

## Natives Headline Gathering

National Poetry Gathering Line-Up That Matters to You  
Article and Front Page Photos by Victoria Jackson



Western Folklife Center - 501 Railroad St



Elko Convention Center - 700 Moren Way



Elko Conference Center - 700 Moren Way

Elko, January 17 - Dates for the 34th National Cowboy Poetry Gathering is set for January 29-February 3.

This year, Natives of many backgrounds will have a strong presence at the event. Nephi Craig, White Mountain Apache/Navajo, will be featured during the keynote speech titled, "Ordinary People Doing Extraordinary Things."

Craig is the founder of the Native American Culinary Association, primarily focusing on "the development and preservation of Native American foodways." According to the National Cowboy Poet-

See GATHERING pg 3

## Featured Artists to See

Article by Victoria Jackson

**14<sup>th</sup> Annual  
Great Basin  
Native Market**



**February 1, 2, & 3, 2018**

**FREE ADMISSION TO THE PUBLIC**

**Open:**

Thursday, Feb. 1, 2018 10am - 6pm  
Friday, Feb. 2, 2018 10am - 6pm  
Saturday, Feb. 3, 2018 10am - 6pm

Food sales will take place on Friday & Saturday.

**LOCATION:**

Historic Girl Scout House  
561 14<sup>th</sup> St. - Elko, Nevada  
(V.F.W. St.)

This event is held concurrently with the  
2018 Annual Cowboy Poetry  
Gathering in Elko, Nevada.

There will be Native American Artisans from the Great Basin tribes displaying their crafts for sale.

There will also be a Native Cultural Presentation for the public.

A Reception will be held Thursday, February 1, 2018 from 11:00 am - 2:00pm.

Come sample some native Great Basin foods.

For more information contact:  
Lois Whitney @ 775-310-9897 or Stephanie Sun @ 775-397-3910

Elko, January 17 - The National Cowboy Poetry Gathering is not only about the poems written out on the range around the campfire. Local Native artists also have an opportunity to display and sell their art.

As with the performances throughout the Gathering, several Native Artists are promoted. The Western Folklife Center and the National Cowboy Poetry gathering asked James Shoshone, Owyhee, Nevada, to feature his drawing, "All Part of Mak'n a Cowhorse - Buckaroo gett'n the colt use to the Reata" on the back of the National Cowboy Poetry book, which is provided to all attendees of the Gathering.

Shoshone will have a booth, displaying and selling his art at the High Desert Western Art Show and Sale, at the High Desert Inn, 3015 Idaho Street. The show runs February 1 through 3 from 9 am to 5 pm.

See ARTISTS pg 3

## ATTENTION

Elko Band Community Members  
EFFECTIVE JANUARY 12, 2018

The Bureau of Indian Affairs has assumed  
Law Enforcement Services for the Elko  
Indian Colony communities,  
Effective Friday, January 12, 2018.

For law enforcement assistance, please call  
(775) 757-3624

or  
9-1-1

## EHS Basketball Player Alumni Updates

Submitted by Lance Stevens, Elko Colony Health and Wellness Center Director

**Devyn Courts**  
Played 3 years of varsity basketball. Went on to play one year in Lassen College- Susanville, California  
Currently works at the Elko Colony Gymnasium.

**Lorena Torres**  
Played all four years

on the EHS varsity basketball team. Went on to play two years in Lassen College- Susanville, California.

Went to play her last two years of eligibility in Division 2 Warner Pacific College, Portland, Oregon.

Now she is in her 3rd

year as the Assistant coach for Warner Pacific.

She is also a full time kindergarten teacher at NAIA in the city of Portland.

**Alicia Marin**  
Played J.V. her freshman year and was moved to Varsity for

regionals that year

She played 3 years of Varsity basketball where she received 2 time All Region 2 time All State

She is now playing her first year for Whatcom Community College, in Bellingham, Washington.

**Nadina Delgado**

Played 2 years varsity basketball.

She is now attending Weber State University

**Francisco Mendoza**  
Played two years of Varsity basketball.

**Branden Jenkins**  
Played 2 years of Varsity basketball.

## Outreach Notice for Seasonal Fire Positions

FOR IMMEDIATE RELEASE:

2018 Humboldt-Toiyabe National Forest/USDA FOREST SERVICE/INTERMOUNTAIN REGION, R4

For general information call the Humboldt-Toiyabe N.F. (775) 331-6444 FAX (775) 355-5399

The Humboldt-Toiyabe National Forest is currently advertising for temporary (NTE 1039hrs) Dispatch, Fire Engine, Handcrew, Helitack, and Hotshot positions for the 2018 fire season. Openings may be available at the GS-03, GS-04, and GS-05 grade levels, with temporary duty/work locations possibly located in Nevada (Austin / Carson City / Elko / Ely / Las Vegas / Minden / Reno) and in California (Bridgeport / Markleeville / Topaz) depending on staffing needs and budgets. These are temporary wildland fire positions, with a three to six month tour of duty. Our earliest anticipated start date is late April to mid-May and we expect to operate until late September to mid-October.

These positions will be advertised under a Regional Announcement that can be found at: www.usajobs.gov

\*\* Please refer to the Vacancy Announcement numbers and apply within dates shown in order to be considered for these positions. \*\*

The Announcement Numbers will not appear in USAJOBS until the opening date shown.

Only apply to the Duty Locations you are interested in.

## Te-Moak Tribes Contact Information

**Te-Moak Tribes of Western Shoshone**  
525 Sunset Street  
Elko NV 89801  
Phone: (775) 738-9251  
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**  
1745 Silver Eagle Drive  
Elko, Nevada 89801  
Phone: (775) 738-8889  
Fax: (775) 753-5439

**South Fork Reservation Council**  
21 Lee B-13  
Spring Creek, Nevada 89815  
Phone: (775) 744-4273  
Fax: (775) 744-4523  
E-mail Address: sforkcouncil.adm@gmail.com  
Web address: southforkbandcouncil.org

**Wells Band Council**  
P.O. Box 809  
Wells, Nevada 89835  
Phone: (775) 752-3045  
Fax: (775) 752-2179  
E-mail address: wellsbandmf@yahoo.com

## Newspaper Contact Information

Tribal Administrator:  
Phaline Conklin

Editor/Producer:  
Victoria Jackson

Phone: 775-738-9251  
tmknews@yahoo.com

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

www.temoaktribe.com

# Seniors Celebrate the Holidays

Article and Photos by Victoria Jackson



Seniors gathered at the Shoshone Welcome Center for their annual Christmas party. They listened to age appropriate presentations.

Elko, December 15 - Seniors gathered at the Shoshone Welcome Center to celebrate Christmas and the new year. The conference room was packed to watch a presentation provided by the Te-Moak Housing Authority staff and guests.

Gifts were provided, again this year, by the Stillwater Church of Fallon, Nevada. Musical entertainment was provided by Debby Honeyestewa.

The seniors consumed lunch, visited and listened to the live entertainment.



Seniors enjoyed visiting and listening to live entertainment while they waited to line up for lunch.

# HUD Findings Finalized

Submitted by Cheryl Garcia, TMHA Executive Director

The Te-Moak Housing Authority received the "Status of Findings on Final Monitoring Report" issued January 31, 2017 dated November 20, 2017.

The status of ALL seven findings are closed. The Te-Moak Housing Authority staff and the Board of Commissioners have worked very hard since May 2017 to resolve all findings.

Working together we have accomplished that task. If you have any questions or concerns, please do not hesitate to call. 775-738-9238

Cheryl Garcia, Executive Director, Te-Moak Housing Authority

## Meeting Notices

Effective February 2018, the Elko Band Council meetings have changed to the following per Elko Band Resolution 2018-EBC-01, adopted on January 10th, 2018:

**Regular Finance Meeting** - 3rd Wednesday of the month  
(Enterprise and Finance meetings will now be combined as the Finance meeting)

**Regular Meeting** - Last Wednesday of the month

Meetings for February will be:

Regular Finance Meeting - February 21st

Regular Meeting - February 28th



With Knowledge Comes Control

## TAMING DIABETES

A FREE 6-class series for anyone touched by diabetes

Weekly classes begin January 10th from 1:30 - 4 p.m. at the Terrace at Ruby View Senior and Active Lifestyle Center, 1795 Ruby View Drive, Elko.



For information or to register:  
Mary Ann Martinez, (775) 777-3451,  
mary\_ann@pacecoalition.org

**PACE Coalition**  
Healthy Communities... Whatever it Takes  
775-777-3451 • www.pacecoalition.org

**CLASSES TUESDAYS AND THURSDAYS**

**DONT JUST WORKOUT JOIN THE PARTY!**

# ZUMBA FITNESS

**DIABETES CENTER**

**5:30 PM - 6:30 PM**

## GATHERING continued

ry Gathering book, Craig has taken his knowledge from culinary school "home to Whiteriver, Arizona, to establish a Western Apache Cafe' and Learning Center to provide local opportunities for nutritional recovery, training and employment."

During the keynote speech, a three-minute preview for "How We Teach, How We Learn, Shoshone Language with Alfred Jackson 2017," will also be featured. The keynote address is scheduled for Thursday, February 1 from 9:15 - 10:30 am at the Convention Center Auditorium. A Deluxe or Day Pass is required to attend this show.

According to the Gathering book, "Non-ticketed shows and events take place during the day, February 1-3, only. These require the purchase of a 3-Day Deluxe Pass (\$80) or a Single Day Pass (\$30)." These passes can be purchased on the National Cowboy Poetry website, or at the Ticket Desk in the Lobby of the Elko Convention Center. Seating can be limited, purchase tickets early and arrive to shows early to ensure entrance into the shows.

Craig will also be hosting a Humanities Talk on Thursday night at 5:30-6:45 pm at Great Basin College Greenhaw Technical Arts Building, Room 130. This discussion is FREE to the public.

Crow Indian, Henry Real Bird will also be performing in several daytime shows. The first is on February 2 from 12 pm to 1 pm. "Writing from the Rural Outback," features poetry from Real Bird and several other western poets. This session will take place in Ruby Mountain Ballroom #1 at the Elko Conference Center.

"Stories from Buckaroo Country," follows the format of last year's "Indian Cowboys," story telling session. This year, the show will feature local Native buckaroos who will tell stories, including Ted Howard, from Owyhee, Nevada and Joe Blossom, Shoshone-Paiute buckaroo from Owyhee/Lee. Non-Natives that will be featured in the panel include retired YP Ranch Cowboss Jerry Chapin, Battle Mountain; buckaroo Doug Groves, who worked for the IL, YP and TS ranches; and buckaroo/packer Ross Knox. The first show is scheduled for Friday, February 2 from 1 pm to 2:15 pm at the G Three Bar Theater inside of the Western Folklife Center. The second show will occur on Saturday, February 3, from 12:30 pm to 1:45 pm at the Turquoise Room at the Elko Convention Center. A Deluxe or Day Pass is required to attend this show.

Craig will also be featured in the session, "Native American Cuisine and Culinary Culture" on Friday, February 2 from 2:15 to 3:15 in the Lamoille Room at the Elko Conference Center. A Deluxe or Day Pass is required to attend this show.

Students from Owyhee Combined Schools will make an appearance again this year to display their videos. "Deep West Videos" will feature new films produced with the mission of telling stories about their personal history, or documenting events from the Duck Valley Reservation, in Owyhee, Nevada. Filmmakers featured this year will be: Talliah Hanchor, Destiny Max, Gage Johnson, Lance Owyhee, Isabella Pasqual, Dilan Bill and Devin Baker. According to Production Manager, Colene Paradise, the productions involved many hours of work, "Talliah's took twenty plus hours to format each individual shot at a time." The first showing is scheduled on Friday, February 2 from 10 am to 11 am at the G Three Bar Theater inside of the Western Folklife Center. The second show will occur on Saturday, February 3 from 9:30 am to 10:30 am in the Turquoise Room at the Elko Convention Center. A Deluxe or Day Pass is required to attend this show.

Real Bird will also be featured in "Senses of Place" featuring cowboy poets. This show will also feature Marie Lisa Eastman, Shadd Piehl and Sean Sexton. This session will occur on Saturday, February 3 from 11 am to 12 pm at the G Three Bar Theatre inside of the Western Folklife Center. A Deluxe or Day Pass is required to attend this show.

Finally, several Natives and tribal members from different reservations will be featured in the discussion, "Images of the Buckaroo - On the Ranch and in the Arena." Western Photographer, Mary Williams Hyde, has compiled photographs of working buckaroos and rodeo cowboys. The first show is scheduled for Friday, February 2 from 11 am to 12 pm at the Black Box Theater, Wiegand Gallery inside of the Western Folklife Center. The second show will be on Saturday, February 3 from 12:30 pm to 1:30 pm in the Lamoille Room at the Elko Conference Center. A Deluxe or Day Pass is required to attend this show.

To purchase tickets on-line, or for more show information, go to: <http://www.nationalcowboypoetrygathering.org/buy-tickets/>



## ARTISTS continued

Shoshone's art is also featured on the main poster promoting the High Desert Western Art Show and Sale.

The 14th Annual Great Basin Native Market will also run in conjunction with the National Cowboy Poetry Gathering. Artists from various regions and reservations from the Great Basin area will be at the Historic Girl Scout House at 561 14th Street in Elko.

The Market will feature vendors selling beadwork, t-shirts, woven baskets, jewelry, Shoshone language videos, traditional and modern Native medicines and fine art.

Among the artists in attendance will be Micquela Jones, Shoshone, Elko, Nevada. Jones will once again feature original paintings, calendars featuring her art, prints and note cards, among other products.

Not only will Jones be featured at the Great Basin Native Market, but she will also sell at the Western Folklife Center Gift Shop in the Elko Convention Center. Jones will also feature the ledger art work of her son, Myles

Crouch and handmade necklaces by Seth Jones, also of Elko.

The Great Basin Native Market is still looking for vendors. The Market will be held from Thursday, February 1 through Saturday, February 3. The doors will be open from 10 am to 6 pm daily.

The reception, featuring an artist meet and greet and Native foods will be held Thursday, February 1 from 11 am to 2 pm. Artists will be on hand to answer any questions the public may have.

For interested vendors, the cost for a 4 foot by 6 foot vendor space will be \$75. The City of Elko is charging a \$6 vendor's fee per day. The total cost for the weekend is \$93.

Vendors will also be responsible for collecting and paying sales taxes by money order or cash prior to the end of the event.

For more information, contact Lois Whitney at 775-340-9897 or Stephanie Sam at 775-397-3910.

Also, look for information in the new Great Basin Market Facebook page.



Micquela Jones displaying her fine art at the 2017 Great Basin Native Market.

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



#### 2018 Elko Distribution Dates

January 22 <sup>nd</sup> & 23 <sup>rd</sup>	July 16 <sup>th</sup> & 17 <sup>th</sup>
February 12 <sup>th</sup> & 13 <sup>th</sup>	August 20 <sup>th</sup> & 21 <sup>st</sup>
March 12 <sup>th</sup> & 13 <sup>th</sup>	September 17 <sup>th</sup> & 18 <sup>th</sup>
April 9 <sup>th</sup> & 10 <sup>th</sup>	October 15 <sup>th</sup> & 16 <sup>th</sup>
May 14 <sup>th</sup> & 15 <sup>th</sup>	November 5 <sup>th</sup> & 6 <sup>th</sup>
June 18 <sup>th</sup> & 19 <sup>th</sup>	December 10 <sup>th</sup> & 11 <sup>th</sup>

Monday -Times are from 2:00 pm to 4:00 pm.

Tuesday -Times are from 8:00 am to 11:00 am.

Please remember start times are approximate depending on road and weather conditions.

# Shoshone Welcome Center Menu

January	2018	Lunch Menu				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Served 2pm - 4pm	01 <b>NEW YEAR'S DAY CLOSED</b>	02 Soft flour tacos Spanish rice corn Baanana pudding	03 Pork Stew Corn Bread Green Salad Jello w/fruit	04 Chicken Stir Fry Rice Pilaf/ Rolls Coleslaw /fortune cookie-fruit Salad	05 Scrambled Eggs Hashbrowns Sausage /Toast Fresh Fruit	06 1 % milk served daily Breakfast for Lunch on Friday's this Month
	08 Goulash/garlic BreAd- Green Salat Pistachio puddin	09 Fish w/Tarter sauce oven potatoes coleslaw peaches	10 Sloppy Joe's Oven Potatoes Green Salad Apples	11 BBQ chicken Baked Potatoes Broccoli Salad oranges	12 Breakfast burritos w/egg n bacon Oatmeal Fresh Fruit	13
COMMUNODS 6TH	15 Beef Tip Gravy w/Noodles - Rolls Mixed Veggies Peach Cobbler	16 Grilled Hot Dogs Macaroni Salad Corn on cobb chocolate pudding	17 Chicken Fried Steal Gravy& mashed Potatoes -Veggies Cake & Ice Cream	18 Beef Stew Corn Bread Green Salad Fruit Salad	19 Biscuit n gravy Boiled Eggs Fresh Fruit	20
	22 Chicken Penne Pasta w/Marinara Ceasar Salad/rolls Oranges	23 French Dip Sand Potatoes Salad Broccoli Jello w/fruit	24 Indian Tacos w/works Apple Pie	25 Chicken Broccoli w/Rice & rolls Green Salad Mixed Fruit	26 Blue Berry pancake sausage & eggs Fresh Fruit	27
DAY CHANGE T PRIOR	29 Shepherds Pie Green Salat Rolls Lemon Cake	30 Cream of Potato Ham-Cheese Sand chips /Veggies Jello w?fruit	31 Spaghetti Garlic Bread Green Salad Moonrock jello	01	02	03
	05	06	07	08	09	10

Shoshone Welcome Center  
1543 Silver Eagle Drive  
Elko, Nevada 89801  
775-738-0425

# Classes and Community Calendar

**Taming Diabetes**  
Weekly beginning January 10  
1:30 - 4 pm  
Terrace at Ruby View Senior and Active Lifestyle Center  
1795 Ruby View Drive, Elko  
FMI: Mary Ann 775-777-3451  
or mary\_ann@pacecoalition.org

**Bingo Fundraiser - Battle Mountain**  
Friday, January 19 - 6 pm  
Old Indian Colony New Community Building  
FMI: Donna @ 775-374-0621  
or Gelford @ 775-374-0633

**Elko County Democrats Meeting**  
January 23rd - 6 pm  
NNRH Classroom

**Great Basin Native Market**  
February 1 - 3, 10 am - 6 pm  
Elko Girl Scout House

**Open 30 & Over Men's Basketball Tournament/Open Women's Tourney**  
March 16-18  
Deadline to enter March 9  
Elko Colony Health and Wellness Center  
FMI: 775-738-5038 or 775-340-1464 or eicgym@elkoband.org

**Youth Challenge Tourney**  
March 23-25  
Elko Colony Health and Wellness Center  
Deadline March 6  
FMI: 775-738-5038 or 775-340-1464 or eicgym@elkoband.org

**Elko Zumba**  
Tuesdays & Thursdays  
5:30 pm - 6:30 pm  
Te-Moak Diabetes Center  
Elko  
FMI: Te-Moak Diabetes Center Staff 775-738-4881

**Battle Mountain Diabetes Program Scheduled Events:**

**Native Dance Class with Kid Fit Program**  
Wednesdays 4 pm - 5 pm  
the Big House

**Elder and Adult Workout/ Craft Day**  
Thursdays  
Workout 5 pm - Gym  
Craft 5:30 pm - Senior Center

**Diabetes Education Class**  
Last Thursday of each Month  
5:30 pm  
Meeting Room

**Dr. Patton (foot doctor)**  
First Thursday of each month  
Call BMDA for appointment

Elko Band Council has one (1) two bed-room unit for rent on Choke Cherry Street.

Please stop by Elko Band Administration to pick up an application if you are interested or call Susan Zazueta for more information.

## ICPOP Information



### ICPOP

Indian Community Protecting Our People

Every 1<sup>st</sup> Monday of Each Month

Everyone Welcome!

TMHACP

Dog Ordinance  
No. 87-ORD-TM-05

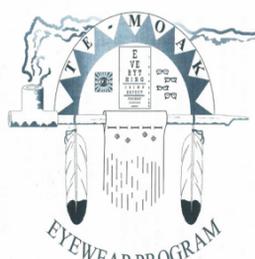
Summer is here and children will be outdoors playing, riding bike and having fun. There's been great concern that dogs are running at large. To ensure children's safety, make sure dogs are tired up.

Have Fun & Be Safe!  
TMHACP

### CURFEW HOURS FOR JUVENILES

Any person under eighteen (18) years of age;

**Week-Days**  
Sunday - Thursday  
10:00 PM - 6:00AM  
**Weekends Hours**  
12:00PM - 6:00AM  
93-ORD-TM-01



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**

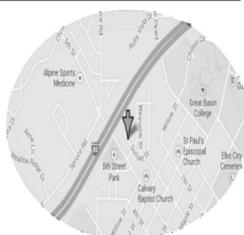
**WE HAVE VERY COMPETITIVE PRICES!!**

COME IN TODAY AND CHECK OUT OUR WIDE SELECTION OF FRAMES. ALL YOU NEED TO DO IS BRING IN A CURRENT EYEGLOSS 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.**



# Youth Bowling Tournament Results

Results Provided by Elko County USBC

Photo by Victoria Jackson

Elko, January 17 - Players from both the beginning and the advanced class of Youth Bowling played in a tournament on January 13 and 14.

Results from the two-day tournament are as follows:

## Team, Team, Handicapped

Team name, Score

1. FAFS, 1,896
2. Team Awesome, 1,852
3. Power Ups, 1847
4. Elko High Rollers 1, 1,820
5. Thunder, 1,799
6. XXX, 1,786
7. The Bowling Stones, 1,753
8. Elko High Rollers 2, 1,744
9. 10 Pin Strikers 2, 1,737
10. Raiders, 1,727
11. Team Unspeakable, 1,701
12. 10 Pin Strikers 1, 1,676
13. Hummingbirds, 1,650
14. Lightning Boltz, 1,461



Tournament Players at Telescope Lanes, during regular league play.

January 17, 2017.

## Doubles, Doubles 1, Handicapped

1. Gibson, Aaliyah/Nelson, Kylee, 1325
2. Tuttle, Kevin J/Wilkin, Maddie, 1,305
3. Karr, Brayden/Haynes, Ian J, 1,291
4. Snapp, Kaden/Thacker, Layton, 1,273
5. Courts, Leandra/Tybo, Alanea, 1,270
6. Nicholson, Zach J/Nicholson, Nicholas J, 1,254
7. Nielson, Kaleb/Glennon, Robby D, 1,250
8. Jim, Kylin C/Jesse, Rocky, 1,231
9. Lund, Aly/Lund, Tyler,

1,217

10. Talamantes, Erik/Miller, Ryder F, 1,197

11. Gibson, Daymion/Stevens, Brody, 1,184

12. Bacus, Garrett/Bair, Gabe, 1,178

13. Nicholson, Zach J/Willis, Ashton, 1,129

14. Nielson, Caitlyn/Haynes, Marissa, 1,122

15. Bair, Molly/Long, Oren H, 1,121

16. Bushell, Logan/Talamantes, Francisco, 1,121

## Singles, Singles 1, Handicapped

Name, Score

1. Tuttle, Kevin J, 675

2. Yowell, Alexis, 671

2. Gibson, Daymion, 671

4. Courts, Leandra, 664

5. Nelson, Kylee, 661

6. Yowell, Deniro, 658

7. Nicholson, Zach J, 657

8. Mason, Alexis, 643

9. Haynes, Ian J, 640

10. Wilkin, Maddie, 636

11. Jim, Kylin C, 627

12. Bair, Molly, 613

13. Lund, Aly, 611

14. Talamantes, Erik, 597

15. Bacus, Garrett, 595

16. Tybo, Alanea, 593

17. Gibson, Aaliyah, 592

18. Talamantes, Francisco, 589

19. Snapp, Kaden, 586

20. Long, Oren H, 585

21. Miller, Ryder F, 584

22. Lund, Tyler, 582

23. Bahe, Keeley, 576

24. Stevens, Brody, 573

25. Jesse, Rocky, 567

26. Ward, William, 565

27. Nielson, Kaleb, 563

28. Thacker, Layton, 553

29. Karr, Brayden, 550

30. Bushell, Logan, 546

31. Haynes, Marissa, 541

31. Nicholson, Nicholas J, 541

33. Nielson, Caitlyn, 533

34. Bair, Gabe, 528

35. Caudill, Wesly, 488

36. Glennon, Robby D, 480

## Elko Colony Health and Wellness Center News

**OPEN 30 & OVER MEN'S  
OPEN WOMEN'S TOURNEY**

**ELKO COLONY HEALTH & WELLNESS CENTER  
ELKO, NEVADA**

**\$280.00 ENTRY FEE**

**March 16, 17, & 18, 2018**

Awards 1st - Jackets

2nd - Hoodies

3rd - Crewnecks

Mvp Hoodies & Gym Bag

All Tourneys Gym Bags

Make checks/money order to Elko Band Council

1745 Silver Eagle Dr.

Elko, Nevada 89801

**Elko Colony Health & Wellness Center**

**Youth Challenge Tourney**

**Entry Fee \$200.00**

**March 23, 24, & 25 2018**

**Divisions Awards- 1st Place Hoodies**

1st-3rd Co-ed

4th-6th Co-ed

7th & 8th All  
Girls

7TH & 8TH All  
Boys

2nd Place Crewnecks

3rd Place Long sleeves

MVP Embroidered Gym  
Bags

All Tourney Backpack  
Bags

Team Registration Info: Call Lance or Deryn @ (775) 738-5038 or (775) 340-1464

Money Orders or Business Sponsors  
NO PERSONAL CHECKS

Deadline March 16th

Team Registration Info: Call Lance or Deryn @ (775) 738-5038 or (775) 340-1464

Deadline March 9th

HIGH SCHOOL GIRLS TEAMS WELCOME

# TE-MOAK DIABETES PROGRAM



What's happening at the Te-Moak Diabetes Program lately? To begin, the FY 2018 Special Diabetes Program for Indians (SDPI) Continuation Application grant was submitted in September. Currently, our grantors have notified the grantees that SDPI has received an extension for the first quarter of FY 2018. However, it is not known yet, if and when the remaining funding will be disbursed. Representatives from Division of Diabetes Treatment and Prevention, Indian Health Service, stated, "We continue to have good reason to hope that SDPI will receive additional funding for FY 2018." The staff at the Te-Moak Diabetes Program remains optimistic and anticipates a favorable outcome. In the meantime, the diabetes program will move forward with planning and implementing the various programs and services until further notice.

As part of the required activities of the community-directed grant program, the Te-Moak Diabetes Program will once again focus on the SDPI Diabetes Best Practice for Physical Activity Education (the Best Practices are focused areas for improvement of diabetes prevention and treatment outcomes in the communities we serve), along with diabetes and nutrition education as well.

Diabetes is a serious problem for American Indians and Alaska Natives, who suffer from some of the highest rates of diabetes globally. Studies have proven that regular physical activity improves blood glucose control and can prevent

and delay type 2 diabetes. In an effort to assist the Te-Moak Tribe's community members to create a healthy lifestyle to prevent and manage type 2 diabetes, we have the following physical activities planned for the upcoming year include:

- Commit to Be Fit - Three 12-week exercise program sessions for diabetes and pre-diabetics.
- 100 Mile Challenge - Community participants will run or walk 100 miles.
- Senior Fit Program - Low impact exercises with the elders.
- Community Gardening - Implement vegetable and fruit garden to increase access to fresh and nutritious foods.
- Gym Memberships - Membership to local gymnasiums and fitness centers.
- Zumba & More - Zumba, step aerobics and cross training.
- Water Aerobics - Builds cardio, strength and resistance and easy on the joints.
- Fun Run/Walks - Two fun runs per year.
- Traditional Plant/Medicinal Harvests
- Gathering plant foods and medicines and learn to implement into our daily diets.

With more activities being planned for the summer months community members will have an opportunity to get up and get moving. The activities are intended for all community members; children, teens, adults, seniors and elders who have a desire to learn how to eat healthier foods, increase physical activity and lose weight.

While on the subject of physical activity. Currently, the Monday through Friday Zumba (also includes cross training and step aerobics) classes held at the Te-Moak Diabetes Center has been cancelled for the remainder of the year. The schedule will resume in January. Anyone interested in continuing their exercise regime can come to the Diabetes Center and use the exercise equipment or check out any of our exercise videos to stay in shape. Another option, participants can attend Elko Strength & Fitness to continue their fitness program. In addition, the physical activity education session for December has been cancelled as well, and will resume in January.

Last month, Mary Gibson, Program Coordinator, and Marilyn Yowell, South Fork Diabetes Assistant, attended and received personal trainer certifications through the Native American Fitness Council. Both women are now professional personal fitness trainers qualified to work in wellness clinics or fitness centers for Native organizations. Gibson stated, "I am looking forward to putting the skills I learned to help our communities get healthy and strong; to live longer and improve the quality of life,"

Jan Boyer, Diabetes Educator, and Mary Gibson, Program Coordinator, traveled to Wells and met with the elders of the community and participated in a talking circle. The primary theme of the talking circle centered on the affects of diabetes on individuals, family and community and ways to cope with the disease.

The Battle Mountain Band's social services, health department and diabetes program sponsored a health fair. Approximately eight programs set-up to provide the community with various health related information and health checks. Food, fun, and prizes was on tap and those who attended had a good time.

For further information about the Te-Moak Diabetes Program's current activities, future activities, and diabetic services, contact Mary Gibson, Program, Coordinator at (775) 738-4881 or email [tmkdiabetes@frontiernet.net](mailto:tmkdiabetes@frontiernet.net).

## TE-MOAK DIABETES PROGRAM ELKO WEEKLY FITNESS CLASSES January - December 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
* Body Conditioning@ Elko Strength & Fitness 5:00 am-7:00 pm (see Te-Moak Diabetes staff for membership info)		*Body Conditioning@ Elko Strength & Fitness 5:00 am - 7:00 pm (see Te-Moak Diabetes staff for membership info)		* Body Conditioning@ Elko Strength & Fitness 5:00 am - 7:00 pm (see Te-Moak Diabetes staff for membership)
	Native Dance Class @ Diabetes Center 3:30pm-4:30pm  Zumba @ Diabetes Center 5:30pm-6:30pm		Native Dance Class @Diabetes Center 3:30pm-4:30pm  Step Aerobics @ Diabetes Center 5:30pm-6:30pm	

\*Elko Strength & Fitness 1031 Railroad St. Suite 104\*  
Monday - Friday 5:00 am-7:00 pm or 1:30pm-4:00 pm by appointment only and Saturday 8:00am-12:00 pm

# Elko Colony Health and Wellness Center News

## Youth Winter Basketball Tournament

Submitted by Lance Stevens, Elko Colony Health and Wellness Center Director

Photos by Victoria Jackson

Elko, December 3 - We had a total of 19 teams all together. Our tournament was a success, everything went on time, teams played with a lot of heart, they came here to compete, and

I would like to thank all the volunteers that helped during the tournament, and those that helped clean after each day, and to all that came to support our youth.

### 7th-8th Grade



### 4th-6th Grade



**Champions (Top): O-Town Braves.** MVPs: #32 Dacarian & Marina. All-Tourney: #42 Mika, #24 Danina, #13 Royce, #44 Alaisah.

**Runners Up (Bottom): All Native.** All Tourney: #12 Amilia, #14 Royal.

**3rd Place: Ft Hall.** All Tourney: #9, #3.

**Champions: Bad Medicine.** MVPs: #0 Bisaapi, #3 Ryana. All-Tourney: #11 Lennon, #7 Ziah, #4 Emory, #6 Latawni.

Runners Up: Beast Mode. All-Tourney: #2 Marcus & #44 Alaisah.

3rd Place: Elite Stars. All-Tourney: #2 Shay, #10 Anthony.

### 1st-3rd Grade

**Champions (Top): Basket Hounds.** MVPs: #7 Carter, #5 Savannah. All-Tourney: #4 Kaiden, #9 Giovanni, #8 Jaylyn, #4 Janessa.

**Runners Up (Bottom): Lil Hoops.** All Tourney: #32 Carter, #44 Melody.

**3rd Place: Minion Terrors.** All Tourney: #3 Tiri, #5 Braxton.





# Gingerbread House Winners



Winners of the Gingerbread House Contest are as follows. L-R: 1st - Whitney Pete, 2nd - Cherie Ike and daughter, 3rd - Andy Orozco and Mariel Orozco.



# Festive Dress Winners

A contest was held for those who dressed in a festive outfit. The following are the winners of the Festive Dress Contest.

**Clockwise:** 5 & Under: 1st - Suhvie Wasson (L), 2nd - Roxie McDade. 6-11: 1st - Karosimi Jesse (L), 2nd - Theresa Decker (M), 3rd - Kayli Osborne. 12-16: 1st - Andy Orozco, 2nd - Mariel Orozco. 18-54: 1st - Dana Lopez (L), 2nd - Whitney Pete (M), 3rd - Colleen Couchum (R). 55 & older: 1st - Julie Stevens (L), 2nd - Mona Pete (M), 3rd - Beulah Knight (R).

