

# Lovelock Paiute Tribe



## October 2022 Newsletter



P.O. Box 878  
Lovelock, NV 89419  
775-273-7861

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

# October 2022

| September '22 |    |    |    |    |    |    | November '22 |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|--------------|----|----|----|----|----|----|
| S             | M  | T  | W  | T  | F  | S  | S            | M  | T  | W  | T  | F  | S  |
|               |    |    | 1  | 2  | 3  |    | 6            | 7  | 8  | 9  | 10 | 11 | 12 |
| 4             | 5  | 6  | 7  | 8  | 9  | 10 | 13           | 14 | 15 | 16 | 17 | 18 | 19 |
| 11            | 12 | 13 | 14 | 15 | 16 | 17 | 20           | 21 | 22 | 23 | 24 | 25 | 26 |
| 18            | 19 | 20 | 21 | 22 | 23 | 24 | 27           | 28 | 29 | 30 |    |    |    |
| 25            | 26 | 27 | 28 | 29 | 30 |    |              |    |    |    |    |    |    |

| Sunday | Monday   | Tuesday | Wednesday                    | Thursday  | Friday  | Saturday |
|--------|--|---------|------------------------------|---|---|----------|
| 25     | 26   | 27      | 28                           | 29  | 30  | 1        |
| 2      | 3<br>Backpack Pickup<br>Begins 9am<br>  | 4       | 5<br>TRIBAL COURT<br>2PM     | 6   | 7   | 8        |
| 9      | 10<br>INDIGENOUS<br>PEOPLE'S DAY<br>ADMINISTRATION<br>OFFICES<br>CLOSED  | 11      | 12<br>COUNCIL MEETING<br>5PM | 13  | 14<br>COMMODS<br>8AM - 10:45 AM<br>ADMIN BUILDING       | 15       |
| 16     | 17<br>Backpack Pickup<br>Ends 3pm<br> | 18      | 19                           | 20  | 21  | 22       |
| 23     | 24   | 25      | 26                           | 27<br>LOVELOCK<br>COLONY<br>TRICK OR TREAT<br>5PM | 28<br>NEVADA DAY<br>ADMINISTRATION<br>OFFICES<br>CLOSED | 29       |
| 30     | 31   | Notes   |                              |   |   |          |



**Indigenous**

**Peoples' Day**

IN HONOR OF INDIGENOUS PEOPLES' DAY ADMINISTRATION

OFFICES WILL BE CLOSED

MONDAY OCTOBER 10, 2022



**HAPPY  
NEVADA  
DAY**

IN OBSERVANCE OF NEVADA DAY ADMINISTRATION OFFICES WILL  
BE CLOSED

FRIDAY OCTOBER 28, 2022

# **NEWS FROM THE CHR DEPARTMENT**

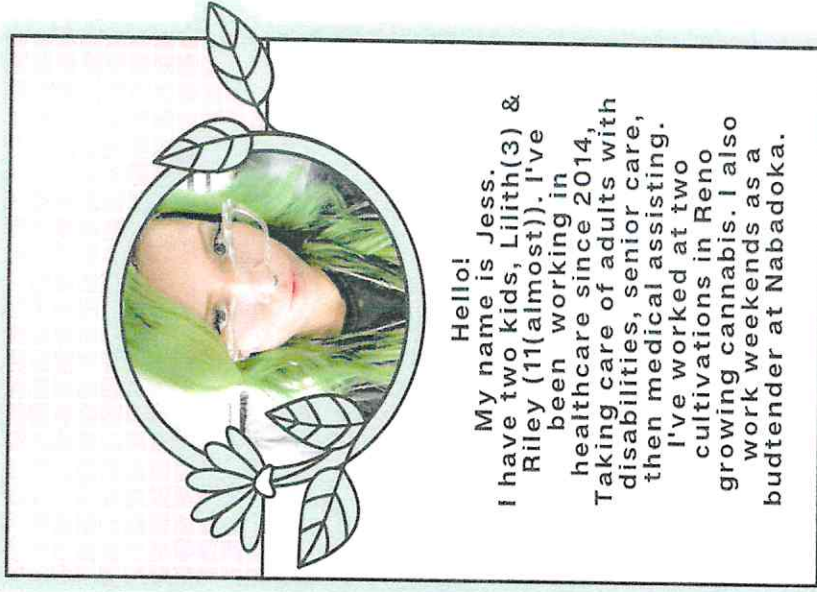
**WE NOW HAVE AN IN-HOME HEALTH AID.  
PLEASE WELCOME JESSICA.**

**WE ARE WORKING AND GETTING A SCHEDULE  
TOGETHER FOR HER TO VISIT WITH ELDERS. IF YOU  
WOULD LIKE TO SET SOMETHING UP, PLEASE LET US  
KNOW. WE CAN ALSO DO WORKOUTS!**

**WE ARE GOING TO START DOING MONTHLY SHOPPING  
TRIPS FOR THE ELDERS. (CHRISTMAS IS COMING  
QUICK!!!)**

**OCTOBER 14<sup>TH</sup> IS FALLONS HEALTH FAIR. IF YOU WOULD  
LIKE TO GO, PLEASE SIGN UP WITH TIFFANY, JESSICA OR  
AT THE FRONT DESK.**

# About Me



Jessica Bonta  
In Home Health Aide

ihha@lovelocktribe.com

c (775)442.0821  
w (775)273.7861

Monday through Friday  
8am - 5pm



# LOVELOCK PAIUTE TRIBE

## TRIBAL YOUTH BACKPACK PICK UP

WHEN:  
MONDAY  
OCTOBER 3, 2022  
@9AM

WHERE:  
201 BOWEAN ST  
LOVELOCK, NV 89419

All local tribal youth parents are eligible to pick up backpacks with school supplies inside beginning

Monday October 3, 2022 @ 9am - Monday October 17, 2022 @ 3pm

Backpacks and supplies will not be mailed.



Contact:

Karlee Meyers

[hr@lovelockpaiutetribe.com](mailto:hr@lovelockpaiutetribe.com)

775-224-7813

24th ANNUAL CRAFT FAIR

# FALL FEST

# 2022

## OCTOBER 7th & 8th

**RENO-SPARKS INDIAN COLONY, GYMNASIUM**

**34 Reservation Road \* Reno, NV**

**(Off 395/580 So. Freeway)**

Glendale or Mill St. exits

.....  
*Jewelry \* Beadwork \* Arts & Crafts*

*Baked Goods \* Raffle \* Food & Fun!*  
.....

*Doors  
10am to  
Open  
6pm*

**INDIAN TACOS WILL BE SOLD  
BY UNITY YOUTH GROUP**

*Over 50 local and  
visiting vendors*

*For more information:  
Ramona Darrough*

*775-842-1385*

**FREE ADMISSION  
FREE TRICK OR TREAT BAGS**

# **NOTICE:**

**The Lovelock Paiute Tribe  
Lovelock Ventures, LLC Business  
Board monthly meeting will be held on  
October 11, 2022 at 2:00pm.**

*(Date and time subject to change.)*

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

## **Zoom information:**

Join Zoom Meeting

[https://us02web.zoom.us/j/82241266879?  
pwd=VHJZcU1WNnVoVWVNXbWhLUWU5UU9nQT09](https://us02web.zoom.us/j/82241266879?pwd=VHJZcU1WNnVoVWVNXbWhLUWU5UU9nQT09)

Meeting ID: 822 4126 6879

Passcode: 042421

*When joining the meeting via zoom, please make sure that you are muted.*



LCPD

Police Activities League

SixFlags

FRIGHT  
FEST

OCTOBER 14TH, 2022

LIMITED  
TO  
12  
SEATS

Six Flags Discovery Kingdom  
Ages 12-17. Sign up at the  
Administration Building or contact  
an Officer at (775) 422-2503

# CAKE CONTEST

Pumpkin decorating contest

Costume contest

Cake Walk

# HALLOWEEN

Age groups:

0-2

3-5

6-8

9-12

13-18

ADULTS

( 2 prizes per group)

October 27, 2022 @5:00pm

Trick or Trunk at the Administration  
& Individual homes

Judging will be held at GYM after Trick or  
Treating Come dressed to impress, Prizes for  
Scariest, Rezziest and Most Original

# October

Lovelock Paiute Tribe Special Diabetes Program

Autumn/Fall season is here. Hydrate, dress for the weather & stay safe.  
Happy Halloween!!

# 2022

## Sunday Football Challenges

## Motivation Monday

## Tone-it-up Tuesday

## Watch-it Wednesday

## Trick or Treat Tips

## Spooky Friday

## Supersize Saturday

2 Touchdowns: 10 squats  
Field goals: 10 push-ups

9 Touchdowns: 15 lunges (each side)  
Field goals: 15 push-ups

16 Touchdowns: 20 squats  
Field goals: 20 push-ups

23 Touchdowns: 25 lunges (each side)  
Field goals: 25 push-ups

30 Touchdowns: 30 sec. plank.  
Field goals: 30 sec. wall sit.

3 This week, I want to focus on: \_\_\_\_\_

10 This week, I want to try more: \_\_\_\_\_

17 This week, I want to eat more: \_\_\_\_\_

24 This week, I want to focus on: \_\_\_\_\_

31 **Happy Halloween!!**  
Tip: Limit candy to 1-2 small pieces of your favorite and enjoy!

4 10 lunges (each side)  
10 squats, 10 pushups,  
10 crunches, 10 jumping jacks/toe taps

11 15 lunges (each side)  
15 squats, 15 pushups,  
15 crunches, 15 jumping jacks/toe taps

18 20 lunges (each side)  
20 squats, 20 pushups,  
20 crunches, 20 jumping jacks/toe taps

25 25 lunges (each side)  
25 squats, 25 pushups,  
25 crunches, 25 jumping jacks/toe taps

5 Watch for food that have high volumes of sodium. Too much salt can harm your kidneys.

12 Watch for trans fats in food. Limit as much as possible. Fried foods are bad for your heart.

19 Watch for fiber content in foods. Most people don't get enough. The goal is 25 grams per day.

26 Watch for unsaturated foods. These are good fats and important for heart health.

6 Switch to fat-free or low-fat milk or try Almond milk.  
Walk 30 minutes

13 Always fill up 1/4 the plate with fruits and veggies.

20 Pick a healthy snack for after work or school.  
Walk 50 minutes

27 **Make some goober eyes. Rinse grapes and then dip grapes into your favorite sugar-free Jell-O.**

7 15 heel raises, 15 glute bridges, 5 Burpees & 30 sec Plank.  
Stretch 10 minutes

14 20 heel raises, 20 glute bridges, 10 burpees, 30 sec Plank.  
Stretch 10 minutes

21 25 heel raises, 25 glute bridges, 15 burpees, 40 sec Plank.  
Stretch 10 minutes

28 30 heel raises, 30 glute bridges, 20 burpees, 40 sec Plank.  
Stretch 10 minutes

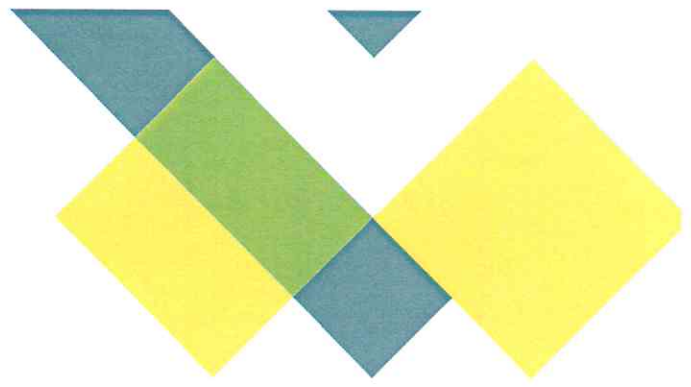
1 Pull all the decorations out and display your favorite ones!!

8 Supersize your water intake. Drink more water to stay hydrated. 64 oz.

15 Supersize your vegetables. Add an extra serving as a healthy snack.

22 Supersize your workout. Add an extra 10-15 minutes to your routine.

29 Supersize your walk. Add an extra 10-15 minutes to your steps.



201 Bowean St.

Lovelock, NV 89419

O: 775-273-7861

C: 775-442-1390

diabetesdirector@lovelocktribe.com

# L.P.T. Diabetes Program

The Diabetes Program pays for Lovelock Paiute Tribal members child's sports fees. Parents must write a letter asking to be reimbursed for sports fees. Reimbursement checks will be sent out after the season is over.

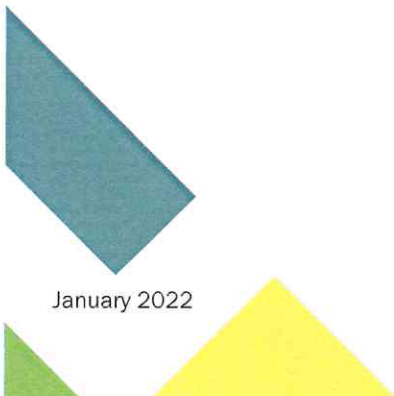
What you'll need in your letter.

- Your info
- Childs info
- Sports info
- Receipt / Invoice

Alix O'Neill

Diabetes Director ☺

January 2022



killed Oct 22, 2017 by Sparks Nevada Police. He was murdered in front of his wife and 16yr old daughter. He was 43 years old. He was a husband, father, grandfather, son and brother. The police came with intent to kill firing excessively. He never had a chance. He is missed by many ♥



**THERE'S  
NO  
JUSTICE  
IT'S  
JUST US**



Days will pass  
and turn into years...  
but I will always  
remember you with  
silent tears.

**Missing  
You!**



**5-year Angelversary for Johnny Bonta.  
He was killed on October 22, 2017.**

**We continue to seek justice for our beloved family member. He was a great person, always helping others and a strong warrior for his people and causes. He is missed deeply.**

**#JusticeForJohnnyBonta**



Happy Belated Birthday to such an amazing woman!

From: The Bills



Oct 14th

Happy Birthday  
Alizea & Damian  
I love you so much!  
Love Mom & Tiago

Happy Birthday to our  
Just Deadly Aunty!

October 6th

We love you bunches

The Phoenix girls



IF YOU WOULD LIKE TO MAKE A SUBMISSION TO THE NEWSLETTER PLEASE  
EMAIL: [info@lovelocktribe.com](mailto:info@lovelocktribe.com)

# **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).**

**\* Please call to set up an appointment for fine payment, filing papers, etc. \***

**1- 775-273-7861 x24 or courtclerk@lovelocktribe.com**

**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)

## October 2022

| SUN | MON | TUE | WED   | THU | FRI | SAT |
|-----|-----|-----|-------|-----|-----|-----|
|     |     |     |       |     |     | 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  |     |       |     |     |     |

## November 2022

| SUN | MON | TUE | WED   | THU | FRI | SAT |
|-----|-----|-----|-------|-----|-----|-----|
|     |     | 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    |     |     |     |

## December 2022

| SUN | MON | TUE | WED   | THU | FRI | SAT |
|-----|-----|-----|-------|-----|-----|-----|
|     |     |     |       | 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  |



LPT SOCIAL SERVICES PROGRAM

VALERIE BILL

SOCIAL SERVICES DIRECTOR

MON-FRI

7:30AM-5:00

LUNCH 12-12:30

MARIBEL MORALES

ICWA/ GA CASEWORKER

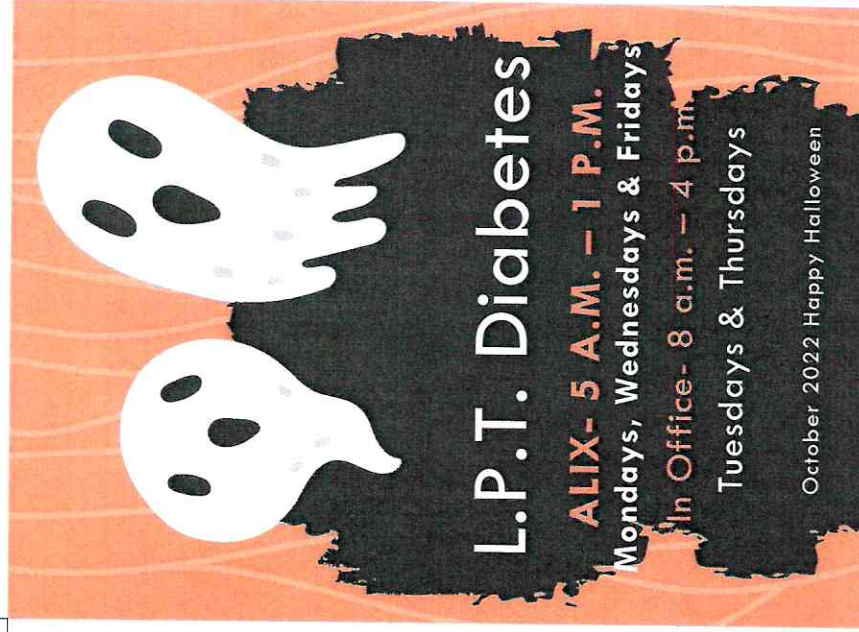
MON-FRI

8:00AM-4:30

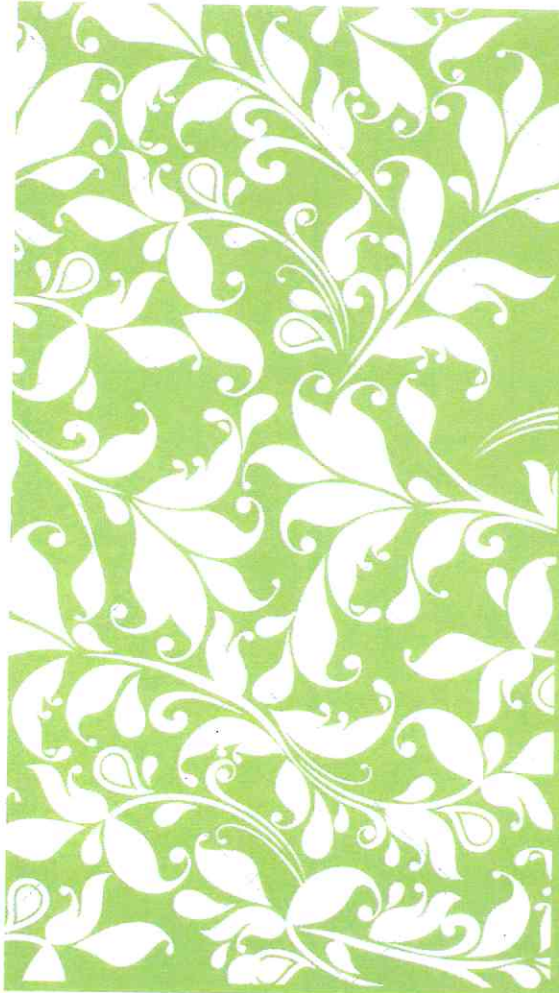
LUNCH 12-12:30

201 BOWEAN ST.

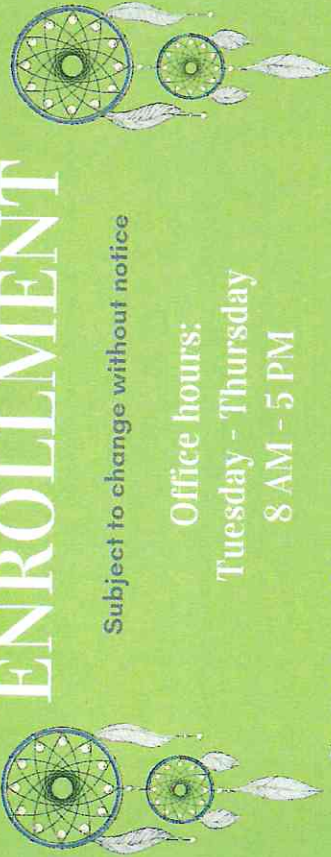
775-273-7861 Ext. 14



**L.P.T. Diabetes**  
**ALIX- 5 A.M. – 1 P.M.**  
Mondays, Wednesdays & Fridays  
**In Office- 8 a.m. – 4 p.m.**  
Tuesdays & Thursdays  
October 2022 Happy Halloween



# 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](mailto: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