



Snee-Nee-Chum

A monthly newsletter of the Nooksack Indian Tribe

Snee-Nee-Chum | P.O. Box 157 | Deming, WA 98244

Volume 6, Number 2 September 2016

Upcoming Events

- 9/2 – Tribe Closed (Council Chosen/Elect)
- 9/5 – Tribe Closed (Labor Day)
- 9/6 – STOWW
- 9/8 – Elder’s Committee Meeting (open to all elders)
- 9/9 – Food Bank Distribution Day
- 9/15-9/16 – Elder’s Trip (Puyallup Emerald Queen Casino)
- 9/21 – Elders: Bellewood Acres (see page 8)
- 9/22 – Pots and Pans Cooking Class (see page 28)
- 9/23 – Tribe Closed (Governance Day)
- 10/5-10/7 – Elder’s Trip (Coeur D’Alene Casino Resort)
- 10/6 – Elder’s Committee Meeting (open to all elders)
- 10/10 – Tribe Closed (Coast Salish Day)
- 10/27 – Annual Elder’s Luncheon (see page 19)

REMINDER: Funeral proceedings are a priority set of events at the Mísq’eq’ó Community Building. Should any other event scheduled conflict with the needs of funeral proceedings, the event will be cancelled and/or postponed.

Rikkole Cree Canoe Club (RCCC) Hosts 5k and Canoe Race



Woman racing in the 6 Man Scramble fight to round a buoy during the Rikkole Cree Canoe Club’s Summertime Scramble at Bloedel Donovan Park on Lake Whatcom on Saturday July 23, 2016, in Bellingham. Lead organizer Lona Johnson says the race was a impromptu gathering keep in practice for upcoming races. “We wanted to do this one day as a fun day,” she said.



Brothers Jeremy (left) and Jacob Roberts of Nooksack have fun jostling about as they approach the finish line. Photos by Paul Conrad for The Bellingham Herald.

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Novice paddlers participated in RCCC’s Summertime Scramble. All photos by Paul Conrad for The Bellingham Herald.



(top) Spectators watch the canoe races during the Rikkole Cree Canoe Club's Summertime Scramble at Bloedel Donovan Park. (middle left) Mike Billy, Jr., paddles hard towards the turn-around buoy. (middle right) Racers start in the men's single division. (bottom) Lona Johnson, left, leads her team towards the first buoy during the woman's 6 Man Scramble

Jimmy Family Enjoys Participating in the Paddle to Nisqually Canoe Journey

My husband, Marty Jimmy Sr., and I (Nadeen Jimmy), had the opportunity to take time-off this year to follow our son, Michael Jimmy, the Prevention Specialist of the SAMSHA Nooksack Way of Life Program, and our five granddaughters, Rebecca Galindo, Vanessa Galindo, Lydia Jimmy, Heaven James and Angela Parsons on this years' Paddle to Nisqually Canoe Journey. Michael was the skipper of 13 youth and their adventure on the journey began July 22 and ended August 12th. It was an awesome experience and a real eye opener. Many days we were up at 3:30am (to 5:00 am), getting kids to the canoe, breaking down camp and setting-up came daily

and hitting bed around midnight (to 1 am)! It was a lot of work, but the pay-off came at the very end when we witnessed all of our children dancing and performing to the songs. Everyone really enjoyed themselves and are looking forward to future journeys. I would also like to acknowledge Brother Seven canoe, owned by Jan and Willie Cooper, who have seven sons hence the name of their canoe. The Nooksack Way of Life traveled next to the Brother Seven. I would also like to acknowledge the support boat skipper, Peter Prevost, the cook, Duane Jimmy, and Sandra and Pete Joseph for all their guidance during this time.





The 2016 Canoe Journey to Nisqually



The 2016 canoe journey to Nisqually was a wonderful experience for those who participated in the event. Fourteen youth, ages 12-18, paddled with the SAMSHA canoe from Lummi to Nisqually. And four volunteers accompanied the Nooksack Way of Life staff. Participants gathered at the final landing and stayed for protocol. This year's journey had 89 canoes with tribes traveling from as far away as Hawaii to join the journey. The SAMSHA program youth made their own regalia; gathered to help assemble give away packages and gifts; and assisted in packing up prior to the journey. The Nooksack Way of Life program offers a variety of activities for the Nooksack youth. If you know of anyone who is between the ages of 12-18 that may be interested in participating in cultural activities please contact Peter Joseph at pjoseph@nooksack-nsn.gov or call 360-389-0902. ■

Nooksack Way of Life Survey: Planning for Effective Substance Abuse Prevention Among the Tribe's Young People

The Nooksack Way of Life program is asking the Tribe's young people ages 12-25 to take an online survey that will help to plan and evaluate substance abuse prevention and other supportive programs. The survey asks questions about attitudes and use of alcohol, tobacco and other drugs, mental health, feelings about school and the community, and participation in traditional or cultural events and feelings about being Indian. The program hopes to collect 250 total surveys.

The survey is confidential – we are asking for initials so that survey results can be linked from year-to-year, but this information will not be used to identify anyone individually. A separate form, not connected to survey data, will ask for a name and contact information so that we can track who has participated and provide a small gift card as a thank-you.

The survey and additional information about the survey will be available online at www.nooksacksurvey.com from September 3-October 14. The Tribe's young people will be asked to take the survey once per year, for the next five years.

Results will be shared with the community in early 2017. This survey is very important to support substance abuse prevention efforts in the Nooksack community. For more information about prevention efforts at the Nooksack Indian Tribe, contact Peter Joseph at 360-966-7704 x2245 or email pjoseph@nooksack-nsn.gov. ■

How to Submit News to the Snee-Nee-Chum Newsletter

You may submit news items or department updates for consideration to Charity Bernard at

cbernard@nooksack-nsn.gov.

Items for the October newsletter must be submitted by September 14th.

Questions?

Call Charity at (360) 592-5176, extension 3114. ■

Nooksack Days



Mí sq' eq' ó Community Building

Dinner & Giveaway

Thursday, September 22nd

6:00 pm

2016

NOOKSACK
AUTOMOTIVE DEPT



Shop Hours:
7:30am - 5:00pm
Monday thru Friday

- ◆ All Technicians A.S.E. Certified
- ◆ Quality Repairs Guaranteed
- ◆ H.D. trucks, cycles, boats & equipment
- ◆ Advanced Diagnostics Performed
- ◆ Welding and Fabrication
- ◆ Towing Services Available

FREE A/C
PERFORMANCE CHECK
WITH OIL CHANGE

Services Include:

- Oil (up to 5 qts)
- Lube
- New Oil Filter
- Refill of Window Washer Refill

Plus:

- ✓ Air Filter ✓ Power Steering Fluid
- ✓ Tire Pressure ✓ Transmission Fluid
- ✓ Visual check of Brake Pads, Lights, Turn Signals, Brake Lights, etc.



Nooksack Automotive
4975 G Deming Road
Deming, WA 98244
(360) 306-5756



NOOKSACK ELDERS
Join us for Lunch at
Bellewood Acres
September 21, 2016
MEAL AND TRAIN RIDE
(Must be 55 years of age and older)

Nooksack Elder's Program
&
Nooksack Elder's Victim Assurances Program

Please Contact:
Tresea Doucette or Leon Cline
at (360) 592-5176

Deadline for signing up is
September 14, 2016

News from the Education Department

We have been having a blast with our messy, silly educational and sometimes GROSS experiments! The kids made worm cups, slime, fake barf and we even drank “dirty bath water”! The dirty bath water sounds pretty gross but it is just a really ugly punch and we had a lot of fun with it. During our unit on the “senses” we had a blind taste test of several foods and we partnered-up to blindfold each other so the only senses we had

were hearing and touch. We also had a couple of free days where we let the kids go crazy expressing themselves with paint, beading, Lego creations and more. In the library, we have some very close races for the Reading Challenge. The last day for the challenge will be August 18th and the winners will be announced and receive their prizes. It has been a really busy, creative and fun summer!





NEW! Writing Prompts – words to pass on to your children

Each month four writing prompts will be offered. Pick up a composition notebook from the Dollar Store; on the inside cover record today's date and your name; at the top of the page copy down the writing prompt; and then underneath write your thoughts about the subject. When the book is completely filled you will have a wonderful book of your writings to pass on to your children.

1. What is your mom like?
2. What do you think the biggest cultural differences are between your generation and your parent's generation?
3. What is one of your greatest blessings?
4. What has ended recently in your life and what new thing has just begun?



NATIONAL UNITY CONFERENCE REPORT

Oklahoma City 2016



Our Nooksack tribal youth were not quite prepared for the shock that greeted them when they stepped off the plane in Oklahoma City for the 40th Annual National UNITY Conference. It was not the serene, flat countryside topped with vast blue skies; nope, it was the 100+ temperature that welcomed the luggage-toting high schoolers as they made their way to the shuttle, hotel, and various conference venues.

But the heat was mostly forgotten once we entered the Cox Convention Center and were greeted by hundreds (around 1600 to be precise) of Native youth from across the country, many in their Tribe's regalia. The five-day conference was filled with quality general sessions and workshops focused on cultural preservation and providing the tools for strengthening the spiritual, mental, and physical well-being of our young people. Free time for some students was used to visit the Native art collection at the Oklahoma State Capitol and tour the national monument to the 1995 Oklahoma City bombing. From the opening ceremony and the lighting of the Unity Fire straight through to the final night's banquet and dance, students had the opportunity to hone their leadership skills, skills that will help empower them to make positive changes in their communities when they get home. Of course the major highlight of the convention was the election of our very own Hamilton Seymour as Male Co-President of the UNITY Executive Committee. Congratulations!

In closing, we would like to offer our grateful thanks for the Nooksack Tribal Council, entities and departments that made this life-changing experience possible for our youth.



National Preparedness Month

September is recognized as National Preparedness Month, which serves as a reminder that we all must take action to prepare, now and throughout the year, for the types of emergencies that could affect us where we live, work, and also where we visit. Thank you for taking time help make America more prepared for emergencies.

HISTORY

National Preparedness Month is a part of a governmental effort to strengthen the United States' preparedness capabilities. The national preparedness architecture encompasses prevention, protection, response, and recovery efforts to prepare the United States for all hazards – whether terrorist attack or natural disaster.

Since September 11, 2001, the US Government has taken steps to encourage all citizens to make their own survival preparations. September was chosen as National Preparedness Month, as the tragedies of September 11, 2001 highlighted to the nation the importance of being prepared. Also September has been chosen partly because of the peak of the hurricane season is in mid-September.

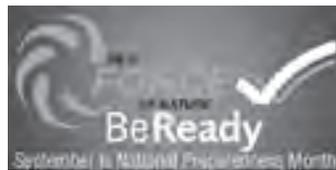
IMPORTANT PREPAREDNESS STEPS: Individuals

As of 2009, the Citizen Corps National Survey revealed that only 57% of Americans surveyed report having supplies set aside in their homes just for disasters, and only 44% have a household emergency plan. National Preparedness Month serves to encourage individuals across the nation to take important preparedness steps including: getting an emergency supply kit, making a family emergency plan, being informed about the different emergencies that may affect them, as well as taking the necessary steps to get trained and become engaged in community preparedness and response efforts.

National Preparedness Month: What You Can Do

If an emergency occurred tomorrow, would you be ready?

National Preparedness Month aims to educate and empower Americans to prepare for and respond to all types of emergencies, including natural disasters and potential terrorist attacks.



National Preparedness Month is a time to prepare yourself and those in your care for emergencies and disasters, both large scale and smaller local events. We know that emergencies can happen unexpectedly in communities just like yours, to people like you. We've seen tornado outbreaks, river floods and flash floods, historic earthquakes, tsunamis, and even water main breaks and power outages that impact communities for days at a time.

As commendable as they may be in their profession of assisting those in need, police, fire and rescue may not always be able to reach you quickly in an emergency or disaster. The most important step you can take in helping your local responders is being able to take care of yourself and those in your care for at least a short period of time following an incident; the more people who are prepared, the quicker the community will recover.

You are not helpless in the face of an emergency. With just a few simple steps, you can Be a Force of Nature by knowing your risk, taking action and being an example in your community.

KNOW YOUR RISK

Emergencies can happen anywhere, at any time. It is important to understand potential risks where you live.

What you can do:

1. Bookmark weather.gov to stay informed on severe weather.
2. Learn about Wireless Emergency Alerts, messages that will be sent to your phone during an emergency.
3. Get practical tips on preparing for disaster at ready.gov.

TAKE ACTION

Make sure that you and your family are prepared for an emergency. Ensure that you can go for at least three days without electricity, water service, access to a supermarket, or other local services.

What you can do:

1. Prepare a disaster supply kit with at least three days of food and water.
2. Create a Family Emergency Plan, so that your family knows how to communicate during an emergency.
3. Obtain a NOAA Weather Radio.

BE AN EXAMPLE

Be a positive influence on your community by sharing your preparedness story. Let your friends and family know that you're prepared for an emergency – and that they should be prepared too. Research has shown that many people won't prepare until they see others doing so.

What you can do:

1. Share your preparedness story on Facebook so that friends and family will know what you'll do in case of disaster.
2. Tell the world you're prepared on Twitter using hashtag #NATLPREP.
3. Get involved with your local American Red Cross Chapter or train with a Community Emergency Response Team (CERT).

FEMA's Ready.gov website provides detailed information on what may be most important to you and your family. You can find specific information tailored to specific needs such as people with disabilities, seniors, assisting children, business readiness, and even information for you pets. For more information, see Ready.gov.

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NOAA is working with FEMA and other agencies to help improve disaster readiness through campaigns such as National Preparedness Month. Through efforts such as the Weather-Ready Nation initiative, NOAA seeks to build community resilience in the face of increasing vulnerability to extreme weather events. ■



Family Supply List

Emergency Supplies

Water, food, and clean air are important things to have if an emergency happens. Each family or individual's kit should be customized to meet specific needs, such as medications and infant formula. It should also be customized to include important family documents.

Recommended Supplies to Include in a Basic Kit:

- ✓ **Water** one gallon per person per day, for drinking and sanitation
- ✓ **Non-perishable Food** at least a three-day supply
- ✓ Battery-powered or hand crank **radio** and a **NOAA Weather Radio** with tone alert and **extra batteries** for both
- ✓ **Flashlight** and **extra batteries**
- ✓ **First Aid kit**
- ✓ **Whistle** to signal for help
- ✓ **Filter mask** or cotton t-shirt, to help filter the air
- ✓ **Moist towelettes, garbage bags** and **plastic ties** for personal sanitation
- ✓ **Wrench** or **pliers** to turn off utilities
- ✓ **Manual can opener** if kit contains canned food
- ✓ **Plastic sheeting** and **duct tape** to shelter-in-place
- ✓ **Important Family Documents**
- ✓ **Items for unique family needs**, such as daily prescription medications, infant formula or diapers
- ✓ **Cell phone and chargers**



If you live in a cold weather climate, you must think about warmth. It is possible that the power will be out and you will not have heat. Rethink your clothing and bedding supplies to account for growing children and other family changes. One complete change of warm clothing and shoes per person, including: important family documents.

Clothing and Bedding:

- ✓ A **jacket** or **coat**
- ✓ **Long pants**
- ✓ A **long sleeve shirt**
- ✓ **Sturdy shoes**
- ✓ A **hat** and **gloves**
- ✓ A **sleeping bag** or **warm blanket** for each person



We Are the Arctic (book) will bring you into the remote, life-sustaining coastal plain of the Arctic National Wildlife Refuge.

The Refuge is a sacred place for a centuries-old culture, and a powerful symbol of enduring serenity and peace. It is the birthing ground for caribou and polar bears. Adventurers seeking a once-in-a-lifetime wilderness experience will find it here.

We Are the Arctic showcases the vast beauty of this remarkable untouched wilderness through beautiful images from ten of the world's best conservation photographers. And a fascinating range of voices, including DJ Spooky, Terry Tempest Williams, and former president Jimmy Carter, share, through eloquent essays, precisely why this place is so special to them.

Every American has a stake in what happens to this public land along the wild edge of the Arctic Ocean, and, collectively, we face a choice: preserve the Arctic as the natural life-sustaining treasure as it has been for the lifetime of this planet, or, exploit it for what is estimated to be six months of American oil consumption.

This is our opportunity to save a wilderness like no other.

We Are the Arctic invites all Americans to join the veterans, Latino conservationists, Native leaders, faith leaders, poets, outdoor adventurers, African Americans, scientists, photographers and children featured within this book in asking our elected officials for the strongest possible protection for the Arctic Refuge before the close of 2016.

A Prayer to Begin Our Work

My name is Lorraine Netro; I am from the Vuntut Gwitchin First Nation, Old Crow, Yukon, Canada. My late mother's name is Mary Netro. I respectfully acknowledge the First People whose land we meet on.

Creator, God, we give you thanks for the many blessings you have provided. We pray for those who are facing challenges in their lives and for those who live without clean water, nourishing food, and safe shelter.

Today, we ask for your love, peace, and gratefulness in our hearts, minds, and spirits as we do the work that is place in our paths. We are grateful for those who walk with us to protect our sacred lands.

We give you thanks for providing an abundance of food, water and animals and a clean environment, and we pray that we may continue to live in harmony with all that is alive.

We ask for courage, love and commitment for all our leaders, to enable them to find it in their hearts to protect the coastal plain of the Arctic Refute – lishik Gwats'an Gwandali Goodlit, the Sacred Place Where Life Begins.



Lorraine Netro was born and raised in Old Crow, Yukon, Canada. She was taught the traditional values of the Vuntut Gwitchin by her late mother and has served on the Porcupine Caribou Management Board and the Gwich'in Council International. Netro has made the three-day journey to Washington, DC, many times over the past fifteen years to share her story with members of Congress in order to protect the Arctic Refuge for the future of her grandchildren, the Gwich'in Nation, and those not yet born (Author photo Tony Hoare)

Spiritual Bonds

All of us who overconsume must pay a price in the grand scheme of live. The coastal plain of the Arctic National Wildlife Refuge is sacred ground, deemed so by the births of millions of animals over thousands of

years. Any my people, the Gwich'in, are there today only because of the spiritual bond we have with the Porcupine Caribou herd. In our culture the caribou give themselves to us so that we may survive. We are humbled. Each of us humans should walk with that humbleness, knowing that it is ultimately the massive cycle of life that provides us with what we need to survive: clean air and water, soil to grow our gardens, and the fish and wildlife on which many of us depend.

All life is sacred. WE all want to live, to experience the gift of creation – this great mystery we are all a part of. Truly we are all related. You and I are brother and sister. WE are related to the caribou, and whales, and polar bear; we are even related to the birch trees, and the forget-me-nots, and

the tundra grass. Shalak naii, my relatives – let us carry this knowledge in our hearts and minds as we continue on our respective journeys. And hai'choo to you who are working so tirelessly for our future generations!



Author photo by Ryan Red Corn.

Princess Daazhrai Lucaj is a writer, actor, and filmmaker. She is Gwich'in Athabascan from Fairbanks, Alaska, and is the former executive director of the Gwich'in Steering Committee, and indigenous nonprofit whose mission is to ensure the long-term health and viability of the Porcupine Caribou herd that sustains the Gwich'in way of life.

Soduko

				2				
		1	6		8	5		
	8	9	5	3	1	6	4	
	3	2				4	6	
5		4				1		9
	9	8				3	7	
	4	6	8	1	3	2	5	
		7	4		5	8		
				6				

How to play Soduko:

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9.

A cell is the smallest block in the game. A row, column and region consists of 9 cells and the whole game consists of 81 cells. A region has thicker lines surrounding it. This simply makes it easier to play the game.

answers on page 17

CLASSIC BOARD GAMES

puzzle by Frank Longo

ACROSS

1. Game in which players take on careers, get married, have kids, etc.
5. Game with kings and queens
10. Numbered musical composition
14. Uttered by the mouth
15. Telephone greeting
16. Big mil. alliance
17. Game in which two players move counters around points, trying to remove them from the board
19. British streetcar
20. Direction from L.A. to N.Y.C.: Abbr.
21. Pull ___ one (cheat): 2 wds.
22. Secret stash
23. Instrumentalists supporting the principal performer
25. Band for Miss America
26. Unhappy
27. Game in which players often jump each other
31. Chicken house
34. Put up, as a building
35. French for "water"
36. Computer program, for short
37. Game in which captured pieces are turned upside down
39. Isaac Newton's title
40. "You Gotta Be" singer Des' ___
41. "Take ___ out of on me!": 2 wds.
42. Piece in 43-Across
43. Game in which a blank can represent any letter of the alphabet
45. Paycheck source
47. Friends, in France
48. Lung components called alveoli: 2 wds.
52. Was overly fond of, with "on"
54. Request to a blackjack dealer: 2 wds.



© 2007, The New York Times

- | | | |
|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------|------------------------------------------|
| 56. Come ___ screeching halt: 2 wds. | 9. Male child | 38. Flows back, as the tide |
| 57. "The ball ___ your court": 2 wds. | 10. Directing concentration toward the job that needs to be done: 2 wds. | 42. Cable TV's "Superstation" |
| 58. Game in which players try to identify words based on their teammates' drawings | 11. American adaptation of an ancient cross-and-circle board game of India | 44. Changes, as the Constitution |
| 60. Oaf | 12. Its capital is Salt Lake City | 45. ___ Cricket ("Pinocchio" character) |
| 61. Spotless | 13. A few | 46. Classic cookie |
| 62. "Deal ___ Deal" (game show): 2 wds. | 18. Explorer Vasco da ___ | 48. Perfume obtained from flowers |
| 63. Seemingly endless time periods | 22. Prickly desert plants | 49. Pioneering video game company |
| 64. Game in which players try to get four pawns from the start area to the home area | 24. Supposed psychic gift | 50. Plants that grow ears |
| 65. Game in which players try to achieve world domination | 25. One minute equals 60 of these: Abbr. | 51. Give one's stamp of approval: 2 wds. |
| | 27. Greek island that was home to the Minotaur | 52. Things that are rolled in 17-Across |
| | 28. Roll call response | 53. Capital of Norway |
| | 29. Train track part | 54. Largest city on Hawaii island |
| | 30. Certain | 55. Person frosting a cake |
| | 31. Main game pieces in 1-Across | 58. Alternatives to Macs |
| | 32. 11-nation oil org. | 59. Neither here ___ there |
| | 33. Game in which players pretend to perform delicate surgery | |
| | 34. Devilish | |
| | 37. Fanatically zealous | |

DOWN

1. Places for earnings
2. Natives of Tehran
3. Confronted
4. Reindeer's cousin
5. Rubbed raw
6. Strong, virile guy: Hyph.
7. Tall shade trees
8. Opening for coins



From the Social Services Department: Up-Coming Events for our Tribal Elders

- Puyallup Emerald Queen Casino Event: September 15 & 16th.
- Bellewood Acres Event on September 21, 2016: Lunch, pie, and apples also door prizes.
- Coeur D'Alene Casino Resort Event: October 5, 6 & 7th
- Nooksack Elders Thanksgiving Luncheon October 27th: Doors open at 10:00 am.

Please Note: If you sign up and are not able to go please call Tresea right away to cancel. If you are a no call no show you will not be able to go on the next trip. There is a Code of Conduct which each of us needs to sign.

If you have any questions feel free to contact Tresea Doucette at 592-0135 ext. 3446.

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There will be an Elder's Committee Meeting on September 08, 2016 at the Social Services Building in the Conference Room at 2:30. Please come and join us if you have any questions and or concerns, or just to come to listen to what's happening.

Elder Committee Minutes will be posted at Social Services as well and the Tribal Administration Office. ■

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Elder's Trip to The Northwest Washington Fair



Hit A Home Run With Social Security

by Kirk Larson, Social Security Washington Public Affairs Specialist

A home run is a highlight of any baseball game. The fans cheer with excitement to see a player rocket the ball into the stands. So, what are you doing to prepare for your retirement home run? Your goal should be to get past 1st, 2nd & 3rd base and make it home with a hefty plate of savings.

Social Security has many tools to help you achieve financial security.

Take the first step and visit www.socialsecurity.gov/myaccount. The benefit of having a my Social Security account is that it gives you access to your personal Social Security Statement, verification of correct earnings, and an estimate of your early retirement benefits at age 62, full retirement age of 66, and delayed age at 70.

We protect your information by using security features and strict identity verification to detect fraud. In several states including the newly added Idaho, Mississippi, and North Dakota, you can request a replacement Social Security card online. Find out if your state offers the service at www.socialsecurity.gov/ssnumber.



In addition to using your personal my Social Security account to prepare for a comfortable retirement, you can visit www.myra.gov. At *myRA*, you can access new retirement savings options from the Department of the Treasury. This service is designed for the millions of Americans who struggle with saving for retirement — it's an easy and safe way to help you take control of your future.

myRA is designed for people who don't have a retirement savings plan through their employer, or are limited from other savings options. If your employer provides a retirement savings plan, such as a 401(k), learn more about that plan's potential for matching contributions or other benefits.

Since *myRA* isn't connected to any employer, it allows workers to hold on to it when they move to different jobs. *myRA* makes your money grow faster than a traditional savings account.

Having both my Social Security and *myRA* accounts in place, you're guaranteed to hit a home run in successfully planning for your future. Learn more about all of your choices at www.socialsecurity.gov. ■

News For Same-Sex Couples About Social Security

by Kirk Larson, Social Security Washington Public Affairs Specialist



The Supreme Court decision in *Obergefell v. Hodges*, holding that same-sex couples have a constitutional right to marry in all states, resulted in Social Security recognizing more same-sex couples as married.

This is important for determining entitlement to Social Security benefits or eligibility for Supplemental Security Income (SSI) payments. We recently updated instructions for employees to process claims and appeals when a determination of marital status is necessary.

As part of the new instructions, we have:

- Removed from our policy any mention or consideration

of the dates when states first recognized same-sex marriages from other states. These dates are no longer relevant.

- Added the dates when some foreign jurisdictions allowed same-sex marriage, thereby eliminating the need for a case-specific legal review in many foreign same sex marriage claims.
- Updated and simplified our procedures for processing claims involving a transgendered or intersex person, allowing these individuals to self-identify as members of a same or opposite-sex marriage.
- Streamlined and clarified the policy instructions, addressing questions raised by advocates and employees.

We encourage anyone who believes they may be eligible for benefits to apply now. Learn more at www.socialsecurity.gov/same-sex-couples. ■

Listen And Learn About Social Security. Free Audio Publications For Your Convenience.

by Kirk Larson

Social Security Washington Public Affairs Specialist



Perhaps you've been planning to read that booklet on Social Security benefits for some time now, but you never seem to find the time to sit down with it. If only you could listen to an audio version, just as you might listen to the latest novel by your favorite author on audio book.

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ABE / G.E.D

Have you always wanted to earn your GED? There are lots of great reasons to do just that. Maybe you want to increase your chances of getting a better job or have ambitions to go to college? Or maybe you want the personal satisfaction that comes with such an accomplishment. Whatever your reasons, there is no reason not to take the plunge.

Classes are available in the Social Services building in Deming and there is another classroom in Mount Vernon if that is more convenient.

Classes are small and instruction is individually tailored to meet your needs. You can learn at a pace that you are comfortable with.

Please call (360) 592-0135 or shoot me an email at dnaughton@nooksack-nsn.gov. I look forward to meeting you and getting you started on the road to GED success.

Desmond Naughton BA
ABE/GED Instructor ■



CROSSWORD Puzzle Answers

L	I	F	E		C	H	E	S	S		O	P	U	S		
O	R	A	L		H	E	L	L	O		N	A	T	O		
B	A	C	K	G	A	M	M	O	N		T	R	A	M		
E	N	E		A	F	A	S	T		C	A	C	H	E		
S	I	D	E	M	E	N				S	A	S	H			
				S	A	D		C	H	E	C	K	E	R	S	
C	O	O	P				E	R	E	C	T		E	A	U	
A	P	P			R	E	V	E	R	S	I		S	I	R	
R	E	E			A	B	I	T	E			T	I	L	E	
S	C	R	A	B	B	L	E			J	O	B				
				A	M	I	S			A	I	R	S	A	C	S
D	O	T	E	D			H	I	T	M	E		T	O	A	
I	S	I	N				P	I	C	T	I	O	N	A	R	Y
C	L	O	D				C	L	E	A	N		O	R	N	O
E	O	N	S				S	O	R	R	Y		R	I	S	K

SUDUKO Puzzle Answers

3	6	5	9	2	4	7	8	1
4	2	1	6	7	8	5	9	3
7	8	9	5	3	1	6	4	2
1	3	2	7	5	9	4	6	8
5	7	4	3	8	6	1	2	9
6	9	8	1	4	2	3	7	5
9	4	6	8	1	3	2	5	7
2	1	7	4	9	5	8	3	6
8	5	3	2	6	7	9	1	4



Apply for Nooksack Indian Tribe jobs ON-LINE

Visit www.nooksacktribe.org and click on "Careers" to view current job openings, then view job of interest and click on Apply. Complete the First Time Registration and the application. This on-line application can be submitted 24 hours a day.

Once you have registered and completed the application you will be able to use it for any future position you wish to apply for.

You will need an email address to set-up your on-line application. If you need assistance, please contact Human Resources at 360-592-5176. ■

Welcome New Hires!

Emma-Leigh Cline (07/18/16)
from on-call receptionist
to Dental receptionist

Lindsay Paez (08/01/16)
from Medical coding and billing
to Dental Office Manager

Abbie Abramovich (07/20/16)
Seasonal Restoration Technician

Raven Antiste (07/20/16)
Seasonal Restoration Technician

Jacob Roberts (08/09/16)
On-call Custodian

Julia Kelly (08/10/16)
On-call Driver for the Elders

Lori Cabbage (08/09/16)
Accounts Payable Coordinator

Sandra Aus (08/12/16)
Chemical Dependency Professional

Nooksack Indian Tribe Hosts Elders/Youth Circle

In August 2015, Nathaniel Smith came home from an Elders/Youth Circle held in Wisconsin. This was his fourth time attending one of these conferences. Needless to say he was very excited to let me know that he submitted the Nooksack Indian Tribe's name as the host for the next conference in August 2016. In October 2015, Abbie Smith submitted the idea to the Nooksack Tribal Council for approval.



The American Indian Institute Elders/youth council was part of the funding source and we became the Host Council along with some Tulalip community members.

Lisa Sutton, from the American Indian institute came to Washington State from Montana to meet with our group. The planning group consisted of Eddie Pablo, Babianna Ancheta, Shane McLean, Lisa powers, Dark feather Ancheta (all from Tulalip) along with Nathaniel Smith, Abbie smith, and Jim smith (Nooksack). We had other visitors from the Seminole Tribe that came a few times to help with the Arbor and with the location along the river on the Tribe's Tenaska Property located in Van Zandt.

The Elder/Youth Circle was held August 9th through August 13th, 2016.

Preparation for this event started back in May - Grass was cut, toilets were ordered, wood was ordered, berries made into jam, fish was canned, etc. By July, visitors confirmed their arrival times. And by August 5th, people were setting-up campsites at the Tenaska Property.

Many people were in attendance – some from Canadian and American Mohawk Tribes; Onadonngua (New York); Ontario Nations; Seminoles; Wisconsin Sioux; North Dakotas; Apaches; New Mexico Tribes; Yakima; Island natives (Vancouver, BC); Nisqually Tribe; Skokomish Tribe (to name a few).

Many nations brought herbs and teas of share and prayer warriors. Leaders from many Tribes spoke inside the Arbor. The fire inside the arbor was kept lit throughout the entire ceremony.

Jim and Abbie Smith are the parents of Nathaniel. They are very proud of him for being so thoughtfully involved with his Tribe and for bringing the Elder/Youth Circle to Nooksack. Abbie is very grateful to all the departments that had a hand in this event. And she sends a very special thank you to the Tulalips and American Indian Institute. ■

ELDERS LUNCH MENU

September 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch is served at Northwood Casino Starting at Noon</p>			<p>1 Sweet and Sour Meatballs Rice Veggies</p>	<p>2 CLOSED Council Chosen</p>
<p>5 CLOSED Labor Day</p>	<p>6 Commodity Day Bellingham Shopping Turkey Mashed Potatoes Veggies</p>	<p>7 Chili Corn bread Veggies <small>Cottage Cheese and Fruit</small></p>	<p>8 Prime Rib Baked Potatoes Mixed Veggies</p>	<p>9 Lumni Annual Luncheon <small>Doors open at 10:30 AM Please Sign-Up</small></p>
<p>12 Everson Shopping Mac and Cheese Veggies</p>	<p>13 Baked Salmon White Rice Baked Beans</p>	<p>14 Hot Dog Potato Salad Chips</p>	<p>15 Fish and Chips Cole Slaw</p>	<p>16 Fried Chicken Mashed Potatoes Cole Slaw <small>Cottage Cheese and Fruit</small></p>
<p>19 Everson Shopping Chicken Fried Steak Mashed Potatoes Veggies</p>	<p>20 Beef Taco Refined Beans Salsa and Chips</p>	<p>21 Belle Wood Acres 11AM Please Sign-Up</p>	<p>22 Tuna Casserole Veggies <small>Cottage Cheese and Fruit</small></p>	<p>23 CLOSED Governance Day</p>
<p>26 Everson Shopping Baked Chicken Rice Pilaf Veggies <small>Cottage Cheese and Fruit</small></p>	<p>27 Soup and Sandwich Ham or Turkey on Whole wheat Macaroni Salad</p>	<p>28 Baked Ham Scalloped Potatoes Steamed Veggies</p>	<p>29 Pulled Pork Sandwich Cole slaw <small>Cottage Cheese and Fruit</small></p>	<p>30 Beef Stew Brown Rice Corn Bread</p>

Every Day Fresh Green Salad, Fresh Fruit, Soup Chef Choice, Sugar Free Desserts

Ovarian Cancer Awareness Month

Like all cancers, ovarian cancer is not a single disease, but a category of many diseases. What these diseases have in common is that they start in the ovaries or in the opening of the fallopian tube. But just as each woman who develops ovarian cancer is a unique individual, her cancer is unique.

Facts & Figures

- The cause of ovarian cancer is unknown.
- Ovarian cancer most commonly occurs in women over age 50, but it can also affect younger women.
- Ovarian cancer is the 9th most common type of cancer in women.
- About 22,000 women in the United States are diagnosed with ovarian cancer each year. Of these women, 15,000 will lose their battle, making ovarian cancer the most lethal gynecologic malignancy and the 5th leading cause of cancer deaths in women.
- One of the primary challenges of ovarian cancer is that initial symptoms are generally mild, making early detection difficult. Only 24% of ovarian cancers are detected at an early stage before it has spread outside the ovaries.
- Ovarian cancer develops when normal control processes stop functioning and cause cells in the ovary to divide and grow uncontrollably. This results in a disordered accumulation of cells that eventually grow into a mass called a tumor.
- Not all tumors are cancerous. Cancerous tumors have one or more of these three properties:
 - Uncontrolled cell growth (division beyond the normal limits);
 - Cell invasion (intrusion on and destruction of adjacent tissues);
 - Metastasis (cells spread to other locations in the body via lymph or blood).
- These three properties differentiate malignant (cancerous) tumors from benign tumors, which are self-limited, do not invade, and do not metastasize.

Signs and Symptoms of Ovarian Cancer

Ovarian cancer may cause several signs and symptoms. Women are more likely to have symptoms if the disease has spread beyond the ovaries, but even early-stage ovarian cancer can cause them. The most common symptoms include:

- Bloating
- Pelvic or abdominal pain
- Trouble eating or feeling full quickly
- Urinary symptoms such as urgency (always feeling like you have to go) or frequency (having to go often)

Others Symptoms of Ovarian Cancer can include:

- Fatigue
- Upset stomach
- Back pain
- Constipation
- Menstrual changes
- Abdominal swelling with weight loss

If you or anyone you know has any of these symptoms contact your healthcare provider as soon as possible.



Dental Staff Visit Youth Summer Program

Dr. Cheung and his staff, pictured below, visited with kids in Kindergarten through Preteens at Summer Program and are scheduled to do an activity with the teens soon. During the visit, plaque protector dye was applied on the kids' teeth to see how well they are brushing. Dr. Cheung and his dental assistants then demonstrated how to brush better and have proper dental hygiene. Each child received a new toothbrush, toothpaste and a checklist on when you should brush your teeth. The kids loved it and everyone from Dental left with lots of hugs from the kids. ■



Dental Assistant, Bianca Rodriguez, demonstrating proper brushing with children at Summer Program



Dental Assistant, Kanwarjot "Kover" Bassi, demonstrating proper brushing with children at Summer Program

Notes from the Health Clinic

Walk-in appointments are reserved for same day illnesses and injuries.

This time is **not available** for routine medical appointments, medication refills or ER follow up appointments.

****Please note that you may need to come back for a scheduled appointment if you arrive during these times WITHOUT a scheduled appointment.**

.....

September 16-22nd the clinic will be staffed with a specialty provider:

Rick Weaver, Physician's Assistant

Rick has many years' experience working with the Lower Elwha Tribe. If you prefer a male provider, now is your time to schedule an appointment!

He specializes in procedures such as toe nail removal, alternative pain therapy, urgent care, family practice and sports related injuries.

Call the clinic at **966-2106** to schedule your appointment.

There's something truly awesome about you!

Average, ordinary - it's easy to settle into thinking of yourself as, well, generic.

But you are your own brand of wonderful!

Your specialness is something you can't shrug off, so wear it proudly.

It's true: you're one-of-a-kind remarkable just by being you!

(WVW)

Nooksack Diabetes Program Announcements

Pots and Pans



Cooking Classes

The next POTS AND PANS Cooking Class be on Thursday, September 22nd at the Health Clinic from noon to 1pm.

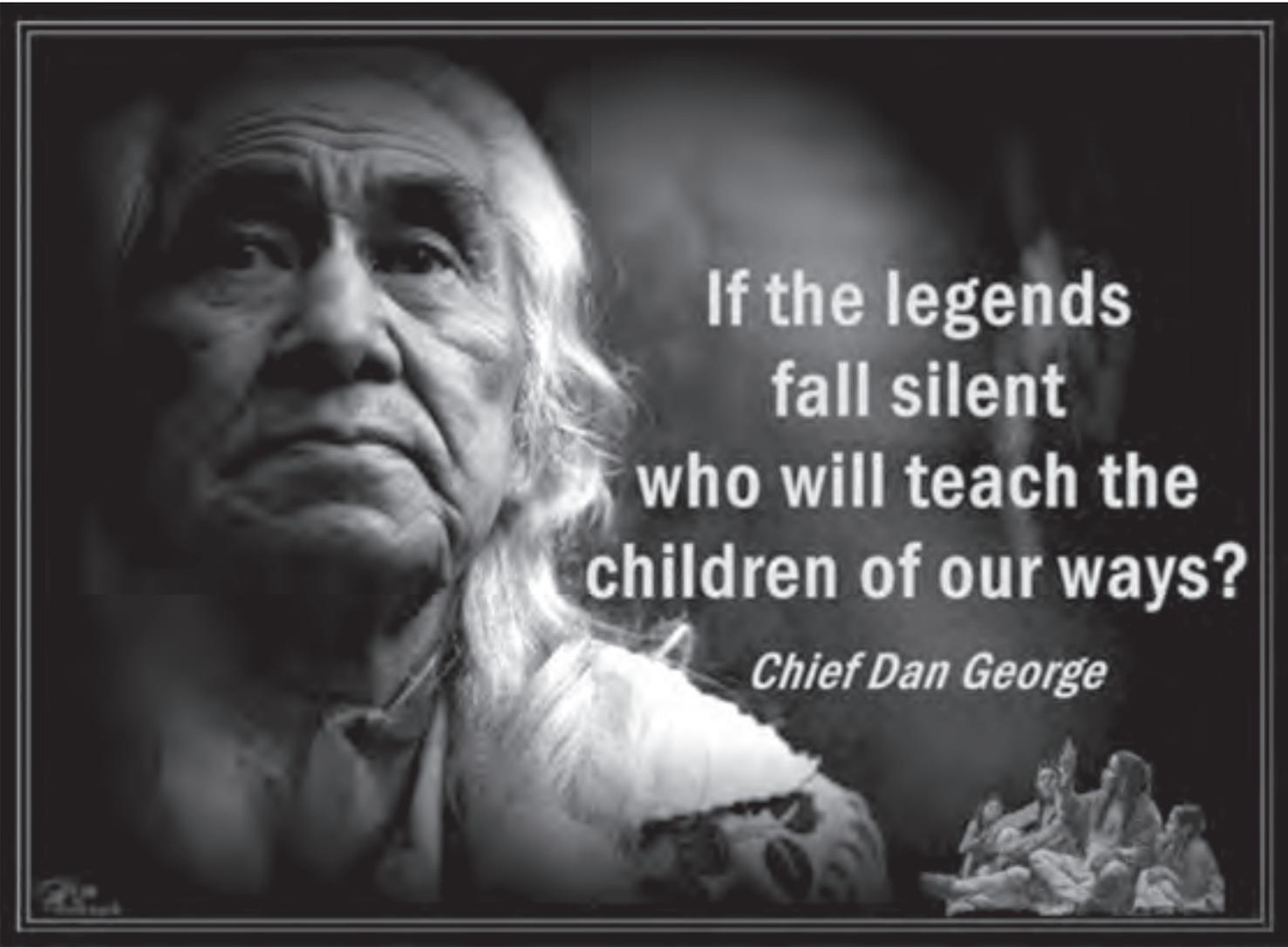
The topic will be:

“Just the Fats Ma’am — Eating to Prevent Cardiovascular Disease.”

Join us to learn how to prepare quick, delicious and healthy meals. Participants will receive a \$10-\$30 fruit and vegetable voucher. Call 966-2106 to reserve a spot.



The Nooksack Diabetes Program has designated funds for diabetes prevention to support Nooksack Community members with registration, uniforms, tee-shirts, etc. for various sports or fitness activities. In the past, we have supported softball leagues, basketball teams, cross fit events, canoe clubs and running events. Due to grant regulations, the maximum value allowed per person is \$30. Funds are limited and available on a first come first serve basis. Tribal members will be eligible for funds one-time per calendar year. Please contact Barb Himes, Diabetes Program Coordinator, with your request. ■



If the legends
fall silent
who will teach the
children of our ways?

Chief Dan George

How to Overcome Fear and Anxiety

Posted by Dr. Aamer A Khan, Licensed Clinical Psychologist (NIT Behavioral Health)

Fear is one of the most powerful emotions. It has a very strong effect on your mind and body.

Fear can create strong signals of response when we're in emergencies – for instance, if we are caught in a fire or are being attacked.

It can also take effect when you're faced with non-dangerous events, like exams, public speaking, a new job, a date, or even a party. It's a natural response to a threat that can be either perceived or real.

Anxiety is a word we use for some types of fear that are usually to do with the thought of a threat or something going wrong in the future, rather than right now. Fear and anxiety can last for a short time and then pass, but they can also last much longer and you can get stuck with them. In some cases they can take over your life, affecting your ability to eat, sleep, concentrate, travel, enjoy life, or even leave the house or go to work or school. This can hold you back from doing things you want or need to do, and it also affects your health. Some people become overwhelmed by fear and want to avoid situations that might make them frightened or anxious. It can be hard to break this cycle, but there are lots of ways to do it. You can learn to feel less fearful and to cope with fear so that it doesn't stop you from living.

What makes you afraid?

Lots of things make us feel afraid. Being afraid of some things – like fires – can keep you safe. Fearing failure can make you try to do well so that you won't fail, but it can also stop you doing well if the feeling is too strong.

What you're afraid of and how you act when you're afraid of something can vary per person. Just knowing what makes you afraid and why can be the first step to sorting out problems with fear.

What makes you anxious?

Because anxiety is a type of fear, the things we've described about fear above are also true for anxiety.

The word 'anxiety' tends to be used to describe worry, or when fear is nagging and persists over time. It is used when the fear is about something in the future rather than what is happening right now.

Anxiety is a word often used by health professionals when they're describing persistent fear. The ways that you feel when you're frightened and anxious are very similar, as the basic emotion is the same.

What do fear and anxiety feel like?

When you feel frightened or seriously anxious, your mind and body work very quickly. These are some of the things that might happen:

- Your heart beats very fast – maybe it feels irregular
- You breathe very fast
- Your muscles feel weak
- You sweat a lot
- Your stomach churns or your bowels feel loose
- You find it hard to concentrate on anything else
- You feel dizzy
- You feel frozen to the spot
- You can't eat
- You have hot and cold sweats
- You get a dry mouth
- You get very tense muscles

These things occur because your body, sensing fear, is preparing you for an emergency, so it makes your blood flow to the muscles, increases blood sugar, and gives you the mental ability to focus on the thing that your body perceives as a threat

With anxiety, in the longer term, you may have some of the above symptoms as well as a more nagging sense of fear, and you may get irritable, have trouble sleeping, develop headaches, or have trouble getting on with work and planning for the future; you might have problems having sex, and might lose self-confidence.

Why do I feel like this when I'm not in any real danger?

Early humans needed the fast, powerful responses that fear causes, as they were often in situations of physical danger; however, we no longer face the same threats in modern-day living.

Despite this, our minds and bodies still work in the same way as our early ancestors, and we have the same reactions to our modern worries about bills, travel and social situations. But we can't run away from or physically attack these problems!

The physical feelings of fear can be scary in themselves – especially if you are experiencing them and you don't know why, or if they seem out of proportion to the situation. Instead of alerting you to a danger and preparing you to respond to it, your fear or anxiety can kick in for any perceived threat, which could be imaginary or minor.

Why won't my fear go away and leave me feeling normal again?

Fear may be a one-off feeling when you are faced with something unfamiliar.

But it can also be an everyday, long-lasting problem – even if you can't put your finger on why. Some people feel a constant sense of anxiety all the time, without any particular trigger.

There are plenty of triggers for fear in everyday life, and you can't always work out exactly why you are frightened or how likely you are to be harmed. Even if you can see how out of proportion a fear is, the emotional part of your brain keeps sending danger signals to your body.

Sometimes you need mental and physical ways of tackling fear.

What is a panic attack?

A panic attack is when you feel overwhelmed by the physical and mental feelings of fear – the signs listed under 'What do fear and anxiety feel like?' People who have panic attacks say that they find it hard to breathe, and they may worry that they're having a heart attack or are going to lose control of their body. See the 'Support and information' section at the end of this booklet if you want help with panic attacks.

What is a phobia?

A phobia is an extreme fear of a particular animal, thing, place or situation. People with phobias have an overwhelming need to avoid any contact with the specific cause of the anxiety or fear. The thought of coming into contact with the cause of the phobia makes you anxious or panicky.

How do I know if I need help?

Fear and anxiety can affect all of us every now and then. It is only when it is severe and long-lasting that doctors class it as a mental health problem. If you feel anxious all the time for several weeks, or if it feels like your fears are taking over your life, then it's a good idea to ask your doctor Or Behavioral Health for Help. The same is true if a phobia is causing problems in your daily life, or if you are experiencing panic attacks.

HOW CAN I HELP MYSELF?

Face Your Fear If You Can.

If you always avoid situations that scare you, you might stop doing things you want or need to do. You won't be able to test out whether the situation is always as bad as you expect, so you miss the chance to work out how to manage your fears and reduce your anxiety. Anxiety problems tend to increase if you get into this pattern. Exposing yourself to your fears can be an effective way of overcoming this anxiety.

Know yourself

Try to learn more about your fear or anxiety. Keep an anxiety diary or thought record to note down when it happens and what happens. You can try setting yourself small, achievable goals for facing your fears. You could carry with you a list of things that help at times when you are likely to become frightened or anxious. This can be an effective way of addressing the underlying beliefs that are behind your anxiety.

TRY TO LEARN MORE ABOUT YOUR FEAR OR ANXIETY. KEEP A RECORD OF WHEN IT HAPPENS AND WHAT HAPPENS.

Exercise

Increase the amount of exercise you do. Exercise requires some concentration, and this can take your mind off your fear and anxiety.

Relax

Learning relaxation techniques can help you with the mental and physical feelings of fear. It can help just to drop your shoulders and breathe deeply. Or imagine yourself in a relaxing place. You could also try learning things like yoga, meditation, massage.

Healthy Eating

Eat lots of fruit and vegetables, and try to avoid too much sugar. Resulting dips in your blood sugar can give you anxious feelings. Try to avoid drinking too much tea and coffee, as caffeine can increase anxiety levels.

Avoid alcohol, or drink in moderation

It's very common for people to drink when they feel nervous. Some people call alcohol 'Dutch courage', but the after-effects of alcohol can make you feel even more afraid or anxious.

Complementary Therapies

Some people find that complementary therapies or exercises, such as relaxation techniques, meditation, yoga, or t'ai chi, help them to deal with their anxiety.

Faith/Spirituality

If you are religious or spiritual, this can give you a way of feeling connected to something bigger than yourself. Faith can provide a way of coping with everyday stress, and attending church and other faith groups can connect you with a valuable support network.

HOW DO I GET HELP?

Talking Therapies

Talking therapies, like counselling or Cognitive Behavioral Therapy, are very effective for people with anxiety problems.

Medication

Drug treatments are used to provide short-term help, rather than looking at the root of the anxiety problems. Drugs may be most useful when they are combined with Talk therapies.

Support Groups

You can learn a lot about managing anxiety from asking other people who have experienced it. Local support groups or self-help groups bring together people with similar experiences so that they can hear each other's stories, share tips and encourage each other to try out new ways to manage themselves. ■

Keep your head in the right place

Text Neck Troubles

BY JANE LANGILLE

DR. KENNETH HANSRAJ, a chief of spine surgery at New York Spine Surgery & Rehabilitation Medicine, in Poughkeepsie, New York, wondered why a 30-year-old male patient still suffered from neck pain long after Hansraj had surgically repaired a herniated disk in his back. The man was unable to return to work in spite of months of physical therapy. At a follow-up exam, the source of his pain was crystal clear: He admitted to spending four hours a day playing *Angry Birds* on his iPad and showed his doctor how he looked down at the screen.

Like Hansraj, Dr. Dean Fishman, a chiropractor in Plantation, Florida, has noticed an alarming trend of more patients showing signs of early disk degeneration in the cervical spine (the upper part of the spine that supports the neck). He coined the term "text neck" and founded his practice, the Text Neck Institute (text-neck.com). The trend is worrying, since 92 percent of American adults have a mobile phone, up substantially from 65 percent in 2004. Almost three-quarters of teens ages 13 to 17 have a smartphone or have access to one. More than half go online several times per day, and a quarter of them say they go online "almost constantly," according to the Pew Research Center.

Dr. Karen Jacobs, an occupational therapist, ergonomist and clinical professor at Boston University, says, "With all of these new technologies, we are adopting more awkward postures and 'turtling in' as screens get smaller and smaller."

Text neck

"When you stand with good posture, there is a normal curvature

in your cervical spine. From a side view, it looks like the letter 'C,' with the curve's convexity at the front of the neck and the concavity at the back," explains Fishman. With "text neck," the normal spine curvature is lost, causing a host of problems over time, including neck and shoulder pain, headaches and premature disk degeneration that can lead to arthritis, bone remodeling and a hunched back. With good, neutral spine posture—ears in line with shoulders and shoulder blades pulled back—the head weighs about 10 to 12 pounds. A recent study found that when the head is flexed forward at an angle of 60 degrees to look at a mobile device, the effective weight of the head increases significantly, to 60 pounds, putting extra stress on the cervical spine. "For a teenager with their head down two to four hours daily, that's up to 300,000 pounds of stress over 5,000 hours during high school," says Hansraj.



Don't stick your neck out for tech

In a case study of patients ages 13 to 27 at his practice, Fishman instructed half of the participants to use their device at eye level every time. The other half used their devices as

usual. Both groups received physical therapy, exercises and chiropractic treatment. After one month of care, patients in both groups reported decreased pain and showed improved results for range of motion and X-ray findings, but those who used their devices at eye level experienced a significantly greater correction in cervical spine curvature.

Hansraj's patient improved too: He stopped playing *Angry Birds* with his head down and worked with a physical therapist to improve his posture. "His neck pain is much better, and he is back to work in a labor-intensive job at a car wash," says Hansraj. That's great news, since we are not about to give up texting, searching, posting on social media, accessing emails or watching videos on our phones anytime soon.

TIPS TO HELP PREVENT TEXT NECK:

Practice perfect posture.

Stand and sit with a neutral spine, with ears over shoulders and your shoulder blades retracted, rather than hunching shoulders forward, says spine surgeon Dr. Kenneth Hansraj. Check your posture by looking at photos of yourself.

Vary postures, set limits and take breaks.

As soon as you feel uncomfortable, change your posture. Consider using a sit-stand desk. A free iOS and Android app called *Stretch Break for Kids* reminds kids to take breaks and demonstrates stretches.

Bring devices up to eye level.

Sit on the floor with your back to a wall, knees bent, holding the device on your knees. Place your tablet on a table and use a case that allows you to prop it at a higher angle so you don't have to tilt your neck. Dr. Dean Fishman's *Text Neck Indicator* app for Android phones, available in free and paid versions at Google Play, notifies you when the screen angle is too low.

Make technology work for you.

Use the talk-to-text function: Search using Siri on iOS or Voice Search on Android devices.

Strengthen your neck muscles. Try neck and shoulder muscle strengthening exercises, such as the Upward Dog yoga pose. In all cases, move to where you feel a gentle stretch. If you have questions, consult first with your doctor.

Suicide Prevention Response Protocol for Tribal Community Members.

Nooksack Tribe has adopted QPR (QPR stands for **Question, Persuade, and Refer**) philosophy for the prevention of suicide. QPR approach believes to save lives and reduce suicidal behaviors by engaging the entire community. We believe in empowering all people, regardless of their background such as parents, friends, neighbors, teachers, nurses, doctors, ministers, office supervisors, police officers, and many others who are strategically positioned to recognize and refer someone at risk of suicide.

Questions you should ask (Historical Question)	Yes	No
In the past have you ever tried to end your life?	<input type="checkbox"/>	<input type="checkbox"/>
Are you currently having thoughts ending your life?	<input type="checkbox"/>	<input type="checkbox"/>
Do you currently have a specific plan to end your life? (What is it?)	<input type="checkbox"/>	<input type="checkbox"/>
Do you have access to whatever is needed to carry out your Plan (e.g. Do you have a gun? Rope? Pills?)	<input type="checkbox"/>	<input type="checkbox"/>
When do you plan on ending your life? (e.g. Time?)	<input type="checkbox"/>	<input type="checkbox"/>
Risk Factors (find out)	Yes	No
Feelings of hopelessness about the future:	<input type="checkbox"/>	<input type="checkbox"/>
Substance abuse:	<input type="checkbox"/>	<input type="checkbox"/>
Family history of suicide attempts:	<input type="checkbox"/>	<input type="checkbox"/>
Description of Patients Symptoms	Level of Risk	Action Needed
No current thoughts; no major risk factors	Low	Possible referral for Behavioral Health.
Current thoughts of suicide or hurting self, but no plans	Intermediate	Referral To Behavioral Health and tell them the reason so the person is seen ASAP. PHONE # 360-966-2376 FAX # 360-966-3414
Current thoughts with plans	High	Emergency intervention needed. You should call the Nooksack Tribal Police to assist you in transporting the suicidal person to St Joseph ER for evaluation & Intervention. OR You should take this person yourself to St. Joseph Hospital Emergency room and tell Behavioral health by calling # 360-966-2376 so they could provide help to this person on discharge.
How to contact Nooksack Tribal Police.	(911) Will connect you to dispatch. Ask for Nooksack Tribal Police.	



Snee-Nee-Chum
P.O. Box 157
Deming, WA 98244

2016 Holiday Calendar

The Nooksack Tribal Council has approved the 2016 Holiday Schedule. Tribal Offices will be closed on the following days in 2016.

- September 2 – Council’s Choice • September 5 – Labor Day • September 23 – Governance Day
- October 10 – Coast Salish Day • November 11 – Veterans Day
- November 24 – Thanksgiving Day • November 25 – Day After Thanksgiving • December 25 – Christmas Day

Administrative Contacts

Tribal Council Office (360) 592-5164
 Enrollment Office (360) 592-5176 x1010
 Tribal Council Fax (360) 592-4506

Administration

Administrative Office Main..... (360) 592-5176
 Administrative Fax (360) 592-2125
 Human Resources (Director: Suzanne Brownrigg) ... (360) 592-5176
 Emergency & Risk Management (360) 592-HELP (4357)

Law Enforcement (Police Chief: Rory Gilliland)

Police Department (360) 592-9065

Health Services (Director Lona Johnson)

Medical Clinic (360) 966-2106
 Dental Clinic (360) 306-5151
 Medical Business Office (360) 966-7704
 Genesis II Office (Manager: Rick George) (360) 966-7704

Behavioral Health (360) 966-2376

Social Services (Director: Nadeen Jimmy)

Social Services Main (360) 592-0135
 Elders Office (360) 592-0100
 TANF-Deming (360) 592-3219
 TANF-Skagit (360) 848-1758
 GED Office Nooksack (360) 592-0135 ext 5124
 GED Office Skagit (360) 848-1758
 Domestic Violence Office (360) 592-5176
 DV Emergency Hotline (360) 592-4164

Family Services (Director: Ken Levinson)

Indian Child Welfare (ICW) (360) 306-5090
 Child Support (360) 306-5090

Education (Director: Donia Edwards)

Education Main Office (360) 966-2043
 Headstart-Deming (360) 592-0141
 Headstart-Everson (360) 966-0523

Youth Program (Director: Roxanne Murphy)

Office (360) 966-2043

Other Services

Tribal Court..... (360) 306-5125
 Tribal Court Fax (360) 306-5181
 Housing Office (Director: Katrice Romero) (360) 592-5163
 Natural Resources (Director: Gary MacWilliams) (360) 592-5176
 Fishing and Shellfish Fisheries Hotline (360) 592-5140
 Cultural Resources (Director: George Swanaset, Jr.) ... (360) 306-5759
 Tribal Veterans (Program Manager: Jovie Joven) (360) 592-5839
 Tribal Gaming (360) 592-5472
 Facilities & Maintenance
 (Director: Richard Edwards) (360) 592-0162
 Auto Shop (360) 306-5756
 Community Building (360) 966-9153
 North Intertribal Vocational
 Rehabilitation Program (360) 592-5176 x1048

Casino & Market Centre

Nooksack Northwood Casino (360) 734-5101
 Toll free (877) 777-9847
 Nooksack Market Centre..... (360) 592-5864