

## Clinic providers receive appreciation

By Lisa Brown

I wanted to thank our Siletz Community Health Clinic for services and providers that help our members to identify risk factors and resources to address physical and emotional health issues.

I have been very impressed with our physician's assistant, William Fisher, due to my faith in osteopathic trigger point therapy and the theory of muscle memory for emotional release/healing. Also, Mary Beth Nichols in our Behavioral Health program. I'm very impressed with her well-rounded approach and the multitude of techniques she offers to find the best fit for clients.

It's such a gift for me personally to have providers offering alternative approaches for chronic pain due to stress or anxiety due to emotional/historical trauma. I have lived 20+ years in my Tribal community and interacted with so many who share my grief and feelings of helplessness when people we love, or ourselves, feel lost, powerless or abused.

Having medical/mental health providers to assist with dealing with symptoms is a major part of the healing process. But it also takes effort/time to address the causes too!

## Change in Siletz Clinic check-in times

The Siletz Clinic asks all patients with appointments to check in 15 minutes prior to your scheduled appointment time. This allows for any necessary paperwork to be completed prior to your appointment with your provider.

Thank you!

## Reminder from the Siletz Clinic

The Siletz Clinic would like to remind parents and guardians that if you send your child to an appointment with someone other than yourself or other legal guardian, you will need to sign a Release of Information.

This gives permission for another person to bring your child to appointments and for your child's provider to discuss the child's care with them.

If you have any questions, please call 541-444-1030 or 800-648-0449.

Thank you!

## CNAY accepting applications, nominations for Champions for Change

WASHINGTON – The Center for Native American Youth (CNAY), a policy program at the Aspen Institute, is accepting nominations and applications for its Champions for Change leadership development program.

Champions for Change, inspired by a White House initiative, is an annual youth recognition program that shines a spotlight on positive stories in Indian Country, promotes hope among American Indian youth and develops young Tribal, state and national leaders.

"Being recognized as a Champion for Change connected me with other Native youth leaders across Tribal nations," said Vanessa Goodthunder, 2016 Champion for Change. "My connection to the Center for Native American Youth and their network continues to help me develop my leadership efforts."

CNAY is soliciting both nominations and applications directly from Native youth and community members. Tribal leaders, teachers, coaches, school administrators, parents, Native youth and others can nominate a young Native leader (age 14-22) who is making a positive impact in his or her Tribal or urban Indian community.

CNAY will contact the nominee and invite him or her to submit a full application. Youth also can submit the Champions for Change application on their own without a nomination. Candidates must complete their application by Nov. 15.

CNAY will announce the 2017 Champions class this December and will bring them to Washington, D.C., in February 2017 for a series of events with Tribal leaders, policymakers and other key stakeholders to be recognized for their leadership efforts. Past Champions have

met with Cabinet secretaries, Supreme Court justices, members of Congress and White House staff, among others.

Following their recognition, Champions will take part in a year-long leadership development curriculum, where they'll be exposed to new opportunities to advocate for Native youth.

"The Champions for Change program not only recognizes Native youth doing critical work in their communities, but these young people help other Native youth across the country drive a new narrative – one that focuses on the strength and resilience of our youth," said Erik Stegman, executive director of CNAY. "We invite Tribal leaders, teachers, peers and others to identify positive youth-led work and nominate those youth for our program so that we can lift up those youth and their incredible stories."

Center for Native American Youth is dedicated to improving the health, safety and overall well-being of American Indian youth through communication, policy development and advocacy.

Founded by former U.S. Sen. Byron Dorgan in February 2011, CNAY is a policy program within the Aspen Institute, headquartered in Washington, D.C. For more information, visit [cnay.org](http://cnay.org)

The Aspen Institute is an educational and policy studies organization based in Washington, D.C. Its mission is to foster leadership based on enduring values and to provide a nonpartisan venue for dealing with critical issues.

The Institute is based in Washington, D.C.; Aspen, Colo.; and on the Wye River on Maryland's Eastern Shore. It also has offices in New York City and an international network of partners. For more information, visit [aspeninstitute.org](http://aspeninstitute.org).

## Know Before You Go!



### Pioneer Mountain to Eddyville

Traveling on U.S. 20 between Newport and Corvallis?

Expect construction June – October 2016

Whether it's an occasional trip to the valley or a daily commute, you will be able to travel through the construction area.

– Avoid closures and plan for delays –

Sign up at [us20pme.com](http://us20pme.com) to receive regular email updates about current delays.

Please tell your friends and neighbors!



Creating a safe, smooth, and scenic connection

Get construction updates at [us20pme.com](http://us20pme.com) or by calling 511

## STUDY CHINUK WAWA

FALL TERM 2016  
4 CREDIT HOURS  
LANE COMMUNITY COLLEGE  
BLDG 31, RM 101 (LONG HOUSE)  
M/W 4:00 – 6:00 P.M.

**SPECIAL OFFER!!!**  
An Anonymous Donor to the LCC Foundation Will Continue to Cover the Cost of CW 103 and CW 203 for Chinuk Wawa Students! This Means That When You Pay for Two Classes of Chinuk Wawa, the Third One's Free!

CW 101: CHINUK WAWA (4 CREDITS) CRN 22692  
MW 5 – 6:50 PM

Students will learn the fundamentals of this important language that has linked Native people of the Northwest for centuries. This course will also introduce students to many cultures of the Northwest. Completion of first-year Chinuk Wawa courses fulfills the Oregon University System's requirements for admission to state universities.

CW 201: CHINUK WAWA (4 CREDITS) CRN 22693  
BLDG 31, RM 114 (LONGHOUSE)/MW 4-5-50 PM

Students will learn more Chinuk Wawa words and structure as well as improve their communicative ability through daily reading, writing, speaking and listening. Content will focus on the culture and history of Grand Ronde peoples in addition to personal conversation and storytelling. Completion of second-year Chinuk Wawa courses fulfills the Oregon University System's language requirement for graduation.

Instructors: TBA. Past instructors include Dr. Janne Underriner, Director of the Northwest Indian Language Institute, Kathy Cole, Culture Department Manager for the Confederated Tribes of the Grand Ronde Community, Dr. Henry Zenk, Jerome Viles, Heidi Helms and others.

FOR MORE INFORMATION, CALL THE LANGUAGE, LITERATURE, AND COMMUNICATION DIVISION, 541.463.5419 OR VISIT OUR WEBSITE:

[LANECC.EDU/LLC/LANGUAGE/CHINUK-WAWA](http://LANECC.EDU/LLC/LANGUAGE/CHINUK-WAWA).

AND LOOK FOR US ON FACEBOOK!

