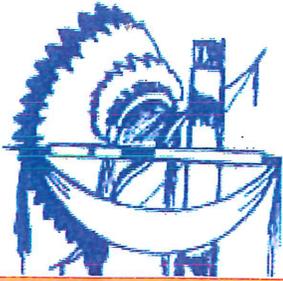


Burns, Oregon

September 26, 2016



**Burns Paiute Tribe**

100 Pasigo St.

Burns, Or 97720

541.573.8016

**TRIBAL COUNCIL CONTACT:**

Joe De La Rosa

Chairperson

503.828.4830

**Burns Police Tribal Police**

Chief Carmen Smith

541.413.1419

Officer Frank Rivera

541.413.0382

**Social Services Michelle**

Bradach—Director/ICWA

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

**Events:**

**Sept. 27, 2016—Darkness to light Training, 10:00 am to 1:00 pm at the Gathering Center**

**Oct. 7, 2016—Elder's breakfast at 8:30 @ Gathering Center**

**FOUND:** A set of keys was turned into the Tribal police department and we've been unable to find the owner. Could you put an article in the newsletter about the keys having been turned in at the Tribal police department and to contact Linda Beaver at 541 573 8072 to identify and claim the keys?

Thanks,

Sgt. Frank Rivera

**JOIN THE VOICES  
FOR RECOVERY:  
OUR FAMILIES,  
OUR STORIES,  
OUR RECOVERY!**



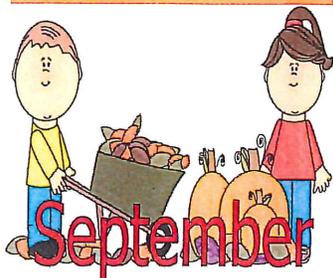
**September is National Recovery Month!**

**Please join us in recognition of community members in sobriety!**

**September 29, 2016  
Starting at 5:00pm  
At the Upper Pavilion**

**Menu: Pulled Pork Sandwiches, chips, water and cake. Please bring a side dish to share!**

**EVERYONE IS WELCOME TO ATTEND!**



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

**Police Officer**

**Number of Positions:** (1) one  
**Location:** Burns, OR - Burns Paiute Reservation  
**Open:** April 4<sup>th</sup> 2016  
**Closes:** Open until filled  
**Salary:** \$37,642 annually/DOE (Full Time)  
**Supervisor:** Police Chief or appointed Personnel

*Position Overview:*

Investigates complaints and problems relating to the criminal and traffic enforcement on the Burns Paiute Tribe Indian Reservation works under a community oriented policing concept does related work as required

**Cultural Anthropologist**

**Job Title:** Cultural Anthropologist  
**Department:** Culture & Heritage  
**Reports to:** Culture & Heritage Director  
**FLSA Status:** On-call/Seasonal  
**Opens:** April 26<sup>th</sup>, 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 26<sup>th</sup>, 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.

## *Domestic Violence*

### Words Are Powerful

Language, or word choice, has a tremendous impact on what we think of ourselves and each other. Think back to a time in your childhood when someone called you a name, or said something derogatory about you. You can probably remember the exact same words they used to humiliate or degrade you. Words are extremely powerful.

Survivors of domestic and sexual violence experience the impact of negative words every time someone questions their actions and doubts their experiences. People often underestimate the importance of choosing appropriate language to discuss the issues of domestic and sexual violence.

For example, following a homicide/suicide in Sheridan, Oregon, a local newspaper headline read: "Couple leaves behind two small children."

To read the printed words, one might assume that the women made a decision to abandon her children. In reality, this woman was murdered by her husband. A more accurate headline might have read: "Husband beats wife to death"

Today, many in our society want to ignore men's violence against women. It's not uncommon to read an entire article about domestic violence without encountering any gender-specific terms.

When former President Clinton wrote a letter on the seriousness of domestic violence, he never referred to men as perpetrators. However, the truth is that 95% of the time that domestic violence takes place, it is male violence perpetrated against women.

Children had reported that 95% of the time the male in the household was the abuser.

Research suggests that false reports of domestic violence are made at about the same rate as other crimes – somewhere in the neighborhood of 2% of the time. In order to make false claims of domestic violence, a women would have to go through an extreme amount of work and inconvenience – police interviews, countless questions from friends, family, co-workers, and social service agencies, piles of paperwork to file restraining orders and stalking citations, lost time at work, attorney's fees, etc.

Considering the amount of effort, a women would have to go through to lie about domestic violence, the payoff seems virtually nonexistent. A woman who tells the truth about domestic violence often receives no reprieve from the visitation rights of the father, no matter how severe the violence against her or the children. Victims rarely receive special consideration during divorce and custody proceedings; in fact, several women have lost custody of their children, even though the violence was documented. In some cases, custody is granted to the father, even though there is documented child abuse. The reality is that telling the truth about domestic violence does not guarantee a woman that the judicial or social service systems will respond appropriately.

DOMESTIC VIOLENCE/SEXUAL ASSUALT 541-413-0216

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

## September

Monday Sept. 26th

Hines Assembly 2:55

4:00-4:30-Reading

4:30-5:15-Free Time play games ipad and Board Games

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

Tuesday Sept. 27th

10:00-1:00- Darkness to light training @ Gathering Center

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

4:30-5:15-Free Time play games ipad and Board Games

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

Wednesday Sept. 28th

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

4:30-5:15-Birthday Celebration

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

5:30-Parent Focus Group @ Gathering Center dinner provided

Thursday Sept. 29th

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

4:30-5:15-Free Time play games ipad and Board Games

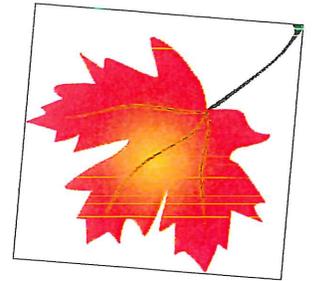
5:15-6:00-Clean-up and take kids home.

Friday Sept. 30th

Tu-Wa-Kii Nobi Field Trip-Boise Zoo- For Good Behavior -leaving 8:00 am-  
back by 5:00-Please wear your Tu-Wa-Kii Nobi Shirts. Ages 7-up need permis-  
sion slip signed and turned in prior to field trip.

The kids enjoyed our field trip to BLM Horse Corals

Please Call if any questions 541-573-1572



We are asking that parents or guardian's

update Intake forms.

We need working Tel. #'s

\_\_\_\_\_  
\_\_\_\_\_

We are in need of Tutors for our Older youth-

Please contact Rhonda or Kerry

\_\_\_\_\_  
Good Luck to all the

Athletes playing Fall sports!

They've been fun to watch!

\_\_\_\_\_

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

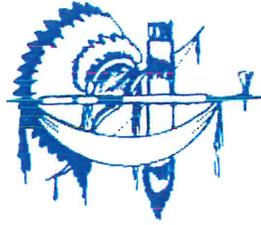
After School Tutor

Fred Pelroy-



**HOUSING  
AUTHORITY  
MEETING**

September 28, 2016  
4:00 pm  
Housing Office



September 26, 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

**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](http://www.amerindrisk.org) or stop by the office and we will be willing to assist you in any way 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. AMERIND Risk Management also offers renters insurance at a reasonable price.

Any questions, please stop by

The Housing Authority is seeking one individual to be part of the Housing Authority Board. If you are interested please submit a letter of interest to Tribal Council. Please also provide a copy of the letter to the Housing Authority.

**HOUSING  
AUTHORITY  
MEMBERS**

*Chairperson,*

JoEllen SkunkCap

*Vice-Chair,*

Elisha Caponetto

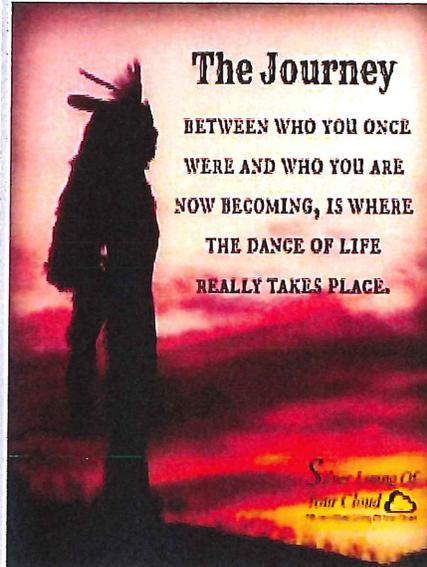
*Secretary-Treasure,*

Phyllis Miller

*Members at Large*

Andrew Beers

Vacant



The Housing Authority is currently accepting application for HUD housing. If you are interested in participating in this program please feel free to stop by the office and pick up an application or call the housing department at 541.573.2327 and we can mail you an application or if you have any questions.

BURNS PAIUTE HOUSING AUTHORITY

**Housing News**

**WAITING LIST—AS OF SEPTEMBER 7, 2016**

\*\*\*\*\*

APPLICANT	DATE COMPLETE	ADULTS	CHILDREN	
Taylor Kennedy	July 29, 2015	1 adult	0 child/ren	Complete
Desiree Sam	August 24, 2016	1 adult	2 child/ren	Complete
Keith Kennedy	September 06, 2016	1 adult	0 child/ren	Complete
Shakina Garcia	INCOMPLETE	1 adult	3 child/ren	

Per the Burns Paiute Housing Policy, "Applicants placed on the waiting list are required to respond to any update requests as a condition of remaining on the list and as a condition of admission." Request updates are mailed to the applicants last known address. The applicant is also responsible for informing the Housing Program if there are any changes in contact information, family composition and income change (increase/decrease).



# DARKNESS TO LIGHT:

## Stewards of Children

Protecting children from sexual abuse

Experts estimate that **1 out of every 10 children** will be sexually abused before their **18th birthday**.

The greatest risk to our children doesn't come from strangers but from our friends and family - **93% of all victims know their abusers.**

### Training Information

Date: ~~Thursday~~ <sup>Tuesday</sup> September 27th 2016

Time: 10-1pm, Lunch Provided

Where: 40 Pasigo St. Burns OR 97720

Cost: \$20 per person, tribal members are free.

**DEADLINE TO SIGN UP IS SEPT 20, 2016**

The three-hour interactive training program provides participants with 5 steps to better protect children from sexual abuse. It gives adults tools for recognizing the signs of sexual abuse, responding to suspicions and gives simple ways to minimize opportunities for abuse in organizations and in our community. This training is ideal for any adult in our community who has interactions with children.

To sign up for this training, go to the Health Office.



# NATIVE TEEN NIGHT

Hosted by the BPT Prevention Program



- WHO** Native Teens in Burns/Hines area in Middle School and High School
- WHAT** A safe place to gather with friends
- WHEN** Friday, September 30, 2016  
at 6:00 pm to 9:00 pm
- WHERE** Tu-Wa-Kii Nobi

*DINNER AND DESSERT WILL BE SERVED!*

Call Jody if you have any questions 541-573-8005



*Jasmine Barney*

## **POW WOW UPDATE!**

**September 14, 2016**



*Shelley Richards,  
ZaNi'yah Mauseby, Atashanay Quiver*

### THANK YOU!

The Indian Taco Booth was a huge success at the Harney County Fair and Rodeo! Thank you to all the help; Michelle Bradach, Lanette Humphrey, Reyenne Hawley, Theresa Cowing, Lane Hawley, Eric Hawley, Selene Dobson, Jody Richards, Jordan and Alexis First Raised, Elise Adams, Rhonda and Ben Holtby, JoEllen SkunkCap, Newt SkunkCap, Halle SkunkCap, Dillin Holtby, Angela Smartt, Myra Peck, Shayla Barney, Jolene Snapp, Laevona Purcella, Deangela Dobson, Andrew Beers, Derek and Anita Hawley, Eddie Barela Jr, and Dakota Ceja.

### VENDORS NEEDED!

We are in need of vendors! If you would like to be a craft vendor or food vendor, please call Elise Adams at 541-573-1572, if no answer please leave a message and number for a call back. Thank You!

### RAFFLE TICKETS

Raffle tickets are available. You can purchase them by calling Rhonda, Jody or Deangela. And also queen candidates, Laevona Purcella and Alexis First Raised. We are looking for more people to sell raffle tickets. If you are a serious seller please call Jody at 541-573-8005 and we will get you a packet. Alexis First Raised will be set up at 1<sup>st</sup> Thursdays in town and will be selling raffle tickets.

### TACO BOOTH

The Pow Wow Committee will be selling Indian Tacos during the pow-wow, thank you Steven Smartt for heading this up. *Steven would appreciate any help in the kitchen* 😊 Next year we will be expanding to Vale 4<sup>th</sup> of July Rodeo and Grant County Rodeo (pending on their fees)!

### SATURDAY DINNER

Community: We will need help preparing and serving dinner on Saturday, October 8<sup>th</sup>. Any and all help will be appreciated!

**It's not too late to be involved! We would appreciate your help!**

**NEXT POW WOW MEETING: TUESDAY, September 20, 2016, Noon at WHC**



# 2016 NORTHERN PAIUTE POWWOW

## Pendleton Blanket Raffle

October 8 & 9, 2016



**Get a chance to win one of the five beautiful Pendleton blankets that are being raffled off for 2016 Northern Paiute Powwow.**

**Tickets are \$10.00 a ticket or 6 for \$50.00**

**If you would like to purchase a ticket call...**

**Jody 541-589-4595 Rhonda 541-413-0448 Deangela Dobson – 541-589-2899**

**Also Queen candidates: Laevona Purcella 541-589-2905**

**and Alexis First Raised 541-589-4595**

**THANK YOU FOR YOUR SUPPORT!!**

# College Students and Parents: What You Need to Know About the 2017–18 FAFSA®

## What’s changing for 2017–18?

Starting with the 2017–18 *Free Application for Federal Student Aid* (FAFSA®), these changes will be in effect:

- **You’ll be able to submit your FAFSA® earlier.** You can file your 2017–18 FAFSA as early as Oct. 1, 2016, rather than beginning on Jan. 1, 2017. The earlier submission date will be a permanent change, enabling you to complete and submit a FAFSA as early as October 1 every year.
- **You’ll use earlier income and tax information.** Beginning with the 2017–18 FAFSA, students will be required to report income and tax information from an earlier tax year. For example, on the 2017–18 FAFSA, you—and your parent(s), as appropriate—will report your 2015 income and tax information, rather than your 2016 income and tax information.

The following table provides a summary of key dates as we transition to using the early FAFSA submission timeframe and earlier tax information.

When a Student Is Attending College (School Year)	When a Student Can Submit a FAFSA	Which Year’s Income and Tax Information Is Required
July 1, 2015–June 30, 2016	January 1, 2015–June 30, 2016	2014
July 1, 2016–June 30, 2017	January 1, 2016–June 30, 2017	2015
<b>July 1, 2017–June 30, 2018</b>	<b>October 1, 2016–June 30, 2018</b>	<b>2015</b>
July 1, 2018–June 30, 2019	October 1, 2017–June 30, 2019	2016

## How will the changes benefit me?

We expect that you’ll benefit in these ways:

- Because the FAFSA will ask for older income and tax information, you will already have done your taxes by the time you fill out your FAFSA, and you won’t need to estimate your tax information and then go back into the FAFSA later to update it.
- Because you’ll already have done your taxes by the time you fill out your FAFSA, you may be able to use the IRS Data Retrieval Tool (IRS DRT) to automatically import your tax information into your FAFSA. (Learn about the IRS DRT at [StudentAid.gov/irsdrt](http://StudentAid.gov/irsdrt).)
- Because the FAFSA is available earlier, you may feel less pressure due to having more time to explore and understand your financial aid options and apply for aid before your state’s and school’s deadlines.

## Will FAFSA deadlines be earlier since the application is launching earlier?

We expect that most state and school deadlines will remain approximately the same as in 2016–17. However, several states that offer first come, first served financial aid will change their deadlines from “as soon as

possible after January 1” to “as soon as possible after October 1.” So, as always, it’s important that you check your state and school deadlines so that you don’t miss out on any aid. State deadlines are on [fafsa.gov](http://fafsa.gov); school deadlines are on schools’ websites.

### **Since the 2017–18 FAFSA asks for the same tax and income information as the 2016–17 FAFSA, will my 2016–17 FAFSA information automatically be carried over into my 2017–18 renewal FAFSA?**

No; too much could have changed since you filed your last FAFSA, and there’s no way to predict what might be different, so you’ll need to enter the information again. However, keep in mind that many people are eligible to use the IRS Data Retrieval Tool to automatically import their tax information into the FAFSA, making the process of reporting tax information quick and easy.

### **Can I choose to report 2016 information if my family’s financial situation has changed since our 2015 taxes were filed?**

You must report the information the FAFSA asks for. If your family’s income has changed substantially since the 2015 tax year, talk to the financial aid office at your school about the family’s situation.

Note: The FAFSA asks for marital status as of the day you fill it out. So if you’re married now but weren’t in 2015 (and therefore didn’t file taxes as married), you’ll need to add your spouse’s income to your FAFSA. Similarly, if you filed your 2015 taxes as married but you’re no longer married when you fill out the FAFSA, you’ll need to subtract your spouse’s income.

### **Will I receive aid offers earlier if I apply earlier?**

Not necessarily; some schools will make offers earlier while others won’t. If you’re thinking of transferring to another school, you might want to look at the College Scorecard at [collegescorecard.ed.gov](http://collegescorecard.ed.gov) to compare costs at different schools while you wait for your aid offers to arrive. Note: You should be aware that the maximum Federal Pell Grant for 2017–18 won’t be known until early 2017, so keep in mind that even if you do receive an aid offer early, it could change due to various factors.

### **How will I know what schools to list on the FAFSA if I haven’t decided which schools I’ll be applying to?**

List any schools you’re considering applying to, and we’ll send your FAFSA information to them. Later, if you decide to apply to additional schools that you didn’t list on the FAFSA, you can log back in at [fafsa.gov](http://fafsa.gov) and add those schools.

### **Where can I get more information about—and help with—the FAFSA?**

Visit [StudentAid.gov/fafsa](http://StudentAid.gov/fafsa); and remember, as you fill out your FAFSA at [fafsa.gov](http://fafsa.gov), you can refer to help text for every question and (during certain times of day) chat online with a customer service representative.

April 2016

Greetings!

We still have available tickets for the "Cat in the Hat" and "Rock the Presidents" shows presented by NW Children's Theatre and School. Please contact Title VI Indian Education office at 503-916-6499 to reserve tickets.

**Thursday, September 29, 2016**

"Rock the Presidents"

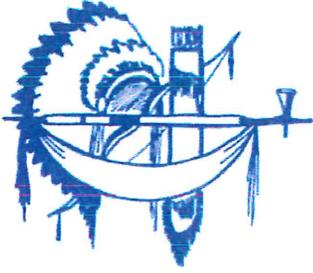
Time: 6:00 p.m. Show starts!

Location: NW Children's Theater, 1819 NW Everett St., Portland, OR 97209

**(Note:** Meet at 5:45 pm in front of the NW Children's Theatre & Title VI Staff will submit tickets to families with RSVP. Please arrive early and allow for additional time for parking.)

*Thanks,  
Vanessa*

Vanessa Dick  
PPS Title VI Indian Education  
Office: 503/916-6499  
Fax: 503/916-2728  
[vdick@pps.net](mailto:vdick@pps.net)



### Drawing for Three iPads

#### For Kindergarten thru 12th grade students

#### Must have Good Grades and Attendance

This is the Tribal Attendance Pilot Project Incentive for First Trimester.

All Slater, Hines Middle School and Burns High School Native American Students are eligible.

Criteria:\*

*\*All grades need to be passing.*

*\*Good Attendance, no unexcused absences.*

*\*No more than 3 tardies during first trimester.*

*\*No Discipline Referrals. (DR's)*

*\*One or more community involvement activities (ex. Clubs, school sports or community participation)*



Sponsored by the Burns Paiute Education Program.

Any questions please contact Scott Smyth at (541)573-8032.



# October 7, 2016 Elder's Breakfast

## The Gathering Center

*The Domestic Violence and Sexual Assault Department will be introducing two new programs.*

\*\*\*\*\*

Tribal Law and Policy Institute



*Listen To The Grandmothers*  
Video Guide and Resource:  
Incorporating Tradition into Contemporary Responses  
to Violence Against Native Women



### *Listen to the Grandmothers*

A video based on interviews with tribal elders representing four tribal nations. The content is meant to serve as a starting point to inspire other tribal nations to look to tribal elders as a vital resource of information.

The video is broken up into three parts:

1. "Who We Are"
2. "What Happened to Us"
3. "Looking Forward"

The video also comes with a transcript and guide designed to stimulate discussion and assist tribal communities in exploring the idea of utilizing cultural traditions when developing responses to violence against native women in their communities.

*"Many of the practices from the past cannot address current problems. However, if the values attached to those practice could be reclaimed and new practices built upon them, then it could work. For example, if the value of respect for elder could be taught to young people in effective way, then the knowledge of the elders could inform youthful behavior in ways which would be acceptable to both."*

-Joan Ryan (1995) Professor Emeritus of Anthropology at the University of Calgary and Senior researcher with the Arctic Institute of North America

A product of the Tribal Law and Policy Institute. The project was supported by Grant no. 2004-WT-AX-K043 by the Office on Violence Against Women, U.S. Department of Justice. It is used as college curriculum in two law schools in MN.

Text was taken from the corresponding guide.

\*\*\*\*\*

We will also introduce three advocates from NIWRC who will be training our youth, advocates, and parents on the Native Love social media campaign. They will represent Native Love at our local BHS football game Friday night as well as at the Powwow on Saturday and Sunday. The ladies will introduce Native Love after the video presentation and facilitate a brief discussion.





American Indians and Alaska Natives have the highest smoking rates in the U.S., but **more than half of smokers want to quit!**

# Quit Connections know your options

## Your path to quitting smoking

### PATCHES, GUM & LOZENGES



Double your chances of quitting  
Use nicotine to reduce cravings  
Can buy in store

### MEDICATIONS: ZYBAN, WELLBUTRIN, CHANTIX



Reduce cravings and withdrawal symptoms  
Can be combined with a patch (Zyban and Wellbutrin)  
Prescription only

### COMBINATION OPTIONS

- Increase your chances of
  - + Zyban or Wellbutrin =
  - + Gum =
  - + Lozenge =
  - + Inhaler =



### COUNSELING & SUPPORT

Can improve quit rates by 130%  
Many options available: group, individual, telephone, Internet  
Counseling + Medication works better than either on its own



### NASAL SPRAY & INHALER

Use nicotine to reduce cravings  
Nasal spray = sprayed in your nose  
Inhaler = inhaled through your mouth  
Prescription only



## TAKE ACTION!

Talk to your doctor or nurse about what quit option works best for you.

For quitting options and support, join the Quit Connections Facebook group at: [Facebook.com/groups/quitconnections](https://www.facebook.com/groups/quitconnections)



American Indian Cancer Foundation



## Alcohol's Effects on the Body

---

Drinking too much – on a single occasion or over time – can take a serious toll on your health. Here's how alcohol can affect your body:

### **Brain:**

Alcohol interferes with the brain's communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behavior, and make it harder to think clearly and move with coordination.

### **Heart:**

Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including:

- Cardiomyopathy – Stretching and drooping of heart muscle
- Arrhythmias – Irregular heart beat
- Stroke
- High blood pressure

### **Liver:**

Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations including:

- Steatosis, or fatty liver
- Alcoholic hepatitis
- Fibrosis
- Cirrhosis

### **Pancreas:**

Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.

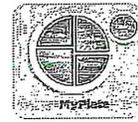
### **Cancer:**

Drinking too much alcohol can increase your risk of developing certain cancers, including cancers of the:

- Mouth
- Esophagus
- Throat
- Liver
- Breast

### **Immune System:**

Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink too much. Drinking a lot on a single occasion slows your body's ability to ward off infections – even up to 24 hours after getting drunk.



## Make physical activity a regular part of the day

Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy — such as taking a brisk 10 minute walk to and from the parking lot, bus stop, or subway station. Or, join an exercise class. Keep it interesting by trying something different on alternate days. Every little bit adds up and doing something is better than doing nothing.

Make sure to do at least 10 minutes of activity at a time, shorter bursts of activity will not have the same health benefits. For example, walking the dog for 10 minutes before and after work or adding a 10 minute walk at lunchtime can add to your weekly goal. Mix it up. Swim, take a yoga class, garden or lift weights. To be ready anytime, keep some comfortable clothes and a pair of walking or running shoes in the car and at the office.



## More ways to increase physical activity

### At home:

- Join a walking group in the neighborhood or at the local shopping mall. Recruit a partner for support and encouragement.
- Push the baby in a stroller.
- Get the whole family involved — enjoy an afternoon bike ride with your kids.
- Walk up and down the soccer or softball field sidelines while watching the kids play.
- Walk the dog — don't just watch the dog walk.
- Clean the house or wash the car.
- Walk, skate, or cycle more, and drive less.
- Do stretches, exercises, or pedal a stationary bike while watching television.
- Mow the lawn with a push mower.
- Plant and care for a vegetable or flower garden.
- Play with the kids — tumble in the leaves, build a snowman, splash in a puddle, or dance to favorite music.
- Exercise to a workout video.

### At work:

- Get off the bus or subway one stop early and walk or skate the rest of the way.
- Replace a coffee break with a brisk 10-minute walk. Ask a friend to go with you.
- Take part in an exercise program at work or a nearby gym.
- Join the office softball team or walking group.

### At play:

- Walk, jog, skate, or cycle.
- Swim or do water aerobics.
- Take a class in martial arts, dance, or yoga.
- Golf (pull cart or carry clubs).
- Canoe, row, or kayak.
- Play racquetball, tennis, or squash.
- Ski cross-country or downhill.
- Play basketball, softball, or soccer.
- Hand cycle or play wheelchair sports.
- Take a nature walk.
- Most important — have fun while being active!



## Burns Paiute Tribe Prevention

Greetings!

Well summer is coming to an end and school is in full swing!

Just a reminder that tutoring is happening at the tribal courtroom for Hines Middle School and Burns High School students with Marissa and Spencer Jones. Times are from 4:00 pm to 5:00 pm, Monday through Thursday.

Summer was a busy one for our department. From camps, YOP, BBQ's to basketball Tournaments! We would just like to thank all of the youth for their good behavior and willingness to share at the camps. And congratulations to Brooke Hoodie for bringing home a painting she won for her poem! We are so happy you took a healthy risk and entered!

One HUGE accomplishment this year was our first ever 3 on 3 Basketball Tournaments. We would like to thank everyone for their participation. And plans are already being made for next years tournament, so we are very excited to see this continue and become an annual event.

The Prevention Dept. will be helping this school year with the Native American Club in the Burns High School and hopefully expand into the middle school. If there is ANYTHING your child/ren may need help in please do not hesitate to ask. Don't forget we had the activity support for youth 9 and under (do not have to be enrolled) and 10-17 (must be enrolled in a recognized Tribe). Please come to the Wellness Building for additional paperwork.

The Prevention Department will be setting up an informational booth at the Northern Paiute Pow-Wow and Lacrosse Games this year.

Things we will be starting up this year so look for them in the newsletter or on the Tribe's facebook page; Culture Nights, Family Fun Nights and Teen Nights

If there is an art or craft that you would like to share for Culture Night, please call Jody at 541-573-8005.

### ***CULTURE IS PREVENTION!***



## The Myths & Facts of MARIJUANA

### MYTH

*Marijuana is harmless*

### FACT

*Marijuana use can lead to significant health, safety, social and learning or behavioral problems. Some short-term consequences include; memory loss, distorted perception, and some trouble problem solving. Long-term effects can include: academic and job performance, cognitive deficits*

### MYTH

*Marijuana is not an addictive substance.*

### FACT

*The desire for marijuana, combined with withdrawal symptoms can make it hard for long-term smokers to stop using the drug. Users trying to quit often report irritability, anxiety and difficulty sleeping.*

### MYTH

*Marijuana isn't as bad as cigarettes.*

### FACT

*Puff for puff, the amount of tar inhaled and the level of carbon monoxide absorbed by those who smoke marijuana, regardless of THC content are three to five times greater than among tobacco smokers.*

### MYTH

*If I buy marijuana, I am not hurting anyone else.*

### FACT

*Marijuana harms more than just those who use the drug. It harms the families and friends close to the user as well. Imagine the pain a loved one can feel knowing they have no power or ability to stop the use of marijuana in the user's life.*

### MYTH

*There is little to nothing parents can do to stop their kids from experiencing with marijuana.*

### FACT

*Kids who learn about the dangers of drugs from their parents are less likely to use drugs than kids who do not.*

***Burns Paiute Tribe Prevention Department***

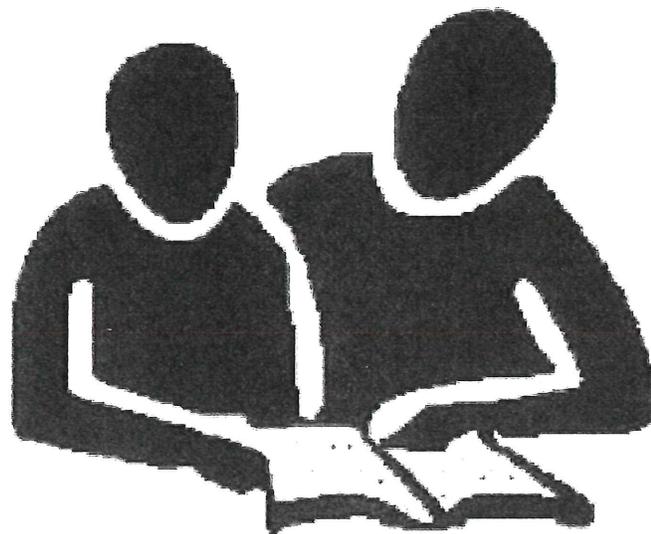
# WANTED

Burns Paiute Tribe Education Department is looking for tutors for our middle and high school students.

Hours would be 6:00pm to 7:30pm,  
on Monday through Wednesday.

Paying \$10.00 an hour.

If interested please call  
Rhonda Holtby at (541)413-0448 or  
Kerry Opie at (541)573-8013.



# “FORT BIDWELL CELEBRATION”

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FORT BIDWELL, CALIFORNIA

September 30, thru October 2, 2016

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A sign up sheet will be posted at Wadatika Health Center for those who want to participate.

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***Transportation, lodging and meals will be provided. We will be staying in Cedarville, CA.***

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Do you want to enter in the parade again? Call Phyllis : 541-480-4009

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# MT BIDWELL CELEBRATION

OCTOBER 1-2, 2016

HONORING FORT BIDWELL INDIAN BOARDING SCHOOL ELDERS  
SAT @ 1:30 PM IN FT BIDWELL GYM ON RESERVATION

Ta, Tsa, Rose Preston,  
2016, 2017/Miss Yamos

**\*SATURDAY**

PARADE @ 10 AM - DOWN TOWN MAIN STREET IN FT BIDWELL, CA

TRADITIONAL DINNER \$5 PER PLATE/INDIAN TACOS \$6 @ 12 PM-1:30 PM @ FT BIDWELL GYMNASIUM

VETERANS/TRIBAL FLAG ENTRIES @ 1:15 PM

HONORING FORT BIDWELL INDIAN BOARDING SCHOOL ELDERS @ 1:30 PM

TRIBUTE IN MEMORY OF FOUR ELDERS PW, HM, SR & EK

SPECIAL GUESTS (TBA) & STORYTELLERS @ 2:30 PM

(LUCIA DREW) OUT-GOING PRINCESS MISS YAMOS - GIVE AWAY @ 5 PM

\*SATURDAY EVENING—7 PM TO 10 PM

MINI SOCIAL POWWOW IN RECOGNITION OF THE FORT BIDWELL INDIAN BOARDING SCHOOL ELDERS

MC—(TBA)

ALL DRUMMERS, POWWOW DANCERS & ALL ROYALTY WELCOME

THERE IS NO PAY—ONLY PAY IS HONORING WITH YOUR HEARTS

**\*SUNDAY**

VETERANS/TRIBAL FLAG ENTRIES @ 9 AM

FASHION SHOW @ 9:30 AM

NATIVE FOOD DEMONSTRATIONS @ 10 AM

MOST TRADITIONAL PARADE AWARDS — \$1000/1st Place, \$800/2nd Place & \$600/3rd Place

QUILTS & 50/50 RAFFLE DRAWING

SAT/SUN— ARTS/CRAFTS VENDORS, FOOD VENDORS, BREAKFAST \$5,

FORT BIDWELL INDIAN BOARDING SCHOOL DISPLAY

ITEM & QUILT RAFFLE TICKETS—1 FOR \$1 OR 6 FOR \$5

50/50 RAFFLE TICKETS \$1 EACH

AGENDA IS SUBJECT TO CHANGE! FOR MORE INFORMATION OR VENDOR APPLICATIONS

PLEASE CONTACT ANITA WILLIAMS @ 530-279-2067 OR EMAIL [yahoowilliams4@gmail.com](mailto:yahoowilliams4@gmail.com)

*The Mt Bidwell Native American Events Committee is not responsible for any liabilities, losses or damages.*

*This is a Non-Profit, Historical, Cultural, Educational, Tobacco and Drug & Alcohol Free Event!*



# NORTHERN PAIUTE POWWOW & LACROSSE GAMES

*Honoring our Youth & Families*

**Oct. 8 & 9, 2016**

**BURNS, OREGON**

**Harney County Fairgrounds  
69660 S. Egan St • Burns, OR**

**All Dancers, Drummers & Spectators Welcome!**

*Open to All Public • Free Admission • Outdoor Event • Bring your Chairs*

### **Grand Entry:**

1:00 & 7:00 pm Saturday  
Noon on Sunday

M.C. – Carlos Calica  
A.D. – Jeremy Barney

### **Head Drum Group:**

Chute 8  
Drum Pay \$75 per session

### **Dance Categories:**

**Men's & Women's Golden**

- Age 60 & up - \$300 - Winner Take All

**Women's & Girl's Traditional, Fancy & Jingle**

- All ages - 3 places and 2 consolations

**Men's & Boy's Traditional, Fancy & Grass**

**Clown Dance Contest**

- bring your funniest or craziest outfit, 3 places

**Hand Drum Contest** - 3 places

**Tiny Tots** - sponsored by Cecil Dick

**Bring your chairs!**

### **Motel:**

Rory & Ryan Inn - mention powwow for rates  
RV Hookups available at Harney Co. Fairgrounds

### **Creator's Game**

#### **Lacrosse Tournament:**

Round-robin games 10:00 am  
(\$15.00/player)

For more: Rick Roy 541-589-1159

### **Community Dinner:**

**Under the Tent  
Saturday @ 5:00 pm**

### **Crowning New Queen**

sponsored by

Burns Paiute Tribe

Domestic Violence

& Sexual Assault Dept.



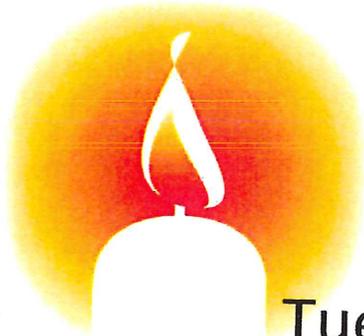
Media Campaign

**For more info call Rhonda Holtby @ 541-413-0448**

**Arts & Crafts vendors Welcome - Vendor fee is \$55. (contact Elise 541-573-1573)**

*We are not responsible for accidents, thefts or damages.*

*We ask that you respect the event and there be no use of alcohol, drugs, legal tobacco or violence.*



# *SUICIDE AWARENESS*

Candle Light Vigil

Tuesday, September 27, 2016

7:30PM

Meet at Rainbow Park

Candles will be provided

For more information or questions

Call Lanette 541-573-8002

