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N I M I I P U U  
T R I B A L T R I B U N E

'Alatam'áal / FebruaryVolume 3 / Issue 3

# Renaming Celebration Shines a Spotlight on Nez Perce Artifacts

Nez Perce Tribe Secures Earliest and Largest Documented Collection of Material Culture  
with an Anticipated Re-Naming Celebration June 26, 2021



Nez Perce womens saddle. Part of the Collection. (Photo by Zach Mazur)



Nez Perce mens shirt. Part of the Collection. (Photo by Zach Mazur)

Lapwai, Idaho- The Nez Perce Tribe (Tribe) is preparing to commemorate the 25th anniversary of the return of the Spalding-Allen Collection (Collection) with a re-naming celebration. The event is scheduled to take place on Saturday, June 26th, 2021 from 10:00

a.m. to 2:00 p.m. The Tribe and Nez Perce National Historical Park ("Park") will host the renaming celebration at Spalding, ID; the original place of acquisition by Reverend Henry H. Spalding from individual Nez Perce tribal members. Nakia Williamson, Nez

Perce Tribal member and Director of the Nez Perce Tribe Cultural Resource Program explains, "The re-naming of this collection is a significant step to reclaiming ownership of one of the most significant ethnographic collections in existence. More importantly, renaming helps us in rejecting colonialism and its impacts on our 'way of life'." The Nez Perce will always be a people deeply rooted to the land from which they come. The Spalding-Allen Collection demonstrates how embedded even the material items of the Nez Perce, those

that traveled the longest of colonial journeys, will eventually find their way home. From 1836-1846 Spalding acquired 21 Nez Perce artifacts traditionally worn, or used by, men, women, children, and horses, which were later sent to Spalding's benefactor Dr. Dudley Allen. In 1893, after Dr. Allen's death, his son donated the Collection to Oberlin College, who later loaned most of the collection to the Ohio Historical Society, now known as the Ohio History Connection (OHC). In 1976, curators

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Nimiipuutímtki- The People’s Language  
(Nee-mee-poo-timt-key)

February

‘Alatam’áal  
(ala-tum-all)

“season between  
winter & spring”

I Love You

Happy Love Day

My special one

You are in my heart

Good looking!

Sweet heart

Cute

Heart

Candy

Flowers

Dozen

Roses

‘iin ‘ee héetewise

‘éey’s’nin’ heté’ew léeheyn

‘iinim heté’ew

‘ee wées ‘iinim tim’ néepe

tá’c hekípe

cicúuk’is tim’íne

hamóol’ic

tim’íne

tepulwéeku’s

láatis

púutim wəx lepít

tamsáasnim láatis

*een-aahh-hit-tow-wissa*

*eye-ts-nin-hit-te-ow la-hey-n*

*ee-nim-hit-te-ow*

*aahh-wass-ee-nim-tim-nappa*

*tots-ha-kippa*

*s-its-you-kiss timinna*

*ha-mole-lits*

*timinna*

*tep-pull-wah-kos*

*la-tiss*

*poo-timt wah la-pit*

*tom-sis-nim-la-tiss*

NIMIIPUU TRIBAL TRIBUNE

The Nimiipuu Tribal Tribune is published twice a month, on the first and third Wednesday. Our mission is to publish a timely and credible resource for our loyal readers and provide local information relevant to the Nimiipuu people and surrounding communities. Our vision is to disseminate content of interest to readers and to ensure this news publication is accessible by all.

In an effort to be more environmentally friendly, we are working to cut down on paper waste and printing cost. Hard copies will be available upon request only. Enrolled Nez Perce Tribal members are able to receive hard copies at no cost (limit one per household). For businesses and non-enrolled Nez Perce Tribal members, the hard copy subscription fee is \$36 annually. The online version is free for everyone. Subscribe today!

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‘Alatam’áal | February

### Renaming Continued from Front Page

at the Park rediscovered the collection and began negotiations to display the collection with annual loan renewal agreements starting in 1980.

In 1993, OHC demanded the return of the collection. Rather than donating the items to the Tribe, OHC eventually agreed to sell the collection at its full appraised value of \$608,100. The Tribe was given a six-month deadline to provide the money. With the help of thousands of donors, the Tribe was successful in raising the full amount, and on June 26, 1996 the Tribe brought home the oldest, largest, and most well preserved artifact collection of the Plateau people.

"These items traveled extensively before finally re-

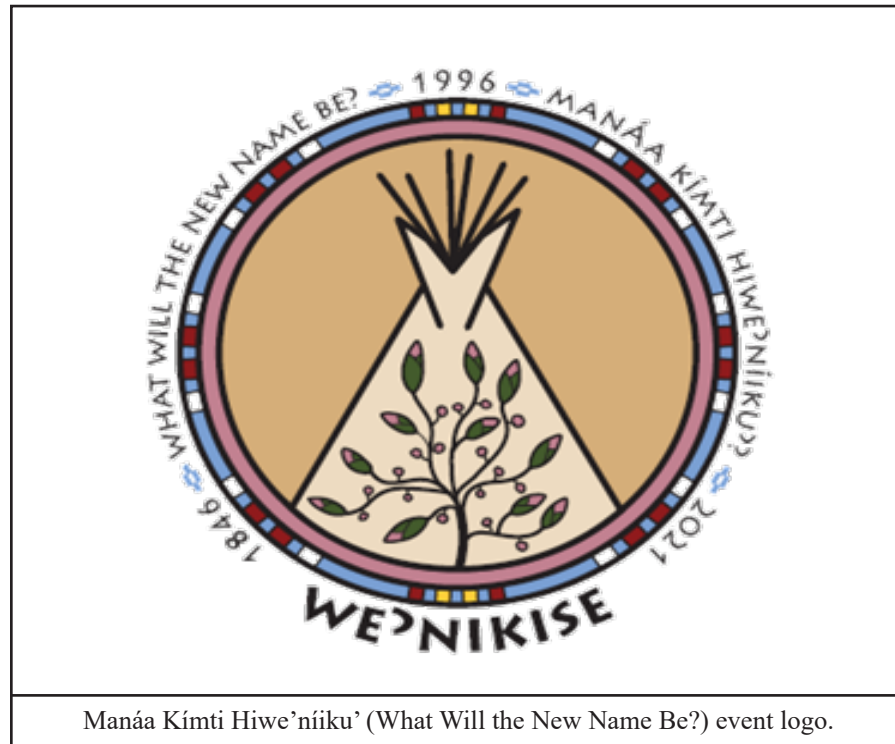
turning home 25 years ago. We want to honor that journey and recognize the tremendous amount of effort that was required to make it

happen. Without the help of thousands of people, the re-acquisition would not have happened. We look forward to presenting this collection with

a name that is representative of our culture and way of life," stated Nez Perce Tribal Executive Committee Chairman, Shannon Wheeler. "We know there are other lost artifacts out there; hopefully they can return home someday as well."

The collection, owned by the Tribe, is physically stored by the Park in a dedicated space designed to meet museum standards and requirements for the best preservation, protection, and accessibility of the collection. The majority of the collection will be on display at the Park's Visitor Center from June 19, 2021 to September 19, 2021.

For questions regarding the upcoming event, you can contact Ann McCormack (208)621-3710 [annm@nezperce.org](mailto:annm@nezperce.org)



## Publisher's Post

When you know you don't have control over your thoughts and emotions, it can be very overwhelming. When you're trying to figure out the pain that is sitting inside, it can leave you feeling isolated and different when no one has a solution.

All the built up depression, anger and anxiety from years of pain had caused my brain to finally tell me "enough". I had an emotional breakdown that left me questioning my mental stability at that time. I felt extremely lonely, like no one on Earth could help me. I had a complete, emotional collapse.

I had some similar feelings when I was in high school, but nothing to this extent has ever happened to me before.

Depression is something that I have battled with for years. I understood a long time ago that this type of thinking was unhealthy. I learned how to manage it, to a certain degree, but it was still a daily struggle.

I didn't know what was going on or what was going to happen next, all I knew was I definitely needed to change.

I've tried multiple programs and techniques. I've done counseling and therapy. I have always been open to all sorts of options; they just weren't producing the results I desperately needed. That's not to say therapy and counseling are not great paths to take, I'm currently in counseling still, and I love it.

Counseling gives us another way of looking at what has happened to us. Seeing the light in it, tools to cope with the pain and ways to recognize our triggers. Also, the counsellor can just be a listener, someone who won't judge, someone to speak to, and offer a safe environment to cry. Most of the time all we need is for someone to listen and understand, for someone to acknowledge we have been hurt.

But to get me out of that deep emotional rut, I needed something else.

I used to think to myself in my early 20's, why don't I feel okay? Not really knowing why, I thought it might be stress, working, maybe overdoing it just a little. The things I once enjoyed became more like demanded routines, where I had

no time for myself. I quickly detected that there was something wrong with me, but I didn't know what to do or who to tell, so I bottled it up inside.

After having kids, my depression worsened. I was very disappointed because I thought I was mentally getting better. I had reached my goals of where I thought I should be in my life and was feeling somewhat content, but I still felt unhappy. To find my footing, I chose to work. When I wasn't at work, it was a nightmare for me.

One day, I was triggered by a very unpleasant occurrence. I had reached a level of anger where I didn't understand what was happening. I later found out that what I had experienced was in fact, a nervous breakdown.

It literally felt like my brain was glitching and I was going to somehow malfunction. It effected more than my emotional state of mind, it blurred my vision and my memory. That was when I had to internally dive inside and talk to myself, it was either that or check myself into the hospital.

Five days of heal-

ing; I cried, I prayed, and I slept. I nursed myself back to health, emotionally with the help of God. Something I have never taken the time to do, ever in my whole life. I spoke kind words to myself and reminded myself of who I am. I stayed off of social media and I didn't leave my house for five days.

I didn't realize I was around so much negativity every day. When I got back on social media, I unfollowed everyone. Every page that is derogative, had gross humour, used curse words, anything that is not of light, love and of God; I let go of. The second I started to love myself and care for my own wellbeing, that was when I was able to release years of anger from the past.

The reason I share my experience is because I believe testimony is more powerful than advice. I want others to know they are not alone; our feelings are valid. As Native people, we have the after effects of trauma, but we are not weak creatures. Take the time to love yourself, truly dive in and get to know yourself and embrace every moment of it.



# UYLC Receives the Idaho Response to Opioid Crisis Sub-Grant

Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, and many others.

These drugs are chemically related and interact with opioid receptors on nerve cells in the body and brain. Opioid pain relievers are generally safe when taken for a short time and as prescribed by a doctor, but because they produce euphoria in addition to pain relief, they can be misused (taken in a different way or in a larger quantity than prescribed, or taken without a doctor's prescription). Regular use—even as prescribed by a doctor—can lead to dependence and, when misused, opioid pain relievers can lead to overdose incidents and deaths. An opioid overdose can be reversed with the drug naloxone when given right away.

There are 3,790 opioid



prescriptions filled daily in Idaho. Pain reliever misuse is higher than the national average, and drug-induced deaths are increasing. Opioids can cause physical dependence after just seven days of use. Idaho ranks 5th for pain reliever misuse among ages 12 and older.

Upriver Youth Leadership Council (UYLC) was chosen to receive the Idaho's Response to the Opioid Crisis (IROC) Community Recovery Supports Services sub grant

in the amount of \$51,000.

Studies have shown conclusively that the home environment is the most influential factor in determining whether kids will get addicted to drugs. As UYLC works to improve the resilience in youth, they understand that they will fight an uphill battle if there are little to no recovery services available to families. To that statement, a Recovery sub-committee was added. This committee helped draft a successful grant

proposal and will play an integral part in its implementation.

The grant will start immediately and run through September with hopes that it will serve as a successful pilot program in the community to be the building block of writing successful grant proposals to open a Recovery Community Center in Kamiah.

This grant funds Recovery Coach training for four people, develops a Positive Social Norming Campaign that: Reduces stigma; Keeps community optimistic - There IS hope for recovery; and Changes community perception of addiction to a medically treatable disease but NOT a victimless crime, supports the implementation of an AlaTeen program, community education (Harm reduction training, Mental Health First Aid, co-occurring disorders training and QPR), supports prosocial family events, supports a Recovery Month event, and includes increasing access to recovery services in our community.

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## Waking Up in Idaho Casting Call



Sheldon Allen, CEO and Co-Founder of Seelupaayeen, is looking for local actors for upcoming film to be recorded on the Nez Perce Reservation

Sheldon Allen, CEO and Co-Founder of Seelupaayeen (Shot in the Eye Enterprises) is calling for Nez Perce and/or Federally Recognized Tribal members to audition for a movie that is in the works for the Nez Perce reservation area. The Director is looking for young native women that can pass for 17 year old high school age for the part of Anna, and have the ability to wrestle or have some knowledge thereof to be able to pass for a wrestler. The movie is tentatively called *Waking Up in Idaho*. Scenes for this movie will be shot on the Nez Perce Reservation and/or rivers. The movie is directed by Johnny Lewis. You can submit

a photo and bio through the website "Cast" icon found at [www.wakingupinidaho.film](http://www.wakingupinidaho.film).

Lewis has made twenty-five short films. This will be his first full-length film. Lewis' short films have been shown internationally in 150 festivals, as far away as the United Kingdom, Spain, Belgium, Belarus, and Japan. He's won twenty-seven awards, nineteen of which are IMDB-accredited festivals.

"I have already had an online meeting with Jonny and find him to be sincere in his desire to shoot a film here and to honor the Nez Perce people and to showcase their land and tributaries/waterways," said Allen.

Cameraman Jason Ferrell has worked on a dozen of

Lewis' films and is set to film *Waking Up in Idaho*. He has also done many full-length films with other filmmakers as a director, as well as camera operator. Patty Kelley, who will star in this film, has acted in two of Lewis' award-winning shorts. This will be her first time working as a producer, "she has already shown great organizational ability," said Lewis. Bobby Fever, a former firefighter from Kansas who has worked as grip/gaffer on majority of Lewis' films, will also be behind the scenes. "He wears many hats, solving and preventing the many problems that can arise when making a film," said Lewis. "They are also good, kind-hearted people." Lewis will be looking to hire sound recordists and production assistants locally in Idaho.

Aside from producing, Kelley will play one of the foster moms. The other foster mom will be played by Luba Chan, who also starred in one of Lewis' award-winning short films. Lewis will be casting the girl and boy locally in Idaho, and possibly some other small roles. Formal acting credentials not required, though experience in a high school play, singing or dancing could be

beneficial. "If they can memorize lines and play a character convincingly, they can qualify to audition," said Lewis. Kelly and Chan are highly professional, while still knowing how to have fun, and they can serve as "anchors" and mentors for the less experienced actors.

"Our goal is to have a lot of fun making an uplifting film of the same high quality as movies we see in theaters or on Netflix," said Lewis. "I will submit the film to festivals, and hopefully Netflix or Amazon Smile or HBO will see it, and give the film wider distribution. We will also have a special free screening in or near Kamiah for everyone and their friends to see it in a theater or other large space."

Shooting is planned to take place in September 2021.

Allen said this project fell into his lap. "Kind of funny how life throws challenges at us and it is up to us to recognize those challenges and do something with them." In Allen's case he is excited to be a part of this film and happy to see how much traction it has already received. "This is a wonderful opportunity for the Nez Perce people to share their heritage with the outside world."



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## Nimiipuu Behavioral Health COVID Support Group



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Contact Tonia Aripa, LMSW at [toniaa@nimiipuu.org](mailto:toniaa@nimiipuu.org) or 208-843-7244 ext: 2904 to sign up or obtain more information



## OMSI Is Looking to Develop a Gathering Space for the Native American Community Along the Willamette River

The project is still in the planning phase, but Jeremy Five Crows has high hopes.

By Matthew Singer & Shannon Gormley,  
Willamette Week

The Oregon Museum of Science and Industry plans to use a grant from Metro to explore the possibility of creating a Native American cultural center and “waterfront education park” as part of its redevelopment plan.

Recently, Metro awarded the museum and the City of Portland \$750,000, which will go toward funding strategic planning for a Center for Tribal Nations on the OMSI property. Collaborators include the Affiliated Tribes of Northwest Indians and Columbia River Inter-Tribal Fish Commission, as well as Prosper Portland.

The project is still in the planning phase, but Jeremy Five Crows, a member of Nez Perce Tribe and public affairs specialist for Columbia River Inter-Tribal Fish Commission, has high hopes.

“I think that having a beautiful, tribal-inspired building and restored waterfront would be so significant for the city,” says FiveCrows. “It being so central, tribes be-



OMSI-Another Believer. (Photo from wweek.com)

come so much more visible. They kind of have been disappeared in the city for so many residents for such a long time.”

According to a release from Metro, the project seeks to “meaningfully restore Native peoples’ connection to the Willamette River” by reserving offices and gathering spaces for tribal organizations along the southeast bank of the Wil-

lamette River and incorporating educational elements explaining the importance of the river to the area’s Indigenous people. The Columbia River Inter-Tribal Fish Commission, or CRITFC, also hopes to restore the stretch waterfront habitat with native plants.

“We saw this as this great opportunity to not only be able to promote that trib-

al connection to salmon and salmon culture, but also because this will involve some river restoration,” says FiveCrows. “People will be able to learn about that and then hopefully foster their own deeper connection to the river.”


In 2017, OMSI submitted a proposal to redevelop the OMSI District on the Central Eastside. Those plans previously included 1 million square feet of office space and 1,000 units of new housing.

The 18-month planning process for the center will involve virtual listening sessions with members of the Native American community. The first took place Monday, Jan. 25, at 3 pm.

According to FiveCrows, the initial discussions have ranged from office space for local tribes to communal spots for ceremonies.

“There’s lots of interest in like, what would those ceremonies look like?” he says. “Can canoe families have easy access to store their canoes and launch into the river? It’s kind of an exciting time right now because it’s so open-ended.”


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## Stibnite Settlement: A Bad Deal for Idahoans



Save the South Fork Salmon group walk the streets in McCall during Winter Carnival

On a Friday afternoon, less than a week before President Biden took office, the Trump Environmental Protection Agency (EPA) and the U.S. Department of Agriculture quietly signed a Settlement Agreement under the Superfund law with Midas Gold to address ongoing pollution from a small fraction of historic mine waste at the Stibnite Gold Project site. Midas Gold's heavy-handed political lobbying efforts and pressure on government officials was successful in expediting the approval of this Agreement before the EPA regional administrator left office. The Agreement was signed with no public comment, and no support from the Nez Perce Tribe or our community. This Agreement allows Midas Gold to escape liability from Clean Water Act violations and paves the way for construction of the mine.

The Superfund law was passed 40 years ago in response to national concern about the release of hazardous chemicals from abandoned waste sites. EPA uses settlement agreements with "potentially responsible parties," like Midas Gold, to address, without judicial intervention, the release of hazardous substances at such sites and resolve potential liability. These types of agreements are not used to "clean-up" a site, but are used to develop short-term fixes to address ongoing

pollution. A review of this Agreement shows that it fails to do even that and underscores its true purpose: to make the Stibnite Gold Project easier to implement.

The minimal work laid out under the Agreement does little to address ongoing pollution. First, it fails to address the main pollution source--the Yellow Pine Pit. Second, one of the few but primary requirements to remove 325,000 tons of toxic mine waste accounts for only two to three percent of the 10-15 million tons of waste at the site. This waste is not being removed. It is merely being moved to a different location on-site. Third, the Agreement does not address ongoing pollution from all point sources, but only requires a limited baseline study of water pollution from a few of those sources. Finally, some of the required actions, like diverting streams around waste, are actually pre-operation tasks to begin mining and are a sweetheart gift to Midas.

In last week's Star News, Midas Gold stated that the Agreement allows it "to actually address and remove the sources of water contamination." However, the benefits of these limited actions on water quality are unknown. Although the EPA, the Forest Service, and Midas Gold knew of the pollution for years, the Agreement was negotiated as a "time critical" action, and thus did not

require documentation of how effective the actions would be to address ongoing pollution or the anticipated benefits to water quality. Intentionally labeling this Agreement as a time critical action allowed the EPA to avoid public review.

The Agreement gives Midas Gold the authority to start work this spring. It is a green light to prepare the site for construction of the proposed Stibnite Gold Project well before public comments on the mine project are fully considered, before the Forest Service makes a decision on the preferred alternative, and before federal and state permits are granted. It is a smoke screen behind which Midas Gold can claim goodwill without disclosing the fact that the Superfund law requires it to enter into this Agreement as the potentially responsi-

ble party owning the polluted land. It is a cost-efficient solution to avoid penalties under the Clean Water Act for a decade of toxic discharges into the East Fork South Fork Salmon River without a permit. The Agreement leaves little to cheer for when considered against the adverse impacts of the proposed Stibnite Gold Project disclosed in the Draft Environmental Impact Statement. It is another well-placed distraction to divert attention from the negative consequences of undertaking a massive open pit gold mining project in the headwaters of the South Fork of the Salmon River next to the Frank Church River of No Return Wilderness Area.

*Save the South Fork Salmon Board of Directors Fred Coriell, Julie Thrower, and Melissa Coriell; Members John Rygh and Mary Faurot Petterson.*

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## Lost Touch: How a Year Without Hugs Affects Our Mental Health



“At some point, not being able to have a hug was genuinely torturous.” (Illustration at photo by Sergiy Maidukov/The Guardian)

By Eleanor Morgan,  
The Guardian

Humans are designed to touch and be touched – which is why so many who live on their own have suffered during the pandemic. Will we ever fully recover?

There’s only so much a dog can do, even if that is a lot. I live alone with my staffy, and by week eight of the first lockdown she was rolling her eyes at my ever-tightening clutch. I had been sofa-bound with Covid and its after-effects before lockdown was announced, then spring and summer passed without any meaningful touch from another person. I missed the smell of my friends’ clothes and my nephew’s hair, but, more than anything, I missed the groundedness only another human body can bring. The ache in my solar plexus that married these thoughts often caught me off guard.

The need for touch exists below the horizon of consciousness. Before birth, when

the amniotic fluid in the womb swirls around us and the foetal nervous system can distinguish our own body from our mother’s, our entire concept of self is rooted in touch. “The human body has built all its models based on touch received from caregivers,” says Dr Katerina Fotopoulou, a professor of psychodynamic neuroscience at University College London. “We’re utterly reliant on the caregiver to satisfy the body’s core needs. Little can be done without touch.”

Nina Smith is 40, and lives alone in south London. She experienced a protracted recovery after a spinal injury in 2018, requiring long periods of bed rest. People visited, but her pain levels meant that being touched was difficult. She felt she had good foresight for how to prepare for the first lockdown. “I thought I knew how it would play out,” she says over Zoom. “For example, I knew how strict I had to be about the routine of going for walks; you always feel slightly

better having taken in different surroundings.” But after six weeks, her resolve started to crumble. “The isolation I’d already experienced made me more vulnerable than I’d realised. I tried to keep myself in a routine but ...” she begins to cry. “At some point, not being able to have a hug was genuinely torturous. I don’t believe the government considered the impact of the first lockdown on people living alone.”

As adults, we may not comprehend the importance of touch even when it disappears. “We might begin to realise that something is missing, but we won’t always know that it’s touch,” says Prof Francis McGlone, a neuroscientist based at Liverpool John Moores University and a leader in the field of affective touch. “But when we talk about the problem of loneliness, we often ignore the obvious: what lonely people aren’t getting is touch.”

Touch has a huge impact on our psychological and physical wellbeing, says Prof

Robin Dunbar, an evolutionary psychologist at the University of Oxford. “With our close friends and family, we touch each other more than we realise,” he says. As adults, Dunbar’s research has found, we have a core set of, on average, five friends who we can call on as a shoulder to cry on. “We see exactly the same thing in primates,” he says. “Even in much bigger primate societies, groups of five best friends appear at every layer, who do all their grooming together – their form of social touch. In primates and humans, these intense coalitions act as a buffer; they keep the world off your back.” It is unsurprising, then, that of the 40,000 people from 112 countries who took part in a 2020 BBC and Wellcome Collection survey, the three most common words used to describe touch were: “comforting”, “warm” and “love”.

As the pandemic con-

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tinues, many of us will be trying to cope with profound stress without the comfort of touch. We all have different needs and boundaries (McGlone says “not everyone suffers from a lack of touch; I don’t really like being cuddled, and drive my poor wife nuts”), but the total absence of touch, particularly when emotions are high, contravenes the hardwiring that regulates us from our preverbal years.

“Touch is a modulator that can temper the effects of stress and pain, physical and emotional. We have seen in our research that a lack of touch is associated with greater anxiety,” says Fotopoulou. “In times of high stress – the loss of a job, or a bereavement, for example – having more touch from others helps us cope better, particularly in calming the effects of [the stress hormone] cortisol.” Even if we’re used to not being touched a lot, after a while the need can feel very physical – sometimes described as “skin hunger” or “touch hunger”.

While I can empathise with the exhausting monotony my friends with young families have described to me (and I know that the grass is always greener), I have felt the lack of belonging to a pack acutely. Claire Birke, a teacher from Edinburgh, has felt it, too: “I’m 37, and most of my friends are living with partners or children,” she says. “I have never felt more aware of my single status, nor the lack of intimate bodily contact, in my life.”

The number of people in the UK living on their own went up by 16% to 7.7 million between 1997 and 2017. The sliver of sociability that came with social bubbles being announced has felt life-saving. Smith has been “bubbling” with a couple who live together and says it has helped with her mood. But the days are long, and her friends “are not particularly tactile”.

“I realise how much I

touch people without thinking,” she says. “I feel like I am holding all this emotion in my body with nowhere to put it.”

In high-stress states, it can feel as if our bodies can barely contain our emotion if there’s no one there to hold us. “Lots of studies support the theory that touch gives the brain a signal that it can delegate its resources for coping because someone else is there to bear the brunt. This relaxes the body, going some way to restoring the stress budget, if you like,” says Fotopoulou. But touch is not a single sense. The two square metres of skin that contain us are teeming with nerve fibres that recognise temperature, texture and itch, etc. One set of fibres exists purely to register gentle, stroking touch: the C tactile afferents (CTs). McGlone has been studying this since 1995, when it was discovered in humans. “These neurons, in the skin of all social mammals, transmit slow electrical signals to the emotional processing parts of the brain. They play a critical role in developing the social brain and our ability to withstand stress.”

The highest density of CTs across the body are in the parts we can’t “groom” ourselves, such as the shoulders and back. “If you love having your back rubbed it’s because there are more CTs there,” says McGlone. “Stimulation of these neurons releases oxytocin and dopamine, and has a direct impact on cortisol levels, which regulates our mood.” In 2017, Fotopoulou’s team published a study that showed even gentle, slow stroking from a stranger can reduce feelings of social exclusion. But in our normal lives, we’re not going round stroking each other all the time. “No, you don’t need that touch all day,” McGlone says. “We only need this gentle kind of touch intermittently.”

In these times of touch deprivation there is no real substitute for what we get from other humans, but there are ways to soothe ourselves. Fotopoulou’s lab will soon pub-

lish a study conducted during the pandemic that builds on the theory that, in the same way we think we can feel others’ pain, we may be able to experience touch vicariously, too. Researchers have found that seeing touch (on TV or in films, for example) – particularly social, affective or pet touch – can give us some of the benefits of feeling touch. “This is called ‘vicarious touch,’” says Fotopoulou. “The brain codes multisensory experiences in multiple ways. We can also ‘feel’ the pain and pleasures of others just by ‘seeing’ them,” she says. “This is not a permanent or complete substitute, but a partial one.”

Products such as weighted blankets can help. Smith says that laying one across her chest and shoulders makes her feel “much calmer” – speaking, perhaps, to an instinctive need to stimulate the CTs. Interacting with animals is also settling. “My

neighbour’s cat has decided to live with me half the time and having her sat on my chest, purring, is so soothing.”

This resonated: the warmth of my dog’s back under my hand has been the most grounding thing for me over the last 12 months. I know this feels good, but why? “When you’re stroking your dog, you’re engaging systems that would be activated if the dog was stroking you,” says McGlone.

A hunger for touch is a signal that a primitive need is not being met. But evolution is on our side. Every scientist I spoke to was hopeful that, once we can come together again, we will adjust quickly. “It will differ between people, probably based on the duration people have been alone, and there may be a period of clumsiness and renegotiation,” says Dunbar. “But we have evolved to adapt.” Some names have been changed.

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## LC State Sets Events for Black History Experience



Lewis-Clark State College will celebrate Black History Experience virtually during a month of celebration, discussion and cultural learning in February.

All events are free and open to the public. The events can be viewed on the LC State Humanities YouTube page both live and at a later time.

The first event is Feb. 2 at noon and is part of the LC State Center for Student Leadership Series and TEDx, a grassroots initiative to research and discover ideas

worth spreading. LC State associate professor of music Sarah Graham will discuss Ama Oforiwa Adunonum's play "Walking with My Ancestors." Adunonum is a professor of ethnomusicology at Illinois State University and also starred in the leading role of her play, for which she won the Outstanding Achievement Award from the American Association of Community Theatre. Her play depicts what her ancestors went through in slave dungeons in Ghana and Senegal.

On Feb. 3 at 7 p.m., there will be a virtual musical theater performance of *Ebony Embers: Vignettes of the Harlem Renaissance*. The work includes an actor and a trio of musicians (cello, piano and percussion) celebrating the lives of great African-American poets Langston Hughes, Countee Cullen and Claude McKay as seen through the eyes of muralist and painter Aaron Douglas. The musical score includes works by Jazz greats Duke Ellington, Jelly Roll Morton, Billy Strayhorn, Thelonius

Monk and Charles Mingus, as well as concert music by Jeffrey Mumford and George Walker.

Rasheeda Kabba, the weekend anchor for FOX8 in Greensboro, N.C., will virtually discuss "Creating Your Own Happiness in the Midst of a Pandemic: A Guide on How to Move Forward from 2020" on Feb. 11 at 4 p.m. Kabba was the first black news anchor at KLEW in Lewiston and left the station last May for the job in Greensboro. She holds a degree in broadcast journalism from the University of Oklahoma and has been a guest speaker on CNN Live and Al Jazeera America.

On Feb. 15 at 6:30 p.m., LC State students Max Galeano and Emmanuel Kyei, both of Lewiston, will lead a virtual discussion on 8:46, a 2020 performance by American comedian Dave Chapelle. The performance discusses violence against African Americans and was released on YouTube on June 12 last summer. The performance features long stretches with-

out humor and was critically acclaimed for both its comedy and social commentary.

The LC State Debate and Criminal Justice clubs will have a panel discussion virtually on police reform starting at 7 p.m. on Feb. 18.

On Feb. 23 at 7 p.m. there will be a virtual screening of the documentary movie "Breaking the Silence: Lillian Smith." Smith was one of the first white southern authors to crusade against segregation. She was born in 1897 to a wealthy family and spent most of her life in Georgia as a social justice crusader, speaking out against the cruelties of racism and segregation. The film is a documentary of her life by Atlanta filmmaker Hal Jacobs and his son Henry Jacobs.

Tai Simpson will give the Keynote address virtually on Feb. 25 at 7 p.m. on "My Joy Is The Revolution: Experiences as a Black Indigenous Storyteller in Social Movement Spaces." Simpson is a mem-

LC State Continued on  
Page 11

## Medtronic American Indian Employee Resource Group 2020-2021 Scholarship Program

The Medtronic American Indian Employee Resource Group (AIERG) is committed to helping advance the health and well-being of the American Indian population in the United States.

In 2019, the Medtronic AIERG created a scholarship program for students who want to earn a college degree and reach their educational goals. Our scholarships provide financial support to qualifying students who may be unable to afford the full price for program enrollment.

To qualify for this scholarship assistance program, students must meet the following criteria:

### Eligible Degrees:

Health and Sciences,  
Biomedical Engineering

### Student Status:

- Applicant must be a first or second-generation college/university student.
- Applicant must be a U.S. citizen.
- Applicant must be accepted as a full-time undergraduate or graduate student enrolled at an accredited four-year college/university, and be pursuing a bachelors, masters, or doctoral degree.

Grade Point Average: Applicant must have a 3.0 or higher cumulative grade point average (GPA).

### Tribal Citizenship:

Applicant must be: an enrolled citizen, or a descendant of an enrolled citizen, of a federal or state-recognized American Indian Tribe or Alaska Native Village; or Native Hawaiian

or descendant from a Native Hawaiian; or Pacific Islander or descendant from Pacific Islander; or Indigenous person of Canada. Enrollment documents and/or a copy of birth certificate showing descent from an enrolled citizen, Indigenous group of Canada, Native Hawaiian, or Pacific Islander are acceptable. Applicant may also, instead, provide a copy of their Certificate of Degree of Indian Blood or Certificate of Degree of Alaska Native Blood (CDIB) card.

### Scholarship Application:

We kindly request that the applicant provide the following as part of their application:

- Resume
- Two letters of recommendation
- An essay regarding the first

tenant of the Medtronic mission statement: To contribute to human welfare by application of biomedical engineering in the research, design, manufacture, and sale of instruments or appliances that alleviate pain, restore health, and extend life.

### Scholarship Details:

- The Medtronic AIERG will award three scholarships in the amount of \$5,500 U.S. dollars each.
- Applications must be submitted by February 15th, 2021
- Scholarships will be awarded by April 24, 2021. To submit your application for the Medtronic AIERG scholarship program please enter your information at [http://medtronic.co1.qualtrics.com/jfe/form/SV\\_eXlr3uauGirxThj](http://medtronic.co1.qualtrics.com/jfe/form/SV_eXlr3uauGirxThj)

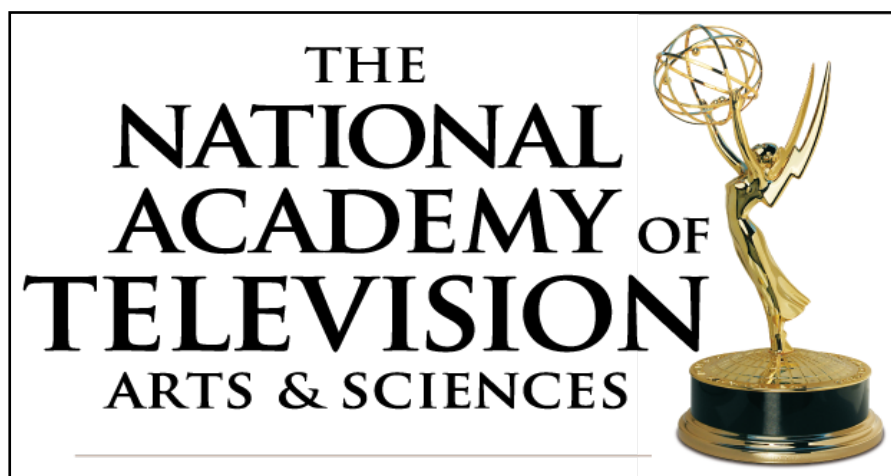


## The NATAS Northwest Foundation Scholarship Program

Since 1985, the NATAS Northwest Chapter has awarded over 100 scholarships and over \$200,000 to aspiring television professionals sharpening their storytelling skills at universities in our five-state region of Washington, Idaho, Oregon, Montana, and Alaska. The scholarship award is up to a maximum of a \$3,500 cash grant.

**General scholarship information:** NATAS NW awards up to three scholarships a year: two general scholarships and a third honoring Tricia Moen. The goal of the NATAS Northwest Scholarship Program is to sustain promising college/university students in the pursuit of their studies in the field of television.

Our scholarship program would not have been possible without the initial contributions from those who helped establish our scholarship fund. Those contributors included



the University of Washington School of Communications, the families of Elizabeth Wright Evans, Pat Egan, Arthur Pattison and Don McCune.

Since that time, fundraising activities, donations from you, and a very generous donation to start the Tricia Moen Memorial Scholarship have all allowed for funding these annual donation. Without the support from you, we would not be able to continue with these scholarships.

The Board of Governors of NATAS Northwest will be forever grateful for the generosity of all these vital partners.

**Who can apply for a NATAS Northwest Scholarship?** Any college student (fall of the upcoming year) living or attending college in our 5-state region (WA, OR, ID, MT & AK). The scholarship is limited to students studying or participating in a TV/video program or projects.

**Tricia Moen Memo-**

**rial Scholarship:** In 2011, through an anonymous donation, we were able to start a memorial scholarship to honor a young television professional - Tricia Moen (1972-2011) - who was taken far too young from her family, friends and a promising career as a consummate television producer. Tricia helmed the newscasts at KOMO 4 News in Seattle, juggling breaking stories, everyday news content, and celebrity guests, even during her two bouts with cancer. Tricia shared her journey on-air with viewers as she courageously fought her disease.

Each year, NATAS awards a scholarship in her memory, with the hope of inspiring young producers to relish their lives and their vocation.

Deadline to apply for the scholarship is February 19, please visit [www.natasnw.org/scholarships](http://www.natasnw.org/scholarships) for more info.

LC Continued  
from Page 10

ber of the Nez Perce Tribe and lives in Boise. She is a direct descendent of Chief Redheart. Her talk is an homage to a future without boundaries. Simpson explores storytelling to move powerfully and with intention in social movement spaces. She is both Nimiipuu and Black, both identities informing her work as an advocate, activist, and organizer. The rich tapestry of her history, intersectional identities, and work towards liberation are a celebration of her ancestors and a gift to her descendants.

Two other events are being included as part of the Black History Experience. The exhibit "City of Hope: Resurrection City & The 1968 Poor People's Campaign" is on display Friday through March 12 at the LC State Center for Arts & History, located at 415 Main St. in Lewiston. The 18-poster exhibit honors the vision of Dr. Martin Luther King Jr. for economic justice and opportunity for every U.S. citi-

zen. The exhibit includes a series of recently discovered photographs and an array of protest signs and political buttons collected during the Poor People's Campaign. The exhibit shows the historical significance of the campaign and how it still relates to today. The exhibit is by the National Museum of African American History and Culture, along with the Smithsonian Institution Traveling Exhibition Service.

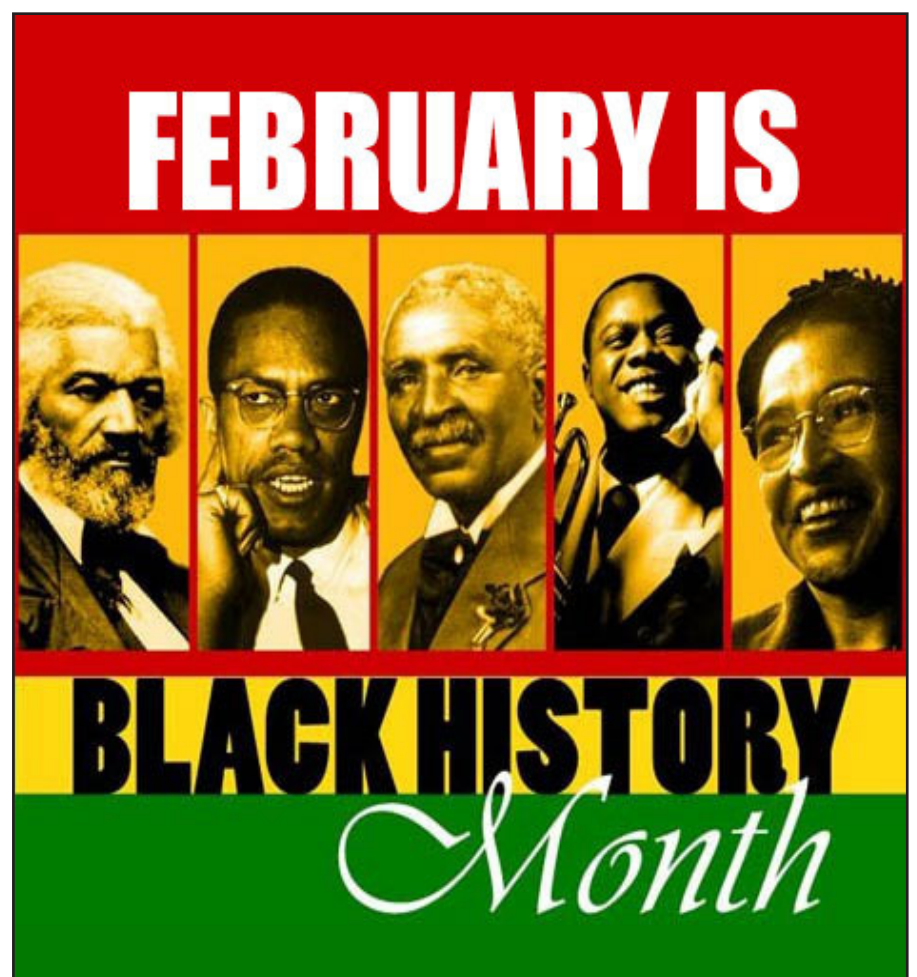
Also, the YWCA Idaho is holding a 21 Day Racial Equity & Social Justice Challenge, designed to create dedicated time and space to build more effective social justice habits, particularly those dealing with race, power, privilege and leadership. Challenges will include reading an article, listening to a podcast, reflecting on personal experience and more. Visit the YWCA Idaho website to learn more about the challenge.

In the past, the event has been called Black History Month, but the committee in charge changed the name this year.

The events are made possible through support from the Rosehill Estates and the LC State Humanities Division, and partnerships with the YWCA of Lewiston-Clarkston and the LC State Center

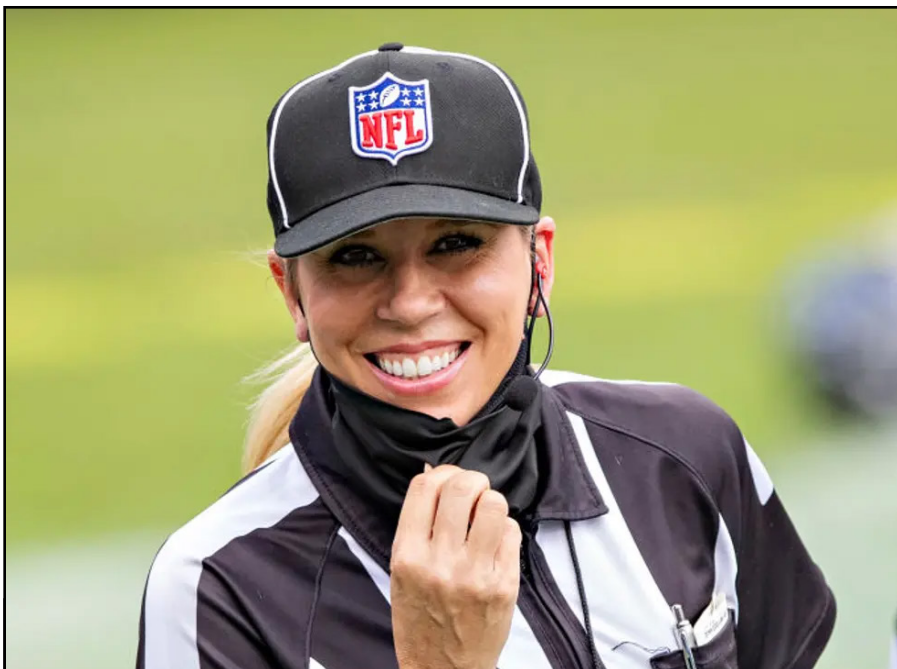
for Teaching and Learning.

For more info on the events, contact Sarah Graham ([sjgraham@lcsc.edu](mailto:sjgraham@lcsc.edu)), Marlowe Daly-Galeano ([hmdalygaleano@lcsc.edu](mailto:hmdalygaleano@lcsc.edu)) or Amy Minervini ([alminervini@lcsc.edu](mailto:alminervini@lcsc.edu)).





## Sarah Thomas Earning Super Bowl Officiating Bid is a Crucial Moment in Sports History



Sarah Thomas will become the first woman to referee a Super Bowl  
(Photo from Getty Images)

By Mike Freeman,  
USA Today

To fully understand just how important, and how historic, the appointment of Sarah Thomas as the first woman to ever officiate a Super Bowl is, you have to understand just how much of a boy's club football officiating has traditionally been.

For decades, officiating was basically white and male. No Blacks allowed. No people of color and certainly no women.

In many ways, officiating has been more restrictive, more bigoted, than almost any other part of the NFL universe, including coaching. Johnny Grier became the first Black NFL referee entering the 1988 season. 1988! That's not exactly ancient history. It was so unusual to see a Black referee that Art Shell, the first Black head coach in the modern era, once shared his hate mail with Grier because they were both mentioned in the same letter.

After a game against the Jets that the Raiders won, one hate mailer penned: "You and your (racial slur) referee cheated the Jets out of a win." Shell showed the letter to Grier before a game later in the season.

Game officiating has long been one of the core bastions of control for the NFL. It's gotten much better in re-

cent years with more people of color and women, but it's been remarkably slow going. There's no reason for a woman to not have worked a Super Bowl until the year 2021 other than sexism.

Game officials don't need to be world class athletes or have super physical strength. They just need to have good vision (barely), tough skin and be quick thinkers. Still, there's been no women officiating in the Super Bowl until now, and only a handful of others officiating regular season and playoff games until now.

This is the hardened, pinstripe ceiling Thomas just shattered.

Thomas will be a down judge in Super Bowl LV in Tampa, Florida. She made history before now, becoming the first woman full-time on-field official in the NFL in 2015. Since then Thomas has worked four postseason games.

Troy Vincent, the NFL's executive vice president of football operations, said in a statement: "Sarah Thomas has made history again as the first female Super Bowl official. Her elite performance and commitment to excellence has earned her the right to officiate the Super Bowl. Congratulations to Sarah on this well-deserved honor."

Thomas has been practically invisible in games which is how officials need to be.

It shouldn't go unnoticed that this moment of history comes at one of the most troubling times for the league when it comes to off-field issues. The NFL is still having massive problems with hiring head coaches of color with this cycle being one of the worst in recent league history.

It's so bad that Rod Graves, the head of the Fritz Pollard Alliance, dedicated to diversifying the NFL's coaching and front office ranks, issued one of its most stinging statements in years.

"The disparity in opportunities is mind-boggling," part of the statement read. "It is unfortunate that the performances of coordinators like Eric Bieniemy, Todd Bowles, Byron Leftwich, Leslie Frazier, and Joe Woods, may not meet what appears as 'ever-evolving standards' for becom-

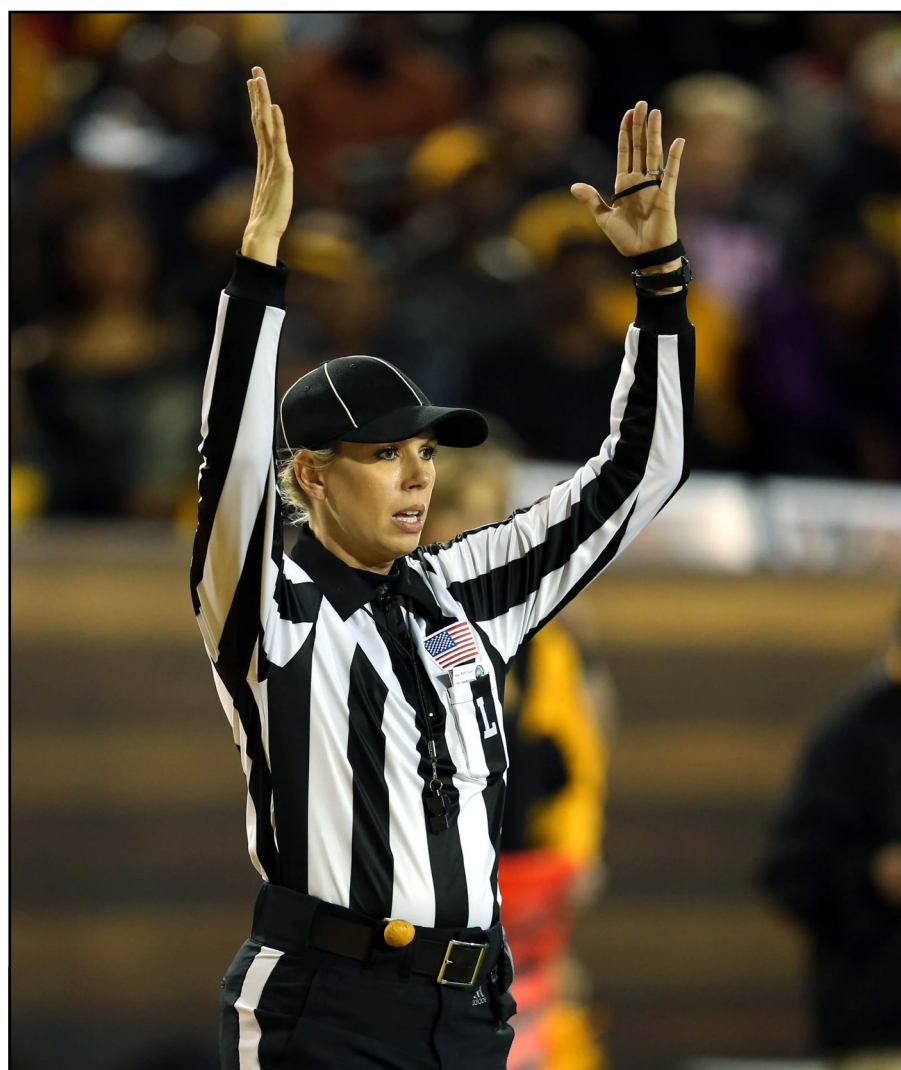
ing a Black Head Coach in the NFL. The prospect for second chances is proving to be even more elusive. The same applies to executives like Jerry Reese, Rick Smith, Reggie McKenzie, and others. All capable of providing the vision, leadership, and expertise to lead a championship effort."

What the appointment of Thomas, and the lack of Black head coaches simultaneously demonstrate is that the league office genuinely tries to diversify itself. The league office appoints the Super Bowl game officials and if it ran the coaching searches, there'd be far more coaches of color.

But the owners run the coaching searches, and there is obviously a strain of ugliness running through the hearts of some of them.

This one, however, this one the league got right. It's a big deal.

One of the biggest we've seen in history.



Conference USA official Sarah Thomas is the NFL's first female official.  
(Photo from USA Today)



## Report: First Ever National Data Regarding Native Peoples' Perspectives Toward COVID-19 Vaccine

Seattle, Wash.— Urban Indian Health Institute (UIHI) released a study with the first ever national data regarding American Indian and Alaska Native peoples' knowledge, attitudes, and beliefs about a COVID-19 vaccine.

The study surveyed American Indians and Alaska Natives across 46 states—representing 318 different tribal affiliations—to gather information ranging from individuals' willingness to receive a COVID-19 vaccine to the hurdles they face in accessing healthcare and resources.

"This data will be important to all organizations conducting COVID-19 vaccine education efforts," said Abigail Echo-Hawk, director of UIHI. "Native communities have unique challenges and needs

that usually are not considered in public health campaigns."

American Indian and Alaska Native people continue to be disproportionately impacted by the COVID-19 pandemic. The COVID-19 incidence and mortality rates are 3.5 and 1.8 times that of non-Hispanic Whites, respectively.

While there has been worry about vaccine participation in Native communities, 75% of study participants claimed they would be willing to receive a COVID-19 vaccine, higher than the national average according to an Ipsos survey from October 2020, which indicates that 64% of the U.S. general population was willing to receive a vaccine.

"Willingness to receive a vaccine and hesitancy are not mutually exclusive," said

Echo-Hawk. "Fear and distrust of government and medical systems still exists in our community, which are hurdles that we have to overcome."

Echo-Hawk hopes the report can start to create a better understanding of the unique perspectives of Native people.

"The data indicates that most Native people willing to be vaccinated feel it is their responsibility for the health of their community," Echo-Hawk said. "This shows what motivates our community when it comes to decision-making."

### Report key findings:

- 75% of participants were willing to receive a COVID-19 vaccine.
- 74% of participants claimed that getting vaccinated is their responsibility to their community.

- 89% of participants wanted evidence that the vaccine is safe right now and in the long term.

- 39% of all participants reported difficulty traveling to their clinic for an appointment.

- Two-thirds of participants willing to get vaccinated were confident that COVID-19 vaccines were adequately tested for safety and effectiveness among Native people.

- 75% of participants willing to get vaccinated had concerns about potential side effects.

- 25% of participants were unwilling to receive a COVID-19 vaccine.

- 90% of participants unwilling to get vaccinated recognized COVID-19 as a serious disease.

- 89% of participants unwilling to get vaccinated had concerns about potential side effects.



### Nez Perce Tribe Recycling Program Newsletter—Feb. 2021

'apaqa'anno' 'ee kaa 'epeqixnu' wéetesne

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Nez Perce Tribe Water Resources Division - Solid Waste and Recycling Program

Lapwai Contacts: Jon Van Woerkom . (208) 791-3965 or Linda Nemeth . lndan@nezperce.org

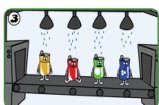
#### How are aluminum cans recycled?



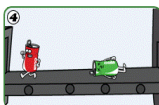
You throw aluminum cans into a recycle bin.



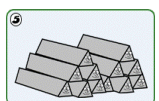
The aluminum is then collected and taken to a treatment plant.



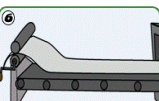
In the treatment plant the cans are sorted & cleaned ready for reprocessing.



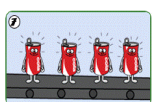
The cans go through a re-melt process becoming molten aluminum, removing any coatings & inks on the aluminum.



The aluminum is then made into large blocks called ingots, each containing ~1.6 million drinks cans.



The ingots are sent to mills where they are rolled out, giving the aluminum greater flexibility and strength.



This is then made into aluminum products such as cans.



These aluminum cans can be returned to store shelves in as little as 60 days.

Recycling aluminum takes 5% of the energy that it takes to make aluminum from mining and processing raw materials. One ton of recycled aluminum saves: 14,000 kWh of electricity, 1,663 gallons of oil, and 237.6 million Btu's of energy. One ton of recycled aluminum also saves 10 cubic yards of landfill space. Why are we telling you all this? Because thanks to you, our program is recycling more every year, and in 2020 we recycled 1.5 tons of aluminum cans, that is 97,812 cans recycled! That means ~\$900 in income and 15 cubic yards of landfill space and a lot of energy usage saved in 2020!

♥ Happy Valentine's Day!—Share Your Love with the Earth—Recycle! ♥

### "Talkin' Trash"

#### Aluminum Cans

Did you know? Aluminum is one of the most recycled - and most recyclable - materials on the market today! Even though aluminum is the most valuable recyclable material, aluminum cans still make to the landfill in the United States. Aluminum takes 200-500 years to fully degrade in a landfill. But if recycled, there is no limit to the number of times aluminum can be recycled!

#### Lapwai Recycling Schedule\*

##### Community Recycling

February 11 & 25

Pineauwau Parking Lot 11 am -1 pm

##### Office Collections

February 4 & 18

\*Subject to change due to COVID

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Family Bargain



Dear Dr. Per Cap,

My sister makes her living as an artist and I buy her paintings for gifts. However, she always wants to give me a deal which makes things uncomfortable. I think she's insulted when I try to pay more. What's a respectful way to tell her to charge me full price like any other customer? I can afford it!

Signed,  
Guilty Conscience

Dear Guilty Conscience,


This is a common issue among Native artists and craftspeople. Maybe it speaks to the generous and selfless nature of many Native folks. Maybe it goes back to the old saying "Blood is thicker than water."

I've experienced the family bargain dilemma with artist friends and relatives too. Fortunately, I've found a pretty simple fix – don't focus on money and don't haggle over price. Just buy the painting, jewelry, pottery, beadwork, or other handcrafted item at the "all my relations" price. However, follow this up with a really nice thank you note and a gift card to the person's favorite restaurant. Still feel like you're making off like a bandit? Throw in a box of donuts or a plate of homemade cookies.

Trust me - this works like a charm. The artist won't feel insulted but they will appreciate your acknowledgment that they hooked you up with a special deal. For some reason a non cash gift is just a lot easier to accept than the extra money. And don't fret if the gift costs less than the discount. It's the thought that counts.

By the way this also works great with friends and relatives who repair stuff on the cheap - brake pads for the minivan, backed up sewer line, cattle fence repair. Keep supporting Native artists and craftspeople!

Gift Card Exchanges



Dear Dr. Per Cap,

I got a bunch of gift cards for Christmas. Some are for stores I don't shop. What's the best way to exchange them?

Signed,  
Too Many Cards

Dear Too Many Cards,

With so many people social distancing and staying away from stores, purchases of gift cards were way up this past holiday. Plastic or electronic, many people are stuck with gift cards they won't use.

Fortunately, there are options for unloading unwanted gift cards. A first step is to check out online gift card exchanges. Spoiler alert – there are a ton of them so do your homework.

Most exchanges are third party businesses that take a cut for connecting people looking to buy, trade, or sell gift cards. Pay close attention to fees and red tape. Some stores have kiosks where you can exchange gift cards too. Either way check reviews to make sure you're dealing with a reputable exchange that doesn't charge more than 15% of a card's value to take it off your hands.

Also, steer clear of consumer-to-consumer platforms like eBay and Craigslist. Both are loaded with gift card listings where buyers and sellers can deal directly. However, you face a much bigger risk of fraud so I don't recommend them.

Interestingly, many businesses count on their gift cards to be only partially used or not at all. In fact it's estimated annually over \$3 billion of unredeemed gift card balances end of booked as revenue by the businesses that issued them. Gives a whole new meaning to the term "double dipping."

Don't let that happen. If you find yourself with a small balance on a gift card, states such as Montana, California, Oregon, and Washington have "cash back" laws that require stores to pay a card holder for any balance under a certain amount, although it's usually only between \$5 and \$10. But even if your state doesn't have a cash back law it doesn't hurt to ask a store for a gift card balance refund anyway. You might be pleasantly surprised.

Here's another cool hack. Amazon lets customers use small balances on competitors' gift cards to buy their gift cards. Since digital Amazon gift cards can be purchased in any amount, a few small gift balances applied to an Amazon account can up to a nice sum.

A final little known fact - some states will claim the balances of gift cards that have been lost or sitting around a few years. They might try to track down consumers or list the funds as unclaimed property. If you're bored some evening check out <https://www.classaction.org/gift-card-laws> for an interactive map listing every state's gift card fees and redemption laws.

Geez, I wonder if people that give gift cards realize how much of a hassle they can be. I think I'll take up knitting and give socks next Christmas instead of gift cards.

Ask Dr. Per Cap is a program funded by First Nations Development Institute with assistance from the FINRA Investor Education Foundation. For more information, visit [www.firstnations.org](http://www.firstnations.org). To send a question to Dr. Per Cap, email [askdrpercap@firstnations.org](mailto:askdrpercap@firstnations.org).



## Is There Really a Marriage Tax Penalty?



By Charlene Rhinehart,  
<https://moorevilletribune.com/>

Planning for marriage is a momentous affair that many dream about, but there is one item that's often neglected during the preparation process: taxes. If you're planning for that special moment and haven't thought about the financial impact beyond the wedding, you could be stuck with an unexpected marriage tax penalty when you file your tax return.

**New filing status may come with a new tax rate:** When you tie the knot, you step into a new territory of filing statuses: married filing jointly or married filing separately. In most situations, it doesn't make sense to file married filing separately because you give up the privilege of taking full advantage of desired credits and deductions, including the following:

- \* Child Tax Credit
- \* Child/Dependent Care Credit
- \* Adoption Tax Credit
- \* American Opportunity Tax Credit
- \* Lifetime Learning Credit
- \* Tuition and Fees Deduction

**How the marriage tax penalty works:** You become a victim of the marriage tax penalty when the taxes you pay as a couple exceed what you would have paid as a single filer. The marriage penalty often affects high-earning couples, subjecting those taxpayers to an increased tax rate. To get a better understanding of how combining income with your spouse

can impact your taxes, take a look at the 2020 and 2021 federal tax brackets and rates.

For 2020, you'll notice that the highest-income earners pay a 37% tax rate if income is over \$622,050 (married filing jointly) and single filers will pay that rate when income exceeds \$518,400. As an example, consider a couple where one spouse has an income of \$162,000 and the other spouse has an income of \$500,000. If they were single, the lower earner would have a top marginal tax rate of 24%, while the higher earner would pay a top rate of 35%. However, if they marry, then their combined income would push into the 37% marginal tax bracket.

**Limits on itemized deductions won't double:** Married couples can enjoy double standard deduction amounts that lower their taxable income, but itemized deductions are the same regardless of filing status. Specifically, limits on certain itemized deductions don't double. You're still limited to \$10,000 on state and local tax deductions and the interest on up to \$750,000 on first loan on mortgage interest deduction.

**Additional Medicare tax:** If your income reaches a certain level (\$200,000 for single filers and \$250,000 for married joint filers), you may have to pay an additional 0.9% Medicare tax. If you didn't have to worry about this additional tax before, your marital status may swiftly boost you into this category if

your spouse is a high earner.

**Earned Income Tax Credit:** If you're a lower-income earner, your ability to receive the lucrative Earned Income Tax Credit may be at stake. For the 2020 tax year, single filers with three children can have incomes up to \$50,954, while married couples must earn less than \$56,844 to qualify for the Earned Income Tax Credit.

**Social Security benefits:** Unfortunately, Social Security benefits aren't exempt from the marriage tax penalty. While a single filer won't start paying taxes on Social Security until they earn \$25,000, married couples have to pay the tax at \$32,000.

**Eliminate the guesswork:** No need to guess what your taxes will be when you get married. You can get an estimate of your taxes in advance by using the marriage calculator available on the Tax Policy Center website(<https://tpc-marriage-calculator.urban.org/>). You'll be able to input total income, the number of children you claim, and other details for you and your spouse.

Even if the marriage penalty applies to you, don't throw away your marriage goals for the sake of lower taxes. It's a perfect time to work with your spouse to implement new tax strategies that will make marriage a bonus in all areas of your life.

The \$16,728 Social Security bonus most retirees completely overlook

If you're like most Americans, you're a few years (or more) behind on your retirement savings. But a handful of little-known "Social Security secrets" could help ensure a boost in your retirement income. For example: one easy trick could pay you as much as \$16,728 more... each year! Once you learn how to maximize your Social Security benefits, we think you could retire confidently with the peace of mind we're all after.



### TRIBAL RIGHTS EMPLOYMENT OFFICE NEWS ©

- **New TERO Clients-** fill out skills bank apt, need copies of tribal ID, SSC, DL, state ID, high school diploma, GED
- **TERO Clients-** update your skills bank apt for 2021 year, add any work history, add your resume, add any certificates to your client file
- **Sign in Sheet-** New/current TERO Clients need to be calling in weekly to sign in, you can email us to sign in, if you use Facebook you can send TERO a message
- We would like to announce that we have a new **Nez Perce Tribe TERO Facebook** page you can find on social media
- **Trainings-** if you would like to sign up for any of the trainings please make an appointment with our TERO Client Advocate-Laatis Lawrence she can be reached at (208)621-4856 or her email [laatisl@nezperce.org](mailto:laatisl@nezperce.org)



### Current Trainings

#### TVTC

Construction/Carpenter

16 weeks

Tulalip WA

#### Live

Flagging

Class

2/09/2021

CDL Sage Truck

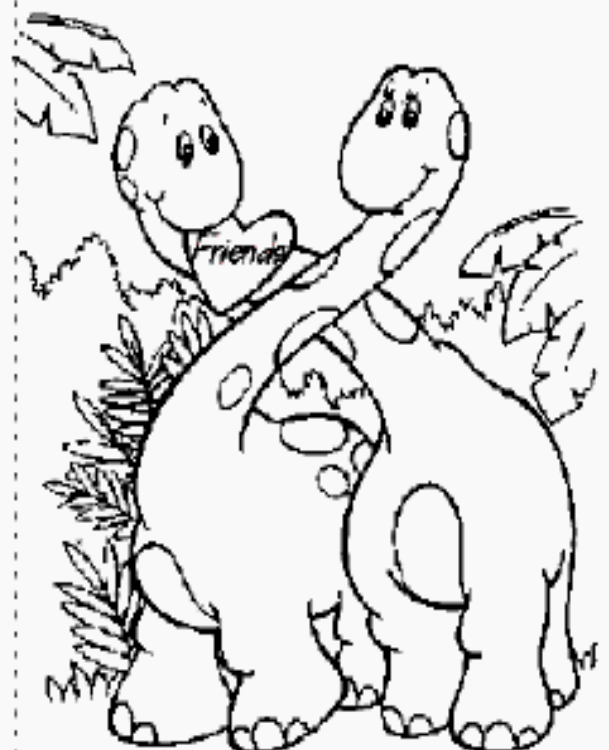
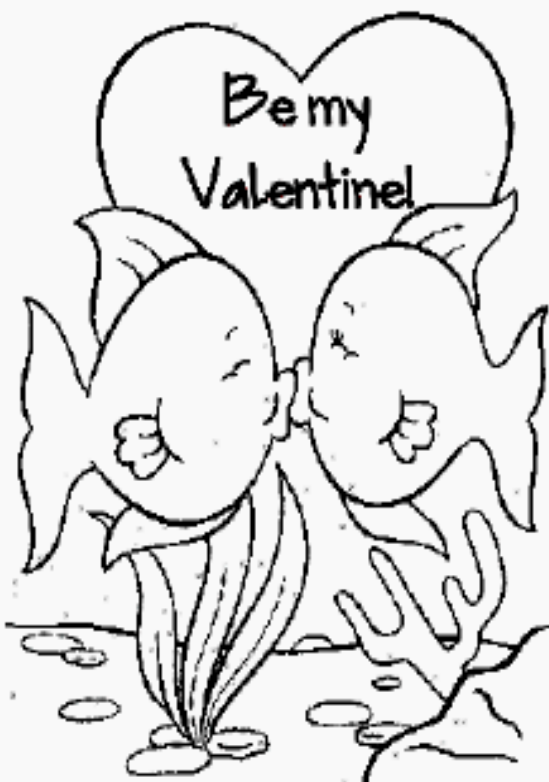
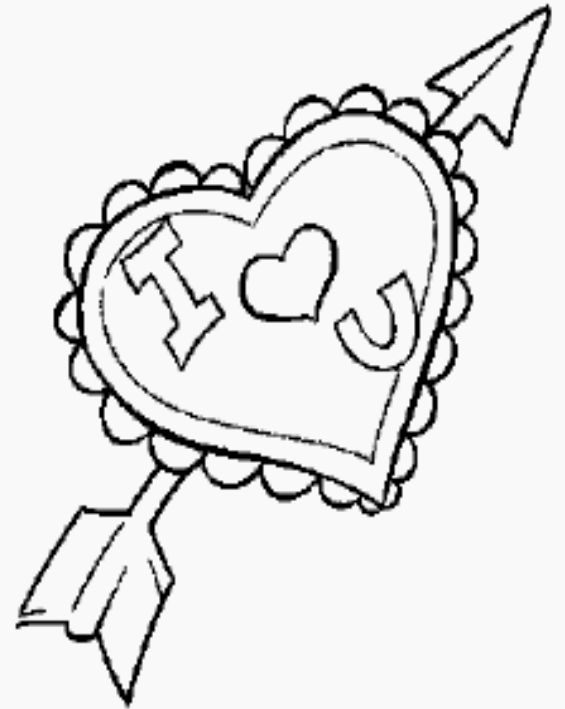
Driving School

3-week Program

CDA

NPT TERO PROGRAM  
 102 Agency RD  
 P.O. Box 365  
 Lapwai, ID 83540  
 (208) 843-7363  
 Monday-Friday  
 8:00 AM-4:30 PM

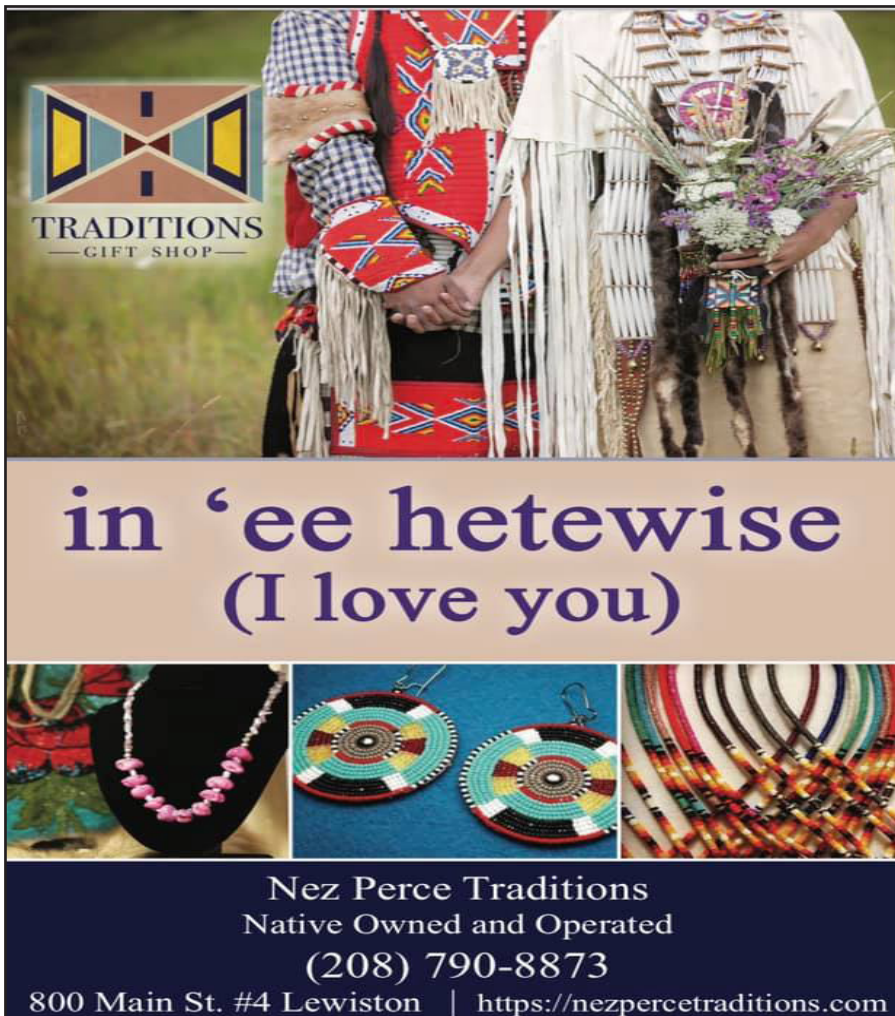












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### NPTVRS Update

Due to the Nez Perce Tribe returning back to Stage 3 of Idaho Rebounds, the Nez Perce Tribe Vocational Rehabilitation Services (NPTVRS), is offering the following services.

**Important information is to be advised as follows:**

- NPTVRS will continue to provide services by scheduling an appointment via phone calls
  - We also accept walk-ins
- We are still providing gloves and masks for you and ask that you bring no one else with you for your appointment
  - We are having 3 Open House day events coming up soon. The first one is on February 26th, 2021 in Kamiah, ID. The second one is on March 12th, 2021 in Orofino, ID. The third one is on March 19th, 2021 in Lapwai, ID. We will also provide bagged snacks at the Open House events.
- Our new office location is at 271 B St. Lapwai, ID in the Nez Perce Tribe Education building next to the softball field and please use the Voc. Rehab main entrance
  - Our direct contact line is 208-843-9395 for any further assistance
- You may also contact us via our NPTVRS Facebook page at <https://www.facebook.com/Nez-Perce-Tribe-Vocational-Rehabilitation-Services-112076830710100>.
  - Our doors will be open and our staff will be present to assist you

### Nimiipuu Tribal Tribune Advertisements

Place an ad in the Nimiipuu Tribal Tribune.  
Flyers: Full Page \$504, Half Page \$252,  
Quarter Page \$126, Classified Ads and  
Job Announcements: .25 cents a word,  
Birthday Shout-Outs \$10. Submit obituaries for free.  
Contact NPT Communications for more information  
208-621-4807 or [communications@nezperce.org](mailto:communications@nezperce.org)

### Communications Job Opening - Lapwai

Want a chance to work with the Nimiipuu Tribal Tribune? The Nez Perce Tribe Department of Communications is recruiting for a full time Office Specialist II to assist and provide support with general office tasks. Position is for Lapwai.

The Office Specialist II will be responsible for general administrative tasks and receptionist duties. These duties will require excellent organization skills. Position requires a minimum of one-year college or technical/vocational training, six-months experience in office setting, keyboard experience, working knowledge of Microsoft Excel, Word Perfect, Word and internet preferred. To view the full class job description please visit or contact the Nez Perce Tribe Human Resources Department, 208-843-2253.

The Nez Perce Tribe is a drug free work environment, pre-employment drug testing is required. Preference of a valid driver's license with the ability to be insured under the Tribe's policy. Must provide a copy of your current Idaho Driver's License Record (DLR) and any DLR from other state(s) where you have been licensed to drive in the last three years. Grade seven on the Nez Perce Tribe payscale. Position closes 2-5-21.

### Lapwai School District Notice

#### Lapwai School District Planning Toward Full-Day In-Person Learning on Monday, March 1st

The Lapwai School District continues to work closely with health officials to ensure the safest approach to learning possible for our students, staff and their families. We are grateful to report our approach to health and safety is working with zero contact tracing leading back to instructional time.

Beginning January 21, 2020, the Nez Perce Tribe changed its COVID-19 response to correspond with Stage 3 of the Idaho Rebounds guidelines. The Covid-19 positive testing rate is the lowest it has been on the Reservation since September at 9.2% with only 7 active cases as of January 19th. The widespread distribution of the vaccination has included extending the opportunity to Lapwai School District staff as well. Our partnership with Nimiipuu Health has provided unprecedented access to CDC health officials including a Senior Advisor, Epidemic Intelligence Service Officer, Contact Tracer, Health Communications Specialist, and Infection Prevention and Control Specialist. We also continue to consult

weekly with Nimiipuu Health Medical Director, Dr. Hartwig, and Idaho Public Health District Director, Carol Moehrle.

As local data remains reassuring, we can anticipate safely returning to full-day in-person instruction beginning Monday, March 1st. Stringent protocols for disinfection will continue. The remote only learning option will continue as well. Masks will remain required with the greatest social distancing possible in the classroom. The rigorous health and safety protocols which will remain in place are posted on our website at [Lapwai.org](http://Lapwai.org).

Please expect additional updates to follow as we continue to consult with health officials and plan the safest transition back to full-day in-person learning possible. Please contact your child's school or the Superintendent with questions.

Remote and Blended Learning Options Will Continue Remote and blended learning options will continue through the remainder of the school year. Please reach out to your child's school for details.



## Nez Perce Tribal Offices Announcement

### Face masks are still required

Though vaccines are being administered, masks are still vital to ensure the health and safety of everyone. Whether you have received your vaccine or not, masks are still recommended by health officials.

This includes all Nez Perce Tribal staff and visitors in tribal buildings when a 6-foot distance cannot be maintained.

This includes the interior of all buildings including offices if meeting with another staff member or visitor.

This also includes exterior areas for staff while in the workplace.

(only if around others not in your household and a 6-foot distance cannot be maintained outside)

Your cooperation and understanding is always appreciated

## CLOSURE

Nez Perce Tribal Offices  
CLOSED Monday, February 15, 2021  
for President's Day

Normal office hours will resume the following day

## Valentine's Day Candy Grams - Kamiah

On February 13th, 2021, Youth Advisory Board (YAB) will be delivering candy grams for your special someone! They come with your choice of Cupid Crunch, Chocolate Strawberries, or a Crush soda with a tag that says, "I've got a CRUSH on you!" Any normal candy gram (just one candy of your choice) is \$10, and you can add additional choices for just \$5 bucks each! And that's not all. For just \$15 more you can send your loved one a singing candy gram! We have our guitarist and two singers not only give your special someone their candy gram, but also sing for them! All orders must be placed and paid for by February 8th.

For more information, contact the YAB Office, (208)-743-0392, or uylctina@gmail.com, or visit us at 405 Main Street, Kamiah



## CRITFC Job Announcement

**Columbia River Inter-Tribal Fish Commission (CRITFC) is recruiting for the following position:**

**Position:** Administrative and Contract Specialist, Full-Time, Regular. *New!*

**Location:** Portland, OR

**Job Summary:** The Columbia River Inter-Tribal Fish Commission (CRITFC) is seeking an Administrative and Contract Specialist to serve the Fishery Science (FSCI) Department. The FSCI Department is the largest department at the Columbia River Inter-Tribal Fish Commission (CRITFC), containing over 40 full-time staff stationed primarily in Portland, OR, but also in Hagerman, ID, and Moscow, ID. Fishery Science staff perform anadromous fish and habitat research throughout the Columbia River Basin, which encompasses the states of OR, WA, ID, MT, as well as British Columbia, Canada. Additionally, there are many fixed assets that have been procured by the FSCI Department: scientific research lab and field equipment, firearms, servers and sensitive equipment.

**Job Requirements/Qualifications:** Associates or B.A. degree in Administrative or Business Management. High School diploma with five years' relevant experience will be considered; Ability to work positively with a diverse team of professionals to provide information and support administrative and contracting functions; Experience with budgeting and fiscal procedures, including purchasing; Must be a self-starter and willing to learn process and procedures on the job; Must be able to prioritize activities and schedule time effectively to meet schedules and deadlines; Dependable work habits including regular attendance, and punctuality in all matters concerning work and work assignments; High proficiency with Microsoft Office (e.g. Word, Excel, PowerPoint). An Excel proficiency test may be given during the interviews; Excellent organizational ability. Must be highly motivated and detail oriented; Excellent oral and written communication skills.

**Starting salary range:** \$51,244.00 – \$66,614.00 Closing date: February 12, 2021. Employment application and full job announcement located <https://www.critfc.org>

## Nez Perce Tribe Non-Partisan Primary Election Candidate Filing

January 15, 2021 through February 16, 2021  
Candidate application packets are now available through NPTEC Executive Assistant, Marie Baheza at (208) 843-2253

### NPTEC Incumbents are:

**Mary Jane Miles**  
**Ferris Paisano III**  
**Shirley Allman**

For further information regarding candidacy filing, please contact the Election Judges:

Melissa Guzman – (208) 843-7332 or [melissag@nezperce.org](mailto:melissag@nezperce.org)

Melissa King – (208) 843-7307 or [melissak@nezperce.org](mailto:melissak@nezperce.org)

Nicole Two Moon – (208) 669-0115 or [nicoletgc@nezperce.org](mailto:nicoletgc@nezperce.org)



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CASINO & LODGE

**BINGO!** FEBRUARY  
7th, 21st

SUNDAY - THURSDAY 8am-12am    FRIDAY - SATURDAY 8am-2am    [crcasino.com](http://crcasino.com)      



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**Presidents Day  
Celebration**

February 15th 11 Drawings  
10am - 8pm

**\$500-\$1500**

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**PRESIDENTS DAY  
Celebration**

February 15th 9 drawings  
11AM-7PM

**\$250**

**IT'SE-YE-YE  
CASINO**

**IT'SE-YE-YE  
CASINO**

SUNDAY - THURSDAY 9am-10pm    FRIDAY - SATURDAY 9am-12am