NPTEC ANNOUNCEMENT

GENERAL COUNCIL IN KAMIAH
NOVEMBER 18, 19, 20

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NIMIIPUU
TRIBAL TRIBUNE

Sexŵliw'áal | November

Volume 3 | Issue 21

Nez Perce Tribe Purchases 358 Acres of Property Adjacent to Casino

Lapwai, Idaho- On October 14, 2021, the Nez Perce Tribe (Tribe) closed on the purchase of 358 acres of land adjacent to the Clearwater River Casino & Lodge. The property consists of agricultural, range and some development land and sits to the north and east of the Tribe's property on Highway 95.

"The completion of this purchase will allow us to continue moving forward in our economic growth and provide opportunities for possible future development that will complement our existing enterprises," said Nez Perce Tribal Executive Committee Chairman, Samuel Penney.

Though plans for the property have not yet been drafted, the Tribe plans to immediately begin clean up and archeological surveying of the site. The purchase will also provide additional space for the construction of the highway interchange project that is scheduled to begin in the near future. The interchange project will provide safer and more efficient transportation in this area.

"This purchase is exciting for many reasons, one being the location and cultural aspects of this property but also the positive impact this will bring to the surrounding region. The Tribe looks forward to sharing development plans in the near future," commented Nez Perce Tribal Executive Committee Land Enterprise Commission Chair, Shannon Wheeler.



Nez Perce Tribe purchased 358 acres consisting of agricultural range and some development land, sitting to the north and east of the Tribe's property on Hwy 95.

Nez Perce Tribe Joins Stay of Litigation with State of Oregon, Conservation Groups & United States to Discuss Comprehensive Litigation Solutions

Lapwai, Idaho — Today the Nez Perce Tribe (Tribe) joined the State of Oregon and conservation and fishing group plaintiffs, together with the U.S. Department of Justice and Federal Agencies, in asking the Oregon Federal District Court to stay Columbia Power System litigation through July 31, 2022, in order to allow for discussion of comprehensive litigation solutions. The stay is based on a short-term agreement filed with the Court that sets 2022 hydropower measures that compromise the preliminary injunction measures requested by Oregon and the conservation plaintiffs, and supported by the Tribe, that are pending before the Court.

"Salmon and steelhead are at a crisis. Short-term measures are not the answer. We all know that. But this temporary compromise, which provides incremental benefits for fish, will have been a critical turning point if it enables a comprehensive resolution that prevents the extinction of salmon and steelhead populations – which is clearly on the horizon," said Nez Perce Tribe Chairman, Samuel N. Penney. "Visionary action to save our salmon and honor our trea-

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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!

For more information regarding submissions, subscriptions, classified ads, display ad rates, dates and deadlines, visit:
http://nezperce.org/government/communications/



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Nez Perce Language

November

Sex̂liw'áal (seh-lee-wall)

Fall/Autumn	sex̂ním'	seh-nim
Fall of leaves	yeq	yeck
Festivities	'éy'sin	eye-tsin
Exciting	hil'íiq'ic	hill-leak-its
Food	hípt	hipt
Meal	tips	tips
Preparing food	Ka'áy	ka-eye
Frozen ground	síc'et	see-tset
Frost	'ísqep	iss-kep

Congratulations to the 2021 NADO Photo Contest Winners People's Choice!

Congratulations to the 2021 NADO Photo Contest winners and runners-up! This year, nearly 100 images were submitted from members across the country that demonstrated what makes their regions great places to live, work, and play. Images were judged in five categories: "Strengthening the Built and Natural Environments," "Building Vibrant Places," "Investing in Our Regional Economy," "Sustaining Our Communities," and "COVID-19 Response & Recovery." A "People's Choice" winner was also chosen online by the public via our Facebook page.

Partnership is at the heart of regional development and this photo shows it at its best: local youth and agencies working and learning together. Pictured are the Pierce, Idaho Clearwater Basin Youth Conservation Corps (CBYCC) crew and youth from the Northwest Indian College Youth Cultural Enrichment Academy (YCEA) working together to build Beaver Dam Analogue (BDA) structures at Musselshell Meadows under the guidance of the Nez Perce Tribe's Watershed Division. These BDAs will benefit stream restoration efforts by mimicking a natural beaver dam. Qe'ciyew'yew ("Thank you") to the YCEA for working and sharing their culture alongside the CBYCC and to the Watershed Division staff for investing in our youth!



Clearwater Economic Development Association

CBYCC is a collaboration between partners across North Central Idaho including Clearwater Economic Development Association, the Nez Perce-Clearwater National Forests, and other public, private, and non-profit partners dedicated to land management and natural resource conservation. The program employs 30 youth seasonally on six crews across the region to support workforce development while also providing work experience for local youth and accomplishing productive work benefitting the Clearwater region. Clearwater Economic Development Association is proud to provide management services to the CBYCC to connect its most valuable economic resource – its youth – to local natural resource sectors.

Litigation Continued from Front Page

ties is urgently needed. We need the United States Government to comprehend the situation and act. The science is clear: salmon and steelhead need a free-flowing, climate-resilient Lower Snake River, not a series of slow, easily-warmed reservoirs. The Nez Perce Tribe and its people intend to ensure that salmon do not go extinct on our watch."

After nearly 30 years of failed federal salmon plans, Snake River spring/summer Chinook salmon are closer to extinction than ever. The most recent analysis indicates that 42% of the populations of Snake River spring/summer Chinook are now at or below the "quasi-extinction" level of 50 or fewer spawners on spawning grounds for four consecutive years. By 2025, 77% of those populations are projected to hit that functional extinction level.

"We will continue to speak the truth about what the salmon need, and this is a moment of tribal unity in the Northwest and across the nation," said Nez Perce Tribe Vice-Chairman, Shannon F. Wheeler. "Tribes, maybe more than anyone, understand the moment we face: a salmon crisis, a climate crisis, and a long-overdue opportunity to address 90 years of tribal injustice imposed by the Columbia power system on Indian people and their homelands." The National Congress of American Indians and the Affiliated Tribes of Northwest Indians both adopted formal 2021 Resolutions supporting restoration of the Lower Snake River, and Congressman Mike Simpson's comprehensive Columbia Basin Initiative. The Resolutions also ask the Biden-Harris Administration to end litigation defense of the prior Administration's Columbia River System salmon plans as those positions are inconsistent with tribal and environmental justice principles and law.

NIMIIPUU HEALTH

Nimiipuu Health is pleased to welcome McCoy Oatman to the team!
McCoy is our Quality Improvement Risk Manager. He is a well-rounded individual who has worked in several capacities including Headstart teacher & Boys & Girls Club Staff. He then served the people on the Nez Perce Tribal Executive Committee.
McCoy says he has a beautiful wife who has blessed him with three beautiful, smart & talented daughters. As a 'dance dad,' most of his time is spent ushering them back and forth to their dance lessons in Lewiston.
One quote McCoy likes is, "The greatest teacher, failure is."-Yoda.
Having never experienced employment at Nimiipuu Health, McCoy looks forward to contributing to the efforts of providing high quality health care to our Tribal members and community.
Welcome McCoy, we are happy to have you on the team!

McCoy Oatman
Quality Improvement Risk Manager



111 Bever Grade Road
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Lapwai, ID 83540

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(208) 843-2271

Nimiipuu Health

Nez Perce Tribe COVID-19 Vaccine Incentives

The Nez Perce Tribal Executive Committee took action on October 12, 2021, approving a COVID-19 Vaccine Incentive in the amount of $500 for all eligible enrolled Nez Perce Tribal Members, and all employees of the Nez Perce Tribe and Tribal Entities. Those 18+ will also receive one entry into a lottery for an additional monetary incentive. If an individual is both a Nez Perce tribal member and employee, or an employee of more than one tribal entity, that individual only qualifies for ONE incentive payment. ALL vaccine incentive payments will require a signed authorization to disclose healthcare information (see link below) authorizing the verification process and release of information AND a copy of their COVID-19 vaccination certificate.

Nez Perce Tribal members and employees will have until December 29, 2021 to get the full required dosage of the COVID-19 vaccine. No incentive will be provided to any individual who has not received the full required dosage of the COVID-19 vaccine by December 29, 2021. All required doses must be documented and the Nez Perce Tribe and Tribal affiliates are at no fault for late submissions.

1. Enrolled Nez Perce Tribal Members already vaccinated by Nimiipuu Health clinic (Lapwai/Kamiah) who submit their release of information:

a. Payments will begin being mailed or direct deposited (depending on selection) on Monday, November 1, 2021

b. Thereafter, payments will be disbursed as the release of information is received by the finance office.

2. Employees of any of the following tribal entities: Nez Perce Tribe - Government, Nez Perce Tribal Enterprises, Nimiipuu Health, or Nez Perce Tribal Housing Authority, who have already been fully vaccinated by Nimiipuu Health clinic (Lapwai/Kamiah) and who submit their release of information:

a. Payments will begin being disbursed on November 4, 2021 from your employer's finance office.

b. Thereafter, payments will be disbursed weekly as long as the release of information is signed and on file.

3. Enrolled Nez Perce Tribal Members and employees vaccinated outside Nimiipuu Health:

a. Please be patient; verifications may take longer. Payments will be processed as verifications are completed.

The COVID-19 Vaccination Incentive Form - Release of Information can be found here: bit.ly/3BHLhjX

Forms and COVID-19 vaccination certificates can be sent to covid19incentive@nimiipuu.org, faxed to (208)843-2658, or mailed to Patient Care Coordinator, Nimiipuu Health, P.O. Box 367, Lapwai, Idaho 83540.

Forms were mailed out to all eligible tribal members. If you already submitted your form, you do not need to submit another. Only one form is needed. The form should only be submitted once you have received your final dose of the vaccine. Please do not submit a form if you have only been partially vaccinated.

In addition to these COVID-19 vaccine incentive payments, those 18+ that fall in the above outlined categories, are qualified to be entered into a lottery drawing. Lottery drawings will begin November 5, 2021 and will occur weekly until January 5, 2021. Prizes will be randomly drawn through an electronic selection device, and broadcasted in real time for the public to witness virtually. All names will be made public. If an individual does not want their name shared publically, they can opt out of participating in the lottery by selecting that option on the release of information form.

The Nez Perce Tribe 2021 Fall General Council
is scheduled to be held in-person
on November 18-20
at the Wéeyes Community Center
in Kamiah, Idaho.
The meeting will begin on
Thursday and Friday at 8:00 a.m. and 9:00 a.m.
on Saturday, provided a quorum is reached.

Though the intent is to proceed with an in-person general council, we will be closely monitoring our local COVID-19 data to determine the safety of hosting an in-person meeting. If any changes need to be made to the format, dates or time, the changes will be announced by November 12, 2021.

CDC recommended COVID-19 safety protocols will be strongly enforced for participation in an in-person meeting. These protocols include temperature checks upon entry, social distancing, wearing of facemasks, hand hygiene and any other applicable sanitation measures. In addition, pre-wrapped food/beverages will be provided.

All Nez Perce Tribal members are encouraged to attend. Adherence to the safety protocols while attending is greatly appreciated.

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Idaho Pushes to Curb COVID-19 Before Winter

Kevin Richert,
IDEDNEWS.org

After surging for weeks, Idaho's latest and deadliest coronavirus outbreak is showing some possible signs of slowing. But as cooler temperatures set in, driving Idahoans back indoors, Gov. Brad Little says it's critical to get the coronavirus under control before winter.

"It's literally a race now," Governor Little said during an AARP Idaho virtual town hall meeting Tuesday.

Case numbers are inconclusive, partly because health officials are still winnowing down a large backlog of reports, but new cases involving school-aged children appear to be slowing — receding back to levels not seen since the end of summer break. Smaller percentages of coronavirus tests are coming back positive, another encouraging sign.

Numbers are improving, although they remain high, vaccinations remain slow, and while hospitalizations have fallen off from their peak of a month ago, the situation remains precarious.

The next few weeks could be crucial, especially for schools trying to keep their doors open for face-to-face instruction. The virus tends to spread more readily when temperatures get cooler, and people spend more time indoors. Holiday travel and holiday gatherings only complicate the matter.

The state's track record backs this up, Idaho logged more than 11,000 new cases in one week in mid-December 2020 and this remains the pandemic peak, even as the more contagious delta variant now circulates through the state. However, the coronavirus remains unpredictable as the waves have not fallen into a pattern.

Several of the nation's coronavirus hotspots are in northern states, from New England through the Dakotas. Idaho is the nation's least vaccinated state, and several other Western states are only slightly ahead of it.

Gov. Little and Health and Welfare officials spent much of their time discussing the vaccines, including the booster doses that are now available, and the Pfizer vaccine for 5 to 11-year-olds. The state is gearing up for the child vaccine rollout, ordering 44,700 pediatric doses. An additional 12,000 doses will go directly to pharmacies. The state's messaging hasn't changed, as state leaders tout the vaccine's effectiveness.

Nez Perce Tribe Receives Grant for Career Technical Education

Lapwai, Idaho – The Nez Perce Tribe received a five-year grant for $497,473 from the U.S. Department of Education which will fund a Native American Career Technical Education Program (NACTEP). The new grant will provide financial resources to Native American students preparing for jobs on or near the Nez Perce reservation.

The Career Center in the Nez Perce Tribal Education Department is appreciative of the new grant to serve students in Career Technical Education, attending Lewis-Clark State College (LCSC) and Walla Walla Community College (WWCC). The recruitment of Native American high school students and Native American adults is already underway to assist with admissions and financial aid planning for the 2022 school terms starting January, April or next August/September. An eligible student must be an enrolled member of a U.S. Federally Recognized Tribe and a resident on or near the Nez Perce Reservation.

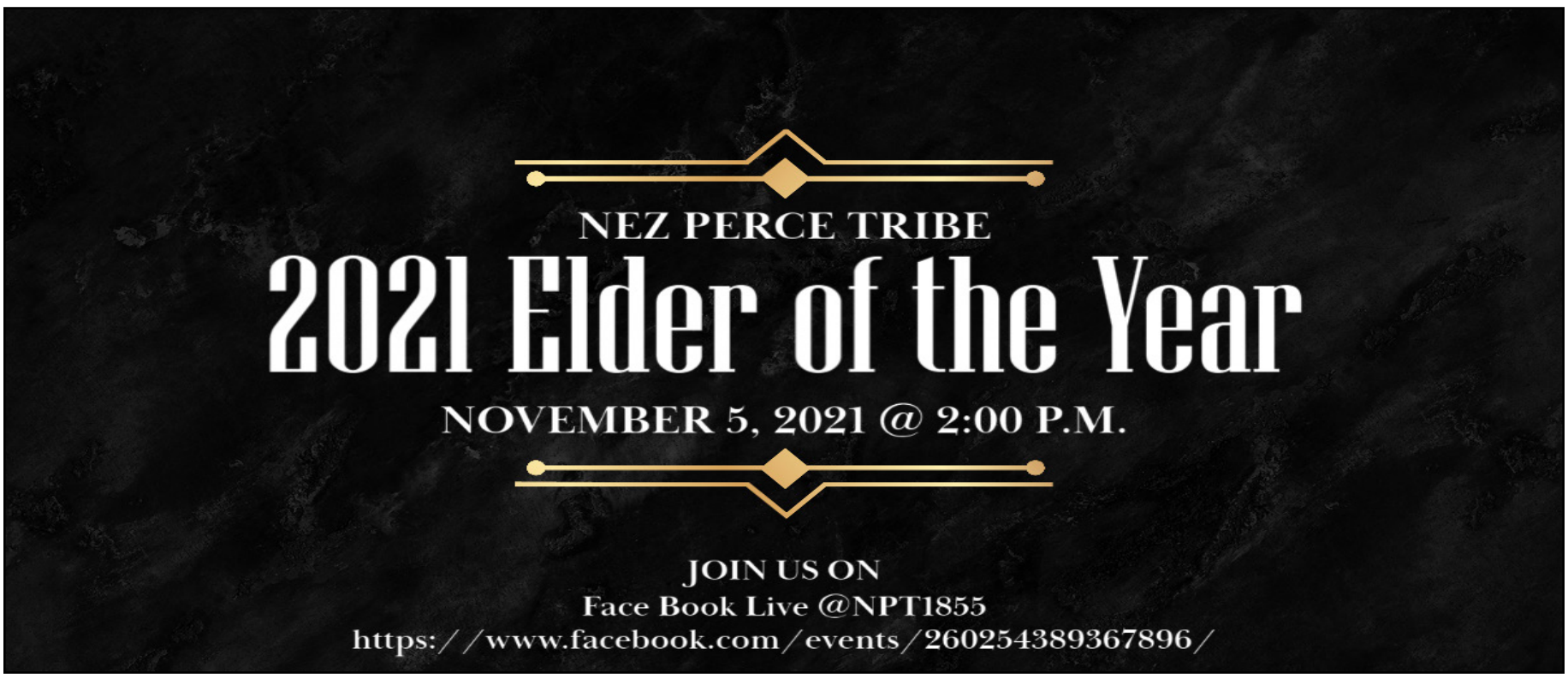
The key focus of this project is to prepare Native American students for entering job skills training for in-demand jobs with the most growth. The top two industries are identified as being in the manufacturing and health care sectors for the next eight years.

The region's manufacturing sector is projected to add over 1,000 jobs. The hardest-to-fill manufacturing jobs are skilled trades including electricians, welders, machinists and CNC operators, millwrights, industrial machinery mechanics and engineering occupations including technicians and drafters.

The region's health care sector is projected to expand rapidly, by 18 percent. No other sector has as many in-demand jobs. Those jobs include nursing, certified nurse's assistants, pharmacy and dental assistants, and radiology technician programs.

Other important industry sectors for the regional economy are natural resources, hospitality and tourism, the building trades, transportation, business and finance, and engineering.

For more information regarding Career Technical Education, please contact Kay Seven, director of the Nez Perce Tribe Career Center at 208-843-7316 or kseven@nezperce.org.



Crooked River Reborn

Tribe, federal officials near the end of a 6-year project to undo 70 years of mining damage in Clearwater tributary

Eric Barker,
Lewiston Tribune



Crooked River, a tributary to the South Fork of the Clearwater River, was heavily impacted by decades dredge mining that left behind tailings piles and what is known a tortured meander pattern with 90 degree turns. (Lewiston Tribune Photo).

ELK CITY — Crooked River has been freed from its decadeslong confinement, but it will be a few months before it can spread out and really "stretch its legs."

Come this spring, when mountains begin to shed snow, the river will swell just like it always has. But now the rushing water will be able to spill over its banks and run across its newly recontoured floodplain. Until recently the river was pinned between large tailings piles, a legacy of dredge mining, and separated from the rest of the river valley.

Some of that liberated snowmelt will sink and recharge the water table, enabling subterranean springs to seep into the river and keep it cool all summer long.

Some of it will carve side channels that provide habitat for juvenile salmon and steelhead, Pacific lamprey and amphibians like frogs, toads and Idaho giant salamanders.

Some of it will pick up dead trees and pile them in tangled log jams beneath which salmon, steelhead, cutthroat trout and bull trout will hide.

Some of it will pluck gravel from the floodplain and wash it back into the main channel where the current will sort it by size, creating spawning habitat for those fish.

And as the flood water recedes, some of it will deposit fine sediment and seeds in the floodplain. Trees like alders, cottonwoods and spruce, along with various native grasses and sedges, will flourish in the fecund soil.

Before long, the trees will be tall enough to shade the river and its side channels. Elk, moose and deer will browse on the nutritious leaves. Beavers will gnaw down some of the young trees, feasting on the bark and leaves and creating dams with the leftovers.

Legacy of destruction: Many of those natural processes haven't been possible since dredge mining that occurred between the 1930s and 1950s turned the narrow river valley upside down. The giant gold extracting machines left behind zigzagging, 20-foot-tall tailing piles that squeezed the river into an unnatural zipper-like channel known as the tortured meanders. When it did escape its banks, the water often was trapped in stagnant tailing ponds.

Over the past six or so years, the Nez Perce Tribe and Nez Perce-Clearwater National Forest have worked together to undo the devastating effects of that mining. On the lower 2 miles of the river, the tailing piles have been flattened, the ponds largely filled and a new channel created.

"We are doing this to kind of let the river be able to stretch its legs," said Jarrod Crow, project assistant for the Nez Perce Tribes Watershed Division, while pointing to the floodplain. "In the spring during the high flow, all of this should, hopefully, be inundated with high water, and we will get deposition of all these fine (sediments) that have been withheld for the last 70 years. Which is going to promote growth."

While the floodplain may look a little bare now, Crow said it won't stay that way. As evidence, he gestured downstream to a short stretch where the restoration work started earlier and the vegetation has had a two-year head start.

"You come back in two years, and it will look like that section down half a mile that is almost like a meadow right now. And with all the trees we planted, you won't recognize it."

Building nurseries: When people talk about the potential for dam breaching to unleash the salmon and steelhead productivity of the Snake River, they often cite the high quality, pristine or nearly pristine habitat found in many of its tributaries. Places like the Middle Fork of the Salmon River, the Selway River and much of the main Salmon River start in or flow through wilderness areas, and the habitat, while underused, is in excellent condition.

But there are places where it's less than ideal, where habitat projects can fix mistakes of the past. For decades, Crooked River, a tributary to the South Fork of the Clearwater, has been identified as such a place. The Bonneville Power Administration, which is seeking to offset damage done by Snake and Columbia river dams, funded the work. The Idaho Office of Species Conservation kicked in money from the state's share of the Pacific Coastal Salmon Recovery Fund, and the Forest Service contributed materials such as logs from nearby timber sales.

The $3 million project to unzip the river started in 2016 and, save for a short quarter-mile section, is largely done. Glacier Excavation out of Montana led the construction teams, which included local companies, as they first created a bypass channel — a temporary home for the river — and then flattened the tailings piles and constructed the main channel.

Last month, the river was pushed into its new path, and the bypass channel was filled. Project leaders held their breath as the water made its way downstream, following the path they created.

"When they first turned the water over, it took nine hours for the water to make its way from the top down to the bottom because it's just inundating the flood plain, soaking it in," Crow said.

Planting for the future: The work also included planting about 16,000 trees, shrubs and grasses, extensive seeding of native plants and the placement of logs, referred

Continue Reading Crooked River on Page 7

Coho Swim to Modern-Day Record

Eric Barker,
Lewiston Tribune

It's been another tough year for anadromous fish runs in the Snake and Columbia rivers, but coho are providing a glimmer of good news.

As of Thursday, 18,360 adult coho had been counted passing Lower Granite Dam on the Snake River. That is a modern-day record for the dam, surpassing the previous high mark posted in 2014. It's also pretty good for a run that was declared functionally extinct in 1985.

"I think what we are seeing now is the accumulation of about 25 years of work by the tribe," said Samuel Penney, chairman of the Nez Perce Tribe.

Coho were hit hard by overfishing and habitat destruction in the late 19th and early 20th centuries, but the big blow was the construction of the Lewiston Dam, which blocked access to spawning grounds on the Clearwater River from 1927-72.

In 1996, about a decade after coho were declared extirpated, the tribe began an effort to restore the run using hatchery stock taken from the lower Columbia River. Progress was slow but in 2014, the run surged with a return of 18,098, enough for the first tribal and nontribal fishing season in many decades.

Since then, the run — subject to conditions in the Pacific Ocean — has bounced up and down. When up, the run provides



a small harvestable surplus.

Penney noted juvenile coho face the same perils en route to the ocean as chinook, steelhead and sockeye. That includes predation from nonnative species like smallmouth bass and walleye, injury and stress from passing through turbines or fish bypass systems at eight federal dams, and delay caused by slackwater reservoirs. Wild runs of chinook, sockeye and steelhead are listed as threatened or endangered under the Endangered Species Act.

While proud of this year's record and the harvest opportunity it is providing for tribal and nontribal anglers, Penney sought to also provide perspective. Coho once thrived in the Snake River basin with an estimated annual return of about 200,000 fish.

"Overall, the run, compared to the historic runs, is extremely low," he said.

The tribe releases about 1.5 million coho smolts in places like Lapwai and Clear creeks on the Clearwater River and more recently in northeastern Oregon's Lostine River. If this year's run hits 20,000 adult returners, that will work out to a smolt-to-adult return rate of just 1.3 percent.

"We estimate we lose 50 to 70 percent of these juvenile fish as they migrate downstream to the ocean. That is a 500-mile journey over eight dams," said Penney. "We are happy we are having a record run but it's just a small portion of the overall historic run."

The tribe supports breaching the four lower Snake River dams as the best tool available to boost fish survival and ultimately recover the wild runs.

The presence of coho and fall chinook is giving anglers alternative targets in the face of another poor return of steelhead that has seen bag limits cut throughout the Snake River basin. Tribal anglers, using a combination of gill nets and hook-and-line have harvested about 600 coho this fall, said Jack Yearout, deputy director of the harvest for the tribe's Department of Fisheries Resources Management.

"I think that would probably be one of our highest (coho) harvests, if not the highest harvest," he said. "We anticipate seeing some more harvest for a few more weeks."

As of last week, sport anglers had harvested about 360 coho in the Clearwater River and 70 on the Snake River, according to surveys conducted by the Idaho Department of Fish and Game. Anglers fishing the Grande Ronde River from the Oregon/Washington state line to the Wildcat Bridge upstream of Troy, Ore., have caught a small number of cohos bound for the Lostine.

"Most of the people fishing down there are looking for steelhead and they are mostly catching coho, incidentally," said Kyle Bratcher, a biologist for the Oregon Department of Fish and Wildlife.

Some of the returning adults are being trapped for spawning at hatcheries. Others are being allowed to spawn in the wild.

"If you go to Lapwai Creek right now, you can see the fish chasing each other and splashing," said Becky Johnson, production director of the Nez Perce Tribe's Department of Fisheries Resources Management.

Crooked River Continued from Page 6

to as large woody debris, in the newly created channel. The river now gently meanders back and forth across the valley bottom. The logs will help keep the banks stable for a while. But the river eventually will chart its own course.

"We designed the channel to move over time," said Jenifer Harris, project manager for the tribe. "We are expecting it to be stable in the short term with all the large wood structures and all of the logs on the outer meander bends, but if it does move, that is what rivers do. We expect it."

Harris is keen on the potential of flood plains to create beneficial habitat. The project was designed to keep the floodplain low and give the river ample opportunity to mold the valley bottom into prime habitat for steelhead, chinook and other species.

"This is really a process-based restoration," she said. "We are just kind of resetting everything so it can start functioning again how river channels and valley bottoms should function."

The new river is more complex. It runs fast through riffles in some stretches but slows in others where sediment can fall out and create sand bars. On some turns, it can cut and scour, creating deeper pools, aided by the addition of logs.

"Before, it was all very homogenous, the same gradient through the whole thing," said Forest Service engineer Susan Graves. "So it ended up depositing the same exact size gravel and moving the exact same sized stuff. Now there is actually a variety of habitat within the channel itself, which is good."

Where rivers can interact with the floodplain there is more organic debris, more insect life and a broader diversity of aquatic organisms. Juvenile fish are able to escape high flows in the main channel. Overall, the fish are better for it.

"Those fish tend to be larger and more robust when the time comes for them to migrate to the ocean," Harris said.

Crow sees the project as building capacity into the system so it is a friendlier place for fish now but also ready should the tribe's desire to see the four lower Snake River dams breached, a long-discussed option, become a reality.

"We can only build habitat. We can't (address problems on the Snake River), there are other issues involved there," he said. "We are creating a nursery for them when they do make it back, and not just for salmon and steelhead but for lamprey and all the different species."

How to Eat Mindfully by Listening to Your Body

Tchiki Davis,
Mind & Body

Do you want to create a better relationship with food? Maybe you follow the standard recommendations for healthy eating, but they don't seem to work for you—and you're always fighting off cravings. Or maybe you're constantly distracted by technology and overwhelmed by busyness, too scattered to find pleasure in your meals.

Learning to listen to your body's reactions to food can do much more than just help you lose weight. Research suggests that mindful eating—a nonjudgmental awareness of the complete experience of eating—can contribute to weight loss, a decline in negative emotions, and a healthier relationship with food. It can also help you find a deeper connection to the foods you eat, nourishing you in ways you may never have experienced before.

Eating healthy can become both easier and more enjoyable because you are finally in sync with your body, but what is mindful eating? To get to know how your body really reacts to food, you first need to listen mindfully. This includes being aware of what's happening inside your body, inside your mind, and in the world all around you as you eat. It might involve paying attention to the entire timeline of eating: where your food comes from, how it is prepared, and how it is digested. And it might involve paying attention to the dynamic process of eating—for example, what changes occur in your body when you eat a particular food, a particular amount of food, or a food prepared in a particular way.

When you fully listen to your body's reactions to food, you pay attention not only to your five senses—taste, smell, touch, sight, sound—but also to subtler bodily sensations, emotions, and food triggers. By honing this type of awareness, you can discover how different foods impact your body, mind, and day-to-day experiences.



Fall in love with the practice of eating healthy. (Evolution Eat Photo).

You might discover that a certain food always makes you groggy and that another food energizes you. Or you might realize that you only eat a particular food when you're anxious or only overeat when you're sad. The goal is simply to listen, learn, and then take actions that better support the body's needs.

If you are able to fully embrace mindful eating—becoming aware and accepting of your relationship with food—it can become a superpower. Try these seven strategies to learn how to listen to your body.

1. Mindfully explore your food issues. Shira Lenchewski, a registered dietitian and author of the new book The Food Therapist, suggests that there are five dysfunctional habits that many of us have around food. We may have just one of them or we may have them all. These food habits are having trust issues (you just can't stop yourself from eating), being a "pleaser" (you cave in to other people's food choices), fearing the mundane (you think eating healthy would be way too boring), craving control (you beat yourself up for tiny diet "mistakes"), having a hot-and-cold pattern (you yo-yo diet and quickly go from "all in" to "all out").

By becoming aware of your food habits, you can better explore the reasons behind them and put in place strategies to change them. For example, if you're like me and you crave control, you might work on practicing self-compassion or acceptance so that you're not so hard on yourself when your diet is imperfect. If you're a pleaser, you could practice assertiveness, perhaps by requesting to meet a friend at a healthier restaurant. Or if you fear the mundane, you could get a new cookbook and learn some fun, creative ways to cook healthy meals.

2. Remove addictive foods. Paying attention to anything is harder when you're distracted. Your smartphone makes it harder to pay attention to others; your workplace stress makes it harder to pay attention to your family; and it turns out that craving addictive foods distracts your attention, too.

What you miss out on are important signals from your body. Food addictions—especially to sugar, caffeine, and alcohol but sometimes also to dairy, carbs, and chocolate—can scream louder than true hunger, nutrient deficiencies, and food intolerances. When you try to listen to your body, you may simply hear, "Candy, candy, candy, candy!"

Once you remove addictive foods, you might start to crave things you never expected. For example, when I cut out all addictive foods, I noticed an intense craving for cantaloupe, spinach, and avocado (foods all high in potassium). Being able to identify which foods my body really needed and then eating them created a truly amazing experience—the cantaloupe even gave me goosebumps!

3. Prepare for each meal by calming the body. Your body's voice won't be as reliable if you're stressed, though. Stress makes all of your digestive processes go haywire, leading your body to react poorly to everything. As a result, you may have a harder time identifying the specific foods your body wants and doesn't want. That's why calming the body before eating is so important.

To calm the body before each meal, take a few deep breaths. If you're cooking dinner, make a habit of playing calm music while you cook and breathing deeply. Or if you're picking up fast food on the way home, pause for a few deep breaths when you get out of the car. To create calm specifically around food, it can also be helpful to periodically do short, food-focused mindful meditations.

4. Pause before beginning each meal. When you sit down with your food, Dr. Jan Chozen Bays recommends that you ask yourself which types of hunger you're cur-

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rently feeling: Eye hunger: Did you see food and then want to eat? Nose hunger: Did you smell food and then want to eat? Ear hunger: Did you hear food cooking or being eaten and then want to eat? Mouth hunger: Did you taste food and then want to eat more? Stomach hunger: Did your stomach feel empty or growl and then you wanted to eat? Mind hunger: Did you realize it was a certain time of day or think that you "should" eat more of a particular kind of food and then want to eat? Emotional hunger: Did you feel sad, lonely, or anxious and then want to eat? Cellular hunger: Did you get an intuitive craving for a specific food and then want to eat?

For example, your mouth hunger might want something crunchy, or your mind hunger might need some vegetables. When you really experience and begin to understand all of your hungers, you can finally learn how to satisfy them. You may find that if you address the type of hunger you are experiencing, you'll achieve the type of fullness you seek.

5. Be mindful about each bite. To stay open to your body's signals as you eat, focus on each bite using all of your senses. Ask yourself questions to more fully experience the meal. For example, ask yourself: Is it warm or cold? Is it savory or sweet? Is it crunchy or soft? Explore even further by trying to identify the exact flavors. Ask yourself: What herbs or spices are in this food? Does the food have any added sugar or salt? What other ingredients are in the food?

Next, explore the food emotionally. By tuning in to the effects of different foods on our emotions, we may start to see ways we use food to regulate and generate certain emotions.

So ask yourself, does eating this food evoke any emotions—for example, happiness, calm, excitement, contentment, anxiety, anger, sadness, loneliness, shame, or guilt? If so, dig a little deeper and see if you can figure out why.

6. Pause sometime mid-meal. Pause after you've eaten enough food that it has reached your stomach and the digestive process has begun. During this pause, listen to your body to see if you can experience how it's receiving the food. Pay attention to things like tummy rumbling, sweating, tiredness, nasal congestion, tingling, goosebumps, or any other bodily sensations.

Next, check in on your stomach hunger. Ask yourself: Is your stomach feeling full? Does your body want to keep eating? Or are you still trying to satisfy other types of hunger? There are no right or wrong answers. Rather, aim to be more aware of what's happening inside your body so you can better understand the habits, drives, and experiences you have in relation to food.

7. Reflect mindfully at the end of your meal. Once you decide to stop eating—whether this be mid-meal, when your plate is empty, or after you've eaten several helpings and dessert (no judgment!)—take a moment to reflect on the entire experience. Start by asking yourself if each of the eight types of hunger (eye, nose, ear, mouth, stomach, mind, emotional, and cellular) have been satisfied. Make a mental note or scribble on a piece of paper the hungers that were not satisfied by this meal.

Spend an extra few minutes reflecting on each of the hungers that were not satisfied. Ask your body what it would need to satisfy each hunger. You may not get all the answers you're looking for on the first try, but once you start listening to your body regularly, you'll likely start to notice trends. And as you gather these insights, it becomes easier to eat in ways that are more satisfying and filling.

Listening to how your body reacts to food requires some effort—namely, a willingness to be aware, open, and accepting. It also takes time and attention—you probably won't play calming music before every meal, notice all the emotions you're having, or take mindful bites all the time.

With that in mind, practice mindful eating when you can and see if you can take just one insight from each mindful meal. In time, hopefully you'll discover what nourishes your mind, body, and soul.

Enabling Vs. Helping

Supporting a Loved One with Addiction

Karen Hendren, LCSW
Director, NMPH Behavioral Health

Most, if not all of us, have been touched by addiction within our circle of family and friends. It can be very difficult to set boundaries with our loved ones, however, sometimes we may cause more harm than good when we are unable to do so.

To help with the drug and alcohol crises our community, each one of us carry the responsibility of playing a role in assisting our loved ones. There is nothing worse than having that helpless feeling when we reach out for help for our loved ones and are told that there is no way to force someone into treatment and you know they will not go willingly. This can be frustrating when the responsibility is put back on the person struggling with addiction.

When a loved one is sick with addiction, our natural response is to do whatever we can to help. Sometimes this can make things worse rather than better. Of course, we have good intentions of wanting to make things easier for our suffering family member but taking on their problems and responsibilities is not helpful for anyone – this is enabling.

Signs of Enabling: Denial and/or overlooking negative behaviors. Making excuses for their behaviors by blaming outside influences and/or others for their addiction. Coming to the rescue such as paying their bills, giving them money, use of the car, etc. Constantly making the addict the priority in the family and neglecting others and self. Lying to others to cover up the behaviors of the addict. Hiding your feelings due to fear of making things worse. The belief that your loved one can overcome addiction without outside professional assistance when it is obvious, they cannot. Helping the addict to avoid legal charges when they break the law. Allowing substance use in the house or using substances yourself in front of the addict. Eventually growing resentful for constantly feeling obligated to help the addict.

Supportive Behaviors: Establish clear boundaries and communicate what they are (setting rules and sticking to them). Instead of supporting with money, loaning a car, etc., offer to help to get into a treatment facility when they are ready. Understand that once you stop enabling, the addict may get angry but if they weren't addicted, understand the anger wouldn't be there. Participate in meetings and family therapy. Recognize when you are engaging in enabling behaviors. We cannot force anyone to enter treatment and sometimes it will take an arrest or setting clear boundaries to motivate someone to reach out for help. Let us each help our loved ones get the assistance they need and support them in getting well.

8 Things You Can Do To Save Money

Your Penny Saver Writing Staff, read.yourpennysaver.com

In today's world, it's more important than ever to prepare for your financial future. One of the easiest ways to add to your nest-egg is to simply cut expenses and save more of your hard earned money. We often forget some of the golden rules to saving that our parents taught us. Here's a quick list of things you can do to save on bills in 2021. No matter your circumstance, there's something here that everyone can use like cutting down your mortgage bill, save on utilities, get more for your money at the grocery store, and even get samples of popular products.

1. For Pete's sake, quit smoking. This might make some people upset to hear, but it's time to quit smoking. Not only is it hazardous to your health, but it's costing you and your family a fortune. Smoking one pack per day costs over $2,000 per year.

There are plenty of techniques to quit smoking, but it all comes down to your dedication to cut the habit. Come up with a plan and have family and friends keep you accountable.

2. Quit buying expensive coffee drinks. Yes, we all love a tasty Starbucks latte every now and then. But buying coffee from your favorite barista everyday adds up quick.

Let's do the math... $5 per latte 5 days a week is $25 a week. That's $100 per month just for coffee! If you brew your own coffee at home, the cost is around 30 cents a cup. Now if you're all about convenience, consider a Keurig Coffeemaker. The cost per cup will go up to around 60 cents but it's still MUCH cheaper than buying from a coffee shop and is super convenient.

3. Install CFLs or LED lights where you can. New lighting technology has really come a long ways. Now although they do cost more than traditional incandescent bulbs, CFL and LED bulbs can last for years without having to replace them. You don't even need to replace every bulb in the house at once. Even swapping just your four or five most-used light bulbs can save you $45 or more a year.

CFL vs. LED: CFLs, which use a quarter of the energy of incandescent bulbs and last for years, are the next cheapest option after traditional bulbs. But they also have some drawbacks: They take a while to warm up to full brightness, and they also contain a small amount of mercury.

Meanwhile, LEDs are more expensive. However, they're getting cheaper all the time, and they are easily the best lighting option available: They light up instantly, are efficient as CFLs, produce a warm glow without getting hot to the touch, and can last for decades.



4. Cancel unused subscriptions. It's easier than ever to rack up monthly subscription bills since many products and services nowadays offer monthly plans. But the problem with those is that you sign up and forget. Or you get "cancel remorse" and keep subscriptions that you really don't use.

Meanwhile, LEDs are more expensive. However, they're getting cheaper all the time, and they are easily the best lighting option available: They light up instantly, are efficient as CFLs, produce a warm glow without getting hot to the touch, and can last for decades.

5. Make a grocery list. You ever go to the grocery store when you're hungry and find yourself checking out with way more than you intended? We call this "Hunger Shopping" and it's quite dangerous to your wallet.

Before going to get groceries, make a list of groceries that you need for the upcoming week. That way, you only buy what you're intending to use and the amount that will get thrown away from being expired is kept to a minimal.

6. Buy in bulk. This might seem like an obvious one, but we often forget how much money we waste by not buying in bulk. One of the easiest things you can do to instantly start saving money is to buy in bulk! Retailers often give a MUCH better deal on products such as paper towel, toilet paper, detergent, etc if you buy in bulk.

7. Take full advantage of your tax deductions. Owning a home can be very lucrative. Seriously, owning a home can not only give you a cheaper monthly payment than renting but in many cases, the tax benefits make the decision a no-brainer.

Here are a few of the larger deductions to be aware of: Interest you pay on your mortgage: If you own a home and don't have a mortgage greater than $750,000, you can deduct the interest you pay on the loan. This is one of the biggest benefits to owning a home versus renting–as you could get massive deductions at tax time. The limit used to be $1 million, but the Tax Cuts and Jobs Act of 2017 (TCJA) reduced the limit and made some clarifications on deducting interest from a home equity line of credit.

Property taxes: Another awesome benefit to owning a

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home is the ability to deduct your property taxes. Before TCJA, the rules were a little more flexible and you were able to deduct the entirety of your property taxes. Now things have a changed a bit. Under the new law, you can deduct up to $10,000. The deduction for state and local income taxes was combined with the deduction for state and local property taxes, too.

Tax incentives for energy-efficient upgrades: While most of the tax incentives for making energy-efficient upgrades to your home have gone away, there are still a couple worth noting. You can still claim tax deductions on solar energy–both for electric and water heating equipment, through 2021. The longer you wait, though, the less money you'll get back. Here's the percentage of equipment you can deduct, based on time of installation: Between January 1, 2017, and December 31, 2019 – 30% of the expenditures are eligible for the credit. Between January 1, 2020, and December 31, 2020 – 26%. Between January 1, 2021, and December 31, 2021 – 22%.

8. Use government rebates to get solar panels and slash your energy bills in half. There is a new policy in 2021 that qualifies homeowners who live in specific zip codes to be eligible for $1,000's of Government funding to install solar panels. Has your power company told you that? Of course not. They hope homeowners don't learn about this brilliant way to reduce your energy bill tremendously.

When homeowners check whether they qualify many are shocked that subsidies and rebates can cover a lot of the costs associated with installation so it greatly reduces the amount you'll have to pay. Many may qualify for $0 down! Soon, you could be on your way to significantly reducing your electric bill in a matter of weeks.

Homeowners are setting out to do their research and determine whether this new program lives up to its reputations. Many are reporting back on their findings, with the most exciting part being that they are now able to save $1,000s a year on their own energy bill.



"Enough Already!" Ask Dr. Per Cap

Dear Dr. Per Cap,

Every time per cap rolls around, I've got a bunch of people hitting me up for loans, favors, handouts. I help a lot of them out because I care and was raised not to be stingy. However, lately it's been really getting out of hand. My cousin is dealing with the same thing, and has loaned over $15,000 to friends who I don't think will ever pay him back. What should I do?

Everybody's Best Friend

Dear Everybody's Best Friend,

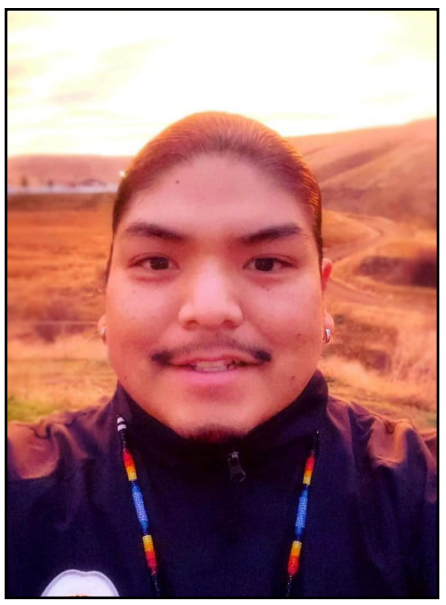
First off, it's really cool that you've got such a generous heart and want to share your wealth with others. Don't ever lose that good-natured spirit. That said there's got to be a limit to your generosity or you'll wind up like your cousin who's burning through his a-de-la (that's a Cherokee word for money) quicker than Kim Kardashian goes through husbands. What was that last guy's name again?

But seriously, the issue here is that you just don't know how to tell people "No." So you know what? Don't! Yep, don't say no to people, and have someone else do it for you. I had a chance to listen to a pro football player a few months ago talk to a group of Native youth who were all bout to receive a large minor's trust payment. He's in a similar boat, being a young athlete with loads of cash and all, and he actually commented on this very same issue. His solution has been to direct all requests for loans and financial favors to his mother. That way when somebody comes asking for help with a down payment on a new car, he tells them: "Hey sorry, but my mother handles all my money. You'll have to ask her." This way he doesn't feel guilty about telling people no, and guess what? Turns out folks are a lot less comfortable asking his mom for money than they were asking him, so the requests have really dropped off too.

My advice is to find a person who you can trust to handle all of those requests for money in the same way the baller's mom handles his. A mature and responsible relative is probably your best bet, but for gosh sakes don't ask your cousin!

Ask Dr. Per Cap is a program funded by First Nations Development Institute with assistance from the FINRA Investor Education Foundation.
This content does not constitute professional and/or financial advice, and Dr. Per Cap is not a licensed investment advisor.
To send a question to Dr. Per Cap, email askdrpercap@firstnations.org.

Andrew Phillip Broncheau, 37, Lapwai, ID



Andrew Phillip Broncheau of Lapwai, Idaho, passed away on October 14, 2021 in Lapwai.

Andrew was born on January 31, 1983 to Noreen S. Allen Broncheau and Frank Broncheau Sr. in Lewiston, Idaho. He went to school at Lapwai Jr./Sr. High School where he loved to play football. Andrew finished his GED at Lewis-Clark State College in 2006.

Andrew enjoyed traveling to gatherings and pow wows to sing, dance, and watch his nieces and nephews do the same. Andrew was a singer since he could pick up a drumstick and fell in love with singing and chose to pursue his passions; continuing to sing and travel to gatherings around the US and Canada to share his love with others. One of his most beloved memories being when he traveled with the Southern Cree singers of Rocky Boy. Andrew's time traveling with them taught him a lot, leading to a lifelong friendship with his new brothers. Through his enthusiasm and love for singing he was asked to be a head drum judge in 2019 at the Kyi-Yo pow wow; a pow wow he has been traveling to and attending since the 1990's. He loved to joke around with friends and family; terrorizing his loved ones brought him joy and let the ones closest to him know how much he cared for them.

Andrew was a father to five sons; Anthony Cree of Bonners Ferry, Idaho, Austin, Angel, Alden, and Aaron (RIP) Broncheau, all of Lapwai, Idaho. He liked to watch his boys play football and basketball.

Andrew was a hard worker and dedicated his time to his tribe; starting at the Nez Perce Tribe at the tribal Housing Authority and continued to work his way to the Clearwater Casino as one of the lead security officers.

Drew is preceded in death by mother Noreen Allen-Broncheau, brother Albert Broncheau, and son Aaron Broncheau. Drew is survived by father Frank Broncheau Sr., sister Lillian Allen-Snipe (Ben Snipe), Esther Broncheau (Gideon Standing Rock), Frank Broncheau Jr. (Chenoah Broncheau), Elizabeth Broncheau-Tewawina (Robert Tewawina), Charlene Broncheau (David Sagebark), Becca and Trish (adopted sisters), sons; Anthony, Austin, Angel, and Alden, many nieces and nephews, and all his close friends.

Due to COVID, there was no viewing; arrangements were set for Tuesday, October 19 at 7:00 p.m. non-denominational memorial service at the Pineewaus Community Center. On Wednesday October 20 at 8:00 a.m. one set of 7 walusut songs with spreading of ashes, burial of the Urn, handshake, crying ceremony and dinner. Please adhere to the COVID Protocols Masks required, social distance and sanitize.

Constance J. "Muzz" Watters, 89, Lapwai, ID



"Talk to Jesus!" Words often spoken by Constance J. "Muzz" Watters, 89, our beloved Nez Perce elder and sister in Christ. She was a good and faithful servant to her God, her family and her people, who completed her extraordinary journey on earth Tuesday, Oct. 19, 2021, at her family home.

She was born Oct. 31, 1931, in Lewiston, to Titus White and Jane Spencer. She spent many years growing up on the Penney ranch on the Clearwater River. As a child, her grandmother found her on the porch talking, laughing and playing with a rattlesnake. This is a good anecdote to represent her life of courage and purpose.

Connie also lived for many years with her aunt Beth Miles in Hollywood. She graduated with a high school diploma from the Sherman Institute in Riverside, Calif. Starting as a teenager, Connie could dance women's traditional style and then change to enter the men's fast and fancy bustle contests. She often could finish better than accomplished male dancers.

On Oct. 11, 1963, she married Irvin Watters in Wallowa, Ore. They welcomed their children, Irvin Curtis Jr. in 1966, Israel Conley in 1967, Candace Rose Ann in 1969, and Ollicutt Joseph "O.J." in 1970. Connie was also a "mom aunt" and foster parent to numerous children.

They made their home in Sweetwater for many years before they moved to the current house on Goldner Road in Lapwai. There was always much laughter and activity in their life. Everyone enjoyed being with their family so their home was often filled with extended family and friends. They had horses for the kids to ride and they shared their cultural knowledge with anyone who wanted to learn.

Connie was a trailblazer and advocate for higher education for her tribe and community. She first attended Bacone Junior College in Oklahoma, where she received her Associates degree in fine arts in 1954. The same year, she and her sister Freida "Torchy" traveled with the Bacone Choir to perform at Madison Square Garden and on the Ed Sullivan show. Their family didn't own TVs so had to watch at a neighbor's house or a hotel.

She also briefly studied physical education at the Oklahoma College for Women. After working for two decades, and while still raising her young children, she went on to receive her Bachelor of Science degree from Lewis-Clark State College in 1977. She still had more education goals to reach. In 1991, at age 60 years old, she graduated with her Masters of Public Health at the University of Hawaii at Manoa.

In 1956, she had the distinction of being the first employee of the Nez Perce Tribe when she served as the clerk/stenographer for the Nez Perce Tribal Executive Committee (NPTEC). She was proud to provide NPTEC staff support and oversee high school senior student interns from September 1956 to May 1977.

She then served a one-term on NPTEC as the vice-chairman (1977-78) and secretary (1978-80). During her time on NPTEC, she was on the Budget and Finance, Enrollment, and Health and Education sub-committees. She presented written and oral testimony before the Congressional Appropriations Committee in Washington, D.C., on the need for a new health clinic and on other issues confronting the Nez Perce people.

Her education and career demonstrated that Connie was focused on improving the health and well-being of

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Joseph "Joe Buck" Higheagle, 71, Lapwai, ID



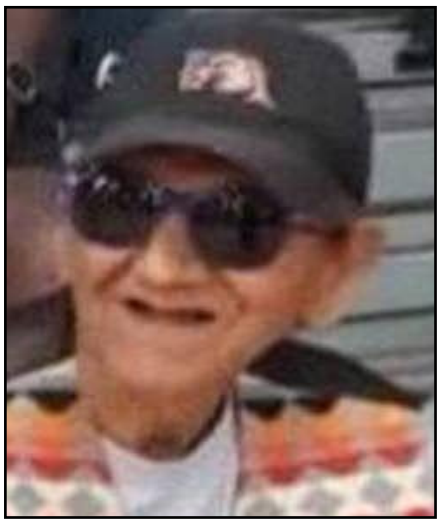
Joseph (Joe Buck) Higheagle of Lapwai passed away Thursday, Oct. 14, 2021, at his family home in Lapwai. He was 71.

He was born August 22, 1950, in Sweetwater to Mary Rose Higheagle. He went to Riverside Boarding School in Anadarko, Okla. He later returned to his homeland in Lapwai where he met Trudy Lawrence (Perrigo) and had Marjorie Lawrence. He then met and married Ida Ann Wheeler, then later divorced. He moved to Pendleton, Oregon, where he met InaMae Patrick and had three children, Ricky Sly, Joseph Jr. and Suevina Higheagle of Pendleton. Joe moved back home to Lapwai, where he later met his life partner and companion, Rhonda Greene. She was at his side until his death.

Joe was a drummer, stick game player and traveled the powwow circuit throughout the country, which took him near and far.

He is survived by his partner, Rhonda Greene of Lapwai; brothers, Raymond Scott, Vincent Taylor of Lapwai and Phillip Higheagle of Plummer; sister, Delores (Sam) Pablo of Lapwai; sons, Rick Sly and Joseph Jr. of Pendleton, Oregon; daughters, Suevina Higheagle of Portland and Marjorie Lawrence of Lapwai; 14 grandchildren; and numerous nieces and nephews.

Dressing took place at 1:00 p.m. Monday, October 18, 2021, with Walusat Services followed at the Nez Perce Longhouse in Lapwai. Sunrise Burial will took place Tuesday, October 19, 2021, at Jonas Cemetery in Sweetwater. Due to the pandemic, the family requested those in attendance wore a mask.



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tribal people. While on NPTEC, she chaired the Northern Idaho Indian Health Board that served the Coeur d'Alene, Kootenai, and Nez Perce tribes and also was the vice-chairman for the Portland, Ore., Area Indian Health Board.

In 1980-86, she administered four tribal contract health programs and provided technical assistance to the state of Idaho's Family Planning and Women, Infant, and Children (WIC) programs. She also focused on community service projects. In 1987-88, she educated tribal workers and community members on the health effects of nuclear waste and its impact on the environment including vegetation and fauna.

Connie piloted a feasibility study for the Nez Perce Tribe to contract Indian Health Services under P.L. 93-638 in 1990-91. She worked with many consultants and community members to facilitate the process for the Nez Perce to finalize self-management of tribal health care services. In 1992, she enrolled in the Advanced School of Alcohol and Drugs at Rutgers University.

During her years living in Hawaii to attend graduate school, she also worked for the American Indian Services Corporation and Hawaii State Department of Health in 1991-92. She gained more experience facilitating preventive and community health workshops, case management and health promotion materials research.

She then worked at the Hanford Nuclear site in Richland for nine years (1992-2001) to promote and protect staff and public safety and health.

Her final years of service to the Nez Perce Tribe were completed with the tribal Gaming Commission (2003), Nimiipuu Health Board, and as the tribal Social Services Department Manager (2004-10) where she provided oversight for eight programs that served families, senior citizens, and children. Overall, she dedicated almost 40 years of direct service to the Nez Perce people.

Connie was the matriarch of her family. They describe her as the kindest and most caring woman they know. She always put other people before herself. If anyone asked her for help, she would say an immediate "yes" before knowing what was being asked.

Her grandson Sky Conley Watters remembers having breakfast every weekend with his Grandma Muzz and dad Israel as the highlight of his week. He doesn't remember seeing his Grandma in a bad mood but thinks of her always having a smile and a contagious laugh. She had a tremendous capacity to love everyone in her life and make them feel like they were the most important person to her.

She is survived by her grandsons, Sky Conley Watters, of Lewiston, Henry Luton, of Winchester, and Doug Luton, of Yakima; granddaughter Anetra Luton, of Yakima; sister Leota "Chun" Five Thunders, of Tacoma; White family cousins Bernice Moffett, of Kamiah, Florene Davis and Karole White, of Lapwai; Spencer/Miles family cousins Rosa Yearout and Jim Spencer, of Lapwai, Mary Jane "Ett" Miles, of Culdesac; and many nieces, nephews, grandchildren, great-grandchildren, and other close relatives and lifelong friends.

She was preceded in death by her parents, Titus White and Jane Spencer; her husband Irvin Watters; her sons Curtis, Israel and O.J. Watters; her daughter Candace Watters-Smith; her sisters Freida "Torchy" Domebo, Carlotta "Bunty" White, and Carla "Badge" Williams Rios; brother Spencer "Weed" Williams; and granddaughter Eva Luton.

Her memorial service will be held at 6 p.m. today at the Pi-Nee-Waus Community Center in Lapwai. Rev. Mary Jane Miles, of Kamiah, will facilitate.

Her funeral service will at 10 a.m. Friday at the Pi-Nee-Waus. Pastor Antonio Smith of the NAME Outreach will be the celebrant.

Malcom's Brower-Wann Funeral Home in Lewiston is in charge of arrangements.



Traditional Basket Weaving Class

Culture is Prevention. Traditional basket weaving with Leanne Campbell. For 9 to 15 year olds with an adult. At the Clearwater River Casino on Saturday, November 20, 2021. 9:00 a.m. to 5:00 p.m.

This basketry basics workshop is a full day, hands-on workshop. Participants will learn the fundamentals of the art of Columbia Plateau Basketry called twinning to create a round root bag also known as a "Sally Bag". The finished basket measures 4" tall with a 3" diameter. All supplies provided and healthy snacks will be offered.

To register, please contact Danielle Scott via email at dnscott@uidaho.edu or call/text 208-791-4807.

Behavorial Health Announcement

Ha'aayat Group
Women's Support Group addressing:
Historical Trauma, Adoption & Relocation, Boarding school residents (past and present), Mental Health Support
Every Thursday, 5:00 - 7:00 p.m. Nimiipuu Behavioral Health
Contact Myra at myrac@nimiipuu.org (208)843-7244 Ext. 2907

Boys & Girls Club Announcement

The Nez Perce Tribal Executive Committee is accepting letters of interest for two three-year appointments and one two-year appointment to the Boys & Girls Clubs of the Nez Perce Tribe (BGCNPT), Board of Directors.

Applicants must be at least 18 years of age with experience working with youth, fundraising, budget management, and possess a working knowledge of grant and donation requirements. Applicants must be residents of the Nez Perce Reservation or adjacent communities. Ideal board directors represent a wide spectrum of industries and local interests, and as directors, these volunteers are charged with the responsibility of assuring the integrity of the BGCNPT by overseeing financial, structural and policy recommendations that guide the organization. In addition, the Board of Directors helps build a network of like-minded community members and organizations that can help the BGCNPT achieve its mission.

Submit letters of interest to Marie Baheza, Executive Assistant, in the NPTEC Support Office no later than November 5, 2021. Letters may be submitted in person or by email to nptec@nezperce.org.

Nez Perce Tribe Vocational Rehabilitation Services Announcement

The Nez Perce Tribe is returning back to Stage 3 of Idaho Rebounds. With that being said, our Nez Perce Tribe Vocational Rehabilitation Services (NPTVRS), is offering you the current update.

NPTVRS current reminders:
• NPTVRS will continue to provide services by walk-ins, scheduled appointments and phone calls.
• We still require that you have your temperature checked and wear your mask when entering our NPTVRS office.
• We are still providing gloves and masks for your appointment.
• We also offer an orientation of our NPTVRS program for anyone who thinks they are interested and qualifies for our program, including transition students who are Juniors and Seniors in high school.

NPTVRS news stories:
• During the month of September our NPTVRS staff has completed the World of Work Inc. (WOWI) training level 3 with Dr. Niedhart from Arizona. Dr. Niedhart is the owner of the WOWI program and he assists many other tribes throughout the United States with implementing his WOWI system to better help anyone identify and achieve their career goals. Dr. Niedhart was able to help our NPTVRS staff complete the 2-day training in person, and our staff is greatly appreciative of the experience and knowledge gained.
• Our NPTVRS program will hold our quarterly Advisory Board committee meeting during this month on Friday, October 22nd, 2021.
• Our NPTVRS program currently has five brand new CPU'S for our training center. The CPUs are installed with the newest tools of Microsoft office and we encourage those who are participants in the program to stop by and use them to develop resumes, letters and job applications.
• Our NPTVRS program also has openings for any eligible NPTVRS participant who is interested in completing their 16-week apprenticeship carpentry training at the TERO Vocational Training Center that's located in Tulalip, WA. If anyone who meets our NPTVRS qualifications and is interested in the 16-week apprenticeship, please feel free to contact us.
• Our NPTVRS program is still offering efficient assistance to those who qualify for our program with a diagnosed disability that want to sign up for labor work such as flagging, welding, truck driving, solar panels, the 9 pieces of equipment training, and much more within construction work. Our program also offers assistance in other work areas as well. For example, Massage Therapy and Vo-Tech school for those who are interested in that type of employment/workforce trainings. Another area of interest our program offers help in is medical coding and office support development skills through LCSC workforce trainings.
• We also keep close tabs on the recent job openings located within the Lewis-Clark Valley. The NPTVRS program encourages any participant who is currently enrolled in the program to stop by and we can help assist with employment opportunities.
• Our NPTVRS program is freshly into our new fiscal year while in the month of October, and our program seeks your recommendation on cultural activities that we can include for the new fiscal year moving forward.

NPTVRS contact info:
• Our new office location is at 271 B, St Lapwai, ID in the Nez Perce Tribe Education building. Please use the Voc. Rehab main entrance, which is located on the side of the building near the softball field.
• 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. We consistently update our page with important and helpful information for the community, therefore swing on by and give our page a follow, we greatly appreciate the continued support.
• Our NPTVRS program also has our brand-new online Survey Monkey available for the community as well. Please follow the link at https://www.surveymonkey.com/r/3X6XVTX. We would really appreciate your feedback.
• Our NPTVRS office hours are Monday-Friday 8:00 am to 4:30 pm and our staff will be happy to assist you.

Certified Indian Businesses

Boss Heating & Air Conditioning, LLC
Phone: 208-743-9484
Email: oscar@bossheatingandac.com
Chantelle Souther, Realtor
Phone: 208-935-0043
Email: chantellesouther81@gmail.com
D-Flagging & Traffic Control LLC
Phone: 208-451-4915
Email: dianalwarden@msn.com
D-3 Native Wood Works, LLC
Phone: 509-547-0349
Email: braddr@hotmail.com
Falcon Construction
Phone: 208-791 3882 / 208-843-2341
Email: montie.phillips@yahoo.com
Hipeexnu kii U Nuun Wisiix, Inc.
Phone: 208-816-6552
Email: www.hipeexnu.org
Intertribal Terrestrial Services, LLC
Phone: 208-791-6552
Email: its.teressa@nezpercesystems.com
Jason Hendren
Phone: 208-413-1831
Email: jasonh@gmail.com
J. Marek Construction
Phone: 208-791-9056
Kamiakin Systems Integration
Phone: 509-494-4474
L & R General Contracting
Phone: 208-848-6828/208-790-8948
Email: levijholt@gmail.com
MB Plumbing
Phone: 509-751-6018
McFarland Enterprises
Phone: 208-843-2353/208-816-2657
Email: michaelmcfarland566@gmail.com
Nez Perce Tourism, LLC
Phone: 208-790-8873
Web Site: nezpercetourism.com
Tiny Tots Learning Center
Phone: 208-935-8587
Tribal Headway Construction LLC
Phone: 208-935-8959
Tribal Risk and Insurance Solutions
Phone: 800-274-1379
Web Site: www.trisllc.com
Verge
Phone: 208-790-0022
Email: onthevergesince1855.com
White Shield, Inc.
Phone: 509-547-0100
Email: sfricke@whiteshield.com
WW Transport LLC.
Phone: 208-962-5926

Nez Perce Tribal Directory, Updated October 2021

Appaloosa Express Transit 208-621-4691
Bio-Control 208-843-9374, Fax 843-9373
Career Center Lapwai 208-843-7316, Fax 843-7387
Child Protection Services 208-843-7302, Fax 843-9401
Child Support Enforcement 208-843-7362, Fax 843-7388
Clearwater River Casino 208-746-0723, Fax 746-5715
Commodity Foods Kamiah 208-935-4115, Fax 935-4125
Commodity Foods Lapwai 208-843-7305, Fax 843-7401
Communications 208-621-4808
Conservation Enforcement 208-843-7143, Fax 208-843-7148
Construction Office 208-621-4871
Court Kamiah 208-935-2525
Cultural Language Lapwai 208-843-7402, Fax 843-7308
Cultural Language Kamiah/Orofino 208-935-2525
Cultural Resources 208-843-7313, Fax 843-7419
Day Labor Program 208-621-3673
Distance Learning Center Kamiah 208-935-4106, Fax 935-4126
Distance Learning Center Lapwai 208-843-7336
Dworshak Fish Hatchery 208-476-4591, Fax 476-3252
Economic Development 208-621-3710
Education Department 208-621-4610
Enrollment Clerk 208-621-3678
Enterprise Executive Office 208-843-7407, Fax 743-3291
ERWM 208-843-7375, Fax 843-7378
Executive Direction 208-843-7324, Fax 843-7343
Finance 208-843-7317, Fax 208-843-7319
Financial Assistance 208-621-4665
Fire Management 208-843-2827, Fax 843-2834
Fish & Wildlife Commission 208-843-9376, Fax 843-7381
Fisheries Administration 208-843-7320
Fisheries Enforcement 208-843-7143, Fax 843-7148
Forestry 208-843-7328, Fax 843-7329
Gaming Commission 208-621-2254, Fax 743-3291
Harvest Division 208-621-4634, Fax 208-843-7322
Housekeeping Lapwai 208-843-7415, Fax 843-7379
Housekeeping Kamiah 208-621-3628
Human Resources 208-843-7332, Fax 208-843-7414
Information Systems 208-843-7307, Fax 843-7309
It'se Ye-Ye Casino 208-935-7955
Joseph Fisheries Field Office 541-432-2500
Judicial Services 208-843-7338, Fax 843-7337
Kooskia Fish Hatchery 208-926-4272, Fax 926-4574
KIYE 88.7 & 105.5 FM Office: 208-935-9142, Toll Free: 877-304-4320
Land Services 208-843-7392, Fax 843-7391
Lapwai Boys & Girls Club 208-843-9371, Fax 843-9370
Law and Justice Department 208-843-7338, Fax 843-7337
Maintenance Lapwai 208-843-7405, Fax 843-7379
Maintenance Kamiah 208-621-3639
Mamáy'asnim Hitéemenwees Kamiah 208-935-2888, Fax 935-2882
Mamáy'asnim Hitéemenwees Lapwai 208-843-7330, Fax 843-7383
McCall Fisheries Field Office 208-634-5290
Natural Resources 208-843-7400, Fax 843-7418
Nez Perce Camas Express 208-924-6992
Nez Perce County Dispatch 208-799-3131
Nez Perce Express 208-746-6225
Nez Perce Tribal Hatchery 208-621-3508
Nez Perce Tribe National Historical Park 208-843-7001, Fax 843-7003
Nimiipuu Community Development Fund 208-621-3729, Fax 621-3748
Nimiipuu Health Kamiah 208-935-0733, Fax 935-1005
Nimiipuu Health Lapwai 208-843-2253
NMPH Community Health 208-843-9375
NMPH Behavioral Health 208-843-7244
NMPH Human Resources 208-621-4950
NMPH Optometry 208-621-4965
NMPH Patient Advocate 208-621-5009
NMPH Pharmacy 208-621-4963
NPT Housing Kamiah 208-935-2144, Fax 935-5167
NPT Housing Lapwai 208-843-2229, Fax 843-2973
NPT Transportation Program 208-621-3682
NPTEC 208-843-7342 Fax 843-7354
NPTEC Support Staff 843-2253 Fax 843-7354
Office of Legal Council 208-843-7355, Fax 843-7377
Orofino Fisheries Field Office 208-476-7417
Páyniwaas Café 208-790-6358
Páyniwaas Center 208-843-7360, Fax 843-7354
Probation 208-621-3518
Production Division 208-621-4634, Fax 208-843-2351
Prosecutor 208-843-7361, Fax 843-5083
Qemes Cafe (Kamiah) 208-935-7873
Red Wolf Golf Club 509-758-2547
Research Division 208-621-3556
Senior Citizens 208-843-7311, Fax 843-7410
Social Services 208-843-2463, Fax 843-7364
Students For Success Kamiah 208-935-4109, Fax 935-4120
Students For Success Lapwai 208-843-7303, Fax 843-7387
TANF 208-843-2464, Fax 843-7137
TERO Kamiah 208-935-4703, Fax 935-4120
TERO Lapwai 208-843-7363, Fax 843-7365
Tewéepuu Center 208-476-7407, Fax 476-5578
Tribal Police Law Enforcement Kamiah 208-935-4107, Fax 935-7897
Tribal Police Law Enforcement Lapwai 208-843-7141, Fax 843-5337
U of I Extension 208-791-4087
Úuyit Kimti (New Beginnings) 208-621-4778
Veterans Program 208-621-4738
Vocational Rehabilitation Kamiah 208-621-4817, Fax 935-0540
Vocational Rehabilitation Lapwai 208-843-9395, Fax 843-9396
Water Resources 208-843-7368, Fax 843-7371
Watershed Division 208-621-3525, Fax 843-9192
Wéeyes Center 208-935-2525, Fax 935-4100
Wildlife-Lapwai 208-843-2162, Fax 843-2427
Wireless Department 208-621-3590
Zims Hot Springs 208-347-2686

Clearwater River CASINO & LODGE

SUNDAY - THURSDAY 8am-12am
FRIDAY - SATURDAY 8am-2am
crcasino.com

THURSDAY NOVEMBER 11TH

VETERANS DAY Giveaway

Honor this Veterans Day by joining in on cash drawings all day long!
Earn reward points by playing your favorite video gaming machines, then visit the Player's Club Desk to redeem 100 points for each ticket entry.

TEN DRAWINGS | 12PM – 9PM
$500 EACH!

EIGHT DRAWINGS | 12PM – 7PM
$250 EACH!

HOMETOWN HEROES Giveaway

VETERANS ONLY – FREE ENTRY

TEN DRAWINGS | 11:30AM – 8:30PM
$300 EACH!

FIVE DRAWINGS | 11:30AM – 3:30PM
$100 EACH!

THANK YOU VETERANS

*Each Veteran must be a Player's Club Member, Military ID not required. Active play is not required during the time of the drawing. Must be present to win. Veterans are still eligible to participate in the Veterans Day Giveaway Drawings.

play all day!
IT'SE-YE-YE CASINO

SUNDAY - THURSDAY 9am-10pm
FRIDAY - SATURDAY 9am-12am
crcasino.com