

Biden signs executive order restoring original boundaries of Bear Ears and Grand Staircase-Escalante national monuments

On Oct. 8, President Joe Biden signed an executive order restoring the original boundaries of the Bears Ears and Grand Staircase-Escalante national monuments, and the Northeast Canyons and Seamounts Marine National Monument.

The lands of Bears Ears National Monument are sacred places for the Navajo Nation, Hopi Tribe, Ute Mountain Ute Tribe, Ute Indian Tribe and Pueblo of Zuni. Tribal leaders, organizations and coalitions successfully advocated for its designation as a national monument in 2016.

Two years later, a presidential proclamation reduced the boundaries by 85 percent – removing critical protections provided by the Antiquities Act of 1906. This left these sacred lands and artifacts at risk of looting, vandalism and misinformed visitation.

In January, Biden issued Executive Order 13990 calling for a review of all executive orders and actions over the previous four years, including restoring national monuments. Subsequently, U.S. Department of the Interior Secretary Deb Haaland gave her recommendations to the president two months after traveling to both Utah monuments.

Tribal leaders continued to urge Biden to restore the monument, with the Bears Ears Inter-Tribal Coalition sending a September letter urging action.

In 2015, the National Congress of American Indians passed a resolution offering formal support for the Bears Ears National Monument and for the Inter-Tribal Coalition. NCAI has urged the president to restore the monument and preserve the sacred historical and cultural objects.

The action taken by Biden to restore the original boundaries ensures that these sacred places will be protected now and for the next generations.

"[Bears Ears] is the first national monument in the country to be established at the request of federally recognized

Tribes; it is a place of healing, as was spoken by the secretary, a place of reverence, a sacred homeland to hundreds of generations of Native peoples ... Today, I am signing a proclamation to fully restore the boundaries of Bears Ears," said Biden.

2021 Restoration Virtual Celebrations



Search
@CTSIgov on Facebook

We will be hosting a Restoration Celebration Facebook group this year in lieu of an in-person event.

We will also have a page in the Member Area with additional content and a Zoom "Restoration Night" event (more details available in the Member Area). This page will be available on November 17th.

Go to: www.facebook.com/2021RestorationCelebration
www.ctsi.nsn.us/2021RestorationCelebration

The Facebook event is open to the public.
We ask everyone to be kind and courteous when participating.

You will be able to post to the Facebook group November 17th - 21st.

Your mouth is a gateway to your health, part 2: Appearance and structure

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

As part of my role as consultant nutritionist to Siletz Tribal Head Start, I offer information for families. Last month we introduced how our mouths and dental health are a gateway to our health. We mentioned brushing, plaque formation, acidity, nutrition and gut health, as well as how infection can lead to disease or even interfere with healing. In part 2, our focus is the appearance and structure of our mouths, and the decisions we may face about dental interventions and treatments.

The appearance and structure of our mouths include what we can see on our tongues to indicate possible nutrient deficiencies. A tongue exam with a skilled practitioner can provide important clues about our health, imbalances and more.

Practitioners examined the tongue more commonly in the past. If you don't have a practitioner who does a tongue exam, here are some clues of what to look for.

The main tongue features to evaluate include the size, shape, color, the edges and a possible coating. A large tongue might mean low thyroid or immune issues. A scalloped, thick tongue can be associated with grinding teeth at night (bruxism), sleep apnea or insulin resistance.

If it's noticeably bright red, it may be associated with low niacin (vitamin B3) or could also be a sign of a liver issue. If it's red and slick (very little texture), it can be multiple B-vitamin deficiencies.

A geographic tongue (a map like appearance with smooth, reddish patches surrounded by white borders on their

tongues) can be associated with nutritional deficiencies, such as iron, zinc and B vitamins. A white coating on the tongue can be a sign of thrush or a yeast overgrowth (as mentioned last month).

The appearance and structure of our mouths also include alignment of our teeth and jaw, proper palate development and tongue range of motion. Alignment and structure are more than just aesthetic beauty. It is about function and can have wide-reaching health consequences.

Function includes the ability to chew food adequately to begin the process of digestion. Lack of palate development can obstruct airflow. Tongue-tie can interfere with breastfeeding and nourishment at birth. In my observation, tongue-tie is becoming more common and awareness for early assessment and clipping is important.

One of the goals in Head Start is to help students find a dental home for exams and dental care to support overall health. Some structural issues that may need intervention include orthodontia for alignment and functional bite, and overcrowding in the mouth may need to be addressed to prevent obstructive apnea. Ideally, the structural issue of tongue-tie is evaluated at birth or soon after.

A little more background about proper palate formation because this is often overlooked. A wide palate is generally developed after birth. Breastfeeding for two years and hard-chewing foods for toddlers help to grow a wide palate.

Many people with small mouths and overcrowding may not have a wide palate and therefore may tend to experience obstructive apnea. Amazingly, bed-wetting can be a symptom of this. When the body

does not receive adequate oxygen, to compensate in an attempt to survive, it may release urine rather than use the oxygen required to hold back the flow of urine during sleep.

Other dental decisions, with health in mind, include toxic burden from dental materials when addressing cavities, damaged or dead teeth, or cavitation in the jaw. Toxic materials from amalgam fillings, metal implants and root canals can introduce burdens for the body.

It is a tricky balance to keep the mouth healthy. Dead teeth and root canals can allow bacteria a place to hide while also allowing access to the bloodstream. When a tooth dies, removal may be the healthiest option. Improperly pulled teeth, however, may lead to additional problems.

A cavitation is an empty space in the jawbone, usually where a tooth was removed, that did not heal properly, creating dead or infected bone. I'm gaining personal experience about cavitation as the hole in my jaw allowed infection to be hidden in my body for many years. This unnoticed infection was a burden that interfered with my health.

At home, proper brushing and oral care cannot be overlooked. Your dental team may provide guidance and instruction on everyday brushing. Keep in mind, however, that some oral care products contain toxic chemicals and antimicrobial agents that kill everything.

The many oral care products available for purchase can be overwhelming. One of the least expensive products for teeth brushing is baking soda. The vast majority of benefit from tooth brushing comes from the mechanical abrasion that the toothbrush itself causes. It's not so much the toothpaste. It's more the toothbrush.

Oil pulling is an effective ancient Ayurvedic technique that helps to clean the mouth. You literally just put sesame seed oil, olive oil or coconut oil in your mouth and you slightly swish it around as you would with mouthwash. The purpose is to remove bacteria and it is believed that oil is more effective than water for this purpose.

I suggest swishing for a short time and working up from there. Some people swish in the morning while doing other activities such as showering. I suggest adults try it first before starting it with children.

Do not swallow the oil because it contains the bacteria you want to remove. Also, it is not advisable to spit the oil into the sink because it may clog the plumbing, especially if coconut oil is used.

Essential oils can be added to the oils, yet are not necessary. Some popular essential oils for the mouth are clove or cinnamon bark, peppermint or orange. A little goes a long way. The idea is to draw out the harmful bacteria, viruses and fungi, leaving the healthy ones alone. We want good, healthy bacteria in our mouth as part of our healthy microbiome.

In summary, Head Start cares about supporting dental health because it is truly one of the gateways to our overall health. Along the way, we need information to form habits and make safe choices. Starting early is good, yet for those who are older, it is never too late.

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.