
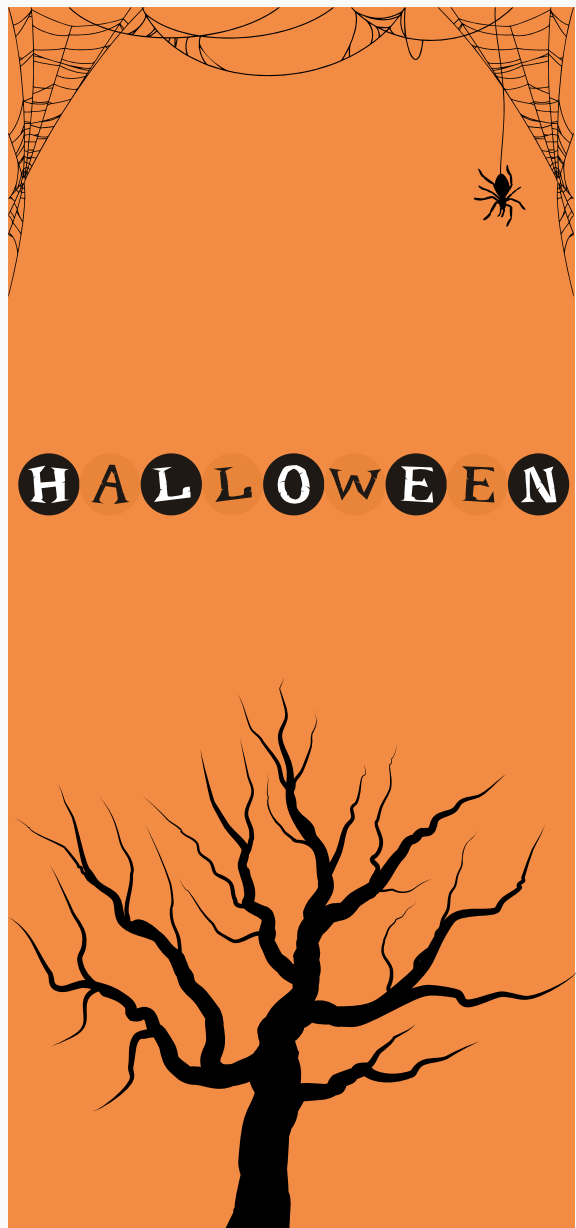


# LAS VEGAS PAIUTE TRIBE

## HEALTH & HUMAN SERVICES

  
Las Vegas Paiute Tribe  
Health and Human Services

### October 2024 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) TUE-THURS 9AM-4 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: M, W, TH, FRI 8AM-5 PM (CLOSED TUES)

DENTAL: MON-FRI. 8AM-5PM

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

SDPI (DIABETES PROGRAM): MON-FRI 8AM-5PM

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

NUTRITION: (MANDIE) MON-FRI: 8AM-1PM



## Start simple with MyPlate



## Vary Your Protein Routine

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what protein foods to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### Include protein in your snack

Try peanut or nut butter as a dip for apple or celery slices, or as a spread on whole-grain crackers. A hard-cooked (hard-boiled) egg with a dash of pepper also makes a good protein snack.



### Keep seafood on hand

Canned seafood, such as salmon, tuna, or crab, is quick to prepare and enjoy. Canned items also store well.



### Add protein to your salad

Grilled chicken or shrimp adds tasty protein to a salad of mixed greens. Chickpeas or black beans are delicious, budget-friendly options, too.



### Take protein on the go

Pack a mixture of unsalted nuts and sunflower seeds for a crunchy snack. Add some dried fruit like raisins, cranberries, or chopped dates for a touch of sweetness.



### Get creative with beans, peas, and lentils

Make chili or stews with kidney or pinto beans, have a bowl of split pea soup for lunch or dinner, or enjoy lentils as a side dish. Check online for recipe ideas.



### Serve up lean beef

Broil lean beef cuts like sirloin, top round, or flank steak. Sliced into strips, they're great over greens, in a sandwich, or as is.



Dietary  
Guidelines  
for Americans

Go to [MyPlate.gov](https://www.MyPlate.gov) for more information.  
USDA is an equal opportunity provider,  
employer, and lender.

**The benefits of healthy eating  
add up over time, bite by bite.**

FNS-905-5  
March 2022





LAS VEGAS PAIUTE TRIBE  
32ND ANNUAL  
**SNOW MOUNTAIN  
POW WOW**

**October 11th, 12th, & 13th, 2024**  
→ Las Vegas, Nevada ←

**HEAD STAFF**

**MC** - BART POWAUKEE  
**ARENA DIRECTOR** - ALEX A. SHEPHERD  
**HEAD JUDGE** - JACINTA TSOSIE  
**HEAD GOURD DANCER** - KENNETH COZAD  
**SOUTHERN HOST DRUM AND GOURD DRUM** - COZAD  
**NORTHERN DRUM** - RED SPIRIT  
**PA SYSTEM BY** WAR DANCE LIVE

**DAILY ADMISSION**

**\$8 - 1 Day Pass**  
**\$12 - 3 Day Pass**

**DRUM CONTEST**

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

**GRAND ENTRY**

**Friday 10/11 - 7PM**  
**Saturday 10/12 - 1PM & 7PM**  
**Sunday 10/13 - 1PM**

**HOST HOTEL**

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

**GOURD DANCE**

**10/12 and**  
**10/13 at 12pm**

**VENDORS**

Please contact  
**powwow@lvpaiute.com** for  
Vendor Application

**DANCE CATEGORIES**

**JUNIORS (6-12yrs)**

Jr. Girl's: **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**

**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**

**SR. ADULTS (34-49yrs)**

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**

**DANCE SPECIALS**

**Red Dress, Traditional,**  
**Contemporary/Fancy**  
**Team Dance Special Sponsored by**  
**INDO & WYLD**

THE POW WOW COMMITTEE WILL NOT BE HELD RESPONSIBLE FOR ANY ACCIDENTS, LOSS, INJURIES, SHORT FUNDED TRAVELERS, ETC. THIS IS CONSIDERED A RAIN, WIND, OR SHINE EVENT. PLEASE NO ALCOHOL, PETS, OR FIREWORKS. POW WOW IS LOCATED ON THE LAS VEGAS PAIUTE SNOW MOUNTAIN INDIAN RESERVATION ON US 95 NORTH AT EXIT #99.

**LVPaiuteTribe.com/pow-wow**

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

**BIT.LY/3PZedgt**

**f FACEBOOK.COM/SNOWMTPOWWOW**







# 2nd Annual Red Dress Special



*Sponsored by LVPTHHS*

*Date:*

*October  
12, 2024*

*Location:*

*Snow Mountain  
Pow Wow*



**MMIW**

*Please join us in recognizing & honoring*

**MISSING & MURDERED INDIGENOUS WOMEN**

## *WOMENS CATEGORIES*

- *N. Traditional*
- *S. Traditional*
- *Jingle*
- *Fancy*

**HAVE  
YOU SEEN  
OUR  
SISTERS?**

- *Must Have Red Regalia To Participate*
- *One Prize Each Category*

# Halloween Safety Tips

- S**tay in groups
  - C**ostumes should be well fitting and flame resistant
  - A**lways test makeup
  - R**emember to look both ways when crossing streets
  - E**xamine all treats before eating
- 
- S**tay on sidewalks when possible
  - A**void dark houses
  - F**lashlights + glowsticks for visibility
  - E**njoy with caution!

**American  
Safety Council**

**HELP FIGHT THE FLU!**


**YOU VS. FLU**

**GET YOUR  
FLU SHOT AT  
NO COST!**

**STARTING  
OCTOBER 1, 2024**

**LVPTHHS**

**1257 PAIUTE CIRCLE  
LAS VEGAS, NV. 89106**

 **702-382-0784**

