

Burns, Oregon

October 31, 2016

Community News:

Oct. 31, 2016—Tu-Wa-Kii Nobi will be closed today. Join activities at the Trunk or Treat.

Nov. 4, 2016—Elders Breakfast at 8:30 a.m. @ Gathering Center

Nov. 11, 2016-All tribal offices will be closed in observance of Veteran's Day.

WADATIKA HEALTH CENTER

Flu shots have arrived. Please call Rachel or Pam at 541-573-8050 to set up an appointment to get yours done.

Burns Paiute Tribe

100 Pasigo St.

Burns, Or 97720

541.573.8016

TRIBAL COUNCIL CONTACT:

Chairman - Joe De La Rosa

541.589.0405

Burns Police Tribal Police

Chief Carmen Smith

541.413.1419

Officer Frank Rivera

541.413.0382

Social Services Director /

ICWA Michelle Bradach

541.573.8043 / 541.589.0171

Teresa Cowing— Domestic

Violence / Assault 541-

573-8053 / 541-413-0216

Police After hours:

Call Burns Dispatch

541.573.6028

HALLOWEEN DON'T MISS OUT TRUNK OR TREAT

**DECORATE YOUR TRUNK (CARS,TRUCKS,VANS) AND
JOIN US AT THE GATHERING CENTER PARKING LOT!**

OPEN TO COMMUNITY! Trophy for Most Creative!

Serving Hot Dogs and Chips

OCTOBER 31ST, 2016

FROM 4-5 PM

CHILDREN STOP BY

AND

GET SOME CANDY!



CHILDREN WILL BE GOING FROM CAR TO CAR TO COLLECT CANDY & GOODIES

SPONSORED BY SOCIAL SERVICES AND PREVENTION PROGRAMS



**All Job descriptions are posted on the bulletin board at the
Administration Office**

Cultural Anthropologist

Job Title: Cultural Anthropologist
Department: Culture & Heritage
Reports to: Culture & Heritage Director
FLSA Status: On-call/Seasonal
Opens: April 26th, 2016
Closes: Open until filled
Salary: Commensurate to GS9/11 DOE

SUMMARY OF MAJOR FUNCTION:

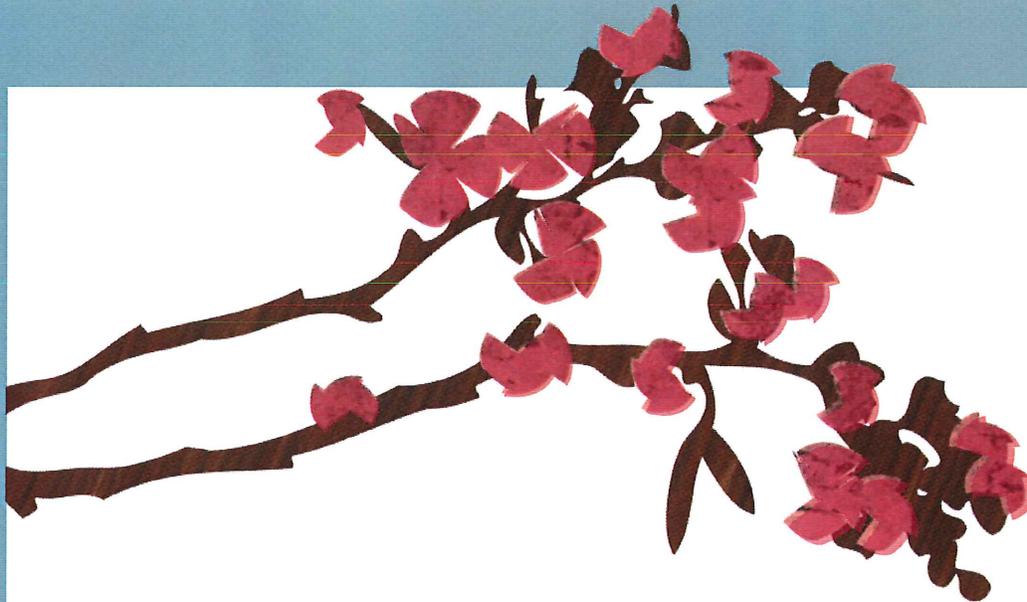
Oversees and coordinates cultural anthropological field work, literature searches, and subsequent report writing related to assigned project areas and topics. Provides applied cultural anthropological training to Tribal Research Technicians assisting with project tasks. Works within the parameters of assigned contract and grant budgets and deliverables and completes benchmarks for the same within allotted timeframes. Organizes and leads the research team to perform and document office, home, and in-field interviews related to research subject locations. Collaborates with Burns Paiute tribal community members to document oral history and tradition, as well as further document important historical to present day tribal practices.

Tribal Research Technician

Job Title: Tribal Research Technician (1)
Department: Culture & Heritage
Reports to: Culture & Heritage Director
FLSA Status: On-call/Seasonal
Opens: April 26th, 2016
Closes: Open until filled
Salary: Commensurate to G 4/5/7 DOE

SUMMARY:

Assists in anthropological field work, literature searches, and subsequent report writing related to assigned project areas and topics. Uses knowledge and experience gained in the workplace of cultural anthropological methods, and applies that knowledge and training in every day work assignments. Works closely with the Project Lead to effectively complete assigned task. Assists in the performance of documenting office, home, and in-field interviews related to research subject locations. Assists the project lead in collaborating with Burns Paiute tribal community members to document oral history and tradition, as well as further document important historical to present day tribal practices.



DID YOU KNOW EXERCISE CAN HELP WITH RELAPSE URGES? **ALCOHOL AND DRUG PROGRAM**

In the recovery phases it is important to use every skill available for your new life. If you start exercising in the Honeymoon Phase (Day 15 to day 45) and you are consistent, you can reduce the risk of relapse in the Protracted Wall Phase (Day 45 to day 120)

I would like to start an exercise class for anyone willing to attend. There are many reasons to exercise; self-esteem, recovery, stress, health, socialization, competition, reducing boredom. Please contact the office at 541-573-8003, or e-mail at: Isobel.VanTassel@burnspaiute-nsn.gov if you are interested. Even if there are only going to be two of us doing it, let's get this started! You do not have to be in treatment or considering treatment to be a part of this activity. As soon as two people are interested I will set the time and days. I was thinking Monday through Friday at 4:30 pm for T25 or 21 Day Fix? Let me know your thoughts.

FOR MORE INFORMATION CONTACT: ISOBEL VAN TASSEL @ 541-573-8003

After School Program @ Tu-Wa-Kii-Nobi 5-18yrs

November

We are asking that parents or guardian's

update Intake forms.

We need working Tel. #'s

Our Program is in need of Tutors for our Older youth- Please contact Rhonda or Kerry

Next Parent Committee Meeting is November 16th 5:15 @ Court building
Come have a voice for your child.

Tu-Wa-Kii-Nobi Staff

Main # 541-573-1573

After School Program-

Elise Adams—Youth Services

Coordinator 541-573-1572-

Anita Hawley Youth Service

Coordinator Asst. 541-589-2341

Rhonda Holtby-Parent/Educ.

Coordinator 541-413-0448

Scott Smyth-TAPP Coordina-

tor office # 541-573-8032

After School Tutor

Fred Pelroy-

Monday October 31 Happy Halloween

Tu-Wa-Kii Nobi will be at the Trunk or Treat starts at 4:00- at health Office parking lot. See you there..

Tuesday November 1st

4:00-4:30-- please bring a book to read if no homework.

4:30-5:15-Free Time play games ipad or playground.

5:15-6:00-Clean-up and take kids home.

Wednesday November 2nd

4:00-4:30--please bring a book to read for required 20 min.

4:30-5:15-Free Time play games, ipad or playground.

5:15-6:00-Clean-up and take kids home.

Thursday November 3rd

4:00-4:30--please bring a book to read if no homework.

4:30-5:15-Free Time play games, ipad or playground.

5:15-6:00-Clean-up and take kids home.

Friday November 4th

10:00-10:30-Free Time

10:30-11:00 Ms. Lisa

11:00-12:00-Safe Touch W/Michelle and Carla -Social Services Dept.

1:00-2:30-Craft for Fall-

2:30-3:30-Help an Elder- light clean-up

3:30-4:00-Clean up and get kids ready to head home.

Tu-Wa-Kii Nobi will be having a Steering Meeting

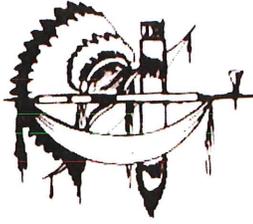
TBA. We are trying to get all programs together at this meeting to let you know what we can offer to families and Kids.

Please call if any Questions Elise or Anita



**HOUSING
AUTHORITY
MEETING**

Tuesday
November 1, 2016
At 4:00 pm
Housing Office



October 31, 2016

Contact Info

Office No.

541.573.2327

Office Fax No.

541.573.2328

Jody Hill,

Executive Director

Cellular

541.589.2022

Brenda Sam,

Housing Assistant

Cellular

541.589.2647

The Housing Authority will be participating in the Trunk or Treat on Monday, October 31, 2016 at the Gathering Center.

Kids be sure and come get some goodies.



**HOUSING
AUTHORITY
MEMBERS**

Chairperson,

JoEllen SkunkCap

Vice-Chair,

Elisha Caponetto

Secretary-Treasure,

Phyllis Miller

Members at Large

Andrew Beers

Vacant

*The Housing
Authority office will
be closed on the
following days in
November .*

*** Veterans Day
November 11, 2016**

*** Thanksgiving Day
November 24-25, 2016**



HOMEOWNERS!!

If you own a home on the reservation that is not part of the HUD Housing Program, please be aware that it is your responsibility to obtain home insurance. AMERIND Risk Management offers homeowners the ability to obtain home insurance at a reasonable price.

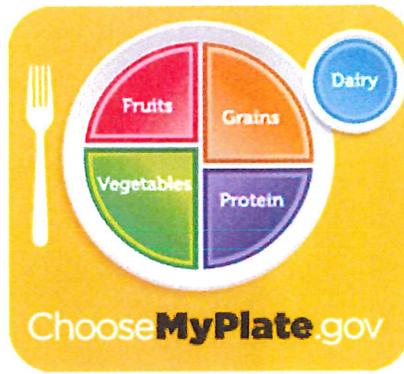
If you have any questions please go to their web page at

www.amerindrisk.org or stop by the office and we will be willing to assist you in anyway we can.

For those homebuyers/tenants that are part of the HUD Housing Program this is a reminder that the Program only pays for the structure. It is your responsibility to obtain renters insurance for the contents. AMERIND Risk Management also offers renters insurance at a reasonable price.

Any questions, please stop by the office.





November Is Diabetes Awareness Month

Join us for lunch, **Friday, November 18th @ 1200** at the Gathering Center

We will be serving Commodity Foods, using alternative recipes, and served on special “portion controlled” plates. Everyone is welcome to come and enjoy the good food!

Drive in Movie Night



Wednesday

November 2nd @ 6:30pm

The Gathering Center

Free admission and popcorn

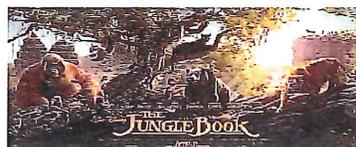
Great fun for the entire family!

Grab your car at the door, park in your favorite spot,

sit back, enjoy some popcorn with your family

while watching Disney's newest version of the timeless classic

The Jungle Book



Sponsored by :
Mental Health
Domestic Violence
Sexual Assault Departments





Attention!

Tribal Community members

We are looking for Tribal community members to submit a *Traditional or Family Favorite Recipe* to publish into our Annual Calendar.

Example:

Apple Crisp

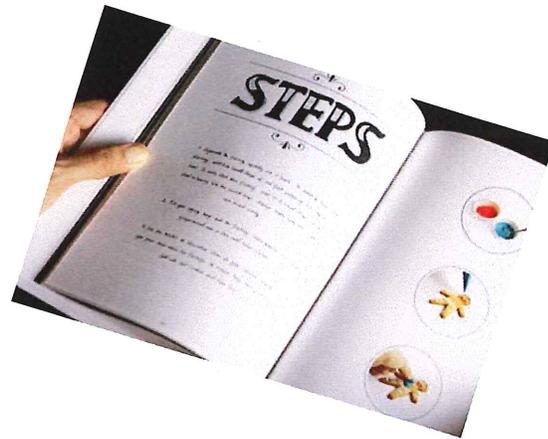
Ingredients:

- 4-5 medium apples
- 1/4 cup butter (or margarine)
- 1/4 cup quick cooking oatmeal
- 1/4 cup flour
- 1/2 cup brown sugar
- 1 Tsp cinnamon

Preheat the oven to 350 degrees F.

Grease the bottom and sides of a square pan. Remove the cores from the apples, Slice the apples. Spread the sliced apples on the bottom of the pan, Cut the butter or margarine into small pieces and put in a medium-sized bowl. Add the oatmeal, flour, brown sugar and cinnamon. Using two knives, cut the margarine into the mixture until it looks like small crumbs.

Sprinkle the mixture over the top of the apples. Bake in the oven for about 20 minutes.



You may submit your recipes via email to smarttaj@burnspaiute-nsn.gov or bring into the Wadatika Health Center office. Make sure you write your name on your recipe. If you have any questions please, call Angie @ 541-573-8048 or Michelle @ 541-573-8043. Please submit your recipes by November 15, 2016.

We look forward in sharing your recipes with our community!



The Northern Paiute Pow Wow and Lacrosse Games Committee would like to say ***THANK YOU!*** If you helped in any way during the pow wow and the dinner, your help is GREATLY APPRECIATED! The amount of people that stepped up was awesome and made this years Pow Wow a **HUGE** success!!!

To see the amount of community and tribal youth that participate in the pow wow was awesome! We would just thank the families that come and support the youth and encourage them to dance, **KEEP IT UP!!!**

We do have t-shirts from this years pow wow that are still for sale. You may ask Rachel at the front desk of the WHC. T-shirts are limited on sizes and are \$10.00 each.

Thank you to all those that helped in the taco booth, donated items for the small raffle and helped sell Pendleton Blankets raffle tickets, set up, clean up, etc. Thank you to the Tribal Programs for your continued support!

Congratulations to our newly crowned Northern Paiute Pow Wow Queen, Laevona Purcella! Thank you Alexis First Raised for taking a healthy risk and running as a queen candidate.

We will be meeting soon to close this years books and get ready for next year!

AGAIN THANK YOU Thank you THANK YOU!!

WE ARE STRONG AS ONE, BUT STRONGER TOGETHER!

Domestic Violence

Is He/she Really Going to Change This Time?

How do you know you're safe?

If you feel that you will be safer away from your partner, you have every right to leave. Even if you leave, you must understand that he/she may still be a threat to you. The risk that he/she may be violent toward you may even increase when you leave. For your own safety and the safety of your children, watch for these warning signs in the way he/she behaves towards you.

Tries to find you if you've left. He/she may try to get information from your family and friends about your whereabouts, either by threatening them or trying to get their sympathy.

Tries to get you to come back to him/her. He/she may do anything to get you to come back – if promising to change and being charming or contrite don't work, his/her efforts could then escalate to threats and violence.

Tries to take away the children. He/she may try to kidnap the children as a way of forcing you to stay with him/her.

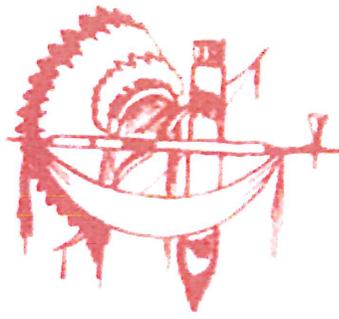
Stalks you. If you always seem to run into him/her when you are on your way to work, running errands, or out with your friends, or if you receive lots of mysterious phone calls, he/she could be stalking you.

Steps You Can Take to Help Keep Yourself Safe

If you have any reason to believe you may be at risk for abuse, there are several things you can do to try to increase your safety:

- Contact Burns Paiute Tribe Domestic violence and sexual assault for assistance.
- Contact legal advocate
- If you feel comfortable doing so, contact the program he is in to let them know about any threatening or potentially threatening behavior.
- If you left him, tell as few family members and friends as possible where you are. If they don't know how to find you, they can't be frightened or manipulated into telling him.

Domestic Violence/Sexual Assault 541-413-0216



Burns Paiute Social
Services Program

100 PASIGO St

Burns, Oregon 97720

Burns Paiute Social Services is looking for any Tribal Families whom are interested in being an emergency placement for a child in need.

If interested please contact the Burns Paiute Social
Services

Carla Teeman (541)573-8045 or Michelle Bradach
(541)573-8043

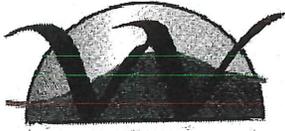
*“Children are our future take
this opportunity to make a
difference in their lives.”*

The following was taken from an article in The Clinical Advisor from the September 2015 issue. The entire article can be accessed online using the link below.

“A study published in the journal *Violence and Victims* in 2002 reported the identification of 120 self-reported rapists in a sample of 1,882 college students. These 120 rapists committed 1,045 acts of violence: 439 rapes and attempted rapes, 49 sexual assaults, 277 acts of sexual abuse against children, 66 acts of [physical abuse against children](#), and 214 acts of battery against intimate partners.¹⁶ Of the 120 rapists, 76 of them averaged 14 victims each.¹⁶ Clearly, these are not acts of miscommunication, and the research shows that serial sexual predators are responsible for a large portion of sexual violence. Knowledge of this can help victims identify predatory behaviors and help them understand that nothing they did was responsible for the violence.”

<http://www.clinicaladvisor.com/features/sexual-assaultintervention-in-primary-care/article/431852/4/>

Brought to you by Domestic Violence/Sexual Assault Department.

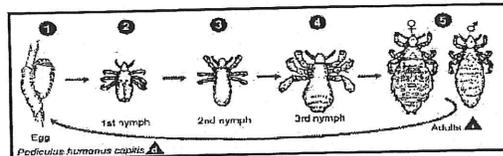


Wadatika Health Center
100 Pasigo St
Burns OR 97720
541-573-8050

WHAT PARENTS NEED TO KNOW ABOUT HEAD LICE

What are Head Lice?

- Lice are tiny light brown wingless, six-legged bugs that live on the human scalp. They are about the size of the sesame seed. (See photos of life cycle of the head lice at right).
- Lice lay tiny oval grayish-white to brown colored eggs (nits), which the female louse glues to a strand of hair. Unlike dandruff, **eggs/nits can't be washed off or brushed away**. Eggs/nits need to be pulled off from the single strand of hair.
- The life span of an adult louse is 30-35 days. A female louse lays 3-5 eggs per day. Lice eggs hatch in about one week.



Actual size of the three lice forms compared to a penny (Photo credit: CDC)

How do you get lice?

- Lice do not hop, jump or fly. They crawl.
- Lice are spread from person-to-person by head-to-head contact or by sharing of brushes, combs, hats, scarfs, coats, and bedding.

Signs of Head Lice

- Itching happens when lice bite and suck blood from the scalp. This is a sign that head lice are present. Not everyone will feel itching.
- Lice and eggs/nits can be seen if one looks very closely. Live lice move very quickly. The eggs/nits are usually the first thing seen when lice are present.
- Bite marks are sometimes seen at the base of the neck and around the ears. Skin irritation and infection may occur from itching. Your child should see the doctor, if there are signs of skin infection.

Treatment for Head Lice

- **Use lice treatment as directed.** All lice-killing products are pesticides and must be used with caution. Regular shampooing will not kill head lice. **NOTE: Lice treatments can be harmful if not used correctly. Keep lice treatments out of the reach of children. Read and follow all directions carefully. Talk to your doctor if your child has a ragweed allergy, asthma, history of seizures, or is under the age of 2 years.**
- **All egg/nits** must be removed from the hair to stop the lice cycle. Eggs/nits must be removed by picking them off the hair strands with your fingertips or by cutting off the hair strands they are attached to. Egg/nit removal combs are available, but may not be effective in removing ALL nits. To prevent reinfestation, continue to check those persons who were found to have live lice or nits daily for 10-14 days - removing all nits.
- Many lice products require a second treatment. Follow bottle instructions for retreatment.
- Lice treatment may prevent a person from getting lice. Lice treatments kill live lice, but do not kill all the eggs/nits. Prophylactic treatment of bed mates and immediate members of the household may be recommended. Consult with your family physician.
- If alternative treatment methods are used, follow guidelines for safe use in Disease Fact Sheet: Pediculosis.

Important Steps to be done to eliminate Head Lice

- Keep your child home until treatment has been done. Know your school's policy regarding egg/nit removal and when he/she can return to school. Your child **should not** be out of school for longer than one day.
- Check **every member** of the household for lice and eggs/nits and treat only persons with live lice or eggs/nits on the same day. A bright light or natural sunlight is the best for finding eggs/nits on hair.
- All clothing, bedding, stuffed animals, or other items in contact with your child during the **last three days** should be washed in hot water and dried in a hot dryer. Dry clean all nonwashable clothing, bed covers and other material in contact with head and hair. If items cannot be washed, dry cleaned, or vacuumed, they should be placed in a plastic bag for **two weeks**.
- Thoroughly vacuum carpeting and furniture. Use vacuum cleaner attachments, such as the brush and crevice tool to vacuum furniture, car seats, pillows and mattresses, etc. Boil combs, brushes, curlers or wash them in hot soapy water or lice treatment. All hair elastic ties and bows need to be washed in hot soapy water. Make sure all items are cleaned before they are used by your child after treatment has been done.
- Report that your child has lice to his or her school or day care. Also tell your child's playmate's parents. Reporting lice helps protect all children including your own.
- Insecticidal sprays are not recommended and are strongly discouraged by the National Pediculosis Association and Center for Disease Control and Prevention. They may be harmful to family members and pets and are of questionable benefit.
- Your child will be allowed back in school according to your school's policy regarding egg/nit removal. You can have your child checked for eggs/nits at his or her school or day care, or at Public Health.
- NOTE: Egg/nit removal is the key to getting rid of head lice. Head lice treatments do not kill all the lice eggs. Parents are to remove eggs/nits. It is important to check your child's hair every day for at least the next 10 days and remove any eggs/nits. Egg/nit checks should become part of a daily routine. Follow directions on the lice treatment, and do not overtreat your child.

For more Information Contact:

Wadatika Health Center

100 Pasigo St

Burns OR 97720

541-573-8050

Website resources:

<http://www.cdc.gov/ncidod/dpd/parasites/lice/default.htm>



Breast Cancer Awareness

 [Syndicate this page \(https://tools.cdc.gov/medialibrary/index.aspx#/media/id/129614\)](https://tools.cdc.gov/medialibrary/index.aspx#/media/id/129614)

Other than skin cancer, breast cancer is the most common cancer among American women. Getting mammograms regularly can lower the risk of dying from breast cancer. The United States Preventive Services Task Force recommends that if you are 50 to 74 years old, be sure to have a screening mammogram every two years. If you are 40 to 49 years old, talk to your doctor about when to start and how often to get a screening mammogram.



Are you worried about the cost? CDC offers free or low-cost mammograms. [Find out if you qualify.](#)

What Are the Symptoms?

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include any change in the size or the shape of the breast, pain in any area of the breast, nipple discharge other than breast milk (including blood), and a new lump in the breast or underarm. If you have any signs that worry you, see your doctor right away.

How Can I Lower My Risk?

The main factors that influence your risk for breast cancer include being a woman, being older (most breast cancers are found in women who are 50 years old or older), and having changes in your breast cancer genes (BRCA1 and BRCA2). Most women who get breast cancer have no known risk factors and no history of the disease in their families. There are things you can do to can help lower your breast cancer risk. The [Know:BRCA tool](#) can help you assess your risk of having changes in your BRCA genes.

Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them.



CDC's *Bring Your Brave campaign* provides information about breast cancer to women younger than age 45 by sharing real stories about young women whose lives have been affected by breast cancer.

Fast Facts About Breast Cancer

- Each year in the United States, more than 200,000 women get breast cancer and more than 40,000 women die from the disease.
- Men also get breast cancer, but it is not very common. Less than 1% of breast cancers occur in men.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. About 10% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.

More Information

- [Find a local mammography facility](#)
(<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfMQSA/mqsa.cfm>)
- [Women with Disabilities and Breast Cancer Screening](#)

Featured Resources



Burns Paiute Tribe Prevention

YOUTH!

What can you do to protect yourself and reduce the risk of alcohol and drug problems?

As a young person you are faced with many challenges. However, very few have the potential to affect your life in a more significant way than the decisions you make about alcohol and drugs. The decisions you make about alcohol and drugs will influence your health, your grades, your relationships (with friends and family), your job or career, maybe even your freedom.

Here are ten tips for Prevention:

- **Don't Be Afraid to Say No:** Sometimes, our fear of negative reaction from our friends, or others we don't even know, keeps us from doing what we know is right. Real simple, it may seem like "everyone is doing it," but they are not. Don't let someone else make your decisions for you. If someone is pressuring you to do something that's not right for you, you have the right to say no, the right not to give a reason why, and the right to just walk away.
- **Connect With Your Friends and Avoid Negative Peer Pressure:** Pay attention to who you are hanging out with. If you are hanging out with a group in which the majority of kids are drinking alcohol or using drugs to get high, you may want to think about making some new friends. You may be headed toward an alcohol and drug problem if you continue to hang around others who routinely drink alcohol, smoke marijuana, abuse prescription drugs or use illegal drugs. You don't have to go along to get along.
- **Make Connections With Your Parents or Other Adults:** As you grow up, having people you can rely on, people you can talk to about life, life's challenges and your decision about alcohol and drugs is very important. The opportunity to benefit from someone else's life experiences can help put things in perspective and can be invaluable.

- **Enjoy Life and Do What You Love – Don't Add Alcohol or Drugs:** Learn how to enjoy life and the people in your life, without adding alcohol or drugs. Alcohol and drugs can change who you are, limit your potential and complicate your life. Too often, "I'm bored" is just an excuse. Get out and get active in school and community activities such as music, sports, arts or a part-time job. Giving back as a volunteer is a great way to gain perspective on your life.
- **Follow the Family Rules About Alcohol and Drugs:** As you grow up and want to assume more control over your life, having the trust and respect of your parents is very important. Don't let alcohol and drugs come between you and your parents. Talking with mom and dad about alcohol and drugs can be very helpful.
- **Get Educated About Alcohol and Drugs:** You cannot rely on the myths and misconceptions that are out there among your friends and on the internet. Your ability to make the right decisions included getting educated. Visit [Learn About Alcohol](#) and [Learn About Drugs](#). And, as you learn, share what you are learning with your friends and family.
- **Be a Role Model and Set a Positive Example:** Don't forget, what you do is more important than what you say! You are setting the foundation and direction for your life; where are headed?
- **Plan Ahead:** As you make plans for the party or going out with friends you need to plan ahead. You need to protect yourself and be smart. Don't become a victim of someone else's alcohol or drug use. Make sure that there is someone you can call, day or night, no matter what, if you need them. And, do the same for your friends.
- **Speak Out/Speak Up/Take Control:** Take responsibility for your life, your health and your safety. Speak up about what alcohol and drugs are doing to your friends, your community and encourage other to do the same.
- **Get Help!:** If you or someone you know is in trouble with alcohol or drugs, get help. Don't wait. You don't have to be alone.

**WE ARE HERE FOR YOU,
WE CARE!**



Action Steps

For a Healthy Diet

Find your healthy eating style and maintain it throughout your lifetime. Smart choices can help you be healthier now and in the future!

Fruits

- ▶ Consume at least half of your daily fruit choices as whole fruits (such as fresh, frozen, cooked, dried, or canned in 100% fruit juice).
- ▶ Choose 100% fruit juice instead of sugar-sweetened beverages (such as energy drinks, flavored waters, fruit drinks, soft drinks, and sports drinks).
- ▶ Try fruit as snacks, salads, side dishes, and desserts.

Vegetables

- ▶ Eat more colorful vegetables (such as fresh, frozen, canned, and dried) and 100% vegetable juices.
- ▶ Buy frozen (without butter or sauce) or low sodium or no-salt-added canned vegetables.
- ▶ Try vegetables as snacks, salads, and side dishes and incorporate vegetables into main dishes.

Grains

- ▶ Consume at least half of your total grain choices as whole grains (such as whole wheat, whole oats, and brown rice). Whole grains are a source of important vitamins and minerals and are typically high in dietary fiber, too.
- ▶ Switch from refined to whole grain versions of commonly consumed foods (such as breads, cereals, pasta, and rice).
- ▶ Limit refined grains and products made with refined grains, especially those high in calories, saturated fat, added sugars, and/or sodium (such as cakes, chips, cookies, and crackers).

Dairy

- ▶ Substitute fat-free (skim) or low-fat (1%) dairy products (such as cheese, milk, and yogurt) or fortified soy beverages for regular/full-fat (whole) dairy products.
- ▶ Limit dairy desserts, especially those high in calories, saturated fat, and added sugars (such as ice cream, other frozen desserts, and puddings).

Protein

- ▶ Eat a variety of protein foods, such as beans and peas, eggs, fat-free (skim) or low-fat (1%) dairy products, lean meats and poultry, seafood (fish and shellfish), soy products, and unsalted nuts and seeds.
- ▶ Choose seafood and plant sources of protein (such as beans and peas, soy products, and unsalted nuts and seeds) in place of some meats and poultry.
- ▶ Add beans or peas to salads, soups, and side dishes, or serve them as a main dish.
- ▶ Snack on a small handful of unsalted nuts or seeds rather than chips or salty snack foods.

Saturated Fat, Sodium, and Sugars

- ▶ Choose fresh meats, poultry, and seafood, rather than processed varieties.
- ▶ Switch from stick margarine to soft margarine (liquid, spray, or tub).
- ▶ Look for light, low sodium, reduced sodium, or no-salt-added versions of packaged foods, snacks, and condiments, when available.
- ▶ Limit desserts, savory snacks, and sweets (such as cakes, chips, candies, cookies, crackers, ice cream, and microwave popcorn).
- ▶ Consume smaller portions of foods and beverages that are higher in saturated fat, sodium, and sugars, or consume them less often.

Helpful Meal Preparation Tips

- Try baking, broiling, grilling, or steaming. These cooking methods do not add extra fat.
- Trim or drain fat from meats before or after cooking and remove poultry skin before cooking or eating.
- Cook and bake with liquid oils (such as canola and olive oil) instead of solid fats (such as butter, lard, and shortening).
- Prepare your own food when you can and limit packaged sauces, mixes, and “instant” products (including flavored rice, instant noodles, and ready-made pasta).
- Limit the amount of salt and sugar you add when cooking, baking, or eating.
- Flavor foods with herbs and spices and no-salt seasoning blends instead of salt.
- Rinse sodium-containing canned foods, such as tuna, vegetables, and beans before eating.
- When eating out, ask how your food is being prepared. You can also request to see nutrition information, which is available in many chain restaurants.





Understanding and Using the Nutrition Facts Label

The Nutrition Facts Label found on packaged foods and beverages is your daily tool for making informed food choices that contribute to healthy lifelong eating habits. Explore it today and discover the wealth of information it contains!

▶ **Serving Size** is based on the amount of food that is customarily eaten at one time. All of the nutrition information listed on the Nutrition Facts Label is based on **one serving** of the food.

- When comparing calories and nutrients in different foods, check the serving size in order to make an accurate comparison.

▶ **Servings Per Container** shows the total number of servings in the entire food package or container. One package of food may contain more than one serving.

- If a package contains *two servings* and you eat the entire package, you have consumed *twice the amount of calories and nutrients* listed on the label.

▶ **Calories** refers to the total number of calories, or “energy,” supplied from all sources (fat, carbohydrate, protein, and alcohol) in one serving of the food.

- To achieve or maintain a healthy weight, balance the number of calories you consume with the number of calories your body uses.

As a general rule:

100 calories per serving is **moderate**
400 calories per serving is **high**

▶ **Calories from Fat** are *not* additional calories, but are **fat’s contribution to the total number of calories** in one serving of the food.

- “Fat-free” doesn’t mean “calorie-free.” Some lower fat food items may have as many calories as the full-fat versions.

Nutrition Facts

Serving Size 1 package (272g)
 Servings Per Container 1

Amount Per Serving			
Calories 300		Calories from Fat 45	
		% Daily Value*	
Total Fat 5g			8%
Saturated Fat 1.5g			8%
<i>Trans</i> Fat 0g			
Cholesterol 30mg			10%
Sodium 430mg			18%
Total Carbohydrate 55g			18%
Dietary Fiber 6g			24%
Sugars 23g			
Protein 14g			
Vitamin A			80%
Vitamin C			35%
Calcium			6%
Iron			15%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

The Nutrition Facts Label can help you learn about the **nutrient content** of many foods in your diet. It enables you to monitor the nutrients you want to get less of and those you want to get more of.

▶ **Nutrients to get less of** – get less than 100% DV of these nutrients each day: saturated fat, *trans* fat, cholesterol, and sodium. (Note: *trans* fat has no %DV, so use the amount of grams as a guide)

▶ **Nutrients to get more of** – get 100% DV of these nutrients on most days: dietary fiber, vitamin A, vitamin C, calcium, and iron.

▶ **% Daily Value (%DV)** shows **how much of a nutrient** is in one serving of the food. The %DV column doesn’t add up vertically to 100%. Instead, the %DV is the percentage of the Daily Value (the amounts of key nutrients recommended per day for Americans 4 years of age and older) for each nutrient in one serving of the food.

- Use the %DV to compare food products and to choose products that are higher in nutrients you want to get more of and lower in nutrients you want to get less of.

As a general rule:

5% DV or less of a nutrient per serving is **low**
20% DV or more of a nutrient per serving is **high**

▶ **Footnote with Daily Values**

Some of the %DVs are based on a **2,000 calorie daily diet**. However, your Daily Values may be higher or lower depending on your calorie needs, which vary according to age, gender, height, weight, and physical activity level. Check your calorie needs at <http://www.choosemyplate.gov>.

- If there is enough space available on the food package, the Nutrition Facts Label will also list the **Daily Values and goals** for some key nutrients. These are given for both a 2,000 and 2,500 calorie daily diet.

TIP ▶ The Ingredient List is usually located near the name of the food’s manufacturer and often below the Nutrition Facts Label. Ingredients are listed in descending order by weight – the closer they are to the beginning of the list, the more of that ingredient is in the food.



NIAAA Council Approves Definition of Binge Drinking

On February 5, 2004, the NIAAA National Advisory Council approved the following definition/statement:

A “binge” is a pattern of drinking alcohol that brings blood alcohol concentration (BAC) to 0.08 gram percent or above. For the typical adult, this pattern corresponds to consuming 5 or more drinks (male), or 4 or more drinks (female), in about 2 hours. Binge drinking is clearly dangerous for the drinker and for society.

- In the above definition, a “drink” refers to half an ounce of alcohol (e.g., one 12-oz. beer, one 5-oz. glass of wine, or one 1.5-oz. shot of distilled spirits).
- Binge drinking is distinct from “risky” drinking (reaching a peak BAC between .05 gram percent and .08 gram percent) and a “bender” (2 or more days of sustained heavy drinking).
- For some individuals (e.g., older people or people taking other drugs or certain medications), the number of drinks needed to reach a binge-level BAC is lower than for the “typical adult.”
- People with risk factors for the development of alcoholism have increased risk with any level of alcohol consumption, even that below a “risky” level.
- For pregnant women, any drinking presents risk to the fetus.
- Drinking by persons under the age of 21 is illegal.

The Council’s decision was based on a recommendation from a task force chaired by NIAAA Associate Director Dr. Mark Goldman.

“The task force was charged with developing a recommended definition of binge drinking for use in

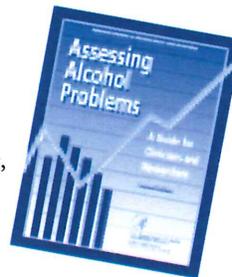
the field’s future research efforts,” said Dr. Lorraine Gunzerath, acting chief, Strategic Research Planning Branch in NIAAA’s Office of Scientific Affairs, who spearheaded the task force report. Task force members included Drs. Raul Caetano, Sandra Brown, Kenneth Hoffman, George Koob, Sean O’Connor, and Kenneth Sher. The group held a workshop November 4–5, 2003, to determine the factors that define heavy episodic drinking or distinguish it from other patterns of

alcohol use and abuse, including cut-off points, amounts, or timeframes; predictive factors; trajectories; and outcomes. Over the 2-day workshop, the task force heard invited presentations in the areas of neurobiology, physiology, psychology, sociocultural contexts, and measurement issues. After reviewing the presented material, the members reconvened on February 4, 2004, to produce a consensus definition, and submitted their recommendation to the full Council for approval.

NEW PUBLICATIONS

Assessing Alcohol Problems

This volume is a must for clinicians and researchers concerned with assessing patients’ alcohol problems using psychometric instruments. Subject matter experts review domains of assessment—different stages of treatment such as screening, diagnosis, planning, treatment, and outcome—that require different types of instruments, and they describe issues relevant to each area. An update of the 1996 *Assessing Alcohol Problems: A Guide for Clinicians and Researchers*, this second edition presents in one convenient location, samples of more than 70 assessment instruments, along with fact sheets, an at-a-glance “Quick Reference Instrument Guide,” and tables within each chapter comparing instruments used in each domain of treatment. *Assessing Alcohol Problems* is loose-leaf bound to make page replacement and updating easier.



Two New Publications in Spanish—

Both publications are available in quantities to health care providers for distribution to patients.

Antecedentes de alcoholismo en la familia—¿Está usted a riesgo?, the Spanish-language version of *A Family History of Alcoholism—Are You at Risk?* provides easy-to-read facts along with sources of more information for anyone who is concerned about a family history of alcoholism.



Reacciones peligrosas: Mezclando bebidas alcohólicas con medicamentos, the Spanish-language version of *Harmful Interactions: Mixing Alcohol with Medicines* highlights the risks of using alcohol while taking medications or herbal preparations and lists common medicines and their possible reactions with alcohol.



TO ORDER:

Write to National Institute on Alcohol Abuse and Alcoholism, Publications Distribution Center, P.O. Box 10686, Rockville, MD 20849–0686. These publications and other materials are also available online at <http://www.niaaa.nih.gov>, or by fax at 703/312–5230.



Men's league is starting up again!!

HDPR Adult Basketball League

2015-2016

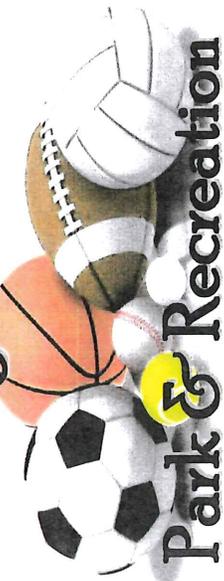
The Burns Paiute Tribe's Strategic Prevention Framework Program will be covering the \$30.00 registration fee. Open to Adult Native American men.

Forms are available at The Burns Paiute Tribe Prevention department

Please remember all forms must be turned in to the Prevention department by November 10th 2016, in order for the fee to be covered.

This is an Alcohol and Drug free event !! for any questions please contact: Deangela T. Dobson 573-8054

High Desert



Park & Recreation

P.O. Box 238 Burns, Oregon 97720

HDPR ADULT BASKETBALL LEAGUE 2015-2016

Forms to play HDPR Adult Basketball are located at Hines Market and Reid's Country Store. Forms may be turned in at those location or at the HDPR office. Player fees will be **\$30.00 each**. Captains create their own team and turn in the team's completed forms with a roster. A limit of 10 players per team will be accepted. **All players on the team must be paid before they can start their first game.**

Team captains may drop a player from the team to add another. Any dropped players may not join at a later date. **We ask everyone to follow the rules and sign a code of conduct, so we may continue to use the gyms.** Space is very limited in the gyms and we would like to continue our programs, so please be sure to follow all the rules.

Deadline to sign up teams will be Thursday, November 12th 2015 with a captain's meeting on Thursday, December 4th 7:00pm at the HDPR office at Ponderosa Village. We are hoping to have preview games in mid-December and the season will begin the second week of January.

For further information, you may call the Park and Rec. at 573-2413 or email highdesertparkrec@gmail.com

HDPR ADULT BASKETBALL

FEE: \$30.00

Last Name _____ First Name _____ Date of Birth _____

Boy Girl

Email Address: _____

Address (street) _____

(mailing)

City _____

State _____

Zip _____

Home Phone _____

Person/Address/Phone to notify in an event of an emergency _____

Another Person/Address/Phone to notify in an event of an emergency _____

Doctor/Phone to notify in event of an emergency _____

IMPORTANT!!!

I agree that I, the registrant, will abide by the rules of High Desert Park & Recreation, its affiliated organizations and sponsors. Recognizing the possibility of physical injury associated with playing a sport, I hereby release, discharge and/or otherwise indemnify the High Desert Park & Recreation, its affiliated organizations and sponsors, their employees, coaches, and associated personnel, including the owners of the fields and facilities utilized for the programs, against any claim by or on behalf of the registrant as a result of the registrant's participation in the programs and/or being transported to or from the same, which transportation I hereby authorize.

Name (please print) _____

(Parent if registrant is under 18)

Signature _____

Date _____

CONSENT FOR MEDICAL TREATMENT:

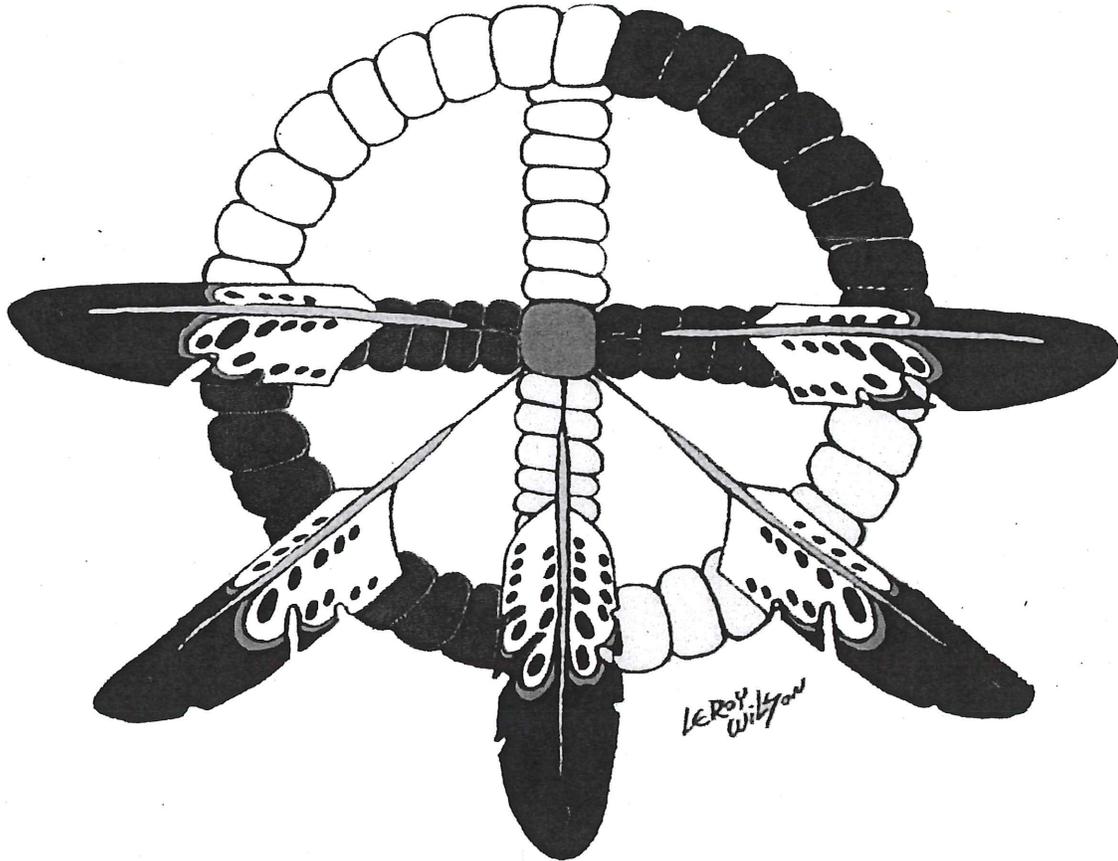
I hereby give consent for emergency medical care prescribed by a duly licensed Doctor of Medicine or Doctor of Dentistry. This care may be given under whatever conditions are necessary to preserve the life, limb or well-being of the registrant.

Signature _____

(Parent: if registrant is under 18)

Date _____

Nov 5, 2016
Chemawa Indian School
Veterans Pow Wow



November 5, 2016
Grand Entries 1:00 pm & 6:00 pm Saturday
Marcus Red Thunder, MC
Dancing, Singing, Fry Bread, Crafts,
Come and Support Chemawa Student Clubs
Public Welcome! Free Admission
3700 Chemawa Rd NE, Salem, Oregon
School Gymnasium

Vendor Information Contact:
Sonya Olson 503-399-5721 ext. 1284
Melinda Puerta 503-399-5721 ext. 1227
General information contact: Sonya Olson ext. 1284

Chemawa is a smoke, drug and alcohol free campus!

*** Please No Parking on Track, Violators will be towed. ***
Guests over 16 yrs old will need to show photo identification upon entering campus.

**Veterans Pow wow
November 5, 2016
Vendor Application**

You may call to reserve your space! However, payment must be received within 5 business days of contact. If no payment has been received within 5 business days, your space may be forfeited to a paid vendor.

Vendor space is very limited and we can only reserve your space once payment has been received.

Contact— Sonya Olson (503) 399-5721x, 1284 fax 503-399-5848 or Melinda Puerta 503-399-5721 X 1227 fax 503-399-5870. We check our voice mail on a daily basis and return calls in order received. You can also email us at: Sonya.Olson@bie.edu or Melinda.Puerta@bie.edu please make sure you put in title "Pow Wow".

Please make Checks or money orders out to "Chemawa Indian School" and mail to: Chemawa Indian School, 3700 Chemawa RD. NE, Salem OR 97305-1199 Attention: **Pow Wow Club**

It is up to discretion of Chemawa Pow Wow Club for space placements. We will try to work with you on placing you in preferred spot.

Set up Time: 10:00 am – 12:00 pm Saturday

Vendor Fee is: \$65.00 per **8' x 9'** space, vendors must accommodate walkways within their space if needed.

Food Vendor fee is: \$180.00 Food Vendors are located outside. **Food Vendors need to be pre-approved.** Please list food items you will be selling below.

Raffle Donation: An item of \$15 value to be donated to support Student Group fundraisers.

- ❖ **Security will be checking all vehicles for identification prior to entering the campus. Please be patient and cooperate with our security as they process the paperwork. All guests over the age of 16 will need to show photo identification upon entering event.**

No tables or chairs will be provided.

- **NOTE: If you do not arrive or call before 12:00 noon Saturday and you have not yet paid, your space will be given to the next available vendor.**
- **EZ ups or canopies are not allowed in Gymnasium.**
- **No selling of weapons and/or drug related items or items with any drug insignia.**

If weapons or drug related items are found to be sold, we reserve the right to remove vendor from Chemawa Indian School Campus.

Chemawa Campus is Alcohol, Drug, and Smoke Free Campus. Please respect the rule and leave campus to smoke.
Thank you.

DO not Park in Fire Lanes. Please NO PARKING on track or around gymnasium!

**Vehicles parked on track will be towed at owner's expense.
Chemawa Indian School is not responsible for any loss of items.**

Cut Here •

2016 Veterans Pow- Wow

11/5/2016

Exhibitor Name: _____ **Business Name:** _____

Address: _____ **City:** _____ **State:** _____ **Zip Code:** _____

Day Phone :() _____ **Evening Phone:** () _____

Email: _____

Brief Description of Items Sold: _____

Preferred location (not guaranteed but will be considered): ___ **GYM** ___ **Outside**

I have read and understand the above information: _____ **Date:** _____

Vendor Signature