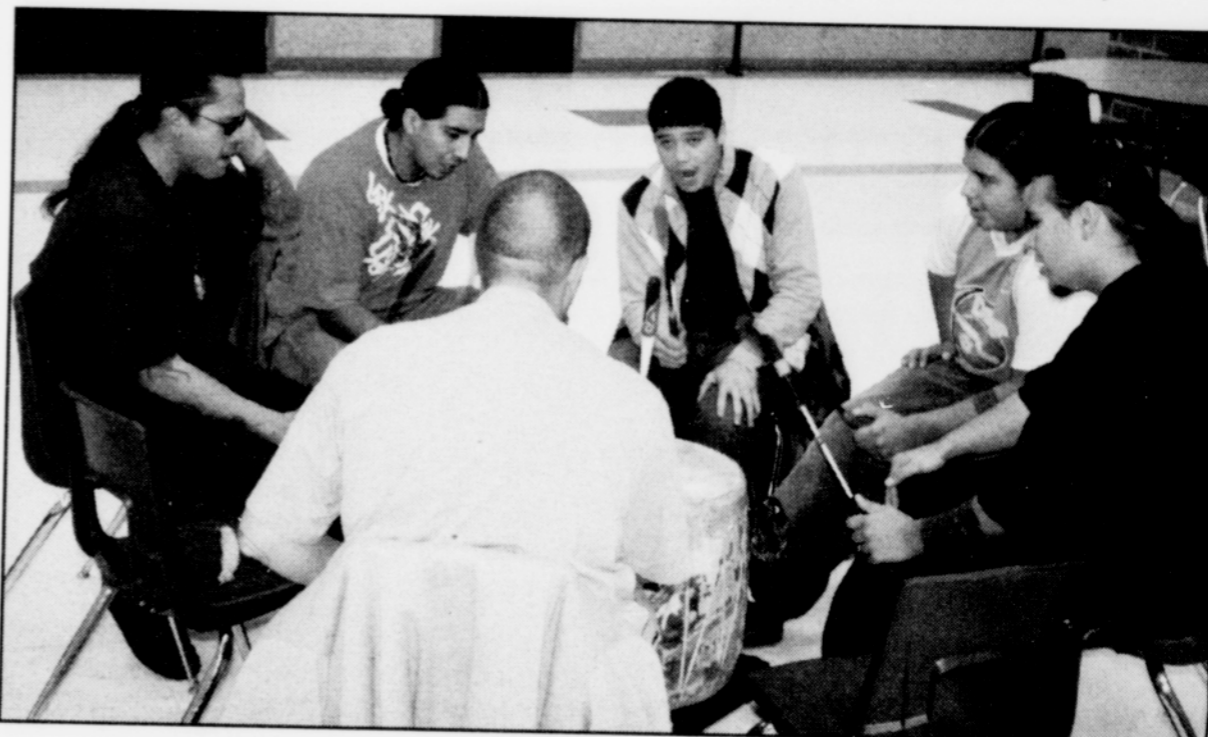
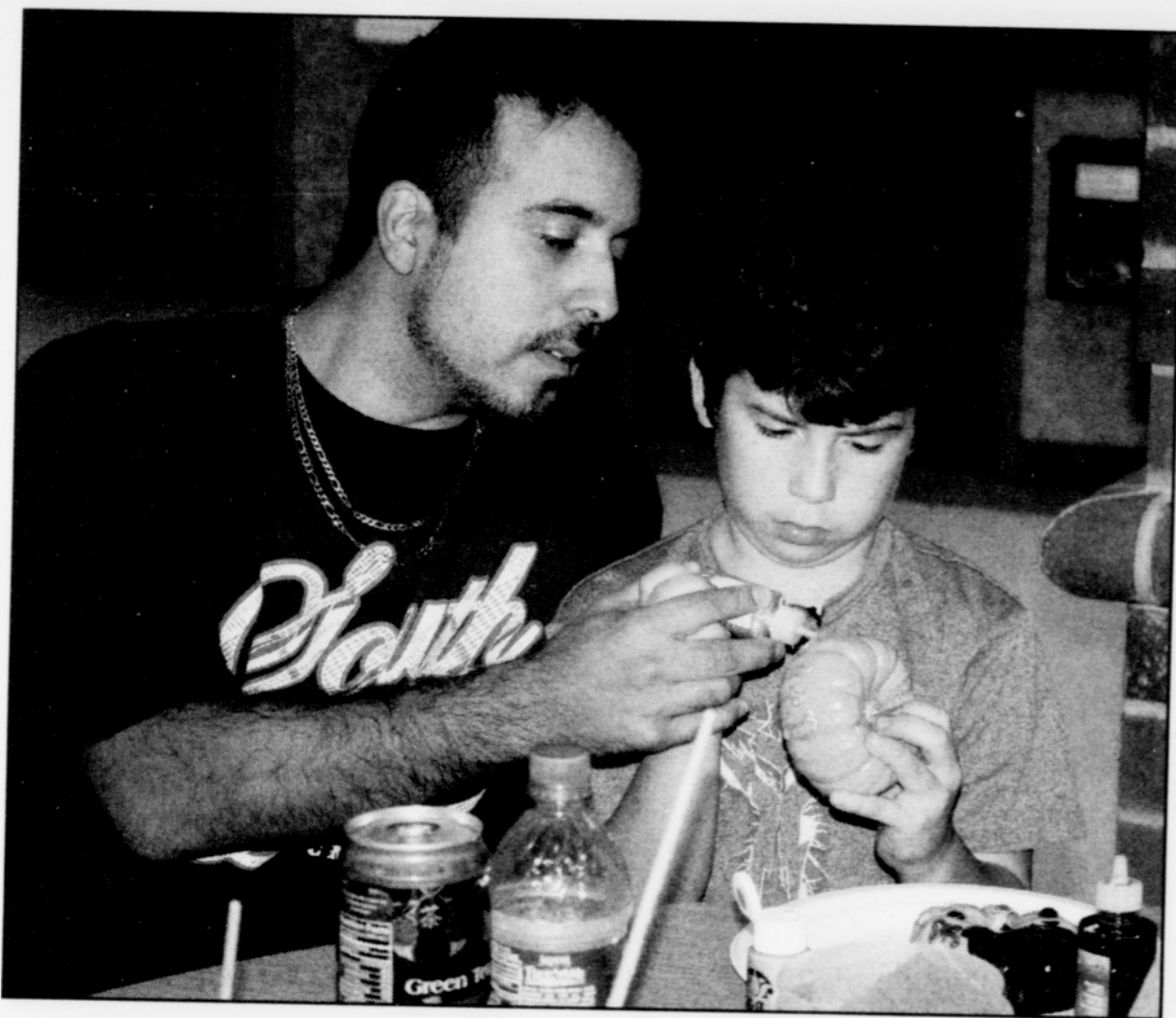




Photos by Diane Rodriguez

TAFT CULTURE NIGHT – A young girl (above) paints her pumpkin as part of the decorating process as Molo Whitebear (left) helps his son, Niko, with another pumpkin at Culture Night at Taft High 7-12. Members of Wy'east (below) drummed and sang during the evening and shared that the word "Wy'east" is what the Wasco people call Mt. Hood. They described the drum as "the heartbeat of our people, of Mother Earth" as they taught drumming skills to some of the younger ones (above left).



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community and it is everyone's responsibility to take care of our community."

The pumpkins painted in October represented the fall harvest and felt like Halloween. Activities change each month.

"We are always looking for people to come share their gifts of knowledge, whether it be beading, making drums, telling a story, sewing, singing a song or making a dish of food," said Whitebear.

She relates the story of a Siletz Tribal member who got his first elk last year. He

came to Culture Night with a large pot of elk stew he had cooked. He did the same at the Indian Education Parent Committee meeting that same month.

"It was so beautiful and rewarding inside to have witnessed this because he listened to what he was being taught," she said. "We've had small children who never danced and learned here at Culture Night. They don't have regalia yet, but they do go out there with spirit and honor and dance at our events and pow-wows."

These evenings are sponsored by the Lincoln County School District's Indian Education Program, Taft Native Student Association and the Siletz Tribal Charitable Contribution Fund. For more information on Culture Night or the monthly Literacy Night program, contact Whitebear at 541-996-2115, ext. 185, or juanita_whitebear@lincoln.k12.or.us.

Whitebear sees these gatherings as a way for Native people to heal and be part of their community.

"I have to take this moment and recognize and put my hands up to the Native students of Taft 7-12 and their dedication to their culture, all the former Native students who come back and help and for their dedication to their traditions, and the love and support from the Lincoln City community with keeping that fire going," she said. "It couldn't have happened without you. I also want to thank all the families that are now coming. Welcome home."

Holiday Stress Survival Tips to Help Get You Through the Season

According to the American Institute of Stress, more than 110 million Americans take medication for stress-related causes each week. When the holidays come along, people already predisposed to stress can find themselves feeling blue and more stressed out than usual. For those who don't ordinarily feel stressed under the pressure of events, the holidays can still play havoc with our lives.

With all of the cooking, entertaining, shopping, wrapping, holiday cards, house cleaning and family visits, a responsibility-packed schedule paired with our own seasonally high expectations can easily transform joyous times into stressful ones.

So what can we do? Plan for stress, say the experts, just like you plan ahead for any calamity you want to avoid.

Quick Tips for Stress Reduction

- Have a positive attitude. It all starts with you.
- Be patient with others – not all people only have warm and fuzzy feelings related to events that might have happened to them around the holidays but on the same token, don't let others bring down your positive attitude.
- Plan ahead and have reasonable expectations. Make a list of what you want to get done. Then take a couple of things off until the next day be-

cause you will inevitably deal with crowds and other unforeseen events that will throw your schedule off.

- Try not to worry about things out of your control. This ends up draining your precious resources.
- Exercise. A few extra minutes of exercise each day can benefit your overall health and immune system, making you less susceptible to illness and stress.
- Eat nutritional food. Decrease the amount of fat and sugar you eat. In the winter, we tend to crave fats and sweets, but ironically these can drain us of our energy, running us down and making us more susceptible to stress.

- Rest. Try to get eight hours of sleep each day or the amount you know makes you able to tackle your next day's challenges the best.
- Get (or give) a massage. A massage can be beneficial for the mind and body and also makes a great gift for others stressed out by holidays.
- Don't forget to breathe, nice and slowly – you can do this.
- Smile – even if you don't feel like it. Scientists have shown that chemicals normally released when we are happy are released even when our smile muscles move, so grin and bear it!