Are you planning to move or change your contact information:
Let Us Know!

Tribal Members are encouraged to contact NTC Enrollment Officer Christina Pinnnow in the NTC Administrative Office to keep their information up to date. Those on the general public mailing list may contact the NTC Administrative Office front desk. Please call (907)567-3313 to make sure we can stay in touch.
Upcoming Closure Dates

All NTC Offices will be closed on:

Monday, December 24th; Tuesday, December 25th; Tuesday, January 1st; Monday, January 21st

Council Meeting Schedule

The next Regular Council Meeting is scheduled for:

Thursday, December 20th at 10:00 a.m. at the Resource & Environmental Building @ 66590 Oil Well Road

The NTC Regular Council Meetings take place at the NTC Administration Conference Room at 15910 Sterling Highway. The meetings are open for tribal members to attend and participate in the visitors’ comments and question session.

There are

THREE $100.00 DOOR PRIZE DRAWINGS

for visiting tribal members at each meeting!

Front, back, and center inlay photos provided by Maria Goins

We would like to invite your photo submissions for possible use as future newsletter adornments. You can email us at ntc@ninilchiktribe-nsn.gov
### Event Calendar: December 2018

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<tr>
<td><strong>Call Tammy Z to schedule personal training sessions. 907-254-5151</strong></td>
<td><strong>Call Elise to schedule a table or chair massage. 907-254-9544</strong></td>
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<td><strong>Peninsula Tentative</strong></td>
<td><strong>Call Cat to schedule a chiropractic enrollment. 415-608-7559</strong></td>
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### NTC Board of Directors

- **Richard ‘Greg’ Eneclewski**
  - President/Chairman

- **William ‘Dean’ Kvasnikoff**
  - Vice President

- **Whitney Schollenberg**
  - Secretary & Treasurer

- **Jamie Leman**
  - Director

- **Kenny Odman**
  - Director

### NTC Department Directors

- **Bob Crosby**, Housing Director
- **Maria Goins**, Chief Financial Officer
- **Janet Mullen**, Tribal Health Director
- **Christina Pinnow**, Tribal Services Director
- **Shelley Self**, Deputy CEO
- **Darrel Williams**, Resource & Environ. Director

### NTC Staff

- **David Bear**, EMS Assistant
- **Darla Bradley**, Administrative Assistant
- **Denise Brock**, Case Manager/Registered Nurse
- **Maria Calhoun**, Behavioral Health Services Counselor
- **Mikayla Clark**, SAMSHA Student Intern
- **Jayke Cooper**, Tribal Management Resource Assistant
- **Joseph Cooper Sr., Driver**
- **Jenn Day**, Clinic Administration & Patient Account Specialist
- **Zoe Dixon**, Fill-in Clinic Front Desk / Receptionist
- **Richard Dunaway**, Native Connections Program Manager
- **Maricel Folkert**, Community Health Aide/Medical Assistant
- **Diana Formaster, Registered Nurse**
- **Eric Hanson**, Facilities Manager
- **Annette Hubbard**, Outreach Specialist/BHA
- **Robert Johnson, Jr., Biologist**
- **Terri Leman**, HWC Attendant/ICWA Receptionist/Infill
- **Katie Matthews**, Outreach Specialist
- **Leslie McCombs**, Clinic Front Desk Receptionist
- **Jennifer Miller**, Clinical Medical Biller
- **Alicia Morris**, Social Services Assistant
- **David Nordeen**, Maintenance Laborer
- **Jamie Oskolkoff**, Education Manager
- **Stanley Parkinson**, CDL Driver
- **Michael Pinnow**, Assistant Maintenance Laborer

### NTC Newsletter December 2018 & January 2019

- **The Cheeky Moose**
  - Robin Jamie, Manager
  - Melissa Lancaster, Deli Worker/Barista
  - Paula Hall, Deli Worker/Barista
  - Donna Stahura, Deli Worker/Barista
  - Ashley DeVaney, Deli Worker/Barista
The Cheeky Moose

Laundromat, Showers, Tanning, Deli & Espresso

Weekdays: 8:00 to 8:00 (closed Thursdays)
Saturday & Sunday: 9:00 to 7:00
Deli Open until 4:00

Fresh Homemade Soups
Breakfast Sandwiches
Variety of Grilled or Deli Sandwiches

Located at 33930 Sterling Highway, Anchor Point, Alaska  (907) 235-5900

For more information about The Cheeky Moose please contact Robin Jaime at 907-235-5900 or Robin@ninilchiktribe-nsn.gov
**Administrative Office Services**

NTC would like to remind you that we provide services to the public and Tribal Members at the Administrative Office. We offer black and white (or color) copies, and faxing services. We also provide notary services. There is no charge for Ninilchik Tribal Members and family, but a small fee for the general public.

**Library Updates**

The Niqnalchint Library is free and open to all of our community members. We have a public computer with internet.

To check out items, all you need to do is fill out a short application here at our Administrative Office.

To kick off Christmas Break, we will be giving one FREE microwave popcorn with a library check out. We are in the process of expanding our entire library! Come see what we have to offer and if you would like to request any books or DVDs, please let us know. We will gladly add it to our collection!

**Tahviga Book Club**

The Ninilchik Traditional Council holds a monthly Book Club on the first Friday of every month. It takes place in the administration building conference room at 3:30 p.m. The members of Book Club provide suggestions and the book for that month is chosen based upon those. If you would like to join just call 567-3313 or email ntc@ninilchiktribe-nsn.gov

**Gift Shop**

The Administrative office has Ninilchik Traditional Council logo items to sell to the public. We currently have youth tie dye t-shirts, hoodies, winter jackets, leather jackets, beanies, stainless steel water bottles, and a fleece blanket. All have the NTC logo on them. We accept cash and debit or credit card via our new Square Payment System with a simple swipe.

**Vacancy Announcements**

There are currently no positions open at NTC, future job openings will be posted on the NTC website, in the NTC office, and on the Alaska Labor Exchange System website.

*Applications are available at the NTC office or online.*

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**For more information about Niqnalchint Library or Job Vacancies please contact 567-3313 or email ntc@ninilchiktribe-nsn.gov**

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Hello Folks,

I hope everyone had a wonderful and safe Thanksgiving. I hate to admit it, but we are officially into the winter. On the bright side, we have winter solstice right around the corner and then we can start heading towards longer days and SUMMER! ☺

Two Ninilchik Tribe families will be extremely happy in this coming new year. Their homes are presently being constructed here in Ninilchik and are in the final stages of completion. I will be posting pictures online of these two new homes as soon as our IT team is done building the new website. I feel this is the best way to show you what we are building. I can write about it but it really doesn’t give you a true idea of what these homes are like. These are 6 star energy rated homes. The full impact of that is, at this time, you can’t get a better energy rating. This newer energy rating is hard to obtain, and contractors must work with our building inspectors to ensure that they meet the energy rating. Are there many Tribes building homes to this energy efficacy? As far as I know, we are one of two Tribes building homes to this standard within the state of Alaska. Did this cost a lot more than the 5 stars plus energy efficient homes you used to build? This raised the average price by about $10,000 which is not bad for a home that is rated to be around for 75 to 100 years.

The program requirements for the Homeownership Program are; you must be within income requirements, not have owned a home within the last five years and have lived within our Tribal boundaries for a minimum of one year. You must show that your income will support paying the mortgage, the required insurance and the property taxes. Usually the property tax and home insurance put together are around $3,000 of your income per year. Below are the maximum income limits for all the Housing Programs. (Also with the Homeownership Program, there is a minimum amount of income required coming into the household to qualify.) If this sounds like something you would be interested in, please go to our website and download the application or come by the office and pick one up.

The HUD income limits for the Kenai Peninsula for any of our Housing Program’s.

Limits are: 1 person $46,450, 2 people $53,050, 3 people $59,750, 4 people $66,300, 5 people $71,650, 6 people $76,950, 7 people $82,250, and 8 people $87,550. Income will include counting all family/household PFD’s, Dividends and income of all household members above the age of 18. If you see that you are within these limits, and are interested in one of our Housing Programs, please download an application from the Housing section on our website or come by the office and pick one up. Our Housing web page address is: [http://www.ninilchiktribe-nsn.gov/departments-and-services/housing/](http://www.ninilchiktribe-nsn.gov/departments-and-services/housing/)

Until the next newsletter, have a wonderful and safe Merry Christmas and a Happy New Year.

Bob

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**For more information about NTC’s Housing Department please contact Bob Crosby at 567-3313 or email bob@ninilchiktribe-nsn.gov**
Important Factors to Consider
When Burning Firewood for Home Heating

Rob Johnson

Many Alaskan homes are heated with wood fires. This is a common practice for many reasons: economics, aesthetic preference, tradition, and availability.

While the sounds coming from a burning woodstove can be comforting on a cold winter’s night, the smoke produced can be harmful to human health. Woodstoves are also not always an efficient method of home heating. With a little knowledge and planning, this popular practice can be made both more healthful and efficient.

First, people who burn wood need to understand the potential health risks of inhaling the smoke. This is important because it builds up inside of a home. Also, since wood smoke tends to sink and linger in an area on cold winter nights, the cumulative effect of many fires on local outdoor air quality should be considered.

Wood smoke contains carbon monoxide, oxides of nitrogen, volatile organic compounds (benzene and formaldehyde, for example), and unburned particulate matter (PM). All of these substances can harm human health, especially in individuals suffering from heart disease or chronic breathing problems such as asthma or emphysema.

Carbon monoxide inhibits the ability of the blood to carry oxygen throughout the body. This is particularly hazardous to unborn children and those suffering from anemia. Dizziness, confusion, and severe headaches are common symptoms of overexposure.

Oxides of nitrogen reduce the ability of the respiratory system to fight infection - a key function during cold and flu season. They can also combine with volatile organic compounds to create acid rain, acid fog, or ozone (a common respiratory irritant).

Volatile organic compounds can, as mentioned above, combine with oxides of nitrogen to create harmful substances. In addition, they are also carcinogenic (cancer-causing).

Particulate matter (PM) is usually categorized by particle size, usually PM 10 (particles of 10 µ in diameter or smaller) and PM 2.5 (particles of 2.5 µ in diameter or smaller). To provide a frame of reference, a typical human hair is between 50 µ and 100 µ in diameter. Because of their small size, these particles can become lodged deep inside a human lung. This can cause or aggravate many serious respiratory illnesses, including lung cancer.

Luckily, cautionary steps taken to minimize exposure to these toxins are identical to those taken to maximize heating efficiency.

Not surprisingly, a good first step is to assure that the home is well insulated. This will cause heat to be retained, requiring less wood to be burned. Less burning, of course, both reduces indoor air pollution and saves fuel (and, therefore, money). Ceiling insulation, caulking around windows and other crevices, installing weather-stripping, closing the woodstove damper when not in use, and closing the doors to unoccupied rooms are all effective.
As a friendly reminder, the luncheon exists to serve as a social space for Enrolled Tribal Elders to gather, share & visit. Elders are encouraged if they’d like to bring a guest, family or be accompanied by a caregiver to do so, there is a suggested donation box at the back for this purpose. While it is a provided luncheon for Elders to attend, it also serves many homebound Elders who cannot drive or have other needs that prevent them from attending. This luncheon is for the enrolled Tribal Elders and we ask you to be mindful of others not able to attend.

Thank you to Rick Dunaway, our Youth Coordinator for aiding in my call to help paint Nick Cooper’s house before the snow fell and it was too late to apply the paint. Nick’s daughter Carrie Cooper had done a portion of it, however, it was a project Nick wanted to see done sooner than later and I called on the youth coordinator and his ability to call on some youth to accomplish this goal.

There is a photo below of Nick Cooper and the youth who helped. The Elders Outreach Program coordinates commends you on your service to an Elders needs and respects your willingness to get the job done!

Thank you.

Christmas is right around the corner and we will be closed for December 24th (Christmas Eve) and December 31st (New Year’s Eve). Every year we have an Elders Christmas party, this year it will be on the last Monday the luncheon is provided in December, the 17th. Wear your Christmas best, as it could enter you into a drawing to win a prize! We also host an annual Christmas gift exchange, so anyone who attends would bring a gift, valued no more than $25 and add it to the loot to exchange from someone else. Handmade and local made edibles are highly sought after as well!

As always, my office is open and other than providing luncheons, I help those who need prescription pickups, rides for groceries and local rides to and from the clinic or post office. Should you need this, please call to schedule as it is a busy holiday. And, remember we have a great BUMPS service now that provides rides to Kenai/Soldotna and to Homer for a decent roundtrip price! The service is available to the public, not just tribal members. Fares are $7.00 one-way, or $10.00 round trip. Call the Ninilchik Traditional Council’s Resource Department at (907) 567-3815 for details.

Also, just some dates to keep in mind, the NTC Annual meeting was on November 17th, this is always a great meeting to attend to keep current on what the status of programs is looking like and to ask questions regarding the different events, programs and services.

For more information about NTC’s Elders Outreach Program please contact Tiffany Stonecipher at 567-3313 or email tiffany@ninilchiktribe-nsn.gov
TRIBAL HEALTH DIRECTOR’S REPORT

What is MAT?

Medicated-Assisted Treatment (MAT) is the use of FDA-approved medications, in combination with counseling and behavioral therapies, to provide a “whole-patient” approach to the treatment of substance use disorders. MAT can be very effective in reducing relapse and mortality, especially in the case of opioid use disorder. For example, treatment with buprenorphine can reduce the mortality associated with opioid use disorder by 80%, and reduces relapse rates at one year from 95% down to 40%. Here at the NTC clinic we offer addiction treatment services that includes MAT for opioid use disorder, alcohol use disorder and tobacco dependence.

For Opioid dependence we offer:

Naltrexone – office-based non-addictive opioid antagonist that blocks the effects of other narcotics; daily pill or monthly injection

Buprenorphine – office-based opioid agonist/antagonist that blocks other narcotics while reducing withdrawal risk; available in a daily dissolving film, a 6-month implant under the skin or a monthly injection

For Alcohol Use Disorder we offer:

Disulfiram

Disulfiram is a medication that treats chronic alcoholism. It is most effective in people who have already gone through detoxification or are in the initial stage of abstinence. This drug is offered in a tablet form and is taken once a day. Disulfiram should never be taken while intoxicated and it should not be taken for at least 12 hours after drinking alcohol. Unpleasant side effects (nausea, headache, vomiting, chest pains, difficulty breathing) can occur as soon as ten minutes after drinking even a small amount of alcohol and can last for an hour or more.

Naltrexone

When used as a treatment for alcohol dependency, naltrexone blocks the euphoric effects and feelings of intoxication. This allows people with alcohol addiction to reduce their drinking behaviors enough to remain motivated to stay in treatment, avoid relapses, and take medications.

Dr. Spencer is board certified in addiction medicine and the NTC clinic was recently awarded a federal grant to expand our treatment services. We have just hired a new substance use counselor and peer navigator that will help support our patients. We also offer telemedicine services to patients who live in remote areas. We also offer free Narcan kits to those at risk of witnessing an overdose. To schedule an appointment contact: Annette Hubbard at the clinic, or call or text her at (907)740-3330

Oh, the holidays! The joyous time between Thanksgiving and New Year’s—full of parties, delicious food, sugary drinks, Hallmark movies (is that just me?) and lots of opportunities to make unhealthy choices. Most people gain weight during the holidays, and some people have just accepted that fate and continued opting for the eggnog and sugar cookies. But there’s GOOD NEWS! You can still indulge in holiday treats at that Ugly Christmas Sweater Party without derailing your health and fitness goals!

Here are some tips to stay healthy through the holidays:

1. Eat before you go out. Even a fiber-rich healthy snack will help keep you from overeating.

2. Make time for workouts. (Working out reduces stress!)  

3. Don’t overeat. Grab smaller portions and eat mindfully.  

4. Make a healthy dish and bring it to a family event.  

5. Drink a lot of water. We often mistake dehydration for hunger—maybe you’re just thirsty!  

6. Eat what you’d like for the day, not for the entire season. Be mindful about what you choose to indulge in and how often.  

7. Don’t overstress it. Bottom line is, the holidays are meant to be a joyous time! So, don’t be too hard on yourself if you eat too many snickerdoodles or if you skip a workout. Just keep moving forward toward your health and fitness goals!

For more information about our Health & Wellness Club please contact Janet Mullen at 567-3370 or janet@ninilchiktribe-nsn.gov

For more information about NTC’s Community Clinic please contact Janet Mullen at 567-3370 or janet@ninilchiktribe-nsn.gov
Early Learning

The NTC Early Learning Program started classes in October. This year we have nine (9) students.

Everyone has already adjusted to the classroom routine and are now learning to recognize their names, colors, letters, and numbers. Many other classroom skills are taught throughout the year, such as sharing, manners, lining up, taking turns and participating in group activities.

Right now, students are enjoying winter vacation, class will resume on January 8th, 2019. During the second semester, we add more difficult tasks for students to accomplish such as patterns, adding and subtracting as well as learning to read sight words.

I am very pleased with the student’s progress and look forward to a very exciting year!

WRAP Success

Some things in life are out of our control, but some things in life we most certainly can change. We do have power over our health!

Our Weight Reduction Assistance Program (WRAP) is in its second year, and it is thriving! We are continuously updating and improving the program to give you the best tools and support your need to succeed.

We are so proud of all our clients in the WRAP program. All have achieved better health, more energy, healthier self esteem, lower blood pressure, lower cholesterol, and lower body mass index. Some have almost completely reversed their Diabetes all together!

Three of our patients have been able to cut their diabetes medications almost entirely! They have lowered their Hemoglobin A1C’s back down to normal, non-diabetic ranges within several months. That is amazing! One patient started the program with a Hemoglobin A1C at 11.3% and within 5 months, was able to lower it to 5.5%. The normal range for a non-diabetic patient is less than 6.5%. He was taking 7 medications and is down to just one. What an incredible turnaround!

All WRAP participants have been sticking to the program, exercising and watching what they eat. We are blown away with the personal victories that we’re able to witness and be a part of.

Are you ready to live your best life? To create a healthy lifestyle that lasts, you need to invest in yourself!

Call the NTC clinic today and make an appointment with Carrie Warren, FNP to discuss the program.

For more information about Tribal Services programs please contact Chris Pinnow at 567-3313 or chris@ninilchiktribe-nsn.gov

For more information about WRAP please contact Carrie Warren at 567-3970 or carrie@ninilchiktribe-nsn.gov
Ninilchik Traditional Council’s Youth Outreach Program is anchored in education and prevention. Studies consistently show that the negative cognitive, behavioral and social impacts of growing up in adversity can be reversed by youth participating in prevention programs and having a relationship with a mentor.

Our goal is to provide safe, alternative activities to youth where they can develop their interpersonal and character skills in order to have a brighter future. As indicated in extensive research, investing in our youth is the best possible investment we could make in the future development and success of our community.

During the school year, we host daily events for Ninilchik youth with the goal of providing substance free, pro-social activities that encourage self-esteem, leadership, respect, ownership, and community connectedness.

*Monday-Thursday: Study Hall/Life Skills 3:30-5:30
*Friday: Teen Center 3:30-8:30 (7th and 8th 3:30-6:00)

Study Hall- Study Hall is our after-school program located in the Teen Center. We provide a quiet learning environment for students to complete homework, projects, and receive tutoring. They may utilize our resources like computers, printers, pens, paper, books, markers, etc.

Life Skills- Life Skills was developed to assist students in acquiring the skills needed as they progress through adolescence and into adulthood. They learn skills such as accountability, meeting deadlines, resume writing, applying for scholarships, interview skills, and many others.

If you have questions or are interested in supporting our outreach by chaperoning, please contact Katie Matthews 567-3370 option 7 or Rick Dunaway 567-3370 option 8. *Activities may be subject to change.*

To sign your student up with our programs they will need to have a signed waiver on file. All students ages 12-18, grades 7-12, are invited to attend our daily activities.

NYO

The Native Youth Olympics, or NYO Games, are games rooted in Alaska Native history in which people tested their physical and mental strength, concentration, and stamina. The Games are rooted in traditions of survival and hunting in the harsh Alaskan terrain and climate, most notably in the winter. They were played to keep the hunters sharp and in top form.

The main goal of the NYO Games is to catalyze values of sportsmanship, leadership and respect to Alaska’s youth...and have fun, of course. The competition is open to all grade school students regardless of ethnicity.

Practices are held at the Ninilchik School in the hydro gym from 3:45-5:15. Snacks are provided before practice.

**Tuesdays- Juniors and Seniors**
**Thursdays- Seniors only**
**Fridays- Juniors only**

All athletes must have a signed waiver to practice and compete.

Winter Break Teen Center Schedule

The Teen Center will stay open Monday-Friday during winter break from 12-6 PM.

There will be regular winter and holiday themed activities to keep the youth safe and having fun during the break.

For more information about NTC’s Youth Outreach Program please contact Rick Dunaway at 567-3370 or rdunaway@ninilchiktribe-nsn.gov