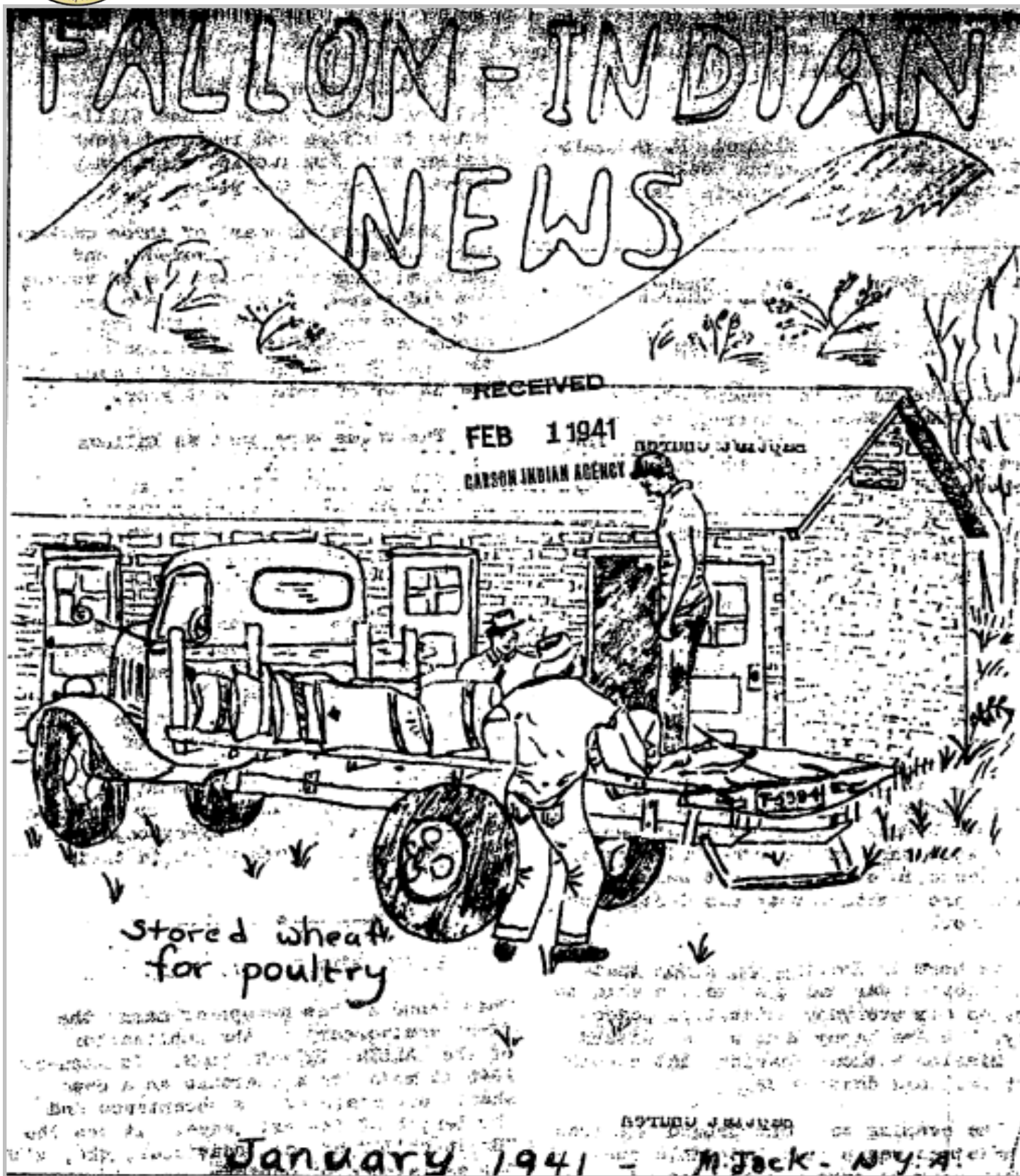




# NUMA NEWS





Welcome to the January 2025 edition of Numa News. We are thrilled to shine light on the cover image from 1941, drawn by Mike Jack. The image is a drawing of the three men working on the back of an old flat bed truck with several bags of wheat for poultry. The old rock building is still standing and located in the current Land & Water Maintenance Yard.

A tribal member had donated many old articles from Fallon-Indian News to the THPO Officer, Rebecca Youngman. She submitted them to the Communications Office so we can share in the Numa News. Mrs. Youngman is also requesting that if any community member have any historical photos, drawings and/or articles of veterans or our tribal community, if you would like to share, you can contact her at the administration office at 775-423-6075 or [thpo@fpst.org](mailto:thpo@fpst.org).

Wishing everyone a prosperous New Year and many blessings. Below is a New Years Prayer taken from the 1941 Fallon-Indian News.

## **Fallon-Indian News**

### **A New Years Prayer-1941**

“Lord make me an instrument of thy peace. Where there is hatred, let me sow love, where there is injury, pardon: Where there is doubt, faith: where there is sickness, joy. Oh Devine Master, grant that I may not seek so much to be consoled, as to console; to be understood, as to understand; to be loved, as to love; for it is in giving that we receive; it is pardoning that we are pardoned; and it is dying that we are born into eternal life.”

Saint Francis of Assisi

## **“INDIAN NEWS”**

Greetings from the THPO office, the THPO office will share monthly historical news article from the old 1940 Tribal newspaper called “Indian News”. A tribal member brought “INDIAN NEWS” Papers to my office, please enjoy reading. If anyone has any old newspaper or historical documents that need to get preserved feel free to bring them in.



*CLC Youth & Chairwoman Williams-Tuni*

*By Jill Wright tribalnews@fpst.org*

The Christmas events for the Fallon Tribal community was a bit different this year. The first change was to have our Gift Distribution hosted at a separate time as the Traditional Christmas Dinner. Both events were more intimate with different formats but nevertheless, a success.

The gifts were donated by Walking Shield and Toys 4 Tots. After receiving the events, many seniors in our community came out and helped wrap gifts.

On Wednesday, December 11, we held our Christmas Gift Distribution. Chairwoman Williams-Tuni & her assistant Juliana Dixon hosted the raffle with wonderful prizes, age appropriate for the youth with an abundance of gratitude from both the givers and receivers. This first annual event could not have been possible without the help of Ziontz-Chestnut, EchoHawk and Olsen Law Firms, FPST Legal Council. Santa had gifts for all the youth 17 and under. We are incredibly grateful to all the amazing volunteers and generous donors who made this possible. Because of your kindness, we delivered joy and smiles to so many kids this holiday season.

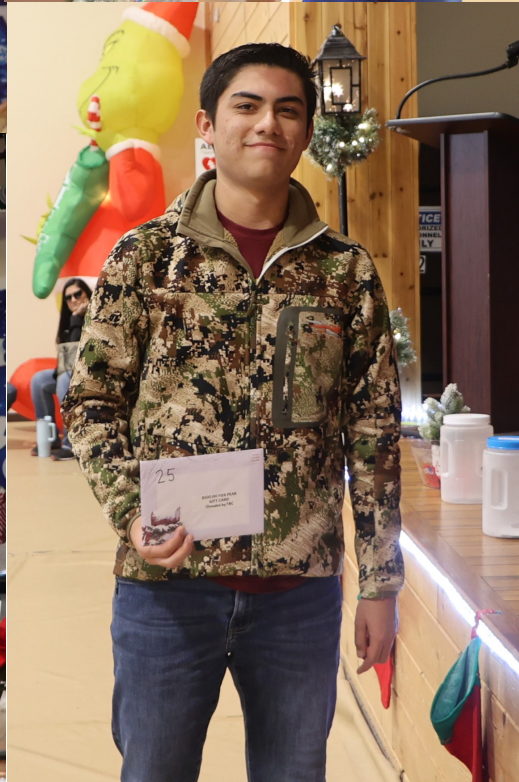
On Saturday, December 14, our holiday meal went exceptionally well. The menu consisted of turkey, ham, mashed potatoes, stuffing, green beans, corn, cranberries, salads, dinner rolls, deserts and countless other delicious dishes that other people made. Jim and Carol Sanders were recognized as the FPST longest married couple. Congratulations.

The entertainment was a smash as Colton Tohannie played his drum and sang a song on his drum. Then the CLC Youth sang two adorable songs in our Paiute traditional language. Everyone was happy with delicious food and a great time spent with loved ones.

Our Tribal Council also contributed and served in many different ways by helping in the kitchen, helping cook, serve food and clean. As the attendees lined up to eat, our leaders helped serve and there was lots of laughs.

We would like to thank the Fallon Business Council & FTDC, Walking Shield Inc, Toys 4 Tots, all tribal departments, all volunteers and everyone who made this event possible.





## Annual Report Night

On Wednesday, December 18, the community was invited to the Fallon Paiute Shoshone Tribe’s Annual Report Night for Fiscal Year 2024 which was held at the tribal gymnasium, an opportunity to take a moment to celebrate the successes of our Tribal government. Chairwoman Williams-Tuni also hosted a dessert contest during the event. Ciabi Dick was the winner with a delicious floral array of strawberry/cupcake surprise, and thank you to everyone who brought a dessert, they were all very enjoyable.

Each director’s report included accomplishments for 2024 and goals for 2025. The Directors gave their reports which included information on a tribe's progress, challenges, and successes. Thank you to all their directors & their staff who work hard for the tribal community. The Chairwoman’s Office will be sending out the 2024 Annual Reports and they will also be available at the FPST Administration Office for review.



2025

## FPST BEHAVIORAL HEALTH PROGRAM FOR MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES - JANUARY 2025

### Mental Health Program

Assessments, Psychiatric & Therapy Services

Dr. Sonny Ruckstuhl, Clinical Psychologist, available on Mondays or Tuesdays.



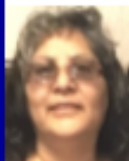
**Kristin Circle**, Psychiatric Mental Health Nurse Practitioner. Kristin provides virtual psychiatric assessments and prescribes medications for mental health and substance use disorders at 16 hours each week.



**Susan Stark, MA, LCSW**, is a licensed clinical social worker. She is available for therapy services on 2 days a week.

### Substance Abuse Program (SAP)

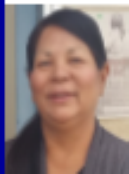
Assessment & Outpatient Treatment Services



**Cynthia Wachsmuth**, CADC Intern, full-time Substance Abuse Counselor.



**Sunny Cox**, CADC Intern, full-time Substance Abuse Counselor.



**Brenda Hooper**, Recovery Support Coach & Coordinator. She provides peer support to individuals in early recovery from substance abuse and mental health issues.



**Shelby Harrison**, Behavioral Health Assistant. Call Shelby to make an appointment with any of the BH Providers at (775) 423-9076.

For questions regarding services or activities contact Leslie Steve, MA, LADC, Director of Behavioral Health at 423-9076, ext. 1147.

#### PRACTICE MINDFULNESS

Take a deep breath. "Yesterday is gone, tomorrow hasn't happened; what we have is right here, right now."



### DRY JANUARY: What is Dry January?



It is an annual initiative that encourages participants to kickstart the year on a healthy note by abstaining from alcohol for the entire month. It urges individuals to voluntarily steer clear from alcohol consumption and to welcome the New Year with greater health awareness. Rather than being merely a month of respite for the liver, the campaign focuses on the importance of making healthier lifestyle choices. It showcases how small changes can enhance mental clarity, lethargy levels, and general well-being.

Quote: "Recovery isn't about returning to who we once were, but growing into who we were always meant to be."  
-Clare Waismann

### SAMHSA Native Connections

#### Project:

Welcome to our team, **Adrian Tom**. He was hired as the new Project Director for this 5-year grant that focuses on suicide prevention and mental health awareness for youth and young adults.



**Valerie Bill** is the Prevention Specialist who will conduct prevention events, activities and trainings in our community.



### Bureau of Justice Assistance Connect & Protect Project:

A 3-year project for Law Enforcement officers and Mental Health providers regarding crisis interventions within the FPST community.

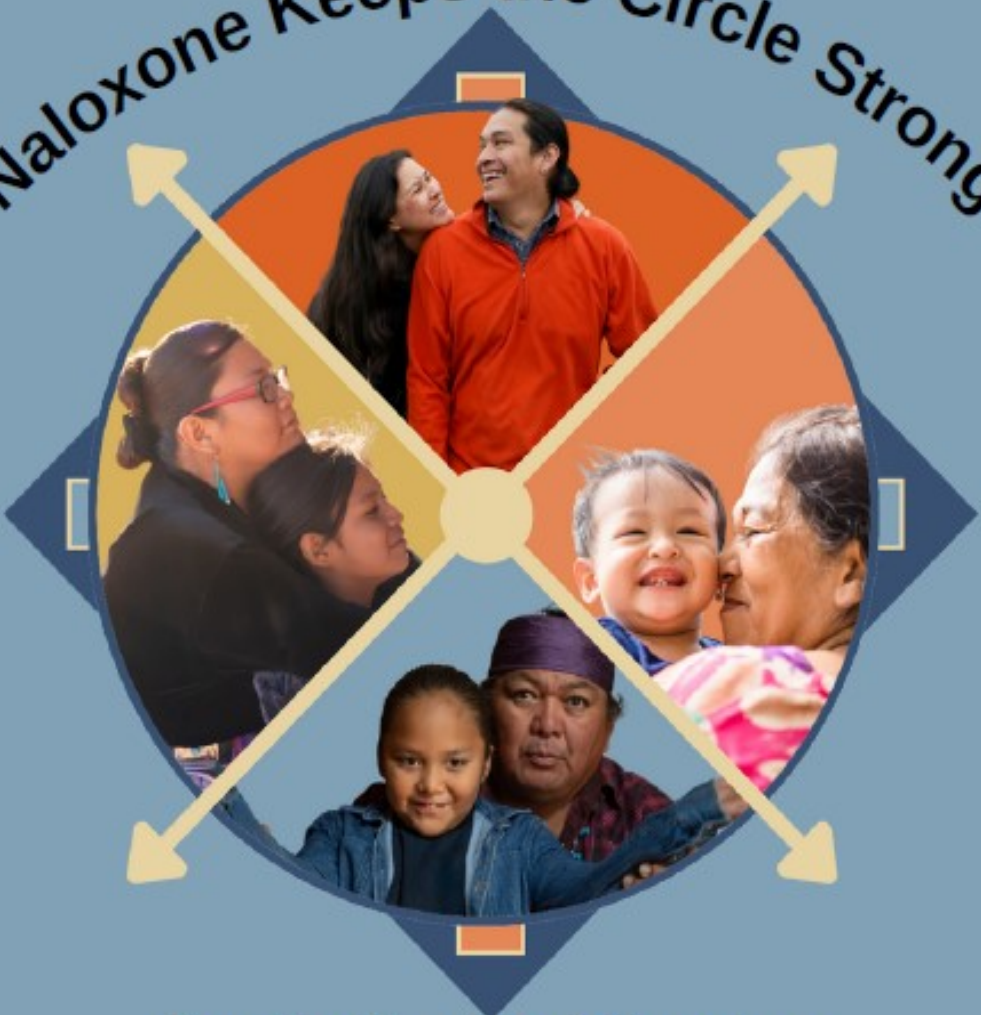
**Paula Wright** serves the project as the Behavioral Health Liaison.



The Fallon, Lovelock & Yomba Wellness Community (WELCOM) Network—We will host the next meeting at 999 Rio Vista on 1/23/25 from 12noon to 1:30 p.m. to attend. Lunch is provided to participants at 11:30. We welcome people from the community.

Did you know that for nearly 40% of overdose deaths, someone else was present?<sup>1</sup>

# Naloxone Keeps the Circle Strong



### Know the signs of an opioid overdose:

- Being unresponsive
- Pale face, blue lips
- Slow to no breathing
- Pinpoint pupils
- Gurgling or choking noises
- Slow to no heartbeat

**See the signs and give naloxone. Talk to a pharmacist or nurse today.**



Indian Health Service (IHS) resources

◀ *Learn more* ▶

Partnership to Advance Tribal Health (PATH) resources



This material was prepared by Comagine Health for the American Indian Alaska Native Healthcare Quality Initiative under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. NQIIC-AIHQI-313-01/06/2023

1. [https://www.cdc.gov/mmwr/volumes/69/wr/mm6935a1.htm?s\\_cid=mm6935a1\\_w](https://www.cdc.gov/mmwr/volumes/69/wr/mm6935a1.htm?s_cid=mm6935a1_w)

**FTHC Behavioral Health Program, (775) 423-9076**



## **CULTURALLY INFORMED TRAUMA and GRIEF RECOVERY**

By Paula Wright, Behavioral Health Liaison

I was in the third grade when my uncle died at home from a long bout with pneumonia. I watched my grandmother weep for the first time. No one advised me nor guided my wounded spirit when she passed. Then later, my son. Grief recovery was far from me as it often was a raging flood beating me down.



Whether you identify as Indigenous, Native American, or use your tribal affiliation, you may have experience trauma from loss and grief. Grief is a normal response of sorrow, heartache, and confusion that comes from losing someone or something important to you.

Grief is a part of life. It is a strong, sometimes overwhelming reaction to death, divorce, job loss, a move, loss of health due to illness. It can also occur after disasters or other traumatic events.

What do we do now? Where can I find help in dealing with grief?  
How long will this last?

Indigenous people of the Great Basin region suffered with catastrophic events that impacted our historical past and evolved to current traumas: racism, suicide, missing and murdered without answers. Some communities face high rates of drug and alcohol addictions, violence, poverty, and inadequate schooling. Even our current physical and mental health reflects the challenges that we have faced across generations.

### **Coping with Grief**

Start taking little steps to help yourself cope with grief. Talking to others who understand and respect how you feel: family members, faith leaders, people you trust. Recognize that you might still have these feelings over a long period, they will become less intense over time. Take care of yourself physically by exercising, eating healthy meals, and getting enough sleep. Allow yourself to feel joy and sadness, and cry when you need to.

Going through the grieving process and healing from loss does not mean forgetting about your loved one who died. Adjusting to a new reality in which your loved one is no longer present is a difficult path to walk. It's an awful pill to swallow.

After twenty-four years, my grief of losing my son is still present but not debilitating. I can put out a few pictures of him and thank the Creator for allowing me to have him for a time. Same with my grandparents. Good people prayed for me so I could continue to parent and lead my family forward. My spririt returned to me.

I have come to this conclusion; my son would not want me to stay sad. He would want me to live my life for my grandchildren. My grandparents would want me to learn to speak Paiute and keep on doing the things that bring me joy. This is my story.

If you are struggling with the intense feelings associated with grief, call the Fallon Tribal Behavioral Health Program for an appointment with a mental health provider. It takes little steps forward for your healing.

**Fallon Tribal Behavioral Health 775-423-9076** (Excerpts from APA article, "Indigenous Community Healing and Resilience" and SAMHSA, "Tips for survivors: coping with grief after a disaster or traumatic event.")




*It's time for a..*

# RAFFLE!

*Start the new year with insurance & a gift card!*

Visit the Fallon Tribal Health  
Center & apply for Nevada  
Medicaid to be entered.  
January 1-31



*This raffle is open to anyone without current medical coverage.  
Raffle entry is regardless of Medicaid approval. Please reach  
out to the Benefits office for any questions (775) 423 - 3634*

# **IMPORTANT TRIBAL DROP OFF & PICK UP NOTICE DMV TAX EXEMPTION**

**This Governmental Services Tax Exempt Privilege/Eligibility has been in effect since 2012. The current Tribal Chairwoman is only enforcing the DMV Vehicle Privilege for the benefit of federally recognized Nevada Native Americans residing permanently within the boundaries of the Fallon Paiute-Shoshone Reservation & Colony.**

**PLEASE:**

- When you arrive at the Administration Building, 565 Rio Vista requesting a DMV Exemption, the Front Desk Staff will ONLY take a copy of your Valid Tribal ID, Drivers License & DMV Registration and/or Vehicle Title which will be picked up and processed by the Chairwoman's Office. Please leave a current phone number so the Chairwoman's Assistant can call you when your application is ready for pickup.

**NOTE:** ALL documents must match the same address located on FPST lands in order to validate the applicant & vehicle. If any of the documents do not match, it is the responsibility of the applicant to make necessary changes are done before receiving the exemption.

**THERE IS A ONE DAY TURN AROUND FROM THE TIME YOU  
SUBMIT YOUR APPLICATION, SO PLEASE LOOK AT YOUR DMV  
EXPIRATION DATES CLOSELY & PLAN ACCORDINGLY.**



**Be Red Cross Ready**  
Prepare so you can protect.

# Wildfire

## Preparedness Checklist

A wildfire is an unplanned fire in a natural area. Wildfires affect everyone. They can spread fast, harm us, and destroy our homes. Climate change is making parts of the US warmer and drier, causing wildfires to grow bigger and become more destructive. More people are living in areas at risk for wildfires. But we can take action to prepare. Prepare now to protect yourself, your loved ones, and your home.



### What to Do: Before



#### Be Ready to Evacuate Quickly

Evacuate means going from an unsafe place to a safe place.

- You may have to leave your home quickly to stay safe.
- Know where you will go, how you will get there, and where you will stay.
- Have different escape routes from your home and community.
- Practice these routes so everyone in your household is familiar with them.
- Be sure to understand how your community will respond to a wildfire.
- Have an evacuation plan for pets and livestock.
- Ensure your gas tank is full and you are ready to leave at a moment's notice.



#### Plan to Stay Connected

The most important information will come from your local government.

- Authorities will let you know when you should leave to stay safe.
- Sign up for free emergency alerts from your local government.
- Have a backup battery or a way to charge your cell phone.
- Have a battery-powered radio.
- Plan to monitor weather conditions and fires near you.



#### Learn Emergency Skills

- Learn First Aid and CPR.
- Utilities may be offline. Be ready to live without power, gas, and water. Plan for your electrical needs, including cell phones and medical equipment.



#### Understand Health Impacts

- Wildfire smoke is a mixture of air pollutants that are harmful to your health. Learn how to reduce your exposure.



#### Gather Emergency Supplies in Advance

Gather food, water, and medicine. Stores and pharmacies might be closed. Organize belongings into a Go-Kit in case you need to leave quickly.

- Go-Kit: 3 days of supplies that you can easily carry with you.
- Have a 1-month supply of medication in a child-proof container.
- Keep personal, financial, and medical records safe and easy to access (hard copies, or securely backed up).



#### Create Defensible Space

- Creating defensible space means reducing flammable materials (grass, trees, shrubs) within a certain distance of your home.
- By changing how you take care of your home and land, you can reduce the chance of your home catching fire.
- Use the National Fire Protection Association (NFPA) defensible zone concept. For more information, see [Firewise.org](http://Firewise.org).



### Get Involved with Community Efforts

- Be a good neighbor. People cause most wildfires. Do your part and practice prevention.
- Wildfires affect entire communities.

Everyone needs to work together to manage vegetation and use fire-resistant construction. Find out about efforts in your area and get involved.

- Check with your neighbors before a fire to see if they need assistance evacuating.

## What to Do: During



### Pay Attention to Your Surroundings

- Keep track of the weather, fires near you, and listen to instructions from local authorities.
- Be ready to leave quickly with your Go-Kit.

- You might not get an official notice to evacuate.
- Be ready to leave if local authorities advise, or if you feel you are in danger.

## What to Do: After



### Stay Safe

- Wait for officials to say it is safe before going back home.
- Avoid hot ash, charred trees, smoldering debris, and live embers. The ground may contain heat pockets that can burn you or spark another fire.
- Avoid damaged or fallen power lines, poles, and downed wires. They can electrocute you.
- Watch for pits in the ground filled with ash. They may have hot embers underneath that could burn you. Mark them for safety, and warn your family and neighbors to keep clear of the pits.



### Cleanup Safely

- Follow public health rules and wear safety equipment.
- Avoid direct contact with ash.
- Protect yourself against ash when you clean up. Wear gloves, long-sleeved shirts, long pants, shoes and socks to protect your skin. Wear goggles to protect your eyes. Limit how much ash you breathe in by wearing an N95 respirator.
- Wash off ash that gets on your skin or in your eyes or mouth as soon as you can.
- Children, pregnant women, and people with asthma, heart or lung conditions should not breathe in dust from ash.



### Stay Healthy

- Wildfires can make drinking water unsafe. Check with your local health department about drinking water safety.
- When in doubt, throw it out! Throw out food that was exposed to heat, smoke, fumes, or chemicals.
- Ask your healthcare provider or doctor about using refrigerated medicines.



### Take Care of Yourself

- It's normal to have a lot of bad feelings, stress or anxiety.
- Eat healthy food and get enough sleep to help you deal with stress.
- You can contact the Disaster Distress Helpline for free if you need to talk to someone. Call or text 1-800-985-5990.

Prepare so you can protect.

For more information, visit [redcross.org/prepare](https://redcross.org/prepare)

Download the Emergency App





# AMERICAN PRIMEVAL

DISPONIBIL ACUM

Watch American Primeval on Netflix



- Jan 10<sup>th</sup> Den of Thieves: Pantera Companion  
Hard Truths
- Jan 17<sup>th</sup> Wolf Man  
Paddington in Peru  
In the Grey  
Better Man  
Levon's Trade
- Jan 24<sup>th</sup> One of them Days  
Flight Risk  
Valiant One
- Jan 31 Dog Man  
Mickey 17



**Pick up your bag of popcorn at Fox Peak Station for only \$5**



Adult evening shows: \$10.00  
 Children (under 12) are \$7.25  
 Seniors / Military: \$8.25  
 Matinee (before 6pm): \$7.25  
 Classic Shows: \$1.00  
 Call for showtimes: 775-423-7099

# FUNDING OPPORTUNITIES

## Native American Congressional Internship

**Deadline:** January 24, 2025

**Amount:** Varies

The Udall Foundation and the Native Nations Institute for Leadership will provide twelve American Indian and Alaska Native students with the unique opportunity to gain practical experience with the Federal legislative process in order to understand first-hand the relationship between Tribes and the United States Federal government. Awardees will spend May 28 through August 2, 2025 in Washington, D.C. to connect with a network of leaders and policymakers.

For more information and to apply: <https://www.udall.gov/OurPrograms/Internship/Apply.aspx>

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## BIE Internship Funding for STEM Students 2024-2025

**Deadline:** January 31, 2025

**Amount:** \$2,000 to \$4,000

The Native Forward Scholars Fund, in collaboration with the Bureau of Indian Education (BIE), is looking to provide financial assistance to Native students pursuing internships in STEM fields. This award will help offset costs associated with participating in internships with the U.S. Department of the Interior (DOI) and other approved organizations including the Bureau of Indian Affairs, National Park Service, U.S. Geological Survey and U.S. Fish and Wildlife Service. The award covers travel expenses, including costs for traveling to the internship site, eligible living expenses and daily commuting costs. To qualify, applicants must secure an internship position independently, submit a letter of acceptance from the internship site and provide receipts for any expenses incurred during the internship.

For more information and to apply: <https://www.nativeforward.org/scholarships/bie-internship-funding-for-stem-students>

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## AISES Polaris Vocational Trades Scholarship (2025-2026)

**Deadline:** April 30, 2025

**Amount:** \$1,500 for the 2025-2026 academic year

AISES has partnered with Polaris, Inc. to provide their first vocational trades scholarship. They are seeking to provide \$1,500 to applicants enrolled in or will be enrolled in a vocational credential, certificate or occupational license program. Applicants must have a 2.5 or higher cumulative grade point average and vocational programs will be verified prior to making final awards.

For more information and to apply: <https://aises.org/scholarships>







- Only for ages 13 to 18 (must present school ID to receive discount)
- Only showings starting after 6pm.
- Teen nights available on dates listed below.

**-September 26th 2024**

**-October 10th 2024**

**-November 7th 2024**

**-November 21st 2024**

**-January 16th 2025**

**- February 13th 2025**

**-March 13th 2025**

**- April 10th 2025**

**- May 15th 2025**

## DEPARTMENT OF MOTOR VEHICLE TAX EXEMPTION

This Governmental Services Tax Exempt Privilege/Eligibility has been in effect since 2012. The current Tribal Chairwoman is only enforcing the DMV Vehicle Privilege for the benefit of all eligible Tribal Members.

It is the responsibility of the Chairman/Vice Chairman of the Fallon-Paiute Shoshone Tribe to verify that the following vehicle tax exempt application through the State of Nevada is in accordance with NRS Nevada state requirements. The statement above the required signature of the Tribal Chairwoman states "I declare under penalty of perjury that the foregoing is true and correct and that the applicant meets the eligibility requirements listed above." This statement puts a great deal of responsibility on the Chairwoman & Vice Chairman under penalty of perjury to ensure the documents presented for exemption are true and correct. Likewise, the tribal member seeking the tax exempt also has an obligation by the statement above their signature, "I declare under penalty of perjury that the foregoing is true and correct." meaning the applicant attests all information is correct and has met the eligibility criteria when requesting the vehicle privileged exemption.

This privilege was created for the beneficial use & opportunity for federally recognized Tribal Members LIVING ON THE FALLON PAIUTE-SHOSHONE RESERVATION OR COLONY ONLY

### **INSTRUCTIONS & ELIGIBILITY:**

- ◆ The exemption must be applied for annually with a separate exemption application required for each vehicle being registered.
- ◆ Bring your Tribal ID, Drivers License & DMV Registration and/or Title to the Chairwoman's Office for processing. ALL documents must match the same address to validate the applicant & vehicle. If any of the documents do not match, it is the responsibility of the applicant to make necessary changes.
- ◆ Once the proper documents are turned in, please give the Chairwoman's Office at least 24 hours time for processing.

### **WHO IS NOT ELIGIBLE:**

- ◆ Fallon Paiute-Shoshone Tribal Members or other Nevada Tribal Members who **DO NOT** permanently reside within the boundaries of the Fallon Paiute-Shoshone Reservation or Colony are **NOT ELIGIBLE** for receiving the Governmental Services Tax Exempt from the Fallon-Paiute Shoshone Tribe.

# IS IT A COLD OR FLU?

Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU



**Happy Birthday Tony**

Love,  
Your family



**Happy Birthday**

Cody

"May your special day be filled with joy, laughter, and all the things that make you smile."

We love you so much.

Love Ma Ma, Granny, Big Sis and lil Bro. All your cousins, aunts and uncles.

**We love you.**



**Happy Birthday Aunt Judy**

*Happy Birthday*

**We Love You**

### Mrs. Youles' First Quarter Difference Maker 2024/2025

Our difference maker goes above and beyond each day to ensure her work is completed neatly and on time. She never complains and always tries her best. Our difference maker demonstrates being kind, being safe, being responsible, and being respectful every day. She is always willing to help other students not only in our classroom, but out. I am incredibly lucky to have her in my class.

The Difference Maker for Mrs. Youles' class is Kyra Blackowl-Davis!

## E.C BEST ELEMENTARY SCHOOL PERFECT ATTENDANCE

Kyra Blackowl-Davis



Principal Brad Barton

Mrs. Youles  
Teacher

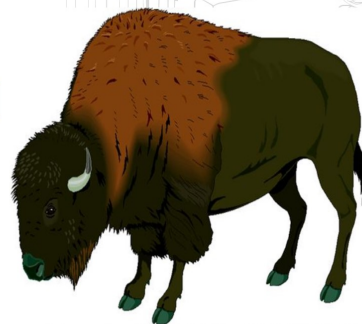


Very proud of our girl Kyra Blackowl Davis  
From Casandra Davis and family

**KEY MOTIVE LLC**  
Cyrus Bearcloud  
AUTO LOCKSMITH  
775.217.1626  
AVAILABLE 24 HOURS

## OWNER HERB WILLIAMS 775-666-0694 TATANKA CONSTRUCTION

We offer various services, including building maintenance, renovations, and new construction projects. With our expertise, you can rest assured that your property is in good hands.



## LICENSED WITH THE TRIBE

### SERVICES OFFERED

- ✔ Painting
- ✔ Windows Installation
- ✔ Locksets & Doors
- ✔ Interior Fixing
- ✔ Basic Plumbing
- ✔ Landscaping
- ✔ Maintenance
- ✔ Wall Repair
- ✔ Carpenter
- ✔ Remodeling
- ✔ Renovation Projects

Call to schedule an appointment for an estimate and home inspection

**CALL HERB WILLIAMS**  
775-666-0694

# TRIBAL POINTS-OF-CONTACT

Program Area	Point-of-Contact	Email	Phone Numbers
<b>ADMINISTRATION</b>			
Primary Contact Chairwoman	Chairwoman Williams-Tuni	<a href="mailto:chairman@fpst.org">chairman@fpst.org</a>	775-423-6075 427-9948
Primary Contact Secretary	Secretary Johnson	<a href="mailto:secretary@fpst.org">secretary@fpst.org</a>	775-426-8635
Primary Contact Treasurer	Treasurer Moyle	<a href="mailto:fbctreasurer@fpst.org">fbctreasurer@fpst.org</a>	775-423-6075
Primary Contact HR	Vacant	<a href="mailto:hrdirector@fpst.org">hrdirector@fpst.org</a>	775-423-6075 ext. 1026
Primary Contact Grants Compliance	Sandra Hicks	<a href="mailto:grantsofficer@fpst.org">grantsofficer@fpst.org</a>	775-423-6075 ext. 1021
<b>COMMUNICATIONS</b>			
Primary Contact	Jill Wright	<a href="mailto:tribalnews@fpst.org">tribalnews@fpst.org</a>	775-867-8304
<b>VICTIM SERVICES</b>			
Primary Contact	Michelle Bowers	<a href="mailto:victimservices@fpst.org">victimservices@fpst.org</a>	775-427-0985
<b>HOUSING AUTHORITY</b>			
Primary Contact	Vacant	<a href="mailto:housingdirector@fpst.org">housingdirector@fpst.org</a>	775-423-3321
<b>SENIOR CENTER</b>			
Primary Contact	Jocelyn Hitchcock	<a href="mailto:scmanager@fpst.org">scmanager@fpst.org</a>	775-423-7569, 775-866-8656
<b>TRIBAL RESOURCES</b>			
Primary Contact	Joe Bryant	<a href="mailto:landwaterdir@fpst.org">landwaterdir@fpst.org</a>	775-423-3725
<b>COMMUNITY LEARNING CENTER</b>			
Primary Contact	Lisa Bedoy	<a href="mailto:clcdirector@fpst.org">clcdirector@fpst.org</a>	775-427-0991
<b>HEALTH CENTER</b>			
Health Administration	Jon Pishion	<a href="mailto:fhcdirector@fpst.org">fhcdirector@fpst.org</a>	775-423-3634, ext. 1133 775-217-9078
Business Office	Tricha Hutchcraft	<a href="mailto:businessservdir@fpst.org">businessservdir@fpst.org</a>	775-423-3634, ext. 1145
Medical/Dental/Optical Services	Susan Bracamontes	<a href="mailto:clinicservdir@fpst.org">clinicservdir@fpst.org</a>	775-423-3634, ext. 1035
Pharmacy	James Dexter	<a href="mailto:chiefpharmacist@fpst.org">chiefpharmacist@fpst.org</a>	775-423-3634, ext. 1052
Community Health Nurse	Sherry Taylor	<a href="mailto:regurse1@fpst.org">regurse1@fpst.org</a>	775-423-3634, 775-294-5475
Benefits Office	Syenna Welch	<a href="mailto:benefitscoordinator@fpst.org">benefitscoordinator@fpst.org</a>	775-423-3634, ext. 1015
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Public Works On-Call #	On Call		775-866-2175
<b>TRIBAL COURT</b>			
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<b>YOUTH &amp; FAMILY SERVICES</b>			
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Cardiovascular Conditions

## What is an Arrhythmia?

An arrhythmia is an abnormal heart rhythm. It may feel like fluttering or a brief pause. Some people may feel nothing at all. It could be so brief that it doesn't change your heart rate (the number of times per minute that your heart beats). Or it can cause the heart rate to be too slow or too fast.

An electrical impulse in your heart starts each heartbeat. Abnormal heart rhythms happen when those impulses don't fire at the right time.

Some abnormal heart rhythms don't cause any symptoms. Others can mean your heart isn't pumping enough blood to your body, which can make you feel lightheaded or dizzy.

The two basic kinds of abnormal heart rhythms are:

- **Bradycardia** is when the heart rate is too slow — less than 60 beats per minute.
- **Tachycardia** is when the heart rate is too fast — more than 100 beats per minute.



ECG strip showing a normal heartbeat



ECG strip showing bradycardia



ECG strip showing tachycardia

### What are the signs of an arrhythmia?

- When it's very brief, an arrhythmia can have almost no symptoms. It can feel like a skipped heartbeat that you barely notice.
- It also may feel like a fluttering in the chest or neck.
- When abnormal heart rhythms are severe or last long enough to affect how well the heart works, the heart may not be able to pump enough blood to the body. This can cause you to feel tired, lightheaded or may make you pass out. It can also cause death.
- Bradycardia can cause fatigue, dizziness, lightheadedness, fainting or near-fainting spells. In extreme cases, it can cause cardiac arrest.
- Tachycardia can reduce the heart's ability to pump, causing shortness of breath, chest pain, lightheadedness or loss of consciousness. If severe, it can also cause heart attack or death.

### How are arrhythmias diagnosed?

Before treatment, it's important for your health care team to know where an arrhythmia starts in your heart and whether it's abnormal. An electrocardiogram (ECG or EKG) is often used to diagnose an abnormal heart rhythm. It's a quick and painless test. It creates a graphic record of the heart's electrical impulses.

You may be asked to wear a Holter monitor. It's a battery-operated portable device that measures and records your heart's activity for 24 to 48 hours.

Other tests used to diagnose an abnormal heart rhythm include:

- Exercise stress test
- Tilt table test
- Electrophysiology study
- Computed tomography (CT) scans
- Magnetic resonance imaging (MRI)

Your health care team will decide which tests are needed based on your symptoms.

*(continued)*

# Arrhythmia

The normal heart beats in a regular manner because electrical impulses cause a sequence of organized contractions. In an adult, a normal heart beats 60 to 100 times a minute. Arrhythmias are abnormal heartbeats. The term “arrhythmia” refers to any change from the normal sequence of electrical impulses.

Some arrhythmias are so brief (such as a temporary pause or premature beat) that the overall heart rate or rhythm isn’t greatly affected. But if arrhythmias last longer, they may make the heart rate too slow, too fast or erratic, so the heart pumps less effectively.

- A fast heart rate (in adults, more than 100 beats per minute) is called tachycardia.

A slow heart rate (less than 60 beats per minute) is called bradycardia.

Other types of arrhythmias include atrial fibrillation, premature contraction, atrial flutter, ventricular fibrillation, conduction disorders and other rhythm disorders.

Arrhythmias can be caused by:

- A delay or blockage of the electrical signals that control the heartbeat
- Another part of the heart taking over as pacemaker
- Changes to heart tissue caused by changes in blood flow, damage to the heart’s electrical system or stiffening or scarring of the heart tissue
- Excessive exertion, strain or stress
- An imbalance of fluids, hormones or electrolytes in the blood

Certain heart medications

Arrhythmias can produce a broad range of symptoms and results. Your experience with arrhythmia may also differ depending on the type. For example, a single premature beat may be felt as a “palpitation” or a “skipped beat.” Premature beats that occur often or in rapid succession may increase awareness of heart palpitations or a “fluttering” sensation in the chest or neck.

If you suspect that you or a loved one may have arrhythmia, see your health care professional. Several tests can diagnose and monitor arrhythmia.

For more information, visit [www.heart.org/arrhythmia](http://www.heart.org/arrhythmia).





# PROTECT YOURSELF FROM WILDFIRE SMOKE

## Keep smoke outside:

- Choose a room that can be closed off from outside air.
- Set up portable air cleaner in this room to keep air as clean as possible.



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