

Seniors Begin Fundraising for Shoshonean Reunion Trip

Article and Photos by Victoria Jackson



Hubeejo card games, BINGO and traditional hand games were played during the first round of fundraising efforts.

Elko, February 15 - Seniors from the Shoshone Welcome Center have begun their fundraising efforts, to help support their

trip to the Shoshonean Numic Language Reunion. The Reunion is scheduled to be held August 8 through 10 in Fort Hall, Idaho.

The first big fundraiser they held earlier this month. The seniors coordinated an Indian Taco Sale and Baked Goods Sale on February 3 and 4. Along with the food sale, the group hosted BINGO, Hubeejo card games and hand games, in the Shoshone Welcome Center.

The initial start of the Indian Taco Sale began at 3 pm on Friday. The card games commenced at the start of

the sale, followed by BINGO. Around 7 pm, hand game players arrived, and the jackpot hand games began. The hand gamers played well into the night.

Along with the activities, several vendors set up their booths. The vendors were also asked to contribute to the fundraising cause.

Participating seniors, Katherine Blossom and Julianna Stevens were available to break

down details of the event.

"They played cards, the hubeejo game, hand game, and there was BINGO," explained Blossom. "Really, the whole thing included everybody, from the young to the old."

Blossom said that she believed that more people were in attendance on Friday, than Saturday, as they sold more Indian Tacos that

See SENIORS pg 4

Native Market Sees Local Media Coverage

Article and Photos by Victoria Jackson



New and returning customers visit the vendors at the 2017 Great Basin Native Market.

Elko, February 4 - The 13th Annual Great Basin Native Market kicked off in conjunction with the 33rd Annual National Cowboy Poetry Gathering.

The market brought in sixteen individuals to fill twelve tables. Angie Quintana, of Lee, conducted a presentation about her family history, beading and buckskin work.

While visitors shuffled in and out, so did various media outlets, including Noah Glick,

a reporter from KUNR public radio in Reno.

While attending and reporting on many shows around town, he stopped to conduct interviews at the Market. The story titled, "Native Americans At Cowboy Poetry Gathering: 'We Just Didn't Feel Welcome,'" was featured on the KUNR website.

The article highlighted thoughts from committee members and artists in attendance.

See GBNM pg 3

Owyhee Students Honored for Student Produced Films by Major Film Festival

Article and Photo by Victoria Jackson

Elko, February 3 - Middle school students from Owyhee Combined school were honored during the Deep West Video segment "The Tribal Film Translation Project," during the Cowboy Poetry Gathering.

Carol Dalrymple, president of *Edge of Discovery*, presented students with awards that they had won. *Edge of Discovery* is "a media arts initiative to explore, engage, and inspire the voices of women and communities overlooked by mainstream media."

The students were presented with the 2016 Bronze Remi Award from the World-Fest Houston International Film Festival, for excellence in film production for Middle School & Below (14 & Younger). The videos were



Students from Owyhee After School Program - Top L-R: Lance Owyhee, Gage Johnson, Devin Baker, Dilan Bill. Front L-R: Isabella Pasquel and Talliah Hanchor.

produced in 2015, and submitted by Dalrymple, to the film festival.

Dalrymple described the latest films the students produced that were screened, at the Western Folklife Center. "What they saw here today, was the result of their work over this last year, where they prepared films," said Dalrymple. "They've been doing films for three years,

and what was unique this year was they tried to bring their film into the modern day, with their history."

She also explained that connecting to the elders and the Shoshone language was an important aspect, where they had to develop ways to bridge the gap. Students succeeded by filming singing, dancing and translating the

See FILM pg 3

Indian Cowboys Highlighted at Cowboy Poetry Gathering

Article and Photos by Victoria Jackson

Elko, February 3 - Four local cowboys were invited to the National Cowboy Poetry Gathering this year to tell stories about their lives as cowboys.

The segment was called "Local Indian Cowboy Stories." The panel featured Ted Howard, Reginald Sope, Woody Harney and Mike Thomas.

The Western Folklife Center described the presentation, "In the spirit of this year's theme, "Real Stories.

Straight Up.", we have invited these cowboys to share some of their favorite real-life stories."

Although the men were not dressed in spaghetti western headdresses, the audience was filled with visitors from all over the country, as well as friends and other local ranchers.

The cowboys held two shows, many faces in the crowd listened to both shows.

See COWBOYS pg 2



Indian Cowboys featured during the 33rd Annual National Cowboy Poetry Gathering in Elko, Nevada. L-R: Ted Howard, Reginald Sope, Woody Harney and Mike Thomas.

Te-Moak Tribes Contact Information

Te-Moak Tribes of Western Shoshone
525 Sunset Street
Elko NV 89801
Phone: (775) 738-9251
Fax: (775) 738-2345
Web Address
www.temoaktribe.com

Battle Mountain Band Council
37 Mountain View
Battle Mountain, Nevada 89820
Phone: (775) 635-2004
Fax: (775) 635-8016

Elko Band Council
1745 Silver Eagle Drive
Elko, Nevada 89801
Phone: (775) 738-8889
Fax: (775) 753-5439

South Fork Reservation Council
21 Lee B-13
Spring Creek, Nevada 89815
Phone: (775) 744-4273
Fax: (775) 744-4523
E-mail Address:
sforkcouncil.adm@gmail.com
Web address:
southforkbandcouncil.org

Wells Band Council
P.O. Box 809
Wells, Nevada 89835
Phone: (775) 752-3045
Fax: (775) 752-2179
E-mail address:
wellsbandmf@yahoo.com

Newspaper Contact Information

Tribal Administrator:
Phaline Conklin

Editor/Producer:
Victoria Jackson

Phone: 775-738-9251
tmknews@yahoo.com

Monthly submission
deadline:

**8th day of each
month**

**No late submissions
will be accepted**

www.temoaktribe.com

COWBOYS continued

Ted Howard



Ted Howard is a member of the Shoshone-Paiute Tribes, born and raised on the Duck Valley Indian Reservation. He has worked for the YP, Jim Wright, Willis Packer, and the Spanish ranches.

Howard told a story about riding a broncy colt with Bill Kane, "One day I was breaking some colts, and I had one that wanted to stampede. First time I got him, that sucker just ran. Every time I tried to get off, he'd take off again. And my saddle was getting really loose, so as soon as he stopped, I just stuck his head toward the fence, and jumped off.

"Well the next day I was riding him again, and he was running. I don't know where Bill came from, 'You ready to go out?' I said, 'No, maybe tomorrow.' Before I knew it, the gate flew open. Okay, here we go. So he said, 'follow me.'

"So we come around, going toward the barn, and the gate was open, and that horse ducked out across that field. And boy we was going 90 miles an hour down that field.

"He finally got around me and brought me back towards the corral, and they had the cavy horses in that little pasture right by the corrals. And that horse was coming like heck towards the fence and I just knew we were gonna hit it.

"He tried to buck in the corner, took a few jumps and fell down. I should have jumped off. I came up with him again, and we went around, and the next time we were really trucking. But he went over that fence. I must have closed by eyes. The next thing I know, we were in the middle of all those horses. They had to wrangle me in with all of them."

Reggie Sope



Reginald (Reggie) Sope is a Shoshone-Paiute and Pit River Paiute and a member of the Shoshone-Paiute Tribes of Duck Valley. He worked at the Ellison Ranching Co., Winecup, Greyson, Oregon Canyon, Simplot (SS and ML), Flying H, YP, and IL ranches.

Sope tells the story about finding a lost driver in the middle of the desert, "One time, we were out on the Duncan Creek on the Simplot side in Idaho, checking fences way out there. As we were riding back, this is God's Country, they call it. As we got done, way off in the distance, we could see something real bright, just barely moving. We could hear an occasional scraping, then a screech. 'What the heck is that?' My partner said, 'I don't know, let's go check it out.'

"As we got closer, he said, 'Is that a Corvette? Or have we been out here too long?' It was a red Corvette with no top. There was a blonde bombshell sitting behind the wheel, hitting those rocks every now and then - that ain't nothing but a cow trail.

"We trotted on up there and she sees us, and stops. I said, 'Hey Miss, are you lost?' She said, 'I'm supposed to meet my boyfriend out here.' I turned around and looked at my friend and said, 'Hey, is that you?' 'No, no, no,' he said.

"So she says, 'Well he said to meet him out here at the Microwave Station.' The microwave station is way over there, about 10/15 miles.

"'But he drew me a map,' she said. When she showed us the map, she was on the right trail. So I said, 'Well lady, I think your boyfriend was telling you to go get lost.'"

Woody Harney



Woody Harney is a member of the Shoshone-Paiute Tribes at Duck Valley. Woody left home at the age of 12 to buckaroo and is now cowboss at the T Lazy S Ranch in northern Nevada.

Harney told a story about using a Nordfork head catch, while branding with Merv Takacs.

He said, "Luke reminded me of the time we were branding over here at Glaser's. We were dragging them in, and they had what Merv called it a bear trap, and I had to agree, it was called a Nordfork.

"I'd never been around a Nordfork before, and neither had Merv.

"So we were dragging calves, and you had to flip this handle up to get these calves out of this Nordfork.

"So Merv stuck a hind leg and he trots up there and he dallies up. Merv always looked at his horn. He goes to the peg, looks at his horn, and he never noticed that his horse stepped over the rope of the Nordfork.

"And his horse blew up bucking, spun around and tangled him up. And Merv hits the ground.

"So I go riding over there and said, 'Merv, get up, we got calves to brand.'

"He said, 'what happened?'

"I said, 'Well, the horse spun you around there, and it kinda drug your feet back a little bit and bucked you off.'

"He said, 'no wonder why I couldn't kick that son of a gun, I was trying to spur, but I couldn't kick him.'

"Shane Ritchie was the cowboss there, and he goes, 'Man you're pretty hard on that old man.'

And I said, 'Well, if I was laying down there, he'd say the same thing to me.'"

Mike Thomas



Mike Thomas is an enrolled member of the Shoshone-Paiute Tribes at Duck Valley. He worked on a number of ranches through southern Idaho, northern Nevada, southern Oregon and northern California.

The cowboys had a lot of time alone on the desert. Given a lot of time, alone, they seem to have had a lot of time to think.

Thomas told the story about a joke that his crew tried to play on the FBI.

"Another time at the IL, It was like 1986, and Claude Dallas had broke out of prison, there in Boise, and we was camped there at Devil's Corral. Roy Shannon, and a bunch of us climbed down the little ladder and went in the house and was reading all the names on the wall.

"I said, 'You know, we ought to play a joke on the FBI.'

"'How's that?'"
"'We'll carve 'Claude Dallas '86'"

"And we never heard much about that. And this joke takes twenty-five years to mature, too. I think it was 2011, I was living here in Elko and Chad Bear, a friend of mine, went out into the desert with his brother, and he described this cabin that they went to and I said, 'Oh, you guys went to Devil's Corral?'"

"'Yeah,' he says, 'Claude Dallas's name was carved on a wall.'

"I said, 'It wasn't Claude that carved his name on the wall.'

"And I was talking to Jake Brown, he was working at the YP then, and it was the same year. He said, 'I seen that out there - Claude Dallas - and I took my wife out there, and showed her'

"I said, 'Jake, it wasn't Claude that carved that. That was a joke for the FBI.'"

FILM continued

films entirely into the Shoshone Language, including the video about using drones.

Dalrymple continued, "They also showed films about things that were meaningful to them: the land where they live; artisans

played included a film by Dilan Bill, about drone photography. The film was first narrated by Bill, in English, with Shoshone subtitles, then was replayed with the narration only in the Shoshone Language.



Students performed a traditional song, in Shoshone for the audience, at the Western Folklife Center.

beadwork; and then about personal experiences in their lives, like losing someone to suicide, so they were able to work together to share that with a larger audience is pretty remarkable. They have also begun translation on two other films."

Owyhee's 21st Century After School Program Coordinator, David Baker looks for instructors to facilitate new activities for the students. He said that looking for elders and community members to help with projects is a key aspect to the program's success.

Baker says he oversees the program, while helping with photography, and giving direction to students when needed.

"I just think it's really important program, and gives these guys an opportunity to showcase and express their artistic abilities and perspectives on things," explained Baker. "At first they were really shy and quiet, then they went through this project and now they're able to tap into their creativity, and know that there are opportunities out there."

One video that was displayed showed an elder, Elena Atkins, Shoshone Language and Drum Group teacher, giving a lesson on the Shoshone Language. Instruction Aide Colene Paradise, assisted in making the film. The group used local resources, the art used was created by Owyhee artist, Roland Hanks.

Films that were dis-

In the video, Bill explained that the photography work done with his drone has been used to help other students with their projects.

Then, the film about the Shoshone Alphabet and names of animals, with Elena Atkins was played.

Student Lance Owyhee introduced his new film, "Our Native Home." He is a 2nd year student in the film program. He said, "My film is about our valley, the Duck Valley Indian Reservation, and it ties in how the people and the land are connected." Owyhee also used local musicians to provide the background music for his video.

Gage Johnson was the next to introduce his video, "Our Little Drum Group." He is a third year student to film making.

"This year I made my film about our drum group," Johnson explained.

To begin the film, Johnson introduced himself and said, "I am a drummer and a singer, and that's who I am."

This film also featured Elena Atkins, as the drum group teacher.

Dalrymple introduced the next film by student, Devin Baker, titled, "Sho-Pai Wildland Firefighting." The film was primarily narrated by Braden Smith, the firefighter from Owyhee, that told his story.

Dalrymple introduced Talliah Hanchor as "a film maker that has been producing

a series of film about different artisans and cultures in the communities. She's done films on lifestyles in Owyhee including cradle board making and saddle making."

Hanchor said, "This is my third year doing films, and this film is about beading and I hope you enjoy it."

The film was titled, "The Art of Shoshone Beadwork with Elizabeth Sam." It featured a question and answer session about the artisan, her history of beading and the various styles that she creates. The flute music that played in the background featured a local flute player, Kit Julianto from Owyhee.

The final film was introduced by David Baker. It was produced by Colene Paradise, who was not able to attend the showing.

Baker explained the background of the film, "A few years ago she was struck by tragedy, her son committed suicide. He was a long-distance runner, it was something that he liked to do, and he took a lot of pictures. Through those pictures, she thought she would do something for him. She held a run a couple of years ago, and filmed it."

Paradise requested that Isabella Pasquel introduce the film on her behalf.

Paradise narrated her film, beginning with, "My name is Colene Paradise, and this is my story. On May 12, 2014, my son committed suicide. After a couple months of depression, I finally came up with a plan. With the help of my daughter, Monica Paradise, my nephew Cole Paradise, and our cousin, Russ Abel, we formed a running group called "Running for Wellness."

The film displayed the steps Paradise took beginning with running each Sunday to help their mental health, continuing for one year. She explained that they completed the run in June 2015.

The film featured photos of her late son, as well as videos of various runners participating in the running group.

Members of the run-

ning group eventually decided to compete in the "Spartan Challenge," first in Idaho, then in other locations.

One message in her video included Colene saying, "Many years ago, an aunt told me: Life is hard, it'll throw many obstacles at you, get over it, and move on. These words I have brought up many times, to myself. When these guys started the Spartan Challenge, that's what we were doing. We were climbing over those obstacles. And we were moving on."

Another strong message that Paradise conveyed was, "Mental health is why we started running for wellness, so that you don't make yourself sick inside."

In the closing of her film she explains that she will speak out about suicide, rather than hiding it, and is willing to help people affected by suicide, or thoughts of suicide.

The program continued with the introduction of the drum group, from the film, "Our Little Drum Group," to perform a song for the audience.

The group of filmmakers were then presented their customized Bronze Remi Awards. According to the Western Folklife Center's Facebook page, "The team of Devin Baker, Isabella Pasqual, Talliah Hanchor, Gage Johnson, and Destiny Max, along with instructors David Baker and Colene Paradise, were recognized for their talent in research, producing, directing, writing, and filming of "Owyhee Veterans," "Life Styles in Duck

Valley," "Braves Pride," "Running Owyhee," and "Me, Horse, and a Frozen River."

Lance Owyhee said, "It was a lot of fun to do, it's a lot of hard work, but it's worth it."

Gage Johnson said, "It's a good experience, since you know how to use a camera, and how to use editing software, in case you might need it in the future."

The new films have not been uploaded to the Western Folklife Center's YouTube page yet, but the 2016 videos are up.

To view the videos, visit: <https://www.youtube.com/playlist?list=PLD-2563F0ED310D7A3> Or enter "Deep West Videos" into the search box in YouTube.

GBMN continued

Artist, Micquela Jones said that she welcomes the opportunity to sell her art at both the Folklife Center, as well as the Great Basin Native Market and the Convention Center.

But GBNM Committee member explained that the Cowboy Poetry Gathering has turned into "more of a black tie affair...we just didn't feel welcome."

A Western Folklife Center rep disagreed. He said that they have much more Native American involvement this year, than in previous years.

A full audio and photos accompanying the interviews can be found at: <http://kunr.org/post/native-americans-cowboy-poetry-gathering-we-just-didnt-feel-welcome>



Diabetes Topic Sessions

at Southern Bands Health Center – 738-2252
with Jan Boyer, Diabetes Nurse Specialist & Educator

The 4th Wednesday of every month for one hour!

Sign up at the Clinic Reception Desk (required)

(SPACE IS LIMITED)

Choose 8:30 AM or 3 PM

Four Topics:

Class #1 – "Diabetes Overview and Goal Setting" – 1/25/17

Class #2 – "Blood Sugar Management & Medications" – 2/22/17

Class #3 – "Healthy Food Choices for People with Diabetes" – 3/22/17

Class #4 – "Managing Food Portions & Exercise for Health" – 4/26/17

(series will begin again in May and in September)

Shoshone Welcome Center Menu

Classes and Community Calendar

February 2017			LUNCH MENU			
Shoshone Welcome Center, 1563 Silver Eagle Dr., Elko, NV 89801			775-738-0425			
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 BBQ Chicken/rolls Mac-n-cheese Corn on cobb Fruit salad	2 Beef Stew/rolls Green salad Orange jello w/fruit	3 Tomato Soup Tuna Sandwich Chips & Apples	4 2% milk served daily
5	6 Lasagna Garlic bread Green Beans Bananas	7 Chicken Dumpling Stew/Oven Bread Salad Pistachio Pudding	8 3 Cheese Stuffed Shells/ Garlic Bread Cucumber Salad Sherbert	9 Beans w/Ham Hocks/ Fry Bread Green salad Lime Jello w/fruit	10 Pulled Pork Sandwich Coleslaw Fries Oranges	11
12	13 Pork-n-Cabbage w/Rice Mixed Veggies Rolls/Fruit salad USDA COMMODITY	14 VALENTINES DAY BAKED HAM POTLUCK CAKE & ICE CREAM FOOD DISTRIBUTION	15 Chicken Alfredo w/ broccoli/Cucumber Salad/French bread Peaches	16 Meat Loaf/ Rolls Mashed potato/ Gravy/ Peas & Carrots/ Cherry Jello w/fruit	17 Chili Beans Corn Bread Green Salad Cherry Pie	18
19	20 CLOSED PRESIDENTS DAY	21 Indian Tacos W/ All the trimmings Apple Pies	22 Cowboy Spaghetti Green Salad Garlic Bread Banana Pudding	23 BLT Sandwich Cream of Chicken Soup/ Cracker's Oranges	24 Pork Stir Fry w/Rice Fortune Cookie Melon	25
26	27 Soft Flour Tacos Spanish Rice Mexi-corn Vanilla Pudding	28 Chef Salad Garlic Bread Fruit Salad				

Lunch Served from 12:00 to 12:30 pm
Menu May Change Without Prior Notice

Transportation Vehicle Provided NEVADA DEPT. OF TRANSPORTATION congregated meals provided by Admin. Aging, Title VI & State of Nevada Aging & Disability Division

Diabetes Topic Sessions
with Jan Boyer
Friday February 22
4th Wednesday of each month
8:30 am OR 3 pm
Souther Bands Health Center
Must sign up at Reception
515 Shoshone Circle, Elko
FMI: Jan Boyer - 775-738-2252

Reduce Diabetes Damage Education Class
with Jan Boyer
February 28
5:30 - 7:00 pm
Te-Moak Diabetes Center
FMI: 775-738-4881

Wells - Shoshone Language Class
Thursdays, 5-7 pm
Wells Band Environmental Department
1705 Mountain View Drive
775-752-2601

Elko - Adult Shoshone Language Class
Tuesdays and Thursdays
6 pm, Welcome Center
FMI: Marlene 775-738-8889

Active Citizens Meeting
Wednesdays 6-8 pm
Te-Moak Diabetes Center
FMI: Cherie, cherie.ike@british council.org

Elko Zumba
Mon, Wed, Fridays
5:30 pm - 6:30 pm
Te-Moak Diabetes Center
Elko
FMI: Lillian 775-397-6198
Sharon 775-388-3300

Battle Mountain Band Social Services Bingo Night
February 24
5:00 pm
Community Building

Battle Mountain Diabetes Program Scheduled Events:

Native Dance Class with Kid Fit Program
Wednesdays 4 pm - 5 pm
the Big House

Elder and Adult Workout/ Craft Day
Thursdays
Workout 5 pm - Gym
Craft 5:30 pm - Senior Center

Diabetes Education Class
Last Thursday of each Month
5:30 pm
Meeting Room

Dr. Patton (foot doctor)
First Thursday of each month
Call BMDA for appointment

SENIORS continued

day.
"They had a good turn-out for their handgames," Stevens stated.

Portions of the proceeds from BINGO and the card games were raised by taking a percentage out of each game.

"I'm not aware of money coming in here from the hand games," Blossom said, "because they usually play for the pot. The hand games are more for those who are actually playing."

"But during the card games, they took a quarter out of every game," explained Stevens, "whether they wanted to or not."

Stevens explained the coordination of the sale, "This time, everybody said what they were going to bring. They brought their items, whoever brought the tomatoes cut them, whoever brought the onions cut them."

The seniors are planning other fundraisers, including a tentative one during Easter.



The beginning of the hand games, Friday night.



Seniors playing hubeejo card games, before BINGO and hand games began, Friday night.

February 2017 EDUCATION CLASS

Reduce Diabetes Damage!! Learn the facts!

with Jan Boyer, Diabetes Clinical Nurse Specialist & Educator

- *What happens if blood sugar levels remain high for a long time?*
- *How do I reduce my risk of long-term problems from diabetes?*
- *Do diabetes medications cause damage to my body?*

Tuesday, February 28th, 5:30 to 7 pm at the Diabetes Center

Door Prizes! Healthy Snacks! Games!

**Te-Moak Diabetes Center – 511 Sunset Street, Elko
Call 738-4881 for more information**

Bring your questions....set your goals!

Basic Car Maintenance

Toni Roloson, Traffic Specialist Intern, Tribal Motor Vehicle Crash Injury Prevention Project

As the New Year begins, we are going to take a look at basic car maintenance. Some may wonder what basic car maintenance has to do with safety driving habits. Along with seat belt use and non-distracted driving, basic car maintenance is probably one of the most important ways we can ensure safe driving. By properly maintaining our vehicles even the oldest, well loved cars can get us from point A to point B safely.

While maintaining a car for some is easy, for others it may be harder. Some may not un-

derstand "car jargon" and will be at a loss as to what needs to be done. First be sure to read and know, what is in your car's owner manual. In newer cars the owner manual is usually located in the glove compartment. For older cars you may have to do some research if a manual is not with the vehicle. Lucky for us we live in an age of technology and are able to Google pretty much anything we may need to know.

It is of utmost importance to not skip scheduled services. Your owner's manual can tell when you it's time

for these services to be scheduled. Often times it includes checking or replacing such things as spark plugs, wires and timing belts.

Replace the air filter. The air filter is like lungs for your car. Living in rural Nevada, there may be need to replace the air filter more often because we have so much dust and dirt here which can cause air filters to get clogged.

Get an oil change. Again, your manual can tell you how often this needs to be done. Oil changes are one of the simplest car maintenance services, but

also one of the most neglected. Oil changes help to keep your vehicle in good running condition.

Be sure to check your tire pressure. The weather, dirt and poorly maintained roads can wreck havoc on car tires. A tire gauge costs a minimal amount of money and can be kept in the door of your car. Be sure to check your tire pressure regularly and don't forget to check the spare. Also be sure to have to the proper equipment needed if you ever need to change a tire.

Make a habit out of checking your fluids,

lights and turns signals on a regular basis as well.

During winter, when maintaining your vehicle outside may not be possible, be sure to never leave your car running while in a garage. This causes carbon monoxide to build up in the enclosed space and can have deadly consequences.

Doing these few things can help ensure that your vehicle is safe to be on the road and most importantly keep those inside safe as well.

*www.toyota.com

Impaired Driving: How Alcohol Affects Our Ability to Drive

Toni Roloson, Traffic Specialist Intern, Tribal Motor Vehicle Crash Injury Prevention Project

Over several months through this year we will be focusing our attention on Impaired Driving. This is a topic that comes up often because it is a huge issue in our communities. We will be taking a look at several substances individually and other issues that cause lead to driving impaired. This first month our focus will be on alcohol.

"Alcohol is a substance that reduces the function of the brain, impairing thinking, reasoning and muscle coordination. All these abilities are essential to operating a vehicle safely." In 2015, 10,265 deaths were caused by alcohol impaired driving. This number shouldn't even be one, let alone 10,265.

It is illegal in all 50 states, the District of Columbia and Puerto Rico to drive with 0.08 Blood Alcohol Level (BAC) or higher, though even the smallest amount of alcohol can affect your ability to drive. In 2014 1,764 people

were killed in alcohol related crashes where BAC was less

There are many factors that determine a person's BAC such as weight, build and number of drinks consumed; which vary from one person to the next. Various blood alcohol concentrations are going to have different effects on our bodies and ability to drive.

At a .02% BAC you will have some of loss of judgment, relaxation, slight body warmth and altered mood. This can cause a decline in visual functions and a decline in the ability to perform two tasks at a time.

A .05% BAC typically causes exaggerated behavior, you may have loss of small muscle control (i.e.: your eyes), impaired judgement, usually good feeling, lowered alertness and release of inhibition. You can also have reduced coordination, reduced ability to track moving objects, difficulty steering, and reduced

response to emergency driving situations.

Once you reach the 0.08% BAC, your muscle coordination becomes poor. This includes balance, speech and vision. It becomes harder to detect danger, and your judgment, self-control, reasoning and memory are impaired. You may not be able to concentrate, your short-term memory is compromised and the ability to process information is less.

A BAC of .10% will cause a clear deterioration of reaction time and control, slurred speech, poor coordination, and slowed thinking. You will have a reduced ability to maintain lane position and will not be able to break appropriately.

If you end up with a .15% BAC you have far less muscle control than normal, you may be vomiting at this point, unless you have developed a tolerance for alcohol and you will have a major loss of bal-

ance. At this percentage you will have substantial impairment while driving a vehicle. Your attention and the ability to process things visually and auditory (hearing) will be greatly impaired.

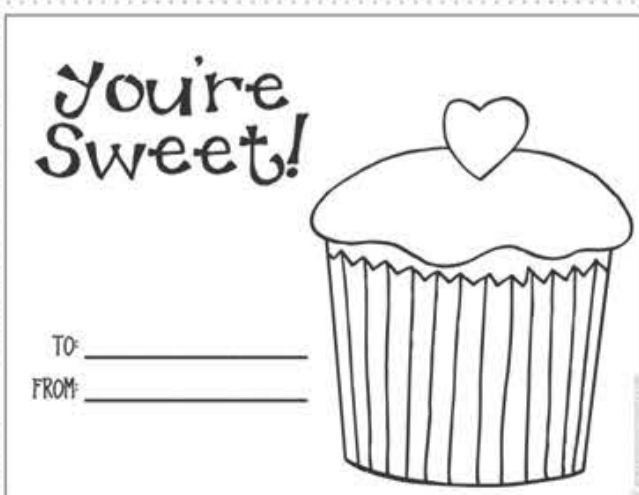
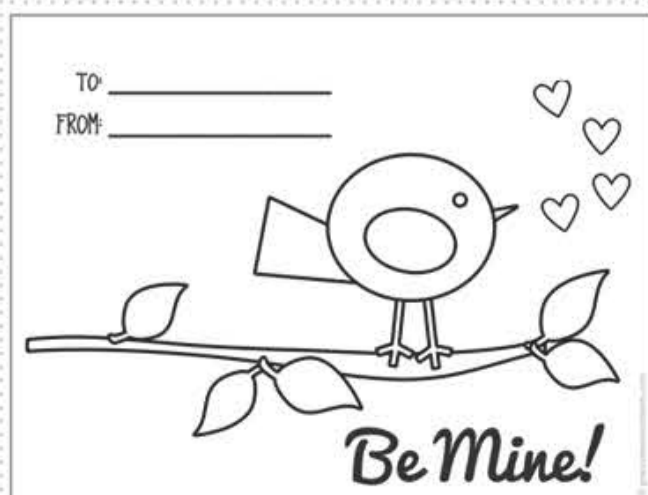
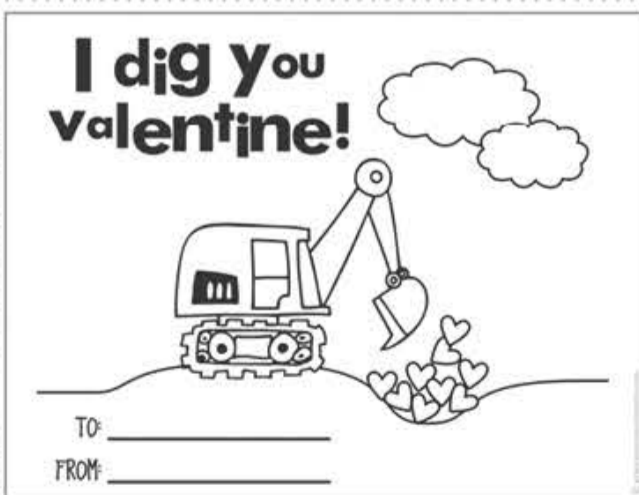
As you can see, even the smallest amount of alcohol can't affect your ability to drive.

Driving while under the influence of alcohol is unacceptable and against the law. If you are caught driving under the influence of alcohol you can be charge with a misdemeanor or a felony. You could lose the privilege to drive, can incur fines or have to serve jail or prison time.

If you choose to drink be responsible. I know I say it over and over but call a cab or make sure you have a designated driver. Don't let your friends drive impaired. Don't end up a statistic!

*www.nhtsa.gov

Te-Moak Environmental Department: Have a Happy GREEN Valentine's Day!!!!



By Angelina Johnny,
Te-Moak Environmental
Department

DID YOU KNOW???

More than 180 million cards are exchanged on Valentine's Day.

This year try some eco-friendly alternatives like sending E-Cards or giving recycled jewelry as gifts.

And since a lot of classrooms are exchanging valentines, have your children recycle our newspaper by coloring and personalizing the four valentines below to save on paper.

Have a happy Green Valentine's Day from the Te-Moak Environmental Department!!!

TE-MOAK DIABETES PROGRAM

10 Day Cut the C.R.A.P Challenge

By Sharon Aina, Te-Moak Tribe Diabetes Center Assistant

Have you been wanting to lose weight or manage your intake of carbohydrates, sugar and JUNK foods? If so, there is a 10 Day CUT THE C.R.A.P Challenge that can potentially help you on your journey to a healthier lifestyle. Cut the C.R.A.P means NO Carbonated drinks, Refined Artificial, and Processed Foods! That means no soda or any sweetened beverages, sweets/candy, chips, cakes, donuts, pies, cookies, fried foods, canned meats or fast foods for 10 whole days. If you want to lose the weight, cut down your intake of sugary foods or even fast foods, this challenge will help guide you.

I, Sharon A. along with 9 other employees cut the C.R.A.P (including white breads and

white rice) for 10 days. The challenge for us as a group was hard, but we all finished strong. A few of us lost as much as 2lbs-6lbs within the 10 days of cutting out sugar, fast foods, fried foods, and breads/rice.

If you feel that it will be hard for you to cut the C.R.A.P all at once, I suggest you try starting with one or two items such as fast foods and cookies than make your way down the list of cutting the C.R.A.P. You can start eating healthier by purchasing more fruits and vegetables rather than chips and cookies. Also, drinking water is a lot better for you than soda.

This challenge can also help those of you who tend to eat fast foods more than home cooked meals get back into

the routine of cooking for yourself and family members, which is healthier than eating out at restaurants or fast food places such as McDonalds. This challenge can also help you inspire your family and friends to join in

on cutting the C.R.A.P. Keep in mind that this challenge is doable and well worth it if you want to kick start your journey to living a healthier lifestyle, as well as eating your recommended portion size.

25 HEALTHY SNACKS!!

- | | |
|--------------------------|---------------------------|
| 1. Air Popped Popcorn | 14. Frozen Mangos |
| 2. Nonfat Cottage Cheese | 15. Sunflower Seeds |
| 3. Hard Boiled Eggs | 16. Soy Chips |
| 4. Hummus | 17. Bean Salad |
| 5. Peanut Butter | 18. Tuna |
| 6. Fruit Smoothies | 19. Sliced Chicken Breast |
| 7. Almonds | 20. Pickles |
| 8. Sliced Apples | 21. Olives |
| 9. Frozen Grapes | 22. Sugar Free Jello |
| 10. Orange Slices | 23. Nonfat Yogurt |
| 11. Broccoli Florets | 24. Frozen Yogurt |
| 12. Green Salad | 25. Protein Bars |
| 13. Cherry Tomatoes | |

E-Cigarettes: Seeing through the HYPE

By Sharon Aina, Te-Moak Tribe Diabetes Center Assistant

Have you noticed how E-Cigarettes are advertised just about EVERYWHERE? You see them while watching television, surfing the internet or even listening to the radio. If you are trying to quit smoking, thinking of starting again or maybe you want to try the new "hype", it is very important to know what the risks of smoking E-cigarettes are.

E-cigarettes and devices such as e-hookahs or e-pens (vapors) currently are not regulated by the U.S Food and Drug Administration (FDA). What does this mean? It means that the makers of e-cigarettes don't have to show the ingredients or a warning label, which also includes the liquids inside the

product. Don't you want to know what the product is made of? What chemicals are inside this product that you are inhaling into your body? Or better yet, how this product can affect your health? Although, little is known about what is inside of e-cigarettes, it is hard to comprehend what the long-term effects are of using this product.

February is a month known for Valentine's Day, give your "Valentine" support and encourage him/her to stop chewing/smoking tobacco for a day or for good.

Visit the website, www.cdc.gov/tobacco/calendar

Source: <http://www.ucanquit2.org/>

Physical Activity in the Workplace

By Sharon Aina, Diabetes Asst./GHWIC Site Coord.

Did you know that physical activity plays an important role in employees' health, well-being and quality of life? It is said that employees who are healthier seem to be more productive have lower healthcare costs and require less sick leave. Do you think employee physical activity is important to businesses? Well if so, increasing employee's physical activity can create a healthier workforce, increase employee productivity and most importantly decrease the risk of developing costly chronic diseases.

The more physically active employees are the less sick leave they require, more productive they are at work and they have lower

health care costs.

Utilize existing resources first

Just about every workplace has an existing physical activity environment waiting to be optimized, such as hallways, sidewalks and stairwells. Some workplaces also have gym equipment that can be utilized. It is said that improving physical activity levels can also reduce stress levels. How is awesome is that? Someone or something stressing you out at work well then that gives you an excuse to go for walk to shake it off.

Easy ways to ENJOY activity at work!

1. Wear a pedometer – since every step counts & it is a great motivator to keep you moving during work hours.

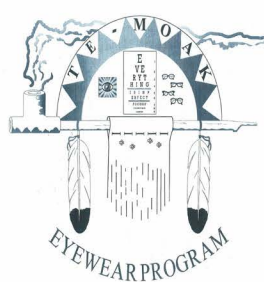
2. Walk around the office – who said pacing and fidgeting aren't apart of physical activity?

3. Walk around the block – 15 minute break? Take a break and walk outside to enjoy some fresh air.

4. Walk and talk – need to discuss something with a co-worker? Walking and talking can be productive.

5. Lifts weights while you sit – keep a weight near your desk to use during your webinar, conference call or during down time.

6. Work your abs – you can strengthen your tummy muscles while sitting in a chair. Just sit up straight, tighten muscles and release-repeat!



Te-Moak Eyewear Program is for EVERYONE in the Elko and surrounding areas. All you have to do is bring in a current eyeglass prescription, and we will set you up with the latest styles in eyewear. In just a matter of a week or two, you will be happy with how good you look and how clearly you can see, and the prices will make you even happier.

Call or come in today!!
775-738-9251

525 Sunset Street, Elko, Nevada 89801

TE-MOAK EYEWEAR PROGRAM

**OPEN TO PUBLIC
EVERYONE WELCOME!!!**

(775) 738-9251

525 SUNSET STREET
ELKO, NV

WE HAVE VERY COMPETITIVE PRICES!!

COME IN TODAY AND CHECK OUT OUR WIDE SELECTION OF FRAMES. ALL YOU NEED TO DO IS BRING IN A CURRENT EYEGLOSS PRESCRIPTION, AND WE CAN SET YOU UP!

WE CAN ALSO ORDER YOUR CONTACT LENSES.

WE NOW ACCEPT ALL MAJOR CREDIT/DEBIT CARDS.

OFFICE HOURS:
MONDAY-FRIDAY
8:00A.M.-5:00P.M.





Diabetes Topic Sessions

at Southern Bands Health Center – 738-2252
with Jan Boyer, Diabetes Nurse Specialist & Educator

The 4th Wednesday of every month for one hour!

Sign up at the Clinic Reception Desk (required)

(SPACE IS LIMITED)

Choose 8:30 AM or 3 PM

Four Topics:

Class #1 – “Diabetes Overview and Goal Setting” – 1/25/17

Class #2 – “Blood Sugar Management & Medications” – 2/22/17

Class #3 – “Healthy Food Choices for People with Diabetes” – 3/22/17

Class #4 – “Managing Food Portions & Exercise for Health” – 4/26/17

(series will begin again in May and in September)

NEVADA URBAN
INDIANS, INC.

ROYALTY
CONTEST

NEVADA URBAN INDIANS, INC.
IS LOOKING FOR ROYALTY FOR
OUR UPCOMING 2017
POW WOW!

PLEASE SUPPORT

Kaden Snapp

**For the 2017
Nevada Urban
Indians, Inc.**

Little Brave

HE WILL BE SELLING RAFFLE TICKETS UP TILL MARCH.

TICKETS ARE \$1.00 EACH

Raffle Items Include:

Weekend Getaway @ Peppermill Casino

Weekend Getaway @ Atlantis Casino

55" Big Screen Smart TV

Various Beadwork

Please leave message@775-397-3910 to purchase tickets



February 2017 EDUCATION CLASS



Reduce Diabetes Damage!! Learn the facts!

with Jan Boyer, Diabetes Clinical Nurse Specialist & Educator

- What happens if blood sugar levels remain high for a long time?
- How do I reduce my risk of long-term problems from diabetes?
- Do diabetes medications cause damage to my body?

Tuesday, February 28th, 5:30 to 7 pm at the Diabetes Center

Door Prizes! Healthy Snacks! Games!

**Te-Moak Diabetes Center – 511 Sunset Street, Elko
Call 738-4881 for more information**

Bring your questions....set your goals!

ATTENTION

Te-Moak Diabetes Program

is NOW OFFERING strength conditioning,
group training & personal training through
Elko Strength & Fitness Systems

◆ Kettle Bells ◆

■ Lose Body Fat ■

● Condition ●

★ Personal Training ★

◆ improve heart health ◆

& Much More

For more Info:

Contact: Te-Moak Diabetes Center
@ 775-738-4881
We are open Mon-Fri
(8am-5pm) CLOSED
12pm-1pm for LUNCH

THANK YOU!

**To Sign Up
Please Bring
TRIBAL I.D**



TE-MOAK DIABETES

is now sponsoring the
following:

ZUMBA: MON. WED. FRI.



Tues. Thurs.

**CYCLING, STEP AEROBICS &
KICK BOXING**



**ALL CLASSES ARE HELD
FROM 5:30PM-6:30PM @**

**DIABETES CENTER
511 SUNSET ST. ELKO, NV**

FOR MORE INFO CALL:
LILLIAN THOMAS @ 775-397-6198
SHARON AINA @ 775-388-3300

Stone Polar Plunges for Special Olympics

Article and Photos by Victoria Jackson



Top - Clockwise: JR Stone jumping into the Elko City Pool. Stone drenched. Stone and Ash Cassadore after signing in. Stone (Luigi) and Cassadore (Mario) being introduced by the MC during the costume contest.



Elko, February 11 - Supporters gathered at the City of Elko Community Pool, on a cold, breezy Saturday morning to take part in the Elko County Sheriff's Office sponsored Polar Plunge, to raise funds for the Elko area Special Olympic teams.

Among the plungers was Team Ash, consisting of JR Stone, 34, and Ash Cassadore, 6. The teams had to raise or donate a minimum of \$100 before they were allowed to take the plunge.

Stone and Cassadore arrived dressed as characters Mario and Luigi from the arcade game Mario Bros, to participate in the costume contest. They were named as runners up in the contest.

Nevada Special Olympics Volunteer of the Year, Elko County Sheriff Jim Pitts explained the purpose behind the Polar Plunge, "All the money raised today will stay here with our athletes, to send them to the state Olympics, in Reno, in June, and the state bowling in Reno too." The bowling event generally occurs in the Fall.

Pitts said Cops for Burgers and Tip-A-Cop events occur throughout the year. These events will also benefit local athletes to attend the State events. Last year, Pitts said that Elko sent approximately 45 athletes to Reno for the Olympics.

Pitts also commented on Stone's participation, "JR's one of our athletes, as well as one of our volunteers for our Search and Rescue team through the Elko Sheriff's Department. He's a good guy."

Stone attended both the state Olympics and state bowling events last year. He explained his events, "When we go down in November, we do bowling, when we go down in June, we do track - 100 meter dash, shot put, and running long jump." His favorite part is trying to win.

Cassadore's mother, Carissa, explained that Ash wanted to jump this year, but he was getting over a cold. "Ash does track and bowling, he's been bowling for three years."

She explained the Olympics, "It lets people with special needs compete in sports that they normally wouldn't be able to. And it's actually a really good program."

Native Kids Bowl in Local Weekend Youth League

Article and Photos by Victoria Jackson

Elko, February 11 - Telescope Lanes hosts the Adult-Youth Bowling League every Saturday morning, at 9 am.

Two young bowlers, from our community, have been competing throughout the

winter months. 8-Year old Layton Thacker and 9-Year old Kaden Snapp, along with John Conklin and Gwen Anne Thacker have formed the team, Skin Strikers.

The team competes with

other adult-youth teams, the order changing weekly.

The boys recently received their team t-shirts, which they have the option to put patches onto, once they have reached certain bowling goals.

Members of the league often have parties while they bowl. Kids partied, in between sets, to celebrate Valentine's Day.

The season will be ending soon, and the team's results will be reported.



Layton Thacker thinks on his approach, as designated adult bowler, Gwen Anne Thacker coaches.



Layton Thacker releases the bowling ball, aiming for the 10th pin, and scoring a spare.



Kaden Snapp completes the follow through to score a spare.



Snapp, left, begins his approach, as Thacker awaits his turn.