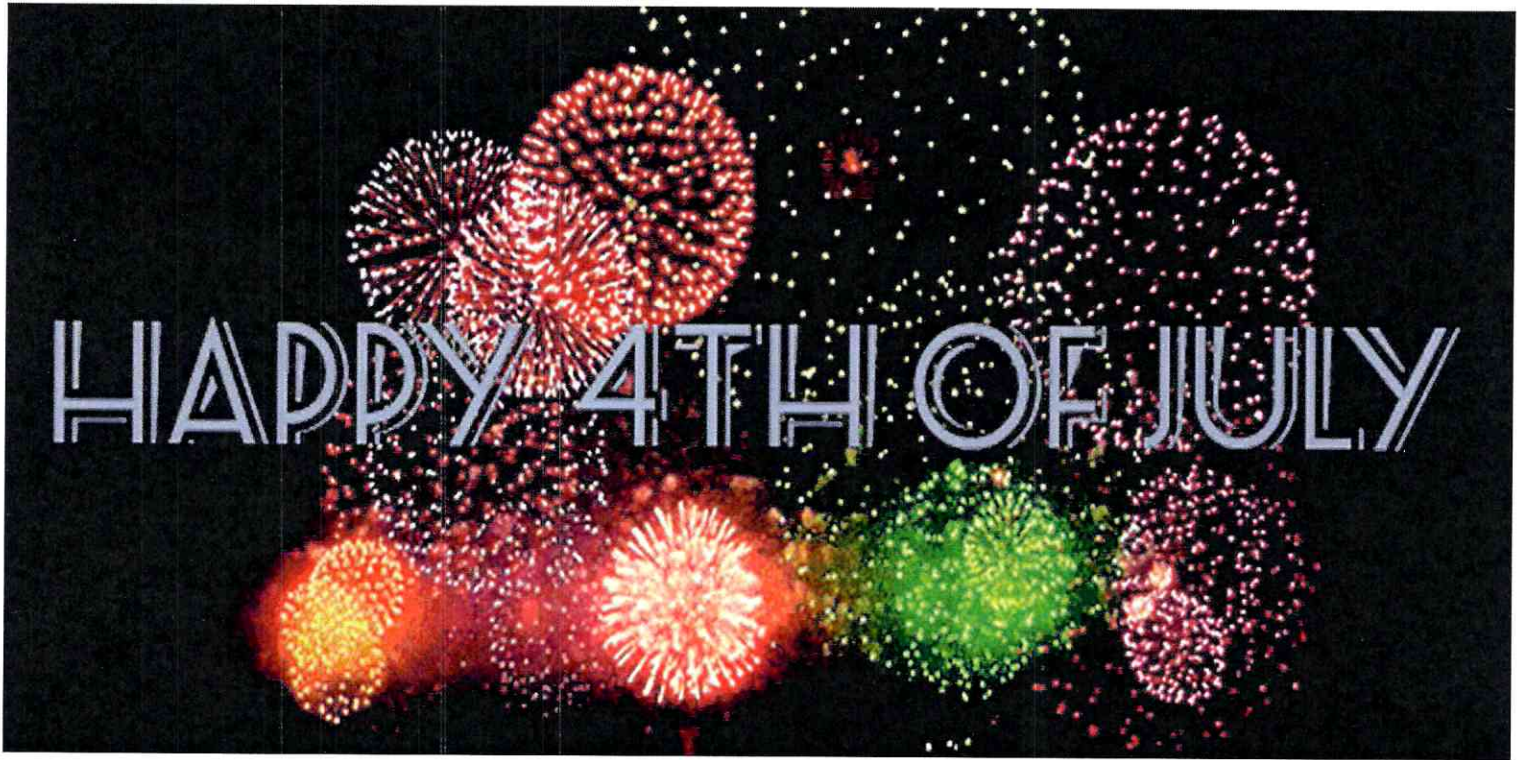


LOVELOCK PAIUTE TRIBE



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JULY 2022 NEWSLETTER



P.O. BOX 878
201 BOWEAN ST
LOVELOCK, NV 89419

Paiutetribelovelock.org


July 2022

June '22

S M T W T F S
 5 6 7 8 9 10 11
 12 13 14 15 16 17 18
 19 20 21 22 23 24 25
 26 27 28 29 30

August '22

S M T W T F S
 1 2 3 4 5 6
 7 8 9 10 11 12 13
 14 15 16 17 18 19 20
 21 22 23 24 25 26 27
 28 29 30 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4 OFFICES CLOSED 	5 OFFICES CLOSED	6 TRIBAL COURT 2PM	7	8	9
10	11	12	13 COUNCIL MEETING 5PM	14	15 COMMODITIES 8-11:45AM	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	Notes				



ATTENTION COLONY RESIDENTS:

**IT HAS BEEN ASKED BY THE DISPENSARY TO NOT
LIGHT FIREWORKS ANYWHERE NEAR THE
GROW!!**

**ANY VIOLATORS WILL BE CITED BY TRIBAL
POLICE!**

**NO FIREWORKS TOWARDS THE END OF BOWEAN
AND ETHA STREET**

**There will be a time after Lovelock fireworks on
the colony where the Tribe will be lighting off
fireworks for the community!**

**(At that time adults will be able to light off their
own fireworks)**

HAPPY 4TH EVERYONE!!





**Tribal Administration Offices
Will be CLOSED**

**Monday July 4th and Tuesday
July 5th!**

**Normal business hours will
resume on Wednesday, July 6th**

NOTICE:

**The Lovelock Paiute Tribe
Lovelock Ventures, LLC Business
Board monthly meeting will be held on
July 26, 2022 at 10 am.**

All Tribal Members are invited and
encouraged to participate

The meeting will be held in the
Tribal Court Room.

If you have any questions, please contact
Monty George at 775-979-3037

Previous posted date and time has changed

*MM
6/24/22
updated!*

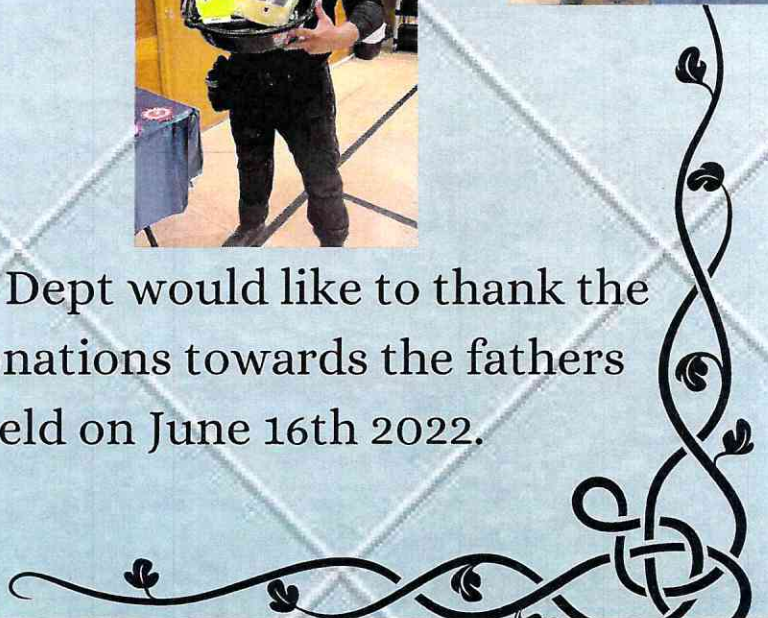


Happy
Father's Day to all fathers
and uncles

Congratulations to all you fathers who won at the
fathers day luncheon



The Lpt Social Services Dept would like to thank the
Tribal staff for their donations towards the fathers
luncheon event held on June 16th 2022.

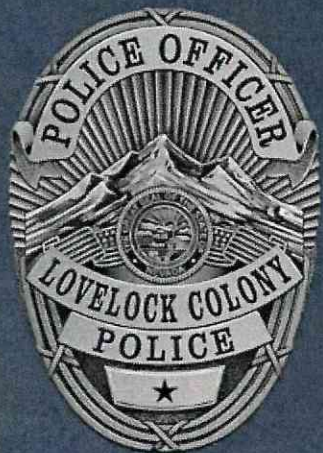


ATTENTION MEMBERS:

IF YOU HAVE CALLED IN YOUR MEDICATIONS TO BE REFILLED AND YOU NEED THEM PICKED UP, YOU MUST INFORM THE CHR OFFICE WHEN YOU CALL THEM IN AND YOUR DATE OF BIRTH. IF THE CHR OFFICE IS NOT INFORMED THEN WE DO NOT KNOW AND WILL NOT PICK THEM UP.

WE HAVE TO KNOW NAMES AND BIRTHDAYS FOR ALL PATIENT MEDICATION PICK UPS.

LOVELOCK
COLONY
POLICE
DEPARTMENT



EXPLORER PROGRAM



**WANT TO LEARN MORE ABOUT
A CAREER IN LAW
ENFORCEMENT?**

**YOU WILL HAVE AN OPPORTUNITY TO
PARTICIPATE IN:**

- COMMUNITY SERVICE
- NATIONAL EVENTS AND COMPETITIONS
- RIDE-A-LONGS

REQUIREMENTS:


- MUST BE 14 TO 20 YEARS OF AGE
- PARTICIPATE IN PHYSICAL ACTIVITY
- MAINTAIN A +2.0 GPA AND HAVE NO FAILING GRADES

TO APPLY:
Contact Sgt. Ybarra:
(775) 442-0096
lptsergeant@lovelocktribe.com





CAR SEAT INSPECTION CHECKPOINT

Sat, Aug 20th
10am-12pm



Technicians on site will check proper car seat installation, assist with installing car seats, and provide valuable info on appropriate car seats based on age, weight, etc.



FOR MORE INFO CALL: 775-422-2503

**HOSTED BY: LOVELOCK COLONY POLICE
DEPARTMENT & IN PARTNERSHIP WITH
REMSA & HGH**

201 W. BOWEAN ST.
LOVELOCK, NV 89419

July



2022

Super Sunday	Manic Monday	Add-to Tuesday	Work-it Wednesday	Track-it Thursday	Flex it Friday	Start it Saturday
3 Eat ¼ cup of nuts 5 days a week, measure your portions.	4 Happy Independence Day!! Admin building closed	5 Fresh fruit and veggies at lunch & dinner. Admin building closed	6 Include at least 3 cups of non-starchy veggies every day.	7 Eat whole, unprocessed foods.	8 15 arm circles, 15 bicep curls, 15 wall push-ups, 15 tennis ball squeezes	9 Bike ride, bring a healthy snack and water Step counting _____
10 Afternoon snack of carrots and bell peppers with hummus.	11 50 fast high knee 25 jolie squats 25 reverse lunges 45 sec. Plank	12 Fresh fruit and veggies at lunch & dinner. 15 min. walk, step counting _____	13 Fresh or frozen fruit daily, choose fruit with no added sugar.	14 No fast foods. Add a salad to freshen up your leftovers.	15 L.P.T. Health Fair 10am-2pm	16 Visit a track or a park to see how many steps you can get in 20 minutes. Step counting _____
17 Toss fry-cut sweet potatoes in olive oil, bake at 400` 20 minutes, until brown.	18 20 arm circles 20 front raises 20 side raises 20 overhead presses	19 Fresh fruit and veggies at lunch & dinner. 15 min. walk, step counting _____	20 Take at least 5 mins. to stretch after each physical activity.	21 Reading labels is an important way to find hidden sugars. (Dextrose, fructose, glucose.)	22 30 side bends, 30 leg lifts, 40 bicycles, 75 sec. plank. Repeat 3X	23 Snack on berries and grapes while resting. 15 mins. walking. Steps counting _____
24 Oatmeal topped with chia & pumpkin seeds and a slice of cantaloupe for breakfast.	25 50 fast high knee 25 jolie squats 25 reverse lunges 45 sec. Plank	26 Fresh fruit and veggies at lunch & dinner. 15 min. walk, step counting _____	27 Substitute lower-fat ingredients in your favorite recipe to make it healthier.	28 Instead of chips, snack on whole-grain popcorn.	29 15 arm circles, 15 bicep curls, 15 wall push-ups, 15 tennis ball squeezes Repeat 3X	30 Start going to bed earlier. Aim for 8 hours of sleep each night. Step counting _____
31						

HAVE A FOOD SAFE SUMMER



While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

1 in 6

Approximate number of Americans stricken with food poisoning each year



128,000

Estimated annual hospitalizations from foodborne illnesses



Did You Know? ★
U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about **\$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK** (according to the National Cattlemen's Beef Association).



Basic Tips

CLEAN



CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER. If you're at a picnic, bring moist towelettes to use!

Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them!



SEPARATE



SEPARATE PLATES AND UTENSILS.

When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods (like raw vegetables).

COOK



USE A FOOD THERMOMETER.

Burgers: 160°F



Just because your burger is brown, not pink, doesn't mean it's safe to eat!

CHILL



CHILL RAW AND PREPARED FOODS PROMPTLY if not consuming after cooking.



Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.

What Are You Making?

Here are some food safety tips for preparing a few signature summer dishes.

BARBECUE

Cook all meat and poultry to recommended internal temperatures.

Burgers: 160°F.

Chicken and Turkey: 165°F.

Sausage: 160°F.

Steaks: 145°F with a 3-minute rest time.

FRUIT SALAD

Rinse all produce before peeling or chopping.

Chop all produce with clean utensils on separate cutting boards.

DEVILED EGGS

Refrigerate prepared eggs until they're ready to be served and once out, keep them nestled in ice to keep them cool.



ADDITIONAL SOURCE
CDC



For more summer food safety tips, go to

FoodSafety.gov

Congratulations!



WORLD
Watercolor
MONTH™

JULY
2022

Founded By doodlewash®

OFFICIAL 2022 PROMPT LIST

WORLD JULY 2022
Watercolor
MONTH™

Founded by
doodlewash.



31 Watercolors
31 Days!

Prompts by WWM Artist Ambassador Angela Fehr

1. TRAIN
2. PASSION
3. TIME
4. PATRIOTIC
5. WELCOME
6. PERFORM
7. HOME
8. BRONZE
9. GOAL
10. FAST
11. CENTER
12. TRAVEL
13. STRONG
14. DANCE
15. CHEER

16. SILVER
17. AERODYNAMIC
18. RESISTANCE
19. CROWD
20. FOCUS
21. CONFIDENT
22. CEREMONY
23. PRIDE
24. WAVE
25. DRIFT
26. BREATHE
27. GROUP
28. RIBBON
29. REST
30. RECORD
31. GOLD

Tribal Court



Court Clerk

Office Hours

Monday - Friday

8:00 a.m. - 4:30 p.m.

Lunch: 1:00 p.m. - 1:30 p.m.

(hours subject to change)

Court Day Hours

8:00 a.m. to 4:30 p.m.

Lunch: 11:00 a.m. - 11:30 a.m.

Court hearings are typically held the first Wednesday of every month @ 2:00 p.m. (subject to change).

*** Due to the Covid 19 Precautions, Please call to set up an appointment for fine payment, filing papers, etc. ***

@ 775-273-7861 x24

Cash or money orders for fines (please reference case number) can also be sent to Tribal Court, P.O Box 878, Lovelock, NV 89419

Tribal Court

*Court is held the first Wednesday of the month @ 2:00 p.m. (times and dates are subject to change)

JUNE 2022

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

JULY 2022

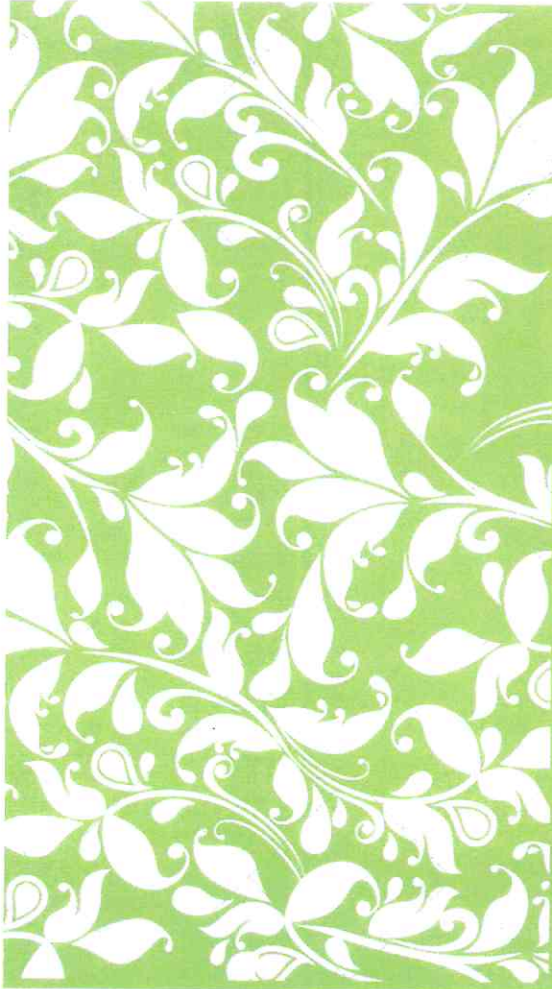
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31					1	2
3	4	5	6 •••	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

AUGUST 2022

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

SEPTEMBER 2022

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



ENROLLMENT



Subject to change without notice

Office hours:
Tuesday - Thursday
8 AM - 5 PM

The Enrollment Office requires appointment made for an in office meeting.

Thank you for your understanding!

Enrollment Office



Office: (775) 273-7628 ext.25

Cell: (775)442-1528

Fax: (775)273-7628

Email: ENROLLMENT@LOVELOCKTRIBE.COM

TO UPDATE FILES PLEASE PROVIDE THE FOLLOWING IF APPLICABLE:

- CURRENT PHONE NUMBER(S)
- CURRENT MAILING ADDRESS
- SOCIAL SECURITY CARD
- MARRIAGE LICENSE
- DEATH CERTIFICATE

LPT SOCIAL SERVICES PROGRAM

VALERIE BILL
SOCIAL SERVICES DIRECTOR

MON-FRI

7:30AM-5:00

LUNCH 12-12:30

MARIBEL MORALES

ICWA/ GA CASEWORKER

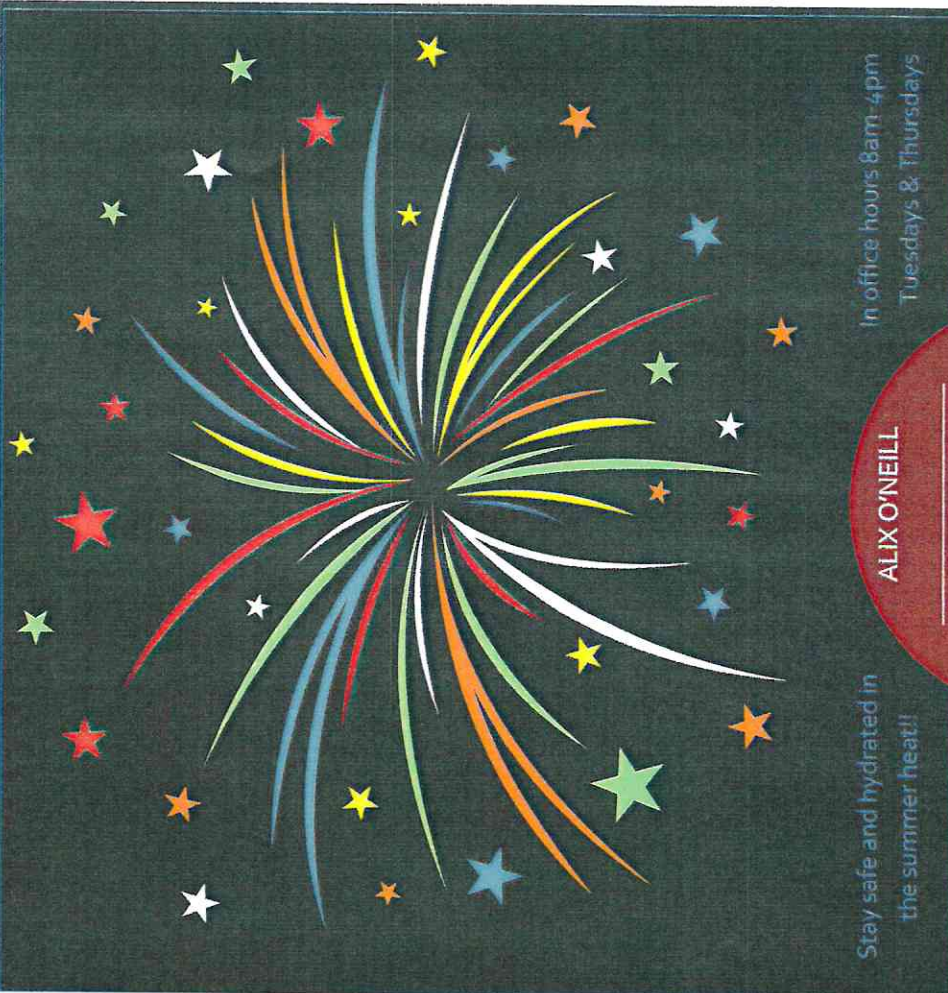
MON-FRI

8:00AM-4:30

LUNCH 12-12:30

201 BOWEAN ST.

775-273-7861 Ext. 14



Stay safe and hydrated in
the summer heat!

ALIX O'NEILL
In office hours 8am-4pm
Tuesdays & Thursdays

L.P. 7. Diabetes

HAPPY
INDEPENDENCE
DAY

201 Bowean Street
Lovelock, NV 89439

Dialysis: Mon, Wed, Friday
Driving @6am-12pm