



CHAPA-DE
INDIAN HEALTH

Passionate People.
Compassionate Care.

MAY 2022

CHAPA-DE News



THE MAGICAL TEPARY BEANS (PHASEOLUS ACUTIFOLIUS)

Why are we featuring Tepary beans? Because in a world of changing climate, the foods from our past may be the foods feeding the future generations.

For the Tohono O’odham, Bavi (tepary beans), are one of the most ancient and magical foods to be passed down through the generations.

History of Tepary Beans

Tepary beans are native to the southwestern United States and Mexico. They were domesticated and farmed by indigenous peoples for over 2,500 years and were a major food source. Archeologists have discovered tepary bean seeds in central Mexico dating back over 5,000 years. They are considered one of the most drought-tolerant legumes in the world, able to grow in desert and semi-desert areas with as little as 3 inches of rain a year. Tepary beans were commonly grown with corn and squash in a three sister’s garden. Native People timed the planting to coincide with the summer monsoon rains. Until the 1920s, the O’odham people tended nearly twenty thousand acres of 60-day corn, striped squash, and bean fields. USDA records show the reservation produced 1.4 million pounds of tepary beans in 1930 in their harsh desert environment. World War II, changes to agriculture and farming, and federal boarding school programs changed life for the O’odham people. Their farms lay fallow and tepary beans came close to disappearing as a food source forever. The O’odham became reliant on a diet of processed wheat flour, saturated fats, and refined sugars. The result was a type 2 diabetes rate higher than any people in the country.

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11670 Atwood Rd., Auburn, CA 95603

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Grass Valley Health Center

1350 E. Main St., Grass Valley, CA 95945

(530) 477-8545

MISSION STATEMENT

The mission of Chapa-De Indian Health is to advance the health and well-being of American Indians and low income individuals living in our communities by providing convenient access to high-quality, compassionate care.

LIST OF SERVICES

- Dental
- Medical
- Behavioral Health
- Optometry
- Prenatal Care
- Pharmacy
- Diabetes Program
- Lab / Phlebotomy
- Substance Use Disorders
- Classes and Support Groups
- Telehealth

BOARD OF DIRECTORS

Chapa-De's Board of Directors is made up of members from our sponsoring tribe, United Auburn Indian Community.



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Vice-Chair



Jason Camp,
Member



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THE MAGICAL TEPARY BEANS

Continued from page 1

Making a Comeback

Today, the tepary bean is making a comeback. In fact, due to research on this amazing food, tepary beans are being planted all over the world in arid, drought-stricken countries like Africa, Australia, Asia, and India to provide food where other crops will not grow. Tepary beans are once again being farmed in the United States as well. New interest in the revival of traditional native foods and farming in conditions affected by climate change has increased the production of this nutritious little legume. Although tepary beans are still not found on the shelf of your local supermarket like pinto, kidney, and lima beans, they can be purchased online and found in health food and specialty stores. You can also find seeds at your local nursery so you can grow your own.

Recipes & More:

- <https://store.ramonafarms.com/White-Tepary-Beans-STOTOAH-BAVI/productinfo/BTEPWH1/>
- <https://www.ranchogordo.com/products/brown-tepary?variant=2570815939>
- <https://tribetotable.com/product/brown-tepary-beans/>
- <https://www.washingtonpost.com/climate-solutions/interactive/2021/native-americans-farming-practices-may-help-feed-warming-world/>

Nutritional Information

Tepary beans provide excellent nutrition. They have a high protein (25-30 percent higher than common beans such as pinto) and low glycemic index (41-44). These factors make them a healthy food choice for people with diabetes or trying to lower cholesterol. They also have high iron, calcium, zinc, phosphorus, magnesium, and potassium levels. They are low in polyunsaturated fats and anti-enzymatic compounds that cause gas.

Growing Tepary Beans

Tepary beans thrive in hot, dry climates. Our California summers provide the perfect conditions for growing them. Plant late May through early June when the soil has warmed. Additional planting, two weeks apart, will provide a bountiful harvest through autumn. They should be planted in nutrient-rich raised beds or garden plots with all the weeds removed. Avoid planting in clay soil.

They require full sun. Most varieties are bush or semi-vining and providing a trellis for support can increase yield.

Studies show the addition of soil mycorrhizae is beneficial. Keep soil evenly moist until seeds have germinated, then water sparingly, only when plants show signs of stress like wilting or drooping. Too much water will reduce yield or kill the plants. Harvest when some of the pods have dried and the remainder pods have turned yellow. Let the pods sit in a warm, dry place for two weeks. Then remove beans from the pods. Seeds for planting can be found in a well-stocked nursery or online. Here is one online option:

<https://www.nativeseeds.org/collections/tepary-beans>

Cooking Tepary Beans

Cook the beans on low heat until tender, using 1 cup of beans to 3 cups of water. Presoaking is not necessary but can reduce cooking time and result in a softer cooked bean. Use tepary beans as you would other beans in your favorite soups, chili, salads, casserole, or even refried. Add salt only after beans are cooked to prevent skins from splitting. The white beans have a soft, creamy texture and are slightly sweet. The brown beans have a slightly firmer texture and are earthier in flavor. They are delicious!

Native Foods

Native foods nourish our bodies with healthy nutrients, reconnect us with our culture, and can help heal our spirits from historical trauma. Beans, corn, squash, tomatoes, and peppers are just some of the foods native to America. Learn more about native food varieties at https://www.nrcs.usda.gov/Internet/FSE_DOCUMENTS/nrcs141p2_015559.pdf

Sources:

- <https://daily.jstor.org/partner-post-indigenous-agriculture/>
- <https://civileats.com/2022/01/21/a-return-to-native-agriculture/>
- <https://www.washingtonpost.com/climate-solutions/interactive/2021/native-americans-farming-practices-may-help-feed-warming-world/>



Brown speckled tepary beans grown in the Chapa-De garden.

Southwest Tepary Summer Salad (Serves 8)

Clean and rinse 1 pound of brown and/or white tepary beans.

Cook the beans in a crockpot with 4 quarts of water on high for eight hours.

Add a chopped onion, bay leaf, celery and/or chopped carrots for extra flavor (optional).

Drain and cool.

In a large bowl, add:

- 3-4 oz olive oil
- 1/4 tsp ground cumin
- 1/2 tsp ground Mexican oregano
- 1/4 tsp ground celery seed
- 1/8 tsp ground coriander
- 1/2 tsp ancho chili powder
- 1/4 tsp crushed red chili flake
- 2 tbsp chopped cilantro
- 3 garlic cloves minced
- Sea salt and fresh cracked pepper to taste

Cut corn off one cob and toast in a hot skillet for 2 to 3 minutes.

Small chop any vegetables you have on hand. I like to use different kinds of squash, asparagus, green onion, sweet onion, poblano pepper, roasted Anaheim peppers, and heirloom grape tomatoes. If you prefer, steam vegetables for about 8 to 10 minutes.

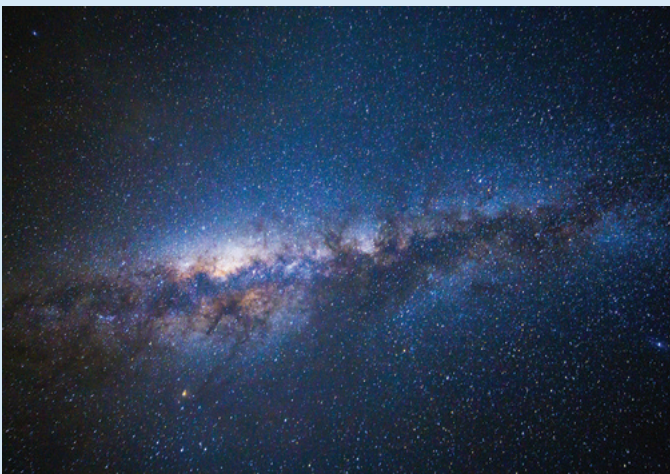
Squeeze half a lime over mixed vegetables and toss with cooked tepary beans. Enjoy!

Recipe adapted from Ramona Farms Sacaton, AZ.



Traditional O'odham Tepary Bean Stories

One day, Coyote played in someone's kitchen among the cooking utensils. He was trying to find some food to eat when he heard someone coming. He grabbed the first thing he saw, a bag of tepary beans, and ran. He thought the best way to escape was by going into the sky. As he ran into the sky, the bag tore open. The beans flew everywhere, creating the Milky Way galaxy.



An old man was mean to his grandson, so the boy decided to leave and went up into the sky. The grandson lay in the sky and could see his grandfather down below. The grandfather could not find his grandson and began to feel bad about how he had treated him. The old man walked around crying as he looked for the boy. After time had passed, the grandson also began to feel bad and decided to come back down to give his grandfather a way to be with him. The boy told his grandfather that he had left because the old man was mean to him, and so he had made a new home in the sky. The boy gave his grandfather some seeds and told him to plant them. In four years, the old man would have enough seeds so he would never go hungry. The grandson also told his grandfather the seeds were white tepary beans. The gray streak above in the sky was made of these beans, and this was his home. He told his grandfather that he could look up and see him across the sky whenever the old man missed him.

NATIVE FOOD,



LAURA RAUCHIAP

Indian Tacos. What would a Pow-Wow be without those delicious tacos made with soft, puffy fry bread? They have been enjoyed for generations and were a way for people to make a meal out of the white flour and lard that commonly came in U.S. food commodities. U.S. food commodities were distributed to Native communities after being forced off their original lands and away from their ancestral food sources.

Food distribution programs continue to this day. Food insecurity disproportionately affects up to 60% of Native American households compared to a national average of 11%. The USDA's Food Distribution Programs on Indian Reservations (FDPIR) provides mostly canned and packaged food to about 270 tribes with limited access to the Supplemental Nutrition Assistance Program (SNAP). The food tends to be high in fat and sugar. In poorer or more rural neighborhoods, fast food or convenience stores make up most of

CULTURE, AND HEALING

their food supply. COVID-19 and supply chain issues decreased the availability of healthy food even more. Preventable diet-related diseases are common health problems for Native Americans.

Today there is a strong movement of Native Americans reaching for their traditions and culture in the food they grow and eat. It is more than putting healthy food on the table; it connects them to the earth and their ancestors. It is a feeling of being healed from past trauma, taking control of the present, and nurturing their future.

Tribes and Native families across the U.S. are growing the food of their ancestors. They are planting foods like Cherokee tomatoes, Mohawk yellow corn, Anasazi beans, scallop squash, and Velarde peppers. They are raising bison, salmon, and trout. It is an effort to prevent their Native foods from going into extinction (sadly, some already have). It is a way to improve their diets and bring culturally appropriate foods back to their people. And for many tribes, it is an opportunity for economic growth.

The United States Congress approves a Farm Bill every five years, and then it is signed into law by the President. It connects the food on our plates, the farms and ranchers who produce that food, and the natural resources that make growing food possible. It also sets up food assistance programs like FDIPIR, FDPI, WIC, and SNAP.

Many Native American groups are working to gain more control over food programs for their members before the next Farm Bill is introduced in 2023. They are hoping to include more native foods and tribal-grown foods. They would like tribal communities to have the authority to purchase locally and create their own food distribution packages where it is possible to do so. They want to increase foods like salmon, wild rice, sunflower seeds, and squash in FDIPIR boxes. They want to develop programs that include traditional foods in school lunches. The Native Farm Bill Coalition has over 170 tribes uniting for tribal agriculture, economic development, and safeguarding food assistance programs.

“We’ve got to get back to a diet and food system that our bodies and our babies can handle,” says Gary

Besaw, head of the Department of Agriculture and Food Systems on the Menominee reservation.¹

President Biden’s Executive Order on Advancing Racial Equity and Support for Underserved Communities has finally opened the door to change. “For too long, tribal nations and individuals have had barriers to USDA services and programs,” said USDA Office of Tribal Relations Director Heather Dawn Thompson. Since March 2021, USDA consulting officials have been listening to concerns from representatives from among the 574 federally recognized tribes and implementing some important changes. These changes include increased fresh fruits and vegetables, culturally appropriate foods, and tribal-grown foods in the FDIPIR program. It’s a start in the right direction.

And while fry bread will stay on the menu, maybe it could be topped with some bison, tepary beans, Hopi sweet corn, and Texas wild cherry tomatoes.

Resources for further reading:

- <https://www.nativefarmbill.com/coalition>
- <https://nativefoodalliance.org/>
- <https://www.ncai.org/farmbillbrief.pdf>

Source:

¹ *Christian Science Monitor* 2/22/21 *Seeds and Beyond: Native Americans embrace ‘food sovereignty’* p.4
<https://www.csmonitor.com/USA/Society/2021/0222/Seeds-and-beyond-Native-Americans-embrace-food-sovereignty>



WWW.NOVAHEALTH.ORG



HOW CLINICAL PHARMACISTS HELP PATIENTS

Many people think that pharmacists only dispense medications. Chapa-De's growing Clinical Pharmacy Team plays a more significant role in patient care and as part of the health care team. They are especially helpful to patients living with chronic conditions or taking multiple medications and Elders.

Under the leadership of Pharmacist Phillip Nguyen, Chapa-De's Clinical Pharmacy Team evaluates the safety and effectiveness of prescribed medication. They help medical providers stay updated on the latest information and recommendations concerning medication treatments. This helps ensure Chapa-De patients receive top-quality and effective care. Phillip is based at Chapa-De's Auburn location, and Clinical Pharmacist Michele Prescott is located at the Grass Valley location. Together, these pharmacists and their assistant Robyn have made a huge impact and have helped many Chapa-De patients.

Medications are most effective when patients, and those involved in their care, understand how they work and how to take them correctly. Clinical Pharmacists help ensure this understanding and answer questions. They are available over the phone, in person, and through zoom appointments. Robyn ensures the necessary information is shared between involved pharmacies, insurance companies, and providers to provide a smooth experience for patients.

Here are the types of appointments our Clinical Pharmacy team offers and an explanation for each:

Comprehensive Medication Management

A meeting between pharmacist and patient to review a patient's medications, including over-the-counter products, vitamins, and supplements. The clinical pharmacy team evaluates the appropriateness of each therapy, considers possible adverse medication reactions and drug interactions, and educates patients on the best ways to take medications. The Pharmacists also identify patients who may need additional support and set them up with bubble packing to keep their medicines organized. They act as a patient advocate for medication safety and communicate their recommendations to providers. Comprehensive medication management helps promote the safe and effective use of medication therapy.

- Patients taking many different medications can have trouble remembering to take all of them, take them at the wrong time, or take them too often. This can lead to treatment failure, adverse reactions, or potentially life-threatening situations.

- Research shows that patients taking five to nine medications have a 50% chance of experiencing an adverse drug interaction. Patients taking 20 or more medications have a 100% chance. Complications from taking multiple medications simultaneously, or polypharmacy, account for almost 30% of hospital admissions and is the fifth leading cause of death in the U.S.

Anticoagulation Therapy

The clinical pharmacy team helps to educate and monitor patients on both newer blood thinner medications and warfarin. They order and assess labs and make adjustments in therapy to help prevent clots and prevent the patient from bleeding out. They monitor for any drug interactions and work with providers to develop strategies around starting or stopping anticoagulation therapy.

Hepatitis C Medication Management

Hepatitis C is a chronic viral infection that can lead to cirrhosis and liver cancer. Fortunately, there is a cure. However, it is expensive and can cost up to \$90,000. At Chapa-De, our clinical pharmacy team assists our patients and providers obtain this cure at no cost. Clinical Pharmacists also provide consultation,

education, and monitoring of the treatment's efficacy through a patient's journey toward a cure.

Asthma Management

The clinical pharmacy team educates the patient on proper inhaler techniques and how to use a peak flow meter. They also work with providers in developing an asthma action plan. The Clinical Pharmacists also work with patients whose asthma may not be in control based on the number of times they are filling their rescue inhalers.

Hypertension Clinic

High blood pressure is the leading risk factor for heart complications. Chapa-De's Clinical Pharmacists work with patients and their care teams to help manage blood pressure through lifestyle education and medication management. Clinical Pharmacists continually evaluate the safety and efficacy of medications by looking at labs, vitals, imaging, and the appropriateness of therapy. This is important before renewing prescriptions that allow patients to continue their treatment.

If you are interested in any of the services, you can call Chapa-De's Medical Department and ask for the Clinical Pharmacy team.

MAY 25 IS NATIONAL SENIOR HEALTH AND FITNESS DAY

The Chapa-De Diabetes Department encourages you and your family to step out with a senior on May 25th to promote a fitness activity for a healthier lifestyle. Its also a great opportunity to spend time with an Elder, like grandparents, parents, in-laws, or friends.

Here are some examples of how you could observe this day:

- **Host an event:** Organize an event in your neighborhood for the seniors, talk about the significance of good health and organize a walking club or fit club.
- **Volunteer:** Volunteer at a health fair to spread the word and help the well-being in your community.
- **Exercise DVDs:** You can purchase DVDs that are aimed at senior mobility; here are a few examples: "Sit and Be Fit", "Little Black Dress" and "Yoga for Seniors".

We also have support classes that can be helpful in your journey to better nutrition and fitness. For more information, you can contact our Lifestyle Coaches, Margreet Adriani at 530-887-2800 extension 2874 or Jay Sanchez at extension 2930.



WELCOME TO THE CHAPA-DE TEAM

We are pleased to announce a new medical provider at our Auburn Health Center:



Samantha Manzano, NP

Family Nurse Practitioner Auburn

About Samantha: I am a Nurse Practitioner at Chapa-De Indian Health in Auburn. I offer family medicine and primary care services. I am passionate about holistic care. In my practice, I look at a person's entire social, physical, and mental well-being. My professional interests include gerontology (the older adult population).

Working at Chapa-De allows me to help an underserved community. Access to primary care can be an obstacle for some. I hope to help close that gap.

I graduated from Samuel Merritt University. I am board certified by the American Academy of Nurse Practitioners. In my free time, I enjoy being outside with my family. We are currently raising two new sheep!

We also have several new team members who are available to support patients:



**Michele Prescott,
PharmD**
Clinical Pharmacist



Kathryn Hickok, RD
Registered Dietitian



Brenda Homan, RN
Diabetes Nurse Case
Manager



Yvette Richmond, RN
Prenatal Case Manager

Learn more about our patient care team at <https://chapa-de.org/provider-directory/>

CHAPA-DE
INDIAN HEALTH

PROGRAM SPOTLIGHT: NEVADA COUNTY INDIAN EDUCATION PROGRAM

Nevada County Indian Education (NCIE), a program administered by the Nevada County Superintendent of Schools, supports schools in meeting the unique educational and cultural needs of American Indian and Alaskan Native students attending eligible schools in Nevada County. Services offered include:

- Individual and group tutoring for all grade levels,
- native cultural workshops and events,
- and information on local cultural activities and resources.

Students must have an Indian Education Enrollment (506) Form on file to qualify. This form can be found here: <https://nevco.org/indian-education/> or requested from your child's school. Completed forms can be emailed to mbalderston@nevco.org or returned to your child's school office.

On Thursday, May 19th, from 6-7:30 p.m., NCIE will be hosting a free Family Night potluck in collaboration with Fox Walkers at the Burton Educational Preserve for Indian Education families. The Preserve is located in Nevada City at 16200 Lake Vera Purdon Road.

For more information, contact Melissa Balderston at (530) 478-6400 ext. 2020 or mbalderston@nevco.org. Nevada County Indian Education is also seeking presenters for their Family Nights to help instill our culture into the next generation. Examples of past activities include storytelling, drum making, beading, games, and music.

Nevada County Indian Education operates under the guidance of a Parent Council consisting of Native parents, students, and teachers.





FENTANYL IN INDIAN COUNTRY

Fentanyl is a silent killer that has infiltrated our community, family, and lives over the last two years. It is a synthetic opiate fifty times stronger than heroin and one hundred times stronger than morphine. It is cheaper than both and highly addictive. Native Americans are at higher risk of addiction and overdosing than almost any other race.

Chapa-De Substance Use Counselor Holly Castro explained, "Our people are being exposed to this whether they know it or not. Fentanyl is being laced into pills that people are buying on the streets. They think they are getting counterfeit controlled substances and do not know it contains Fentanyl." Fentanyl is commonly found locally in pills, cocaine, methamphetamine, and even sprayed onto marijuana. People are overdosing and dying at alarming rates because they may not know they are using Fentanyl or recognize that a tiny amount of Fentanyl can be deadly.

Chapa-De Indian Health is raising awareness and providing Fentanyl test strips and Narcan at the Big Time Pow-wow, community events, and at our two health centers. The test strips can show if a substance contains Fentanyl. Narcan is an overdose reversal medication that can save a life. Both are available for free in the Chapa-De Medical Departments and Pharmacies.

Chapa-De also has a well-known and trusted MAT (Medication Assisted Treatment) program. This program is open to those who would like help and treatment for opiate use disorder. Chapa-De's Substance Use Team has recently seen a wave of people whose drug of choice was Fentanyl because of its potency. Counselor Holly said, "We are blessed they made it into our program with their lives. We are grateful to help in any way we can." She also wants everyone to know they can make a real difference. She explained that we all likely know someone struggling with substance use disorder. She wants everyone to know this is a no-fault illness and is treatable. And while addiction is not part of American Indian culture, healing can occur if we acknowledge and talk about it.



The roots of addiction run very deep and throughout many generations. We may have historical trauma, but we also have historical resiliency. Our people have made it through horrible atrocities, and breaking the chain of addiction is possible, allowing healing to begin for the next seven generations.

If you or a loved one is struggling with substance use disorder, please reach out. Chapa-De has a team of nurses, doctors, and counselors that will talk with you and discuss treatment options. If you aren't ready for treatment, they can also share methods for reducing the chances of an overdose.

Every Thursday, we also have a virtual Red Road to Wellbriety talking circle on Zoom for anyone seeking recovery support. Sierra Native Alliance also has monthly sweat lodges, a safe and sober lodge for people seeking help.

"There are so many beautiful ways we can get sober." If you or someone you know needs help with addiction recovery, remember that you have a resource here at Chapa-De and in our community," says Holly Castro, Chapa-De Indian Health Substance Use Disorder Counselor.

**Call Chapa-De's SUD Team at:
(530) 887-2804 for Auburn or
(530) 477-9532 for Grass Valley.**

A PATIENT'S STORY: **DIABETES PREVENTION PROGRAM (DPP)**

1 in 3 adults is at risk of developing diabetes. The Chapa-De Diabetes Prevention Program focuses on increasing physical activity and healthy nutrition options to build a lifestyle that helps prevent diabetes. Recently we spoke with Cam, one of our program graduates, about his experience in the program. The following is what he wanted to share with others considering joining the program.

How long have you been a patient here at Chapa-De?

I started coming here through my mom when Chapa-De was located on Dewitt, so about 40 years.

How did you hear about the Diabetes Prevention Program?

In about 2017, I came for an appointment for an upset stomach. My provider, Adam told me that my glucose reading was very high which really shocked me. He also told me about some of the other factors going against me, such as being Native, smoking, and having a poor diet. I immediately started to change my habits. I met with Deb (the Diabetes Program Manager), and she showed me how to use a glucometer and explained how to improve my levels. I also met with a Diabetes Nurse Case Manager and Dietician to help me understand my diet routine. They helped me understand what I was doing wrong. Over time I was offered other support, such as DPP. I lost a lot of weight and was also referred to see Jay and I have been coming on a regular routine for workouts since then. I now realize what diet means, it means changing habits. I really hope other patients take advantage of all the resources here and the sincerity of all the staff and care for the well-being of all the patients.

How has this made a positive impact on you?

If it weren't for Chapa-De, my A1C reading would not be as good as it is now.

Would you recommend the program to anyone thinking of joining?

Yes, I would recommend it for all the camaraderie, friendships you develop, and healthy habits.

Is there anything else you would like to add?

Yes, my weight has stayed the same, and I learned some things from the nutrition class. I don't need to eat a full plate but a recommended plate. Basically, if you want to do it a smart way, take a class and learn to lose weight and build strength.

DPP is a year-long program that offers 16 weekly classes followed by monthly sessions to help maintain a healthy lifestyle and weight loss. Please call our lifestyle coaches at (530) 887-3765 to learn more about this program and other resources that may be helpful to you.





BLESSINGS & PRAYERS

When we pray, we start by standing. We stand in honor and respect for the person saying the blessing, for the Creator, for our ancestors. We stand in honor and respect for ourselves and each other to come together as one with open minds and open hearts.

We ask the Creator for guidance to come together in a good way and to have a peaceful, productive, and open connection with each other and Mother Nature. When we talk about Mother Nature, we include everything; the earth, the plants, water, animals. Everything.

We give thanks to the Creator for giving us this day and this time together. We thank our ancestors for the knowledge they passed down—the sacrifices they made for their people.

We acknowledge the people and the land we are gathering on.

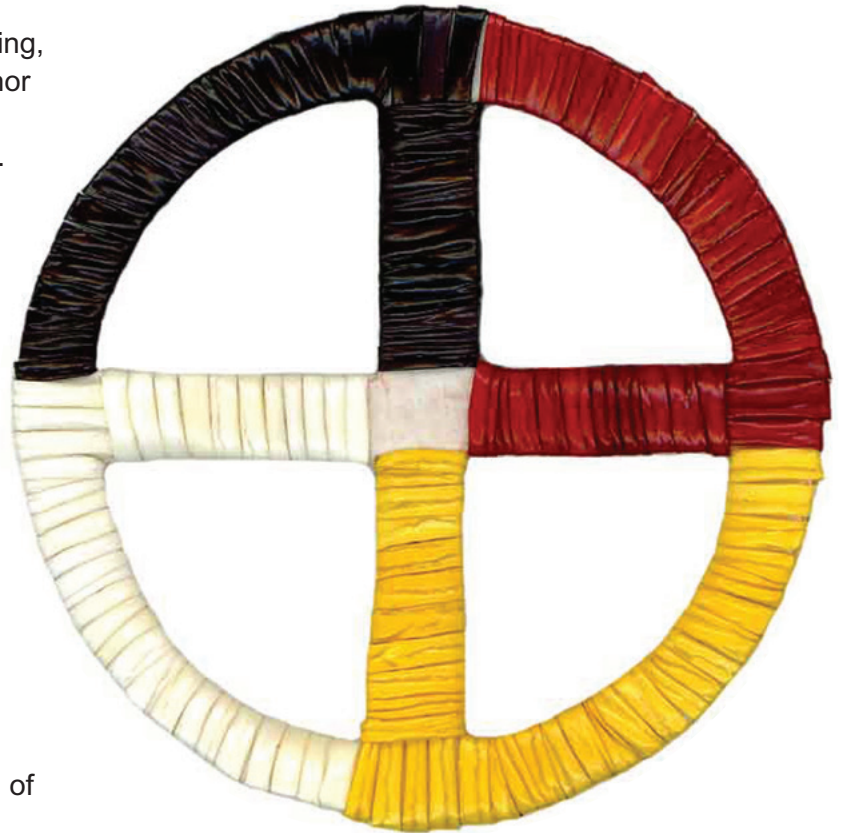
We come together as one; we need the protection of prayer for kindness and respect for each other.

We acknowledge ourselves, the tribe, and the land we come from to honor and be proud of ourselves, our family, and our ancestors. We recognize their strength, hope, love, and resistance for us and each generation.

Each tribe, clan, and territory has a unique way to offer prayer, which may differ in the words, beliefs, and plants they use. Some use wormwood, sage, cedar, sweet grass, angelica root, or tobacco. No matter how it is done, prayer helps connect us to the Creator, our ancestors, and the land we are on.

The burning of plants allows us to take our negativity, sadness, and worries and give them to the smoke so that it rises to the Creator and our ancestors. It is no longer ours. We are cleansed of the negativity so we can come together with good intentions and good hearts.

We adjust to our surroundings; if we cannot burn the plant(s), we can imagine that we are sending the hurt, sorrow, and anger from our mind, heart, spirit, and soul to that plant. We can also steep the plant in water for a



few hours and then use the water to sprinkle or spray the room/area as we are saying the blessing.

The Medicine Wheel reminds us that we need to balance all four elements of our being – the spiritual, emotional, physical, and mental. When we become out of balance, we experience disease. The four elements of our being are represented by:

4 seasons: winter, spring, summer, fall

4 directions: north, south, east, west

4 elements: fire, water, earth, air

4 stages of life: infant, youth, adult, elder

4 states of being: spiritual, mental, emotional, physical

4 beings: the winged ones, the ones who swim, the four-legged, and the two-legged

4 Medicine Wheel colors: white, black, red, yellow

CEREMONIAL PLANTS

Four Sacred Medicines

It is said Tobacco sits in the East door, Cedar in the North, Sweetgrass in the South and Sage in the West

Tobacco

Nicotiana attenuata or coyote tobacco was the first tobacco used by Native Americans dating back thousands of years. Other varieties of *Nicotiana* such as *N. rustica* and *N. tabacum* began to be farmed. It is an annual herb in the nightshade family of plants. It was considered a sacred plant and cultivated along with corn, squash, and beans. It is said to be the first plant given to Native people by the Creator to open communication with the spirit world. It is used as an offering and in ceremonies.



Cedar

Cedar is a name used for several different species of trees and shrubs. True cedars are not native to America. Trees such as cypress, thuja, juniperus, and in the west, *calocedrus deccurens*, or incense cedar are commonly called cedars. Incense cedars are large evergreen trees that grow up to 100' high. They are native to the Western United States from Mexico to Canada. The bark, wood, and foliage are fragrant, especially in warm weather. Cedar is known as medicine of protection. It is used to cleanse a home when moving in. It is used to protect a person or place from unwanted influences. Cedar is often used in sweat lodge ceremonies.



Sweetgrass

Hierochloa occidentalis and *Hierochloa odorata* is also called Seneca grass, hair of Mother Earth, and vanilla grass. *H. odorata* is a hardy perennial grass that grows from the Northeast to the Plains and Canada. *H. occidentalis* is the species found on the west coast. They both have a sweet, vanilla-like scent. It represents the Earth Mother and reminds us that she provides everything we need. Smudge sticks of this grass are often braided the same way hair is braided. It is used for smudging and purification.



Sage

Like Cedar, Sage is a common name given to various plants. *Salvia* is the proper genus of sage. But many *Artemisia* species are also called 'sage' and used as medicine. *Salvia apiana* is the sacred sage that is used to make smudge sticks. It is also known as the mother of sage or white sage. It is an herbaceous perennial native to the Western United States into Mexico. It has pale grey, green leaves that almost appear white. When burned, it has a strong, distinct, medicinal odor. It's considered powerful medicine and is used to cleanse away negative energy. It is often used to prepare people for ceremonies and meetings, allowing good energy to flow.

Other Ceremonial Plants



Mugwort

Artemisia douglasiana is a highly fragrant herbaceous perennial found growing near water throughout California into areas of Nevada and Oregon. Culturally, it is used in ceremonies to purify and send evil away. It is also used to bring positive dreams.



Wormwood

Artemisia ludoviciana is a perennial plant native to a widespread area of the United States from Canada to Mexico. This aromatic plant is used for cleansing and sweat lodge ceremonies.



Angelica

Angelica californica is a perennial with a large taproot and umbrella-shaped flowers. It is native to shaded areas of the foothills of California and Oregon. It is used in purification and protection ceremonies.

AFFIRMING THE PAST AND RAISING AWARENESS FOR FUTURE GENERATIONS

“We would like to acknowledge that we are on the traditional lands of the Nisenan, past and present, and honor with gratitude the land itself and the Nisenan people.”

In 2020, the California Legislature adopted a bill that allows schools, parks, libraries, museums, and other state and local agencies, in consultation with Native American tribes and other Native American entities, to adopt a land acknowledgment process. This process allows formal acknowledgment of the original Native American tribe or tribes that resided on the land on which a public school, state or local park, library, museum, or other state or local building is located.

Land acknowledgments are one way to recognize the history and enduring relationships between Native Americans and specific lands and help educate and remind others that Native American people were their original inhabitants. It is also a way to express appreciation and gratitude to those original occupants.

While land acknowledgments might be a new practice for many institutions, it is not a new custom for Native communities, many of whom have been practicing it for centuries to show respect to the original occupants of the land.

Today, the practice also serves as an important reminder of a history that has been largely erased from the history books regarding the genocide that occurred when non-Native settlers arrived and forced Native Americans off their traditional lands. It is a small gesture compared to the unspeakable injustices of the past but affirms the past and raises awareness for future generations.

Visit this link to view an interactive map of indigenous lands: <https://native-land.ca/>

COMMUNITY SUBMISSIONS

Congratulations!
GRADUATES!



Joci Bertain is a member of the Navajo Nation and will be graduating with the Shasta High School class of 2022. Her mother's first clan Tsé n̄jikiní (House of the Dark Cliff People) and her second clan is her father's clan, Bilagáana Bertain. She will be attending Arizona State University in the fall with a major in Communications.



Congratulations to **Destiny Sara Salinas**, Cante Waste mani Wi, enrolled member of the Oglala Lakota Nation. Class of 2022 Placer High School. Destiny will be attending Oglala Lakota College and moving on to Black Hills State University to complete her degree in Childhood Education.



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MAY 2022

CHAPA-DE *News*



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