

Ball joins Shakespeare festival in Native outreach role

Chee-la dee-la ha~Amber Ball waa 'vm-nvsh-shi'! Dakubetede, Shasta, Modocni-Klamath and I am a citizen of the Confederated Tribes of Siletz.

I am a University of Oregon alumna with a bachelor's degree in theatre arts and Native American studies. I am proud to announce that I am the new Native/Indigenous audience development associate for the Oregon Shakespeare Festival in Ashland, Ore. I will specialize in Native/Indigenous community outreach and also

ensuring relationships with our federally recognized nine Tribes of Oregon.

My goals are to share the wonders of theatre arts with all generations and to inspire our youth to find their passions in life. I am beyond thrilled to be joining OSF for this upcoming 2019 season because The 1491s' world-premiere play *Between Two Knees* will be staged here in Southern Oregon.

Thank you to everyone who has supported me in my journey.

Shu' 'aa-shi nun-la, I am thanking to you all!

Amber Ball

Courtesy photo



By Savanna Rilatos for Brown University's Facebook page; originally posted Oct. 24, 2018

When I was choosing a college, I knew I had to choose somewhere that was worth leaving my Native community, my Tribe and my people for four years. Picking up and moving from my reservation that I lived on for 18 years, disconnecting from my culture and practices that I was raised under and leaving my entire family back in Oregon, 2,600 miles away, was the hardest decision I've ever had to make, but I'm glad that I did.

I chose Brown for many reasons but one of the biggest was the open-curriculum. It has allowed me to build my own learning experience, giving me the power and agency to take courses I loved in Ethnic Studies, while simultaneously earning a Political Science degree to become a powerful political voice to change the world for Indian Country.

Attending a school as great as Brown has also given me a platform to be a role model for our Tribal kids back home in my 1,200-person rural town, showing them that anything that they set their minds to is possible.

Being Native and homesick is so much more than just being homesick. I've missed two years and counting of Nee-Dosh ceremonies, Run to the Rouges (where we run back to our homelands) and Restoration Pow-Wows (celebrating our restoration). I haven't been able to hug my family through many tragedies.

I also have deep connections to my homeland, my ancestors walked amongst it, our traditional foods grow there and it

is so much more than just a place in which I live - I miss it often.

Being at Brown, learning from some of the best professors in the world and studying amongst such accomplished and incredible people is truly a blessing that I wouldn't change for the world, but to do so I have to sacrifice bits and pieces of who I am and disconnect from my ways of life daily.

With that being said, what has really kept me at Brown is the overwhelming support and resources that I've been given here, like a voucher to fix my broken laptop, a plane ticket home to visit my sick Grandpa and financial help to get necessary health testing done.

There are so many different people looking out for me and making sure that I have what I need to thrive, emotionally, physically and spiritually. These things have been so integral to my experience at Brown and my capacity to succeed, push through my identity struggles and triumph over my hardships.

On top of that, even across the United States, I am able to find little bits and

pieces of home all over this campus, like within Native and Indigenous Studies at Brown, the Brown Center for Students of Color, the Ethnic Studies Department and Natives at Brown.

When I'm in the kitchen of our Native house making stew and frybread with my Indigenous friends, cracking jokes and laughing hysterically, I feel closer to home than ever and realize that Brown is where I am supposed to be.

And during our Indigenous Peoples Day celebration, where we gather to honor the Indigenous peoples of this land and reject a colonial holiday that celebrates the genocide of my people, I am reminded of just how special of a place I am at and the power that I hold to continue shaping this university into a better place for me and people just like me.

Shu'-'aa-shi nin-la (thank you)

Savanna Rilatos '20, Confederated Tribes of Siletz Indians
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Healthy winter holiday strategies to cope with food temptations

By Nancy Ludwig, Dietitian

As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families. This segment focuses on how we handle the "extra eating" that tends to happen in the winter when we experience more darkness, more time inside and for many, more parties and events.

December is often a time when people eat more sugar from cookies, cakes and candies in the name of celebration. December is also a time when people often put on extra weight from the extra calories.

I believe it is important to enjoy our food, but ideally my goal is to encourage people to enjoy nourishing foods. With this in mind, I encourage you to think about what habits you want to have this winter and how you want to cope with temptations.

In setting the stage for success, it is important to reflect, anticipate, be conscious of and learn while truly celebrating with gratitude.

Reflect: What is important to you around holidays and parties? Is food the focus? Is there any mindless or compulsive eating going on? What traditions are meaningful and healthy; which ones can be modified? What examples do you want to set for your children?

Anticipate: Make a plan in advance. When the event includes food, offer to bring something you will feel good about eating and serving to children. If the food feels important but isn't healthy, plan to be satisfied with a reasonable portion and savor every bite. If the food is not important, change it and insert a new food or behavior.

Be careful about beverages and the sugar they contain. You may need to bring your own beverages. Vegetables are your friends – be discriminating with dips.

Be conscious and learn: Be mindful in the moment now. Each day we make more than 200 food-related decisions – 90 percent of them we aren't even aware of (from *Mindless Eating* by Brian Wansink, Ph.D.).

I believe that "each" bite or sip contributes to the overall impact on our health. Habits are mindless behaviors. When we form better habits through awareness, we can move from "mindless overeating" to "mindless better eating". Like it or not, adults are role models for children and eating behaviors continue in generations if not changed.

Celebrate with Gratitude: Remember what you are celebrating. Cherish friends and family, enjoy meaningful conversations and remember to feel good about the incremental changes you make (and model for your children). Gratitude

goes a long way in improving how well we receive our food to support our health.

Make Your Own Fruit and Nut Bars

Step 1: Figure out what ingredients you like and put them all together. Chop the entire mixture up in the food processor.

Step 2: Roll the dough into a ball and then place the dough between 2 sheets of wax paper and roll it flat (a thin bar is a seemingly bigger portion with less of a sugar load).

Step 3: Cut it into bars or festive shapes with cookie cutters and store them in rigid airtight containers. They last at room temperature for several days and they last for up to several months in the refrigerator.

The trick is that whatever amount of dried fruit you choose, use about the same volume of nuts/seeds or less. Dates (specifically Medjool) offer the best consistency. If the fruit, nuts or seeds are very dry, you may need to add up to 1 teaspoon of water to the dough in order to form a ball.

Festive Fruit and Seed Shapes

These bars contain no nuts and can be rolled or flattened to create festive and crafty snacks with a cookie cutter. Sprinkle or roll in shredded coconut,

carob, cocoa powder or cinnamon. Winter snowballs can be created with coconut.

- ½ cup dates, pitted
- ½ cup dried apricots and/or cranberries, dried, sweetened w/apple juice
- ½ cup pumpkin seeds, raw or roasted
- 1/3 cup sunflower seeds, raw or roasted
- 2 tablespoons sesame seeds, raw or roasted

Sugar Cookie Bar

Some say these cashew bars taste like sugar cookies

- 1 cup dates, pitted
- 1 cup cashews

Winter Rainbow Bar

These flavors and colors are reminiscent of Christmas.

- ½ cup dates, pitted
- ½ cup cranberries, dried and sweetened
- 1 cup pistachio nuts

Siletz Tribal Head Start offers my time at no cost to you to support family nutrition over the telephone. If you have questions or nutrition concerns about your Head Start child, please contact your teacher and ask to speak to the nutritionist.