

‘According to Coyote’ Features Nez Perce Actor Kellen Lewis and Took to the Pavilion Stage for Indigenous People’s Day

By Stephanie Hammett,
The Spokesman-Review

John Kauffman, a Nez Perce actor and playwright, wrote a one-man show called “According to Coyote,” which shared stories of the trickster of Native American mythology, and toured it throughout the Northwest and Hawaii until his death in 1990.

Decades later, the show still holds a special place in director Josephine Keefe’s heart. Kauffman’s niece, Keefe grew up watching recordings of her uncle’s play on repeat. Although Kauffman performed many of his original pieces in the region, “According to Coyote” premiered at Washington, D.C.’s Kennedy Center for the Performing Arts in 1987.

“I was a young girl at the time, but I remember one of my earliest childhood memories being that I’m sitting in front of a television, an old television with a VHS recording of the performance of ‘According to Coyote’ at the Kennedy Center, and my uncle, kind of dancing and moving in and out of this light on the stage,” she said. “It was very grainy, not the high resolution that you would have today – but I remember being just transfixed by it.

“The story of Coyote – the performance as-



Nez Perce actor Kellen Lewis as the title character in “According to Coyote.”
(Spokesman-Review Photo)

pect of this one man show had a profound effect on me.”

Directing the show has always been a desire for Keefe. It was just a question of finding the right team. With help from the Spokane Ensemble Theatre, Red Eagle Soaring and the One Heart Native Arts and Film Festival, that desire is coming true on Monday, in conjunction with Indigenous Peoples’ Day.

Another big part was finding “Coyote.”

And Nez Perce actor Kellen Trenal Lewis, who recently appeared in “Reservation

Dogs,” was the one for the job.

“Kellen was the first person that I thought of for this role,” Keefe said, mentioning both his cultural background and knowledge of the material as well as his extensive dance training.

“He understood what was ahead of him with this piece of text ... and you have to have a performer who has the stamina, the strength and the ability to be the dancer, the performer, at times the singer. It really requires someone who can embody multiple genres of art within this one performance.”

Lewis has enjoyed diving into the role.

“It’s been a great journey so far,” Lewis said. “Being able to get a deeper understanding and a means of connection, as well as our shared connection to the different legends and texts that come

through in these Coyote tales.”

Through long form narration, Lewis takes on the role of Coyote and several other supporting characters as he brings a series of adventures to life on stage.

“It’s really an anthology, a collection of some of the most cherished Coyote stories for plateau tribes,” Keefe said. “Stories that Kellen and I each grew up with.

“There’s a number of people who will recognize these stories from outside the text ... but as it stands, ‘According to Coyote’ follows the life of this trickster hero.”

He may not always act with others’ interest in mind or have the best intentions.

“But all audiences learn from both his successes and his mistakes,” Keefe said.

If all goes well, following in Kauffman’s footsteps, Keefe and producer Juan Mas hope to take the show on tour.

Fun for the whole family, the hour-long show is “an encounter with the richness and vitality of Native American culture using age-old traditions of music, dance, and theatre,” Mas explained in an email. It will “highlight the cultural importance of passing down stories to future generations as well as the origin story of the Nez Perce tribe.”

The show will run for two free premiere performances on Indigenous People’s Day at the Riverfront Pavilion. A paid performance was held at the Northwest Museum of Arts and Culture on Oct. 16. Donations benefited the Salish School of Spokane.

Nimiipuu Tribal Tribune Ending

To the faithful readers of the Nimiipuu Tribal Tribune: At the end of the 2022 calendar year, the Nimiipuu Tribal Tribune will transition into a solely online outlet titled Nimiipuu Tribal News and will be accessible on all major media platforms.

With printing costs continuing to rise and the decline of hard copy subscribers it is in the best interest of the Tribe to make the switch to electronic news. This will allow for more timely news, the ability to cover more content and for other medium options such as video. With this transition we will also start producing a quarterly hardcopy newsletter that will be mailed to all enrolled tribal members 18 and older.

With this transition, the majority of the tribal membership will have the opportunity to stay up to date with important announcements, news, activities and events

in the most effective manner. The Nez Perce Tribe Communications Department will be collaborating closely and with tribal entities, departments and programs to ensure the most accurate and timely information is being distributed. In the event we cannot post flyers at local community buildings and businesses, we strongly encourage friends and family members to reciprocate important information to those who do not have social media.

We feel extremely fortunate to have worked for such a long period of time in the age of hard copy newspapers with great support from local and surrounding readers. Although change can be uncertain, we are excited and look forward to starting this next phase as a major media outlet for all Tribal Nations to follow and refer to.

We are no longer accepting subscriptions to the Nimiipuu Tribal Tribune and

will not be working with advertisers after 2022. Readers will be notified closer to the end of the 2022 calendar year with a courtesy reminder note sent in the mail and posted online. Once the Nimiipuu Tribal Tribune ends, hard copies of the newspaper cannot be reprinted. Hard copies of past issues will only be available until that issue has run out. Archives will remain, and can be accessed on the Nez Perce Tribe website and can be printed from a regular computer and printer.

If you should have any questions please do not hesitate to speak with Chantal Ellenwood, Nimiipuu Tribal Tribune Publisher & Marketing Specialist or Kayeloni Scott, Nez Perce Tribe Communications Manager.

Volume 4, Issue 24, released December 21, 2022, will be the last Nimiipuu Tribal Tribune. We would like to send out a huge thank you

to all the families and departments, past and present that have supported and continue to support the Nimiipuu Tribal Tribune and the Nimiipuu Tribal News. It has been an honor building relationships with our readers and getting to know our communities over the last several years. We look forward to continuing to serve you in this new capacity.

For more information, contact Chantal Ellenwood, Nimiipuu Tribal Tribune Publisher at 208-621-4807, chantale@nezperce.org or Kayeloni Scott, Communications Manager at 208-621-4772, kayelonis@nezperce.org
communications@nezperce.org
View Nimiipuu Tribal Tribune archives at <https://nezperce.org/nimiipuu-tribe-al-tribune-archive/>
View the Nez Perce Tribe Facebook page at <https://www.facebook.com/NPT1855>

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.

Due to the rising cost of printing and in effort to be more environmentally friendly, we have decided to cancel hard copy subscriptions.

Hard copies will no longer be available.

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



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NIMIIPUUTMTKI

THE PEOPLE'S LANGUAGE

October | Hóopl'al
"Season when kimíle (larch/tamarack) shed needles"

Pumpkin	sep̄xuleke'í
Black Cat	pícpic cimúux cimux
Broom Stick	cáa pc̄xilayka's
Monster	'ilcwéewcix
Spider	̄xel̄xelúuye
Spider Web	̄xel̄xelúuye teqé's
Bones	píips

62nd Annual Lapwai Camp Meeting



By Solo Greene

The 62nd Annual Lapwai Camp Meeting, which was held from Thursday, September 1 to Sunday, September 4, 2022, at the Lapwai Camp Meeting Grounds on Garden Gulch Road just south of Lapwai, was amazing.

On Sunday, August 28, 2022, we put up the tent for the 62nd Annual Lapwai Camp Meeting. We had visitors from Idaho, Washington, Oregon, Montana and Nevada, as well as, Canada, and we had a full house. We had services from Thursday, September 1, 2022, to Sunday, September 4, 2022.

Besides an awesome line-up of ministers for the camp meeting, we had amazing Praise & Worship teams which lead us into having awesome services. The praise & worship members were Francis Enick, Antonio Smith, Ron Iukes, Felix Williams, Oscar Harris, Cordell Bird, Troy Garcia, Kaaga Elisha Fallsdown, Queenie Wadhams, Francine Ikes, Phillip Foulton, David Melendrez, Angel Enick. The Greene Family and the Lapwai Camp Meeting Committee was also able to provide meals for the camp meeting.

On Monday, Septem-

ber 5, 2022, we were able to takedown the tent and return the equipment, sound system, chairs, stage, and everything needed for the camp meeting.

Solo Greene, the Lapwai Camp Meeting Committee President, said, "We had awesome services and an amazing time! I would like to thank ALL the sponsors and volunteers. There are so many people that make this possible. The Nez Perce Tribe, my family, N.A.M.E. Outreach Church, Nez Perce Express, Nez Perce Tribe's Water Resource Program, Freedom

Northwest Credit Union, the ministers, praise & worship, and of course, all the visitors."

In closing, Solo said, "It takes a lot of hard work to do something like this. I coordinate a lot of different programs, projects, and activities as an educator, but this is different. Prayer, praise, and worship are a BIG part of the preparation process, as well as, fasting. I would like to specifically thank Pastor Antonio Smith for his covering and all the "Prayer Warriors" who helped press in and pave the way. Thank you, thank you, thank you!"

Direct Contact Support Cost Settlement

In 2016 the Nez Perce Tribe received a settlement from Indian Health Service to reimburse the Tribe for Direct Contract Support Costs. The Nez Perce Tribal Executive Committee (NPTEC) created an endowment fund for Nimiipuu Health and gave clear direction what the funds were to be used for. Nimiipuu Health could use the funds for deferred services for Enrolled Nez Perce Tribal members, to pay for health insurance premiums for high-cost users and capital expenditures. The yearly distribution schedule was set by NPTEC. Nimiipuu Health could draw down \$250,000 per year and every fifth year it would increase to \$750,000.

The Direct Contract Support Cost settlement

is invested in the market (60% stocks and 40% bonds). In an effort to halt depletion of the fund due to poor market conditions, NPTEC made a request that Nimiipuu Health not draw down any funds in FY 2023. As a result, there will be no funding available for deferred services or medical related financial assistance for Enrolled Nez Perce Tribal members starting October 1, 2022 through September 30, 2023. Nimiipuu Health is hopeful that market conditions will improve, so that the funding can be available for fiscal year 2024.

If you have any questions or concerns, please contact Kylene Guffie, Finance Manager 208-843-2271 ext. 2811 or by email at kylenag@nimiipuu.org

LAPWAI HOMECOMING

LAPWAI VS GENESEE

SATURDAY, OCTOBER 22

1:00 P.M.

HOMECOMING PARADE FRIDAY, OCTOBER 21

During Domestic Violence Awareness Month, StrongHearts Native Helpline is Dedicated to Eradicating Domestic and Sexual Violence: *How Do You Heal?*

It's easy to tell someone that it's time to heal. What isn't so easy is understanding that not everyone heals in the same way or at the same pace. StrongHearts Native Helpline understands that when it comes to healing there is no such thing as one size fits all. That is why it is so important to call attention to healing and to ask yourselves and relatives: How do you heal?

"As traditional people, it is customary to put our loved ones before ourselves. We do this because we love them and want to take care of them. But, when it comes to Native people loving and caring for themselves, it can feel like we are betraying our humble values," said StrongHearts Chief Executive Officer Lori Jump. "When it comes to healing, we must make a fundamental decision to take care of ourselves and to teach our children that whatever it takes, it's okay to love ourselves enough to heal from the trauma of domestic and sexual violence."

Make a commitment to yourself to identify what you can do to feel better, look better and live better. Please take time to review and enjoy the following tips on self-care and self-love.

What Is Self-Love? Self-love means accepting yourself as you are in this very moment for everything that you are. It means putting your physical, emotional and mental well-being first. It means that you recognize that through self-care you can accomplish your goals and live your best life. It means taking care of your own needs and not sacrificing your well-being for others. Self-love and care means not settling for less than you deserve.

Culturally significant ways to practice self-care and self-love can include the following activities: Traditions: Continuing or renewing tradi-

tions can promote healing especially when practicing the methods taught to us by our ancestors. It is through our connection to the past that we can find healing; and it is our link to the future that we can guide our children on their own healing journeys. Ceremony: There are a number of cleansing ceremonies that can induce healing such as participating in a sweat lodge where extreme heat helps our spirit to sweat the tears of trauma as we reflect on our own needs as well as those of our people. Family, Friends and Community: Recognize that as relatives, we are all connected and share a trauma bond born of historical and intergenerational trauma. As such, we must acknowledge that part of our history to begin the healing journey for ourselves and our people. Bonding with Mother Nature: Take a deep breath of fresh air. Walk in green grass with bare feet. A physical connection to Mother Earth can lead to healing especially when on ancestral lands. Vacations: A vacation can be as simple as vacating oneself from a bad conversation or situation, but it can also include longer planned excursions such as: taking a walk, visiting childhood playgrounds, or exploring distant lands. Vacations can restore, refresh or reset a peaceful mindset and spirit.

For starters, you can practice self-love by: Trusting yourself. Everyone makes mistakes and learns from them. Trust your instincts. You know more than anyone what is best for you. Talking to and about yourself with love. Honor yourself with praise and love for your personal and professional achievements. Greet your daily activities with a determination to love yourself. You are worthy. Giving yourself a break from self-judgment. Indigenous people were harshly

judged by people who didn't understand our ways. We lived in harmony with nature — that is something so special that it shouldn't be hard to see the good in our people. So go easy on yourself. You deserve it. Forgiving yourself when you make a mistake. Survivors of domestic and sexual violence are often blamed for their abuse. Victim blaming relieves the perpetrator of any wrongdoing. Victims who feel shame should feel strength and resilience in their ability to survive. When you do make a mistake, understand that making mistakes is a learning experience and that self-love and care includes forgiving yourself. Being nice to yourself. Understand that violence against Indigenous peoples began with colonization and healing from that trauma can begin with being nice to yourself. After all, you deserve to be happy. Setting healthy boundaries. Set healthy boundaries in all your relationships. You can start by telling people when they've made you feel uncomfortable. Healthy boundaries may also include ending an unhealthy relationship and doing so may also help you to develop healthy relationships.

Practice Self-Care: Self-care involves making healthy choices such as eating nutritious foods and exercising. When you feel healthy, you are more likely to hold yourself in high esteem. Self-care is especially important when setting a good example for the next generation to witness and emulate.

Go back to the basics: Listen to your body. If you are feeling tired — take a nap. If you are hungry — eat nutritious food. If you are weak — get up and exercise. Take breaks from work and move or stretch. Take a sandwich to work and walk off the calories during your breaks. Put the phone down. Instead, visit

someone you've been missing or connect with yourself by meditating or doing something creative. Eat healthily but allow yourself to indulge in your favorite foods. For example, dark chocolate is high in antioxidants, which in moderation can actually be good for you.

Self-love and care can include: Mindfulness. Know what you think, feel and want. Stay focused on your needs and give yourself what you would freely give to others. Practice good self-care by eating healthily, exercising and getting enough sleep which can lead to developing healthy social interactions and intimacy. Give yourself enough time and space to develop healthy habits. Do things, not to "get them done" or because you "have to," but because you "want to" develop healthy habits.

Be kind, patient, gentle and compassionate to yourself. Take care of you the way you would take care of a loved one. Manage stress and go for regular medical check-ups. Practice good hygiene because it is good for social, medical, and psychological reasons and reduces the risk of illness. Do something you enjoy every day. Dance, watch a favorite TV show or work in the garden. Find ways to relax. Meditate, do yoga, get a massage, take a bath or walk in the woods. Build a sense of belonging by making and maintaining new friendships. Consider joining a health or social club. Sign up for art and/or recreation classes where you can interact with and enjoy meeting new people.

At StrongHearts Native Helpline, we understand that during Domestic Violence Awareness Month we must be mindful of self-care and self-love in our quest to heal. That is why it is so important for you to ask yourself, "How do you heal?" and let the journey begin.

Police Recommend Trick-or-Treating Caution in Light of Disguised Drugs



Fentanyl pills hidden in Skittles and Nerds candy containers.
(Fox News Photo)



Fentanyl pills disguised as PEZ candy.
(The Guardian Photo)

With Halloween approaching, the Nez Perce Tribal Police Department has a warning for parents & community members.

The new "Rainbow fentanyl" may look like sweet tarts, skittles, PEZ, jolly ranchers, or bubble gum, but it can be deadly. The danger is real.

The Drug Enforcement Administration is also aware of the alarming trend of colorful fentanyl available across the United States. In August, the DEA seized brightly colored fentanyl and fentanyl pills in 18 states.

Officials believe the trend appears to be a new method used by drug cartels to sell highly addictive and potentially deadly fentanyl, made to look like candy to children and young people. We're starting to see more

and more of it across the country and even some here on the Nez Perce reservation.

The Nez Perce Tribal Police Department is urging parents to pay close attention to their child's candy, especially during Trick-or-Treating. Inspect the candy and make sure the candy is in a sealed packaging. Please encourage your children to be careful what they take home from other kids.

If you don't buy the candy yourself or bring it from home, please be cautious. If you encounter fentanyl in any form, officials urge you to call 911 immediately. If you notice any suspicious activity or situation, or have information on a potential clandestine lab, please call 911 immediately and report it. Your name and information will be kept confidential.

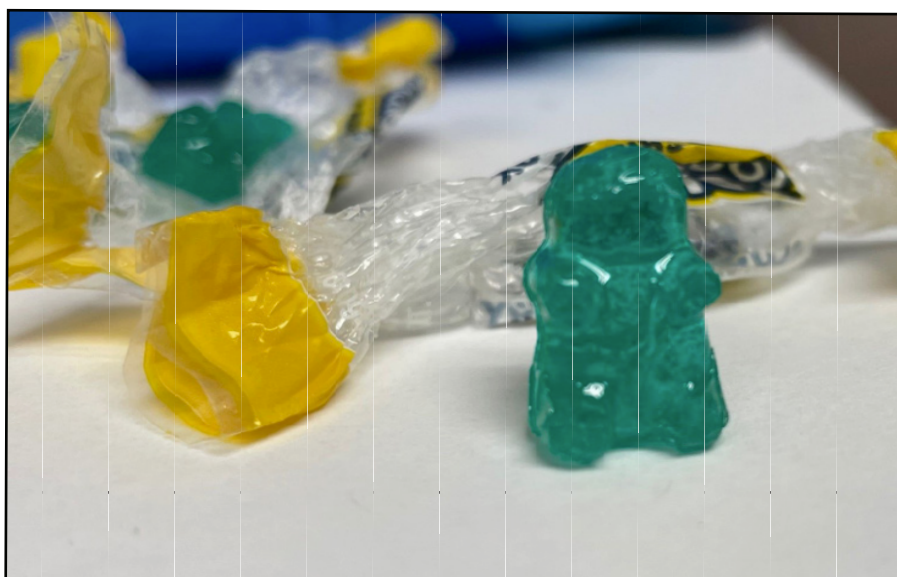
Look for these signs of an

OPIOID OVERDOSE

<p>ABNORMAL BREATHING</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: left;"> <p><i>Slow or no breathing</i></p>  </div> <div style="text-align: left;"> <p><i>Gurgling or snoring</i></p>  </div> </div>	<div style="text-align: left;"> <p><i>Nodding off</i></p>  </div> <div style="text-align: left;"> <p><i>Found in unusual position</i></p>  </div>
<p>SKIN CHANGES</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: left;"> <p><i>Cold & clammy skin</i></p>  </div> <div style="text-align: left;"> <p><i>Gray or blue skin</i></p>  </div> </div>	

BE READY TO HELP YOUR FRIENDS OR FAMILY.

If you think someone is overdosing, call 9-1-1.
Neither you or the person overdosing can be charged for drug use or possession.



Gummy Bears laced with Fentanyl.
(Athens Banner-Herald Photo)



Rainbow fentanyl pills that come in a variety of bright colors, shapes and sizes resembling candy. (DEA.gov photo)

TCUW to Launch Dolly Parton's Imagination Library Program Locally

To help pre-school children in Asotin and Nez Perce counties with their reading skills, Twin County United Way has started the Dolly Parton's Imagination Library program on October 3.

Families in either county with children from birth up to five years old will have the opportunity to enroll their children in Dolly Parton's Imagination Library free book program. TCUW will serve as the local affiliate for the program, providing age-appropriate books each month to eligible children, at no cost to the family.

"Our biggest education goal is to have students reading at grade level by third grade," said Suzanne Johnson, TCUW's Chief Executive Officer. "Dolly Parton's Imagination Library is a wonderful program that allows children to receive a free book in the mail once a month until they turn 5."

For the program, the

state of Washington pays for 50 percent of the costs for books, TCUW will cover the other 50 percent to provide the free books. In Idaho, no such program exists but TCUW will cover the expense, thanks to the local program's sponsorship by P1FCU.

Johnson said TCUW has been busy partnering with other organizations to inform the community about the program. Families can register their children to receive free books beginning Oct. 3 by visiting www.tcuw.org/.

Dolly Parton's inspiration behind creating the Imagination Library in 1995 in her home state of Tennessee can be attributed to her father and his inability to read. Inspiring kids to love to read became her mission and to date, Dolly Parton's Imagination Library has gifted over 188 million books to children in the United States, Canada,

United Kingdom, Australia and the Republic of Ireland. The impact of the Imagination Library has been widely researched and results suggest positive increases in key early childhood literacy metrics.

According to Dolly Parton's Imagination Library administrators, children who are registered for the Imagination Library will receive a high quality, age-appropriate book in the mail each month addressed specifically to them. Each book is carefully selected to meet the different developmental needs of children as they progress from birth to age five. Dolly Parton's Imagination Library books are inclusive and promote themes that are positive and inspirational. Books can be obtained in English and/or Spanish.

The first book in the series a child will receive is 'The Little Engine That Could', and upon graduating out of the

Imagination Library program on their fifth birthday, children receive the book 'Look Out Kindergarten Here I Come'.

Twin County United Way is dedicated to helping children reach their full potential and ensuring school-age children are prepared to enter Kindergarten with the skills to succeed. TCUW operates a five-week Kindergarten Readiness program each summer to help kindergarten-age children with academic and social skills so they are ready to begin Kindergarten classes in the fall. This past summer, the Kindergarten Readiness program was held in Lewiston, Clarkston, Asotin and Lapwai.

For more information on the launch of the Dolly Parton's Imagination Library locally or TCUW's Kindergarten Readiness program, contact Johnson at either 208-743-6594 or email her at sjohnson@tcuw.org.



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- **New TERO Clients**- fill out skills bank apt, need copies of tribal ID, SSC, DL, state ID, high school diploma, GED, other certificates you hold, reference letters for your client file.
- **TERO Clients**- update your skills bank apt for the 2022 year, add any work history, add your resume, and add any certificates to your client file. **The client must have a working phone number at all times.**
- **Sign-in Sheet**- New/current TERO Clients need to be calling in weekly to sign in, you can email us to sign in, if you use Facebook you can send TERO a message. Or you can stop by the office and sign in on the sign-in sheet by our front door.
- **Reminder**-All TERO Clients need to be signing in once a week to be sent out on upcoming projects. **TERO NEEDS TO HEAR FROM THE CLIENT IF THEY ARE STILL AVAILABLE FOR WORK 😊**
- **TERO Job Box**-please check for updates on job openings, upcoming training, and program activities 😊



NPT TERO Program 102 Agency RD P.O. Box 365 Lapwai, ID 83540 (208) 843-7363

Qe'ciyew'yew' (Thank You)

Nez Perce National Historical
Park

39063 US Hwy. 95

Lapwai, ID 83540

(208) 843-7023

Moccasin Flats Trading Post

302 N. Main St

Lapwai, ID 83540

(208) 790-1507

Marsh's Trading Post

1105 36th ST. North

Lewiston, ID 83501

(208) 743-5778

Thank you for
Donating the items for
our National TERO
Conference in Tulsa,
OK

August 9th-12th 2022

Nez Perce Tribe

Hemp Program

Application Assistance Meetings Round 2

OCTOBER 18, 2022 4:00-6:30 PM AT THE PI-NEE-WAUS COMMUNITY CENTER

OCTOBER 19, 2022 4:00-6:30 PM AT THE WA-A'YAS COMMUNITY CENTER

OCTOBER 20, 2022 4:00-6:30 PM AT THE TEWEEPUU COMMUNITY CENTER

**No FEES
for Enrolled
Members**





**Printed
Forms
Available**



www.nezpercehemp.org

University of Idaho Grant will Help Farms Across Idaho Adopt Better Practices for Both Soil and Climate

By James Hanlon,
The Spokesman-Review

The Palouse boasts some of the most fertile farmland in the world.

But there is concern that the health of that rich soil is under threat after decades of intensive agricultural practices.

Widespread tilling year after year depletes this natural resource in a cycle that releases greenhouse gases contributing to climate change, which in turn further threatens the viability of crops.

Viable alternatives exist, and some farmers are leading the way to what they hope is widespread adoption.

To help combat these problems, the largest grant in University of Idaho history will incentivize Idaho farmers and ranchers to fight climate change through more sustainable agriculture practices. The \$55 million from the U.S. Department of Agriculture will help farmers choose from a suite of more traditional techniques such as no-tilling and cover cropping, and newer applications including biochar.

It's called the "Climate-Smart Commodities for Idaho: A Public-Private-Tribal Partnership," and is led by the university's College of Agricultural and Life Sciences. It is among 70 projects awarded nationwide for a combined investment of up to \$2.8 billion included in the first pool of USDA's Partnerships for Climate-Smart Commodities.

"It's a really exciting opportunity to marry conservation projects with on the ground market forces," said Jodi Johnson-Maynard, head of the U I Department of Soil and Water Systems, who leads the project.

The project involves three aspects: helping farmers implement these practices; research to quantify emission reductions; and how to effectively market these climate-smart agricultural products.

"It is a research project,

but actually, less of it is research than is implementation," said co-principal investigator, Sanford Eigenbrode, a distinguished professor in the Department of Entomology, Plant Pathology and Nematology.

U I's grant will directly benefit more than 100 Idaho farmers and ranchers. Research will focus on the state's staple commodities, such as potatoes, beef, sugar, wheat, barley, hops and chickpeas. The grant will drive climate-smart practices on about 10% of Idaho's active cropland, preventing the emission of up to 100,000 tons of carbon dioxide per year into the atmosphere, they estimate.

Some farmers like Pat Purdy, farm manager of Picabo Livestock Co. in Idaho, have already implemented some of these practices for years.

"I wouldn't even think about going back to conventional methods of farming," he said.

In 2014, Purdy began experimenting with no-till farming, a method of preserving the soil by minimizing disturbance. Tilling damages soil by increasing erosion and harming its ability to retain water and nutrients. It also releases carbon stored in the soil as carbon dioxide.

Not tilling saves Purdy money and labor by not having to spend as much time plowing, which consumes lots of fuel. It also reduces wear and tear on his equipment.

From no-till, Purdy expanded to cover-cropping, which involves planting crops not intended for harvest in order to keep the soil covered and protected. Cover crops can further enhance the soil by adding organic matter and nitrogen, depending on the type of plant.

Cover cropping is usually done over the winter when the fields would otherwise be bare, but it can also be done throughout the year during fallow periods or as part of a rotation for livestock

grazing, Eigenbrode said.

Purdy uses a mixture of turnips, radishes, lentils and winter wheat for cover cropping. He then uses that land for cattle grazing.

Purdy also strives to minimize harmful additions to the soil. He has eliminated the use of insecticides and fungicides, and has reduced synthetic herbicides and fertilizer. Instead, he relies heavily on compost from cattle manure.

The transition to a more regenerative system is not without its challenges, however. It requires different types of equipment, education and willingness to take some risk, Purdy said.

That's why this grant will be helpful to farmers who need a leg up, Eigenbrode said. It will provide both technical and financial support to farmers to help them offset yield penalties that often come with the learning curve. As these practices become more common other farmers may not need these incentives, he said.

The Coeur d'Alene and Nez Perce tribes will be among the many partners in the project.

"It is our hope that the lessons we learn can help farmers across the reservation adapt their farming practices in a way that benefits their productivity while also benefiting the Tribe's ability to protect the quality and health of its water and soil in the face of warming temperatures and increased probability of drought," said Laura Laumatia, climate research and policy analyst with the Coeur d'Alene tribe.

The tribe's forestry department will use wood from forest thinning to make biochar, a carbon-stable charcoal that can enhance soil.

Biochar helps soil retain moisture. It is critical to build this kind of soil resiliency as climate change leads to more droughts, Laumatia said.

Retentive soil has the added advantage of preventing nutrient runoff from polluting the watershed and salmon habitat, she said.

COVID-19

NIMIIPUU HEALTH COMMUNITY COVID TESTING RECOMMENDATIONS

As of September 9, 2022

1. Following exposure to a positive COVID-19 case, quarantine is not needed for a patient who has had COVID-19 in the prior 90 days.
2. COVID-19 testing will be conducted for those who are symptomatic with COVID-19 symptoms on day 3 of symptom onset.
 - ... a. If your COVID-19 test is POSITIVE, begin a 5-day isolation period from the onset of symptoms with subsequent mask use recommendation for 5 additional days.
 - i. Your symptoms must have improved AND you must have been free of a fever x 24 hours without medication for 5-day isolation to end.
 - ... b. If your COVID-19 test is NEGATIVE, no activity restrictions will be recommended, except mask use, unless directed by your supervisor or clinical staff.
 - ... c. Immunocompromised and high-risk patients may receive case-by-case clinical direction by a provider for testing and isolation.
3. Quarantine is not recommended for an asymptomatic patient after exposure to COVID-19. A well-fitted mask may be used x 10 days for risk reduction.
 - ... a. If testing is desired after exposure, this should occur on day 5 AFTER exposure when you are asymptomatic.
 - i. If your test is positive, begin a 5-day isolation period from the date of the test with subsequent mask use for 5 additional days.
 - ii. If your test is negative, no activity restrictions will be recommended.
4. Regardless of vaccination status, you should isolate yourself from others when you have COVID-19.
5. Please continue routine safety measures for risk reduction for COVID-19, such as hand washing and staying home while you are sick.

Breast Cancer Awareness Month: 4 Stages of Breast Cancer Explained

Breast cancer is curable if detected early. The stage of the disease plays a crucial role in its outcome. Breast cancer has emerged as the commonest cancer in women. Over the last decade it has overtaken cervical cancer in terms of incidence.

Breast cancer occurs when some breast cells begin to grow abnormally and divide more rapidly than healthy cells do, forming a lump. Cells may spread through the breast to lymph nodes or other parts of the body. Ageing, longer menstrual history, family history of breast cancer, obesity especially after menopause, high fat diet, excess alcohol consumption, delayed first pregnancy and less breast feeding and prolonged hormone replacement

therapy are some of the common causes of breast cancer.

It is important to nip breast cancer in its bud as early detection can significantly improve the chances of a patient's recovery. Women are suggested to self-examine their breasts regularly from age 20 for any abnormality. One can also go for advanced screening methods such as mammography with sono-mammography from age 40 onwards to detect breast cancer in time.

Dr. Garvit Chitkara, Senior Consultant, Breast Surgical Oncology and Oncoplastic Surgery, Nanavati Max Institute of Cancer Care explains some common symptoms of breast cancer. "The most common symptom of breast cancer is a painless lump in the breast or axilla, however it is

not the only symptom. Breast cancer can also present as nipple deviation, retraction, ulceration or discharge from the nipple with or without a lump. It may also present a change in the shape or feel of the breast, skin thickening, ulceration and at times orange peel like appearance of the skin of the breast," he says.

Stages of breast cancer: Broadly breast cancer can be divided into: Early stage (stage 1&2), Locoregionally advanced stage (stage 3), Metastatic stage (stage 4).

"In stage 1 and 2, size of lump is less than 5 cm with single," mobile lymph node in armpit, says Dr. Nikhil Kalyani, Consultant, Radiation Oncologist at Jaslok Hospital and Research Centre.

"Stage 3 comprises le-

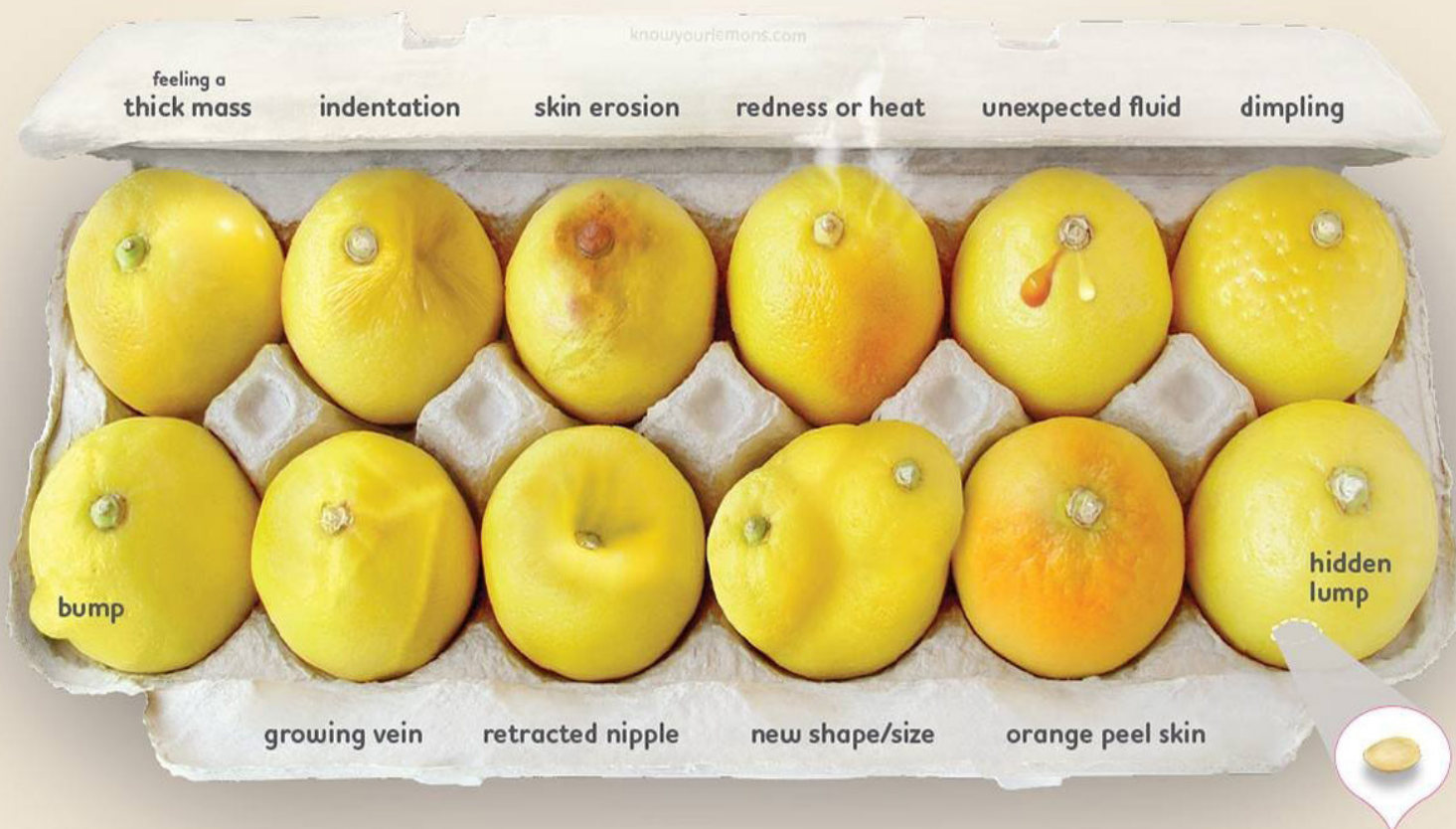
sion of more than 5 cm or fixed lymph node in armpit or node in neck," adds Dr. Kalyani.

Patients with Stage 1 to 3 are offered curative treatment comprising of combination of surgery, chemotherapy, radiotherapy, hormonal therapy and targeted therapy depending on stage and receptor status.

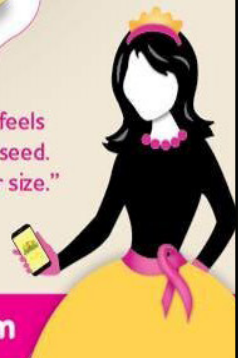
Stage 4 comprises of disease which has spread to other organs like bone, lung, brain etc. "Stage 4 patients are treated with palliative intent to prolong survival and provide best quality of life to patients," he says. Dr. Kalyani says that early detection and treatment of breast cancer can provide 5-year survival rate in excess of 80 to 90 percent. "All efforts should be made to detect cancer in stage 1 and 2," says the expert.

WHAT BREAST CANCER CAN LOOK & FEEL LIKE

Recognize something? Don't panic, some changes are normal. But if it stays around be smart—show a doctor.



"A cancerous lump usually feels hard and immovable like a lemon seed. It can be any shape or size."



Want information on each symptom?

knowyourlemons.com

Ask Dr. Per Cap: Almost Scammed

Dear Dr. Per Cap,

I've heard you say that anyone can fall victim to a scam. Have you ever been scammed?

Signed,
Scam Hater

Dear Scam Hater,

Fortunately, I've never been conned out of a significant enough amount of money to consider myself a scam victim. However, I sure came close last month.

We took a family vacation, our first long-distance trip since COVID, and I used my credit card to pay for hotels, meals, and gifts. In the past, my bank

has a habit of freezing my card when I'm making purchases out of town. Really annoying when it gets declined at a store checkout or restaurant, but I understand it's nothing personal. Just a safety precaution, and after a quick call to verify my identity and purchases, the card is immediately placed back into service.

That's why I wasn't surprised when on our way to dinner one evening I received

a text message that my card had been locked by my bank. My first thought was that it all made sense. I was traveling, spending more money than usual, and the bank's fraud algorithms kicked into high gear. So I called the number in the text and listened to what sounded like a very legitimate recorded message stating that my credit card had been temporarily suspended due to unusual activity. It then direct-

ed me to input my credit card number using the keypad.

I was so convinced it was legit that I entered the first few digits of my card number. A relative was with us so I felt the extra pressure of being embarrassed if my card got declined later at the restaurant. Then I stopped to think for a moment and hung up. Yeah, yeah ... banks never call or text asking for credit card info. Or do they?

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 askdrpercap@firstnations.org.

Ask Dr. Per Cap: Costly HVAC Repair

Dear Dr. Per Cap,

Last week our home's old air conditioner finally died. It's going to cost \$10,000 to replace which means no family vacation and a bunch of other sacrifices. The hub suggested we just buy a few cheap AC window units and hold off fixing the main AC until next year. Do you think that makes sense?

Signed,
Needing Cool Air

Dear Needing Cool Air,

I know what you're up against. I have an older home and every summer I cross my fingers that the AC will hang in there another year. Heating, Ventilation, and Air Conditioning (HVAC) systems are insanely expensive, so much that an older system can significantly lower a home's value.

Your hub's idea is one way to go. For less than \$1,000 you could buy three or four window AC units and have them installed and running in an afternoon. However, that's a cheap quick fix you'll want to avoid if possible. For starters there's no comparison between how window units

cool and the original AC system your home was built with.

Window units are loud, breezy, not very energy efficient, and don't come close to central air in terms of performance. The best you can do is cool specific rooms intermittently while lacking smooth, quiet, consistent cooling of your whole home.

I get it though. No one wants to spend ten grand on a home repair. However, that's part of being a responsible homeowner. Sure you can hold off a year but, if you do, come up with a rock solid plan for how you will save enough to buy a new air conditioner. The risk is that you make it through summer and come fall you'll forget all about the AC and raid the piggy bank.

The bottom line is

sooner or later you're going to have to fix that AC so may as well do it now. If you need some extra motivation, please remember that unlike many other home repairs a brand new AC system is considered a home improvement which adds value to your home.

City and off rez homeowners might also qualify for state or local tax breaks when replacing an older unit with a newer more energy efficient one.

Now let's think about that \$10,000 repair bill. Most HVAC companies offer financing which is usually just a home improvement loan with a two to seven year term. Like any loan, they'll run a credit check and any issues can raise your annual percentage rate (APR).

Rather than borrow from the HVAC folks, I'd check with a tribal or local housing program or a community development financial institution for a home repair or improvement loan with a more affordable APR. You might also be eligible for a federal home repair loan.

Going forward it also pays to keep a savings fund just for home repairs. Expect to spend about 1% of your home's value on repairs and maintenance in an average year. Most years you shouldn't have to spend a whole lot but every so often you'll get hit with a big bill like a new roof or the HVAC.

A little planning and saving makes for a prepared homeowner.

Idaho Officials, Native American Leaders Call for More Indigenous Voices in Schools

By Becca Savransky & Mia Maldonado,
Idaho Statesman

Officials and Native American leaders are advocating for schools and teachers to incorporate more indigenous voices into their classrooms as Idaho commemorates its fourth year recognizing Indigenous Peoples Day. Idaho first made this recognition in 2019, when Gov. Brad Little signed an official proclamation. President Joe Biden made a similar federal proclamation in 2021, placing Indigenous Peoples Day alongside the Columbus Day holiday that Congress created nationally in 1937. Johanna Jones, the coordinator of Indian Education at the State Department of Education, said Idaho has made progress in honoring the history of its indigenous populations but still has more work to do.

"Indigenous Peoples Day shouldn't be just a one-day event," she told the Idaho Statesman. "It should be throughout our curriculum all year long." Some neighboring states have passed specific, encompassing legislation that directs schools about providing Native American education.

In 1999, Montana passed the Indian Education for All act. The Washington Legislature passed its new curriculum in 2015, Since Time Immemorial: Tribal Sovereignty in Washington State. Oregon followed in 2017 by enacting the Tribal History/Shared History curriculum for all of its public schools. Idaho has nothing similar to those measures but does have minimum requirements for learning Native American history as part of its social studies content standards, with a heavy emphasis on elementary school. Jones said Idaho school curriculum are mostly locally controlled, though, and there is little to no reform effort at the state level to require schools to incorporate more Native American culture into lessons.

She said three schools outside of Idaho's traditional districts teach indigenous culture throughout the year. The Coeur d'Alene Tribal School and the Shoshone-Bannock Jr./Sr. High School are the only two tribal schools in Idaho. Both are funded by the Bureau of Indian Education and receive no public funds from the state. Chief Tahgee Elementary Academy is a public charter school in Fort Hall whose mission is to incorporate academics, bilingualism and cultural enrichment into its curriculum.

INDIGENOUS PEOPLES DAY IN IDAHO: Little proclaimed Indigenous Peoples Day in 2019 after the cities of Moscow and Boise had recognized the holiday in 2017 and 2018, respectively.

The state's proclamation three years ago read: "Indigenous Peoples Day shall be used to reflect upon ongoing resilience of indigenous people on this land, and to celebrate the thriving culture and value that indigenous people add to our Idaho."

Idaho has five federally recognized tribes: the Ktunaxa (Kootenai), Nimiipuu (Nez Perce), Newe (Shoshone-Bannock and Shoshone-Paiute) and Schitsu'umsh (Coeur d'Alene).

Indigenous Peoples Day still coincides with Columbus Day, recognized to pay tribute to Christopher Columbus' arrival on Oct. 12, 1492. Over the past few decades, the honoring of Columbus began to face more and more opposition, with critics arguing that the holiday overlooked violence used against indigenous people and the long-term impact colonization had on their communities. In an interview with the Idaho Statesman, Nez Perce Tribal Executive Committee Chairman Samuel Penney said Columbus Day long ignored a history of settlers' colonialism and genocide. "Even the word 'discovery' indicates that there was no one here," Penney said.

IDAHO EDUCATION CONTENT STANDARDS ON INDIGENOUS POPULATIONS: The state's social studies content standards – which outline the minimum requirements students need to know by the end of each school year – has mentions of American Indians and indigenous populations across several grades. In third grade, students should be able to "trace the role of migration and immigration of people in the development of the United States, and identify the sovereign status and role of American Indians in the development of the United States," according to the standards. By the end of fourth grade, students are expected to recognize the five federally recognized American Indian tribes in Idaho and know how Idaho's tribes interacted with "newly arriving people." Students should also be able to "identify the diversity within Idaho's American Indian tribes and develop an awareness of the shared experiences of indigenous populations in the world," according to the standards.

At the end of fifth grade, students should be able to describe the interactions that European colonists had with "established societies in North America." The Nampa School District's elementary curriculum doesn't focus specifically on Indigenous Peoples Day or Columbus Day, and the district's schools don't plan any special events around the day, spokesperson Kathleen Tuck said in an email. But the district does cover facts in its social studies curriculum, she said, including information about Columbus coming to the Americas and Native American migration. The Boise School District includes perspectives and voices of indigenous peoples throughout its curriculum, spokesperson Dan Hollar told the Statesman.

"Students begin to study Idaho's five federally recognized tribes in third and

fourth grade through the context of Boise and Idaho history," he said in an email. "In fifth grade, students explore the impact of Europeans on Indigenous peoples/cultures and in the sixth grade that is expanded to the study of the Indigenous peoples of the Western Hemisphere." Hollar said students learn using primary source documents, oral histories, information text and books written by indigenous authors. When students learn about the times of Columbus and European colonization, they begin by understanding that there were "thriving cultures in the Americas prior to European arrival," Hollar said.

The district also works with the State Department of Education to incorporate "authentic resources" into classrooms and to give students the chance to visit certain historic sites and museums, Hollar said. Shiva Rajbhandari, a senior at Boise High who just won election to the district's school board, said that a lot of progress has been made and that he saw his education on indigenous culture and history develop throughout his years in the Boise School District. In 2019, Boise High School changed its sports teams and mascot to the Boise Brave from Braves, a move that came after the Shoshone-Bannock tribe asked state governments to remove all high school Native American mascots.

Rajbhandari added that one of his initiatives on student council was implementing a land acknowledgment. "My experience in K-12 shows how far we've come," he told the Statesman. "In kindergarten, we definitely didn't understand what it meant to be Native American and the history of the land that we're on, to now, everyone at Boise High recognizing for several moments every week that we are

Continue Reading Indigenous Voices
on Page 11

Indigenous Voices Continued
from Page 10

on stolen land.” Though the State Department of Education has seen progress in its social studies standards, Jones said many texts used to teach indigenous history are not accurate.

“The texts in schools aren’t written by our tribes or indigenous people,” she said. “They are written by companies.” ‘THE SHINING STAR IN IDAHO,’ LAPWAI SCHOOLS HELP NATIVE AMERICAN STUDENTS: Situated on the Nez Perce Reservation in north-central Idaho, the Lapwai School District has about 400 Native American students enrolled from elementary school to high school.

“Lapwai is the shining star in Idaho with the work they’re doing,” Jones said. “They have a great administrative staff who sees that they’re a public school situated in the midst of Nimiipuu country. They’re doing some incredible work to address curriculum and policies that support the success of our American Indian students.”

Iris Chimburas, direc-

tor of Indian Education at the Lapwai School District, told the Statesman that the goal is to ensure students understand their rich cultural heritage.

“Our goal is to make sure that students are getting an accurate report of history and celebrating even just our contemporary existence,” Chimburas said in a phone interview. “We don’t so much teach who Columbus was, but instead we teach classes built more around teaching students what it means to be a Native American.”

Lapwai’s Indian Education offers classes on cultural sovereignty, Native American history, art and language. Chimburas said the district also partners with Native American history professors from Idaho universities to speak to students.

With the Lapwai School District as an example, Tai Simpson, co-founder of the Indigenous Idaho Alliance, said Idaho must shift its narrative of Indigenous Peoples Day and change the way people learn about indigenous communities to focus on their history

and contributions to society.

More than 12,000 Native American soldiers fought in World War I, and yet Native Americans did not get U.S. citizenship until 1924. Furthermore, Idaho tribal members were not allowed to vote or hold office until 1950.

“Now we have young people who are becoming doctors, lawyers, teachers and educators,” Simpson said. “They’re also our blue-collar folks and our engineers. We take up spaces that we were very purposefully excluded from for several generations, and that’s part of Indigenous Peoples Day, to incorporate who we are in the system.”

BANNING INDIGENOUS VOICES IN THE CLASSROOM: Some school boards across the country have tried banning books containing “diverse content,” with topics focusing on the LGBTQ+ community, people with disabilities and communities of color, the Statesman previously reported.

Books about Native American history — including “An Indigenous Peoples’ History of the United States,” by

Roxanne Dunbar-Ortiz, and “Thirteen Moons on Turtle’s Back: A Native American Year of Moons,” by Jonathan London and Joseph Bruchac — are listed in America’s Index for Banned Books, among others.

In Idaho, the Nampa School District voted to remove Sherman Alexie’s “The Absolutely True Diary of a Part-Time Indian” from its libraries and classrooms. According to the American Library Association, Alexie’s work was the sixth-most challenged book in 2021 in the United States.

Simpson said the exclusion and blacklisting of certain books and authors is a way to indoctrinate people.

“The fact that they banned that is telling me that a history perspective from indigenous people offends folks who only want to celebrate a white history,” she told the Statesman. “They only want to celebrate the history of Lewis and Clark, ignoring the fact that they couldn’t have survived without York or Sacagawea or any of the countless indigenous people that helped them along the way.”

**MEN’S WELLNESS
CONFERENCE**

• men’s health • information • vendors • prizes • food • fun •

FOR MORE INFO 208.843.9375

OCTOBER 27, 2022

8:30AM-3:30PM

CRC EVENT CENTER

MEN ONLY. NO CHILDREN PLEASE

CM DESIGNS

Renee Lynn Wheeler, 46, Lapwai, ID

Renee Lynn Wheeler of Lapwai, ID passed away surrounded by loved ones on Saturday October 8th, 2022 at the age of 46.

She was born on December 11th 1975 to Phillip Wheeler Jr and Francine Compo. She graduated from Lapwai High School in 1994. She enjoyed spending time with her children and family. She spent most of her years living on the Nez Perce reservation. As a child until her adult years, she enjoyed attending Powwows, playing volleyball, basketball, and softball. As she got older, she loved playing darts, attending Pendleton Round-Ups and watching the Seattle Seahawks play (her favorite NFL team).

She was a beloved mother, grandmother, daugh-

ter, sister, and aunt. She is survived by her sons Daren E. Strom of Lapwai, ID, Brandon U. Wheeler of Lapwai, ID, granddaughter Nezhalyynn Renee Nicole Bowman of Lapwai, ID, daughter Marissa R. Vallem of Lewiston, ID, companion Tate Vallem of Lewiston, ID, grandsons, Julian and Jaidan Maldonado of Lewiston, ID. Her mother Francine Delorme of Sweetwater ID, sisters Michelle Moreno of Lapwai, ID, Deanne Covarrubias, of Carson WA, Julia Allen of Lapwai, ID, brother William Allen III, of Orofino, ID, and brother-in-law Steven Lombard Jr of Orofino ID, and many nieces and nephews, and cousins.

She is preceded in death by her father Phillip Wheeler Jr, grandparents Ken and Rose Frank, Step Father William T. Allen Jr, Aunt Freda Allen, and her uncles Frank Compo, Richard Compo, and Rod Wheeler.

A burial will be held at Jonah Cemetery, Sweetwater, ID, following the funeral service on Thursday, October 13, 2022. A dinner will follow afterwards at the Julia Allen Memorial Building.

Lana Rickman is the Head Cook.

Emergency Dials

America's Suicide Prevention and Mental Health Crisis Lifeline

988 - Behavioral Health Crisis and/or suicide Ideation

911 - Emergency Requiring Law Enforcement and/or Medical Services

211 - Resource Gathering

988:

What it is and what Idaho's doing (nezperce.org)

For more information please visit - <https://idahocrisis.org/>

Employment Opportunities**Nimiipuu Health**

<https://nezperce.org/wp-content/uploads/2022/10/10102022-NMPH.pdf>

Nez Perce Tribe

<https://nezperce.org/wp-content/uploads/2022/10/Oct.-10-2022-NPT.pdf>

Nez Perce Tribal Enterprises

<https://nezperce.org/wp-content/uploads/2022/10/10-11-22.pdf>

Upcoming Dates**Fish & Wildlife Commission Meeting**

Monday, October 24, 2022
(2nd & 4th Monday of the month)
5:00 p.m.

Special NPTEC Meeting

Tuesday, October 25, 2022
(4th Tuesday of the month)
9:00 a.m. NPTEC Chambers

Celebrating Families in Our Community

Thursday, October 27, 2022
4:30 p.m. - 6:00 p.m.
Lapwai Middle/High School Gym

Natural Resources Subcommittee

Tuesday, November 1, 2022
(1st & 3rd Tuesday of the month)
8:30 a.m. NPTEC Chambers

Land Enterprise Commission

Tuesday, November 1, 2022
(1st & 3rd Tuesday of the month)
2:00 p.m. NPTEC Chambers

Budget & Finance Subcommittee

Wednesday, November 2, 2022
(1st & 3rd Wednesday of the month)
8:30 a.m. NPTEC Chambers

Climate Change & Energy Subcommittee

Wednesday, November 2, 2022
(1st & 3rd Wednesday of the month)
2:00 p.m. NPTEC Chambers

TERO Commission Monthly Meeting

Wednesday, November 2, 2022
(1st Wednesday of the month)
6:00 p.m. Boards & Commissions Building
210 A Street - Lapwai, ID

Human Resources Subcommittee Meeting

Monday, November 7, 2022
(1st & 3rd Monday of the month)
8:30 a.m. NPTEC Chambers

Law & Order Subcommittee Meeting

Monday, November 7, 2022
(1st & 3rd Monday of the month)
2:00 p.m. NPTEC Chambers

Offices Closed

Friday, November 11, 2022
Veteran's Day

Head Start Trick or Treaters

Monday, October 31, 2022
9:45 a.m. Pineewaus Gym

* Please Note: All meetings are subject to change due to closures and unforeseen circumstances

* Submit a meeting date to communications@nezperce.org

Sandra Karen Pena, 75, Kamiah, ID



“For those who believe in God, no explanation is necessary. For those who do not believe in God, no explanation is possible.” — “The Song of Bernadette”

Sandra Karen Pena, 75, of Kamiah, passed away Wednesday, Oct. 5, 2022, at her home. Her family sends all their love to their loving mother, grandmother, great-grandmother, sister, aunt and niece who is with God now.

Sandra Karen Kessler was born July 10, 1947, to Rena Katherine Lott (Wetsesa) and Charles Kessler in Lewiston. Her mother later married Clifton “Butch” Ramsey, who raised Sandra and her siblings as his own children, so she called him Dad. Her Indian name was “Alpowama” (connection to area of the Nez Perce homeland). She was a member of the Nez Perce Tribe, whose Nez Perce lineage traces back to Chief Red Grizzly Bear, Blackeagle and Wotolen and Wetsesa (her great-grandparents who survived the Nez Perce Conflict of 1877). Her grandparents were Samuel Lott (Many Wounds) and Cecelia Showaway Williams (Sunset). Her great-grandfather Paul Showaway (White Cloud) was the last hereditary chief of the Cayuse Tribe.

As a child, she grew up in her Grandma Cecelia’s home

on the Clearwater River in Kamiah, which had no electricity, running water or indoor plumbing for many years. Sandra and her siblings helped their family with “daily living” that included gardening with their grandma. They also traveled extensively throughout the Northwest to visit relatives or do seasonal work like picking fruit. It was many years before they owned a car, so they often traveled by train. Sandra’s family would camp for a month in the mountains to pick berries and practice cultural ways.

She enjoyed attending school in Kamiah, cheerleading and participating in community events. Sandra had a fond memory of riding behind her grandma on a horse in the BBQ Days parade. She cried when people said she was a “cute little girl.” Singing “Silent Night” at church during Christmas with her sister Coy as the “Kessler Dames” was another cherished story. She loved swimming and later spent countless hours with her children and grandchildren at the river.

Eventually, Sandra started her own family, with her daughters Stacey Lynn Kessler (1963) and Katherine Renae Pena (1967). She was married to Isadore “Izzy” Pena. They lived for a time with his family in Rupert, Idaho, and with her family in Lapwai. Although they later divorced, she continued to care and respect him as they remained committed to their children and grandchildren.

Sandra would eventually get her GED and Certified Nursing Assistant (CNA) certification at Lewis-Clark State College. Over time, she earned more college credits and certifications in food and nutrition. Sandra became affection-

ately known as the “Cooker” at the Nez Perce Head Start Program in Kamiah. She also contributed to language and story time with the children, including her puppet show called Chef Combo that taught about nutrition and vitamins.

Her life revolved around her children, grandchildren and great-grandchildren. She took pride in their intelligence, athleticism, cultural knowledge and service to others. Often, she would weave bags, bead various items or sew moccasins for them. She loved to watch them at meets, games or powwows, or hang out with them watching cartoons. They are grateful to her for teaching them by example to be generous, humble, loyal and courageous. She often gave money to help people, or to support charities for cancer or feeding children.

Her strength was evident as a cancer survivor, who drove herself for radiation treatment twice a week for a year. It was important to her to be forgiving and to stand up for her family. Her nieces and nephews treasured her as their second mom, who was fun-loving, wise and caring.

She was a lifelong member of St. Catherine’s Catholic Church in Kamiah. Her spirituality helped her find peace and direction. She often prayed to get through life’s challenges, or to give thanks. Sandra enjoyed reading or watching inspirational stories about people’s faith in God.

Sandra is survived by her daughters Stacey Kessler, of Kamiah, and Renae Pena, of Phoenix; her grandchildren LaFawn Kessler, of Kamiah, Sophie Kessler, of Mountain Home, Idaho, Travis Pena, of

Kamiah, Marcus Pena, of McAllen, Texas, and Zachary Pena; her great-grandchildren, Jasmine Oatman (Kale Pettengill), of Lewiston, Raphael Kessler, Timuni Moses, Rainbow Moses, Alatello Moses, Chantel Pena and Travis Pena Jr., all of Kamiah; her sister Rosa Yearout and her husband Jon, of Sweetwater, brother-in-law OG Mason, best friend Marlene Walker, of Kamiah, and numerous aunts, cousins, nieces, nephews and their children and grandchildren.

She was preceded in death by her parents, Butch and Rena Katherine Ramsey and Charles Kessler; her grandfather Samuel Lott; grandmother Cecelia Showaway Williams; brother James Higheagle; sister Coy Swift Mason; four siblings who died as infants, Sammy Kessler, Julius Broncheau, Simon Lott and Ardella Almighty; grandson Gabriel Warden; and nieces Beverly “Candy” Higheagle and Shelly Higheagle.

A rosary will be recited at 6 p.m. today at Wa-A’Yas Community Center, 401 Idaho St., Kamiah, which will be followed by a memorial service.

Funeral Mass will be celebrated at 10 a.m. Wednesday, at St. Catherine’s Catholic Church, 407 Seventh St., Kamiah. Fr. Paul Wander of St. Mary’s Catholic Church in Cottonwood will be the celebrant. Burial will be at the Second Church Cemetery on No Kid Lane in Kamiah, followed by dinner at the Wa-A’Yas Community Center.

Donations may be made in her memory to the new Nez Perce Boys and Girl’s Club in Kamiah.

Trenary Funeral Home of Kooskia is in charge of arrangements.

SUBMIT OBITUARIES, DEATH NOTICES & MEMORIALS FOR FREE IN THE

Nimipuu Tribal Tribune

SEND CONTENT TO
COMMUNICATIONS@NEZPERCE.ORG



Nez Perce Tribe Recycling Program Newsletter—October 2022

'apaqa'áño' 'ee kaa 'epeqíicxnu' wéetesne
 - Respect and take care of the earth.



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

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

Recycling tips for Halloween

Halloween Costumes:

- Buy a second-hand Halloween costume from a charity shop or online
- Make your own costume from old clothes and crafty bits & bobs you have lying around the house
- Wear last year's costume again, but change your make-up and hair
- Swap your costume from last year with a friend
- For children: keep older kids' outfits to pass down to your younger children
- If you damaged or stained your costume last year, distress it some more, add some fake blood, and use it as a zombie version of your character from last year.



Halloween Decorations:

- Make your own decorations—use things you have around the house and reuse decorations each year—zero waste!
- Use all of your pumpkin—when done with your Jack-o'-Lanterns put them on the compost pile; use the pumpkin "guts" to make all kinds of things from foods to homemade beauty products and jewelry—<https://www.brit.co/things-to-make-with-pumpkin-guts/>



Halloween Treats:

- Give out treats in paper bags rather than plastic bags
- Use an old purse or a small bucket or the old standby pillowcase to collect treats when out trick or treating
- Make your own homemade treats for people you know

“Talkin’ Trash”

NPTHA Fall Housing Cleanup !!!

October 24-31, 2022



Happy Halloween!



Lapwai Recycling Schedule

Community Recycling

October 6 & 20

Páyniwaas Parking Lot , 11 am—1 pm

Office Collections

October 13 & 27

Qe'ciyéw'yew' - We appreciate your recycling efforts!

Certified Indian Businesses

Boss Heating & Air Conditioning, LLC
 Phone: 208-743-9484
 Email: oscar@bossheatingandac.com
 Chantelle Souther, Realtor
 Phone: 208-935-0043
 Email: ChantelleSells@kw.com
 D-Flagging & Traffic Control LLC
 Phone: 208-451-4915
 Email: dianalwarden@msn.com
 D-3 Native Wood Works, LLC
 Phone: 208-507-0348
 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
 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, 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
 Womer and Associates, Inc.
 509-534-4884
 www.wwomer.com
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