

LAS VEGAS PAIUTE TRIBE HEALTH & HUMAN SERVICES


Las Vegas Paiute Tribe
Health and Human Services

October '25 Newsletter



CLINICAL APPOINTMENT HOURS

DR. LEE (PRIMARY CARE)- MONDAY-FRIDAY 8:30AM-3:30 PM

GEMMA (NURSE PRACTITIONER) MONDAY-FRIDAY 8:30AM-3:30 PM

LISA LEDL (NURSE PRACTITIONER) WED-FRIDAY 9:30AM-3:30 PM

DR. ROWLES (PEDIATRICS): MON-WED 1-3:30 PM

DR. WAITE (PODIATRY): MON 8:30-4:00, WED 8:30-11:00, THURS 8:30-4:00; FRIDAY APPOINTMENTS ONCE PER MONTH

BEHAVIOR HEALTH

STEVEN BONN, LMFT MON-THURS. 9AM-3PM

DR. CRUEY, PSYCHIATRIST: MON/TUES & THUR/FRI 8AM-5PM

ADDITIONAL SERVICES

OPTICAL: MON-FRI 8AM-5PM

DENTAL: MON-FRI. 8AM-5PM

PHARMACY: MON-FRI 9 AM-4:30PM

WELLNESS CENTER: MON-FRI 8AM-6PM

NUTRITION: (MANDIE) MON&FRI: 8AM-2:00PM
TUES, WED, THURS 8AM-1:00PM

BENEFITS COORDINATOR (TOM): MON-FRI 8:30-4:00 PM

LAS VEGAS PAIUTE TRIBE
33RD ANNUAL
**SNOW MOUNTAIN
POW WOW**

OCTOBER 10TH, 11TH, & 12TH 2025 LAS VEGAS, NEVADA

HEAD STAFF

MC Bart Powauke
ARENA DIRECTOR Hank Johnson
HEAD JUDGE Henrietta McGurk
NORTHERN HOST DRUM Red Spirit
SOUTHERN HOST DRUM Red Thunder
HEAD GOURD DANCER Ipa Dutchover-Grey
PA SYSTEM WarDance LIVE

DAILY ADMISSION

\$8 1-Day Pass

\$12 3-Day Pass*

*Free gift with the purchase of a Weekend Pass while supplies last!

SCHEDULE

Grand Entry Friday 10/11 @7PM
Sat. 10/12 @1PM & 7PM
Sun. 10/13 @1PM

Gourd Dance Sat. 10/12 & Sun. 10/13
@12PM Noon

HOST HOTEL

SANTA FE HOTEL AND CASINO
Room Rate: Fri. & Sat. \$178 +Resort Fee & Tax
Sun. \$68 +Resort Fee & Tax
Please use code: ACISMPW

VENDORS

Please contact Anita Taylor for Vendor Info.
Phone: 702-386-0280 | Email: ataylor@lvpaiute.com

DRUM CONTEST

NORTHERN & SOUTHERN Drums
Combined Contest
1st: \$5000, 2nd: \$4000,
3rd: \$3000, 4th: \$2000
Day Pay For Non-contesting Drums:
\$100 per session

DANCE CATEGORIES

JUNIORS (6-12yrs)

Jr. Girls: FANCY, JINGLE
TRADITIONAL
Jr. Boy's: FANCY, GRASS,
TRADITIONAL
1st: \$150, 2nd: \$100, 3rd: \$75

TEENS (13-17yrs)

Girl's: FANCY, JINGLE,
TRADITIONAL
Boy's: FANCY, GRASS,
TRADITIONAL
1st: \$400, 2nd: \$300, 3rd: \$200

SR. ADULTS (34-49yrs)

Women's: FANCY, OLD STYLE
JINGLE, CONTEMPORARY
JINGLE, NO. TRADITIONAL, SO.
TRADITIONAL
Men's: FAN, GRASS, CHICKEN,
NO. TRADITIONAL, SO.
TRADITIONAL
1st: \$700, 2nd: \$600, 3rd: \$500

JR. ADULTS (18-33yrs)

Women's: FANCY, OLD STYLE
JINGLE, CONTEMPORARY
JINGLE, NO. TRADITIONAL, SO.
TRADITIONAL
Men's: FANCY, GRASS, CHICKEN,
NO. TRADITIONAL, SO.
TRADITIONAL
1st: \$700, 2nd: \$600, 3rd: \$500

GOLDEN AGE (50+yrs)

Women's: NORTHERN,
SOUTHERN
Men's: NORTHERN,
SOUTHERN
1st: \$700, 2nd: \$600, 3rd: \$500

SPECIALS

Red Dress, Men's Chicken,
Contemporary Team Dance,
Traditional Team Dance,
Veterans Dance Special



Featuring a special performance by the
Bristol Bay Native Corporation Dance
Group During Dinner Break on Saturday!

LVPaiuteTribe.com/pow-wow

CONTACT US: 702-910-2593 / POWWOW@LVPaiute.com

[BIT.LY/3ZNS3DC](https://bit.ly/3ZNS3DC)

[FACEBOOK.COM/SNOWMTPOWWOW](https://facebook.com/snowmtpowwow)



Sunrise Blessing

An open invitation to
participate in the sunrise
blessing of the Pow Wow
Grounds.

Breakfast will be served at the
Resort following the blessing.

Friday October 10, 2025

Please arrive at 6:20 am,
sunrise is at 6:45

You may also set up your shade canopies Friday morning AFTER the blessing. Please make sure shade canopies are secure, using metal stakes and weights is recommended

The Pow Wow Committee is not responsible for
lost, broken or stolen items.

Wellness Center

OCTOBER 2025

HEALTH & WELLNESS CENTER CLASS SCHEDULE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Thai Chi (Beginners) 9AM	2 Pick A Card Workout 1 PM	3 Dance Aerobics 12 PM (Bands)	4
5	6 Weight Training (Beginner) 1 PM	7 Elders Stretch Class 8:30 AM	8 Chair Balance Exercise 8:30 AM	9 Corrective Exercise (Beginners) 1 PM	10 Dance Aerobics 12 PM	11
12	13 CLOSED Indigenous People Day	14 Thai Chi (Beginners) 9AM	15 Squat Box TMG (Beginners) 1 PM	16 Resistance Bands Workout 1 PM	17 Dance Aerobics 12 PM (Kick Boxing)	18
19	20 Pick A Card Workout 1 PM	21 Corrective Exercise (Beginners) 1 PM	22 Chair Balance Exercise 8:30 AM	23 Meditation 1 PM	24 Cooking Class Quick Rotisserie Chicken Meals 12 PM	25
26	27 Thai Chi (Beginners) 9AM	28 Weight Training (Beginner) 1 PM	29 Squat Box TMG (Beginners) 1 PM	30 Elders Body Movement 8:30 AM	31 CLOSED HAPPY HALLOWEEN	

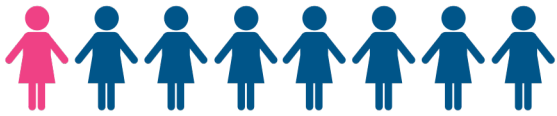


Breast Cancer Awareness Month



Early Detection is the Key to Survival

7 important reasons to get your mammogram



Women in America have one in eight chance of developing breast cancer over their lifetime.

Early detection offers the best hope for catching a cancer early when chances for a cure are highest. That's especially important for African American women who have a greater risk for some aggressive types of breast cancers and are more likely than white women to die from the disease. Breast cancer screening and early detection save lives. Schedule your annual mammogram beginning at age 40. Here are seven good reasons why you should keep mammogram screening on track:

1 You can get breast cancer even if it doesn't run in the family

Most women who are diagnosed with breast cancer don't have a significant family history. However, having a family history does elevate breast cancer risk.

2 You have dense breasts.

Breasts that contain a lot of

fibrous or glandular tissue and little fat

are considered dense.

Dense breasts increase your risk for breast cancer, making regular mammograms particularly important because they're more likely to hide a cancer.

3 You're getting older.

Like many other health issues, your risk for breast cancer rises with age. Most breast cancers are diagnosed after age 40. For every year that you live, you're more likely to develop breast cancer in the next year.

40+

4 You are African American.

African American women are more likely to die from breast cancer when compared to white women of similar age.

One reason is that, due to **lower screening rates**, their cancers are often caught.

In addition to being under-screened, African American women tend to have more aggressive types of breast cancer, for which there are fewer effective treatment options.

5 A mammogram may detect other issues.

Besides finding cancer, breast imaging can reveal other health problems that you and your doctor need to know about. You can find breast abscesses on mammography and ultrasound.

6 You started menstruation early—or menopause late.

Having your first menstrual period

before age 12

or

starting menopause
after age 55

increase your risk for breast cancer.

7 You skipped your mammogram last year.

Many people postponed check-ups and screenings during the COVID-19 pandemic to avoid exposure to the virus. But the longer a breast cancer has had an opportunity to grow, the more dangerous it becomes.

If it's been more than a year since your last mammogram, be sure to book an appointment.

Visit rwjbh.org/mammo

**Robert Wood Johnson
University Hospital
Hamilton**

**RWJ Barnabas
HEALTH**

RUTGERS
Cancer Institute
of New Jersey
RUTGERS HEALTH

Don't delay your mammogram.
To make an appointment at RWJUH Hamilton,
call **609-584-6400** or visit rwjbh.org/mammo

Let's beat breast cancer together.



Halloween Survival Guide

Dental

7 tips for a mouth-healthy Halloween

For many families, Halloween means bags of free candy and a chance to stockpile sweets for the winter. But this sugar-powered holiday can also trigger concerns about children's dental health. How can you let your kids enjoy Halloween while preventing cavities later on?

Here are 7 healthy tips for Halloween and all year long:

1. Enjoy Halloween treats with meals

When it comes to sweets and your teeth, timing is everything. If you have a little candy with meals (or right afterward), you'll benefit from the extra saliva your mouth automatically makes while you're eating a full meal. This helps rinse away leftover bits of candy and the cavity-causing acids produced by bacteria in your mouth.

2. Don't snack on sugar

Frequent snacking can boost your cavity risks, and it's double trouble if you choose sugary treats like Halloween candy. If you need an energy boost, go for low-sugar options such as nuts, fruit, veggies or crackers.

3. Skip sticky or sour candies

Avoid hard candy and sticky, gummy sweets that stay in your mouth for a long time. These can cling to your teeth, elevating cavity risks. Unless they're sugar-free, it's a good idea to skip these candies altogether. Sour candies are high in dietary acids that attack the hard, protective coating on your teeth (enamel). They're tasty, but they're some of the worst offenders when it comes to tooth decay.

4. A little chocolate is fine

As sweet treats go, small amounts of chocolate are a decent choice. Chocolate is the most popular kind of Halloween candy and it doesn't stick to your teeth as readily as other candies. If you like dark chocolate, that's even better, since there's less cavity-causing sugar in semisweet and dark chocolate than in milk chocolate.

5. Don't keep a big stash of candy on hand

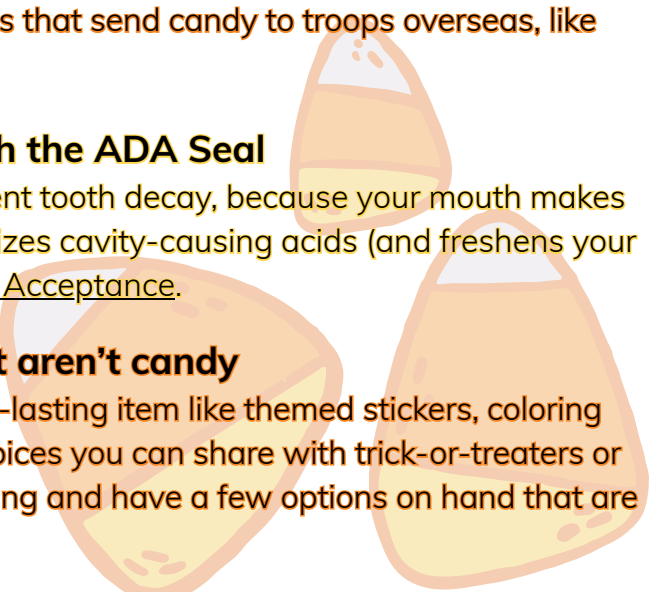
It's tempting to keep Halloween or other holiday candy around, but your teeth will thank you if you don't. Have your family pick their favorites and donate the rest. Organizations that send candy to troops overseas, like Operation Gratitude, will be glad to receive your extra supply.

6. Chew sugar-free gum with the ADA Seal

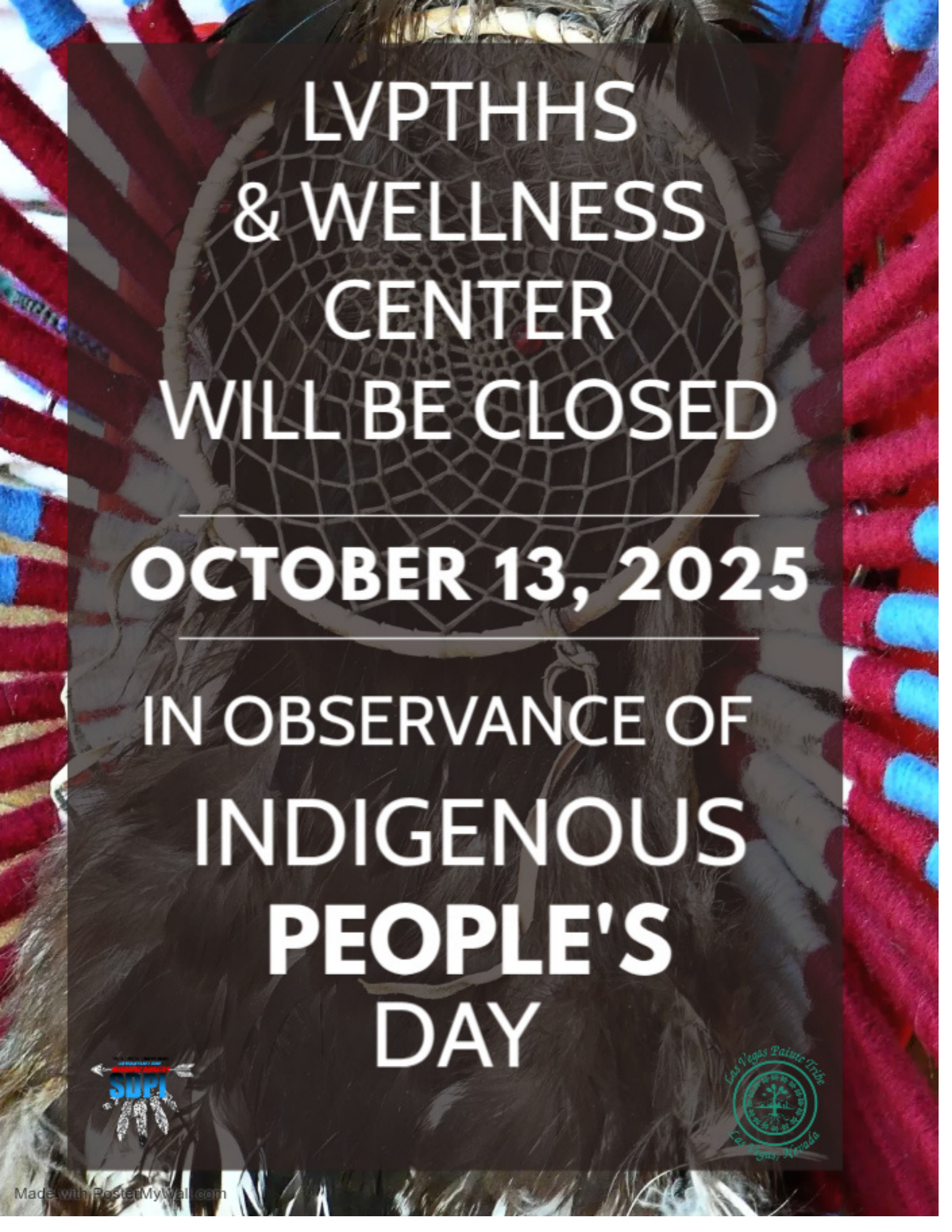
Enjoying sugarless gum for 20 minutes after eating helps prevent tooth decay, because your mouth makes extra saliva as you chew. This cleanses away food and neutralizes cavity-causing acids (and freshens your breath, too). Look for brands that have earned the ADA Seal of Acceptance.

7. Choose fun giveaways that aren't candy

At Halloween or anytime, the sweetest gesture might be a longer-lasting item like themed stickers, coloring books and crayons or pens and pencils. There are many great choices you can share with trick-or-treaters or party guests. (Keep in mind the age range of children you're treating and have a few options on hand that are rated safe for toddlers or preschoolers.)



<https://www.mouthhealthy.org/all-topics-a-z/halloween-candy-survival-guide>



LVPTHHS & WELLNESS CENTER WILL BE CLOSED

OCTOBER 13, 2025

IN OBSERVANCE OF
INDIGENOUS
**PEOPLE'S
DAY**





LVPTHHS
&
WELLNESS CENTER
WILL BE CLOSED
OCTOBER 31, 2025
IN OBSERVANCE OF

NEVADA DAY

