



# Numa News

June 2019

## MINORS DISTRIBUTION DEADLINE

**The Minor's Distribution Form Deadline for the second quarter has ended—for all those minors who will be turning 18 by the end of September 2019, you will be eligible to turn in your completed forms to the Enrollment Office here at the Tribal Administration building. Check out the front page of our website for more details! Please expect 2-3 months after processing to receive your funds.**



## Senior yoga and family yoga

Tuesdays and Thursdays family yoga

Tuesday: 5:00pm-6pm Nixon gym

Thursdays: 5:00pm-6pm

Wadsworth brown building

Wednesdays senior yoga:

Wadsworth brown building

9:30-10:30am

Nixon Senior Center 10:30am-11:30am

Chelsie Eben

The Pyramid Lake  
Higher Education  
Department has a  
new website!

Check out:  
[plpthighereducation.org](http://plpthighereducation.org)



# Numa News

June 2019

## In Memoriam

### Memorial Dinner for

*Cheryl Kochampenesken*

*4/30/1958 - 6/08/2019*

*Please join  
our family  
to celebrate  
our loving Sister,  
Auntie,  
and Friend*

**Friday, June 14, 2019**

**6:00 p.m.**

**New Wadsworth  
Community Building**

**\*Donations of Food Appreciated**

### A CELEBRATION OF LIFE



*Deora (McCann) Carrera*

*December 15, 1927- June 10, 2019*

Saturday June 22, 2019 at 11 a.m.

Yerington Paiute Tribal Gym,

171 Campbell Lane, Yerington

Following the Gravesite services at YPT cemetery,  
a potluck luncheon will immediately follow at the

Community Center.



# Numa News

June 2019



Thank you to all departments that participated in our Beach Clean-up. We had an amazing turn out. Twelve departments (over 35 employees) participated in the Clean-up. Participants collected over 672 lbs. of trash.

Adopt a  
*Beach*  
Clean-up



# Numa News

June 2019

## 2018 Tax Commission Annual Report

05/31/2109

### Pyramid Lake Tax Code

Adopted by the Pyramid Lake Tribal Council pursuant to Article VI, Section 1 (b) of the Constitution of the Pyramid Lake Paiute Tribe.

The Pyramid Lake Paiute Tribe adopted a Tax Scheme conducive to economic development in the private sector, which at the same time ensures that tax payers who received government services on the Pyramid Lake Paiute Reservation contribute their fair shares.

### Pyramid Lake Tax Commission

The Pyramid Lake Tax Commission consists of five appointed Tax Commissioners who serve three year staggered terms. The Tax Commission is vested with powers to adopt rules and regulations necessary to implement the Pyramid Lake Tribal Tax Code, recommend to Tribal Council taxes to be levied, oversee and appoint Tax staff, to adhere to all procedures, rules and regulation of the Pyramid Lake Tax Code.

The Tax Department consists of a Tax Administrator, Tax Accounting Specialist, Tax Office Manager and a Tax Clerk. Their duties are to oversee the general assessment, levy and collection of taxes in accordance with the Tax Code and all rules and regulations that are in place on the Pyramid Lake Reservation.

The Tax Department collects Tax Revenue in one year and the Tribal Council allocates to tribal departments the following year. The Tribal programs that receive tax funds use it to support the tribal membership, the tax payers and all visitors on the Pyramid Lake Paiute Reservation.

### *Pyramid Lake Tax Commission Mission Statement*

**Dedicated to serve the Community and Businesses by administering the Tax Code of the Pyramid Lake Paiute Tribe with integrity, efficiency, and consistency. As well as maintaining consensual relationships with the tax payers and community.**

Adopted by the  
Pyramid Lake Tax Commission  
On February 4, 2014



# Numa News

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## Tax Funded Programs

Rangers	\$335,687.00
Tax Department	\$314,327.13
Law Enforcement	\$286,953.00
Lake Maintenance	\$147,172.77
Parks/Recreation	\$79,809.00
JOM	\$44,571.69

Tax Funded Program Reports are available  
in the Tax Department for review.

## 2018 Tax Revenue

Possessory Interest Tax	\$850,221.70
Sales Tax	\$209,428.50
Cigarette & OTP Tax	\$170,604.44
Mineral Severance Tax	\$125,727.93
Transient Lodging Tax	\$50,322.40
Fuel Tax	\$35,848.78
Misc. Taxes*	\$24,238.02
<b>Use Tax</b>	<b>\$11,301.36</b>

**\$1,477,693.13**

\* Misc. Taxes—Interest, Seller Permits, Fines & Penalties,  
Souvenir License Plates, Admin Fuel Refund, Spousal Card  
Replacement & Annual Slot Tax

## Tax Commission

Denise Shaw  
Anita Dunn  
Kathleen Wright-Bryan  
DaNelle Smith  
Carla Molino

## Tax Staff

Vernelda M. Frazier  
Tax Administrator  
Alicia Querta  
Tax Accounting Specialist  
Gina Wadsworth  
Tax Office Manager



# Numa News

June 2019

**Food Distribution Program on Indian Reservations**  
Food and Nutrition Division



## PYRAMID LAKE PAIUTE TRIBE

### Supplemental Food Resources Calendar for 2019

<b>Commodity Foods</b> Nixon Gym 8:30 -1:30 pm	<b>Tribal Food Pantry</b> Nixon Gym 10:30-11:30 am	<b>Mobile Pantry</b> Wads. Comm. Bldg. 8:00-9:00 Nixon Gym 10:00-10:30
January 7, 2019	January 15, 2019	January 22, 2019
February 4, 2019	February 19, 2019	February 26, 2019
March 11, 2019	March 19, 2019	March 26, 2019
April 8, 2019	April 16, 2019	April 23, 2019
May 6, 2019	May 21, 2019	May 28, 2019
June 3, 2019	June 18, 2019	June 25, 2019
July 8, 2019	July 16, 2019	July 23, 2019
August 12, 2019	August 20, 2019	August 27, 2019
September 9, 2019	September 17, 2019	September 24, 2019
October 7, 2019	October 15, 2019	October 22, 2019
November 4, 2019	November 19, 2019	November 26, 2018
December 9, 2019	December 17, 2019	December 24, 2019

Applications will be available on site. Bring your own bags.



**FOOD BANK**  
OF NORTHERN NEVADA

MEMBER OF  
**FEEDING AMERICA**

460 W. Main Street Suite 101 & 102 Fernley NV 89408

Phone: 775-980-6507 Fax: 775-980-6727

*If everything is connected, we cannot disconnect. To disconnect is not a real choice.  
 This is why we are always spiritual no matter what we do. Every alcoholic is spiritual.  
 All our brothers and sisters are spiritual. We may not be behaving correctly, but nevertheless, we are spiritual.  
 Our choice is to live out of harmony with spiritual ways or in harmony with spiritual ways.  
 Everything is spiritual.  
 -Grandfather William Commanda*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Talking Circle 6pm	5 Wellness Court 9am  Admin Time Closed 12pm- 4:30pm	6 Zullily SMX Hiring Event 9am-1pm  Art Class 5:30p Drumming @ Old Brown Bldg. 5:30p	7	8
9	10	11 Talking Circle 6pm	12 Wellness Court 6pm	13 Numaga Senior Fun Day Art Class 5:30p Drumming @ Old Brown Bldg. 5:30p	14 *Parenting Class 6pm-8:30	15
16	17	18 Talking Circle 6pm	19 Wellness Court 9am	20 Art Class 5:30p  Drumming @ Old Brown Bldg. 5:30p	21 *Parenting Class 6pm-8:30	22
23	24	25 Talking Circle 6pm	26 Wellness Court 6pm	27 Art Class 5:30p  Drumming @ Old Brown Bldg. 5:30p	28 *Parenting Class 6pm-8:30	29 *Must register & attend all 3 parenting classes to receive certificate of completion.
30						



# Numa News

June 2019

## Summer Hours!

### Transit Schedule

Bus Routes are Monday—Friday

Transit Department will not be in service for

Times	LOCAL BUS	RENO BUS
5:20 AM	Nixon Gym	Nixon - Gym
5:30 AM		
5:45 AM	Wadsworth Community Building	Wadsworth Community Building
6:00 AM		
6:15 AM	Walmart	Sparks CitiCenter (Centennial Plaza)
6:30 AM	Raley's/McDonald's	
7:00 AM	Wadsworth Community Building	Wadsworth Community Building
7:05 AM		I-80 Smokeshop
7:15 AM	Walmart	
7:30 AM	Wadsworth Community Building	
7:45 AM	Nixon - Health Clinic	Reno-Sparks Indian Colony-Admin
7:48 AM		Reno-Sparks Indian Colony-Clinic
7:50 AM	Nixon - Tribal Office	
8:00 AM	Nixon - Gym	ITCN/Welfare DWSS Sparks
8:15 AM		Sparks CitiCenter (Centennial Plaza)
8:20 AM	Sutcliffe - New Housing Proj.	
8:21 AM	Sutcliffe-Desert Flower & Dewey Wy.	
8:30 AM		
8:45 AM	Nixon - Health Clinic	
8:50 AM		Wadsworth Community Building
9:00 AM	Nixon - Gym	
9:05 AM		Fernley Walmart
9:07 AM		Fernley Raley's/McDonald's
9:20 AM		
9:30 AM	Nixon - Gym	Wadsworth Community Building
10:00 AM	Wadsworth Community Building	Wadsworth Community Building
10:05 AM		I-80 Smokeshop
10:10 AM	Walmart	
10:15 AM	Raley's/McDonald's	
10:25 AM	Sumunumu/Frontier Fun Center	
10:35 AM	Walmart	
10:45 AM		Reno-Sparks Indian Colony-Admin
10:48 AM	Wadsworth Community Building	Reno-Sparks Indian Colony-Clinic
11:00 AM		Sparks CitiCenter (Centennial Plaza)
11:05 AM	Nixon Store	
11:15 AM		ITCN/Welfare DWSS Sparks
11:30 AM	Sutcliffe - New Housing Proj.	Legends Outlet
11:31 AM	Sutcliffe-Desert Flower & Dewey Wy.	
11:50 AM	Nixon - Health Clinic	
12:00 PM	<b>*Nixon - Tribal Office</b>	Wadsworth Community Building
12:15 PM		
12:20 PM		
12:30 PM		Nixon - Gym
12:45 PM	Nixon - Health Clinic	
12:50 PM		Wadsworth Community Building
1:00 PM	Nixon - Gym	
1:05 PM		Fernley Walmart
1:30 PM	Wadsworth Community Building	Wadsworth Community Building
1:35 PM		I-80 Smokeshop
1:45 PM		
2:00 PM	Walmart	
2:15 PM	Sumunumu/Frontier Fun Center	Reno-Sparks Indian Colony-Admin
2:18 PM		Reno-Sparks Indian Colony-Clinic
2:30 PM	<b>*Wadsworth Community Building*</b>	Sparks CitiCenter (Centennial Plaza)
2:45 PM		ITCN/Welfare DWSS Sparks
3:00 PM	Wadsworth Community Building	Legends Outlet
3:20 PM	Walmart	
3:30 PM	Wadsworth Community Building	<b>*Wadsworth Community Building*</b>
3:50 PM	Nixon Store	
4:00 PM	Nixon - Gym	Wadsworth Community Building
4:05 PM		I-80 Smokeshop
4:15 PM		
4:20 PM	Sutcliffe - New Housing Proj.	
4:21 PM	Sutcliffe-Desert Flower & Dewey Wy.	
4:30 PM		
4:45 PM	Nixon - Health Clinic	Sparks Legends
4:47 PM	Nixon - Tribal Office	
5:05 PM	Wadsworth Community Building	ITCN/Welfare DWSS Sparks
5:15 PM	Walmart	Sparks CitiCenter (Centennial Plaza)
5:30 PM	Raley's/McDonald's	Reno-Sparks Indian Colony-Clinic
5:35 PM	Black Bear Diner	Reno-Sparks Indian Colony-Admin
5:45 PM	Wadsworth Community Building	
6:00 PM	Walmart	
6:15 PM		Wadsworth Community Building
6:30 PM	I-80 Smokeshop	I-80 Smokeshop
6:45 PM	Wadsworth Community Building	Wadsworth Community Building
7:00 PM	<b>*Nixon - Gym*</b>	<b>*Nixon - Gym*</b>

#### PICK UP / DROP OFF LOCATIONS

##### LOCAL BUS

- \* Black Bear Diner-1190 E. Main St., Ste. B Fernley, NV (Front Area)
- \* I-80 Smoke Shop-Parking lot in front of the store
- \* Nixon Store—Hwy. 447, Nixon, NV
- \* PL Administration Bldg.-208 Capitol Hill
- \* PL Health Clinic-705 Hwy. 446
- \* Raley's—Parking lot west of McDonalds
- \* Sutcliffe— New Housing Project near fire hydrant/ Desert Flower & Dewey Way
- \* Wadsworth Community Center
- \* Walmart—Front between the 2 large doors

##### RENO BUS

- \* I-80 Smoke Shop—Parking lot in front of the

#### Fee Schedule:

##### Nixon/Sutcliffe/Wadsworth/Fernley Bus (One-way)

- Adults \$1.00
- Elders (60 years and up) / Students with School ID / Children ages 6-17 \$.50

##### Wadsworth/Reno Bus (One-way)

- Adults \$1.00
- Elders (60 years and up) / Students with School ID / Children ages 6-17 \$.50.

##### Monthly Pass (Unlimited)

- Adults \$45.00
- Elders (60 years and up) / Students with School ID / Children ages 6-17 \$22.50

• Fees for Monthly Passes are paid to the Finance Department at the Tribal Building. Please take the receipt to the Transit Office to receive the pass. Contact the Transit Office for further details.

- ◊ Children ages 14–17 must have a PLPTT ID badge to ride the bus alone. Please contact the Transit Office for further details.
- ◊ Children 5 years and younger are free. Transit does NOT provide child car seats. It is the responsibility of the adult passenger to bring a car seat for a child that is required to be in a car seat.
- ◊ Scheduled times and locations may vary pending weather, unforeseen circumstances, and necessary schedule changes.
- ◊ Buses are monitored by cameras.

Times listed are DEPARTURE times, EXCEPT the **\*BOLD\***.

**\*BOLD\*** times are drop off only.

Connection times between the Nixon/Wadsworth bus and

**MUST HAVE EXACT CHANGE—DRIVERS DO NOT CARRY CASH**





# Numa News

June 2019

July 8-August 1, 2019

Inspiring  
& Creative  
Activities

# KIDS SUMMER CAMP

FOR STUDENTS WHO HAVE  
COMPLETED  
KINDERGARTEN-6TH GRADE

FOR REGISTRATION,  
PLEASE CONTACT  
JANET @ 574-2409

NIXON GYM

TRANSPORTATION  
PROVIDED  
SNACK, LUNCH PROVIDED  
BY SFSP  
VARIOUS TRIBAL PROGRAMS  
INVOLVED

9:00-12:05  
DAILY

PL TRIBAL RECREATION



# Numa News

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A chalkboard advertisement for the Summer Food Service Program. The board is green with a wooden frame. On the left, there is a cartoon pencil character with a face, arms, and legs, wearing a pink eraser cap. Below the pencil are illustrations of a white milk carton, a sandwich with lettuce, tomato, and cheese, and a green apple with a smiling face. On the right, there is a small circular graphic of several children's faces. The text on the board is written in various colors: red for the title, yellow for the start date, and green for the details. The background of the board shows a landscape with a lake and mountains.

**Summer Food Service Program**  
Pyramid Lake High School Cafeteria & Wadsworth Community Bldg.  
**Starts June 17, 2019**  
Lunch served at PLHS  
from 11:30-1:00  
Lunch served at Wads  
Comm Bldg from  
12:00-1:30 pm  
Call Janet at 574-2409  
for more info.

**Follow Pyramid Lake Tribal Rec  
on Facebook!**

**Students can register for PL  
Summer Day Camp the 1st day of camp  
(July 8, 2019). Registration will be  
accepted at that time.**



# Numa News

June 2019

## **NOTICE**

PL Human Service is  
now taking Applications  
for

**GENERAL ASSISTANCE**

Please call the office to  
schedule an  
appointment

**574-1047**



# Numa News

June 2019



Pyramid Lake Tribal Health Clinic:  
Diabetes Program 2019



## Diabetes Education Monthly News

# JULY

### Diabetes Prevention Month:

Children are being diagnosed with Type 2 diabetes at an increasing and alarming rate. At the same time, **PHYSICAL ACTIVITY** is declining in our children's everyday lives.

Updated guidelines say:

**ALL YOUTH ENGAGE IN 60 MINUTES OR MORE PER DAY OF MODERATE OR VIGOROUS INTENSE AEROBIC ACTIVITY.**

Try to include

**strength training activities ( ex: jumping jacks) during 3 of those days.**

This means that a child should **"PLAY"** for **"60 MINUTES" EACH DAY.**

**PLAY**=Any physical activity that is enjoyable to the child including: playtime activities, recreation leagues, sports, summer camps, etc.

If your child currently has any form of diabetes,

always remember to practice the **AADE 7** self-care behaviors.

Pay attention to **MONITORING** blood glucose when a child with diabetes is being active.

**REMEMBER TO CHECK BLOOD SUGAR:**

1. Before Physical Activity
2. During activity if you feel symptoms.
3. After being active.



Volume 1, Issue 2

July 1, 2019

American Association of Diabetes Educators (AADE)

[diabeteseducator.org](http://diabeteseducator.org)

**AADE 7 Self-care Behaviors**

- ☺ **Healthy Eating**
- ☺ **Healthy Coping**
- ☺ **Monitoring**
- ☺ **Medication**
- ☺ **Problem Solving**
- ☺ **Being Active**
- ☺ **Risk Reductions**

### AADE behavior: Being Active

Using any 1 of the AADE 7 Self-care Behaviors can help an individual educate themselves about their specific health care situation. Physical Activity

helps diabetes prevention patients with:

1. Preventing or delaying the onset of Type 2 diabetes and its complications.
2. Achieve and maintain a healthy body weight.
3. Promotes bone health.
4. Promotes other healthy habits.





# Numa News

June 2019

**Pyramid Lake Tribal Health  
Clinic: Diabetes Program**

**Jason G. Molino**

B.S. C.E.P. C.P.T.  
A.A.D.E.-Level 2

705 SR 446  
P.O. Box 227  
Nixon, NV 89424

775-574-1018  
jmolino@plpt.nsn.us

Please call Medical  
Scheduling to make a  
Diabetes Education  
Appointment.

Mondays- Wednesdays  
available.

## SUMMER YOUTH PROGRAM

**JULY 8TH - AUGUST 1ST  
2019**

**9:00am-12:05pm Daily**

**FOR MORE INFO:**

**PL REC DEPT  
JANET DAVIS**

**SAVE THE DATE!**

**The Nevada Tribal Summit  
On**

**Brain Health & Dementia**

**Thursday, August 22 2019**

**9:00 A.M.— 4:00 P.M.**

**For More Info contact:**  
**Carla Eben, PLPT Numaga  
Senior Services Director**  
**Tel: 775-574-1064**  
**Email: [ceben@plpt.nsn.us](mailto:ceben@plpt.nsn.us)**



**Dementia  
Friendly  
America™**

**NEVADA**  
PYRAMID LAKE TRIBE  
PESA SOONAME