

Yerington Paiute Tribal Newsletter

July, 2021 Vol. 9-7

Meetings:

General: 7/14/2021 ~ 5:30 PM

Enterprise: 7/28/2021 ~ 5:30 PM

(Days & times are subject to change)

Community Meeting

July 27, 2021

Tribal Gym

@ 6pm

Dates To Remember:

7/13 ~ Awards Banquet

7/22-24 ~ Night In the Country

Court Dates:

July 6, 2021

July 20, 2021

Newsletter Deadline:

July 30, 2021



**Annual YPT Student
Awards Banquet
Tuesday, July 13, 2021
6:00pm
YPT Tribal Gym**

June Celebration Pics inside...



**PLEASE SLOW DOWN AND BE VERY CAUTIOUS OF THE CHILDREN WHEN YOU
ARE DRIVING ON THE RESERVATION AND AT THE COLONY!**

YERINGTON PAIUTE TRIBE ELECTION TIMELINE FOR TRIBAL ELECTION- 2021

DATE/ ACTIVITY/ DEADLINE	WHO/ WHERE
June 16, 2021 SELECTION OF BOARD	TRIBAL COUNCIL
June 17, 2021 1 st MEETING OF BOARD	ELECTION BOARD
June 24, 2021 APPROVAL OF TIMELINE	TRIBAL COUNCIL
June 25, 2021 POST TIMELINE	PROMINENT PLACES
July 12, 2021 to August 13, 2021 OPEN VOTER REGISTRATION WITH ENROLLMENT CLERK (MON-FRI 8AM-5PM)	ENROLLMENT CLERK
August 13, 2021 DEADLINE FOR VOTER REGISTRATION WITH ENROLLMENT CLERK AT 5PM	ENROLLMENT CLERK
September 8, 2021 PRELIMINARY VOTER LIST READ TO TRIBAL COUNCIL	ELECTION BOARD/ TRIBAL COUNCIL
September 9, 2021 PRELIMINARY VOTER LIST POSTED/ OPEN FOR CHALLENGES	PROMINENT PLACES
September 16, 2021 <i>MEETING IF THERE ARE ANY CHALLENGES</i> DEADLINE FOR CHALLENGING VOTERS LIST BY 5PM	ELECTION BOARD
September 17, 2021 <i>MEETING IF THERE ARE ANY APPEALS</i> CHALLENGES MUST BE DECIDED UPON BY MAJORITY VOTE BY 5PM	ELECTION BOARD
September 20, 2021 TRIBAL COUNCIL HEARS ANY APPEALS IF NO CHALLENGES THAN TRIBAL COUNCIL DECLARES THE REGISTERED VOTER'S, FINAL LIST WILL BE POSTED	ELECTION BOARD/ TRIBAL COUNCIL
September 20, 2021 to October 15, 2021 CANDIDATES FOR TRIBAL COUNCIL MUST FILE AN APPLICATION OF INTENT & RELEASE OF INFO. (MON-FRI 8AM-5PM)	COURT CLERK
October 4, 2021 NOTICE OF REQUEST OF ABSENTEE BALLOTS	COURT CLERK
October 15, 2021 DEADLINE FOR CANDIDATES LIST	ELECTION BOARD
October 18, 2021 DEADLINE TO REQUEST ABSENTEE BALLOTS BY 5PM	ELECTION BOARD
October 25, 2021 POSTING OF CANDIDATES LIST	ELECTION BOARD
November 16, 2021 CANDIDATES NIGHT	YPT COMMUNITY CENTER
December 3, 2021 DEADLINE FOR RECEIPT OF ABSENTEE BALLOTS BY 5PM	ELECTION BOARD
December 4, 2021 ELECTION DAY FINAL CERTIFIED VOTE TOTALS PREPARED AND POSTED	ELECTION BOARD TRIBAL CONFERENCE ROOM
DECEMBER 5, 2021 PRESENT RESULTS TO TRIBAL COUNCIL AT A DULY CALLED MEETING FOR CERTIFICATION OF ELECTION	ELECTION BOARD/ TRIBAL COUNCIL



YPT Tribal Election



Open Voter Registration

July 12th, 2021-

August 13th, 2021

From 8am-5pm Monday- Friday

Please register with the Enrollment Clerk

Election will be held December 4, 2021

Eligible Voter Requirements

Any member of the Yerington Paiute Tribe who is eighteen (18) years of age or older on or prior to the day of the election (December 4, 2021), and maintained a legal residency as an enrolled member of the Yerington Paiute Tribe on the lands within the jurisdiction of the tribe for a period of six (6) months (July 4, 2021) prior to the election are encouraged to register to vote.

***If you were a registered voter in the 2018 Tribal Elections, you do NOT have to re-register.**

Any questions please call admin @ (775) 783-0200

REMEMBRANCE RUN 2021

August 13-15, 2021

From Delmar Stevens: "When my grandpa Frank Quinn was 8 years old, he was taken from his Yerington Paiute family, by the government and forced to become a resident at the Stewart Indian School in Carson City, Nevada. He rebelled. He ran, trekking 50 miles to return home to his people. And the government came again. And Frank ran home. Three times, Frank was taken, and three times he escaped, till they finally stopped chasing him. Delmar's son Kutoven has been running since he was 4 years old, and inspired by his great grandpa's story, has decided to run in Frank's footsteps. Not to escape imprisonment, but because he can, because he has the right to run, to honor 8 year old Frank's determination and strength. He invites the community to join him on this journey."

The Stevens family invites you to the Remembrance Run, a 50 mile journey from Stewart Indian Museum to the Yerington Paiute Reservation, to honor the children who survived Indian boarding schools and to remember those who never came home.



This is a drug and alcohol free event. No pets please. We welcome your stories, very aware that remembering and speaking of these times will be difficult. We hope to create a safe environment to facilitate emotional healing, and ask that the event begin and end with peace.

For more information, please see event page on Facebook <https://fb.me/e/2qcwdbKYv>

Some will run with Kutoven, some will walk. Some may complete Frank's entire odyssey, others will give what endurance they can. Vehicles can follow along to provide rest breaks for those who need it. The conditions are primitive, no services available, and some parts of the terrain require a 4 wheel drive vehicle. Participants will need to bring their own support crew, gear, camping equipment, food and drinks.

We have had many requests from people who want to be a part of the event and offer support, but can't make the trip, so we are accepting PayPal donations at <https://www.paypal.me/sheplaysmisty2>

Yerington Paiute Tribe's Annual Education Awards Banquet

July 13, 2021 at 6:00 p.m.

Yerington Paiute Tribal Gymnasium



Certificates for Kindergarten through 12th grade, students residing in the Yerington community and local area, attending YES, YIS and YHS.

- ◆ Grade Promotion
- ◆ Grade Point Average (GPA) and 4.0 students

Parent/guardian must accompany their student(s) during award ceremony. Students must be present to receive certificate and monetary award.



Parents: if your child received an award during the school year and you would like to have it announced during the certificate presentation, you will need to provide that information to YPT Education staff no later than Monday, 7/12/21 by 12:00 noon.



Dinner will be provided, cold drinks and dessert.

Special thanks to the local business for catering the dinner.

Thank you to YPT Council, Education/JOM Committee, and Education staff.

Upcoming Class

Adults

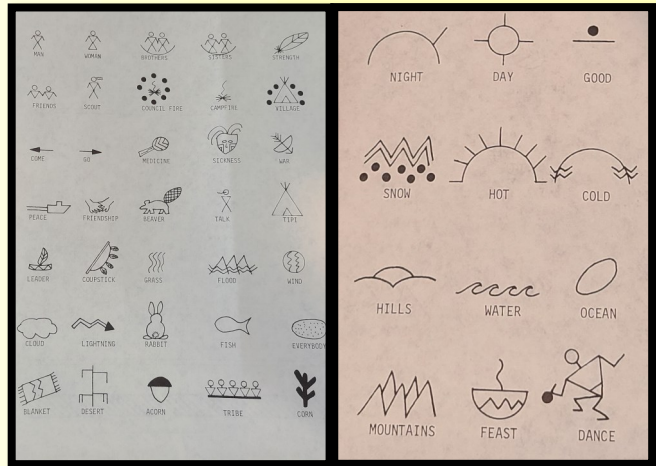
Ribbon Skirts

July 8, 15, 22, 29th

Please call the Education Department to sign up at (775) 783-0275 Ext 335



The Summer Program Kids at Wilson Canyon; Learning about water chemistry.



Summer School Program

The kids were able to attending the Summer School Program on June 14th. They are doing STEM projects, reviewing math, and writing a book! Their first two field trips so far was to Wilson Canyon where they learned about water chemistry and fishing with Environmental. Then the second was to Fort Churchill where they learned how to make the adobe bricks, had a history lesson, and went on a nature hike!

A Fun Family Cultural Activity:

Write your own stories using **picture writing**. A symbol is more than a design, it's a way of communicating and expressing beliefs. For example, like when a warrior puts a symbol on a weapon. They believe the symbol will protect them, not the weapon. For a fun project try communicating using symbols. See if someone else can tell what you're saying.

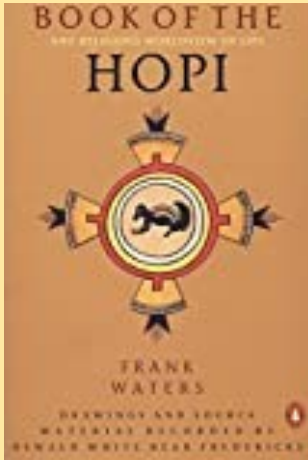
Garden Corner

Our plants are slowly growing and some are even in the process of producing. The apples on the trees keep getting bigger and bigger. Soon they'll be ready to pick! We planted our sage and they are slowly starting to take off. It's lovely to see the garden get greener and greener!



One of the sage planted in the Native Garden .

Featured Book of the



Book of the Hopi

In this "strange and wonderful book," some thirty elders of the ancient Hopi tribe of Northern Arizona freely reveal for the first time in written form the Hopi world-view of life. They have given rich material showing the Hopi legends, the meaning of their religious rituals and ceremonies, and the beauty of a conception of life within the natural world that is completely untouched by materialistic worlds.

Library Website

The Yerington Tribal Library is located in the Education building.

Call for an appointment.

The library website has a database of the books we currently have.

<https://yptlibrary.librarika.com/>

“When you were born, you cried and the world rejoiced. Live your life so that when you die, the world cries and you rejoice.” –Cherokee Saying

Use These Phrases Daily

Wait for me.

Ee wu-tui-p-ni.

I love you.

Nu pasha u supe-da.

Where do you live?

Hanau u nauvi kayu?

Using phrases like these will help keep the Paiute Language alive and make it easier to remember words as you continue learning the language.

**Yerington Paiute Tribal Publications
Books For Sale**

- A Numu History..... \$15
- Corbett Mack..... \$30
- Cottontail and Sun \$10
- Introduction to Tribal Government..... \$20
- Let Me Tell You A Story (book)..... \$15
- Let Me Tell You A Story (workbook)... \$15
- NV Tribal History Government..... \$15
- Paiute-English Dictionary..... \$20
- The Numu Way (book)..... \$15



Summer Foods

Summer Foods is currently in progress until August 13th. If your child is not on our list, they are not currently receiving meals. If you would like to sign your child up for Summer Foods, please call us at (775) 783-0275!

A.C.E

Reminder: RFP's have been posted for numerous contract jobs.

Tutors, Specialized Tutors, Paiute Language Teacher, ACT Prep Facilitator, College Career Coach, Academic Success Counselor, and Cultural Presenters

If interested or have questions please contact Courtney Quintero (cquintero@ypt-nsn.gov or 775-783-0200 ex. 332) at the Education Department.

LCSD Forms

Parents of Lyon County School District Students. Summer is moving right along and school begins August 18th. We need the next two forms filled out and submitted back to Lorna before the Fall begins.

It can be submitted in person at the Education Department or it can be emailed to lconway@ypt-nsn.gov.

ED 506 Form
Indian Student Eligibility Certification Form for Title VI Indian Education Formula Grant Program

Parent/Guardian: This form serves as the official record of the eligibility determination for each individual child included in the student count for the Title VI Indian Education Formula Grant Program. If you choose to submit a form, your child could be counted for funding under the program. The grantee receives the grant funds based on the number of eligible forms counted during the established count period. You are not required to complete or submit this form unless you wish for your child(ren) to be included in the Indian student count. This form should be kept on file with the grant applicant and will not need to be completed every year. Where applicable, the information contained in this form may be released with your prior written consent or the prior written consent of an eligible student (aged 18 or over), or if otherwise authorized by law, if doing so would be permissible under the Family Educational Rights and Privacy Act, 20 U.S.C. § 1232g, and any applicable state or local confidentiality requirements.

Student Information

Name of the Child _____ Date of Birth _____ Grade level _____
Name of School _____ School District _____

Tribal Membership

The individual with Tribal membership is the (select only one): child child's parent child's grandparent

If the individual with Tribal membership is **not** the child listed above, name the individual (parent/grandparent) with tribal membership: _____

Name and address of Tribe or Band that maintains updated and accurate membership data for the individual listed above: _____

Name _____ Address _____
City _____ State _____ Zip Code _____

The Tribe or Band is (select only one):

- Federally Recognized Tribe
- State Recognized Tribe
- Terminated Tribe
- Alaska Native
- Member of an organized Indian group that received a grant under the Indian Education Act of 1988 as it was in effect October 19, 1994.

Proof of membership in Tribe or Band listed above, as defined by Tribe or Band is:

- Membership or enrollment number establishing membership (if readily available) or
- Other evidence establishing membership in the Tribe listed above (describe and attach)

Membership or enrollment number establishing membership (if readily available) or other evidence establishing membership in the Tribe listed above (describe and attach). _____

Attestation Statement

I verify that the information provided above is true and correct to the best of my knowledge and belief.

Printed Name of Parent/Guardian _____ Signature _____

Address _____ City _____ State _____ Zip Code _____

Phone Number _____ Email _____ Date _____



**LYON COUNTY SCHOOL DISTRICT
CONSENT FOR THE RELEASE OF STUDENT INFORMATION**

I hereby grant authorization to Lyon County School District to allow the party listed below access to my child's educational records and progress through Infinite Campus. It is my understanding that the party to whom the educational information is released may not disclose that information to any other party without my written consent. I understand that unless revoked earlier, this consent will remain in effect until June 30 of the current school year.

Grade _____

Please print Student Information:

LAST NAME	FIRST NAME	MIDDLE NAME	DATE OF BIRTH

The purpose of this release is described below and may not be used for any other purpose without additional consent.

Check the following educational records that may be accessed through LCSD's student information system:

/	ASSIGNMENTS		GRADES	/	BEHAVIOR
/	SCHEDULE		ASSESSMENTS	/	TRANSCRIPTS
/	REPORTS		ATTENDANCE	/	OTHER:
	FAMILY CONTACT INFORMATION		HEALTH		OTHER:

Yerington Paiute Tribe

NAME OF INDIVIDUAL AND PROGRAM TO RECEIVE INFORMATION

171 Campbell Lane Yerington, NV 89447

ADDRESS

lconway@ypt-nsn.gov

EMAIL OF CONTACT PERSON AT PROGRAM

Parent/Guardian Signature

DATE

Parent/Guardian Signature

DATE

Lyon County School District Office Use Only:

Records provided on: _____

Date

to: _____

Name of Individual

Employee Initials

YPT Education/NYCP



NYCP

2021 Native Seniors receive Eagle Plumes and Feathers



NYCP Native Seniors were honored during a Eagle Feather Ceremony on May 19th at the Yerington Paiute Tribal Gymnasium. Gerald Hunter, NYCP College and Career Coach served as the Emcee, while Delmar Stevens and Michael Keats Sr handled the feather ceremony. Both gentlemen blessed the feathers and plumes prior to the ceremony, and spoke about the care of the feathers. Delmar gifted the feathers to the YPT Education Department with hopes to continue to honor the seniors in the future. Students receiving feathers included: Mario Madera, Will BearCloud, Bryson Davis, Luke Madole, Will Ow-Wing, Anallyssia Berumen, Shundean Emm, Yesenia Garcia, Shaelynn Hernandez, Taylor Howard, Haylee Keats, and Andrea Landa. Honor Song by the Red Hoop Drum and Singers, Martin Montgomery and Julian Jilianto, while parents, families and guests showed their support to the students. Prior to the ceremony, Mr. Hunter was gifted a Pendleton blanket from the YPT Education staff for being with the NYCP program during the four years with these seniors. A dinner was enjoyed by everyone. Thank you to all for attending this special event for the Class of 2021! We wish them all the best.



~ YPT Education Staff ~

YHS senior, Nichole Martinez, missed the Eagle Feather Ceremony but received her eagle plume at school from Mr. Stevens. Congratulations, Nichole!



A long line of parents, families and friends share their congratulatory wishes to the Yerington High School native seniors after the presentation of eagle feathers and plumes.

June 4 Graduation Day!



Senior walk at Y.E.S.

The YHS seniors Class of 2021 completed their Senior Walk for the Yerington Elementary School during graduation week preparations. All seniors dressed in their purple and white gown, some wearing their caps with tassel were happy to walk for all the elementary classes and all YES faculty. What a great memory!



Recognition for Academic Students

Yerington High & Intermediate School students ended their school year with high Grade Point Averages (GPA). The following students earned Academic Recognition:

Seniors

Will BearCloud
Analyzola Berumen
Bryson Davis
Shundean Egan
Taylor Howard
Haylee Keats
Andrea Landa
Tessa Murphy
Nichole Martinez
Will Owl-Wing

Sophomores

Kylie Harry
Kayden Hernandez
Deondre John
McKenna Matheson
Carlos Ortero

Seventh

Robert Garcia
Erika Landa

Juniors

Gracie Aguilar
Piper Davis
Lorole Ferguson
Theda McCabe
Tyrell Salas
Brianna Sanchez
Viviana Sanchez
Kutoven Stevens
Elizabella Torres

Freshmen

Teresa Aguirre
Ellyzina Berumen
Jaydan Keats
Amelia Hernandez
Keyanna Rambear
Naomi Screen

Sixth

Wappokas Weasel Boy
Abigail Hernandez
Leandra Meza

Great Job on Working Hard and Maintaining a High GPA!!



The Native Youth Community Project (NYCP) would like to thank the students that completed the NYCP Student Survey 2020-21 School Year. The survey was available through a QR code that students would scan with their cell phones or complete survey on paper. This is the final months of the four-year grant of NYCP, as it will end 9/30/2021.



A Few Things to Remember

- ⇒ **July 6 to July 30 Summer Enrichment for Y.I.S. Students.** Lyon County School District bus routes will be available for all students. Bus stop at Taboosi Way next to the bus shelter pick up time is 7:25 AM; drop off time is 12:41 PM. YPT Colony bus stop at McCormick Ave., at tribal park, pick up time is 7:41 AM; drop off time is 12:14 PM. If your student is scheduled for Summer Enrichment, **DO NOT MISS THE BUS!!!** For any question on the bus routes, contact the YIS, YES or YHS offices.
- ⇒ **July 13th at 6:00 p.m., the Yerington Paiute Tribe Education Awards Banquet** will be held in the tribal gymnasium. Put this day on your calendar!
- ⇒ **July 9th is the final day for YHS Credit Recovery** for students who have been attending at the library since June 8th. All of you are doing a great job by being there and completing the work to earn those credits that are needed to graduate.
- ⇒ **August 10th the YPT Education Department will be conducting the "BACK TO SCHOOL" event for all students in Kindergarten through high school.** Look for more information from the education staff as that date approaches. Mark it on your calendar so you won't miss it!
- ⇒ **School officially starts August 18th.** Start getting your students prepared for school. Bus schedules, transportation, getting up early, lunch boxes, homework....

"Where did summer go...?"

Ribbon Skirt Class



A Ribbon Skirt Class is being held at the Education Department for every Thursday of July starting the 8th!



July 8, 15, 22, and 29th at 5:30-7:30pm

Materials Needed?

Only if you want a specific material or ribbons for your skirt, otherwise we have extra material, ribbons, and sewing machines!

****Masks Required for those not fully vaccinated****



Call (775) 783-0275 Ext 335 or email educationassistant@ypt-nsn.gov to SIGN UP!

YPT JOM Parent Committee Openings

The Yerington Paiute Tribal Council announces **(1) vacancies;** (1) member to serve on the YPT JOM Parent Committee. The Committee meets monthly.

To be eligible you must be:

- A parent or legal guardian of a child currently enrolled in a Yerington school;
 - Must be a community member;
- Must be willing to attend monthly meetings and actively participate in Committee functions and activities.

If you are interested in serving on the Committee please submit your name in writing to the Tribal Administration no later than

5:00p.m. on Friday, July 23, 2021.

**If you have any questions you may call Tribal Offices at
(775) 783-0200.**

Elder Abuse Awareness Bingo was a huge success

Submitted Article

On Monday June 28th we successfully had our first Elder Abuse Awareness Bingo! I want to say thank you to all our elders who participated in the elder Bingo and listened and learned about Elder Abuse. Our Elders were invited for an educational and fun evening of food, Bingo and presentations for them to gain knowledge of resources available to them. Thank you to Mandee Hooper for raising awareness for the Elders of the importance of filing their taxes to avoid identity theft among other issues. Thank you to Melissa Castillo for providing some exercises for our Elders during bingo to give their hands a break from blotting out numbers and allowing them to be aware of a special time set aside just for them at the YPT Fitness Center. Lastly a thank you to Peshu Numma for donating prizes for our Elders to enjoy! It was a wonderful turn out and overall a fun night!





June has been a very busy and exciting month for the YPT Environmental Department. Our community is reopened officially and getting engaged with our community has been a top priority. We have participated in a variety of outreach events recently, which can be seen in our outreach collage below.



Due to the pandemic we had to delay our Earth Day celebrations. To honor Earth Day, we collaborated with the YPT Housing Authority on a community cleanup project focused on e-waste and appliances. YPTHA also sponsored dumpster bins for the community. The Summer Program Youth were a huge help in collecting roadside trash and litter. There was 2 days of street cleanup with the youth and YPT Social Services. One day on the YPT Colony and one day on the YPT Reservation. Both days ended with free snow cones to help keep cool!

YPT hosted a reopening event in June to celebrate the reopening and also provide opportunities to get a COVID vaccination or mammogram, as well as visit various tribal vendors and booths. Our Environmental booth can be seen below in the collage. We provided information regarding the various EPA grants we manage as well as displayed critical tools we need to get the job done!

The Education Program invited us to lead a STEM based activity with the Summer Youth at Wilson Canyon. Although swimming seemed to be among the youth's highest priorities, we were able to all come together and learn some important environmental knowledge about our environment. The day consisted of a hands on demonstration of collecting water chemistry data with a YSI instrument and interpret the data as a group to understand what it means. We also did a group ecology observation exercise to learn about the local food web and what-and-why the fish eat what they eat.

If you feel that you missed out on being part of our community clean up efforts, please contact the YPT Environmental Department at (775)309-9634 to discuss the waste you need help getting rid of and to be added to a notification list for our next events.



YPT WELLNESS CENTER NEWS JULY 2021



HOURS

Monday - Friday 11am-8pm

**3-4 Closed for lunch*

wellnesscoordinator@ypt-nsn.org

(775)783-0200 ext. 181



Yerington Paiute Tribe Wellness Center



#YPTGYM



Yerington Paiute Tribe Wellness Center

TOP 10 FITNESS FACTS

1 Exercise boosts brainpower



6 Exercise helps ward off disease



2 Exercise gives you energy



7 Exercise boosts performance



3 Movement melts away stress



8 Exercise lets you eat more



4 It's easy to find time for fitness



9 Weight loss is NOT the most important goal

5 Exercise builds relationships



10 Fitness pumps up your heart



ALWAYS PUT YOUR HEALTH FIRST

Exercise of the month:

total body **AMRAP**

AT-HOME WORKOUT

COMPLETE EACH EXERCISE FOR 1 MINUTE EACH:
AS MANY REPS AS POSSIBLE

with dumbbells or resistance bands

SIT-UPS
PLANK SIDE DIPS
FLOOR BRIDGES
SQUATS
PUSH-UPS
ROWS
ALTERNATING SHOULDER PRESSES
BICEPS CURLS
TRICEPS KICKBACKS
ALTERNATING LATERAL LUNGES

rest and repeat 1-2x lifeinleggings.com

Nutrition tip of the month:

What is the best diet to manage diabetes?

A healthy diet for diabetics includes vegetables, whole grains, beans, poultry, fish, lean meats, fruits and nonfat dairy products, according to the American Diabetes Association. Eating these foods can help promote balanced blood sugar levels.

Foods to eat:

- Foods, rich in simple proteins like beans lentils and nuts
- Foods containing complex carbohydrates like brown rice, barley, and oatmeal
- Fruits and vegetables with less amounts of sugar like papaya, watermelon, and muskmelon

Foods to avoid:

- Foods, rich in simple carbohydrates white rice and bread
- Foods, rich in complex proteins like red meat processed meat and poultry with skin
- Foods, rich in sugars like jams, jellies, and cookies
- Foods, rich in fats like butter, chips, mayonnaise, and junk food
- Fruits and vegetables with high amounts of sugar like bananas and potatoes

Recipe of the month:

RED, WHITE & BLUE SALAD

Recipe by [100 Diabetic Recipes](#)



2 c. peeled apples

1/2 c. blueberries, unsweetened

1/2 c. strawberries, unsweetened

1/2 c. grapes

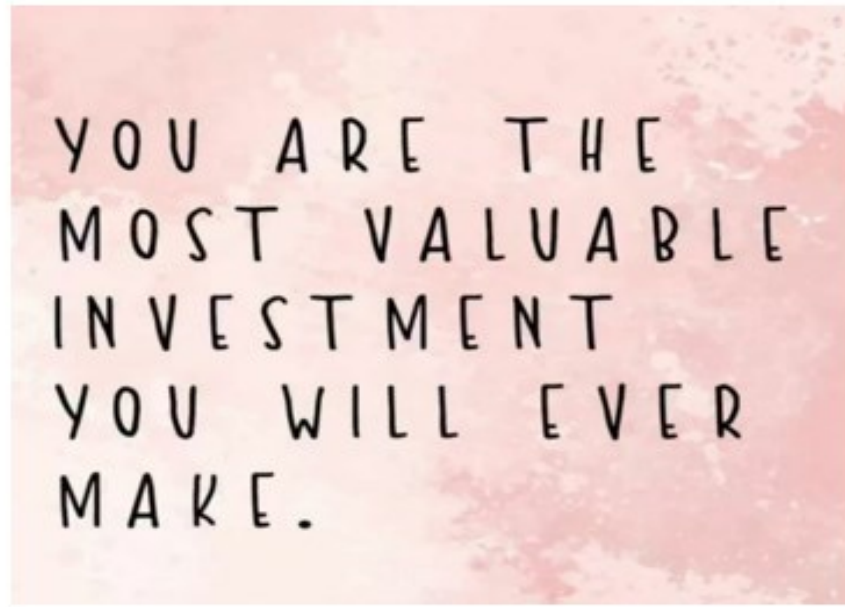
Combine all fruit in bowl. Toss lightly and serve. Yields 7 (1/2 cup) servings. Exchanges: 1 serving = 1 fruit. Calories per serving = 37. Carbohydrate = 10 grams. Protein = trace. Fat = 0.

Word of the month:

Persevere

1- Continue in a course of action even in the face of difficulty

Quote of the month:



References:

<https://eldergym.com/elderly-strength/>

<https://100diabeticrecipes.com/index.php/recipes/red-white-blue-salad/>

SOCCKER

SIGN UP TODAY!!

2021 Registration

Registration for the 2021 Fall season opens 5/1/21 and ends July 31st!!

The registration fee is still \$55 per player.

At checkout, you will see a \$2.75 transaction fee; if you have multiple children playing, we recommend registering them at the same time as it is charged per transaction.

Email Us: veringtonaysosoccer@gmail.com

<https://www.ayso518.org>



Diabetes Information for You and Your Family

How To Get Started Walking

Why walk?

Our bodies are meant to get up and walk—to the mailbox, down the road, around the neighborhood.

Walking can help you stay healthy and live longer so you can:

- Be there for your children, grandchildren, and other family members.
- Be an active and helpful member of your community.
- Serve as an Elder and share your wisdom.

All you need is a sturdy pair of shoes, a few minutes, and a safe place to walk. Give walking a try!

How does walking help?

Walking helps your mind, body, spirit, and emotions. It can help you:

- Have more energy by keeping your blood sugar, blood pressure, cholesterol, and weight in good ranges.
- Stay active and prevent injuries by keeping your muscles and bones strong.
- Feel calmer and less stressed by lifting your spirits.

Is walking right for you?

Walking is right for most people. If you are not sure that walking is right for you, ask your health care provider:

- Is walking right for me?
- How much walking is right for me?
- Do I need to check my blood sugar before and/or after I walk?

How can you get started?

Start slowly. You may be able to walk only a few minutes at first. That's okay. Try these tips for getting started:

- Walk at your own pace.
- Walk up and down your driveway or around your home.
- Walk around while you watch TV or talk on the phone.
- Park a little farther from the store.

Try to build up to walking 3 to 5 minutes, 2 or 3 times a day. With time, you may be able to walk farther and go faster. Keep track of the minutes you walk. You may even find that you feel better and stronger.



"I started walking so I will be healthier and less stressed. I want to be there for my family for a long time."

Gloria Anico, Kickapoo / Seminole Tribes, Oklahoma



How To Get Started Walking

What may keep you from walking?

There are many reasons people do not walk:

- They feel they are too busy.
- They feel tired, sad, or sluggish.
- They feel out of shape or have aches and pains.
- They feel shy about walking. They may worry that people will think they are showing off.
- All of these feelings are common. With a little time, and by walking a few minutes each day, these feelings often pass.
- **Remember:** You are walking not just for yourself, but to be there for the people you love.

Imagine looking forward to your walks.

- Picture walking as an inspirational part of your day – a special time either alone or with others.
- Be thankful while walking. Give thanks to the people who have gone before you. Be grateful for your body, your family, and friends.
- Enjoy the outdoors. Walk in the woods, along a dirt path, in a park, or by the ocean.
- Make it family time with your children or grandchildren.
- Walk with friends. Find a walking partner or two. Laugh and have fun.

Today is a good day for a walk!

By starting to walk, you are taking care of your diabetes so you can be there for your family and your community.

I think walking will help me:

To start walking, I will:

- Walk at these times: _____
- Walk at these places: _____

Other steps I will take:

See *How To Walk Farther and Faster* for tips on walking more.
Go to www.ihs.gov/diabetes and search **walking** in the upper right corner of webpage.



TA'BOOSI TUKA'DU NUMU TATZA
MUHA TUGAPAU
COVID-19 VACCINATION FAIR



Yerington Paiute Tribe (Ta'boosi tuka'du) Numu

Fun Run 2021



Push
Until
Success
Happens



FINISH
START



June Celebration Raffle Winners

Prescott Jones - T-shirt
Ambrosia Edge - Gift Card
Julian Meza - DVD
Linda Huntsberger - Jacket
Marcia Gunshows - Resistance Band
Doreen Emm - Gift Card
Phillip Castillo - Gift Card
Michele Keats - Gift Card
Dayanne Cotes - Gift Card
Misty Stevens - Gift Card
Theda McCabe - Gift Card
S. More - Gift Card
Lili Hatch - Hammock
Matthew H - Coffee Cup
Deanna Bobb - Dog socks
Martia - Book
Starla - Blender
Kristie Baumbach - Grill Utensils
Marla - Food storage
Alyssa - Book
Leo Masters - Blanket
Gina Dini - Food storage
Chaskae McCabe - Air freshener
Carol Masini - Gift Card
Nadine Kizer - Towel

Joe Baumbach - Water bottle
Sandra Hamilton - Note pads
Rose Brown - Chopper box
Raymond Bravo - Towel
Rashelle Tom - Can opener
Maria - Rubbermaid lids
Vicki Roberts - Coffee pot
Kaydence Hernandez - Towel
Xavia Fanjul - Swimming pool
Ruby Bobb - Towel
Jayce - Hammock and ITCN bag
Sterling Meza - Swimming pool
Remington Masters - Swimming pool
Saleen Felan - Beach mat
Emilio Hernandez - Popcorn maker
Juliette Felan - Gift Card
Alexa Deto - Coffee cup
Jace Saulque - Cooler
Emma Meza - Body ball
Aliana Aguilar - Water bottle
Leo Masters - Gift card
Kenison - Birdhouse
Lydia Brown - ITCN Bag
Jayce O. - Hammock & Air freshener
Marlen - Crockpot



Yerington (Campbell Ranch) Annual Water Quality Report

Public Water System #093200171

2020



This report is a snapshot of your water quality. Included are details about where your water comes from, what it contains, and how it compares to standards set by regulatory agencies. We are committed to providing you with information because informed customers are our best allies.

Do I need to take special precautions?

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. The Environmental Protection Agency (EPA) and Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by *Cryptosporidium* and other microbial contaminants are available from the Safe Water Drinking Hotline (800-426-4791).

Where does my water come from?

Your water comes from 2 ground water sources.

Why are there contaminants in my drinking water?

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline (800-426-4791).

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity including:

- microbial contaminants, such as viruses and bacteria, that may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife;
- inorganic contaminants, such as salts and metals, which can be naturally occurring or result from urban stormwater runoff, industrial, or domestic wastewater discharges, oil and gas production, mining, or farming;
- pesticides and herbicides, which may come from a variety of sources such as agriculture, urban stormwater runoff, and residential uses;
- organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban stormwater runoff, and septic systems;
- and radioactive contaminants, which can be naturally occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, EPA prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

WATER QUALITY TABLE



The table below lists all of the drinking water contaminants detected during the calendar year of this report. The presence of contaminants in the water does not necessarily indicate that the water poses a health risk. Unless otherwise noted, the data presented in this table is from testing done in the calendar year of the report. The EPA or the State requires monitoring for certain contaminants less than once per year because the concentrations of these contaminants do not change frequently.

Contaminants	MRDLG	MRDL	Your Water	Range		Sample Date	MRDL Exceeded	Typical Source
				Low	High			

Disinfectants

Chlorine Units: ppm	4	4	0.7012	0.47	1.02	2020	No	Drinking water additive used for disinfection
------------------------	---	---	--------	------	------	------	----	---

Contaminants	MCLG	MCL	Your Water	Range		Sample Date	Violation	Typical Source
				Low	High			

Disinfection By-Products

Total Trihalomethanes (TTHMs) Units: ppb	N/A	80	6.76	N/A	N/A	2019	No	By-product of drinking water chlorination
---	-----	----	------	-----	-----	------	----	---

Contaminants	MCLG	MCL	Your Water	Range		Sample Date	Violation	Typical Source
				Low	High			

Inorganic Contaminants

Arsenic Units: ppb	0	10	13.3	ND	28	2020	Yes	Erosion of natural deposits; runoff from orchards; glass and electronics production wastes
-----------------------	---	----	------	----	----	------	-----	--

Fluoride Units: ppm	4	4	0.54	N/A	N/A	2020	No	Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories
------------------------	---	---	------	-----	-----	------	----	---

Nitrate [reported as Nitrogen] Units: ppm	10	10	0.74	N/A	N/A	2020	No	Runoff and leaching from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
--	----	----	------	-----	-----	------	----	--

Sodium Units: ppm			50	N/A	N/A	2020	N/A	Erosion of natural deposits; salt water intrusion
----------------------	--	--	----	-----	-----	------	-----	---

Contaminants	MCLG	Action Level	Your Water	Range	Sample Date	A.L. Exceeded	Typical Source
--------------	------	--------------	------------	-------	-------------	---------------	----------------

Lead and Copper Rule

Copper Units: ppm - 90th Percentile	1.3	1.3	0.16	0 sites over Action Level	2017	No	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
--	-----	-----	------	---------------------------	------	----	--

Lead Units: ppb - 90th Percentile	0	15	1.7	0 sites over Action Level	2017	No	Corrosion of household water plumbing systems; discharges from industrial manufacturers; erosion of natural deposits
--------------------------------------	---	----	-----	---------------------------	------	----	--

Contaminants	MCLG	MCL	Your Water	Range Low High	Sample Date	Violation	Typical Source
--------------	------	-----	------------	----------------	-------------	-----------	----------------

Radiological Contaminants

Adjusted Alpha (Excl. Radon & U) Units: pCi/L	0	15	0.6	N/A	N/A	2020	No	Erosion of natural deposits
--	---	----	-----	-----	-----	------	----	-----------------------------

Health Effects Language

Arsenic

Some people who drink water containing arsenic in excess of the MCL over many years may experience skin damage or circulatory system problems, and may have an increased risk of getting cancer.

Special Education Statements

Additional Information for Lead

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. PWS system is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline at 1-800-426-4791 or at <http://www.epa.gov/your-drinking-water/basic-information-about-lead-drinking-water>.

Microbiological Testing

We are required to test your water regularly for signs of microbial contamination. Positive test results could lead to follow-up investigations called assessments and potentially the issuance of public health advisories. Assessments could lead to required corrective actions. The information below summarizes the results of those tests.

Sampling Requirements	Sampling Conducted (months)	Total E.Coli Positive	Assessment Triggers	Assessments Conducted
1 Sample due monthly	11 out of 12	0	0	0

Health-Based Violations

The table below lists the health-based violations the water system incurred during the last calendar year. While you should have received notification of the violations at an earlier date, we are required to list them in this report.

Contaminant Name	Type of Violation	Begin/End Date	Comments	Steps Taken to Correct the Violation	Return to Compliance	Return Date	Action Comment
Revised Total Coliform Rule (RTCR)	Failure to conduct routine monitoring	12/1/2020 12/31/2020	Failure to collect routine samples at appropriate site/frequency.	Following month reporting of all required results.	Yes	1/20/2021	Subsequent reporting of required results.

What should I do, as a consumer?

There is nothing you need to do at this time.

What is being done by the utility?

We will work with our regulatory official to conduct all required contaminant monitoring as directed.

Definitions

Term	Definition
ppm	parts per million, or milligrams per liter (mg/L)
ppb	parts per billion, or microgram per liter (ug/L)
positive samples	the number of positive samples taken that year
% positive samples/month	% of samples taken monthly that were positive
pCi/L	picocuries per liter
ND	Not detected
N/A	Not applicable
MCLG	Maximum Contaminant Level Goal: The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
MCL	Maximum Contaminant Level: The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.
TT	Treatment Technique: A required process intended to reduce the level of a contaminant in drinking water.
AL	Action Level: The concentration of a contaminant which, if exceeded, trigger treatment or other requirements which a water system must follow.
90th Percentile	Statistical value used to determine if Action Level is exceeded. Determined by calculating the value at which 90% of the samples tested were below that value.
90th Percentile	Statistical value used to determine if Action Level is exceeded. Determined by calculating the value at which 90% of the samples tested were below that value.

How can I get involved?

Please feel free to contact the number provided below for more information or for a translated copy of the report if you need it in another language.

Please share this information with all the other people who drink this water, especially those who may not have received this notice directly (for example, people in apartments, nursing homes, schools, and businesses). You can do this by posting this notice in a public place or distributing copies by hand or mail.

For more information please contact:

Alfonzo Peña, Water Operator, 171 Campbell Lane, Yerington, Nevada 89447, **Phone:** (775) 309-9635

JANUARY - DECEMBER 2021

**YERINGTON PAIUTE TRIBE
COMMODITY FOOD PROGRAM SCHEDULE**
171 Campbell Lane
Yerington, NV 89447
Certifier- (775) 783-0260 EXT 2 or Cell: (775)781-4856
Fax (775) 463-7856
smeza@ypt-nsn.gov or yptcommods@gmail.com

Director:
Certifier: Sylvia Meza
Warehouseman: Jake Bobb
Asst. Warehouseman: Steve Conway

Schedule is subject to change!
Staff will notify your tribal office if there are any changes.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Fallon, NV 8am-12pm/Gym or housing	5	2	2	6	4	1	6	3	7	5	2	6
Yerington, NV 8am-1pm/Warehouse	7	4	4	8	6	3	8	5	9	7	4	2
Bridgeport, CA 10am-2pm/Tribal Building	8	5	5	9	7	4	9	6	10	8	5	3
Yomba, NV & Benton, CA 11am-1pm	11	8	8	12	10	7	12	9	13	11	8	1
Carson City, NV & Woodfords, CA 8am-12pm/Gym 12.30pm-1:30pm Gym	13	10	10	14	12	9	14	11	15	13	10	8
Lovelock, NV 8am-11pm/Tribal Building	15	12	12	16	14	11	16	13	17	15	12	10
Bishop 8am-12:00pm/Cultural Center	20	15	15	20	18	15	20	17	21	19	16	14
Big Pine, Independ, Lone Pine-CA 8am-11pm/Tribal Building	21	16	17	21	19	16	21	18	22	20	17	15
Reno, NV 8:00am-12pm/Admin	25	23	23	27	24	21	27	24	28	26	22	20
Schurz, NV 8am-12pm/ Gym	28	25	25	29	27	24	29	26	30	28	23	22

Please call our office before you come to the warehouse
The office is closed at the end of the month for inventory.

New Clients- Please completely fill out the commodity application. Be prepared to provide copies of income, social security numbers, and proof of address for the whole household. This will speed up your process time. Please send an authorized representative with a note if you cannot make the distribution site. If not we will not give your allotment of commodities to anyone.

It is your responsibility to check your boxes for your allotment such as meats and cheese!

COURT DATES:

July 6 & 20
August 3 & 17
September 7 & 21
October 5 & 19
November 2 & 16
December 7 & 21



Bridge Market/Smoke Shop

463-3925

Open 7 Days A Week

463-3670

Hours:

601 West Bridge Street

Hours:

Mon - Fri 6:30am - 7:00pm

Mon - Fri 6:30am to 6:00pm

Sat/Sun 7:00am - 7:00pm

Sat/Sun 7:00am to 6:00pm



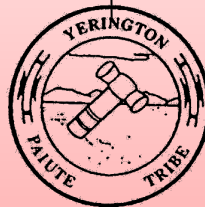
Beadwork

Snacks ~ Beverages

Chips ~ Beer

Fountain Drinks

- Major & Generic Brands
- Cigars & Chewing Tobacco



601 W. Bridge Street

Arrowhead Market

6 Miles North of Yerington off Hwy. 95A & Campbell Lane

HOURS: Monday - Saturday 5:00 am - 10:00 pm

Sunday 6:00 am - 10:00 pm • Open Early/Late



Movie Night at the Arrowhead Market

Now renting new and current movies for your viewing pleasure. With every rental - get a 2 liter bottle of soda for \$2.



**Vacuum, Air & Water Service
All Together For Easy Access**

Large Selection of tobacco, cigarettes, hot foods, snack & beverages.
PROPANE EXCHANGE NOW AVAILABLE

**24 HOUR PUMPS
Premium Gasoline
and Diesel Fuel**

783-0238



SHOUTOUTS



Lion Club 4th of July Watermelon Eating Contest Champions



Congratulations to Faith Snooks & Mandee Hooper!!



Alhambra water services have ended



Alhambra water is slowly getting depleted. We have been asked to inform our communities that the need or want of water delivery will need to reach out to Alhambra and set up an account that would enable your residence to receive delivery, at your cost. They can be reached at:

(800) 201-6218 ~ Open Monday-Friday 9am to 5pm

Thank you for understanding & for your cooperation ~ Administration



KENNIE KEATS MEMORIAL

COED SOFTBALL TOURNAMENT

July 30, 31 Aug. 1, 2021
Yerington, NV

*Team Entry Fee: \$325.00
payable by Cash, Cashier's Check or Money Order
1/2 entry fee must be paid by July 23rd, balance paid in full before first game...
NO Exceptions!*



Concession Stand
Indian Tacos!!

Champions, 2nd, & 3rd Place

Consolation Awards

Most Valuable Player(s)

All Tourney Selections (Male & Female)
Memorial Award(s)

For More Information,

Call: (NO COLLECT CALLS ACCEPTED)

Michelle Keats - 775-315-2711

Jr Keats - 775-230-8382

Kathie Bonta - 775-315-5470

Debra Keats - 775-230-8383 or 463-2350

BIG SARGE MEMORIAL TOURNAMENT 2021

MENS & WOMENS FASTPITCH TOURNAMENT

Entry Fee Deadline:
July 23, 2021

** We accept Venmo, Apple Pay, PayPal or Checks made out to Dena Sargent.

ENTRY FEE: \$400
DOUBLE ELIMINATION
1ST, 2ND, 3RD PLACE
MVP, ALL TOURNEY AWARDS

LAMPE PARK
GARDNERVILLE, NV
AUGUST 7-8, 2021

CONTACT INFO:

KALI SARGENT

LIL.SARGE97@YAHOO.COM
(775)790-6817

JOB OPENINGS



ADMINISTRATION

- Administrative Assistant
- Violence Prevention Advocate
- Human Resources Director

FINANCE

- Finance Clerk/Accounts Payable

HEALTH CLINIC

- Chief Medical Officer
- Registered Nurse/Diabetes Coordinator
- Medical Records Clerk
- Elder Center Cook

ENVIRONMENTAL

- Environmental Assistant
- Water Quality Program Coordinator

ENTERPRISE

- Store Clerk (Arrowhead Market)

To obtain a job application contact:

HUMAN RESOURCES DIRECTOR

Chris Jensen

DIRECT # 775-783-0265

FAX: 775-627-9022

Email: cjensen@ypt-nsn.gov or hr@ypt-nsn.us

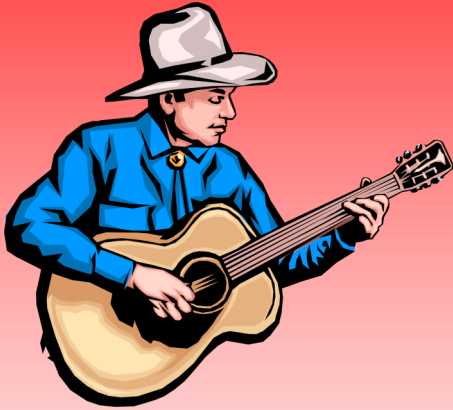


HOUSING

- Executive Director
- Maintenance Supervisor
- Force Account Worker

Obtain an application and detailed job description, in person or by mail from:

Yerington Paiute Tribal Housing Authority
31 W. Loop Road
Yerington, NV 89447
(775) 463-2225



Yerington Paiute Tribe

171 Campbell Lane
 Yerington, NV 89447

PHONE:

(775) 783-0200

Fax: (775) 463-2416

Direct Lines:



CLINIC	(775) 783-0222
HUMAN SERVICES	(775) 783-0280
EDUCATION	(775) 783-0275
ENROLLMENT	(775) 783-0232
LAW ENFORCEMENT	(775) 783-0246
SECRETARY	(775) 783-0200
CHAIRMAN	(775) 783-0202
Deputy Administrator of Program Operations	(775) 783-0203
HUMAN RESOURCES	(775) 783-0265
ENVIRONMENTAL	(775) 783-0240
TAX DEPARTMENT	(775) 783-0206

Fax:
 (775) 463-2416

Website:
www.yeringtonpaiute.us

Facebook:
[Facebook.com/YeringtonPaiuteTribe](https://www.facebook.com/YeringtonPaiuteTribe)

ENTERPRISES

Arrowhead Market:
 (775) 783-0238

Bridge Market:
 (775) 463-3925

Smoke Shop:
 (775) 463-3670

Newsletter Submission Deadline:

Friday, July 30, 2021

By 3pm

Submit to:

Enrollment Office

171 Campbell Ln

Yerington, NV 89447