Congratulations Graduates!

We are very proud of our upcoming graduates both high school and college. Read on for important information as you move into a new phase in life.

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Will Hess on COVID Vaccination

As an employee of Klamath Tribal Health and Family Services and as a Klamath Tribal member, I’m thankful to have been given the opportunity to receive the COVID-19 Moderna vaccine. After careful consideration, I decided that getting the vaccine was the best way to go to help protect not only myself, but my family and community from COVID-19. For me, the pros of becoming vaccinated far outweigh the cons, and I feel good knowing that the Klamath Tribes are able to offer this method of protection to our community. The clinic staff and volunteers made the process quick and painless and now I can sleep sound knowing I have an extra layer of protection from this virus.

Medication Assisted Recovery (MAR) Program Celebrates One Year

The Medication Assisted Recovery (MAR) program, previously called the Medication Assisted Treatment (MAT) program celebrates one year operating at KTHFS. The MAR program helps those with an opioid addiction or dependency. Opioid dependency can happen to anyone. It’s not just illegal drugs like heroin but many patients we see have unintentionally become addicted to their medications such as OxyContin, Vicodin, and Percocet. These are powerful drugs that the CDC recommends become addicted to their medications such as OxyContin, Vicodin, and Percocet. All other methods of pain management should be tried before starting on these potentially addictive medications. Chiropractic, massage, and acupuncture are services that can decrease pain and are free of medications. If you are experiencing these symptoms talk to your doctor about the Medication Assisted Recovery program.

Studies suggest those who participate in medication assisted recovery are more likely to complete and remain in recovery than those who do not. The program creates a personalized approach to recovery that will help you connect to different services such as education and employment, counseling services, and KTHFS cultural events along with the medication suboxone. Suboxone helps decrease cravings, reduce physical pain, and decrease withdrawal symptoms. This combination allows those struggling with opioid addiction to start their path to sobriety on the right foot.

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We Kindly Ask That You Are A Mask!

“Since the beginning of time our most revered ancestors have made daily, conscious decisions to build strong minds, and even stronger hearts. Mental Health has always been the business of our people.” This excerpt, taken from the opening dialogue of the locally produced 2018 documentary film *maqlaq’sam sdaynas: Heart of the People*, perfectly exemplifies one of the many important messages that the staff of Klamath Tribal Health & Family Services Youth & Family Guidance Center (YFGC) have focused on relaying out to the tribal population of Klamath County for nearly a decade.

The stigma surrounding the topic of mental health reaches back generations in societies across the globe, and in many cases, those stigmas have become so engrained into a society that members of those groups have adopted them as cultural norms. One group where these deep rooted stigmas are especially prevalent is among indigenous men.

For the staff of the Youth & Family Guidance Center, the task of addressing these stigmas is at the forefront of a movement geared at combating the idea that tribal men talking about their mental and emotional health makes them weak or vulnerable. The counter to this? Empowering tribal men with the knowledge and ancestral teachings passed down from generation to generation since time immemorial, in an effort to heal deep rooted wounds caused by ancestral trauma. One primary focus is through promotion of land and cultural connections. These topics have been at the root of many efforts put forth by the Klamath Tribes in the past to address stigmas amongst their population, particularly since the launch of YFGC’s *Restoration of the Spirit* movement in 2014. In this movement, the behavioral health program introduced a revamped approach to healing historical traumas within the tribal communities of Klamath County by engaging tribal members in conversations around healing from trauma at the community level.

Operating under the “Culture is Prevention” model, YFGC’s Prevention programming involves community events, activities, and educational classes that focus on building on the strengths of indigenous cultures by implementing programs that follow Tribal Best Practices. More recently, YFGC staff have kicked off a new virtual education program, *hiswaqaqs sdaynas* (the male/men’s heart), aimed at providing tribal men insight into how historical trauma, epigenetics, and societal norms influence the way emotions are processed and passed down through generations. The virtual classes are offered in two day increments, where tribal men are encouraged to tune in with their sons, grandsons, nephews, or other younger male family members, to have crucial conversations about mental health, learn how to build protective factors, and connect cultural practices to more healthy coping mechanisms.

A major component of the conversation around tribal men and mental health is connection to land. By highlighting how Klamath, Modoc, and Yahooskin tribal people have historically relied on their ancestral lands and waters for guidance, these efforts of YFGC help to connect tribal members to teachings that have helped generations of indigenous people before them remain in balance with the land and cope with the stressors in life. For many tribal members, these teachings are nothing new; they are a part of life engrained in their family systems since time immemorial. For others who are being introduced to these ideas for the first time, it can help restore pieces of identity stolen by historical traumas which caused those traditional connections to be severed, and can be ultimately life changing. These connections can be especially impactful for tribal men, since the pressures of modern society, which dictate that they must always maintain a strong, unemotional, “handle it” mentality, are replaced with traditional teachings that provide ways for men to process emotions in healthy ways through spirituality, ceremony, open communication, and connection to land. It truly is a beautiful thing to see.
Many people without diabetes get cataracts, but people with diabetes are more likely to develop this eye condition. People with diabetes also tend to get cataracts at a younger age and have them progress faster. With cataracts, the eye’s clear lens clouds, blocking sight.

To help deal with mild cataracts, you may need to wear sunglasses more often and use glare-control lenses in your glasses. For cataracts that interfere greatly with vision, doctors usually remove the lens of the eye and replaces it with a new artificial lens. In people with diabetes, retinopathy can get worse after removal of the lens, and glaucoma may start to develop.” (American Diabetes Association, 2021)

Cataract Prevention:

Foods to Eat for Cataract Prevention:
Cataracts affect one in six Americans 40 and older. Women are especially susceptible to cataracts and other eye conditions because of hormonal changes due to menstruation, pregnancy and menopause. One of the most effective ways to prevent degenerative eye diseases like cataracts is with a healthy diet full of antioxidants.

Antioxidants are chemicals found in fruits, vegetables and whole grains that combat the effects of oxidative stress in the environment. No single antioxidant can neutralize all free radicals, so it is important to eat variety of antioxidant-containing foods. Here are foods that you can add to your menu to strengthen your eyes and prevent cataract-related vision loss:

Fruits and Vegetables – EAT THE RAINBOW!
Studies show we need between five and nine servings of fruits and vegetables per day for optimal eye health. More matters when it comes to healthy produce, and it is important to choose a colorful variety. Fruits and vegetables offer the highest total antioxidant capacity of all foods, so make these the building blocks of your diet. Antioxidant-rich foods such as berries, plums, grapefruits, oranges, spinach, broccoli, carrots, tomatoes, onions, and garlic are all rich in antioxidants. Eating a variety of fruits and vegetables can add to your menu to strengthen your eyes and prevent cataracts. Choose foods rich in vitamins A, C and E, as well as lutein and zeaxanthin. Your eyes will love this!

Whole Grains:
To prevent cataracts, eat three servings of 100 percent whole grains. This can include amaranth, brown rice, bulgur, buckwheat, millet, oatmeal, popcorn, sorghum, quinoa, rye and wheat. Some of these grains may be unfamiliar to you, but be adventurous. Look up some recipes and try something new! Give new foods a recipe a try for a couple of weeks to give yourself some time before you decide if you like it or not!

You can also boost your eye health by making wiser choices when you purchase bread and other baked goods. Choose whole grains – they contain protein, fiber and all the trace nutrients that the whole grain contains. Read food labels carefully. Avoiding white bread (the nutrients have been removed to make it white) and avoid bakery items (like donuts & cookies) that contain refined grains and sugars and choosing items that are minimally processed. Ever notice that most processed foods are on the inner aisles of the store? Shop the outer aisles of the grocery store to purchase foods you prepare and cook for yourself. Shopping the outer aisles makes it easier to make the right choices!

Fish Yummy Fish!
Omega-3 fatty acids are also known to reduce the risk of cataract development and progression. Good sources of omega-3 fatty acids include shrimp, tuna, cod, salmon, halibut, trout, herring, walnut, flaxseed oil, canola oil and spinach. Omega-3 fatty acids are found in the outer layers of the fish. Eat fish at least twice a week to nourish your eyes and protect your vision. How about Tuna Tuesdays and Fish Fridays? I know you can do it!!!

Seeds and Nuts:
Nuts and seeds are great sources of vitamin E, an antioxidant that helps protect membranes of eye cells from free radical damage. Some of the best choices for healthy eyes are almonds, walnuts, hazelnuts (we grow a lot of these in Oregon!), peanuts and sunflower seeds.

May is Women’s Health Month, a time for Indian women especially, to renew their commitment to their own health. Women, remember that your visual health is just as important as your family’s, so set aside an hour for yourself and get your eyes examined. A comprehensive eye exam is the best way to preserve your vision and prevent eye disease before it develops. If you have diabetes ask your KTHFS Doctor/Provider for a referral for your yearly diabetes retinal eye exam!


Diabetes & Cataracts

Dental Department Update:

It is with gratitude that the Dental Department of KTHFS addresses this newsletter. The Tribal members have been very patient through this Covid Pandemic. Thankfully, the Dental Department is now moving towards the New Normal. We continue addressing all immediate concerns especially those of an emergency nature. We have also begun doing cleanings by our Hygienists. We are also beginning to expand other elective procedures. As we would expect, because of the Covid we are trying to get caught up. We are offering more services but humbly ask for your patience as we move towards this New Normal. The future of this Pandemic is still not certain but we in the Dental Department have a hope and a positive attitude that it will soon end. We ask that all people may unite in their faith with each other and follow proper protective attire.

As we move forward, we must all remember how Dental Health is directly related to overall Body Health. What we put into our bodies as well as how we treat our bodies is often manifested in our Oral Health. Prevention is the best cure. As we do all we can do to prevent issues with our minds and bodies we go a step in the right direction of preventing dental problems. It is never too late to try to make a change. The Dental Department thanks all of you.
As we celebrate our Native youth on graduating high school and all our tribal members who are graduating GED or college programs we can look ahead to our future generations and plan how we can help, even in small ways. Helping them with studies when we can, encouraging them to pursue trade schools or college, and letting them know they reach out for help and study hard to overcome challenging subjects are great starts. Many times however, money is a roadblock to continued education. If you have children a 529 savings account is one way you can help your student financially.

So what is a 529 college savings account? Many have never heard of it but here’s the basics:

• It can be opened by anyone. Parents, grandparents, friends, or even the future student themselves.
• The money can only be used for college or trade school expenses such as tuition, books, room and board, computers, or other preapproved expenses. You know the money you put in this account will be used for education only.
• You can start with as little as $25.
• All growth in the account is tax free.
• You can even get up to a $300 state income tax credit in Oregon.

Kids who have a college savings account (even a small one) are 2.5 times more likely to enroll and graduate from college as stated in a study for the Center for Social Development.

If you are interested in learning more visit oregoncollegesavings.com
Higher Education Scholarship (HiEd)
This is an assistance program that serves as a secondary resource to supplement training institutions financial aid package which is applied for by a Klamath Tribes member. Awards vary and depend on an individual’s financial need and availability of funding. Non-paid services include: Eligible applicants for a Klamath Tribes Scholarship must:
- Be an enrolled Klamath Tribal member
- Have obtained a High School Diploma or GED
- Be admitted for enrollment in an accredited institution and pursuing a Bachelor’s Degree or a two (2) year program which will transfer to a four (4) year institution.
- Have utilized an approved financial needs analysis system and have demonstrated a financial need; and
- Have completed the application and all its requirements.
https://klamathtribes.org/administration/education-and-employment-jom/higher-education-scholarship-hied/

Full Circle Scholarship – Application Open
The American Indian College Fund supports American Indian and Alaska Native college students seeking technical, undergraduate and graduate degrees at tribal colleges and other nonprofit, accredited schools.
Eligibility:
- Any Native American U.S. citizen that is a member or descendant of a state or federally recognized tribe with at least a 2.0 grade point average, and enrolled as a full-time student can apply for a scholarship. The application opens February 1st, and the deadline to apply is May 31st.
Visit: https://collegefund.org/students/scholarships/

AIS Scholarship
Eligibility:
- Enrolled or will enroll as a matriculated student in a university, college, junior college or technical school located in the United States (incoming freshman accepted).
- At least One-Quarter (1/4) enrolled member of a U.S. Federally Recognized Native American Tribe, or descendant of an enrolled member, and you have possession of at least one-fourth degree Indian blood. Visit here to find out how to contact your tribe, apply for enrollment, and/or apply for a Certificate of Degree of Indian Blood.
- Undergraduate student with no more than 150 semester credits or 210 quarter credits. First bachelor’s degree only. Graduate studies NOT eligible.
- Full-time or part-time status – excluding non-credit courses (minimum of 6 credits).
- Minimum cumulative GPA of 2.25 must be established and maintained after the first semester/quarter of college.
- Completed Federal Student Aid (FAFSA)
Multiple deadlines throughout the year.
https://americanindianservices.org/students/deadlines/

Cobell Scholarship
Both Merit-based and Need-based, the competitive Cobell Scholarship is annual, non-renewable, and available to any post-secondary (after high school) student who is, an enrolled member of a US Federally-Recognized Tribe, enrolled in full-time study and is degree-seeking. Applicants must plan to attend or be attending any nationally, regionally and industry accredited non-profit, public and private, institution.
2021-2022 Cobell Scholarship Academic Year opportunity:
Opens December 15, 2020 Closes March 31, 2021
2021 Cobell Scholarship Summer opportunity:
Opens February 15, 2021 Closes May 3
https://cobellscholar.org/
Native Scholarships Available:

IHS Scholarships
- IHS provides 3 scholarships to provide training and education to American Indian and Alaskan Native Students.
- Preparatory Scholarship
- Pre-Graduate Scholarship
- Health Professions Scholarship

Eligibility Requirements:
- Citizenship
- Program Agreement/Contract
- Be capable of completing a health profession degree program.
- Intend to serve Indian people as a health professional in your chosen discipline.
- IHS provides 3 scholarships to provide training and education to American Indian and Alaskan Native Students.
- Preparatory and Pre-Graduate Scholarships: Recipients must be a member or descendant of a federally recognized, state-recognized or terminated American Indian Tribe or Alaska Native village.

Health Professions Scholarship:
- Recipients must be a member of a federally recognized American Indian Tribe or Alaska Native village only.
- Be a high school graduate or the equivalent.
- Have a minimum 2.0 GPA.
- Be capable of completing a health profession degree program.
- Intend to serve Indian people as a health professional in your chosen discipline.
- Program Agreement/Contract: For example your resume should include that you are a current or just graduating student. This explains why you haven’t had a previous job, you are just starting out. You should also have a list of your skills that will give employers an idea of what work you can do. This can range from hard skills like proficiency in Microsoft Word or mechanic knowledge to soft skills such as project management and professional communication. A sample resume is provided on the following pages.

American Indian Graduate Center
Basic Eligibility Information:
- Students must be seeking a full-time degree at a nationally or regionally accredited higher education institution in the United States. All applicants must be able to demonstrate Tribal affiliation through the submission of a TRIBAL ELIGIBILITY CERTIFICATE.

Empowering Scholars Initiative: Student Relief Scholarships:
- Status: OPEN / Deadline: Ongoing
- REDW Scholarship:
- Status: OPENS JAN 1, 2021 / Deadline: June 1, 2021
- Wells Fargo Scholarship for Undergraduates:
- Status: OPENS JAN 1, 2021 / Deadline: May 1, 2021
- Accenture Native American Scholarship Fund:
- Status: OPENS JAN 1, 2021 / Deadline: May 1, 2021

Catching the Dream
A 501c non-profit organization chartered in 1986, specializing in Native American scholarships. Multiple application deadlines thought the year. https://catchingthedream.org/

Association on American Indian Affairs Scholarships
Eligibility:
- Be enrolled with your respective Tribe, either federally recognized or non-federally recognized Tribe, from the continental US or Alaska.
- Submit a copy of Tribal enrollment (there is no minimum blood quantum requirement for eligibility). This can be a copy of the student’s Tribal I.D. card or a copy of an official letter from the Tribe. You must be directly recognized as a citizen or member of your Tribal Nation.
- Be enrolled as full-time student.
- Have a minimum 2.5 out of 4.0 GPA.
- Submit a current class schedule and transcript.
- Attend an accredited institution seeking an Associate’s Degree or higher (the Association does not fund certificate programs or seminars).
- Provide essays described in the application that show the student’s connection to their Tribal Nation and Indian Country.
- Open February 1st – May 31st

Laughs and Tips to Getting Hired

Have a resume ready. As a former sandwich artist and person who has applied for what feels like approximately 20,957 jobs, I can tell you a resume is like the bread in a sandwich. You can’t have a sandwich without bread and you can’t apply for a job without a resume. A resume is a brief one page summary of your previous work experience and education that is relevant to the job you’re applying for. Even if you haven’t had a job yet you should still have a resume because there’s still information employers want to know. For example your resume should include that you are a current or just graduating student. This explains why you haven’t had a previous job, you are just starting out. You should also have a list of your skills that will give employers an idea of what work you can do. This can range from hard skills like proficiency in Microsoft Word or mechanic knowledge to soft skills such as project management and professional communication. A sample resume is provided on the following pages.

Have a cover letter. If a resume is like the bread of a sandwich the cover letter is like the avocado. A cover letter isn’t needed for every job you apply for but you better have it if the customer asks for it or else you know they’re gonna come back in the store and complain! Having a cover letter will prepare you for the jobs that do require it and will make you stand out when applying for a job that doesn’t require it. The purpose of a cover letter is to elaborate on work or educational experiences in your resume that you think will give you an advantage in being selected for the job. There are three basic sections. The first short paragraph should be an introduction. Your name, the job title you are applying for, and three skills that will make you a good fit for the job. The second is a brief elaboration of your work history, any projects you want to highlight, and how you used the three skills you mentioned in the first paragraph in those projects to make the project successful. An example is provided on the following pages. Edit your resume and cover letter to each job. I know, this sounds like a lot of work but it usually isn’t. Some people like green peppers on their sandwiches some people don’t. No big deal to add a little green peppers or take off the green peppers. Look at the application of the job you want. Are there words you can put into your resume and cover letter to help your application match the job description? For example if the job you are applying for is looking for professional communication skills add that under the duties for previous jobs you’ve held. Some companies use software that will search your resume and cover letter for key words and automatically reject an application if no key words are found. Add the green peppers!!!

Have three references. On a separate sheet from your resume have a list of three references. Include their name, job title, phone number and email. Of course the goal is to have all three be either folks that have supervised you at a job or teachers that have seen your work. And when I say supervise I don’t mean your mom watching you do dishes she told you to do 33,000 times. I know she’s not paying you to wash those dishes so it doesn’t count. These should be people who can verify that you work hard, that you will pay attention to the details, and be a good team player. Worst case scenario put your cousin. Make sure to come up with a matching story first though. Continued on page 11
Research the company you are applying for. How do you romance a lover (who is of appropriate age and not your cousin)? You get to know them and what they like and you do those things. Same thing for a job. Getting this job is now bae. Bae (aka the job) likes when people are on time. Then bae (aka the job) is gonna fall in love with you when you show up 10 minutes early for that interview and your shifts after you’ve locked it down. But seriously, you need to be prepared for multiple jobs set a reminder in your phone to check up on all of them the same day of the week. Wednesdays at tooth thing...I mean 2:30! I’m calling to check on all my dental assistant job applications.

Have answers to standard questions memorized. To prepare for the interviews you are going to get, because you’re an awesome person and who wouldn’t want to hire you?, Google common interview questions. Write them down, then write down your answers. When you write something down you are seven time more likely to remember it. Then google common interview questions for the specific job you are applying for and do the same thing.

Practice Interviewing. Ask a parent, a friend, previous professor to ask you questions so you can practice answering them in a confident and professional manner. The more times you practice the less likely you are to make a mistake even when you are under more pressure in the actual interview.

Have questions to ask the employer. This is going to be your life 40 hours a week. I was once given the advice that choosing a job can be more important than choosing the person you marry! Why? You can go to bed with a person you don’t like, but you can’t go to bed without a job. Get to know the specific job you are applying for and do the same thing.

Check up on your application. Now if a real bae rejects you or leaves you on read you gotta move on gracefully. Always be graceful with a job too but you can call or stop by once a week to check on your application after deadline for applications have passed. Taking time out of your day to check on your application shows you are serious about getting the job and employers look for someone who takes the initiative instead of waiting to be told what to do. If you applied for multiple jobs set a reminder in your phone to check up on all of them the same day of the week.

DENTIST
The Dentist is responsible for carrying out the contracted responsibilities of providing dental care services to the Native American population residing in the service area of the Klamath Tribes. These duties include serving as a direct provider of dental services at the Klamath Tribes Dental Clinic. Routine duties shall include providing health care related services to individuals eligible for services provided by Klamath Tribal Health & Family Services in homes, schools, clinics, alternate job sites and other community locations within the Klamath Tribes’ Service Unit.

RN CASE MANAGER
The RN Case Manager will be responsible for performing a full range of nursing tasks for the Medical Clinic in a variety of settings, working with a diverse group of patients and care providers.

SUBSTANCE TREATMENT COUNSELOR
The Substance Treatment Counselor shall develop and maintain an outpatient substance treatment program for individuals who are affected directly or indirectly by substance use within the entire eligible Indian community (Klamath County). The Substance Treatment Counselor will provide substance counseling services through treatment modalities such as crisis intervention, individual or group counseling and home visits to educate, prevent or improve psycho-social problems, particularly pertaining to substance use. The Substance Treatment Counselor shall develop, coordinate, and utilize appropriate community resources.

FAMILY PRACTICE PHYSICIAN
The Family Practice Physician is responsible for providing health care services to the Native American population residing in the service area of the Klamath Tribes. These duties include serving as a direct provider of health care services and maintaining professional standards, ethics & follow Federal, Tribal, State, and program regulations.
Honoring the SACRED

Traditional tobacco is intended for healing, prayer, gift offerings, ceremony and celebration.

Illustration by John Schandel (Chris Conk)

If you need help to quit commercial tobacco
Call the Native Quit Line at 1-800-QUIT-NOW
[1-800-784-8669] and press "7"

Maglaqs DRIVE-IN MOVIE NIGHT
Chiloquin Rodeo Grounds
June 10th, July 8th & Aug 12th
Sunset
**nilLaks Sunrise Gathering**

Join us on every first Monday to welcome the Sunrise and connect with our Creator.

**Sunrise**

Light refreshments will be provided. COVID-19 safety protocols will be strictly enforced. Limited transportation from Klamath Falls & Chiloquin available.

Call (541) 884-1841 to RSVP or for more information.

This is an Alcohol, Drug, & Commercial Tobacco-Free Gathering

**WARR:OR 3ON3 EVENT**

**CHI PARK**

**Grades:** 1st-2nd, 3rd-4th, 5th-6th, 7th-8th, 9th-12th

**RULES:**
- No subs
- First team to 21 wins
- Double elimination
- 3 player a team
- Boys play boys
girls play girls same age groups play each other

***Last day for team entry is June 11th***

***All Covid precautions will be followed***

Kenny Dobbs will Co-host the tourney and present on mental health, Suicide prevention. There will be a 3pt contest and Community All-Star game

Drinks and food will be provided

Contact Tahnile Clark for any questions and team entry

Tahnile.clark@kim.portland.oregon.gov or call/text 541-363-6813
Save a life

Carry Narcan

Narcan is a nasal spray that can help reverse an overdose

If you or someone you know is taking opioid pain medications or heroin ask your doctor about getting Narcan for FREE