



# Snee-Nee-Chum

A monthly newsletter of the Nooksack Indian Tribe

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

Volume 7, Number 6 January 2018

## Tribal Member Resource Fair

**WEDNESDAY,  
JAN. 17, 2018  
6-8PM**

**At the Mí se' eq' ó  
Community Bldg**



[COME LEARN WHAT ALL OF YOUR BENEFITS ARE]

Accounting	Family Services	Human Resources
Administration	Grants	Legal
Automotive	Health – Clinic	Natural Resources
Court	Health – Dental	Northwood Casino
Cultural	Health – Behavioral	Planning
Education	Health – Genesis	Police
Enrollment	Health – Fitness	Social Services
Events	Housing	Veterans
		Youth

Transportation for our local Elders is available, please contact social services.

Should you have any questions, please contact Charity Bernard at 360-592-5176 x 3114.

**Every Department  
will be there to:**

**help you apply for  
all benefits  
available**

**answer any  
questions and to  
provide information**

**Kids Activities:  
Bounce House, face  
painting, and a  
make & take**

**Please join us for  
information, to  
share a meal and  
win prizes!**

**NOOKSACK  
INDIAN TRIBE**

5016 Deming Road  
Deming, WA 98244

Nooksacktribe.org  
(360) 592-5176

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## Estate Planning (Will Preparation)

Who needs a Will? We all do. Having your Will prepared is important no matter your age, or how small your estate is. It protects your wishes, and ensures that your property will go to the people you want, and makes things much easier for your loved ones later on. If you are a Nooksack Tribal member or spouse, **PRIVATE appointments** are available with an attorney who will create a Will for you, these appointments are **FREE to Tribal Members and spouses.**

Please consider taking advantage of this valuable service. Call the Legal Department at (360) 592-4158 extension 3354 with questions or to make an appointment.

- No cost to you
- Private appointments
- Licensed specialized Estate Planning attorney
- Next appointments will be in May or June 2017
- (360) 592-4158 extension 3354

**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](mailto:cbernard@nooksack-nsn.gov).  
Items for the February  
newsletter must be submitted  
by January 18th.**

**Questions?  
Call Charity at (360) 592-5176,  
extension 3114.**

## New Hires

- Ryan Hilton (11/09/2017)  
On-call Receptionist
- Ursula-Grayce Hein (11/29/2017)  
Nurse Practitioner -
- Dakota Davis (11/29/2017)  
Chemical Dependency Receptionist
- Laurie McCafferty (11/30/2017)  
Health Department Janitor
- Catherine Stensgar (12/01/2017)  
On-call Receptionist
- Carlene Williams (12/07/2017)  
Housing Office Coordinator
- Jessica Williams (12/12/2017)  
Employment/Career/Asst. to  
Education Director
- Jacob Roberts (12/15/2017)  
Custodian
- Matthew Williams (12/15/2017)  
Temporary Landscaper



## Apply for Nooksack Indian Tribe Jobs ON-LINE

Visit [www.nooksacktribe.org](http://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. ■



# Nooksack Tribal Council Election

OFFICIAL

General Election Results – Saturday, December 2, 2017

**Total Ballots Cast:** 812  
**Spoiled Ballots:** 15  
**Total Ballots Counted:** 797



## VICE CHAIRMAN

Richard "Rick" D. George	436
Robert "Bob" Doucette	356
<b>Total Votes For Position</b>	<b>792</b>

## TREASURER

Agripina "Abbie" Smith	411
Bernadine "Bernie" Roberts	385
<b>Total Votes For Position</b>	<b>796</b>

## POSITION C

Roy Bailey	493
Saturnino "Sat" Javier	301
<b>Total Votes For Position</b>	<b>794</b>

## POSITION D

Katherine Rose Romero	418
Tresea Marie Doucette	378
<b>Total Votes For Position</b>	<b>796</b>



Certified this 8<sup>th</sup> day of December, 2017 at 3:40pm.

*Katrine Rodriguez* 12/8/17  
 Katrine Rodriguez, Election Superintendent / Date

# Your Fellow Nooksack – Cherri Roberts

*Written by Charity Bernard (12/14/17)*

Cherri Roberts (E am Ya til – her name signifies her lineage and her ancestors) is very humble and was very reluctant to talk about herself and her accomplishments to Bob Solomon and myself.

Cherri has worked for the Market Center since 1985 (32 years) and has gone through 5 location changes with the store. She started with the store because she “just needed a job”. Cherri never intended to go as far as she has with this job but “one thing led to another” and she stayed. She became the store’s manager around 1990.

Cherri started working for the Tribe well before her Market Center job. She started at the age of 14 working in the youth on the job training program. From there she held many jobs from elders to fisheries. With fisheries she was “making big money at \$5.00 per hour”. Back in these days Cherri would supplement her income by picking berries so that she could go to the movies.

Cherri’s favorite part of her Manager position with the Market center is their unity. Her least favorite part is the politics. Bob Solomon says that Cherri is gifted in teaching family traditions. He values her as a fellow Nooksack and as an employee.

Getting to know Cherri:

Cherri has lived in or near Bellingham all of her life.

The furthest that Cherri has traveled is to Denver for the Indigenous Games to support her God Children.

Her Mom, Dad and God Children have made the most impact on her life.

Cherri’s favorite pass time and childhood memory is family time.

Cherri’s favorite color is blue.



*Rosemary and Cheri*

Both of her parents are gone now but she was very close to them and feels like she has traits from both of them that she carries with her. Cherri regrets not having more time with them. Cherri says “I am who I am from my parents’ teachings from their parents. My God Kids help keep these reflections of my parents alive.”

At the top of Cherri’s bucket list is that the children learn our traditions and culture.

If she could give her younger self advice, it would be to “take better care of yourself”.

Cherri’s parting words and what Cherri would like most for her Nooksack people is for everyone to get along and work together.

Thank you Cherri for your dedication!



*Julia Kelly, Angel Roberts, Nathan Roberts, Kurtis Kelly, Cherri Roberts, Rosemary Kelly, Alicia Bailey*

# Protect your family from asbestos during flooding

*Sediment from Swift Creek and downstream Sumas River contain asbestos. When these streams flood, sediments can be carried onto your property.*

- As flooded areas dry, asbestos can become airborne.
- Breathing in asbestos can cause health problems.

## Steps you can take

- Avoid handling or tracking sediments, if possible.  
*When working in your yard or field, keep dust down to reduce asbestos exposure.*
- Avoid tracking dirt or mud into our home or vehicle.

## More information

- Learn how to handle sediments to protect yourself and your family.

For property owners:

<https://yosemite.epa.gov/R10/cleanup.nsf/sites/sumasmtn>

For farmworkers: <http://www.whatcomcd.org/node/138>

## Contact:

Jeff Hegedus, Whatcom County Health Department

360-778-6044; [jhegedus@co.whatcom.wa.us](mailto:jhegedus@co.whatcom.wa.us)

Elly Hale, EPA Region 10

206-553-1215; [hale.elly@epa.gov](mailto:hale.elly@epa.gov)



## Driver's Education Classes

These classes are for people (15 years and older) seeking their WA State driver's license.

The cost of the class is based on income and each class session is for six weeks. SPACE IS LIMITED AND FILLING UP FAST.

To pre-register or for more information, please contact Sarah Kentner or Gary Kentner.



### Nooksack Driving Academy

4975 Deming Road #B,

Deming, WA 98244

360-526-2259

Email: [NMSEP@nooksack-nsn.gov](mailto:NMSEP@nooksack-nsn.gov)

***Plan Ahead!!***

***Driver's Ed Class starts on January 22, 2018***

***Driver's Ed Class starts on March 12, 2018***

# 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 HEATER SYSTEM 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**

## Marketplace Fairness

The Department of Revenue wants to inform tribes and tribal citizens of a new state law that may affect them when they make purchases that are delivered to them into the Indian country where they are enrolled.

### Marketplace Fairness

Beginning January 1, 2018, marketplace facilitators (businesses that link buyers and sellers through a physical or electronic marketplace) and remote sellers (businesses that are not physically present in Washington and may sell items through the internet or catalogs) who make sales into Washington State may elect to either comply with certain notice and reporting requirements or collect Washington sales tax. Marketplace facilitators and remote sellers that do not choose to collect the tax must notify the customer of their use tax obligation and provide the state a list of those customers located within the state and their respective purchases.

### How this may affect tribes and tribal citizens

As a result of this new law, tribes and tribal citizens may be charged sales/use taxes for their purchase that are delivered to them in their Indian country by the remote seller. As you know, tribes and tribal citizens that purchase goods or service and have them delivered to the Indian country in which they are enrolled are exempt from state sales/use tax. These purchases are still exempt.

### How you can ensure your purchases are exempt from sales taxes?

Tribal citizens should provide the remote seller with their tribal identification and an exemption form. You may use an exemption form created by the Department or one that captures all of the appropriate elements to document the exemption.

The Department is working with marketplace facilitators and remote sellers to make sure they are aware of the tribal exemption and have a way to exempt tribal purchases.

### Can I get a refund for taxes that are paid in error?

Yes.

We recommend that the tribe or tribal citizen first ask the marketplace facilitator or remote seller for a refund of any sales tax paid because the marketplace facilitator or remote seller has the direct relationship with the buyer. If the marketplace facilitator or remote seller does not refund the sales tax paid, the tribe or tribal citizen may apply for a refund directly from the Department.

To obtain a refund directly from the Department, you must use an Application for Refund or Credit form and one of the following exemption forms, all of which can be found on the Department's website: [Dor.wa.gov](http://Dor.wa.gov).

- Sellers Declaration for Buyer's Refund of Retail Sales Tax, or
- Buyer's Declaration for Refund of Retail Sales Tax

Complete the refund request forms and mail it to the Department with proof of the amount of retail sales tax paid, a copy of your tribal identification, and a completed exemption form. Refund requests should be mailed to:

Attn: Refunds  
Washington State Department of Revenue  
PO Box 47476  
Olympia, WA 98504-7476

### More information

For more information on this new law go to the "Market Place Fairness" site on the Department's website <https://dor.wa.gov>

You can also find information for tribes and tribal citizens on this website.

**For Questions**, feel free to contact Shana Barehand, Tribal Liaison, (360) 534-1573 or by email [Shanab@dor.wa.gov](mailto:Shanab@dor.wa.gov)



Have you been diagnosed with *Diabetes*?  
Did you know you should have your eyes screened  
***EVERY*** year for Diabetic Retinopathy?



**What is Diabetic Retinopathy?**

*"It is a complication of Diabetes that can lead to blindness.*

*Caused by changes in the blood vessels of the retina, diabetic retinopathy is the most common diabetic eye disease. Usually no symptoms are present in the early stages of the disease. As the disease progresses, a person may experience spots in vision or blurred vision."*

[www.ag.ndsu.edu](http://www.ag.ndsu.edu)



**What to expect:**

The test is done in the comfort of the clinic, no dilation is needed! Simply rest your chin on the machine and it will take the pictures. The results will then be reviewed by an Ophthalmologist and you will be notified by the clinic with your results.

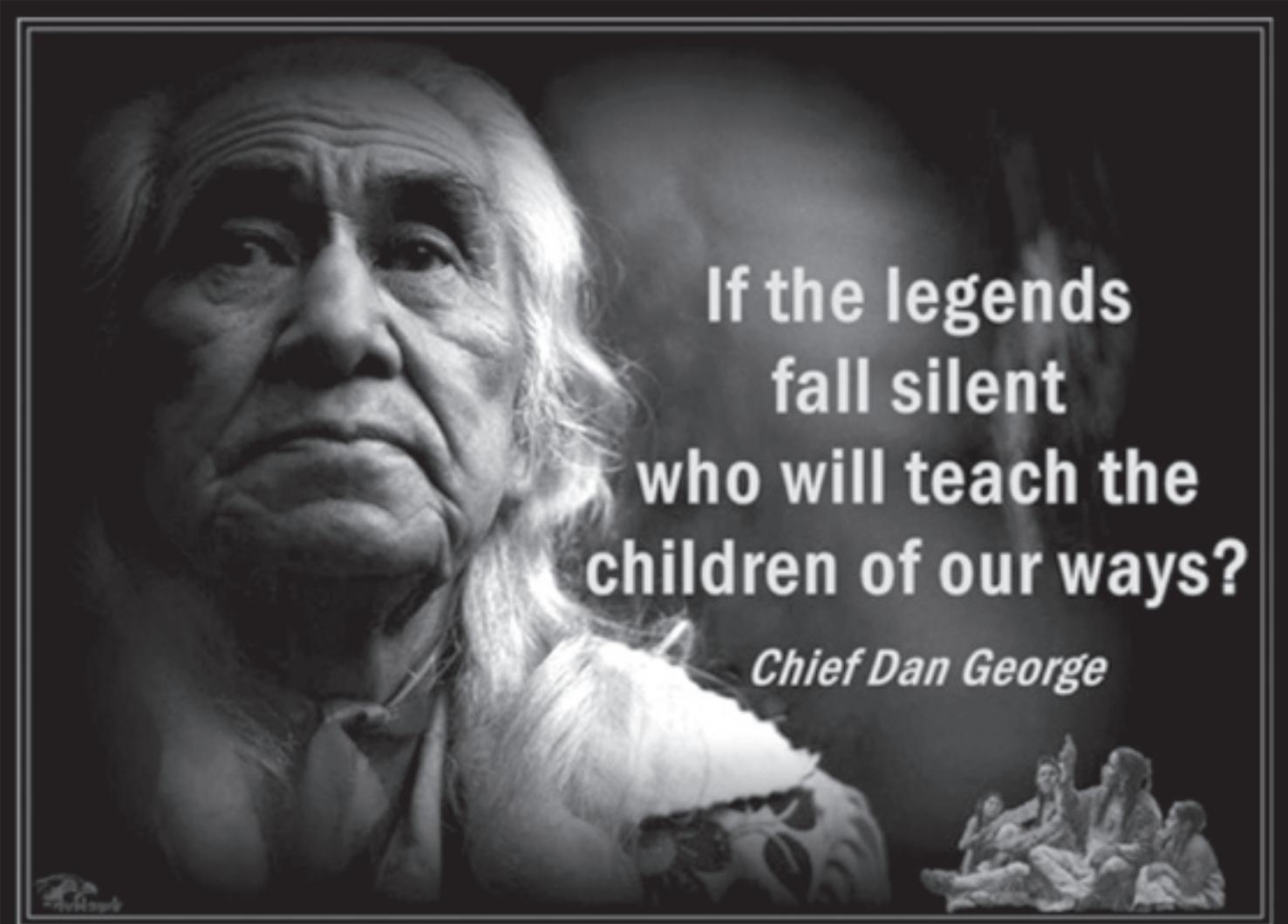
The Nooksack Health Clinic is offering  
the next Retinopathy screening on:

***\*\*Wednesday January 31, 2018\*\****

*30 minute appointments are available between 9am and 4pm.*

*Please call 966-2106 to schedule your appointment.*

**Incentives will be given to all patients that come in!!**



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

*Chief Dan George*



# Seasonal Affective Disorder (SAD) Information

*Posted By NIT Behavioral Health (Dr. Aamer A Khan)*

## Definition

Seasonal Affective Disorder (SAD) is a type of depression that is related to changes in seasons — SAD begins and ends at about the same time every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months; sapping your energy and making you feel moody. Less often, SAD causes depression in the spring or early summer.

Treatment for SAD may include light therapy (phototherapy), psychotherapy and medications.

Do not brush off that yearly feeling as simply a case of the “winter blues” or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

## Symptoms

In most cases, Seasonal Affective Disorder symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer. However, some people with the opposite pattern have symptoms that begin in spring or summer. In either case, symptoms may start out mild and become more severe as the season progresses.

## Major depression

Seasonal Affective Disorder is a subtype of major depression that comes and goes based on seasons. So symptoms of major depression may be part of SAD, such as:

- Feeling depressed most of the day, nearly every day
- Feeling hopeless or worthless
- Having low energy
- Losing interest in activities you once enjoyed
- Having problems with sleeping
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Having frequent thoughts of death or suicide

## Fall and winter SAD

Symptoms specific to winter-onset SAD, sometimes called winter depression, may include:

- Irritability
- Tiredness or low energy
- Problems getting along with other people
- Hypersensitivity to rejection
- Heavy, “leaden” feeling in the arms or legs
- Oversleeping
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain

## Seasonal changes in bipolar disorder

In some people with bipolar disorder, spring and summer can bring on symptoms of mania or a less intense form of mania (hypomania), and fall and winter can be a time of depression.

## When to see a doctor

It is normal to have some days when you feel down. But if you feel down for days at a time and you cannot get motivated to do activities you normally enjoy, see your doctor. This is especially important if your sleep patterns and appetite have changed or if you feel hopeless, think about suicide, or turn to alcohol for comfort or relaxation.

## Causes

The specific cause of seasonal affective disorder remains unknown. Some factors that may come into play include:

- **Your biological clock (circadian rhythm).** The reduced level of sunlight in fall and winter may cause winter-onset SAD. This decrease in sunlight may disrupt your body's internal clock and lead to feelings of depression.
- **Serotonin levels.** A drop in serotonin, a brain chemical (neurotransmitter) that affects mood, might play a role in SAD. Reduced sunlight can cause a drop in serotonin that may trigger depression.
- **Melatonin levels.** The change in season can disrupt the balance of the body's level of melatonin, which plays a role in sleep patterns and mood.

**Factors that may increase your risk of Seasonal Affective Disorder include:**

- Being female. SAD is diagnosed more often in women than in men, but men may have more-severe symptoms.
- Age. Young people have a higher risk of winter SAD, and winter SAD is less likely to occur in older adults.
- Family history. People with SAD may be more likely to have blood relatives with SAD or another form of depression.
- Having clinical depression or bipolar disorder. Symptoms of depression may worsen seasonally if you have one of these conditions.
- Living far from the equator. SAD appears to be more common among people who live far north or south of the equator. This may be due to decreased sunlight during the winter and longer days during the summer months.

### Complications

Take signs and symptoms of Seasonal Affective Disorder seriously. As with other types of depression, SAD can get worse and lead to problems if it is not treated. These can include:

- Suicidal thoughts or behavior
- Social withdrawal
- School or work problems
- Substance abuse

Treatment can help prevent complications, especially if SAD is diagnosed and treated before symptoms get bad

## Treatments and drugs

### Alternative medicine

Some people are interested in trying alternative medicine (a nonconventional approach instead of conventional medicine) or complementary medicine (a nonconventional approach used along with conventional medicine).

Certain herbal remedies, supplements or mind-body techniques are sometimes used to try to relieve depression symptoms, though it is not clear how effective these treatments are for seasonal affective disorder.

Keep in mind, alternative treatments alone may not be enough to relieve your symptoms. Some alternative treatments may not be safe if you have other health conditions or take certain medications.

### Supplements

Some people choose to take a supplement to treat depression, such as:

- **Melatonin.** This dietary supplement is a synthetic form of a hormone occurring naturally in the body that helps regulate mood. A change in the season to less light may change the level of melatonin in your body. Taking melatonin could decrease winter-onset SAD, but more research is needed. Safety in children or with long-term use in adults has not been determined.
- **Omega-3 fatty acids.** These healthy fats are found in cold-water fish, flaxseed, flax oil, walnuts and some other foods. Omega-3 supplements are being studied as a possible treatment for depression. While considered generally safe, in high doses, omega-3 supplements may interact with other medications. More research is needed to determine if eating foods with omega-3 fatty acids can help relieve depression.



# Seasonal Effective Disorder, *continued*

Keep in mind that nutritional and dietary products aren't monitored by the FDA. You can't always be certain of what you're getting and if it's safe. Also, because some herbal and dietary supplements can interfere with prescription medications or cause dangerous interactions, talk to your health care provider before taking any supplements.

## Light therapy

In light therapy, also called phototherapy, you sit a few feet from a special light therapy box so that you are exposed to bright light. Light therapy mimics natural outdoor light and appears to cause a change in brain chemicals linked to mood.

Light therapy is one of the first line treatments for fall-onset SAD. It generally starts working in a few days to two weeks and causes few side effects. Research on light therapy is limited, but it appears to be effective for most people in relieving SAD symptoms.

Before you purchase a light therapy box, talk with your doctor about the best one for you, and familiarize yourself with the variety of features and options so that you buy a high-quality product that's safe and effective.

## Medications

Some people with SAD benefit from antidepressant treatment, especially if symptoms are severe.

An extended-release version of the antidepressant bupropion (Wellbutrin XL, Aplenzin) may help prevent depressive episodes in people with a history of SAD. Other antidepressants also may commonly be used to treat SAD.

Your doctor may recommend starting treatment with an antidepressant before your symptoms

typically begin each year. He or she may also recommend that you continue to take the antidepressant beyond the time your symptoms normally go away.

Keep in mind that it may take several weeks to notice full benefits from an antidepressant. In addition, you may have to try different medications before you find one that works well for you and has the fewest side effects.

## Psychotherapy

Psychotherapy, also called talk therapy, is another option to treat SAD. Psychotherapy can help you:

- Identify and change negative thoughts and behaviors that may be making you feel worse
- Learn healthy ways to cope with SAD
- Learn how to manage stress

## Lifestyle and home remedies

In addition to your treatment plan for seasonal affective disorder, try the following:

- **Make your environment sunnier and brighter.** Open blinds, trim tree branches that block sunlight or add skylights to your home. Sit closer to bright windows while at home or in the office.
- **Get outside.** Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun. Even on cold or cloudy days, outdoor light can help — especially if you spend some time outside within two hours of getting up in the morning.
- **Exercise regularly.** Exercise and other types of physical activity help relieve stress and anxiety, both of which can increase SAD symptoms. Being more fit can make you feel better about yourself, too, which can lift your mood. ■





## ANEURYSM AWARENESS

AN ANEURYSM is a bulge in a weakened artery wall, and most commonly occurs in the abdomen and the brain. Aneurysm is called a "silent killer" because often there are no symptoms until it ruptures. That results in internal bleeding or possibly a stroke, and could prove fatal.

Treatment varies depending on the location, size and condition of the aneurysm, and ranges from simple monitoring to surgical repair in more severe cases.

### Common risk factors

- Smoking.
- High blood pressure.
- Gender: Women have an increased risk of a brain aneurysm, and men of an abdominal aortic aneurysm.
- Age: Higher risk for those over 40 of a brain aneurysm, and for those 60 and older of an abdominal aneurysm.

### Aortic aneurysms

The aorta, the main artery in the body, runs from the heart into the abdomen, where it branches into smaller arteries. About 15,000 people die each year in the U.S. from aortic aneurysms. About 75 percent of aortic aneurysms occur in the abdomen and 25 percent in the thorax (chest). This is the third-leading cause of sudden death in men over 60.

### Cerebral aneurysms

Aneurysms that affect arteries supplying blood to the brain are called cerebral or intracranial aneurysms. Stroke can be caused by a ruptured brain aneurysm. About one in 50 people in the U.S. have an unruptured brain aneurysm, according to the Brain Aneurysm Foundation. Each year nearly 30,000 people experience a brain aneurysm rupture: 40 percent of those are fatal, and about 66 percent of survivors suffer from a permanent neurological deficiency.

### Peripheral aneurysms

An aneurysm can occur in any peripheral artery. Frequent peripheral aneurysms occur in the popliteal artery behind the knee, the splenic artery near the spleen and the mesenteric artery near the intestines.

### Resources

Search these websites for more information about aneurysms:

- National Stroke Association, [stroke.org](http://stroke.org).
- Brain Aneurysm Foundation, [bafound.org](http://bafound.org).—David Wight

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# MIND your health

BY ILENE RAYMOND RUSH

PROTECTING BRAIN health as you age may be as simple as lifting your fork, says Martha Clare Morris, the creator of the MIND Diet and author of *Diet for the MIND* (Little, Brown and Company, December 2017; not available at Costco).

MIND stands for Mediterranean Intervention for Neurodegenerative Delay, and it is a hybrid of the popular Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets. Those diets specifically target prevention of cardiovascular disease, diabetes and hypertension. But Morris, professor and director of the MIND Center for Brain Health at Rush University in Chicago, wanted to "tailor a diet to nutrients in foods that have been related to better brain health related to aging."

Brain-healthy foods in the diet include leafy greens and vegetables, whole grains, vegetable oils, berries, nuts, seafood, poultry, and beans and other legumes.

According to Morris, the plan targets nutrients that have been scientifically shown to improve brain health and/or boost cardiovascular health, since a healthy heart is often key to a healthy brain. The diet also claims to reduce inflammation and oxidative stress, which may trigger and speed up the development of Alzheimer's disease.

Morris based the diet on her 2015 study that tracked the eating patterns of 923 seniors. The longer participants followed the MIND diet, the less risk they appeared to have of developing Alzheimer's disease. Results showed that the diet lowered Alzheimer's risk by about 35 percent for those who made modest dietary changes and up to 53 percent for those who

adhered to the diet rigorously.

"The majority of foods in the MIND diet are plant-based foods that give us vitamins, minerals, brain-healthy omega-3s, antioxidants and phytonutrients," says Kate Patton, a registered dietitian at the Cleveland Clinic and a Costco member. "The more you consume these foods, the more health benefits they have, especially when compared with animal foods that are associated with risk factors like inflammation and high blood cholesterol levels, which research shows have a negative effect on brain health."

"What we know is that certain foods are beneficial, whether you're talking about the Mediterranean diet, the DASH diet, the MIND diet or the Nordic diet," says Heather Snyder, the senior director of medical and scientific operations for the Alzheimer's Association. "It's really the idea that eating things that are low in saturated fat and high in antioxidants are going to be the most beneficial. The MIND diet does that and is a balanced diet that includes all necessary nutrients."

"Eating a nutritious diet, staying physically active, keeping our brains active and staying socially active are all important," she adds. "Putting all that together is going to be the most beneficial of all."

While none of the researchers found any risks in switching to the MIND diet, Snyder suggests that "any time you are making a drastic change to your diet or physical activity, you should talk to your health care provider." **C**

*Ilene Raymond Rush writes regularly about health and science issues.*

# January is Cervical Cancer Awareness Month

Cervical cancer is the *easiest gynecologic cancer to prevent*, with regular screening tests.

Two screening tests can help prevent cervical cancer or find it early:

- **The Pap test** (or Pap smear) looks for *precancers*, or cell changes on the cervix that might become cervical cancer if they are not treated appropriately.
- **The HPV test** looks for the virus (human papillomavirus) that can cause these cell changes, and is the most common cause of cervical cancer.

Women should start getting regular Pap tests at age 21. The Pap test, which screens for cervical cancer, is *one of the most reliable and effective cancer screening tests* available.

If you are 21–65 years old, it is important for you to continue getting a Pap test as directed by your doctor, even if you think you are too old to have a child or are not having sex anymore.

Cervical cancer used to be the leading cause of cancer death for women in the United States. However, in the past 40 years, the number of cases of cervical cancer and the number of deaths from cervical cancer have decreased significantly. This decline largely is the result of many women getting regular Pap tests, which can find cervical precancer before it turns into cancer.

In 2012 (the most recent year numbers are available)—

- 12,042 women in the United States were diagnosed with cervical cancer<sup>2</sup>

- 4,074 women in the United States died from cervical cancer.

REFERENCES: CDC.org



HOW can I reduce my chances of getting cervical cancer?

- **Get regular Pap tests.** Regular Pap tests help your doctor find and treat any abnormal cells before they turn into cancer.
- **Get an HPV vaccine** (if you are 26 or younger). Most cases of cervical cancer are caused by a type of HPV that is passed from person to person through genital contact. Most women never know they have HPV. It usually stays hidden. While it sometimes goes away on its own, it can cause changes in the cells of the cervix.
- **Be monogamous.** Having sex with just one partner can also lower your risk. Be faithful to each other.
- **Use condoms.** Condoms lower your risk of getting HPV and other STIs. Although HPV can also occur in female and male genital areas that are not protected by condoms, research shows that condom use is linked to lower cervical cancer rates.

REFERENCES: womenshealth.gov



# Cervical Cancer Awareness Month

## Jolene Baisden – Native American/ELL Instructional Assistant



Hello. My name is Jolene Baisden, I currently work at the Mount Baker High School as the Native American/ELL Instructional Assistant. (ELL is English language learners). This is my third year at the High School and I

thought it would be nice to introduce myself and explain what I do and how to contact me. As I would love to have better communication with parents/guardians, so that together we can support our students to the best of our ability.

I am Alaska Native of the Tlinget tribe. I was born in Juneau, Alaska to my parents Joseph W. Bennett (full blooded Tlinget) and my mom Arlene. I spent a lot of time in Juneau with my dad's side of the family, but we lived on Bainbridge Island and I graduated from Bainbridge Island High School. I met my husband John, on a crab processing boat, M/V Akutan while docked in Dutch Harbor, Alaska. (We were both up there working temporarily) We have been married 31 years & have two daughters, Jovana & Jessa. Both girls attended Acme Elementary and graduated from MBHS. Jovana graduated from the UW with a major in American

Indian studies and Jessa is in her 3rd year at Eastern WA University going for her Physical Therapy degree.

I worked at Acme Elementary as the Native American Para Educator for 16 years, and 1 1/2 years prior to that as a substitute.

My job as the Native American Para Educator is to support our native students in any way that I can. I work with all the Native American students in both the Junior High and High School, 7th - 12th. Some of the things I do, but not limited to are: Help with missing assignments, communications between student & teacher or parent & teacher, attend IEP meetings, check in with students when teachers have concerns, help athletes complete paperwork to receive financial assistance from the tribe for sports apparel, give classroom/student support when needed, discuss grades, and help with graduation requirements. I try to keep an "open door" policy, so that I am available when a student needs a break or just some one to listen. I also have several parents who email me when they have questions, issues or concerns.

My goal is to help educate the community on the importance of school, regular attendance & a High School Diploma!

Please contact me with any questions, comments and concerns or even introduce yourself.

Thank you for your time.

Jolene R. Baisden  
Native American/ELL Instructional Assistant  
jbaisden@mtbaker.wednet.edu

## Earn your high school equivalency diploma!

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.

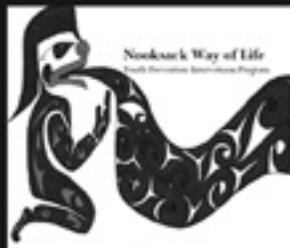
Classes are available in the Social Services building in Deming and there is another classroom in Mount Vernon if that is more convenient.

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 Desmond Naughton at (360) 592-0135 or send an email to [dnaughton@nooksack-nsn.gov](mailto:dnaughton@nooksack-nsn.gov).



# I Empower My Nation Through Participation



For more information call Genesis II at 966-7704

## **Nooksack Way of Life is Prevention!**

*Printed with funds from the Washington State Department of Social & Health Services*

## ELDERS LUNCH MENU January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1  Closed New Years Day	2  Sandwiches Soup Chips	3 Exercise Class  Chili Cornbread	4 Meatballs Rice Veggies  Elder's Committee 1:30-2:30	5 Baked Fish Pasta Veggies  B'ham Shopping  Food Bank
8 Everson Shopping Goulash Veggies Garlic Bread	9 Baked Chicken Potatoes Veggies  Commodity Day	10 Exercise Class Pancakes Sausage Eggs	11 Pork Roast Potatoes Veggies	12 Tuna/Egg Salad Sandwich Chips Fruit Salad
15  Closed Martin Luther King Jr. Day	16 Turkey Potatoes Veggies	17 Exercise Class Fajitas Beans Rice	18 Biscuits and Gravy, Eggs Hash browns	19 Salmon Pasta Veggies
22  Closed Treaty Day	23 Baked Ham Potatoes Veggies	24 Exercise Class Pork and Cabbage Rice	25 Beef Stew Rolls	26 Tuna Casserole Veggies
29 Everson Shopping Beef Pasta Veggies	30 Corn beef Hash Eggs Fruit	31 Exercise Class Baked Chicken Rice Veggies		

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



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

## 2018 Holiday Calendar

*Tribal Offices will be closed on the following days in 2018:* January 1 – New Year’s Day • January 15 – Martin Luther King Jr. Day  
 January 22 – Treaty Day • February 19 – Presidents’ Day • March 9 – Billy Frank, Jr. Day • April 23 – Mother Earth Day  
 May 28 – Memorial Day July 4 – Independence Day • August 31 – Council Selection • September 3 – Labor Day  
 September 24 – Governance Day • October 9 – Coast Salish Day • November 12 – Veterans Day  
 November 22-23 – Thanksgiving • December 24-28 – Christmas Closure / Administrative Leave

## 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: Mike Ashby - interim)

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: Marilyn McLean)

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: Serrano Cueva) ..... (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 ..... (360) 592-5176  
 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