

Lakota Cowboys: History is Important "Teach your children the importance of their tribal history."

Photo and Article by Victoria Jackson



Sicangu Lakota Cowboy, Phil Baird, former National Indian Education Association President, presents opening remarks, opening prayer, and introduction of self and Cat Clifford, Pine Ridge Indian Cowboy, to his right.

Elko, January 29 - Two Lakota cowboys accepted an invitation to a luncheon held at the Te-Moak Diabetes Center.

Both cowboys were invited to Elko to participate in the 33rd Annual National Cowboy Poetry Gathering. The theme of the gathering this year revolved around the cowboys of the Northern Plains.

The luncheon began with an opening prayer by Te-Moak Tribal Administrator, Phaline

Conklin.

After the prayer was said, and the sandwiches were dished out, Bethany Sam, organizer of the luncheon, stood and introduced herself and the guests.

Sam said that she met the cowboys during the gathering and invited them to the luncheon, so the locals would have a chance to listen in on the stories that the cowboys were willing to tell.

See LAKOTA pg 3

Great Basin Native Market Sees Large Crowd Despite Harsh Weather

By Victoria Jackson

Elko, February 10 - The 12th Annual Great Basin Native Market was again held during the 33rd National Cowboy Poetry Gathering. The Native Market was held January 28 - January 30 at the Elko Girl Scout House.

This year the market saw many out of town and out of state visitors that were in town for the National Cowboy Poetry Gathering. Despite the freezing rain, cold temperatures and snow drifts, customers arrived, sometimes in packs, in between shows at the Convention Center, or arrived in small groups, browsing the merchandise.

Approximately fourteen vendors were in attendance, selling items from bead work, to tee shirts, to prints and canvas art, to bottled medicine, to cradle boards.

Committee Member, Leah Brady, explained their customer base, "A lot of our customers are repeat customers, and they are looking for specific things, but most come back every year." She also said that the vendors learned to look at what the customers want, and vendors try to increase their products to fit the customers needs.

Committee Member, Donna Ortiz said that she has seen positive growth throughout the years, since the Great Basin Native Market had been established.

Lois Whitney, Committee Chairwoman is hoping to plan a day for the kids next year, to get them more involved.

The committee would like to thank Nick Knight, Brenda Jackson, Leonard Johnson, Aldon Tybo, Myron Tybo, and all of the family members of the committee who helped in any way.

The committee said they are strictly a volunteer group, who appreciates all of the help.



These prints and calendars by Micqaela Jones is known to be an attraction for customers.

Shoshone Basket Making for Kids Hosted Large Turn-Out

Photos and Article by Victoria Jackson



Local Te-Moak Basket Weaver, Leah Brady, begins cutting the plate as an example of the beginning of the basket making process at the California Trail Interpretive Center.

Elko, January 24 - When the California Trail Interpretive Center planned the event, "Basket Making for Kids," they could have never imagined the outcome would be so impressive.

California Trail Interpretive Center Supervisory Park Ranger, Lisa Dittman, reported that the 33 children and 19 adults were in attendance for the class.

"When we set up for this class this morning, we were hoping to get, at most, 16 kids, this turnout is unbelievable," said Dittman.

She also explained that the California Trail Interpretive Center believes that the

local tribes and their history played a crucial role in the history of the California Trail. They would like to host more events aimed toward the Shoshone history and crafts.

Kids of all ages were in attendance. The baskets were made out of paper plates and string.

The first step was drawing a circle in the middle of the paper plate. The students then cut their plates into even slits to the circle. They then wove their string in and out of the slits.

They continued that process until the plate began to have the formation of a bowl.

Throughout the class, instructor, Leah Brady, walked among the class, helping students individually to complete their projects.

Many of the adults in attendance seemed as interested, and sometimes frustrated, with the projects. The parents also intensely followed the process to help the kids complete their baskets.

Some students finished their baskets, while others took some extra string home with them to complete their projects at home.

The Trail Center will be looking for more local volunteers to help conduct future traditional classes.

Te-Moak Tribes Contact Information

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 525 Sunset Street
 Elko NV 89801
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 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
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 Elko, Nevada 89801
 Phone: (775) 738-8889
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South Fork Reservation Council
 21 Lee B-13
 Spring Creek, Nevada 89815
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 southforkbandcouncil.org

Wells Band Council
 P.O. Box 809
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Editor/Producer:
 Victoria Jackson

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 tmknews@yahoo.com

Monthly submission deadline:
8th day of each month
No late submissions will be accepted

www.temoaktribe.com

Shoshone Basket Making for Kids Images

Photos by Victoria Jackson



Coyote Warning For Elko Band Residents

Elko, February 8 - A warning about Coyote sightings was issued by the Elko Band Environmental Department:

Attention Residents:

Coyotes have been spotted within the boundaries of the colony. Please watch your children and small animals.

If you have an incident involving a coyote call the EBC Environmental Dept. Mon-Fri 8-5, 753-9248

After hours call EBC Animal Control 385-9082

2016 TEEN CONFERENCE AGENDA
 Friday, FEBRUARY 26th
 "Supaman" at Owyhee Combined School
Saturday, FEBRUARY 27th
 Human Development Center - Elko, NV
 8 - 9 AM Registration | Breakfast
 9 - 9:30 AM Welcome | Prayer
 9:30 - 11 AM Keynote by "Supaman"
 11 - 11:15 AM Break | Snacks
 11:15 - 12 PM Healthy Relationships, STOP Violence & BAH
 12 - 1 PM Lunch (Provided)
 1 - 3 PM Clance Charlie-Hubbard & Dallas Smiles, ITCN
 3 - 4 PM Teen Games | Snack
 Parent Session - Hannah Smart, SORNA
 4 - 5 PM Wrap Up | "Supaman"
 5 - 6 PM Dinner (Provided)
 Community Performance by SUAMAN 6:00 PM

SUAMAN BIO
 As a member of the "Goshute Nation," Supaman made his home on the Crow reservation in Montana. The name "Supaman" hardly describes the person who is Christian "Tales Can Fly," a humble, Native American dancer and hip hop artist who has dedicated his life to empowering youth and educating students with a message of hope through culture and music. He is a young, energetic entrepreneur with remarkable leadership abilities. His presentation style and delivery are nothing short of captivating. Known for his tremendously powerful inspirational lyrics, he is in demand nationally with the purpose of spreading a positive message throughout Indian country and abroad. He has been the recipient of the name "Native American Music Award," "North American Indigenous Image Award," and "Tribune Award." He recently was awarded the "American Heritage Music Award" for best video and was voted MTV's new Artist of the Week. His latest video titled "Prayer Song (ft. Jay)" has gone viral and has received over a half a million views on youtube which has allowed him to tour extensively throughout the USA and internationally. He is currently in the works with Noconcern to film a show of his life on the road as a Native artist. Christian's presentation combines Native American culture, humor, and urban hip hop culture which draws audiences, captivates listeners and breaks down stereotypes. For this he has gained the respect of his culture and generations. He is a champion fancy dancer (travel) performer on the powwow circuit throughout the US and Canada and lives a drug and alcohol free life. Last year he was selected to dance in the Macy's Thanksgiving Day parade in New York City. He also is an aspiring comedian and a Native American flute player which adds to his uniqueness as a role model, not to mention a loving husband and father of three. The combination along with the compassion that flows from his life allows him to connect with people from all walks of life. His unwavering determination, encouragement, and desire through dance, humor and music keeps him at the forefront among his contemporaries.

STOP VIOLENCE PROGRAM **SORNA PROGRAM**

LAKOTA continued

After lunch was consumed, Phil Baird, National Cowboy Poetry Gathering Presenter, North Dakota Cowboy Hall of Fame Interim Executive Director and former National Indian Education Association President, introduced himself.

A large part of his speech advocated learning the Indian



Visitor, Phil Baird

ancestry. He used the example of the relationship that Native people have always had to the horse.

"I grew up with horses, and one of the avenues of being around horses is to go rodeo," stated Baird. "So rodeo took me off the reservation, and provided me a new life."

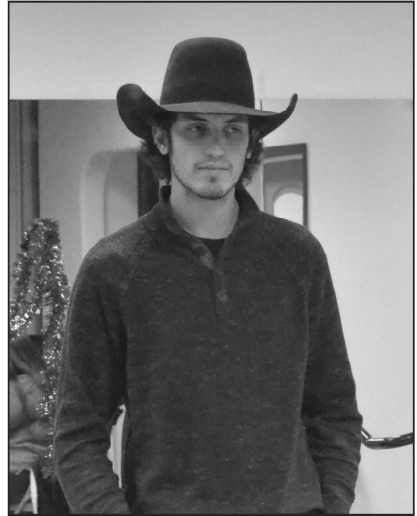
He also said, "horses provide the needs of our people, both physical and spiritual."

Baird also spoke about the importance of education and knowledge, in both the traditional ways and the modern ways of learning. He mentioned the needs of Natives learning about the treaties of their tribes and understanding the treaties and what they mean.

At the Cowboy Poetry Gathering, Baird presented the "Indi-

an Rodeo Cowboys of the Dakotas." The presentation looked back at the Indian cowboys from the early 1900s until the establishment of the Indian National Finals Rodeo.

Baird was also involved in a round table discussion with other Indian cowboys to, "add more perspectives of Indian Cowboys," he said. "People see the cowboy hat and see the Indian, 'you can't be a cowboy and an Indian at the same time.'"



Visitor and Singer, Cat Clifford

Cat Clifford, Indian cowboy from Pine Ridge, South Dakota, a Lakota Oglala tribal member, was a presenter at the gathering. Not only did he sing at the National Cowboy Poetry Gathering, he also performed a traditional song during the luncheon.

Clifford is a bull rider and bareback rider who had qualified for the Indian National Finals Rodeo five times. He said that his family raises quarter horses, but no cows, so he doesn't consider himself a "rancher."

Clifford has not released an album, but he does have a song, Outlaw Buckler on iTunes and other outlets.

Shoshone Language Class Information

<><>Summer Youth Calendar's For Sale<><>

We, have the Summer Youth Calendar's for sale and we had enough drawings for two (2) years. The Cost is \$20.00 per calendar(s).

If, paying by cash please stop by the Finance Office and get a receipt and then bring the receipt to our office to receive your calendar(s). The money received will go back into the Shoshone Language Program. These pictures were drawn by our own Youth's, it's nice something that you can keep for a memorabilia from your youth.

Thank You for your support!

Shoshone Night Class

The sign-up for the Shoshone night class will begin on January 19 thru January 29, 2016. The class will begin on February 2, 2016.

When: Tuesday & Thursday
Where: New Senior Citizen Center
Time: 6:00 pm to ??
Instructor: Mar Cortez

If you have any questions, please call me at 738-8889 between 9:00 am to 2:00 pm.

Thank You!
(Oose)



Shoshone Welcome Center Menus

Classes and Community Calendar



February 2016 Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch Served 12 to 12:30 p.m.	1 Tuna Tetrazzini Sliced Cucumbers & Tomatoes Salad Apples	2 Meat & Potatoes Mixed Veggies Roll Orange	3 Chili Beans Green Salad Corn Bread Pistachio	4 BLT Sandwich Veggie Sticks Slices Peaches	5 Hamburger w/all Trimmings Macaroni Salad Fresh Fruit	6
7	8 Chicken Noodle Soup Grilled Cheese Sandwich Lemon Cake USDA Commodity Food Distribution	9 Meatloaf Rice w/Gravy Peas & Carrots Roll Fruit Salad USDA Commodity Food Distribution	Birthday Lunch Baked Ham Macaroni & Cheese Steamed Carrots Roll Cake & Ice Cream	11 Chicken Mushroom w/Rice Roll Green Salad Orange	12 Baked Chicken Potato Salad Corn on Cob Valentine Cookies	13
14	15 HOLIDAY CENTER CLOSED for Presidents Day USDA Commodity Food Distribution	16 Spaghetti Green Beans Garlic Bread Banana USDA Commodity Food Distribution	17 Hamburger Gravy w/Mashed Potatoes Mixed Veggies Roll Peach Pie	18 Navy Bean soup Turkey Sandwich Strawberry Short Cake	19 Hot Pork Sandwich Mashed Potatoes & Gravy Mixed Vegetables Chocolate Pudding	20
21 Menu may change without prior notice.	22 Patty Melt Oven Fries Salad Orange	23 BBQ Chicken Potato Salad Corn on Cob Fruit Salad	24 Indian Taco's with Beans With all Trimmings Salsa Lime Jello with Fruit	25 Pork & Cabbage Steamed Rice Dinner Roll Salad Pistachio Pudding	26 Soft Chicken Taco With Lettuce Salsa Spanish Rice Corn Melon	27 1% Milk Served Daily

PLEASE RSVP: SHOSHONE WELCOME CENTER, 1530 Silver Eagle Drive, Elko - Phone 738-0425

Transportation vehicles provided by Nevada Department of Transportation. Congregate meals provided by Administration on Aging Title VI and State of Nevada Aging & Disability Services Division.

MARCH - 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	Thursday	FRIDAY	SATURDAY
Menu may change without prior notice		1 Sloppy Joes Oven Fries Cucumber Salad Apple Pie	2 Tomato Soup w/Rice Tuna Salad Sandwich Veggie Lime Jell-O w/Fruit	3 Chicken Stir Fry w/Steamed Rice Mandarin Orange Fortune Cookie	4 Beef Burrito with Spanish Rice Corn Peaches	5
6 Lunch Served 12 to 1:30 p.m.	7 Tuna Casserole Peas and Carrots Dinner Roll Peach Pie	8 Lasagna Garlic Bread Broccoli Spice Cake	9 Hot Turkey Sand. w/ Mashed Potatoes & Gravy Cranberry Steamed Carrots Banana Muffin	10 Meatloaf Buttered Noodles Asparagus Orange Jell-O with Fruit	11 Honey Ginger Chicken Wild Rice Mixed Veggies Roll Apples	12
13 DAYLIGHT SAVING TIME BEGINS 	14 Fish Sticks with Tartar Sauce Oven Potatoes Spinach Salad Pineapple Upside Cake USDA Commodity Food Distribution	15 Vegetable Soup Chef Salad with Bread Sticks Cottage Cheese with Pineapple USDA Commodity Food Distribution	16 Sausage Casserole Green Beans with Tomatoes Applesauce	17 BIRTHDAY LUNCH ST. PATRICK'S DAY Corn Beef w/Cabbage Roasted Baby Potatoes Frogged-eyed Salad MCake 	18 Chili Dogs Macaroni Salad Corn on Cob Strawberry Short Cake	19
20	21 Mandarin Chicken w/ Steamed Rice Broccoli Salad Oranges	22 Italian Meatball Subs Coleislaw Chocolate Cream Pie	23 Chicken Cacciatore With Noodles Green Salad Garlic Toast Orange Sherbet	24 Hamburger Stew w/ Steamed Rice Green Salad Roll Strawberry Jell-O	25 BBQ Ribs Baked Beans Corn on Cob Melon	26
27	28 Indian Taco w/Beans Lettuce, Tomatoes, Onions Salsa Ice Cream	29 Beef Stroganoff With Noodles Mixed Veggies Lime Jell-O w/Fruit	30 Goulash French Bread Broccoli Fresh Fruit Salad	31 Beef Pot Roast w/Potatoes Veggies Pan Bread Green Salad Pistachio Pudding		1% Milk Served Daily

RSVP: SHOSHONE WELCOME CENTER, 1530 Silver Eagle Drive, Elko - Phone 738-0425

Transportation vehicles provided by Nevada Department of Transportation. Congregate meals provided by Administration on Aging Title VI and State of Nevada Aging & Disability Services Division.

Four Styles of Parenting Class

February 17
5:30 pm
Elko Band Education Center Cafeteria
FMI: Elko Band Social Services 775-738-8889

Shoshonean Reunion Bake Sale Fundraiser

February 20
10 am - 3 pm
Senior Welcome Center
FMI: Phyllis Evening 775-753-9427

Wells Band Meet the Program Directors

February 25
6 pm - 8 pm
Wells Band Gymnasium

Talking Circle at the Prevention Program with Ronnie Dixon

February 26
3 - 5 pm
Battle Mountain Prevention Building

Wells - Shoshone Language Class

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

Battle Mountain - Shoshone Language Class

Monday-Thur, 4 pm-6 pm
Friday, 1-3 pm
Language Building, Circle Way, Battle Mountain
FMI: Carlene Burton 775-374-0352

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@britishcouncil.org

Healthy Native Dance Class

Tuesdays and Wednesdays
3 pm to 4:45 pm
Te-Moak Diabetes Center
FMI: 775-738-4881

Battle Mountain After School Program

Tuesdays-Thursday
4 pm-5 pm
Kindergarten to 8th Grade

Senior Shoshonean Reunion Fundraiser

By Victoria Jackson

Elko, February 11 - Members of the fundraising committee to help the Seniors travel to the Shoshonean Reunion in Fort Washakie, Wyoming are beginning their fundraising.

A bake sale will be held Saturday, February 20 at 10 am at the Shoshone Welcome Center, 1543 Silver Eagle Drive in Elko.

The group will also be selling raffle tickets for various items. Donations for the raffle are welcome, for those who would like to contribute to their fundraising efforts.

The plan is for each elder/senior to contribute three items to the raffle. Ticket sales will begin during the bake sale and will continue until at

least the end of the month.

For more information about the bake sale, the raffle, or donating to the cause, please contact the Shoshone Welcome Center at 775-738-0425, or Phyllis Evening at 775-753-9427.

The seniors would like to thank the community for the support.

From the Desk of Te-Moak Traffic

By Lacey Tom, Te-Moak Tribe Traffic Program

HAPPY FEBRUARY!!!!

First of all I would like to give a huge shout out to all that participated at our Super bowl Impaired Driving presentation and congratulations to all of our winners that attended. I am glad you all enjoyed it.

For the month of January we accomplished our Observation Seatbelt Surveys in all four communities. I am proud to announce that all areas had amazing results.

Keep it up communities!

We also went out and shoveled for our community members that needed the help. This was for all for bands. Not only did we shovel the driveways but we also put salt down to make it safe for people to get around without any problems.

With the month of March coming up quickly, we have a couple events scheduled on St. Patty's Day. Stay tuned for

more information. We love being able to spread awareness about numerous traffic safety issues.

For all of you that have Facebook please feel free to add us: TMVCIIPP Te-Moak. We currently have 117 friends. Please don't be afraid to post on or wall, leave us comments, share photos, and send us message. We try to keep it up to date and share some good information.

How to Handle Toenail Fungus

Te-Moak Diabetes Program

What is Toenail Fungus?

Did you know that toenail fungus is an infection? It is an infection that gets through cracks within your nail or cuts in your skin. It can make your toenail change to a weird yellowish color or it even makes your nail get thicker. It is also known for making your nail hurt, Ouch! Because our toes are often warm or even damp, fungus can grow well there. The different kinds of fungi and sometimes



be warped or oddly shaped. Your nail can also break very easily. Nails that have fungus might look yellow. Sometimes a white dot may show up on the infected nail and tends to get bigger. When fungus builds up under our nail, it can loosen and may separate the nail from the bed. Keep in mind that the fungus can also spread to the skin around your nail.

Diagnosis

Since toenail fungus can look like other conditions such as psoriasis (a skin disease marked by red, itchy, scaly patches), you might

want to have your toenail checked by a doctor who cares for feet (podiatrist). A podiatrist will be able to take some samples from the affected area and send it to a lab to figure out what's causing the problem.

Treatment

- Depending on which fungus you have and how bad the infection may be, your doctor may try one thing or a combination:

- A topical cream that goes directly on the nail
 - An antifungal prescription pill
 - Removing the damaged area of the nail or skin
 - In some cases, you might need to have the nail removed completely through surgery.
- Did you know?
- Men are more like-

ly to get fungus than women

- The older you are the better your chances are at getting a fungus
You are at higher risk if you are:

- Diabetes
- Athletes Foot
- Weak Immune System
- Smoke
- Your family members have it

Basic Care for your Toes

- Use soap & water to wash your feet
- Dry them very well
- Trim toenails straight across
- Make sure the tools you use are CLEAN
- Wash tools with soap & water, then with alcohol wipes

DO NOT polish discolored nail, your nail bed need to breathe!

WARNING:



An injured toenail like this one can create a gateway for toenail fungus to infect you.

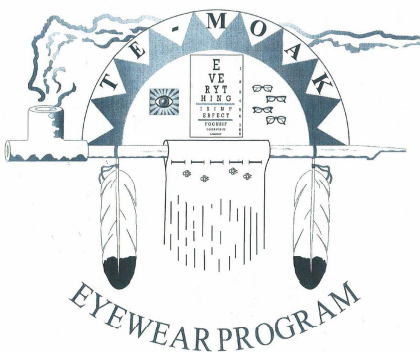
yeast can affect different parts of the nail. If left untreated, an infection could spread to other toenails, skin or even your fingernails. So it is best that are aware of the symptoms and catch the infection before it can get worse.

Symptoms

If your nail is infected it is usually thicker than normal and could

Toenail Fungus Can:

- Be Painful
- Cause Odor
- Be Embarrassing
- Develop Into Bacteria Infection
- Spread To Other Nails
- Affect Surrounding Skin
- Affect Other Members Of Your Family



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 EYEGLASS 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.**



Four Types of Parenting

By Angelea Mendez, ICWA Worker

On January 20, 2016 a class was held to discuss the four (4) types of parenting; there were 21 participants. The group participated in a couple of group activities and watched video clips showing the different parenting styles. The overall evaluation of the workshop was good and participants expressed that they learned new knowledge they could apply to their families. Here is a summary of the 4 types of parenting by Amy Morin, Discipline Expert :

1-Authoritarian Parenting-Authoritarian parenting is where parents establish the rules and expect that children will follow them without exception. Children have little to no involvement in problem-solving challenges or obstacles. Instead, parents expect that children will follow all of the rules all the time.

If children challenge the rules or ask why, they are usually told, "Because I said so." Children are not usually given the reasons for the rules and there is little room for any negotiation. Authoritarian parents may use punishments instead of consequences.

Although children who grow up with authoritarian parents tend to follow rules much of the time, they may develop self-esteem problems. Sometimes children become hostile or aggressive as they may focus more on being angry at their parents for the punishment rather than learning how to make decisions and solve-problems.

2-Authoritative or Democratic Parenting-Authorita-

tive parents also have rules that children are expected to follow, however, they allow some exceptions to the rule. They often tell children the reasons for the rules and they are more willing to consider a child's feelings when setting limits.

Authoritative parents tend to use consequences instead of punishments. They also use more positive consequences to reinforce good behaviors and may be more willing than authoritarian parents to use reward systems and praise.

Children raised with authoritative discipline tend to be happy and successful. They are often good at making decisions and evaluating safety risks on their own. They often grow up to be responsible adults who feel comfortable expressing their opinions.

3-Permissive Parenting-Permissive parents don't offer much discipline. They tend to be lenient and may only step in when there is a serious problem. There may be few consequences for misbehavior because parents have an attitude of "kids will be kids."

Permissive parents may take on more of a friend role than a parent role. They may encourage their children to talk with them about their problems but may not discourage a lot of bad behaviors.

Kids who grow up with permissive parents tend to struggle academically. They may exhibit more behavioral problems as they will likely not appreciate authority and rules. They often have low self-esteem and may report a

IMPORTANCE OF DISCIPLINE

SPONSORED BY : ELKO BAND COUNCIL SOCIAL

SERVICE/ICWA, ABC PRE-SCHOOL AND ITCN HEAD START

FACILITATOR: Angelea Mendez, ICWA Coordinator

ALL COMMUNITY PARENTS ARE WELCOME TO JOIN US IN A WORKSHOP TO LEARN ABOUT THE DIFFERENT PARENTING STYLES.

THIS IS YOUR TIME- NO CHILDREN!

PLEASE MAKE ARRANGEMENTS FOR YOUR CHILDREN'S CARE, THANK YOU

DATE: FEBRUARY 17, 2016

TIME: 5:30 P.M.

**PLACE: CAFETERIA
ELKO BAND COUNCIL**

**REFRESHMENTS
WILL BE PROVIDED**



lot of sadness.

4-Uninvolved Parenting-Uninvolved parents tend to be neglectful. They often do not meet their children's basic needs and may expect children to raise themselves. Sometimes this is due to a parent's mental health issues or substance abuse problems. They may also lack knowledge about parenting and child development or may feel overwhelmed by life's other problems.

Uninvolved parents tend to have little knowledge of what their children are doing. There tends to be few, if any, rules or expectations. Children may not receive any nurturing or guidance and they lack the much need pa-

rental attention.

Determining a Discipline Strategy

Sometimes parents don't fit into just one category. There may be times they are more authoritarian and times that they tend to be more authoritative and their discipline strategies may vary from child to child.

When determining a discipline strategy, it is important to think about what it is that you want your child to learn. Effective discipline strategies can teach children to become responsible adults who are able to make healthy decisions on their own.

No parenting style will work unless you build a loving bond with your child.

A TIP ABOUT
SECONDHAND
SMOKE

NO ONE CHOOSES
TO TAKE UP
SECONDHAND
SMOKING.

Nathan, Age 54
Oglala Sioux
Idaho

Secondhand smoke at work triggered Nathan's severe asthma attacks and caused infections and lung damage. If you or someone you know wants free help to quit smoking, call **1-800-QUIT-NOW**.

#CDCTips



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention
www.cdc.gov/tips

Upcoming Events

Attention Elko Band Members

Applications for the new Modular Home Site Rentals are now being accepted

- 4 – One bedroom units \$400 per month
- 3 – Two bedroom units \$600 per month

Rental Applications are Available at
Elko Band Administration Office
1745 Silver Eagle Drive
(775) 738-8889

Deadline Date: 02/19/2016

Bake Sale & Raffle

February 20

10 am - 3 pm

Shoshone Welcome Center

1543 Silver Eagle Drive

Funds will go toward the Seniors/Elders trip to the 2016 Shoshonean Reunion in Fort Washakie, Wyoming

MEET THE PROGRAM DIRECTORS

WHEN
February 25, 2016
6pm - 8pm

WHERE
WELLS BAND GYM

MEET THE PROGRAM DIRECTORS AND FIND OUT WHAT OUR PROGRAMS HAVE TO OFFER.

SNACKS AND PRIZES TO BE GIVEN

PROGRAMS

ALCOHOL AND DRUG
ALEXIS MARRERO

COMMUNITY HEALTH
RACHEL MYLTON

SOCIAL SERVICES
ASHLEY MCGATHREY

EPA
MARLA STANTON-MALLEY

EDUCATION
GINA MORROW

HEAD TO THE HILL WITH NIEA

JOIN NATIVE EDUCATION ADVOCATES AS WE STAND FOR NATIVE STUDENTS

THURSDAY FEBRUARY 25TH, 2016

9:00AM - 4:00PM

TO REGISTER VISIT WWW.NIEA.ORG

LOCATION:
SENATE COMMITTEE ON INDIAN AFFAIRS HEARING ROOM
SENATE DIRKSEN ROOM 628
WASHINGTON, DC

SENIOR FITNESS

Come on out & Join us!!
We do basic warm ups from arm stretches to moving our legs.
We do not do anything to strenuous for the body!
Let's get our bodies moving!!



When: Every Tuesday & Thursday
What Time: 11:30am-11:40am
Where: The Welcome Center
Hosted by: Te-Moak Diabetes Center



If you have any questions or concerns please feel free to contact Sharon Aina, Diabetes Assist. @775-738-4881.

2016

Child Care Assistance for Native American Children in Your Community



The Inter-Tribal Council of Nevada, Inc. Child Care Development Fund program has child care assistance available for eligible families of the Te-Moak Tribes of Western Shoshone!

If you are currently living in the Battle Mountain, Elko, South Fork, or Wells tribal communities, and are paying a child care provider to care for your child, while you work, attend classes, or participate in job search activities, ITCN CCDF would like you to contact us to request an application for child care assistance. Based upon the parent's monthly net-income and family size, ITCN CCDF can pay up to 90% of your child care costs. CCDF would like you and your family to take advantage of the child care certificate program in your community. Parents can choose the type of child care provider that is best for their family. Parents may choose a private in-home care provider, a licensed child care center, and/or a licensed home child care provider.

To see if your family is eligible, please call our office at (775) 355-0600, and ask to speak to the Child Care Program!

You can also visit our website at CHILDCARENV.COM

Inter-Tribal Council of Nevada, Inc.
Child Care Development Fund Program
PO Box 7440
Reno, NV 89510



Are you eligible to receive child care assistance?

Is your child(ren):

- ✓ 12 years of age or younger?
- ✓ Of American Indian/Alaska Native descent?

Are you:

- ✓ Employed
- ✓ Enrolled in educational courses
- ✓ In job training
- ✓ Or participating in job search activities

YES!

Child care assistance is based upon your family's size & monthly net income (after taxes). You qualify, if your family's monthly net income falls between the following ranges:

- Family size of 1: ~~\$0 - \$2,558~~
- Family size of 2: ~~\$0 - \$3,346~~
- Family size of 3: ~~\$0 - \$4,133~~
- Family size of 4: ~~\$0 - \$4,921~~
- Family size of 5: ~~\$0 - \$5,708~~
- Family size of 6: ~~\$0 - \$6,495~~
- Family size of 7: ~~\$0 - \$6,643~~
- Family size of 8: ~~\$0 - \$6,791~~

Please visit: CHILDCARENV.COM for more information!

Images of the 2016 Great Basin Native Market

Photos by Victoria Jackson



Local artist Jack Malotte visits with a customer about the inspirations for his t-shirt designs.



Angie Quintana displays her various traditional and contemporary styles of beadwork.



Another local artist, Micqaela Jones, visits with customers among her originals and prints. Her son, Myles Crouch also sold his art work.



Great Basin bead worker, and Great Basin Native Market Committee Member, Stephanie Sam, stands behind her work that she sold.



Darlene Graham, long-time vendor at the Great Basin Native Market, displays her products, including her well-known bottled lotions and natural products.



Raffle items were displayed in the front entrance. Vendors donated the various nineteen items up for grabs.



Webb Brady, left, and Leah Brady, right, display their items for sale at their booth. Items they sold included, small cradle boards, large cradle boards, gourds, various beadwork, buckskin, and other miscellaneous items. Leah Brady has also been a Great Basin Native Market Committee Member since the inception of the Market 12 years ago.