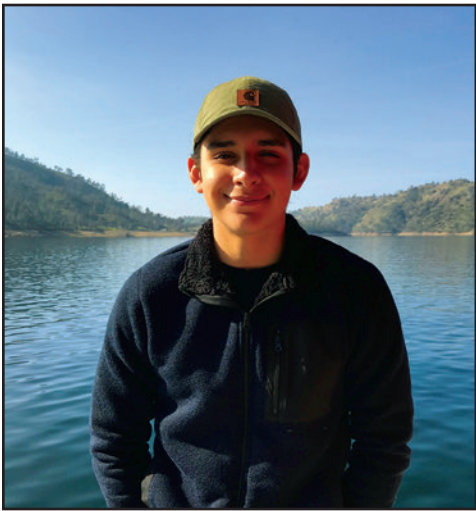


## Graduates!



### Kanaan Perez Fresno State University

Kanaan graduated in December 2021 with a Bachelor of Arts in history and a minor in English literature. He plans to continue his education to earn a teaching credential and teach at the high school level. He is forever grateful for all of the assistance the Tribe has provided for him.

Legal Aid Services of Oregon and the Oregon Law Center, civil legal service providers for low-income Oregonians, operate a **public benefits hotline** where low-income Oregonians can talk to lawyers and paralegals to get advice on public benefits, including unemployment benefits: 800-520-5292 or Oregonlawhelp.org.



Courtesy photo by Kelli Albright

Volunteers from the community pose at Siletz City Hall after packing 100 boxes of turkey dinner makings to distribute to Siletz residents in need on Nov. 20, 2021. The group received a \$3,170 grant from the Siletz Tribal Charitable Contribution Fund that covered much of the cost, as well as contributions from local grocers and private donations. The Community Thanksgiving Dinner is usually held at the Tribal Cultural Center and is open to the public, but could not be held due to COVID-19 risks.

### Childcare Assistance Program

#### Childcare Provider Stabilization Grant Opportunity

The Childcare Assistance Program received ARPA (American Rescue Plan Act) funds to distribute to child care providers whose child care operations have experienced challenges due to the pandemic and might need support in order to stabilize their business to prevent it from closing.

If you are a child care provider in need of support for your child care business, please contact DeAnn Brown, Head Start director, at 541-444-2450 or deannb@ctsi.nsn.us to request an application.

### 2021/2022 HUNTING/FISHING/GATHERING INCENTIVES

Reminder to all Siletz Tribal members: Please report all harvests of deer, elk, salmon and shellfish to the Natural Resources Department. The name on the tag/permit will be submitted into a drawing after the seasons end and could receive one of the following Cabela's gift card incentives.

#### HUNTING INCENTIVES

\$100 ~ \$75 ~ \$50  
CABELA'S GIFT CARDS

#### FISHING INCENTIVE

\$50  
CABELA'S GIFT CARD

#### SHELLFISH INCENTIVE

\$50  
CABELA'S GIFT CARD

Please report all harvests to:

Mike Kennedy  
541-444-8232

[mikek@ctsi.nsn.us](mailto:mikek@ctsi.nsn.us)

or

Denise Garrett  
541-444-8227

[deniseg@ctsi.nsn.us](mailto:deniseg@ctsi.nsn.us)

**For information about the Siletz  
Tribe, visit [ctsi.nsn.us](http://ctsi.nsn.us).**

## Are you depressed? Do you think nutrition could have something to do with it?

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

*I don't know about you, but many people have been feeling pretty depressed, including me. I'm preparing this in the darkest period of the year heading toward solstice. I'm hoping things feel different for us all in January.*

*Depression and anxiety are real, however, and they can be much more common in the months with less daylight. Besides, the world has been pushing many of us very hard and some of us might be feeling a bit threadbare at this time.*

*So what does this have to do with nutrition? Let's explore. I believe there is always a connection to nutrition of some kind and in my role as consultant nutritionist to Siletz Tribal Head Start, I offer nutrition information for families.*

When life feels stressful or hard, remember that ideal nutrition is a powerful ally. How can we use it to our advantage? First: Do No Harm. Next: Correct imbalances and support the nervous system. Last: Give thanks when and wherever we can.

Do No Harm: Remember that sugar can be highly addictive and harmful because it can squeeze out the consumption of healthy foods as well as leave us without stable blood sugar, which can impact our energy and mood.

Additionally, the foods we crave are likely to be foods that give us an emotional

boost or rush, followed by a low. When we succumb to cravings, we generally overeat them.

Sometimes these cravings are for foods to which we are sensitive. Often when we seek those foods as though our lives depend on them, we are experiencing an addiction withdrawal.

People just can't seem to give up wheat despite the fact they may be gluten intolerant. They may even hesitate to do a gluten-free trial to see if they experience improvement.

Common allergens include milk, eggs, wheat, finfish, shellfish, soy, peanuts and tree nuts. Refined sugars, dairy, gluten, grains (including corn), soy, GMOs, coffee and alcohol are common trigger foods. None of these foods are traditional foods, except that some Tribes embrace traditional practices with corn.

We often crave the very foods that are bad for us. Food addictions as well as sensitivities can play havoc with mood.

Correct imbalances and support the nervous system: At the foundation, a great way to avoid imbalances is to eat whole foods. To correct imbalances, however, supplements and specific diet changes may be needed.

A few of the nutrients that are essential to mood and energy regulation include vitamin B-12, magnesium, zinc and essential fatty acids. These nutrients are often low in people with psychiatric conditions.

Balancing supportive foods include dark leafy greens; oily fish such as wild-

caught salmon, mackerel and sardines; pastured eggs; and sprouted nuts and seeds.

Some of the calming foods and herbs include oats, chamomile and lavender. Protein foods supply amino acids to support growth and repair, as well as the materials to make neurotransmitters to help regulate our moods. Consuming adequate protein can also support healthy blood sugar.

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.

Give thanks when and wherever we can, at all stages. I get it; things aren't all fine these days. When we can find something to be truly grateful for, however, it can sometimes move the needle toward finding our way toward balance. Small shifts can be powerful.

A kitchen with an attitude of gratitude is also where high-vibration nourishment is prepared! On the contrary, be cautious of foods that were prepared under hostile circumstances.

Consider whether our gratitude and our prayers/intentions can transform the food on our plate to fill its full potential. Of course, I don't mean transforming hard candies into a nourishing meal. I mean canceling the trauma and filling our foods with love.

This is also what we might call "eating consciously," where we really pay attention to the foods by fully enjoying them. And

because food is information, we also need to be conscious to become informed by our food.

Last month I shared points from Pat McCabe (Weyakpa Najin Win, Woman Stands Shining) and they seem to apply here as well. Pat shared that the power of prayer is experienced when we inquire into the truth with deep listening and curiosity. This allows deep conversation with the natural world and sense of place with all of our relations.

From this process, we sense guidance for how to be human because everything causes something else to happen. This human possibility includes how our actions cause Mother Earth to flourish with sustainability, leading to our mad love affair with earth and life. This brings joy! Possibly depression can be mitigated with this joy of which Pat speaks.

In summary: First, do no harm (avoid sugar, food sensitivities or trigger foods). Next: Correct imbalances and support the nervous system. Last (but can also be first and in the middle): Give thanks when and wherever we can.

*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.*