

N^Squalli Absch News



Nisqually Tribal News

4820 She-Nah-Num Dr. SE Olympia, WA 98513

Phone Number (360)456-5221

Volume 7, Issue 8

www.nisqually-nsn.gov

August 2017

We Wai Kai & Wei Kai Kum Nation Standing Together Tribal Journeys 2017



COURT NOTICE

Starting June 1, 2017 the court docket will be changing.

- 1st Monday, criminal court
- 2nd Monday, ICW and civil court
- 3rd Monday, criminal and traffic court
- Truancy/JuV probation court will be determined
- No court will be set the last week of the month
- Criminal and traffic court will start at 9:00 a.m.
- ICW and civil court will start at 9:30 a.m.

Please, contact the court clerk for any new arrests to find out next court date.

How to Contact Us

Tribal Center (360) 456-5221
 Health Clinic (360) 459-5312
 Law Enforcement (360) 459-9603
 Youth Center (360) 455-5213
 Natural Resources (360) 438-8687

Nisqually Tribal News

4820 She-Nah-Num Dr. SE
 Olympia, WA 98513

Debbie Preston, Information Officer
 preston.debbie@nisqually-nsn.gov
 (360) 456-5221 ext.1245

Leslee Youckton
 youckton.leslee@nisqually-nsn.gov
 ext. 1252

The deadline for the newsletter is the first Monday of every month.

Nisqually Tribal Council

Chair, Farron McCloud
 Vice Chair, Chris Olin
 Secretary, Sheila McCloud
 Treasurer, Julie Palm
 5th Council, Brian McCloud
 6th Council, Handford McCloud
 7th Council, Willie Frank



FREE Rides

Monday through Friday

Upper and Lower Reservation Route
 11 am - 6 pm

Beyond the Route

Call Requests and Appointments
 7:30 am - 2:30 pm

360-456-5236

transportation@nisqually-nsn.gov

Rural and Tribal Transportation

A fixed route service serving the Nisqually Reservation, Rainier, and Yelm areas
Cost is \$1.00

Vets and active duty military ride free. Customers with transit passes ride free.

**Please call
 1-800-650-7846
 for information**

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*** ATTENTION ***

Nisqually Indian Tribe
 dx"sq"ali? abá People of the river, people of the grass

Home Administration Council Education Elders Events Heritage Library Newsletter Tribal Services Youth

ha? labdubicid
 [it's] good to see you.

Nisqually Community Events
 November 2014 Elders Beading Arts and Crafts Classes
 This event is open to Nisqually Tribal Members, Tribal Community and Employees.
 November 2014 Diabetes Prevention and Control
 This event is open to Nisqually Tribal Members, Tribal Community and Employees.
 November 2014 Culture Classes on Tuesdays and Thursdays

**Nisqually Tribal Members login to see
 ...events, classes, newsletters,
 education and other tribal services.**

www.nisqually-nsn.gov Username: nisqually Password: leschi



Council Corner

As we move into the time of berries ripening and canoes on the water for the Canoe Journey, we are reminded that we must always tell our story.

In treaty times, it is estimated the population of Washington was less than 100,000. Today, more than 7 million people live in Washington, the largest proportion residing in western Washington and it's growing every day.

Many of these new residents and some of those who were born and raised here still don't know anything about Nisqually. They don't know our history, our culture, our current projects or our plans for the future. They don't know we are sovereign nation or about our enormous positive economic impact on the area. We must continue to work to inform residents and visitors alike.

It's important for the future of our children that the people that we share this land and water with understand the importance of the resources to us and our culture and the painful past relationships we as Indian people have survived.

It can be easy to want to keep within our community and not share our stories with others. In this time of 24-7 information, we need to continue to share the importance of our culture, vision and future needs to protect the treaty rights our ancestors fought to retain for us.

We will continue to reach out to our neighbors near and far and do our part to tell our story.
Hoyt.

Ancestral Days



As part of the Ancestral Days event in July, Joyce McCloud enjoys a laugh while teaching cedar weaving.

Rose Henry works on her family tree with materials provided by the Culture Department. Other family trees are posted around the gym and that can help some folks who have loved ones who have passed on without the family tree information being passed on. Ancestral Days activities provide opportunities to learn language, work on family trees and cultural skills.



Nisqually Youth play at Key Arena

By Bill Kallipa

Youth from the Nisqually community had the chance to play against youth from other tribes at Key Arena July 6 prior to the Seattle Storm game. This opportunity was possible because of a relationship between the Nisqually Police Athletic League, the Inter Tribal League and the Seattle Storm.

The connections were established years ago to benefit all tribal youth who participate in the Inter Tribal League. These youth also attended the Storm game later that evening. Nisqually Youth also attended the WNBA All Star game in Seattle July 22.



The Garden Stand is Open



George Walter photo

The garden stand is open on Thursdays behind or on the side of the Administration building from 1:00 p.m. to 3:00 p.m. Please bring a donation, your own bag and a smile!

Have a fun, healthy summer!



New Water Meters

By Debbie Preston

Nisqually Public Works will finish installing about 139 new water meters on the Nisqually reservation in early August.

The installation is the culmination of about five years of work to replace a hodgepodge of systems throughout the reservation. "Some of the meters measured in gallons, others in cubic feet a minute and many just didn't work," said Tony Berkson, Nisqually Public Works director.

During the past month, crews have been installing the same meter for each home, government building and business. "They are called automatic meter readers," said Tom Arnbrister, Nisqually Public Works manager. "The employee walks by with a wand and it automatically records the meter."

With the updates, Nisqually is able to be a better steward of their water by being able to spot leaks in the system as well as giving consumers information about their water usage. "For instance, if there is a house that's vacant and the meter is going crazy, we'll know something is up," Berkson said.

The information is downloaded into a computer and results in usage amounts. The new system also allows the tribe to bill the casino more accurately for water usage.

"Newer buildings on the reservation were designed to put the new meters in and we'll be checking to make sure those are all in line with the system once we finish installing all the residential meters," Arnbrister said.



Nisqually Public Works Manager Tom Arnbrister discusses a change that needs to be made to make sure a few of the new water meters on the reservation are flush with the ground after installation. Working on the fitting are Brian Peterson and Joseph Johns II.

2017-18 Hunting Season Opening

The Nisqually Tribe's hunting season opens Aug. 1st and will continue through the end of February 2018.

To participate, tribal members need valid tribal identification, either a B.I.A. enrollment card or a tribal fishing card, and a tribal hunting tag. Tags and copies of the annual regulations are available at the tribe's Natural Resources office.

We have also finished revising the map book, but printing will take some time so plan on using your old map book until the new version is available. Questions? Call Natural Resources at 360-456-5221, ext. 2132.

"Skunk" Season

By David Stepetin

The opening of the tribe's hunting season reminded me of an old story. When I was a kid, Indians came to Aunt Bea's house (that's Bea Blacketer), telling her that they had some skunk and asking if she was interested. Sometimes after that visit, she'd serve up that skunk for dinner. It wasn't until years later I learned that "skunk" meant out-of-season deer meat. People didn't want children to be talking about having deer meat at the house, so they turned it into "skunk."

This is another reminder to all of us the steps our community folks had to take back then to exercise their treaty right.



Down on the Oyster Farm

By Margaret Homerding –Natural Resources Shellfish Program Manager

Editor's note: This is the first of a series of articles about the various day-to-day activities performed at the Nisqually Oyster Farm.

Harvest season at the Nisqually Oyster Farm on Henderson Inlet is roughly from September through June. We stop harvest in July and August because water temperatures rise to the point where a pathogen known as vibrio grows much faster. While it doesn't harm the oysters, the higher levels make humans sick and in rare cases, can cause death.

When we are harvesting, the process starts with bringing the oysters in from the growing area in their growing bags. The bags are called flip bags because tidal action flips the bags causing the oysters to tumble and encourage symmetrical growth that is more appealing to buyers.

Sorting is by size and our main targets are petite-size for the fresh cocktail market. These oysters are placed in yellow bags to identify size and then given a freshwater wash to remove sediment. After they are washed, the bags are placed back in the saltwater for two to three days in a sink float to keep them off the sediment-filled bottom.

At this stage, we must maintain a temperature of between 33 and 50 degrees to meet health standards for oysters. The water temperature is constantly monitored as the oysters must stay in that temperature zone until the consumer eats it. Ice water baths and ice help maintain temperature in warmer conditions.

The Nisqually petite oysters are well-regarded in the market as well as our premium oysters which have a better cup shape. We scrape the premium stock to make them more visually appealing. In fact, some of Nisqually's oysters will be featured in Bon App`etit Magazine in the fall.

During the non-harvest season, we are planting oyster seed and maintaining or building new facilities to improve the shellfish operation. Stay tuned for details about our summer work.





Summer Reading Challenge!

With your Nisqually Tribal Library

For every 100 pages you read from books that grab your interest, submit your name to increase your odds to be entered into a drawing for an awesome prize!

It's simple. Once you have read your pages, stop by the Nisqually library or Bookmobile to submit your name and how many pages you have completed by Friday, September 1st by 5:00 p.m. That's it!

Example "Diary of a Wimpy Kid," = 200 pages, this means you can submit your name twice!

More summer programs to come!

Contact Faith Hagenhofer or Kacie Thompson for questions at the Nisqually Library (360) 456-5221 ext 1125 and 1230

Gathers Rain part 4 A Salmon's Journey

This a free Nisqually Community event. Nisqually employees, tribal members and community members are all welcome.

Our purpose is to bring our community together to share our Nisqually knowledge and history of Salmon, Nisqually culture, our environment and more! This event is fun and informative for all ages. We have NEW games, video presentation, and raffle prizes!

Highlights

- Video presentation
- Buffet dinner
- Raffle prizes
- Games

August 24, 2017
4:00 p.m.-7:00 p.m.
At the NYCC

Contact Kacie Thompson at (360) 456-5221 ext, 1230

Nisqually Graduation Dinner

By Ken Tuckfield

The Nisqually Education Department hosted a Graduation and Moving Up Dinner in June. The Nisqually Tribe honored graduates of all levels of college, high school, and certificate programs. Every student who successfully finished the school year at the K-12 level was also honored with certificates. John Simmons, Nisqually Tribe CEO, gave the keynote speech and Marissa Woodard provided the dinner catering.

The honored graduates included degrees from law school, bachelor's degrees, associates degrees, technical certificates, high school, high school completion and GED. Dawn Barron and Jenny Serpa from Northwest Indian College, Shanon Millman-Rodriguez from South Puget Sound Community College and Sandra Gordon from Yelm Schools all attended to recognize graduates from their programs.

All Nisqually Community students had an opportunity to be honored at the dinner. Nisqually Education Department recognized every K-12 student who successfully finished the school year. Students from each grade were called up to the stage and given a certificate.





Nisqually Public Safety Drone

By Jeff Jackson

The Public Safety Division is proud to announce the acquisition of a second drone. The new aircraft is a DJI Inspire 1. This aircraft has interchangeable cameras and will be used in many roles. The drone gives your public safety office the ability to access areas that are normally not vehicle- friendly and would take a long time to reach by foot.

Our drone pilot is Wildlife Officer Jeff Jackson. Jeff has been with the Nisqually Police Department since July of 2000 as a Law Enforcement Officer. In 2015 he transferred to the Wildlife Enforcement division. He recently passed the training for operating the aircraft and now holds a current Federal Aviation Administration Airman Certificate (pilot license) for Unmanned Aerial Vehicles.

The UAV, aka “drone,” will be used for law enforcement purposes, with a focus on search and rescue. As you know, many rescue calls are generated along the Nisqually River each year with a spike in rescues during the summer months. This aerial platform will allow quick responses to the river as well as the wooded areas within our community and the surrounding wilderness areas.

The drone will also be used for civilian photography in conjunction with the Nisqually Enterprise system and other needs as determined by the planning department.

In the near future, you will see the drone operating over all of the lands and buildings owned by the tribe in an effort to create archival images of our properties.

The department has developed a use policy for our drone that ensures the right to privacy and freedom from illegal surveillance. This policy is directly derived from the U.S. Constitution, Washington State Constitution and the Nisqually Constitution.

If you see the drone in the air or Officer Jackson out and about, feel free to contact him and ask questions and watch the drone in operation.

More information about the drone can be seen online at the DJI website and on many YouTube channels worldwide.



Nisqually Police Able to Catch Fraudulent Check Printer and More

The Nisqually Police Department responds to up to 600 calls a month. The 10 patrol officers and four Fish and Wildlife officers have been able to bring several bigger investigations to a close with arrests in recent days.

Interim Chief Tom Iyall said officers were able to put a dent in the increasing cases of fraudulent check printing and cashing.

“It’s something we’re seeing an increase in with printers being inexpensive and able to put out a copy that’s hard to spot as fake,” Iyall said. This includes fake payroll checks with legitimate employee names on them.

“We had a case recently where someone was giving the person who would take the check in to cash at the casino 25 percent of the money,” Iyall said. The officers were able to backtrack from those presenting the check to the person printing the checks.

The person who created the fraudulent checks, identification cards and bank cards was charged with 101 counts of forgery, identification theft and identification

theft tools. This may also lead to a charge of leading organized crime, a felony.

“Our officers have really been putting in the work on some of these bigger cases and it shows,” Iyall said.

Officers were also able to respond to reports of increased traffic to a house whose owner wasn’t present, leading to suspicions of drug activity. Following surveillance, a number of arrests were made.

“This is a good example of how residents giving us a call can lead to arrests and solving a problem,” Iyall said. As Nisqually is in a location that doesn’t always have good cell coverage, he encourages those who see something to call either 911 or text 911 if calling isn’t possible, such as in a domestic violence situation or if speaking is difficult.

<http://tcomm911.org/communications-center/911-2/#call-first>

“But call – that’s the key. That’s how we find out about problems,” said Iyall.



Nisqually Marine Services – Contract Geoduck Survey

By David Stepetin

In late June, I was able to join our Marine Services divers for a day. Working out of Natural Resources, this program conducts all kinds of work that requires professional diving. For this project, they were contracting with the Port Gamble S’Kallam Tribe to do surveys of various geoduck tracts in that tribe’s treaty-right harvest area. Nisqually is able to provide this service to the preponderance of tribes who don’t have their own marine services program.

I watched with interest as some 10 tribal Marine Services divers and supervisor Keoni Kalama, went about their business. I felt safe as everyone knew their roles and went about the survey work with professionalism. Safety and preparation were always emphasized.

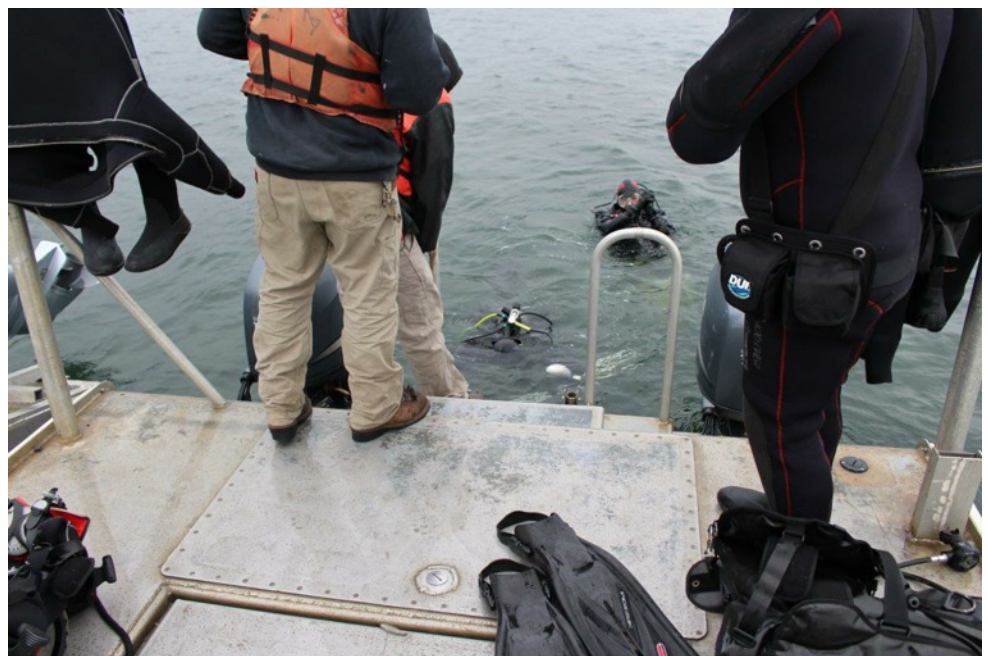
It is impressive that the Nisqually Tribe has a Marine Services program that employs trained divers from several tribes that are interested in using their diving abilities as a profession. Additionally, we are making these professionals available on contract to other tribes to perform various treaty-right surveys and habitat restoration work.

These young men have earned the admiration of the local community as they use their skills to perform important treaty-right work with dedication. They are willing to be away from home and family for days at a time.

Finally, this also demonstrates the Nisqually Tribe’s TERO program at work. Many of the crew are TERO trainees, using this job experience to develop their talents toward making diving a career.



Nisqually Marine services divers getting the SCUBA gear ready.



Into the water for geoduck survey



AmeriCorps



The Nisqually AmeriCorps workers got to see the river that benefits from some of their work from a raft recently by taking a trip from where the Mashel River meets the Nisqually River down to Roy.

AmeriCorps crews consist of Nisqually and other tribal members who have done work all over the Nisqually reservation and beyond, including removing weeds from the Nisqually State Park and other Nisqually lands. Weeds can choke out native vegetation that benefits fish and wildlife, so the crew was able to see how natural vegetation functions on the Nisqually River as well as understand how the river flows from the flanks of Mount Rainier where they did work on the Nisqually Designated Use Area.

Designated Camping Area

It's the time of year when folks are thinking about going up to the Nisqually Designated Use Area at Longmire Campground in Mount Rainier National Park.

To use the area, you must obtain a permit from Jackie Wall in the Administration Building. You will need to fill it out and have proof of enrollment to obtain the permit. Call Jackie at (360) 456-5221, ext. 2180

Things to know:

- The Nisqually permit is needed for day use and/or camping (free)
- It is "first come, first serve." Please be aware the days you want may be taken
- The maximum number of people is 25 and seven vehicles per day
- All rules of Mount Rainier National Park still apply
- Trash needs to be put in park trash bins. Leave no trash at the camp
- Store food in Park-provided bear proof food containers if you are staying the night or leaving your camp site unattended for any length of time
- Remember, Longmire is at 2,700 feet, so it can get pretty cold at night. Bring your warm clothing for the evenings.

Have a great summer!

NEW Distracted Driving Law

Effective July 23, 2017

No hand-held cell phone use while driving.

- Even when stopped in traffic or at traffic light
- Includes all electronic devices even tablets, laptops and video games
- No typing messages or accessing information
- No watching videos or using cameras

You CAN use your device if you are:

- Hands-free and can start use by a single touch or swipe of your finger
- Parked or out-of-the-flow of traffic
- Contacting emergency services



Fines:

Standard traffic fine of \$136. Second offense: Fine increases to \$234.

The ticket will be reported to your insurance company.

Dangerously Distracted:

You can get a \$99 ticket for other types of distraction such as grooming, smoking or eating, but only if you are pulled over for another traffic offense.

For more information visit: wadrivetozero.com/distracted-driving





Mother's Day and Father's Day Celebrations

Bringing families together to celebrate parental figures in our lives was the goal of our two celebrations that were both quite different. The daycare provided some unique wall decorations for both and Headstart provided art as well for Mother's Day. This helped add youthful, artistic flare to each event.

The Mother's day agenda included activity stations, photo booth, a surf and turf dinner and plant BINGO with Grace B. from the community garden. This event keeps getting bigger and bigger even with all the busy activities out there for families. We were pleasantly surprised by how many people attended. Gifts to our mothers included a tea-inspired set, a spa-inspired set or a health and wellness-inspired set.

The Father's day agenda included a golf excursion and a barbecue lunch. June is National Men's Health Awareness month, so we tailored our gifts to the fathers around that theme. Items included tomato plants along with a health and wellness-inspired gift sets and fitness journals.

You don't have to be a dad to take care of your health so if you haven't had the chance to check out the tribe's evolving health, fitness and nutrition program – take the first step and stop on by or check in with your healthcare provider to create a plan.

A special thank you to all the staff that helped contribute to artwork, activities, shopping, cooking and organizing these events on behalf of the tribe. I also want to thank everyone who took time to celebrate these special people in our lives – past, present and even the future of our community.



TANF Graduation Picnic

By Debbie Preston

The Tribes Assisting Native Families (TANF) program held a graduation picnic celebration for three graduates in July at the Regional Athletic Complex in Lacey.

As part of assisting tribal families, TANF celebrates the graduates of each family. The Nisqually TANF office assists tribal families from throughout the region along with Nisqually families. This year's graduates were: Nisqually tribal member Chelsea Wells, who graduated with her two-year degree from Northwest Indian College and will be continuing work toward a four year degree; Isaiah Curly, a Quinault tribal member, graduating from Capital High School and attending West Los Angeles College for Emergency Medical Technician (EMT) training; and Jordan McCloud, a Warm Springs tribal member, graduated from Fife High School and will be attending Bates Technical College.

McCloud was unable to attend the picnic due to a new job. Pictured are Curly and Wells.





Nisqually Tribe Tobacco Cessation

By Juanita Banuelos

If you are thinking of trying to quit smoking, Nisqually Health has a great tobacco quit program. We offer free nicotine replacement products such as Nicorette gum, Nicorette patches, Nicorette lozenges, Chantix and Bupropion.

Are you ready to stop?

Keys to a Successful Start:

1. You need to have the desire to quit
2. You need a plan

If you have to desire to commit to quit, we can help you get started. Quitting takes preparation and commitment.

*Ask yourself: When and why do I smoke?
What are my triggers for smoking?
What do I expect when I quit?*

Smoking harms nearly every organ in the body. Smoking causes cancer, coronary disease, high blood pressure and asthma; all leading causes of death in the United States.

If you slip up and smoke again, never give up! It happens. Try again. Your journey is a challenge.

Questions? Ready to quit?

Call us at the Nisqually Health Clinic (360) 459-5312
Juanita Banuelos, Tobacco Quit Coach

Silver Diamine Fluoride Prevents Decay Painlessly

By Sue Bohannon, DMD

Nisqually Tribe Dental Clinic is pleased to announce that we are offering liquid silver diamine fluoride (SDF) to patients with cavities.

This special liquid is brushed on cavities to stop decay painlessly. Studies have recently shown that SDF can halt the progression of cavities and even prevent them. We have been using SDF for more than a year following FDA's approval of the treatment. It has been a real game changer for many. This innovative technology has the potential to change the way children and some adults feel about going to the dentist.

How Does Silver Diamine Fluoride Work? SDF is an FDA-approved clinical treatment for controlling active cavities and preventing the progression of decay. How does it work? SDF works two ways, using a combination of ingredients.

The silver acts as an anti-microbial medium that kills cavity-causing bacteria and prevents the formation of new biofilm (thin, sticky film that adheres to a surface). The fluoride component prevents the demineralization of tooth structures while actually strengthening the enamel, making it more resistant to decay.

This treatment option works for specific cases and does not restore already lost tooth structure. It is intended to decrease sensitivity and to stop cavities from getting bigger. SDF is not a cosmetic solution because the cavities become stained, while the healthy tooth structure remains white.

The Benefits of Silver Diamine Fluoride

- No drill needed.
- Takes 1 minute to paint it on tooth and let it dry.
- May be an option for young children as well as uncooperative children, fearful patients, elders and special needs patients.
- Kills bacteria that causes decay.
- Slows or stops the development of other cavities.

Call us today on our direct line, (360) 413-2716, to make an appointment for you or your child and let us know if you would like more information about SDF!

The New York Times wrote an article about SDF last year and you can follow this link to read it: <https://www.nytimes.com/2016/07/12/health/silver-diamine-fluoride-dentist-cavities.html>



Marti Peterson (enrolled Colville, grew up at Skokomish) and her son, Mason.

Mason recently turned one and both Mom and baby continue to enjoy the breastfeeding experience.

August is Breastfeeding Awareness Month

“Breastmilk is best for my baby” -Marti Peterson

Evidence shows that breastfed babies have considerable protection from colds, flu, and other viruses and when they do become ill, relief can come directly from mother’s milk.

Q: Marti, why do you breastfeed?

- 1. **Breastmilk is always ready to feed my baby.** It is always the perfect temperature. No waiting around to mix anything in the day or night!
- 2. **I love how breastmilk changes depending on the baby’s needs.**

A mother’s breast milk is custom made for her baby, based on the baby’s age and needs at the time. For example, breastmilk made by a mother of a premature baby has different concentrations of various substances to suit her baby’s special needs. And, when weaning, a mother’s breastmilk increases the concentration of immune protective factors to give her baby a final dose of immune protection before weaning is complete.

- 3. **Breastmilk is free.** Nothing to buy! With formula at \$25 a can, I can spend money on lots of other things for my family.

Q: Marti, what breastfeeding advice do you have ?

- 1. **Stick with it—** it can be hard in the beginning, but it gets so much easier as you go on.
- 2. **Be patient—**stressing out just makes it harder.
- 3. **Don’t be scared to feed your baby in public.** I was afraid to breastfeed in public at first and stayed home a lot. When Mason got older, I got more comfortable breastfeeding him in public. He did not want to be covered, but no one said anything to me.

For more breastfeeding tips and support, contact WIC at SPIPA:

Debbie 360.462.3227 gardipee@spipa.org or Patty 360.462.3224



SPIPA’s Nisqually WIC

The Women, Infants, and Children (WIC) program provides healthy foods and nutrition information for you and your child up to age five. Our office is open the second Wednesday of each month.

For appointments or questions contact: Debbie (360)462-3227 gardipee@spipa.org or Patty (360) 462-3224 or the South Puget Intertribal Planning Agency (SPIPA) main number (360) 426-3990. Next WIC at Nisqually:



Wednesday August 9, 2017
at USDA Food Warehouse
10:00 a.m. - 2:00 p.m.
Date and time may change
Warehouse (360)438-4216

Watch for community activities on the NEW reader board!





Media and Our Kids

By Elizabeth Siegel, ARNP

We live in an increasingly violent society. It has become almost commonplace to open the newspaper and learn of yet another mass shooting. Where is this anger and violence coming from? What can we do to try and stop it? One area to examine is media violence and its effects on childhood behavior.

Television is one of the most common media outlets for children. By the time a child is eight, s/he will be watching more than 2 hours daily on average. If all types of media are considered, (games, social media, music, movies, etc.) then the average number is more than 6 hours daily. Prime time TV averages 8-12 violent acts per hour. Children's programming with violent cartoons averages 25-50 violent acts per hour.

By the time a child is finished with grade school, he or she will have witnessed 800 murders and 100,000 acts of violence. The following have documented with research:

1. There is an association between viewing violence and subsequent violent behavior.
2. There is an association between violent video games and aggressive behavior.
3. Children who witness violence repeatedly become desensitized to violence. This puts them at high risk for becoming victims of violence, as well as ignoring violence affecting others in their lives.
4. Aggressive children who watch TV violence identify with violent characters and seek out violent programming. This in turn reinforces their aggressive tendency.
5. Children who witness violence on TV may become excessively worried about becoming victims, and this causes an increase in potentially violent self-protective behavior.
6. Children who sit in front of screens for many hours daily are more likely to suffer from obesity due to lack of activity. Obese children are more likely to become obese adults, with all of the health issues associated – diabetes, hypertension, cancer, etc.

Judicious use of television and other media devices with our children will help to shelter them from the effects of violent media. Here are some suggestions:

7. If your child is under two, keep TV and other media to a minimum. Focus on human interaction and unstructured play instead of television. If you think that your infant is not learning from the TV, think again. Children are constantly absorbing everything that goes on around them.
8. Keep screens out of your child's bedroom. This will help develop healthy sleep habits.
9. Make sure you know what your children are viewing, and what the games they are playing actually entail. Feel empowered to limit their access to games you deem violent. If you are wondering if a game is too violent, go with your instinct- it probably is.
10. Discuss these issues with your child. Ask them: Do you think this is real? Is this how we manage conflict in our home? What do you think would happen if you did that in "real life"?
11. For both children and adults, screen time should be limited to two hours per day. (Excluding work or school related viewing.) Model this behavior for your children- they pay much more attention to what they see us do than what we say.

If you would like to discuss these issues further with one of the clinic providers or with one of our pediatricians, please call the health clinic at (360) 459-5312.

Birthdays and Announcements

8/12/17
Happy B-Day to my
Loving Daughter
Malory Sanchez.



BACK TO SCHOOL TIPS

Back to school time can be both exciting and stressful for students and parents alike. Getting ready for the first day of classes is family effort. These tips from Kids.gov may help parents make this year's back to school time easier:

1. **Schedule time with teachers.** Keep an open dialog with school staff to help your children thrive.
2. **Get your shots.** Some schools require immunization records for entry. Find out if your child needs any vaccines before school starts.
3. **Ease into the school routine.** A good night sleep is key to a successful school day.
4. **Pack a healthy and safe lunch.** Choose a balanced meal for your children's lunchbox and make sure you keep hot foods hot and cold foods cold.
5. **Shop smart.** Make a list, know what you need, and shop the sales. Knowing where the bargains are will help you save.
6. **Talk to your kids about online safety.** Identity theft, bullying or inappropriate behavior can happen online. Teach your children about online safety as use social media to connect with old and new friends at school.
7. **Plan and practice how to get to school.** If your kids' school or school system provides bus transportation, find the nearest stop to your home and the pick-up and drop-off times. Teach your kids to be safe whether by car, bus, bicycle or walking.
8. **Teach time management.** Leisure time, sports, and "screen time" can interfere with homework. Keep your family's schedule on time with these tips.
9. **Make sure kids are insured.** Your child could qualify for free or low-cost insurance through Medicaid or the Children's Health Insurance Program (CHIP).
10. **Listen to your kids.** Anxiety and nerves can take over, so provide a safe environment at home and in the classroom. Talk to kids about bullying and what to do if they encounter it.



North Thurston School District September 6, 2017

Yelm School District September 6, 2017

**Please check with your school district web site for
your child's school start date.**

Nisqually Indian Tribe
4820 She-Nah-Num Dr. SE
Olympia, WA 98513

