

LAS VEGAS PAIUTE TRIBE HEALTH & HUMAN SERVICES


Las Vegas Paiute Tribe
Health and Human Services

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, TUES, THURS 8:30-
4:00PM ,WED 8:30-11:00AM; FRIDAY EVERY
OTHER WEEK 8:30-4PM

BEHAVIOR HEALTH

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

DR. CRUEY, PSYCHIATRIST:MON-FRI 8AM-5PM

MANUELA REID, LCSW: MON.-FRI 9AM-3PM

ADDITIONAL SERVICES

OPTICAL:MON-FRI 8AM-5PM

DENTAL: MON-FRI. 8AM-5PM

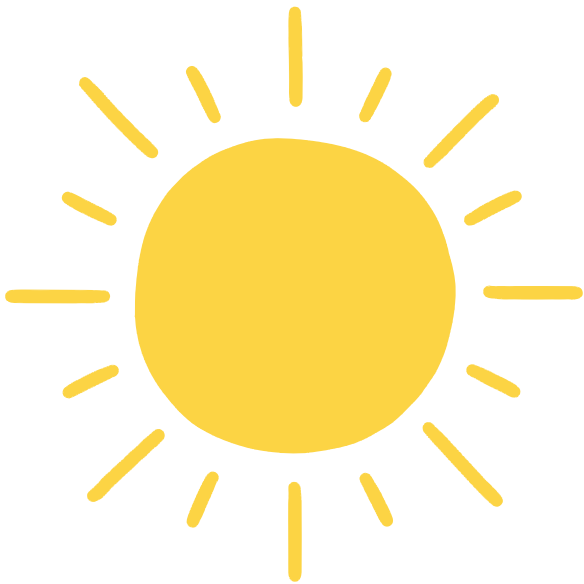
PHARMACY: MON-FRI 9 AM-4:30PM

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

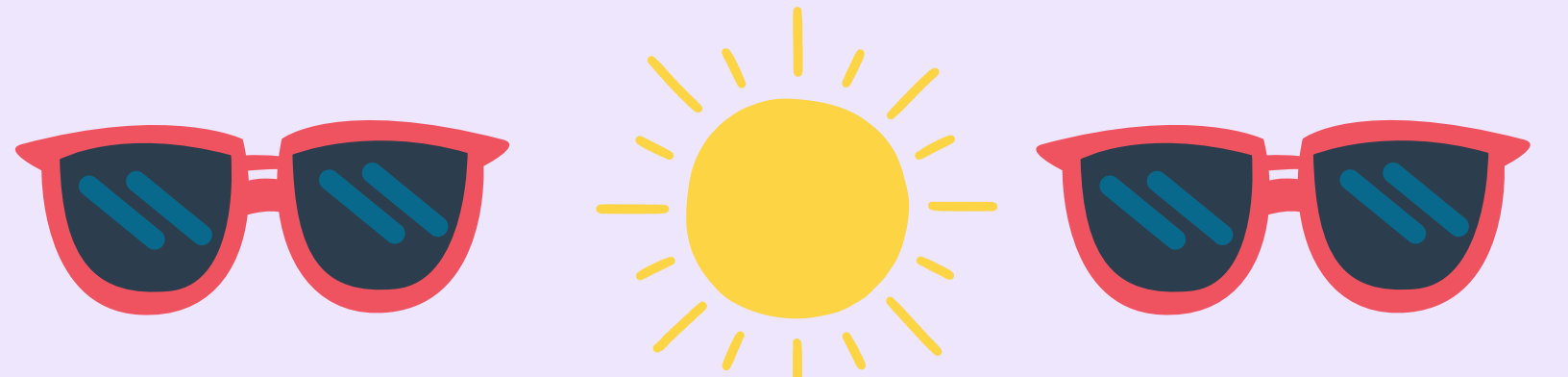
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June '26 Newsletter
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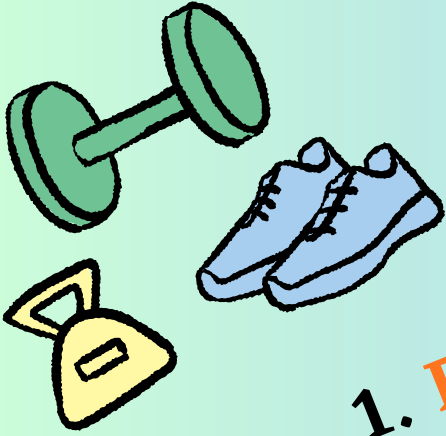
Wellness Center



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 Chair Volleyball 12pm	6
7	8 Chair Volleyball 12pm	9 Youth Summer Camp 9am-12p <i>Lunch Provided</i>	10 Elder Balance Class 9am	11 Youth Summer Camp 9am-12pm <i>Lunch Provided</i>	12 Dance Class 12pm	13
14	15 Strength Training 9am	16 Youth Summer Camp 9am-12pm <i>Lunch Provided</i>	17 Chair Volleyball 12pm	18 Youth Summer Camp 9am-12pm <i>Lunch Provided</i>	19 CLOSED HAPPY JUNE TEENTH	20
21	22 Elder Balance Class 9am	23 Youth Summer Camp 9am-12pm <i>Lunch Provided</i>	24 Chair Volleyball 12pm	25 Youth Summer Camp 9am-12pm <i>Lunch Provided</i>	26	27
28	29 Chair Volleyball 12pm	30	Summer Youth Camp is Here!			



JUNE WEIGHT LOSS CHALLENGE



1. **FORM A GROUP**
2. **WEIGH IN**
3. **LOSE WEIGHT**
4. **IMPROVE HEALTH**



MUST WEIGH IN THE FIRST WEEK OF JUNE AT THE WELLNESS CENTER (ANY DAY, BUT THE SOONER YOU WEIGH IN, THE LONGER YOU HAVE TO LOSE)

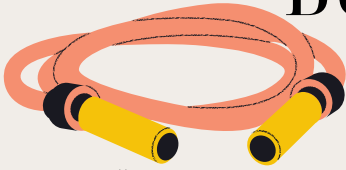
WINNERS WILL BE BASED ON PERCENTAGE LOST, NOT POUNDS LOST

GROUPS CANNOT EXCEED 4 PARTICIPANTS

TOP 3 GROUPS WILL RECEIVE INCENTIVES



THE END OF “SKINNY FAT”: WHY BUILDING MUSCLE MATTERS MORE THAN EVER



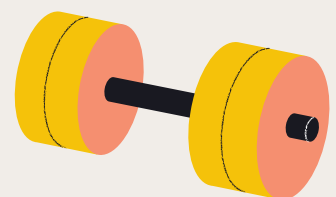
THE “SKINNY FAT” ERA IS STARTING TO END. FOR YEARS, PEOPLE FOCUSED MOSTLY ON LOSING WEIGHT AND BECOMING THINNER. NOW, DOCTORS AND RESEARCHERS ARE REALIZING THAT BEING STRONG AND KEEPING MUSCLE IS JUST AS IMPORTANT—MAYBE EVEN MORE IMPORTANT—THAN THE NUMBER ON THE SCALE.

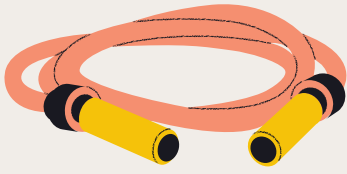
POPULAR WEIGHT-LOSS DRUGS LIKE OZEMPIC, WEGOVY, AND MOUNJARO HAVE CHANGED THE WAY OBESITY AND DIABETES ARE TREATED. THESE MEDICATIONS HELP PEOPLE EAT LESS, REDUCE CRAVINGS, AND LOSE WEIGHT QUICKLY. MANY PATIENTS HAVE SEEN MAJOR IMPROVEMENTS IN THEIR HEALTH BECAUSE OF THEM.

HOWEVER, THERE IS AN IMPORTANT DOWNSIDE THAT MANY PEOPLE DO NOT TALK ABOUT ENOUGH: RAPID WEIGHT LOSS CAN ALSO LEAD TO MUSCLE LOSS. STUDIES SHOW THAT A LARGE PERCENTAGE OF THE WEIGHT LOST ON THESE MEDICATIONS MAY COME FROM LEAN MUSCLE MASS INSTEAD OF ONLY FAT. THIS MATTERS BECAUSE MUSCLE IS ONE OF THE MOST IMPORTANT PARTS OF THE BODY FOR LONG-TERM HEALTH.

MUSCLE DOES MUCH MORE THAN IMPROVE APPEARANCE OR ATHLETIC PERFORMANCE. IT HELPS REGULATE BLOOD SUGAR, SUPPORTS METABOLISM, PROTECTS BONES AND JOINTS, AND ALLOWS PEOPLE TO STAY PHYSICALLY INDEPENDENT AS THEY AGE. PEOPLE WITH MORE MUSCLE OFTEN HAVE A LOWER RISK OF DISEASE AND MAY EVEN LIVE LONGER. LOSING TOO MUCH MUSCLE CAN SLOW DOWN METABOLISM, REDUCE STRENGTH, AND INCREASE THE CHANCES OF REGAINING WEIGHT LATER.

THIS IS WHY EXPERTS ARE BEGINNING TO SHIFT THE CONVERSATION AWAY FROM SIMPLY BECOMING “THIN” AND TOWARD BUILDING A HEALTHIER, STRONGER BODY.





MUSCLE IMPORTANCE

NEW TREATMENTS BEING DEVELOPED, INCLUDING DRUGS THAT TARGET MYOSTATIN, MAY HELP PEOPLE LOSE FAT WHILE PRESERVING OR EVEN BUILDING MUSCLE. INSTEAD OF THE BODY BREAKING DOWN MUSCLE DURING WEIGHT LOSS, THESE THERAPIES COULD HELP PROTECT STRENGTH AND IMPROVE BODY COMPOSITION.

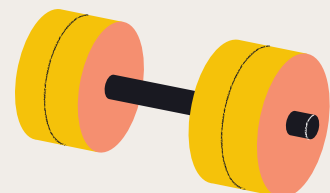
RESEARCHERS ARE ALSO LEARNING THAT MUSCLE ACTS ALMOST LIKE AN ORGAN. WHEN MUSCLES WORK DURING EXERCISE, THEY RELEASE CHEMICALS CALLED MYOKINES THAT TRAVEL THROUGH THE BLOODSTREAM. THESE SIGNALS CAN HELP REDUCE INFLAMMATION, IMPROVE INSULIN SENSITIVITY, AND SUPPORT BRAIN AND HEART HEALTH. SOME SCIENTISTS BELIEVE MUSCLE HEALTH MAY EVEN PLAY A ROLE IN LOWERING THE RISK OF DEMENTIA AND OTHER AGE-RELATED DISEASES.

THE FUTURE OF HEALTH AND FITNESS MAY NOT BE ABOUT BEING AS SKINNY AS POSSIBLE. INSTEAD, IT MAY FOCUS ON BUILDING A BODY THAT IS STRONG, HEALTHY, AND ABLE TO LAST FOR DECADES.

WHILE NEW MEDICAL TREATMENTS CONTINUE TO DEVELOP, PEOPLE CAN ALREADY IMPROVE THEIR HEALTH BY FOLLOWING A FEW IMPORTANT HABITS:

1. STRENGTH TRAIN SEVERAL TIMES A WEEK USING WEIGHTS OR RESISTANCE BANDS.
2. EAT ENOUGH HIGH-QUALITY PROTEIN TO SUPPORT MUSCLE REPAIR AND GROWTH.
3. PAY ATTENTION TO BODY COMPOSITION, NOT JUST BODY WEIGHT.
4. FOCUS ON LONG-TERM HEALTH, ENERGY, AND STRENGTH INSTEAD OF ONLY APPEARANCE.

THE SCALE CANNOT FULLY MEASURE HEALTH. A LOWER NUMBER DOES NOT ALWAYS MEAN A HEALTHIER BODY. IN THE FUTURE, MAINTAINING MUSCLE MAY BECOME ONE OF THE MOST IMPORTANT GOALS IN MEDICINE AND HEALTHY AGING.



CRAFT MARKET

JUNE 13, 2026
10AM to 3PM

*Shop Local Handmade Crafts,
One of a Kind Gifts, Treats & More!*

Home & Kitchen Essentials

Beadwork

Baked Goods

Ribbon Shirts &

Ribbon Skirts

Holiday Gifts

Pottery & Jewelry



**\$1 EACH TICKET OR
\$5 FOR 6 TICKETS**

Everyone Welcome
**FREE
ADMISSION**

EVENT LOCATION

Las Vegas Paiute Tribe

Wellness Center Gymnasium

1279 PAIUTE CIRCLE, LAS VEGAS, NV 89106

HHS & WELLNESS CENTER

— WILL BE CLOSED —

JUNE 19

≡ IN OBSERVANCE OF ≡



JUNE

TEENTH



≡ FREEDOM DAY ≡

2026 FIREWORKS SAFETY

AMERICA 250

BEFORE THE SHOW: PREPARATION



Read Instructions Carefully

- Create a clear, level surface
- Keep a water bucket & hose nearby
- Designate a 'Safety Zone' away from spectators



DURING THE SHOW: SAFE HANDLING



Wear Safety Glasses

- Light only one at a time
- Never relight "duds"
- Use a long-handled lighter or taper
- Keep spectators at a safe distance



AFTER THE SHOW: PROPER DISPOSAL

- Douse used fireworks completely in water
- Soak for at least 20 minutes
- Place in a metal container, then regular trash



EMERGENCY RESPONSE



- Stop, Drop, and Roll if clothing catches fire
- Cool burns with cool water, not ice
- Call 911 for all serious injuries



LAS VEGAS PAIUTE TRIBE
34TH ANNUAL
**SNOW MOUNTAIN
POW WOW**

October 9th, 10th & 11th, 2026

LAS VEGAS, NEVADA

HEAD STAFF

MC - **Bart Powaukee**

ARENA DIRECTOR - **Corey Reeder**

HEAD JUDGE - **Nugget Bullbear**

HEAD GOURD DANCER - **Kenneth Cozad**

SOUTHERN DRUM - **Cozad**

NORTHERN DRUM - **Battle Lake**

PA Sound System - **War Dance Live**

VENDOR INFO

Please contact Anita Taylor
for Vendor Information.

Phone: 702-386-0280

Email: ataylor@lvpaiute.com

**ALL SINGERS & DANCERS WELCOME!
MORE INFO COMING SOON!**

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

[BIT.LY/3ZNS3DC](https://bit.ly/3ZNS3DC)
f [FACEBOOK.COM/SNOWMTPOWWOW](https://facebook.com/snowmtpowwow)



2026 34th Snow Mountain Pow Wow **Art Contest**

The Las Vegas Paiute Tribe's Pow Wow Committee is holding an ART CONTEST. We are looking for a design that will be used on t-shirts and all publications. The winner of the contest will receive a cash prize of \$500.00.

Pow Wow Dates:

October 9th, 10th, and 11th

ONEWINNERWILLBESELECTED

Please Consider:

- Max size: 11" x 17"
- Color Limit: 5 colors

DEADLINE: Thurs. July 2nd, 2026

The Pow Wow Committee will review submitted entries and will notify the winner.
Artwork not selected will be returned to the artist.

For more information contact:

Debra at 702-386-3926 or email at: dfaria@lvpaiute.com

ENTRY FORM

ARTIST INFORMATION

Title of Art Piece :

Name:

Age:

Address:

Phone:

Tribal Affiliation (if any):

SUBMIT ARTWORK TO:

SnowMountainPowWowCommittee

Tribal Administration Bldg.

One Paiute Drive

Las Vegas, NV 89106

Please attach to the back of artwork

POWWOW DANCE CLASS WITH THE LAS VEGAS NATIVE YOUTH DANCERS



Free Tuesday class:

This is powwow wellness. It is design to help enhanced your powwow movements. This could help you train your body to move with the different beats that the powwow drum makes.

Thursday dance class:

This is powwow dance class. The 1st hour (6 to 7pm) is sharing the basic step to the different songs. We also share the histories and stories of the dances and powwow teachings.

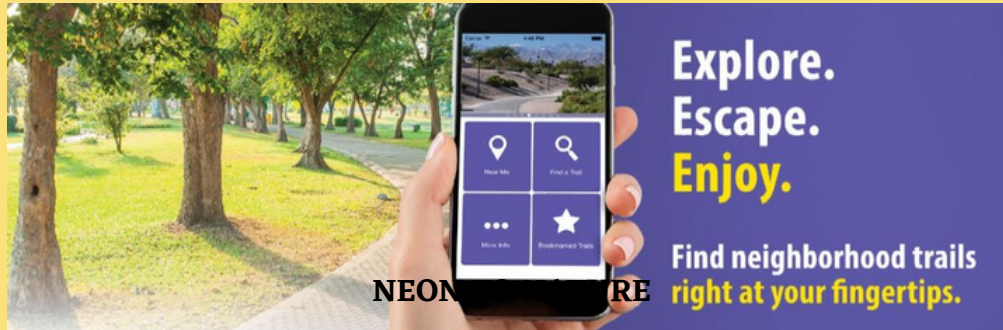
The 2nd hour is a allotted time to allow dancers time to dance and practice. **The space we used we pay by the hour.**
Families pitch in together.

For more info text: Ms.Kerrie @ (702)741-1710

SOUTHERN NEVADA HEALTH DISTRICT RESOURCES

INTERACTIVE LIST OF LOCAL PARKS AND PLACES TO GET ACTIVE AND WHAT AMMENITIES ARE AVAILABLE

<https://gethealthyclarkcounty.org/get-moving/community-activities/places-to-play/>



SOUTHERN NEVADA HEALTH DISTRICT MANAGES THE FREE NEON TO NATURE APP, WHICH FEATURES OVER 1,000 MILES OF WALKING AND BIKING TRAILS ACROSS THE VALLEY. EACH TRAIL LISTING INCLUDES TRAIL INFORMATION AND PHOTOS, ALONG WITH DETAILED MAP DESCRIPTIONS OF THE TRAIL'S LOCATION, LENGTH, AND VARIOUS AMENITIES. YOU CAN PERSONALIZE YOUR MAP TO SEE ONLY TRAILS THAT MEET YOUR NEEDS.

YOU CAN DOWNLOAD THE FREE NEON TO NATURE APP FOR YOUR ANDROID DEVICE OR IPHONE.



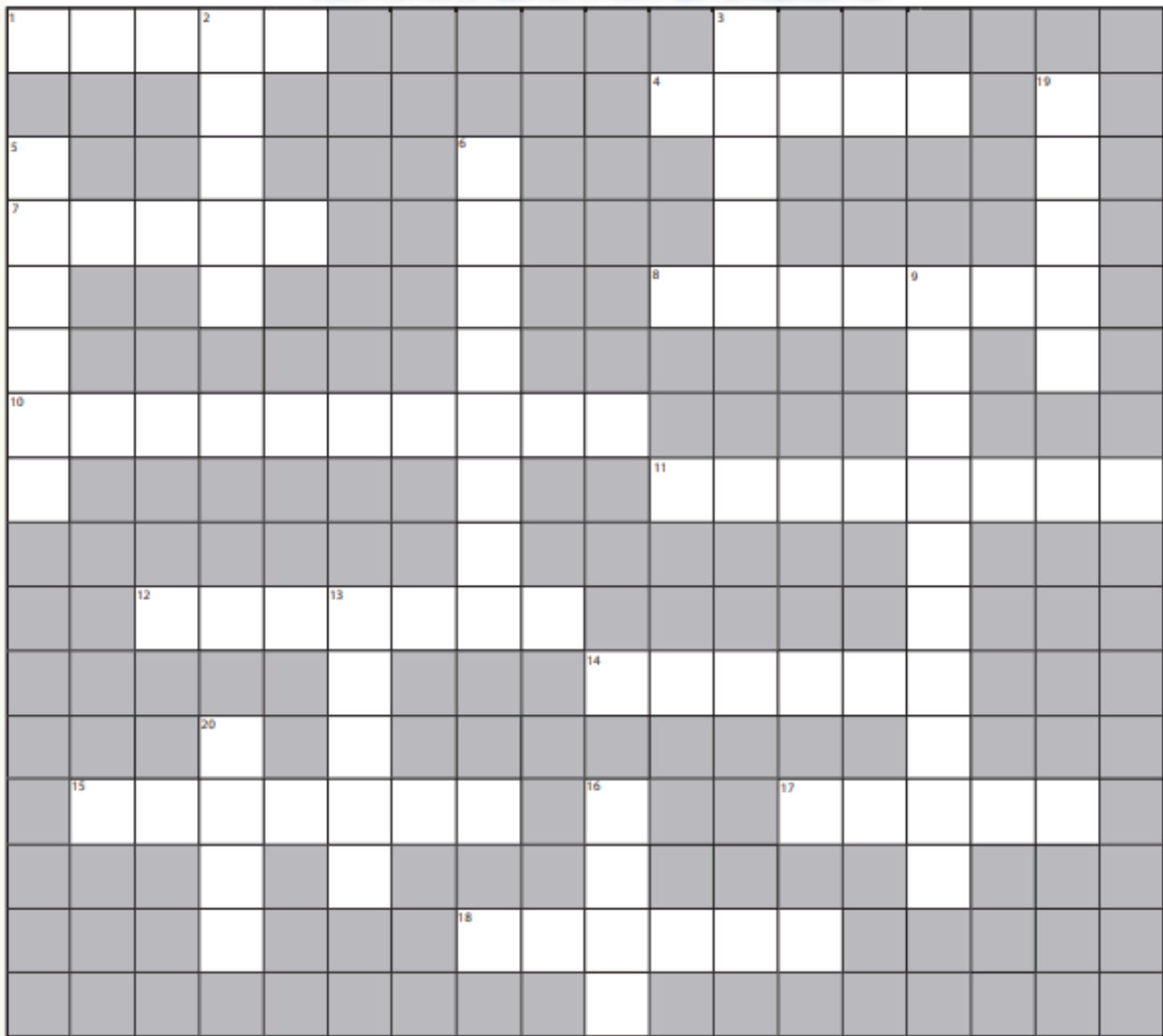
THE POP-UP PRODUCE STANDS ARE BACK THIS SPRING! THE PRODUCE STANDS FEATURE A VARIETY OF AFFORDABLE, REGIONALLY GROWN FRUITS AND VEGETABLES. SNAP/EBT IS ACCEPTED, AND THIS YEAR THE DOUBLE UP FOOD BUCKS PROGRAM IS AVAILABLE AT ALL POP-UPS. DOUBLE UP FOOD BUCKS CAN STRETCH FOOD BUDGETS AND INCREASE ACCESS TO EVEN MORE PRODUCE FOR THOSE WHO QUALIFY. SENIOR FARMERS MARKET NUTRITION PROGRAM COUPONS ARE ALSO ACCEPTED WHEN IN SEASON.

POP UPS ARE HOSTED AT THE AT THE BONNEVILLE TRANSIT CENTER (101 E BONNEVILLE AVE) FROM 12PM – 3PM, OR UNTIL SUPPLIES LAST. BELOW ARE THE REMAINING DATES FOR THE SPRING SEASON.

MAY: 5TH AND 12TH

THE POP-UP PRODUCE STANDS ARE ORGANIZED IN PARTNERSHIP WITH THE REGIONAL TRANSPORTATION COMMISSION OF SOUTHERN NEVADA (RTC) AND PREVAIL MARKETPLACE. FOR MORE INFORMATION, CHECK OUT [OUR WEBSITE](#).

Dental Crossword Puzzle

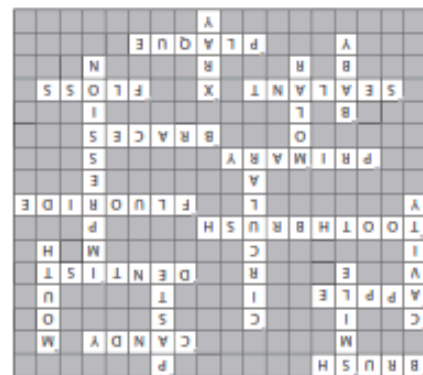


Across:

1. Do this Twice a Day.
4. A bad snack.
7. A good snack (fruit).
8. Visit this person twice a year.
10. Dentists recommend a soft bristled _____.
11. Strengthens teeth.
12. Baby teeth are also known as _____ teeth.
14. Used to straighten or guide teeth.
15. A protective coating for molars.
17. Used to clean between teeth.
18. Sticky film that builds up on teeth.

Down:

2. Happy people like to _____.
3. It's not good to swallow tooth-_____.
5. Decay in a tooth.
6. The best motion to use for brushing.
9. A mold of your teeth.
13. A tooth in the back of your mouth.
16. Tooth picture.
19. Open it wide for the dentist.
20. _____ (or primary) teeth are important.



Compliments Of:

