



Congratulations to Jeidah DeZurney on your new position as the program manager for Native youth and family support for the Multnomah Education Service District. Everyone is so proud of you!
Love, Savanna and Enzo

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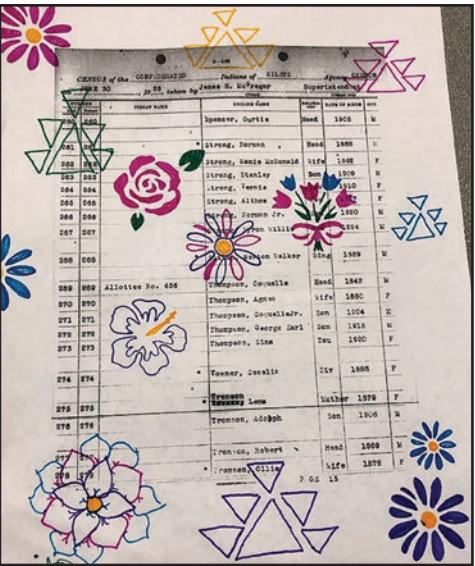
Native Youth Summit thanks sponsor, the College Fund

By Tiffany Stuart
I would like to say thank you to the American Indian College Fund for sponsoring \$2,500 for the Native American Ledger Art Workshop facilitated by myself and for the youth wellness sweatshirts.
On Nov. 27, 2023, the Lincoln County School District (LCSD) held its Native Youth Summit in Newport, Ore. The day started off with youth drumming with Siletz Tribal member Ron Butler, followed by Dr. Majalise Tolan (LCSD superintendent) as the guest speaker.
The sessions included our talented teachers and mentors in our community: Jen Metcalf and Nicole Rariden

from Phoenix Wellness Center, Theresa Smith from Siletz Valley Schools (SVS), Jeff Sweet from the Siletz Tribe, Melaia Kilduff from PAADA (Partnership Against Alcohol and Drug Abuse), Rachelle Endres from Siletz CARE Program, Crystal Taylor Hinds from LCSD and myself.
Over the years as an artist I started gifting ledger art pieces with our Siletz Census and other documents as the canvas. Through this storytelling, youth were able to express and discuss their interests and hopes in life. I piloted this holistic learning workshop at SVS's Native American Club during November.

Everyone who attended received a sweatshirt with the 4R's. Through my journey with my dissertation, I am utilizing Dr. Bryan Brayboy's Indigenous methods of the 4R's: Respect, Relationality, Reciprocity and Responsibility. The signs with the hands I developed to remember the 4R's.
This framework has guided me through this process and will structure my research for my doctoral degree from the University of Arizona.
Thank you to everyone who helped with the youth summit and I look forward to the spring youth summit and round dance (March 15-16, 2024).

Courtesy photos
A student's ledger art



Izayah Aviles (left), Miles Case and Tommy Metcalf brainstorm ideas together at the youth summit.



Nutrition as a flow: Food choices matter for growth, repair, maintenance of body

By Nancy Ludwig, MS, RDN, LD,
Siletz Tribal Head Start Nutritionist

As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families. This segment focuses on nutrition as a flow, without requiring science knowledge as the primary guide.

Nutrition can be thought of as a flow. We eat food and much occurs as the food flows through our bodies. Digestion and absorption happen, without us telling our bodies what to do. We have choices about what we consume and thereby what we provide to our bodies as materials for growth, repair and maintenance.

Despite my interest in science, as a nutritionist I realize that teaching scientific principles of nutrition isn't fully what guides our choices. When we can tune into the flow that supports us, this is a subtle form of guidance. When we are aware of clear benefits, our choices become natural and logical.

An experience of flow-state can support our motivation to make food choices that further this state. If we don't associate our food choices with how we "feel" and how we "function," we are left with many "shoulds."

These "shoulds" are mental constructs vs. our internal body wisdom. For example, we are left with the teachings of what we "should do" or "should teach our children." The real benefits occur when we embody the food and its wisdom as we put it into our bodies.

After all, the food we eat becomes part of our body. Our bodies are made up of food materials. Food is what helps our bodies to grow, to repair and even to think. Our food choices matter.

How can we flow naturally with our nutrition so that it becomes more personal and less mental work? Some people "feel" the energy in the food they eat. They may feel a vibration or the vitality of food. They may also feel the joy or the sorrow that occurred as the food was grown or raised and prepared for consumption.

Be aware of what energy and emotion goes into your food. This includes who you purchased the food ingredients from, as well as who prepared what you consumed. This can be the energy and attitudes of many people and conditions in the food chain.

Giving thanks and praying over food helps align our food with our bodily needs so it will be received and used properly. Eating in community with others, where we are loved and supported, helps prepare us to receive our foods in more positive and effective ways. These ideas may not seem like nutritional principles, but they lead to ideal nutrition. The positive family-style setting is part of Head Start nutrition.

Personal choice is another Head Start principle. The science of nutrition occurs behind the scenes in what is served. Children are encouraged to explore food choices through taste, smell, sound, sight and touch. Conversation also supports the learning process. This experience leads to personal choice.

Children are ideally encouraged to serve their own food, which supports and

empowers personal choice. Children naturally observe the personal choices that others make, including their parents, teachers and peers. Please remember how powerful the actions and modeling of adults are as teachers for our youth.

Pleasure is often a source of confusion around nutrition. Because we often think of sweet and salty snacks as junk foods, we may feel conflicted when we experience pleasure.

Pleasure isn't just limited to the short term. Pleasure includes knowing our relationship with the food, such as where it came from. Pleasure includes experiencing food in season, when it is at its best and most vibrant state.

Pleasure includes the attitude we bring to the table and how we feel after we leave the table. There is pleasure in our ability to think, grow and learn as we choose foods that support our ideal function. These are among the concepts that lead to ideal nutrition without requiring label-reading skills.

Speaking of label reading, naturally wholesome foods that are close to the way they come in nature are not generally packaged and therefore don't even have labels. Some of the pleasure in sweet and salty foods is actually addiction and not lasting pleasure.

As we step into the flow-state more often with our foods, we can begin to sense the difference between addiction and wholesome pleasure. Quite frankly, food addiction is very complicated. In simple terms, if we can't stop and therefore overeat them, or can't live without them or experience a high followed by a low, these might

be addictive foods. Asking these questions can be part of feeling into your ideal foods.

Knowing when we are hungry and when we are full is another concept that is deeply personal and part of finding our flow. If children are told to eat at a certain time or asked to finish food on their plate, they may not develop a sense of their own internal body cues.

It is important for children to have a safe space to discuss bodily sensations so they can learn to honor personal needs rather than overrule them at the requests of others. This does not imply disrespect of elders, but it honors awareness of oneself and where it fits with the whole.

In my desire to contribute to the world, I've come to believe that the best way to affect change is through personal experience. This may mean a one-on-one conversation with another person. It may mean an article, such as this, which when read by one person inspires deeper understanding and action. That spark may be passed on to another, shared with a child and rippled outward to others.

In this new year, may your experience have a ripple effect toward the flow-state of vibrant nutrition and health for you, your children and the entire community.

Please know that 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. We want to support your children and families.