

Featured Programs

Akwesasne
Group Home

Women in
Police Work

Ethics
Commission

Chronic Care
Nursing

Kawennì:ios



New Tribal Police Officers



Business Feature

Free Training Seminar for Small Business Development

By Lindsay M. Tarbell, SRMT Economic Development

The U.S. Small Business Administration's Office of Native American Affairs (SBA ONAA) will be presenting a free training seminar on the SBA 8(a) Business Development Program specific to tribally-owned companies. In addition, the North Country Procurement & Technical Assistance Center's (PTAC) Procurement Counselors will be in attendance to present information & assistance on government contracting.

The purpose of these workshops is to provide valuable insight to those in various stages of company development and ownership. The curriculum will be specifically tailored to provide operational & leadership strategies to build capacity, foster growth and expansion and ensure sustainability of Native-owned companies. Through this workshop, attendees will gain a better understanding of the special rules and considerations for Native American companies in the 8(a) program.

Core Topics

The 8(a) Business Development Program and working with the Federal Government includes:

- 8a Requirements and Application
- Business Operations - Business Development, Marketing and Capture Management
- Teaming

- Financial Management

Additional Topics

- Security
- Exit Strategies
- Construction Contracting
- Internet Business Strategies/E-commerce
- Business Succession Planning
- Staff Development
- Enhancing Revenue
- Generating/Job Creation Capabilities



Who Should Attend: All tribally-owned companies interested in the program as well as established companies already in the developmental and/or transitional phases of the 8(a) program.

When: Tuesday, August 19, 2014 from 8:30 a.m. to 4:00p.m.

Location: Akwesasne Mohawk Casino Resort Training Center, 921 State Route 37, Akwesasne, NY

Cost: Free, seating is limited

To register or if you have any questions, call Lindsay M. Tarbell, SRMT Economic Development at (518) 358-2835 or email: lindsay.tarbell@srmt-nsn.gov. ♦

Good Words of Welcome



Shé:kon sewakwe:kon Akwesashró:non,

I hope that the start of your summer is going according to plans. Beaches and BBQs make summer my favorite time of the year. I personally thank everyone who came out to vote in this year's Tribal election. I believe it is very important to have your voice heard and that your vote counts. Participating in the future of your community is something everyone should take seriously. I thank all of my family and supporters who made my re-election successful, niawen:kówa.

I am pleased to inform the community of a new venture taking place at the former IGA Building. JNR Enterprises, led by Matt Rourke and Casey Jacobs will be transforming the building into a family entertainment center, complete with 16 lanes of state of the art bowling alley, arcade, golf simulator and laser tag facilities. At a recent Tribal meeting, Matt explained the need for our youth to have a place to go and have fun. His company is connecting with local high schools to offer his facility to revive bowling as part of the educational curriculum. I see great things coming from a dream that turned into a reality. He will be employing 20-30 people to start and is looking to cross train with

the Akwesasne Mohawk Casino Resort, to train our youth in both areas of entertainment. I wish them all the luck in the world, I truly believe this business will take off and be here as part of the community for many years to come.

I thank all of the parents of the graduates of the Class of 2014. Raising teenagers isn't an easy task, getting them to graduate is a feat all parents can be proud of. To the graduates of the Class of 2014, I say dream big and achieve what it is you set out to do. Don't let setbacks hold you back, let them be part of the learning process to success. I congratulate each and every one of you for the hard work and dedication you have put in on the start of creating your mark on the world.

In closing, I ask everyone to use a little caution when cruising around this summer. There are kids on the roads on bikes and rollerblades who deserve every right to use the roads as we do.

Niawenkó:wa,

Chief Ron LaFrance

On the Cover: On July 11, 2014 Julie Smoke and Tyson Lazare graduated from the Zone 9 Police Academy with a successful completion of all requirements needed to become police officers. We've dedicated the cover of this month's issue to their achievement and, on behalf of the community, extend our congratulations to the graduates.

Allyson Doctor, Director of Communications
Aimée Benedict-Debo, Publications Manager
Alyson Cole, Production Assistant
Laurie Thompson, Intern

Kawennì:ios "Good Words" is published monthly by the
Saint Regis Mohawk Tribe, Communications Department,
412 State Route 37, Akwesasne, NY 13655
(518) 358-2272
public.information@srmt-nsn.gov
www.srmt-nsn.gov

Five Tips for Freshman Heading to College

By Samantha Phillips, Higher Education

The concept of leaving home and going to college or university can be overwhelming. A large campus with thousands of people you don't know can be scary. Use the five tips below to make the transition easier and have a successful and fun experience.

1. *Get to know your roommate(s)*

You're going to be living with this person (or people) for the rest of the semester. Get to know them before the semester starts. Hit them up on Facebook, Twitter, Instagram, SnapChat and see what kind of person they are. They're going to become your family away from your family. They're going to be the one to talk to about your homework, about your upcoming exam and about what you're going through. Some days they're going to be your best friend and other days they're going to be your worst enemy. By the end of the semester you'll know everything about them and you'll learn a lot about yourself.

2. *Have your paperwork done before you get to school*

The first semester of college is tough, even before you start classes! Make sure all of your paperwork is done before you get to school. This includes paying your room deposit so you have a place to live, turning in health forms and getting any vaccinations you might need. Your FAFSA should be done and all your financial aid paperwork in order. You also need to know your move-in date and when classes start; you don't want to be rushed as soon as you get on campus.

3. *Be prepared for your first class*

The first day of classes is hectic, no matter how long you've been going to classes. First, you need to make sure you have everything you need. This includes pens

or pencils, some paper to write on and a planner/agenda. Second, if you can get your text books before the first day of class you can avoid standing in line at the bookstore for hours with lots of other students. Sometimes professors change the books you need on the first day of class, in which case you may have to stand in line at the bookstore. It's okay, though. Remember that everyone else in your class is having to do the same thing.

4. *Relax!*

It's going to be a little overwhelming at first, but you'll get the hang of it! College is different than high school: the work is different, the people are different, and your schedule is different. You'll have a little spare time in between studying and writing papers, so go ahead and get to know your school. Find somewhere you can go and relax: the library, the fitness center, a little patch of grass under a tree, wherever! Just make sure you give yourself a little time each day just to yourself.



Keep the end goal in mind

5. *Be safe*

Don't forget to be safe wherever you are going or whatever you're doing. If you need to walk across campus at night, have someone go with you. Be aware of where the safety phones are on campus (the ones with blue or red lights) and be aware of your surroundings. Tell someone where you're going if you decide to go alone at night. Put the campus police or local police department's phone number into your phone contacts, just in case.

The Higher Education Program wishes all freshmen and returning students the best of luck this semester. Work hard, give us a call sometime and enjoy your classes!

Graduate Courses Being Offered for the Fall 2014 Semester

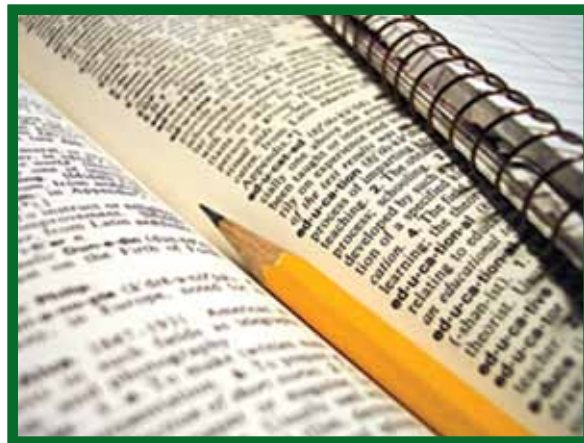
566: Leadership and School Violence

Credit - 3 semester hours

Start Date: Tuesday, August 28, 2014

Location: SRMT Community Building Boardroom

We live in a world of violence and a percentage of it is directed at our schools. School violence remains a continuing theme where some form of crisis intervention has become a part of being an effective leader. However, crisis intervention may not be enough to meet these growing concerns. This class also will focus on crisis prevention by discussions of themes such as; Zero Tolerance, Bullying, Harassment (Horizontal Violence), Safe Schools Act, security issues (guns, drugs, locker and searching of school premises by law enforcement), Sexual Abuse and Copy- Cat Suicide. Furthermore, it is important to recognize the importance of involving parents and community members when looking for strategies and solutions for this critical issue. Current literature and a panel of guest speakers from the fields of education, courts, and law enforcement will be included in the course. Taught by Dr. Kyle Blanchfield.



551: Relationships between Schools and Families

Credit - 3 semester hours

Start Date: Wednesday, August 27, 2014

Location: SRMT Community Building Boardroom

This course will explore family, school, and community relationships. It is designed for counselors, teachers, and administrators. The course will cover research that addresses different factors influencing family involvement and teaching practices that

encourage parent involvement. Students will be exposed to examining partnerships from a systemic framework and to communicating with diverse types of families. The text will outline six different types of involvement for creating partnerships between schools and families, as well as ways to involve the community. Finally, students will discuss proper strategies and techniques for improving relationships between different types of families and the schools, and they will explore the partnerships that can be formed. Taught by Mr. Lawrence Casey.

Incoming High School Seniors

Start looking at colleges (if you haven't started already)

Talk with your parents about college

Take your SATs and ACTs if you haven't done so already. If you didn't like your score, take them again.

SAT Exam:

- October 11, Register by September 12

ACT Exam:

- September 13, Register by August 8
- October 25, Register by September 19

Community College Students

Remember to get your *Certificate of Residency* to present it to your school's business office in order to have "in-county" tuition. ♦

“ ***Education is not
preparation for life;
education is life itself*** ”

John Dewey

Akwesasne Group Home

Social Service Division Program Feature

By Francine Thompson, Program Manager

The Akwesasne Group Home (AGH) is a twelve bed home that provides 24-hour services to at-risk adolescents between the ages of twelve and eighteen years. The AGH opened in 2001, designed to provide direct access care to male and female adolescents who were in danger of being placed outside of their community, away from their school, home and culture.

A twenty-four hour staff is available to assist each native adolescent and his or her family in attaining their fullest potential in the shortest period of time with the intent of reunification with the family. This goal is achieved by providing multi-level services within a structured, safe and caring environment. Services include, but are not limited to, group therapy, community service, coping skills, independent living skills, individualized counseling, tutoring, recreational activities, anger management and cultural enrichment. The family is strongly encouraged to participate in the healing process of their child and many special events are planned throughout the year to encourage family engagement, such as barbeques and holiday gatherings.

During their stay at the home, adolescents are encouraged to progress through the five program levels designed to promote responsibility through one's own actions, accepting their role and the natural

consequences that follow, and actively working toward a solution and thus moving forward – all fundamentals of becoming a successful, productive young adult in one's community.



Group Home's New Pavillion



AGH Youth Workers work closely with each adolescent on a daily basis to assist in guiding them through the program. They are mentors as well as advocates and they devote much of their time in and out of work to make a difference in each young person's life. They are often busy planning age appropriate activities such as, camping, canoeing, hiking and fishing trips. As well as, to museums, plays, concerts, socials and pow wows. Youth Workers also work side by side with adolescents in community events such as roadside cleanup, gardening and fundraising, among others.

As a program within the Saint Regis Mohawk Tribe's Social Services Division, the AGH is dedicated to servicing families in need. Assistance can be requested in several ways. Any enrolled native adolescent who requires intensive services to address

problematic behaviors such as educational issues, abuse, neglect, criminal or substance abuse can first contact the SRMT Preventive unit at 518-358-4516 or contact the Akwesasne Group Home directly at 518-358-9184 and ask about admissions. ♦

Health Services Update

By Michael Cook, Director

It is hard to believe that I have been in the position of health director for over three months now. I continue to be happy being in the position as your health director, and to be home.

We have a great bunch of folks in our health programs. I have focused my time on getting to know as many staff as I can and getting to know the programs better.

I have heard from many of you and hopefully I have addressed the issues that you have presented to your satisfaction. In some situations, we have to give an answer that is not to your liking but my goal is that you leave knowing why a particular decision was made.

Here are some questions that I have had to address that I present for your information:

- **Primary Care:** Someone who recently started to use our program asked if they could be referred to their primary physician who they have been using for years. Our practice is to require you transfer your primary care needs to our highly qualified staff of providers.

- **Referrals:** I was asked if there is a choice in where you get sent for referrals. In a lot of situations we have arrangements in place with specific providers (hospitals, specialty doctors) and for efficiency and finance we try to keep to those. You can certainly request a different referral location and you should bring that up with the provider who is processing the referral for you.

- **Customer Service:** If there are issues that you may encounter when we send you to another provider, such as bad customer service, please let us know and we will certainly address it.

- **Insurance:** Folks have stopped by asking why they received a letter from me stating our requirement for making an application for alternate resources. The letter is being sent to all who do not have any type of insurance coverage. There are a couple of big reasons why we require you to apply for insurance or Medicaid, one being it is federal regulations that we must follow.

- More importantly, if you are eligible for alternate resources (insurance/Medicaid) then that coverage provides the resources to pay for your off-site medical care thus saving our limited health funds to spread out more. If there is a fee (premium) for insurance coverage you are not required to purchase.

- **School Physicals:** For parents of school age students, please schedule the fall school required physicals now. If you wait until a couple of weeks before school, our schedules will be full and you'll need to make alternative arrangements.

I need your help in letting me know your thoughts on our services and any ideas you may have, so please give me a call or stop by to let me know (518) 358-3141. ◇



Mike Cook, Health Director

Women In Police Work

The Faces of Tribal PD

By Jennifer Brown, Office Manager

Women have long been part of the nation's police forces. The Saint Regis Mohawk Tribal Police Department (SRMT PD) has had a long-standing history of hiring and recruiting qualified Mohawk women to train and become part of the SRMT PD. Studies have shown that female police officers bring a lot to the job, including offering different ways of dealing with conflict. Women may not have the physical strength of men, but their bravery, creativity and verbal skills make them ideal for the job.

In 1972, the average number of female officers in any given United States police department was 2%. Over the years, it has risen three to four percent every ten years. In 2010, the number of female cops in a US police department was just over 15%.

Here's a breakdown of rankings:

- 15% of police officers are women
- 9% are sergeants
- 6% are lieutenants
- 3% are captains
- 4% are above the rank of captain



The SRMT PD employs three female officers. Officer Tina Sunday has been with the department since 2004 and has made great strides in working for the community. Corporal Eileen Cook has been employed by the SRMT PD since 2006 and was recently promoted to the School Resource Officer for the Salmon River Central School District. Patrolman Julie Smoke began her career with the department as a dispatcher, fulfilled one year of service and attended Police Academy in 2014.



*Karonienhawi Thomas, New
Director of Social Services*

Sharon Oakes, Felicia Sunday and SuEllen Jacobs work for the SRMT PD as dispatchers and play a vital role ensuring the officers and community members are provided with swift and accurate information.

The SRMT PD had the distinct pleasure of working with an incredible investigator, Karonienhawi Thomas. She started her career with the department in 2009 as a Special Investigator concentrating on special victims. Prior to Officer Thomas working for the

Myth: Being a woman police officer is very different from being a male officer.

Fact: Badges come in gold or silver, not pink or blue. Policing is a challenging and rewarding profession limited only by the abilities of the individual officer. There are thousands of successful women in policing today. As more women have entered the profession, there is greater acceptance among their peers and the public.



Investigator Tina Sunday



Officer Julie Smoke



Corporal Eileen Cook

department, she was a case worker for the SRMT Department of Social Services. Karonienhawi created the SRMT Sex Offender database. Throughout Karonienhawi's career with the department, her goal was to bring to justice the criminals who committed the most heinous crimes against women and children and to provide those victims with a voice, a voice that would stand up and bring those responsible to justice and account for their actions.

The SRMT PD will truly miss the daily presence of an amazing police officer and friend. On July 1, 2014, she became the Director of Social Services. Hawi played a vital role within our department and her absence will always be felt.

"The SRMT PD wishes Hawi the best in her new position. We know she will work diligently to ensure the best interests of our Mohawk children are protected. We thank Hawi for her sincere dedication to help all of our community members." ◇



Dispatcher SuEllen Jacobs



Dispatcher Sharon Oakes



Dispatcher Felicia Sunday

Ethics Commission

Amended Ordinance Coming Soon

By Peter Garrow, Ethics Officer

It gives me great pleasure to announce that the current SRMT Ethics Commission members are Barbara Lazore, Mark Martin, Alma Ransom, Minerva White and Wanda Patterson. We have also engaged Carrie Garrow of Syracuse University as our legal advisor. As I have announced previously, the present SRMT Ethics Ordinance TCR 2007-61 has major flaws and the Ethics Commission, along with Carrie Garrow, have submitted an amended Ethics Ordinance to Tribal Council. After review and a number of meetings, the SRMT Tribal Council have requested this Ethics Commission address their suggestions and comments in developing a more workable, amended Ethics Ordinance that can be approved and implemented.

The major changes to the current SRMT Ethics Ordinance are as follows:

1) Commissioners to serve a period of three years instead of being dismissed after hearing one complaint.

2) Add a number of new definitions of legal terms contained within the body of

the ordinance for clarification.

3) Redo the appeal process to bring about closure. The current appeal process in the ordinance could go on forever. Utilize the SRMT Tribal Court for appeals.

Why is there a need for an Ethics Ordinance?



A well-drafted Ethics Ordinance should provide clarity to Tribal leaders, staff and community members as to the behavior necessary to instill trust and faith in Tribal government.

A well-drafted Ethics Ordinance should provide clarity to Tribal leaders, staff and community members as to the behavior necessary to instill trust and faith in your Tribal government. Ethics in the Tribal government is not merely the absence of corruption but the presence of trust. An ethics ordinance may be aspirational and/or punitive. An aspirational ordinance provides guidance to elected Tribal officials and their employees as to expected and prohibited conduct. An ethics ordinance that is also punitive provides civil and/or possible criminal penalties for violations of the ethics ordinance.

This amended ordinance will do this. ◇



Let's Talk About Bugs, Baby!



By Angela Benedict, Air Quality Program Manager

So, let's talk about bugs. I very much dislike bugs. Lots of people have phobias of bugs. *Entomophobia* or *insectophobia* is the fear of one or more classes of insects. Where *apiphobia* is the fear of bees and *myrmophobia* is the fear of ants. Anyway, I don't want to talk about "bugs" per se but more about repellents. Repellents can come in several forms: spray, solid, lotion, liquid and oil. You can spray it on, rub it on or burn it to keep the bugs away.

I keep bugs away by not going outside or if I do go outside it's in the comfort of my screened-in porch. But on the off days that I do spend outdoors and repellent is needed, I use bug spray. It's very smelly stuff. Never use the spray indoors. Consider using a lotion on children and elderly people with asthma or a respiratory illness. Also, never use spray on the face or hands of children and always wash off after you're done being outside for the day. Another good tip is "be aware of your surroundings." My children will attest to that one as I am always telling them that. Try not to spray around food. I am sure it tastes as bad as it smells.

What about citronella candles? These candles should never be burned inside a closed space. It's not the citronella as much as the smoke from burning it. Sometimes there is a lot of smoke associated with burning candles which is as much of a deterrent to mosquitoes as the citronella. The coils are the same.

They produce a lot of smoke because they smolder rather than burn. Their smoke contains lots of particulates (as much as up to 137 burning cigarettes) and even formaldehyde (as much as up to 51 burning cigarettes).



Help protect your family and pets by preventing bites in the first place

For greener alternatives, use eucalyptus or lemongrass scented lotions. They are very pleasant smelling and natural.

There are lots of repellents for bugs out there. Make sure the product you choose is for the bug you are trying to repel. Be aware of who will be wearing or using the repellent and who they are going to be around. So, for health and safety now and for the next seven generations, let's use repellents wisely. ◇



Monthly Tribal Meeting

Ohiaribko:wa / July 5, 2014
Chaired by Sub-Chief Eric Thompson

Agenda

1. Welcome - Chairperson
 - Reading of Action Items - Tribal Clerk
2. Planning and Infrastructure
3. JNR LLC
4. Compliance update
5. New Director Introduction
6. New Business
7. Reading of Action Items
 - Tribal Clerk
8. Adjournment

Follow-up on Action Items from July Meeting

1. To revisit the exit agreement with National Grid as it excludes the Hogansburg triangle.

The Deputy General Counsel will follow up on this item.

2. To have the Compliance director speak on the sale and display of drug paraphernalia when he meets with the ACSA.

A meeting is scheduled for Friday, June 27 with the ACSA.

3. To have an update of Chief Paul Thompson's return for July's meeting.

Sub-Chief Thompson will follow up on the item. ◇

Action Items from July Meeting

1. To look at the cost effectiveness of an addition of a dialysis unit at the diabetes center compared to the clinic
2. To see how many of our young people are working this year compared to next year

Calendar

Seskéha / August 2014

- 2 - Monthly Tribal Meeting - 10:00 a.m. - Community Building lobby
12 - Social Security Administration - 1:30 to 3:30 p.m. - Tribal Clerk's office
13 - Police Commission Monthly Meeting - 3:00 p.m. - Executive Boardroom, Community Building
Tuesdays - Tribal Council Work Session - 9:00 a.m. - Tribal Council Executive Boardroom

New Faces

Michele M. Cook	Receptionist	Health Services Medical Clinic
Louise M. David	Habilitation Aide	Family Support
Pemela M. McDonald-Lachance	Nurse Educator	Health Services Medical Clinic
Arlene Thomas	Health Education	Let's Get Healthy Program
Christopher P. Thompson	Director	Economic Development
Krista C. Thompson	Teacher Aide	Early Childhood Development
Jessica Vanier	Headstart Teacher	Early Childhood Development

Donations

Funerals - \$2,000	Community Event - \$4,101	Sports - \$9,000
Community Elders - \$2,000	Community Development - \$1,500	

Jobs

Environmental Specialist - Environment
Law Clerk - Tribal Courts
Assistant Director - Office for the Aging
Activities Coordinator - Office for the Aging
Health Education Services Unit Manager - Office for the Aging
Assistant Health Educator - Office for the Aging
Master - Fishing and River Use - Akwesasne Cultural Restoration Program
Apprentice - Fishing & River Use - Akwesasne Cultural Restoration Program

Election Board Members
Te wá tha hón:ni Corporation Board Members
Land Dispute Tribunal Members

Positions with the Saint Regis Mohawk Tribe are posted at: www.srmt-nsn.gov.

Positions with our gaming operations are posted on the Akwesasne Mohawk Casino's website at:

www.mohawkcasino.com.

Akwesasne and surrounding area positions are posted at www.myaerc.org

Chronic Care Nursing Department

Health Services Program Feature

By Theresa Garnder, FNP Outreach Chronic Nursing Care Supervisor

The Chronic Care Nursing Department was established in 2008. Our mission is to provide quality professional healthcare with dignity and privacy within the scope of the Chronic Care Nursing Department.

Our program provides home health aide services such as foot care, medical transportation, smoking cessation counseling, wound care and case management. Other services provided are home care for eligible veterans, nursing and provider visits, falls prevention program and we offer a 24/7 on-call assistance for home care patients. Staff offers CPR and first aid training for SRMHS employees, immunizations, health and wellness screening days. We arrange food and safety inspections, environmental assessments, post-partum/ newborn home visits, and car seat installations and safety checks.

The Chronic Care Nursing department has been very successful with wound care and has an excellent success rate. Our foot clinic for diabetics is essential to the wellbeing of our patients for post-op care and hard to heal wounds. Our program smoking cessation counselor takes clients by appointment and assists them with stop smoking products as necessary. Our three trained infant car seat technicians to assess and educate on the proper

car seat safety and installations for newborn and infant care.

Our nurses are continually assessing the needs of our elders and chronically ill. Patients receive nursing care and provider visits in which home health aide services are managed on a case by case basis. Health and wellness screening days are scheduled throughout the year in partnership with other service agencies to provide the best service possible. We work closely with the Office for the Aging and Adult Protective. We case manage with the local hospitals' discharge planners to help transition the patients to the home. We provide medical transportation to patients from Syracuse NY to Burlington VT but due to limited vehicles require a 24-hour notice to make the appropriate arrangements.



The Chronic Care Nursing Department accepts referrals from outside agencies and medical providers to provide optimum care for our patients. Our program has provided a very important aspect of care that was missing in our community. Our elders were being placed in nursing homes and are now able to stay in their homes with the benefit of the nursing and home health aide services that the Outreach Chronic Nursing Care Department offers. ◇

Tribal Police Welcome New Graduates

Julie Smoke and Tyson Lazare Join Force

By Aimée Benedict, Publications Manager/Webmaster

The Saint Regis Mohawk Tribe's two newest police officers graduated from the Zone 9 Police Academy on July 11, 2014 while surrounded by family and friends. The eight officers who graduated were from the Clinton County Sherriff Department, Franklin County Sherriff Department, Plattsburgh Police Department and the Saint Regis Mohawk Tribal Police.

Officer Julie Smoke, daughter of Doug and Diane Smoke, was one of two female graduates. She received the Overall Achievement Award in recognition of outstanding effort and scholastic achievement.

Officer Tyson Lazare is the son of Michelle and Chris Lazare.

Both police officer trainees were accepted for employment by the Saint Regis Mohawk Tribal Police. The agency then sponsored the trainees in the academy's basic police training program. They will begin their careers as patrol persons.

The training consisted of 639 hours of classroom and practical exercises in subjects such as administration of justice, introduction to law enforcement, laws of New York, law enforcement skills, community interaction, mass casualties and major events, and investigations.

The 20-week academy is held approximately once a year for the various police agencies in the Clinton, Essex and Franklin counties.



*Proud Families Congratulate Graduates
Following Ceremony*



The graduation ceremony was held at Plattsburgh City Hall with Academy Director, Ronnie Santor, providing the welcome and opening remarks. Dignitaries Lt. Scott Beebie, Assemblywoman Janet Duprey, New York State Police Senior Investigator Pat Keheler and Class Leader Lee Lavalley offered words of support and appreciation for the honorable service the new officers will provide. Acting Tribal Police Chief Matthew Rourke presented Julie and Tyson with their graduation certificates.

Following the formal ceremony, guests in attendance were treated to a video highlighting many of the field training subjects including one called "spray day" where trainees experience the feeling of being pepper sprayed. Understandably, one of the least favorite academy exercises.

Tribal Chief Ron LaFrance states, "We are so fortunate to have two of our outstanding young people willing seek out an education and make a commitment to serve the people and community of Akwesasne." ◇

Summertime Foot Care

By Helen Lazore, LPN, Foot Care Nurse

One summertime enjoyment is letting your feet be free of sweaty Uggs or snow soaked boots. However, it doesn't come without its own set of tootsie troubles. Here are some ways to prevent foot predicaments while enjoying sun-kissed toes.

Camping & outdoor activities: Inspect your feet for wooden slivers. Check for blisters from sandals and look for deer ticks and infected insect bites.

Drink plenty of water to prevent dehydration and keep skin healthy.

Monitor calluses for discoloration and see your foot care specialist if they are uncomfortable. Use sun block on your feet with prolonged sun exposure.

Keep feet dry, this will prevent fungal infections. Reminder, diabetics should not go barefoot! Exercise your feet with stretches and fanning of the toes daily.

If you are diabetic, have your annual diabetic foot exam done. Your foot care nurse will assess your pressures and overall health of your feet. There is plenty of great information regarding healthy feet.



Healthy feet are important for feeling good and staying active

Drink plenty of water to prevent dehydration and keep skin healthy. Moisturize heels to prevent cracking and callus. Use caution with pedicurists and use clean nail care tools.

Proper footwear is essential for comfort and maintaining your individualized foot structure.

Pamper your feet and see your foot care nurses today!

Call Outreach Chronic Care Nursing for an appointment at 518-358-3141. ♦



Saint Regis Mohawk Tribe
412 State Route 37
Akwesasne, NY 13655

ECRWSS
PRSRT STD
U.S. POSTAGE PAID
MAILED FROM
ZIP CODE 13655
PERMIT NO. 26

POSTAL PATRON