

Lovelock Paiute Tribe



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March 2022 Newsletter




201 Bowean St
P.O. Box 2102
Lovelock, NV 89419
775-273-7861

paiutetribelovelock.org

March 2022

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	1 FOOD BANK 10AM - 12PM	2 TRIBAL COURT 2pm	3	4	5
6	7	8	9 COUNCIL MEETING 5pm	10	11 COMMODITIES 8AM - 10:45 AM	12
13  move clocks ahead 1 hour First day of Spring	14	15 COVID RENT AND UTILITY ASST APPLICATION DUE	16	17	18	19
20 First day of Spring	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	Notes				

Calendar Templates by Vertex42
<https://www.vertex42.com/calendars/>

HAPPY 21ST BIRTHDAY

FAITH

MAR 1ST



YOU ARE INVITED TO A

ST. PATRICK'S DAY

MARCH IN MARCH

CELEBRATION

Thursday, March 17th 2022

10a.m.

L.P.T. Special Diabetes Program

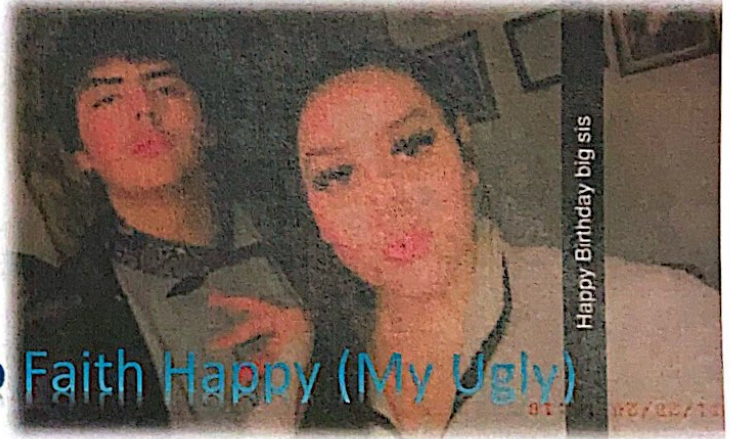
201 Bovean St.

775-442-1390

HAPPY 21ST BIRTHDAY

FAITH

MAR 1ST



Big Birthday shoutout to Faith Happy (My Ugly)

She is turning 21!!! You make me so proud seeing the women you have become and I hope you get everything you want and deserve in life babygirl!

We all love you so much

Love Aunty Alanna, Son and Nayah



HAPPY 11TH BIRTHDAY

ALEX!



MAR 16TH



Just can't believe your 11 already!! Hope you have an awesome birthday, my boy. We love you so much and are very proud of all you do!!

Love Always

Mom, Sissy, Grama, Uncles and Everyone else

XOXOXO



HAPPY BIRTHDAY

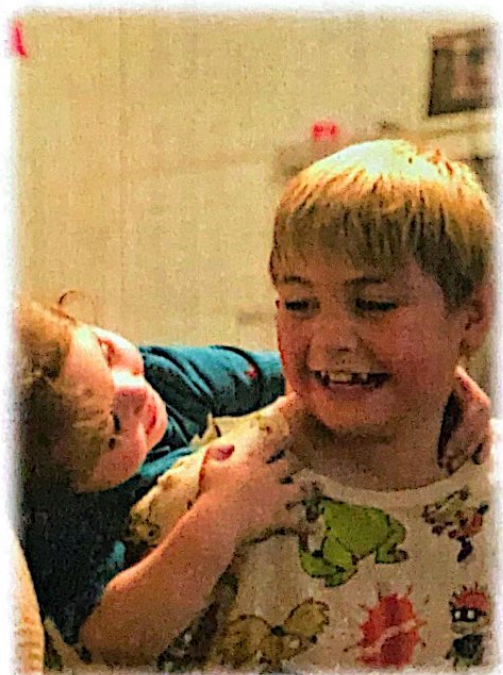


Agustin

March 14th 9yo

We love you!!

Love Your Mama & Brothers



March



L.P.T. Special Diabetes Program
Hydrate and Stay safe

2022

Stretch-It Sunday	More Monday	Try-It Tuesday	Walking Wednesday	Take time Thursday	Freshen Up Friday	Super Saturday
		1 Try mashed cauliflower in place of potatoes or rice.	2 3 servings of low or fat-free dairy each day of the week. 20-minute walk	3 Skip the dessert and have fruit instead. Do 6 pushups every hour	4 Limit phone, TV, and computer time to 2 hours or less daily. 20 Lunges(10/leg) Rest/Repeat 2X	5 Use a smaller plate for food- portions will be smaller.
6 Yoga Stretches: Seated toe touch, Glute Stretch, Torso twist, Cat & Cow pose.	7 Eat 1 more serving of fruit than normal. Plank 10 seconds	8 Try pinto or black beans as an excellent high-fiber source of protein	9 Eat dark fruits like blueberries, raspberries, and plums daily. 30-minute walk	10 Lightly cook or steam vegetables to prevent vitamin and mineral loss Do 8 pushups every hour	11 Keep a food diary to see how many calories you eat and drink each day. 30 Lunges(15/leg) Repeat 2X	12 Limit juice to 100 5 real fruit juice w/ no added sugars.
13 Yoga Stretches: Seated toe touch, Glute Stretch, Torso twist, Cat & Cow pose.	14 Add 10 minutes more exercise than normal. Plank- Add 10 seconds more	15 Try a new healthy recipe Rapidsfoundation.org	16 Bake sweet potatoes instead of white potatoes. 40-minute walk	17 Eat 5+ oz of oven-baked fish weekly. Do 10 pushups every hour.	18 Add Ginger and turmeric for anti-inflammatory and antioxidant benefits. 40 Lunges (2X)	19 Aim to get at least 7-8 hours of sleep tonight.
20 Yoga Stretches: Seated toe touch, Glute Stretch, Torso twist, Cat & Cow pose.	21 Eat 1 more serving of vegetables than normal. Plank- Add 10 seconds more	22 Try ground turkey instead of beef for this evening's meal.	23 Dried beans and peas are excellent sources of protein and fiber. 50-minute walk	24 Limit starchy vegetables to one cup daily. Do 12 pushups every hour.	25 For improved heart health, replace white rice with brown/ wild rice. 50 Lunges (2x)	26 If you are not already taking a multivitamin, get one to start April off right.
27 Yoga Stretches: Seated toe touch, Glute Stretch, Torso twist, Cat & Cow pose.	28 Add 10 minutes more exercise than normal. Plank- add 10 seconds	29 Try eating 5-6 smaller meals today instead of 3 large meals.	30 Limit pork intake to tenderloin and lean ham. 60-minute walk	31 Replace sugary breakfast cereal w/ whole-grain cereal. 14 pushups every hour.		

March 2022

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	1 School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	2 School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	3 Women's Self-Defense School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	4 KickBall	5
6	7 School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	8 School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	9 School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	10 School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	11 Movie Day	12
13 Daylight Savings Time	14 School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	15 School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	16 School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	17 St Patrick's Day School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	18 Indian Caves	19
20	21 School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	22 School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	23 School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	24 School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	25 Arts & Crafts Paint	26
27	28 School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	29 School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	30 School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	31 School Drop Off 7:20AM Elementary Pick Up 3:15PM Middle/HS Pick Up 3:20PM Homework 3:45PM Open Gym 3:30 PM	1	2
3	4	Hours of Operation are subject to change without notice due to unforeseen circumstances/ or weather. Please check in and make sure your child/children have an updated/signed forms for Emergency Contact along with LPT Permission to ride the Tribal Youth Van. Many memories will be captured, if you do not wish your child/children have their photo posted please let me know. For questions or concerns please feel free to contact Sierra Payton Youth Coordinator at 775-442-0920 or by email at youthprogram@lovelocktribe.com.				



NOTICE

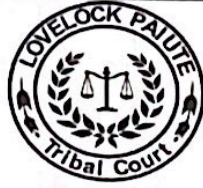
This notice is to let the community know that the Administration staff will no longer be answering any messages/calls on personal social media, personal cell phones or personal emails.

All correspondence for services must be made to the work cell phones, emails or office phones. We have attached a list of all the updated contact information for the Administration Team. This is protect any and all confidentiality for the community and programs.

If you have any questions, comments or concerns, please contact the administration building.

SMR

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)

MARCH 2022							APRIL 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 ●●● @4pm	3	4	5						1	2
6	7	8	9	10	11	12	3	4	5	6 ●●●	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30

MAY 2022							JUNE 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 ●●●	5	6	7				1 ●●●	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28	29	30		

Amanda Schlag - Fitzpatrick
Tribal Administrator

Office Hours

Monday - Friday

7:30 am - 4:00pm

Lunch from 12 - 12:30pm

Office hours are subject to change.

*If I am not in office, please contact me
via the information below*

Cell: 775-442-0009

Email: admin@lovelocktribe.com

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 BOWEN ST.

775-273-7861 Ext. 14



MARCH 2022

L.P.T. DIABETES PROGRAM

OFFICE HOURS

8 A.M. - 4 P.M.

DIALYSIS: MON./WED/FRI-5 A.M-12 P.M.

L.P.T. Special Diabetes Program
 201 Bovean Street
 O: 775-273-7861 EXT. #11
 C: 775-442-1390

Enrollment Office Hours



Monday through Friday 7am-3pm

Office: (775) 273-7628
 Cell: (775) 442-1528
 Fax: (775) 273-7628

Email: ENROLLMENT@LOVELOCKTRIBE.COM

TO UPDATE FILES PLEASE PROVIDE THE FOLLOWING:

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