Nampa, Idaho — In their first round of the Idaho Class 1A Division I state girls’ basketball tournament, Lapwai defeated Murtaugh 48-33 on February at Columbia High School.

Lapwai found themselves down 8-3 in the first quarter when Omari Mitchell drove for a layup and was fouled, basket good. Seconds later, at the other end of the court, the ball was stolen right out of Murtaugh’s hands by Jordyn McCormack-Marks who raced her defender to the basket for a swift bucket to put the Wildcats down by one with 2:40 on the clock.

Lapwai and Murtaugh exchanged rebounds and fast breaks for two minutes, both teams unable to score until Lauren Gould knocked down a monster 3-pointer to give the Wildcats a 2-point lead with :50 seconds left in the first quarter.

Murtaugh went down and tied the game at 10 apiece, but Mitchell answered quickly putting Lapwai back on top. The score was 12-10 going into the second quarter.

After shutting down Murtaugh on defense, Ciahna Oatman hit a 3-pointer, giving the Wildcats a four-point lead.

Lapwai jumped out to a ten-point lead after half time and kept the lead for the rest of the game. Lapwai beat Murtaugh 48 to 33.

Mitchell tallied 13 points and six rebounds as Gould had 10 points, six rebounds and four steals for Lapwai. Grace Sobotta contributed with eight points and two blocks of her own.

The Wildcats (22-2) then faced Grace (20-3), the following day, in the semifinal game.

The game remained a low scoring game due to Lapwai’s pressure defense, which was able to force 20 turnovers for the Grace girls, but also took a while to get the flow going for themselves on offense.

Oatman sparked Lapwai early in the game with her sticky defense, while Glory Sobotta scored half of the 18 first-half points. Then it was Mitchell’s turn to kick-start the Wildcats for the rest of the game. She gave Lapwai the lead at 22-21 and ended the quarter with nine points alone in the third. The teams went to the fourth quarter tied at 31.

At battling back and forth with each other, bucket after bucket, Grace’s big man, Maniah Clegg, gave Grace a
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.

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

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Publisher's Post

TikTok has been blowing up dawgging Generation X and Millennials trends that are completely out of style, according to the younger generation. Gen Z-ers have made numerous TikTok videos about how side parts, skinny jeans, and using the hysterically-laugh-crying emoji 😂 are ways to tell if someone is old. Saying we never got over our skinny jean phase. Upon heavy TikTok research and video viewing, I have found that drinking wine, eating avocado toast, and attempting to bring back the fanny-pack have also made the list of uncool trends that are dead giveaways to tell if someone is old. Confused? You’re probably a Millennials or older. That’s okay, let’s go over it. Generation X-ers are those born between 1965 and 1979. Millennials are born between 1980 and 1994 and Gen Z is everyone born in 1995 and after.

Millennials have yet to experience being uncool, but I’ll admit, it was momentarily confusing/upsetting for me, (and this is where I would insert my hysterically-laugh-crying emoji). But, there is no point in antagonizing the younger gen. We are professionals with families and bills, and honestly most Gen-X-ers and Millennials are probably tired and just don’t care to keep up with the trends.

Like, I’m an almost 30-year-old, proud skinny jean wearer, whose hair part is off-centered and to the side. I don’t want to re-train my hair every day to part in the middle, it does what it wants and it needs volume. I am also guilty of frequently using and abusing the hysterical-laugh-crying emoji.

You laugh now, Gen-Z, but one day you’re going to open your eyes, and you’ll be in your late 20’s and kids will be calling your baggy jeans, middle parts, and whatever emoji you frequently use “uncool”. You’ll also have a bunch of random body pains that just come out of nowhere!

The next generations deserve a chance to wear things they will later regret, too. It’s the circle of life. We have gone through the necessary aging to develop into who we are today. There is only one true left to do: Slip into oldness proudly. We have had our time, and oh what fun! But I love my life just how it is now.

In conclusion, my “peak years” may be slipping away. We may be getting older, but our age gives us the advantage of security in ourselves that I certainly did not have in my early twenties. I will end with the satisfaction that Gen-X-ers and Millennials are now roasting the crap out of Gen Z-ers on TikTok, all in good fun of course.

Her Own Story: July (Tess) Greene

July (Tess) Greene is an employee at the Nez Perce Tribe working in the Education Department for the State Tribal Education Partnership program, also known as S.T.E.P.

“My relationship with God inspires me. I have overcome so many hardships and obstacles in life—Although I’ve learned to move forward and not be stuck in all the hurt, agony and trauma. I am able to hit all my trials and tribulations head on and do what it takes to prosper and flourish – to be better and increase daily,” said Tess. Tess has worked for the Nez Perce Tribe for over 25 years. She has served many positions including Executive Secretary, Office Manager, Bookkeeper, Pi-Nee-Waus Community Center Coordinator, Compliance Officer, Gaming Commission President and Supervisor, as well as a Family Engagement Specialist. She also obtained a two-year degree.

Tess has had the opportunity to work with families, to inspire parents and to let them know that they do make a difference. “Parents and grandparents are the first educators in a child’s life,” said Tess “I get to witness the parents of today and their desire and willingness to participate in their child’s education. I love my job!” She also provides tools and support to help children succeed in school and beyond.

“The Education Department is important for the Nez Perce Tribe because we get to educate parents about their role as a “Shared Leader” to their child’s education,” said Tess. One of the schools she works with is 88% Native American students and serves a majority of the Nez Perce students in the world.

Her main focus for her role in the S.T.E.P program is to increase family engagement, assisting with a web-based platform designed to help the Family Engagement Teams build an Action Plan that pertains to five building blocks: Connection, Education, Communication, Goals & Roles and Shared Leadership aligned with steps to meet the goals and objectives, desired results and team expectations respectively.

“It is pertinent to receive buy-in from school administration and staff as well as parents, guardians and community to effectively move forward to reaching and obtaining the respective goals and objectives,” said Tess.

After her first few months of employment in 2014, Tess had the opportunity to speak at the National Indian Education Conference. “I was afraid of public speaking then, but I started with a special opening and it broke the ice. From there I was able to share.”

Tess would like to thank the parents and families of the Lapwai and Kamiah communities, as well as the school administration and staff.

“Without them pouring their knowledge into me and allowing me the opportunity to work with them, I could have been at a deficit. I love the stories they all shared. Story telling is a big learning tool,” said Tess.

“I love to hear the stories and love stories. I love beautiful plants, flowers and trees. I love to see the beauty in everything! And I appreciate life and it’s abundance (family, friends, and community).” She is additionally grateful for her three sons, her brothers and sisters for their continued support that is never ending.

“I want to say a Himeeqis Qe’o Yew’Yew to them all.”
David Staats, Idaho Statesman
February 21, 2021. McCall — Until Monday, it was Midas Gold, a Canadian mining company with a Boise subsidiary working to bring an old mine east of McCall back to life.

Now, in a nod to Idaho’s state motto, Midas’s owners have changed the company’s name to Perpetua Resources Corp. (“Esto Perpetua” is Latin for “Be Eternal”) after moving to Boise.

The company’s common shares have been approved for listing on the Nasdaq Stock Market, Perpetua said in a news release. The stock will begin trading “on or around” Thursday under the stock symbol PPTA.

“Today’s approval to list on the Nasdaq points to our growth and readiness to enter the next chapter of bringing the Stibnite Gold Project vision to life,” Laurel Sayer of Boise, the president and CEO, said in the release. “Our listing ... will allow us greater access to capital, which will help our team move the Stibnite Gold Project from permitting into production.”

Perpetua is preparing to reopen and expand an open-pit gold mine that operated for a century, including during World War II, about 40 miles east of McCall near Yellow Pine. The company has estimated that it may be able to recover as much as 5 million ounces of gold, 7 million ounces of silver and 200 million pounds of antimony over 20 years.

Perpetua says the mine is one of the highest-grade gold deposits in the nation and would provide the only mined source of antimony in the U.S. Mining revenue will pay for the cleanup work, the company says.

“The mining would create a promised 500 jobs on average for up to 25 years.”

Midas has insisted that it will clean up pollution left by past mining. It hired Sayer — whose credentials include 10 years as U.S. Rep. Mike Simpson’s natural-resources director and three years as executive director of the Idaho Coalition of Land Trusts — to help give its environmental efforts credibility.

But critics say new mining could damage the watershed even more. The Nez Perce Tribe is suing Midas Gold. In a statement last week, the company said the Tribe and Perpetua Resources have jointly moved for a 3-month stay of the Tribe’s Clean Water Act lawsuit while they pursue a Court-ordered dispute resolution process.

“The litigation stay will allow the parties to work with a neutral judge or mediator to determine if there are grounds to work out a resolution of the lawsuit,” said the company’s statement.

The Idaho Conservation League says the company’s plans would reduce habitat for salmon and trout.

Midas disclosed last month that it was relocating its corporate headquarters from Vancouver, British Columbia, to Boise, and was exploring becoming an American company.

Perpetua shares also will trade on the Toronto Stock Exchange, where Midas already trades. Those shares closed Tuesday at $9.46 Canadian, down 4 cents. The company is valued at $450 million Canadian (about $355 million U.S.).

“We look forward to connecting with new investors, while delivering value to our long-term shareholders who have supported our vision for years,” Sayer said.
Girls Basketball Continued
From Front Page

35-33 edge with 6:16 left, followed by the Grizzlies six key free throws down the stretch as the Wildcats had only five fourth-quarter points and eventually fell short in the semifinal game against Grace, 44-36.

On the third day of the State Tournament, Lapwai met Lighthouse Christian of Twin Falls for third place.

Mitchell collected 16 points and seven rebounds, while Gr. Sobotta tallied 11 points, eight boards and six assists as the Lapwai team was not coming home empty handed. The Wildcats sprinted past Lighthouse Christian 71-37 and took third place in the Idaho 1A Division I state tournament at Columbia High School.

After the Wildcats lost to Grace the previous day, the Wildcats came and dominated the Lions. The Wildcats came out strong and scored 20 points in the first quarter alone. They held Lighthouse Christian to only one bucket going into the second quarter.

Glory Sobotta had seven points and seven boards while Alexis Herrera and Gould each piled up eight points. Gould also had six rebounds and four steals as 10 Wildcats got in the scoring column off 22 assists.

**Lapwai & Murtaugh Game:**
Grace Sobotta 2 2-2 8, Jordyn McCormack-Marks 1 0-0 2, Glory Sobotta 1 2-2 5, Alexis Herrera 0 0-0 0, Soa Moliga 0 0-0 0, Ciahna Oatman 2 2-2 7, Lauren Gould 3 2-2 10, Kahlees Young 1 0-0 2, Omari Mitchell 6 0-3 13, Jordan Shawl 0 1-2 1, Samara Smith 0 0-0 0, Qubilah Mitchell 0 0-0 0. Totals 16 9-13 48.
Murtaugh 10 6 10 7—33
Lapwai 12 5 19 12—48
3-point goals — Gr. Sobotta 2, Gould 2, Gl. Sobotta, Oatman, O. Mitchell.

**Lapwai & Grace Game:**
Grace Sobotta 1 0-1 3, Jordyn McCormack-Marks 0 4-6 4, Glory Sobotta 4 1-1 11, Soa Moliga 0 0-0 0, Ciahna Oatman 0 1-2 1, Lauren Gould 1 0-2 2, Omari Mitchell 6 2-2 15. Totals 12 8-15 36.
Lapwai 9 9 13 5—36
Grace 14 7 10 13-44
3-point goals — Gl. Sobotta 2, Gr. Sobotta, Mitchell.

**Lapwai & Lighthouse Christian Game:**
Grace Sobotta 5 0-1 11, Jordyn McCormack-Marks 2 0-0 4, Glory Sobotta 3 0-0 7, Alexis Herrera 4 0-0 8, Soa Moliga 2 0-0 4, Ciahna Oatman 2 0-0 5, Lauren Gould 4 0-0 8, Kahlees Young 3 0-2 6, Omari Mitchell 7 2-2 16, Jordan Shawl 1 0-0 2. Totals 33 2-5 71.
LighthouseChristian211519—37
Lapwai 20 18 18 15—71
3-point goals — Gr. Sobotta, Gl. Sobotta, Oatman.
Wildcats clearly the best

Wynott scores 30, Yearout passes 1,500-point mark in 83-54 win

By Dale Grummert, Lewiston Tribune

LAPWAI — As the Lapwai Wildcats were building a 25-point lead during the first half of a district championship game, the most frequent words out of coach Zachary Eastman’s mouth were, “Play together.”

Why? Because they didn’t really need to.

The Wildcats often complied anyway, blending sharp passes with unsurprising displays of scoring talent Friday as they defeated Prairie 83-54 at Lapwai High School in the title game of the Class 1A Division I boys’ basketball tournament.

Lapwai freshman Kase Wynott scored a career-high 30 points while junior Titus Yearout added 20 points and surpassed 1,500 for his career as the Wildcats (17-4) secured a berth in next week’s state tournament at Vallivue High School in Caldwell. They open at 6 p.m. Wednesday.

Prairie (16-5) hosts Genesee at 6 p.m. today in Cottonwood for the district’s second and final state berth.

During a three-minute span of the first quarter, the fast-improving 6-foot-4 Wynott parlayed a putback, a baseline jumper, a foul-drawing Euro-step and a 23-footer into a 10-point individual flurry.

When Yearout tacked on three driving layins in the final two minutes of the quarter, Lapwai led 28-11. It was about that time that Eastman’s “Play together” mantra became more audible.

“Why? Because they didn’t really need to.”

The reason I say that is, we have so much talent on one team, it’s easy for our guys to want to do it themselves,” Eastman said. “But when they learn to use their teammates, it makes the game easier for all of them. We want everyone on the basketball court to be a threat.”

Afterward, Yearout was singing a similar tune about playing with cohesion.

“That’s what we’ve got to do if we’re going to get one of those up there,” he said, pointing to a banner from one of Lapwai’s 10 state championships.

It helps that Yearout, a 6-2 guard who has started every Lapwai game since his freshman year, is already developing a chemistry with Wynott, a frosh transfer.

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first year playing together, we’re both skilled players and we kind of feed off each other,” Yearout said.

With Wynott’s help, Yearout passed the career 1,500-point mark early in the second half with a three-point play that pushed the gap to 52-26. He finished with nine rebounds and six assists, while Wynott grabbed 11 boards and AJ Ellenwood nine. Kross Taylor encountered some foul trouble and was held to nine points.

The Wildcats wound up outscoring Prairie 262-171 in their three matchups this season.

Cole Schlader scored 19 points for Prairie and gave the finesse-oriented Wildcats something to think about with his aggressive drives.

“We’re still a young team,” said Eastman, who will bid farewell to only two seniors, both backups. “They have the skills but we’re trying to build a physicality and the pace of a varsity game.”

Prairie coach Shawn Wolter liked his team’s attitude but was forced to watch a lot of errant floor shots and 15-for-34 foul-shooting. The Pirates’ turnover totals could have been worse but they were nonetheless affected by Lapwai’s menacing zone defense.

“A real good team, very disciplined,” Wolter said of the Wildcats. “They move the ball very well, rebound very well and they’re great shooters. It’s an all-around good team.”

PRAIRIE (16-5)
Cole Schlader 8 3-9 19, Wyatt Ross 2 1-2 5, Kyle Schwartz 1 0-1 2, Zach Rambo 2 0-0 4, Lane Schumacher 1 2-5 4, Tyler Wemhoff 3 2-4 8, Shane Hanson 0 1-2 1, Brody Hasselstrom 2 5-9 10, Lee Forsmann 0 1-2 1. Totals 26 15-34 54.

LAPWAI (17-4)
Terrell Ellenwood-Jones 2 5-5 10, Titus Yearout 8 4-7 20, Kross Taylor 3 3-5 9, Chris Brown 0 0-0 0, Jenz Kash Kash 1 0-0 2, JC Sobotta 0 0-0 0, Kase Wynott 9 6-7 30, Ahlius Yearout 1 0-0 3, AJ Ellenwood 4 0-1 9. Totals 28 18-25 83.

Boys 1A DI State Tournament Bracket

For the safety of the student participants, officials, game administration and general public during the COVID pandemic
*Masks will be REQUIRED at the 2021 IHSAA State Tournament*

Grummert may be contacted at daleg@lmtribune.com or (208) 848-2290.
Not to be Sniffed at: Agony of Post-COVID-19 Loss of Smell

By John Leicester, Associated Press

NICE, France (AP) — The doctor slid a miniature camera into the patient’s right nostril, making her whole nose glow red with its bright miniature light. “Tickles a bit, eh?” he asked as he rummaged around her nasal passages, the discomfort causing tears to well in her eyes and roll down her cheeks.

The patient, Gabriella Forgione, wasn’t complaining. The 25-year-old pharmacy worker was happy to be prod- ded and poked at the hospital in Nice, in southern France, to advance her increasingly pressing quest to recover her sense of smell. Along with her sense of taste, it suddenly vanished when she fell ill with COVID-19 in November, and neither has returned.

Being deprived of the pleasures of food and the scents of things that she loves are proving tough on her body and mind. Shorn of odors both good and bad, Forgione is losing weight and self-confidence.

“Sometimes I ask myself, ‘Do I stink?’” she confessed. “Normally, I wear perfume and like for things to smell nice. Not being able to smell bothers me greatly.”

A year into the coronavirus pandemic, doctors and researchers are still striving to better understand and treat the accompanying epidemic of COVID-19-related anosmia — loss of smell — draining much of the joy of life from an increasing number of sensorially frustrated long-term sufferers like Forgione.

Even specialist doctors say there is much about the condition they still don’t know and they are learning as they go along in their diagnoses and treatments. Impairment and alteration of smell have become so common with COVID-19 that some researchers suggest that simple odor tests could be used to track coronavirus infections in countries with few laboratories.

For most people, the olfactory problems are temporary, often improving on their own in weeks. But a small minority are complaining of persistent dysfunction long after other COVID-19 symptoms have disappeared. Some have reported continued total or partial loss of smell six months after infection. The longest, some doctors say, are now approaching a full year.

Researchers working on the vexing disability say they are optimistic that most will eventually recover but fear some will not. Some doctors are concerned that growing numbers of smell-deprived patients, many of them young, could be more prone to depression and other difficulties and weigh on strained health systems.

“They are losing color in their lives,” said Dr. Thomas Hummel, who heads the smell and taste outpatient clinic at University Hospital in Dresden, Germany. “These people will survive and they’ll be successful in their lives, in their professions,” Hummel added. “But their lives will be much poorer.”

At the Face and Neck University Institute in Nice, Dr. Claro Vandersteen wafted tube after tube of odors under Forgione’s nose after he had rooted around in her nostrils with his camera.

“You do perceive any smell? Nothing? Zero? OK,” he asked as he rummaged around her nasal passages, the discomfort causing tears to well in her eyes and roll down her cheeks.

“As a community, we need to watch for warning signs of domestic violence and suicides,” Nez Perce County Prosecutor Justin Coleman said.

Nez Perce County Officials Calling Increase of Domestic Assaults and Suicides Alarming

Nez Perce County officials are sounding the alarm on domestic violence assaults after the prosecutor’s office sees a large increase of cases in 2020. According to the Nez Perce County Prosecutor’s Office, there was a 26% increase in DV assault cases in 2020 when compared to 2017, 2018, and 2019.

Before 2020, there was an average of 56 cases per year. The county was 71 cases in 2020.

“As a community, we need to watch for warning signs of domestic violence and suicides,” Nez Perce County Prosecutor Justin Coleman said.

The Nez Perce County Coroner’s Office also saw a 32% increase of suicides in 2020. County officials said the COVID-19 pandemic has added stress on many individuals and puts people in isolation and financial trouble.

If you or someone you know needs help there are multiple resources:

Domestic Violence Crisis Hotline: 800-669-3176
Suicide Crisis Hotline: 1-800-273-8255 (TALK)
Nez Perce Tribal Police Department: 208-843-5214
Lewiston Police Department: 208-746-0171
Nez Perce County Sheriff’s Office: 208-799-3131

Nez Perce Tribe

FINANCIAL ASSISTANCE

ELDER ASSISTANCE
62 and older
No income guidelines
Nez Perce Enrolled
$600

FINANCIAL ASSISTANCE
18-61 years old
Income Guidelines
Nez Perce Enrolled
$100

ENERGY ASSISTANCE
Income Guidelines
Enrolled in a federally recognized tribe
Nez Perce Reservation

GENERAL ASSISTANCE
Enrolled in a federally recognized tribe
No Income
$600

BURIAL
Nez Perce Enrolled
$100 Travel Assistance for immediate family traveling over 45 miles
1 per household

EMERGENCY MEDICAL TRAVEL
Nez Perce Enrolled
1 per household
$100
Immediate relative at risk of life or limb
45 miles or more, 1 way

For more information, please contact the Nez Perce Tribe.

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he asked, as she repeatedly and apologetically responded with negatives.

Only the last tube provoked an unequivocal reaction.

"Ugh! Oh, that stinks," Forgione yelped. "Fish!"

Test complete, Vandersteen delivered his diagnosis.

"You need an enormous amount of an odor to be able to smell something," he told her. "You haven't completely lost your sense of smell but nor is it good."

He sent her away with homework: six months of olfactory rehab. Twice daily, choose two or three scented things, like a sprig of lavender or jars of fragrances, and smell them for two to three minutes, he ordered.

"If you smell something, great. If not, no problem. Try again, concentrating hard on picturing the lavender, a beautiful purple bloom," he said. "You have to persevere."

Losing the sense of smell can be more than a mere inconvenience. Smoke from a spreading fire, a gas leak, or the stink of rotten food can all pass dangerously unnoticed. Fumes from a used diaper, dog’s dirt on a shoe or sweaty armpits can be embarrassingly ignored.

And as poets have long known, scents and emotions are often like lovers entwined.

Evan Cesa used to relish meal times. Now they’re a chore. A fish dinner in September that suddenly seemed flavorless first flagged to the 18-year-old sports student that COVID-19 had attacked his senses. Foodstuffs became mere textures, with only residual hints of sweet and saltiness.

Five months later, breakfasting on chocolate cookies before classes, Cesa still chewed without joy, as though swallowing cardboard.

"Eating no longer has any purpose for me," he said. "It is just a waste of time."

Cesa is among the anosmia sufferers being studied by researchers in Nice who, before the pandemic, had been using scents in the diagnosis of Alzheimer’s disease. They also used comforting fragrances to treat post-traumatic stress among children after a truck terror attack in Nice in 2016, when a driver plowed through holiday crowds, killing 86 people.

The researchers are now turning their expertise to COVID-19, teaming up with perfumers from the nearby fragrance-producing town of Grasse. Perfumer Aude Galouye worked on the fragrant waxes that were wafted under Cesa’s nose to measure hisolfactory impairment, with scents at varying concentrations.

"The sense of smell is a sense that is fundamentally human," Galouye said. "But when you lose it, you lose a sense that is fundamentally us.

One might think that it is not important to be able to smell nature, trees, forests," he said. "But when you lose the sense of smell, you realize how truly lucky we are to be able to smell these things."
Does Your Voice Reveal More Emotion Than Your Face?

New research compares how well we can read other people’s emotions in their voices and faces

By Emma Seppala, GreaterGood.Berkeley.edu

In workplaces and families across the world, communication has gone online. We send endless emails; we video chat rather than travel across town to meet. Actually sitting down and interacting with someone in person can seem like a rare luxury.

But as technology spreads, are we losing our ability to connect and empathize with someone in person? What role does our technological lifestyle play in our ability to communicate efficiently and effectively? Does our technological lifestyle impact our happiness and success?

Research on empathy has been expanding in recent years. But a new study by Michael Kraus of Yale University shows that our sense of hearing may be even stronger than our sight when it comes to accurately detecting emotion.

Kraus found that we are more accurate when we hear someone’s voice than when we look only at their facial expressions or see their face and hear their voice. In other words, you may be able to sense someone’s emotional state even better over the phone than in person.

In one experiment, Kraus asked participants to watch videos of two people interacting and teasing each other, then to rate how much the two actors felt a range of different emotions during the interaction. In another study, participants had conversations on camera about film, television, food, and beverages, in a room that was either lit or pitch dark. In a third study, a different set of participants were asked to rate the emotions of the conversations partners who had been videotaped. In all these cases, the participants were most accurate at identifying others’ emotions when they only heard people’s voices (compared to when they looked at facial expressions alone, or looked at facial expressions and heard voices). A few more experiments yielded similar results.

In several follow-up studies, Kraus honed in on the reason why the voice—especially when it is the only cue—is such a powerful mode of empathy. He asked participants to discuss a difficult work situation over a video conferencing platform (Zoom) using either just the microphone or the microphone and the video. Once again, participants were more accurate at detecting each other’s emotions in voice-only calls. When they only listen to voice, they found our attention for the subtleties in vocal tone increases. We simply focus more on the nuances we hear in the way speakers express themselves.

When you are speaking to someone on the phone, for example, you might be more likely to notice if they are breathing quickly and appear nervous, or if their speech is monotone and they sound down or tired. On the other hand, you can easily detect enthusiasm and excitement when someone speaks in a high-pitched and rapid manner.

How can we get better at interpreting emotions in the voices of our coworkers and loved ones? There isn’t much research to date exploring this question specifically. One study on infant cries suggested that parents with more musical training were better at distinguishing distress cries from other types of cries. But, really, we might not need much training. Kraus found that, once you remove other inputs (like facial expressions), your attention naturally sharpens and homes in on vocal cues.

The power of the voice: Given that we often try to understand other people’s emotions by relying on their faces (and, in fact, tend to overestimate our ability to do so), Kraus’s study is a wake-up call. The voice may be a far more reliable predictor than the face, especially if we can devote our complete attention to it.

Previous research has shown just how much information the voice can convey. Research led by the Greater Good Science Center’s Emiliina Simon-Thomas and Dacher Keltner shows that we don’t only detect basic emotional tone in the voice (e.g., positive vs. negative feelings or excitement vs. calm); we are actually capable of detecting fine nuances. We can distinguish anger from fear and sadness; awe from compassion, interest, and embarrassment. Many of the “vocal bursts” that signify emotions—from the ahhh of fright to the ahhh of pleasure—are recognizable across cultures.

The human ability to perceive nuances in voices is
We Unconsciously Mimic Other People’s Facial Expressions to Feel What They Feel

By Susan Scutti, Medical Daily

Emotions act as a kind of currency passed from person to person; confronted with a wealth of joy, we feel our own mood shift upward. How exactly does this social response work? We unconsciously mimic others’ facial expressions to create the same emotion in ourselves, a new University of Wisconsin study suggests. This complex process not only transpires in mere moments but it is actually an evolutionary mechanism, the researchers say, one that helps us respond to other people and the social environment appropriately.

According to Dr Paul Ekman’s well-known theory, we possess just six universally recognized emotions: Happiness, sadness, fear, anger, surprise, and disgust. Though recent research has challenged this view by suggesting there are only four basic emotions, many scientists, including the team behind the current study, believe emotions evolved to help us adapt and respond to our environment.

“I think when people hear words like ‘adaptation’ or ‘evolved’ they think this must mean that the behavior (in this case, emotions), must be reflexive or highly genetically predetermined — but in fact, we evolved emotions so that our behaviors could be more flexible and dynamic,” Adrienne Wood, a psychology graduate student, told Medical Daily in an email.

Explaining this evolutionary theory, she says emotions are brain and body states that prepare and drive us to respond to events in our environment. Particular emotions, such as anger or fear, may be linked to behavioral tendencies, such as aggression or fleeing, but the behaviors are not formulaic and unchanged. In other words, specific emotions are not hardwired to automatic behaviors, instead they work as “a motivational state that drives us to achieve a particular result, such as escaping a terrifying situation, but lets us have flexibility in how we accomplish that result,” Wood says.

If emotions are motivational, what can we make of our human tendency to unconsciously mimic other’s emotions?

Part of the Whole: Wood and her colleagues hypothesize mimicry helps us interpret emotion in order to gain useful information about the social environment and respond accordingly.

While intense emotion is easy to recognize even at a distance — it’s easy to see and interpret wide-eyed fear, for example — most facial expressions are subtle, fleeting, idiosyncratic, and communicated by ever-so-slight changes in eyebrow position, head tilt, or lip press, according to the researchers. Yet “emotion systems” are organized in such a way that activating one component in the total system will automatically activate other components, the researchers say.

In real-time, then, what happens is this: Talking with a friend, we unwittingly copy just one small part of his facial expression (the way he lifts his eyebrows, say), and this small motion activates an entire emotion system located in the motor and somatosensory cortices of our brain, and then feeling what our friend feels, we respond appropriately.

Proof of this, Wood says, can be found in studies that demonstrate people who are unable to mirror another person’s face are limited in their ability to read and properly react to others. For instance, social disorders, like autism, are associated with mimicry impairments. Another example is a recent study linking facial mimicry deficits, caused by (of all things) pacifier use in early childhood, to deficits in emotional competence. The longer the boys had used a pacifier, the “less spontaneous facial mimicry they displayed and the lower their scores on measures of empathy and emotional intelligence years later,” wrote the authors. Yet, pacifier use did not impact the emotional competence of girls.

Shared Feeling: “We occasionally see gender differences in emotion processing and facial mimicry, and we think it can be explained by systematic differences in boys and girls,” Wood says. “It could be the case that parents give pacifiers to boys and girls in different situations for different reasons, which could change how pacifier use alters emotion processing.” Finally, more evidence of the imitation game leading to real feeling is a common complaint of people with facial paralysis from a stroke or Bell’s palsy — or even plastic surgery — it interferes with their ability to recognize and “share” others’ emotions.

As a result, if regular everyday bad facial mimicry might lead to emotional misinterpretation, Wood replied, “Definitely... accurate emotion recognition depends on eye contact, a desire to know what the other person is feeling, and some understanding of the person and the context they are in.”

The team concludes a richer knowledge of the mechanisms underlying emotional mimicry or in their words, “sensorimotor simulation,” should lead to better treatments of related disorders. Still, what remains for Wood is a simple appreciation of our human complexity.

“Without emotions, we would not have anything in our brains telling us to seek out pleasure, to care for one another, to run away from danger, or to strive for our goals,” Wood said. “The adaptive purpose of our emotions is to make things in our lives meaningful.”

Voice Continued From Page 10

extremely sophisticated, research shows. It may have offered a strong evolutionary advantage, helping our ancestors distinguish familiar from unfamiliar voices, and perceive expressions of need and distress that helped ensure survival. Think of the visceral reaction we have towards a baby crying: Mothers are even more attuned to their own baby’s cry, especially if they have given natural birth.

In fact, vocal emotion recognition even has a separate brain region from facial recognition of emotion, a brain-imaging study found. When two people talk and truly understand each other, another brain-imaging study suggested, something quite spectacular happens: Their brains literally synchronize. It is as if they are dancing in parallel, the listener’s brain activity mirroring that of the speaker with a short delay. That is the kind of communication we should all aim for—and one that may lead to not only better relationships, but more compassion.

What we now need is more research on how empathy works in text-only messaging. One of our foremost modes of communication at the moment is arguably the smartphone—from texting to messaging on Facebook or WhatsApp—and it may be much more challenging to detect emotions accurately in short texts than in voices or facial expressions (emotions or not).

Meanwhile, perhaps we can be less concerned about the trend toward more phone calls and fewer face-to-face interactions at work and in our personal lives. And perhaps, especially when we are having a difficult conversation that necessitates a lot of empathy, we should opt for a phone call over a FaceTime or Skype call. As counterintuitive as it seems, we may be more attuned to a conversation partner’s emotions through their voice.
Dear Thrifty Nickel,

While it might appear that pennies and nickels are more out of date than a Ronald McDonald vs Hamburglar commercial – don’t expect them to disappear any time soon. In fact one of the less talked about impacts of the global pandemic is a shortage of coins in the U.S.

With limited in person banking and fewer open retail businesses a lot less coins are being recirculated. That old Maxwell House can full of loose change under the bed isn’t helping matters. Contrary to all those cool mobile payment apps and contactless debit cards there are still plenty of folks who use coins in Indian Country and beyond. Think car washes, laundromats, and all those toll roads in Oklahoma.

There are strong arguments both for and against discontinuing small coins. While it’s well documented that the U.S. Mint spends more to make pennies and nickels than the coins are even worth, the Mint actually makes huge profits on dimes, quarters, and dollar coins which more than offset losses on smaller coins.

Critics aren’t impressed. They say small coins are more hassle then they’re worth and point to our hockey loving neighbors to the north. Canada nixed its penny in 2012 and Queen Elizabeth gets along just fine without her mug stamped on copper plated steel. They round all purchases to the nearest five cents and call it good.

Penny fans fire back with theories like eliminating the coins would set a bad precedent by demonstrating a lack of confidence in the U.S. financial system.

In recent months we’ve seen a big push for people to deposit coins at banks or cash them in at coin kiosks like you see at the grocery store. Moreover, coin production has ramped up at U.S Mint facilities like Philadelphia and Denver.

When the pandemic finally lets up the coin shortage will probably ease up too. After that I honestly don’t know what the answer is. I agree pennies seem like kind of a waste until you learn that Bloomberg reported in 2016 that $62 million dollars in pennies are lost every year in circulation.

If that doesn’t inspire you to ransack the couch cushions I don’t know what will. And besides who doesn’t love a spiral wishing well coin funnel that supports a good cause? I’m getting dizzy just thinking about it!

Signed,
Thrifty Nickel

Dear Dr. Per Cap,

Is it true the government is going to do away with small coins?

Signed,
Thrifty Nickel
Dear Dr. Per Cap,

People buying Amazon accounts is a shady practice linked to a fast growing scam called “return fraud.” It’s especially targeted to online retailers for whom it’s often cheaper to let customers keep wrong or damaged items than to process a return. But before I delve into details I need to add a warning label to this column - Don’t try this at home!

For anyone living on another planet we’re in the midst of a giant E-commerce boom. This past holiday season the postal service and delivery companies handled a record three billion packages, a modern economic phenomenon being dubbed “Shipageddon.” Well, now that Santa has set sail back to the North Pole a lot of that merchandise is being returned. Like the size XXL sweatpants he left me under the tree.

Hey Santa – super baggie clothes haven’t been cool since the aughts when Obama wisecracked “Some people don’t want to see your underwear and I’m one of them.”

If you misuse the following information I’ll call the elf cops, for real. Return fraud can be shockingly easy to get away with. A person just orders something online then says it never arrived or was defective. Not a huge stretch considering how much stuff delivery drivers leave on the porch these days. The scammer pushes for a refund hoping the seller won’t want the goods sent back. This can happen with merchandise that costs a lot to ship relative to its price or with bulky stuff that’s difficult to ship.

Naturally, businesses are on to this scam. Moreover, the policy of letting customers keep refunded merchandise, known in the industry as field scrapped, is nothing new. It’s just a lot more common now with so many more returns. Amazon uses computer algorithms to detect return fraud which are more likely to flag recently opened accounts. And there you have it. There’s a whole secondary market for dishonest folks looking to buy older, well established accounts to run returned merchandise scams.

You did the right thing by ignoring that solicitation. Here’s wishing you a safe, happy, and honest New Year!

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. To send a question to Dr. Per Cap, email askdpercap@firstnations.org.
**ANNOUNCEMENTS**

**Be on the Lookout for Dead Rabbits**

Please be on the lookout for dead rabbits without obvious signs of injury.

Recent reports of Rabbit Hemorrhagic Viral Disease in south-central Montana and a suspected case near Boise suggest this disease may soon arrive in Nez Perce country. This disease progresses rapidly and is typically fatal to both wild and domestic rabbits. It does not infect humans. Rabbits can contract the virus through direct contact with infected animals or indirectly through contaminated food, water, soil, or other objects. It can also be spread by humans with contaminated hands, scavengers, and even insects. The virus itself can persist for many months in the environment and pose a continuing infection risk. There are no treatments yet developed for this disease, and vaccines for domestic rabbits are not readily available in the United States.

Rabbit Hemorrhagic Viral Disease has been spreading rapidly northward since a March 2020 detection in New Mexico. No cases have been reported yet in north-central Idaho. However, native rabbit populations in our area (including mountain cottontail, snowshoe hare, black-tailed and white-tailed jackrabbits, and American pika) may all be at risk from this disease.

Until further notice, the Nez Perce Tribe’s Wildlife Division recommends avoiding all contact with wild rabbits, living or dead. If you observe one or more dead rabbits without obvious signs of injury, please immediately contact our office at (208) 843-2162 or wildlife@nezperce.org. If you own domestic rabbits, please contact our office for information regarding safe biosecurity practices.

Additional information can be found here: [https://www.aphis.usda.gov/publications/animal_health/fs-rhdv2.pdf](https://www.aphis.usda.gov/publications/animal_health/fs-rhdv2.pdf)

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**Temporary Job Announcement**

The Nez Perce Tribe General Council is currently seeking dependable, hardworking TELLERS and SERGEANT-AT-ARMS to assist with the Non-Partisan Primary Election in all three Communities: LAPWAI, KAMIAH and OROFINO. Applicants must be an enrolled member of the Nez Perce Tribe and age eighteen (18) years or older. College students and/or unemployed individuals are preferred. You must commit for the entire day, Saturday, April 03, 2021.

Applications are available on Nez Perce Tribe Website ([https://www.nezperce.org](https://www.nezperce.org)) under General Council or at Nez Perce Tribe Human Resources Department.

Application Deadline: WEDNESDAY, MARCH 24, 2021 by 4:30pm

Nez Perce Tribe Executive Committee

Primary Election

SATURDAY, APRIL 03, 2021

Pi-Nee-Waus Community Building in Lapwai, ID

Wa-A’Yas Community Building in Kamiah, ID

Teweepuu Community Building in Orofino, ID

Please note: this is subject to change due to impacted by the COVID-19 Pandemic

Please submit application with copies of two types of identification to: Melissa Guzman, Election Judge

By Email: melissag@nezperce.org

By Fax: 208.843.7414

By Mail: Attn: Election Judges

General Council

P.O. Box 1050

Lapwai, ID 83540

For questions or inquiries, please contact: Melissa Guzman, phone: 208.621.3828 or email: melissag@nezperce.org.

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**NMPH Patient Notice**

**Nimipuu Health Monitoring and Tracking of Novel coronavirus (COVID-19) on Reservation.**

*Updated 2/25/2021. Numbers are subject to change on review.*

Vaccine Information:

- 2,400 Doses Received
- 1,600 Primary Doses
- 800 Booster Doses.

**Vaccines Administered**

- **2,008**
  - Updated 2/25/2021

**Vaccine 1st Dose**

- **1,217**
  - Updated 2/25/2021

**Vaccine 2nd Dose**

- **791**
  - Updated 2/25/2021

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**We are seeking Photo Voice participants!**

Photo Voice is a participatory action research that can identify, represent, and enhance our community through a specific photographic technique.

**Who:** Nez Perce Tribal Members/Descendants
- Young adults (18-24)
- Parents (of youth or young adults)
- Youth (13-17)

**Where:** Lapwai, Kamiah, Orofino, Kooskia

**When:** Sign-up by March 5, 2021.

Participants will be notified for photo voice training by SFS staff. Slots limited to 100!

**Gift cards for participation once completed.**

Please Contact:

Abraham Broncheau, Director  
(208) 621-4613 or Email abeb@nezperce.org

Scherr Greene, Community Assessment Coordinator  
(208) 621-4611 or Email scherrig@nezperce.org

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**Latít’al | March**
**NDTI Job Announcement**

Job Title: NDTI Communications Intern  
Reports To: NDTI Manager  
Department: Program Operations  
Salary: $18-20 hour  
Status: Part Time/Temporary  
Location: Portland, Oregon

**Job Summary:**  
The Northwest Portland Area Indian Health Board (NPAIHB) is seeking to hire a Communications Intern to increase and refine the Native Dental Therapy Initiative's online presence. This position will be responsible for working collaboratively with NDTI project staff to create and implement a dynamic digital communications plan. The position requires strong organizational skills and knowledge of or willingness to learn social media, email and text communication platforms, and web-based media.

This internship is funded part time through July 2021.

**Required qualifications include, but are not limited to the following:**  
- Experience navigating Facebook, Twitter and Instagram, ideally outside of personal use  
- Knowledge of basic graphic design concepts and applications  
- Experience with text/digital messaging  
- Excellent verbal and written communication and interpersonal skills, including proven success and experience with different writing styles  
- Knowledge of the issues and trends in American Indian and Alaska Native health, and a strong interest to playing an active role to strengthen for American Indian and Alaska Native health and well-being

**Physical Demands:** Frequently involves sedentary work: exerting up to 10 pounds of force and/or a negligible amount of force to lift, carry, push, pull or otherwise move objects, including the human body.

**Physical Requirements:** Constantly requires the ability to receive detailed information through oral communications, and to make fine discrimination in sound. Constantly requires verbally expressing or exchanging ideas or important instructions accurately, loudly, or quickly. Constantly requires working with fingers rather than the whole hand or arm. Constantly requires repetitive movement of the wrists, hands and/or fingers. Often requires walking or moving about to accomplish tasks. Occasionally requires standing and/or sitting for sustained periods of time. Occasionally requires ascending or descending stairs or ramps using feet and legs and/or hand and arms. Occasionally requires stooping which entails the use of the lower extremities and back muscles. Infrequently requires crouching.

**Disclaimer:** The individual must perform the essential duties and responsibilities with or without reasonable accommodation efficiently and accurately without causing a significant safety threat to self or others. The above statements are intended to describe the general nature and level of work being performed by employees assigned to this classification. They are not intended to be construed as an exhaustive list of all responsibilities, duties and or skills required of all personnel so classified.

Applications can be found online at www.npaihb.org

SEND RESUME AND APPLICATION TO:  
Human Resources Manager  
Email: HR@npaihb.org

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**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 an issue. Submit obituaries for free.  
To submit an article, inquire about previous publications, or to subscribe, contact NPT Communications.  
208-621-4807, communications@nezperce.org  
Letters to the editor are also welcomed.  
**Keep watch for Communications surveys for a chance to win awesome prizes!**

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**Letter from GC Chair**

**NEZ PERCE TRIBAL MEMBERS:**

As the political season is upon us, the General Council would like to report to the people on how we draft with the vacant position of GC Secretary after Shirley Allman was selected by NPTEC to fill the Tribal Council vacancy.

**According to the Constitution & Bylaws of the Nez Perce Tribe (Article II) Meetings (Section 8) All meetings of the NPTEC or General Council shall be governed by Robert’s Rules of Order.**

After reviewing Roberts Rules of Order Newly Revised (12th ed., 2020), The Officers Vacancies-The Power to appoint or elect persons to any office or board carries with it the power to accept their resignations, and also the power to fill any vacancy occurring in it, unless the bylaws expressing provide otherwise. In the case of a society whose bylaws confer upon its executive board full power and authority over the society’s meetings of the society assembly, without reserving to the society itself the exclusive right to fill vacancies, the executive board is empowered to accept resignations and fill vacancies between meetings of the society’s assembly. The Revised Constitution and Bylaws of the Nez Perce Tribe does not “reserve to society itself the exclusive right to fill vacancies.” Nor does it reserve to the Tribal General Council Chairman the exclusive right to fill vacancies. Therefore, the executive board is empowered to fill the vacant General Council Secretary position until the next election of the Tribal General Council officers in September 2021.

While the election of the Tribal General Council Officers would normally take place at its regular September meeting, due to the coronavirus numbers being high in September we could not have an in person meeting or elections. In November 2020, we did do a virtual listening session available to everyone. This virtual session received a lot of good feedback. Since the numbers are down we anticipate will have an in person meeting in Kamiah May 2021.

Respectfully,

Julia Davis-Wheeler, General Council Chairman

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**BOARDS & COMMISSIONS OPEN HOUSE**

**Wednesday, March 17th**

10:00 - 2:00

Come see and tour the new Nez Perce tribe boards and commissions building! Located next to the Lapwai Bus Barn.

210 A St. Lapwai, ID
SUNDAY - THURSDAY 8am-12am
FRIDAY - SATURDAY 8am-2am

crcasino.com

WIN A SHARE OF OVER $3,000 CASH!

SUNDAYS
EVERY HALF HOUR
12PM-8PM

SUNDAYS ARE A SLAM DUNK AT THE CLEARWATER RIVER CASINO!
PLAY YOUR FAVORITE VIDEO GAMING MACHINES WITH YOUR PLAYERS CLUB CARD AND WATCH THE MONEY GO MAD AS SEVENTEEN LUCKY WINNERS WALK AWAY WITH $200 CASH!

$10,000
FINAL FOUR TUNES
GIVEAWAY
MARCH 28TH
2PM-5PM

BEGINNING MARCH 1ST USING YOUR PLAYERS CLUB CARD EARN 100 POINTS FOR EVERY ONE ENTRY.
AND, EVERY SUNDAY EARN 200 POINTS TO PLAY OUR FINAL FOUR TUNES KIOSK GAME & WIN BONUS ENTRIES!
MARCH 28TH FOUR LUCKY WINNERS WILL WALK AWAY WITH $2,500 EACH!