREWORKS EXPLODE
ACROSS THE NATION EACH YEAR

ENVIRONMENTAL PROTECTION DEPARTMENT - MOSQUITO ABATEMENT PROGRAM

Program Purpose: To protect public health by reducing by reducing the threat of the West Nile Virus to the community.

What Is West Nile Virus?

West Nile virus (WNV) is a potentially serious illness that flares up in the summer and continues into the fall. This fact sheet contains important information that can help you recognize and reduce the threat of the West Nile virus.

What is the Environmental Protection Department doing to reduce the risk of West Nile Infections?

The department (EPD) is collaborating with the Churchill County Mosquito and Weed Abatement District (CCMWAD) to reduce the risk of West Nile Infections by:

- ❖ Applying larvicide to standing water to control developing mosquitoes.
- ❖ Fogging areas of the Reservation to control adult mosquitoes.
- ❖ Installing bat houses in the wetlands area.
- ❖ Surveillance of mosquitoes by setting CO₂ traps to be tested for West Nile.
- ❖ Providing outreach education about the Tribal mosquito program to the community.

Remember to do your part to reduce the risk of being infected by West Nile.

What You Can Do to Reduce Your Risk of WNV: The easiest and best way to avoid WNV is to prevent mosquito bites.

- When you are outdoors, use insect repellents containing an EPA-registered insect repellent. Follow the directions on the package.
- Many mosquitoes are most active at dusk and dawn. Be sure to use insect repellent and wear long sleeves and pants at these times or consider staying indoors during these hours.
- Make sure you have good screens on your windows and doors to keep mosquitoes out.
- Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the water in pet dishes and replace the water in bird baths weekly. Keep children's wading pools empty and on their sides when they aren't being used.

<http://www.cdc.gov/westnile/index.html>

Please contact Ezekiel Downs, Environmental Specialist at (775) 493-1700 to report any mosquito problems or to sign up for the do not fog list.



**TO REPORT MOSQUITO PROBLEMS
PLEASE CALL 775-493-1700**



**BOYS & GIRLS CLUBS
OF AMERICA**



JOIN US FOR

BACK TO SCHOOL NIGHT

August 1, 2024

Join us for a Night of fun and information. Bring your student and they will get a backpack of their choice full of school supplies.

District/Tribal/Local representatives will be present to help guide everyone into a new successful year of school.

FOOD AND DRINKS!

**FILL OUT YOUR STUDENT'S
PAPERWORK!**

EXTRA SWAG!

**COMMUNITY
LEARNING CENTER
GYMNASIUM**

6 PM - 7 PM

8955 MISSION RD

Moving Forward Pow Wow

FOR IMMEDIATE RELEASE

2024 Moving Forward Together Powwow Reaches 2100 Attendees, Celebrating Culture and Community Gathering in Fallon, NV

Fallon, NV – June 15, 2024 — The 2024 Moving Forward Together (MFT) Powwow concluded successfully at the Rafter 3C Arena in Fallon, NV, drawing an impressive crowd of 2,100 attendees from across Nevada and surrounding states. This year's powwow once again celebrated the rich cultural heritage and vibrant spirit of our Indigenous communities, leaving a lasting impact on all who attended.

The event kicked off on May 31st, featuring an inspiring speaking engagement by Dougie Hall, a renowned professional bronc rider, stuntman, and owner of Good Medicine Bucking Horses. Dougie shared his journey from growing up as a little rez kid to achieving his dreams as a respected Native adult, emphasizing the importance of a sober lifestyle and resilience. His message resonated deeply with the audience, setting a hopeful and motivational tone for the weekend.



Each morning began with a Talking Circle led by Ronnie Dixon, providing a reflective and grounding experience for participants. UNR Tiny Tot Princess, Audrina Yellowhair, sang the Flag Song both days at Grand Entry and showed the importance of preserving language and tradition at such a young age.

Exciting Exhibitions, Specials, Contests and Games

The Social Powwow on June 1st and 2nd was filled with exhilarating dance exhibitions and specials, drum contests, and community games. The Iron Woman Fancy Dance special, sponsored by the Shannon Hooper and Stanford Christy family in honor of Frances Hicks, saw Kiona Young of San Lorenzo, CA emerge as the winner after 12 intense rounds. The Eagle Wings Pageant Dancers' exhibition provided a brilliant display of traditional song and dance that displayed the beauty and power of traditional lifeways and sharing Great Basin culture.

Drum contest winners included Red Hoop in first place, followed by Wild Creek in second, River Camp in third, and Iron Mountain consolation.

The Rez Car Pile-In competition was a crowd favorite, with "The Aunties" team piling 15 women into a 2000 2-door Cadillac. Afterwards, Renee Steele won the much-anticipated Rez Car Raffle, adding to the excitement of the event. Fortunately, we were able to get the car started and headed on down the road. We can neither confirm nor deny the car made it to the intended destination.

Community Support and Recognition

This year's Blanket Dances raised significant funds for community members in need of support, with \$750 for the Cossette-Meza family and \$430 for Jennifer Baker. The support and generosity displayed by the community underscored the strong sense of solidarity and generosity present at the powwow. Thank you to everyone who continues to support our community members when they need it the most.

Acknowledgments and Gratitude

We share our gratitude to all of you that contributed to the success of the 2024 MFT Powwow. Special thanks to our head staff, including Emcee Tyson Shay, Arena Director Hank Johnson, and Host Drum Ozuye, for their dedication and hard work. We also thank the Pyramid Lake Warriors and Veterans Color Guard for their unwavering commitment to our Native communities. A sincere thank you goes out to the dancers, drums, singers, families, community members, and Elders in attendance. We also appreciate the vendors, especially the resource vendors, who provided essential information and tools for our communities.

We give our greatest heartfelt gratitude to all of our volunteers. Our powwow is 100% volunteer run and the support and dedication from our volunteers is essential. Your contributions and support are invaluable. Thank you to every single one of you that stepped in and provided guidance, work and time to the event. A special thank you to our security team, Tyson Adamson, Randall Allen, and Phil Johnson, for ensuring the safety and cleanliness of our space. Thank you to our greeters, Courtney Williams and Asha Nordwall, for making our space so inviting and answering all of the wild questions. Thank you to the New Frontier team who dedicated their day to preparing the traditional feed and assisting with the drums. Thank you Jamie Christy and Chelsea Tuni for assisting in the post-event cleanup. Thank you Brenda Hooper and Valerie Bill for joining the team last-minute and providing us with the guidance, support, and kindness we needed.

We are forever grateful to our sponsors, including the Fallon Paiute Shoshone Tribe, Native Voters Alliance of Nevada, City of Fallon, Gemini Inc, Patagonia, and the FPST Childcare Program, for their continued support and confidence in the MFT Powwow.

Looking Ahead

Mark your calendars for the 2025 MFT Powwow, scheduled for June 6-8, 2025, at the Rafter 3C Arena. We look forward to welcoming you back for another year of celebration, culture, and community.

For more information and updates, visit our website at fallonpowwow.com and follow us on Facebook and Instagram (@mftpowwow). We still have event stickers and limited shirts available for purchase on our website.

Contact: MFT Powwow Committee Email: fallonpowwow@gmail.com



Photographer Colton Tohannie

CHURCHILL COUNTY
HIGH SCHOOL



CLASS OF 2024

DEVAN TINDALL



Accidents happen.... is your family covered?



Reach out to the FTHC Benefits Office
today for assistance with -

- Applying for Nevada Medicaid
- Renewing your Nevada Medicaid
- Applying for SNAP benefits
- Renewing SNAP benefits
- Applying for Energy Assistance
- Questions about your DWSS case

Benefits Coordinator

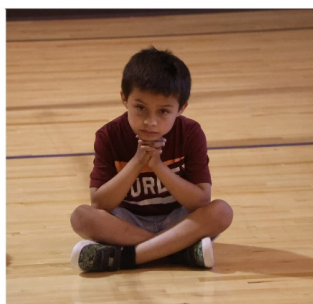
Syenna Welch
(775) 423-3634 x 1015
benefitscoordinator@fpst.org

Outreach & Enrollment

Yvonne Thomas
(775) 423-3634 x 1120
oespecialist@fpst.org

Welfare Specialist

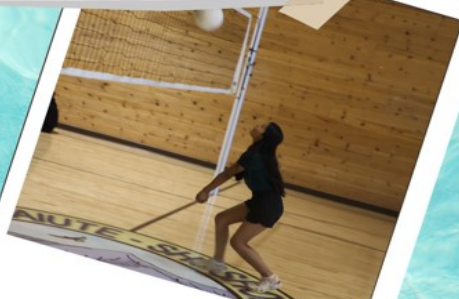
Stephanie Riggs
(775) 423 -3634 x 1120
Available Thursdays & Fridays



FPST BOYS AND GIRLS CLUB My Best Summer Moments



FPST BOYS AND GIRLS CLUB My Best Summer Moments



*Churchill County School District in
coordination with the Fallon
Paiute-Shoshone Tribe*



COMMUNITY SUMMER FOOD PROGRAM



All Children Ages 2-18 Are Eligible

**Monday through Thursday 12:00 —12:30 p.m.
through August 2, 2024**

(No meals provided July 1-5, 2024 — CCSD Holiday)

Community Families: Please bring your children to the Community Learning Center, 8955 Mission Road (Tribal Gym) daily Monday through Thursday to pick up a lunch meal as this is a grab-n-go lunch program.

There are no applications to fill out

Call the CLC at 423-8065 to let staff know how many children in your family will participate so the staff can ensure your meal is readily available daily at the CLC for pick up.

Have a great fun & safe summer !!

Revised: 6/27/24



FREE KIDS FISHING LICENSE

Thanks to generous donations made by members of the public to the Nevada Youth License Fund the Nevada Department of Wildlife (NDOW) is offering youth combination (fishing/hunting) licenses to anyone 12-17 years old at no cost to them, while supplies last!

A youth combination license allows the holder to legally fish in Nevada for one year from the issuance date, and after completing a hunter education course would also allow the holder to legally hunt. NDOW regularly sells youth combination licenses to anyone 12-17 years old for \$15. Kids younger than 12 years old don't need a license to legally fish in Nevada!

Scan the QR code below, sign-up for an account and download an electronic copy of your license today!



**GET
YOUR
LICENSE
TODAY**



For more information visit ndow.org

PLEASE POST

COMMITTEE VACANCY NOTICE

NATURAL RESOURCE- (1) VACANCY
ENROLLMENT - (1) VACANCY
BUDGET - (2) VACANCIES
LAW & ORDER - (5) VACANCIES

IF INTERESTED...

PLEASE SUBMIT A COMMITTEE APPOINTMENT FORM
TO:

FBC SECRETARY
565 RIO VISTA DRIVE
FALLON, NV 89406

OR

E-MAIL: secretary@fpst.org

Posted: June 20, 2024
Deadline: July 20, 2024

WILDFIRE SMOKE FACTSHEET

Reduce Your Smoke Exposure

When wildfires create smoky conditions, there are things you can do, indoors and out, to reduce your exposure to smoke. Reducing exposure is important for everyone's health — especially children, older adults, and people with heart or lung disease.

Reduce smoke exposure **indoors**

- **Stay inside** with the doors and windows closed. Whether you have a central air conditioning system or a room unit, use high efficiency filters to capture fine particles from smoke. Ask an air conditioning professional what type of high efficiency filter your air conditioner can accept.
- **Seek shelter elsewhere** if you do not have an air conditioner and it is too warm to stay inside with the windows closed.
- **Do not add to indoor air pollution.** Do not burn candles or use gas, propane, wood-burning stoves, fireplaces, or aerosol sprays. Do not fry or broil meat, smoke tobacco products, or vacuum. All of these can increase air pollution indoors.
- **Use a portable air cleaner** to reduce indoor air pollution. Make sure it is sized for the room and that it does not make ozone, which is a harmful air pollutant. Portable air cleaners can be used along with efficient central air systems with efficient filters to maximize the reduction of indoor particles.
- **Create a “clean room”** in your home. Choose a room with no fireplace and as few windows and doors as possible, such as a bedroom. Use a portable air cleaner in the room.
- **Have a supply of N95 respirators** and learn how to use them. They are sold at many home improvement stores and online.
- Long-term smoke events usually have periods when the air is better. When air quality improves, even temporarily, **air out your home** to reduce indoor air pollution.
-

Reduce smoke exposure **outdoors**

- **Take it easier during smoky times** to reduce how much smoke you inhale. If it looks or smells smoky outside, avoid strenuous activities such as mowing the lawn or going for a run.
- **Know your air quality.** Smoke levels can change a lot during the day, so wait until air quality is better before you are active outdoors. Check your state or local air quality agency's website or airnow.gov for air quality forecasts and current air quality conditions. On AirNow, you can also sign up to get email notifications, download an air quality app, or check current fire conditions. In addition, some communities have visual range programs where you can assess smoke conditions by how far you can see.
- **Have enough food and medication** on hand to last several days so you don't have to go out for supplies. If you must go out, avoid the smokiest times of day.
- **Reduce smoke in your vehicle** by closing the windows and vents and running the air conditioner in recirculate mode. Slow down when you drive in smoky conditions.
- **Do not rely on dust masks or bandanas** for protection from smoke. If you must be out in smoky conditions, an N95 respirator can protect you, if it fits snugly to your face and is worn properly.
- **Have a plan to evacuate.** Know how you will get alerts and health warnings, including air quality reports and public service announcements (PSAs). Public advisories can provide important information such as changing smoke conditions and evacuation notices. Know your evacuation routes, organize your important items ahead of time, and know where to go in case you have to evacuate.

Reduce your risk of health problems: • Have enough medication and food (enough for more than 5 days) on hand. • Follow your health care provider's advice about what to do if you have heart or lung disease. • If you have asthma, follow your asthma management plan. • If you feel sick, reduce your exposure to smoke and contact your health care provider. • Pay attention to public service announcements, health advisories, & air quality advisories.



CHILDREN & TEENS HEALTH DAY

THURSDAY, JULY 11, 2024

Fallon Tribal Health Center • 1001 Rio Vista • Fallon, Nevada

Sports Physicals
Immunizations
Dental/Vision Checks
Behavioral Health
WIC & Benefits

Come & See Us!!!



**Gift Bags
for Kids**

Sno Cones
(after your
appointment)



**Bounce House
& Water Slide**
(12 & younger)



Bring your
Towel &
Swimsuit

NEW



**IMPORTANT
NOTICE**

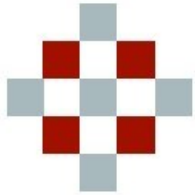


To schedule an appointment, please call 775-423-3610 as there are limited slots for physicals/exams. Walk-In's youth may be seen depending on need. No adult walk-in clinic on this day.

Parents/Guardians must schedule an appointment and **MUST** be present with their children/teen. Parents/guardians must monitor their children if in the bounce house.

FALLON TRIBAL HEALTH CENTER

1001 RIO VISTA DRIVE • FALLON, NEVADA 89406 • TEL (775) 423-3634 • FAX (775) 423-2287



FALLON TRIBAL HEALTH CENTER COMMUNITY HEALTH *Outreach Initiative*



Third
2024
Quarter

UPCOMING

ACTIVITIES

As part of our Community Health Outreach Initiative, the Fallon Tribal Health Center we will be coming out to our tribal communities to offer all or some of the services listed in this flyer. **If you would like more information or to schedule an onsite healthcare appointment, please call us at 775-423-3610.**

UPCOMING DATES, TIMES, & LOCATIONS

JULY

JULY 3, 2024, 10 AM - 12 PM (Weds.)

➤ Stillwater Tribal Senior Center, Fallon, NV

JULY 12, 2024, 10 AM - 2 PM (Fri.)

➤ Lovelock Health Fair, Lovelock, NV*

JULY 18, 2024, 10 AM - 1 PM (Thurs.)

➤ Yomba Tribal Community Center, NV*

AUGUST

AUGUST 7, 2024, 10 AM - 12 PM (Weds.)

➤ Stillwater Tribal Senior Center, Fallon, NV

AUGUST 8, 2024, 10 AM - 2 PM (Thurs.)

➤ Lovelock Tribal Gym, Lovelock, NV*

AUGUST 15, 2024, 10 AM - 1 PM (Thurs.)

➤ Yomba Tribal Community Center, NV*

SEPTEMBER

SEPTEMBER 4, 2024, 10 AM - 12 PM (Weds.)

➤ Stillwater Tribal Senior Center, Fallon, NV

SEPTEMBER 12, 2024, 10 AM - 2 PM (Thurs.)

➤ Lovelock Tribal Gym, Lovelock, NV*

SEPTEMBER 19, 2024, 10 AM - 1 PM (Thurs.)

➤ Yomba Tribal Community Center, NV*



AVAILABLE *Healthcare Services* AT EVENTS

- COVID-19 Testing, Boosters, & Vaccinations
- Flu shots and other Available Immunizations (if needed/allowed)
- Well-Child Visits & Limited Medical Provider Appointments* (limited locations)
- Case Management & Benefits Enrollment* (limited locations)

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

6 Tips for a Healthy Summer

- 1. Quit Smoking**
You can quit today! Call 1-800-QUIT-NOW for free support.
- 2. Eat a Healthy Diet**
Delicious fruits and veggies make any summer meal healthier.
- 3. Get Active!**
Get at least 150 minutes of aerobic physical activity every week.
- 4. Keep Cool in Extreme Heat**
Be safe when temperatures rise: Stay cool, stay hydrated, and stay informed.
- 5. Wear Sunscreen & Insect Repellent**
Use sunscreen with at least SPF 15, and use insect repellent to prevent bug bites. Apply sunscreen first.
- 6. Rethink your Drink!**
Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.

HHS.gov

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.

Posted/Updated: JUNE 17, 2024



FPST BEHAVIORAL HEALTH PROGRAM FOR MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES - JULY 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 on Thursdays and Fridays.

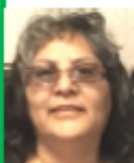
WELCOME KRISTIN CIRCLE, PMHNP

We are very please to introduce Kristin Circle who is the new Psychiatric Mental Health Nurse Practitioner.

Kristin graduated from Vanderbilt University with a Master's Degree in Psychiatric Nursing. She will provide virtual psychiatric services 16 hours a week and to all ages. Welcome Kristin!



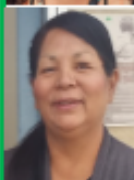
Substance Abuse Program (SAP) - Assessment & Outpatient Treatment Services



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.

TIPS TO REDUCE STRESS:

- Take a Nap
- Play with a Pet
- Aromatherapy
- Listen to Music (music that makes you feel good)
- Take a Walk
- Exercise
- Meditation
- Deep Breathing
- Write down what you are thankful for

Bureau of Justice Assistance Connect & Protect Project—A 3-year project for Law

Enforcement officers and Mental Health providers regarding crisis interventions within the FPST community. The Behavioral Health Liaison was selected and should begin work very soon.

HRSA Rural Communities Opioid Response Program—Treats Opiate Use Disorders and other

substance use disorders, provides recovery support services & overdose education and distributes of Naloxone to reverse an overdose.

SAMHSA Native Connections Project: a 5-year grant that focuses on suicide prevention and mental health awareness for youth and young adults. Valerie Bill is the Prevention specialist and the Project Director has been selected and should begin in the near future.



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 7/18/24 from 12noon to 1:30 p.m. to attend.

Suicide Warning Signs for Youth

Be a Lifeline



**It's time to take action if you notice
these signs in family or friends:**

1. Talking about or making plans for suicide.
2. Expressing hopelessness about the future.
3. Displaying severe/overwhelming emotional pain or distress.
4. Showing worrisome changes in behavior, particularly in combination with the warning signs above, including significant:
 - Withdrawal from or changing social connections/situations.
 - Changes in sleep (increased or decreased).
 - Anger or hostility that seems out of character or out of context.
 - Recent increased agitation or irritability.

**If you or someone you know is struggling
or in crisis, help is available.**

**Call or text 988 or chat 988lifeline.org,
or reach out to a mental health professional.**





Tribal Youth Coping Skills

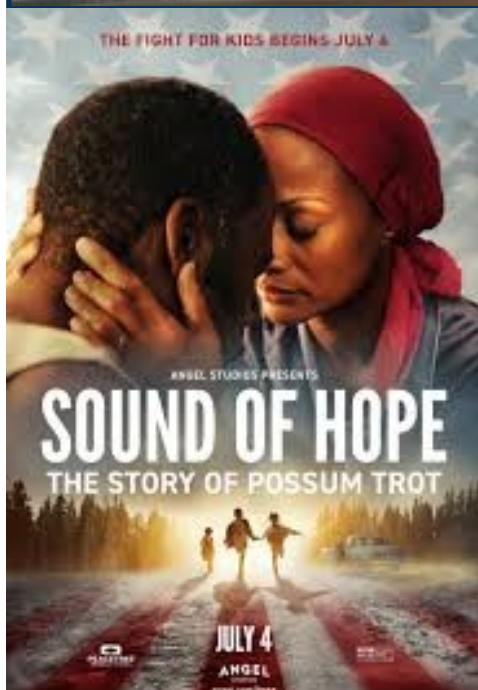


Below is a list of tools that Tribal youth can use when life gets tough

- Smudge yourself
- Pray
- Attend or participate in a ceremonial dance
- Attend a sweat, go to Church, or other spiritual gathering
- Visit with a spiritual adviser
- Make tobacco ties
- Learn how to pick sage, cedar, etc.
- Visit with an elder
- Learn about your family tree
- Learn about your family name
- Read and learn about your tribe and its history
- Learn about your tribe's oral stories
- Learn about ceremonies from a respected community leader or elder
- Bead, basket weave, learn to make moccasins
- Learn how to do quillwork
- Learn to sew, make your ribbon skirt or shirt
- Learn how to and make regalia
- Learn to dance (pow-wow or contemporary)
- Learn the history of our dances
- Do arts and crafts
- Cook and/or bake
- Write in a journal
- Read a book
- Write a book, a poem, and/or a song.
- Learn about fishing, hunting with a male relative or community leader
- Volunteer to help at community events
- Pull weeds and/ or help clean a local cemetery
- Start a clean up litter campaign
- Do chores, help your relatives garden, plant flowers, vegetables, or both
- Call a friend/loved one
- Read stories to younger children
- Volunteer time for native organizations
- Join a youth group or leadership group
- Learn about and how to make traditional foods
- Eat a healthy snack
- Exercise: yoga, stretch, run, walk, hike, swim, golf, play basketball, roller/ice skate; so many ways to be active
- Drink herbal tea, try a traditional tea
- Go horseback riding , learn to ride a horse
- Laugh & play
- Learn how to play hand games
- Attend a fun event
- Listen to your favorite music , sing loud and proud
- Karaoke
- Go take photos
- Watch cat or dog videos on YouTube or Tiktok
- Try a Tiktok dance
- Learn to play guitar or other musical instrument
- Go stargazing
- Watch documentaries about native peoples and histories
- Say the alphabet backwards or count backwards by 3's 7's from 100
- Establish and maintain a daily routine
- Start a gratitude list
- Meditate, try calm.com or headspace.com
- Practice deep breathing
- Try positive self-talk
- Establish a support system
- Cry, it's okay to cry
- Sleep, get some rest

Tribal youth: YOU MATTER.
You are cared about.
You are loved, you are not alone.
Ask for help, silence isn't strength.
Lifeline is available 24/7 at 988.

FTHC/BEHAVIORAL HEALTH PROGRAM
(775) 423-9076



July 3rd Despicable Me 4
 July 4th Sound of Hope
 July 12th Longlegs
 Fly Me to the Moon
 Project Artemis
 Touch
 July 19th Twisters
 July 26th Deadpool & Wolverine



**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

Tribal Volunteer Fire Department

The Tribal Volunteer Fire Department (VFD) members received training on the 2023 Ford F-550 4x4 Skeeter Brush Truck from Siddons Martin Emergency Group, LLC.

Please continue to give the tribal VFD Members time to properly complete their wildland training and receive their Personal Protective Equipment (PPE) which consists of turnouts, boots, helmet, goggles and face shield. Once they complete their training and are equipped with PPE they will be available for stand-by of controlled burns.



FPST Volunteer Fire Department receives training

As a reminder as you prepare on burning ditches or any other large area to contact the Churchill County Sheriff's Office at (775) 423-3116 prior to burning to notify of • Location • Date of Controlled Burn • Start and end time of controlled burn • Contact Information.

Please be responsible for your burning. • Do not burn on windy days • Do not leave the controlled burn unattended • Have a water source readily available to extinguish as necessary • Clear any debris/weeds at least 10 feet around burn barrels.

If you have any questions, please contact the Emergency Management Department at (775) 867-8706.



INTERTRIBAL AGRICULTURE COUNCIL

Natural Resources Program

July
9-11
10 AM - 4 PM

Duck Water Field Day

Regenerative Grazing Management Planning & Soils

Natural Resources Building | Duck Water Tribal Office
511 Duckwater Falls Rd, Duckwater, NV 89314

Join us for the Duck Water Field Day brought to you by the Intertribal Agriculture Council's Natural Resources Department, Technical Assistance Network, and USDA's Natural Resources Conservation Service. Attendees will gain insight into useful resources for grazing management planning consideration, weed management, rangeland management, and interactive outdoor in-the-field assessments. There will also be specialists coming from out of state for rangeland/pasture management, soils, and agroecology. The Nature Conservancy will be presenting on weed management and Native plant restoration.

Please prepare for the weather conditions.

Emily Luscombe

Natural Resources Program Director
(707) 489-3222
emily@indianag.org

Leanna Hale

Natural Resources Program Specialist
(775) 846-8347
leanna@indianag.org



United States
Department of
Agriculture

Natural Resources Conservation Service



REGISTER AT:

bit.ly/DuckWaterFldDay



indianag.org

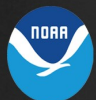


EXCESSIVE HEAT WATCH

An Excessive Heat Watch is issued when **dangerous heat is possible**.

Reschedule outdoor activities in the coming days. Make sure that children, the elderly, and pets have a place to cool off during the heat.

Be Prepared.



weather.gov

EXCESSIVE HEAT WARNING

An Excessive Heat Warning is issued when **dangerous heat is happening or about to happen**.

Avoid heavy activity & direct sunlight. Stay hydrated, find a cool indoor place, and check on children, elderly & pets.

Take Action!

Box Fans Available for FPST Local Elders 55+

If you are a FPST local elder (55+) in need of a box fan this summer please contact FPST Youth & Family Services or FPST Emergency Management Department to schedule a pick-up time.

- One (1) per household
- Did not receive a box fan last year



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