

DePoe, Google help provide online access to homes in Washington town



Courtesy photo

Suzanne DePoe

Suzanne DePoe, Tribal member and a test engineer for Google Inc. who is on the Google American Indian Network Leadership Council, provided a grant to the Goldendale School District for Viasat.com Satellite Service, which gives WiFi and Internet access to each home.

This community is located on the Tribal lands of the Yakama Nation just north of Goldendale, Wash. All 19 homes are connected and are now using the much-needed access to online video conferencing for distance learning.

In addition to the grant to provide Internet access, Google Inc provided a second grant to the Goldendale School District to assist its food program.

Great thanks go out to the Goldendale School District for accepting these grants for its students and community.

CTSI Jobs

Tribal employment information is available at ctsi.nsn.us.

Note: "Open Until Filled" vacancies may close at any time. The Tribe's Indian Preference policy will apply. Tribal government will not discriminate in selection because of race, creed, age, sex, color, national origin, physical handicap, marital status, politics, membership or non-membership in an employee organization.

CTSI constantly is looking for temporary employees to cover vacancy, vacations, maternity leave and extended sick leave. If you are looking for temporary work that can last from 2-12 weeks, please submit an application for the temp pool.

Tenas Illahee Childcare Center Board of Directors Vacancies

Résumés are being accepted for the Tenas Illahee Childcare Center Board of Directors. Currently, there are two vacant board positions.

If interested, please submit your résumé to Siletz Tribal Council, c/o Executive Secretary, P.O. Box 549, Siletz, OR 97380-0549. Vacancies are open until filled.

For more information about the Siletz Tribal Arts and Heritage Society, visit siletzartsheritage.org.

Can nutrition really help my mood? Home science experiment might tell you

By Nancy Ludwig, MS, RDN, LD, Head Start Consulting Nutritionist

In my role as consultant nutritionist to Siletz Tribal Head Start, I offer information for families. Today's topic addresses natural ways to support or calm our nervous systems, and therefore our moods.

In these stressful times, resilience and having tools to feel calm is critical. Nutrition can support our ability to handle stress and avoid depression. Likewise, poor food choices can increase anxiety and depression. Of course, other interventions may also be necessary when anxiety and depression are high.

First of all, the balance of our food combinations can influence our mood dramatically.

Do you find that you feel sluggish after some meals and alert after others? The protein, fat and carbohydrate composition of your meals affects your alertness and calmness. Furthermore, it can stabilize your moods or cause swings based on how well carbohydrates and sugar are managed.

Understanding how to enhance mood and performance based on food choices can be powerful. Usually meals with protein and non-starchy vegetables support alertness. Meals high in starch tend to slow us down. Keep in mind that starch and sugar are both carbohydrates, but sugar is not a true supportive friend for the nervous system and a stable mood.

A fun activity for exploration with your children is to play with breakfast composition to see how your mood, function and stability change. Write down what you ate and then over the next 4-5 hours, record how you feel and function.

For example, how long did you stay full or how quickly did you get hungry again? How alert was your attention or focus? How did you feel and how was your mood? Did your mood shift quickly

from happy to grumpy or did it stay about the same?

Compare your experience with others in your family, perhaps during family dinner. Finding the ideal food combinations may help with focus and family harmony when facing remote schooling. If you dare, try the home experiment described below.

Home science experiment (With parental supervision and approval)

1. Choose a menu (samples below) and eat breakfast. List what you ate and how much.
2. On a sheet of paper or in a notebook, record the time and describe how you feel.
3. One hour later, describe your mood and attention or anything else you noticed during the hour.
4. Repeat step 3 each hour until lunchtime.
5. Just before eating lunch, record the time and how you feel plus what you crave for lunch. If you need or eat a snack before lunch, record it as well. If you drink beverages make sure to include that information – especially if caffeinated.
6. The next morning, try another menu and repeat all above steps.
7. At the end of your three-day experience, think about which menu felt best for you. Was school easier with one menu? Compare your experience with other family members.

Sample menus (suggestions only)

- A. Sweet foods that are low in protein and fiber, such as pancakes with syrup and orange juice, or cold cereal with milk and orange juice
- B. Eggs with cheese and/or breakfast meat and a small glass of milk
- C. Your choice – it might be oatmeal (instant, rolled or steel cut) with toppings, such as dried fruit, walnuts and cinnamon. Small glass of milk. Do you need brown sugar?

Food allergies and intolerances also play a role affecting mood, not usually in a positive way. Often times we crave the very foods that are bad for us.

This is clearly seen in autism. Frequently, the only foods consumed are the very foods that do not support recovery. Gluten and casein are often problems for autistic children (and for non-autistic folks as well).

Gluten is found in wheat, rye and barley grains and the foods made with them. Casein is a protein in milk and dairy products.

Most of us know that turkey can make us feel tired due to its high proportion of tryptophan. This amino acid, as well as other amino acids, and essential fatty acids can make a difference in some of the most common mood imbalances, such as depression, anxiety, lack of focus, chronic stress, etc.

Protein foods supply amino acids to support growth and repair, and the materials to help regulate mood. Fish oils are an important source of essential fatty acids that can stabilize mood when consumed at adequate levels.

Sometimes amino acids and essential fatty acids are taken in the form of supplements. Tryptophan and GABA can be calming amino acids. Fish oil contains Omega-3 essential fatty acids.

Oats are a calming food and an herbal medicine. Not only are oats consumed as food, but when the grain is at the milky stage it can be tinctured and used as a medicine to support the nervous system.

Many additional herbs support and nourish the nervous system. Commonly used herbs include chamomile (tea) and lavender (can also be made into tea and added to foods).

Mood supporting guidelines

The four top good-mood foods (from *The Mood Cure* by Julia Ross):

1. Protein (amino acids from fish, poul-

try, eggs, beef, lamb, pork, venison, buffalo, dairy, nuts and legumes)

2. Fats (omega-3 fats, coconut oil, olive oil); I would add sunflower and avocado oils.
3. Vegetables (colorful, energizing and calming – 4-5 cups per day!)
4. Good quality carbs (fruits, vegetables, legumes and grains)

Other tips

1. Eat regularly.
2. Eat enough but not too much.
3. Eat according to your genetic heritage (culturally appropriate, preventative regarding family tendencies).
4. Eat organic and range-fed whenever possible.
5. Eat nutrient-dense foods (in the context of how nature provided them).
6. Eat whole foods (rather than processed and packaged).
7. Avoid foods you may be sensitive to (or make you feel poorly after eating them, while remembering that reactions can be delayed).
8. Be aware of food cravings/addictions (because these might be problem foods).
9. Pay attention to blood sugar swings (and limit or avoid sugar).
10. Enjoy calming foods and herbs when needed, such as oats, chamomile or lavender.
11. Include cultured foods/probiotics.
12. Ask for help – especially if you wonder whether supplements or additional intervention is needed.

Siletz Tribal Head Start offers nutritional support at no cost to Head Start families. This usually occurs over the telephone. If you have nutrition concerns about your Head Start child or want to discuss family nutrition concerns, please contact your teacher or the director and ask to speak to the nutritionist.