

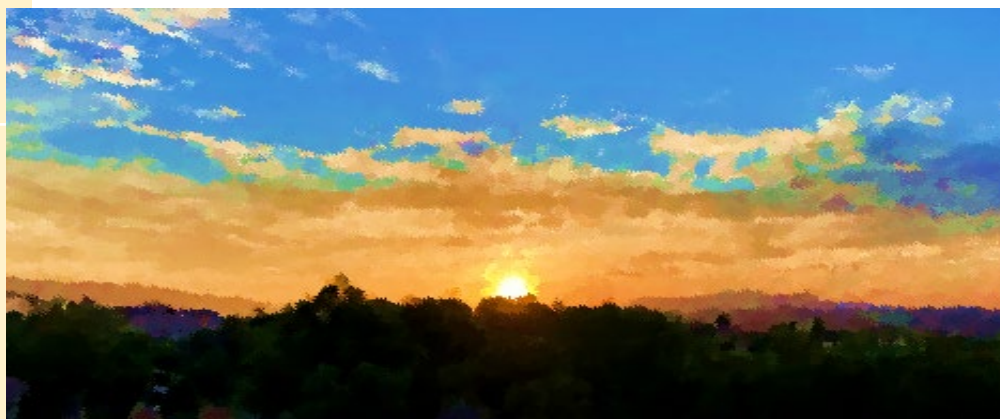
## In This Issue >>> October

Welcome Fall

Emotional Wellness

Cultural Participation

Monthly Features



The Tribal Youth Court is a division of the Intertribal Court of Southern California

# Tribal Youth Court Periodical

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## Our Mission

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*Tribal Youth Court, TYC, aims to cultivate wellness-based responses to low status offenses. The TYC centers on educating tribal youth about tribal restorative justice practices and empowers them to engage in these practices in service of their communities.*

## Hello Readers,

October is here and Autumn is in full swing! October brings on the kickoff to the most exciting holiday season, but this is a time when many of us start to feel the stress of the holidays. Try not to let this stress sneak up on you! Read below for some tips on how to manage a stress-free holiday season!

There are a lot of expectations around the holidays. Whether you have social anxiety, the fear of overspending, or the worry of spending extra time with extended family that you may struggle with, holiday stress is real, and it can affect anyone, even children. Stress of any kind can lead to emotional, and even physical discomfort. And holiday stress can quickly become overwhelming.

October serves as the kick off to the biggest holiday season of the year. October also serves as *Emotional Wellness Month*. I wonder if that was intentional?

It is important to take the time for ourselves all year, but let October serve as a reminder to take the time to focus on, or if needed, improve, your mental well-being.

In terms of managing holiday stress, our best advice is be prepared! Make a list of things you might need to prioritize, or things you know may arise and cause unnecessary worry. This way, you may not be caught off guard. Put yourself first. While there may be obligations you cannot escape, make sure to still set some time aside to do the things that make you happy. If the holidays are a painful reminder of losing a loved one, set some time aside to honor those that are no longer here. And lastly, don't be afraid to say no. Try to say "yes," to things you know will bring you joy, and "no," to obligations that may lead to stress or disappointment.

Be mindful this month and this season of allowing yourself the time you need to recover, recuperate and simply relax!

*"I notice that Autumn is more the season of the soul than of nature.*

*- Friedrich Nietzsche*

## Monthly Round Up: October

### Here's what to look for in October:

#### October 1<sup>st</sup>: Internatinal

**Coffee Day** This day pays homage to the delightful bean that smells and tastes like nothing else. One of our favorite morning treats, that warms the soul, gets its own day of recognition. And whether you like it black, or as a holder for your pumpkin spice creamers, coffee is indeed enjoyed by many across the globe.

#### October 7<sup>th</sup>: World Smile

**Day** A relatively new holiday, this day stems from the original intent of the “smiley face,” symbol 😊 created in 1963. The artist worried that the commercialism of the face took away from its original meaning. He proposed World Smile Day to devote at least one day a year to smile and spread kind acts.



### Coordinator's Corner



Calling all artists!! 😊

The Center for Native American Youth (CNAV) has announced its 5<sup>th</sup> annual “Creative Native Call for Art.” They will be accepting submissions now through October 21<sup>st</sup>.

*Creative Native* invites youth with a love of art to display their talents and creativity in a fun competition. The contest supports Native artists from the ages of 5-24. Artists will be awarded cash prizes, and one grand prize winner's art will be featured on the cover of CNAV's *State of the Native Youth Report*. The winner will be flown to Washington D.C. to participate in the report release event.

This year's contest theme is, “Identity,” highlighting what makes you who you are. Artists can be inspired by how they center their identity. All interested artists can go to the website, [www.cnay.org](http://www.cnay.org), and search for the *Creative Native* challenge to find details on eligibility and instructions on how to submit artwork. Bring your energy, vision and creativity to the page and have fun showing who you are through your art!

#### October 10<sup>th</sup>: Indigenous

**Peoples Day** This day is celebrated on the second Monday of October. It is a day to honor the cultures and histories of Indigenous people. This day was, and still is in some states, recognized as Columbus Day, but the violent history associated with European explorers, particularly Columbus, has called for many states to celebrate the people that sustained successful life for 100s of years before their arrival.

#### October 22<sup>nd</sup> : Make a

**Difference Day** This day marks the celebration of Mexico's declaration of independence from Spain in 1810. People of Mexican heritage celebrate this day all over the world, commemorating this important event in their country's history.



**October 31<sup>st</sup>: Halloween** Halloween originated with the ancient Celtic festival of Samhain, with its intent to ward off ghosts with bonfires and costumes on the last day of their calendar year, 10/31. A combination of Samhain and All Saints Day, 11/1, has led to Halloween as we know it. Pumpkins, candy, costumes and harvest gatherings, combined with some fun frights is how we celebrate Halloween today, and we love it! 🎃

#### Month of October: Emotional

**Wellness Month** October offers many things to look forward to, but let's not forget to continue to take the time out for emotional well being as the hectic holiday season approaches. Set time aside to invest in taking care of yourself, mentally, just as you would physically. Find the soothing activities that work for you!

### Current Events>>>

## Law in the News



★ Just over a month after President Biden announced his student loan forgiveness plan, lawsuits have hit the federal courts seeking to stop it. Six states have a joint suit challenging that the Dept. of Education (ED) does not have the legal authority to cancel federal student loan debt. Arkansas Attorney General says, “The [ED] is required, under law, to collect the balance due on loans. President Biden does not have the authority to override that.” The ED expects to launch its application to apply for forgiveness this month. An oral argument for the motion for preliminary injunction is scheduled for Oct. 12<sup>th</sup>.

★ Sacheen Littlefeather, activist and actress, passed away on October 2, 2022. Littlefeather made history when she declined the Best Actor Oscar on behalf of Marlon Brando in 1973. This act was in protest of the portrayal of Native Americans on the big screen. Little feather credited her speech with bringing attention back to the Wounded Knee Massacre. Only in June of this year was Littlefeather issued an apology from the Academy for the abuse she endured as a result of her speech that evening. Littlefeather remained an activist for Native American rights throughout her life. She did work within the theater community, as well as campaigning against obesity, alcoholism, and diabetes, with a focus on traditional Native medicines for healing.

# Tribal Youth Court: Cultural Participation For our Youth

*Cultural Participation for Native youth serves as a protective factor against issues that affect many youth today*

Research has shown that connectedness to culture can be a protective factor for Native youth on issues such as substance abuse and suicide. Protective factors are attributes in individuals, families, or communities that mitigate risk, increasing optimum health and emotional well-being. Additionally, providing culturally relevant education with curriculum in Native languages, history, and contemporary issues increases the likelihood that Native youth will stay in school. Knowing that integrating culture into youth programs has such dramatic and positive impact on our youth, Tribal Youth Court has included cultural participation as one of the core components in our wellness plans. Having cultural participation in our program serves as both an education component, as well as an exercise in connecting Native youth to their roots.

Cultural participation hours are meant

to provide each participant with opportunities to engage in meaningful, cultural practices. We recognize that youth who are culturally grounded are more likely to do well after negative experiences. In general, cultural development plays a pivotal role in preventative programming in Indian Country.

Tribal Youth Court utilizes appropriate activities for each participant that will serve to be most relevant to the individual needs of our youth. We will reach out to the tribes and families of the participants, to see what opportunities will best fit each youth in our program. We seek out a variety of meaningful activities for our participants. Examples of cultural activities may include basket weaving, language lessons, teaching of Bird Songs, dance or drum groups, among other available options that will bring participants closer to their culture and communities. Integrating cultural participation hours into the wellness plan is a component that we value and know can help each participant on the path to wellness. We hope that this connection offers the direction they need, at a time they need it most.



## Intertribal Court of Southern California

*The Tribal Youth Court is a division of the Intertribal Court of Southern California (ICSC). Please refer to this section to find current news and updates about the court.*

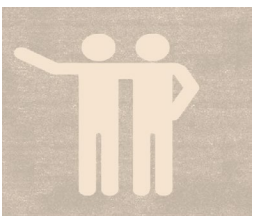
### About the Court...

The ICSC serves as a consortium of tribes from across Southern California. ICSC currently serves the thirteen of its member tribes hearing cases on public safety issues, tort claims, family law, conservatorships and more. We highlight one of our member tribes below.

### La Jolla Band of Luiseño Indians

Established in September of 1892. The La Jolla reservation spans over 8,000 acres just east of Escondido. Members of the La Jolla Band belong to the Luiseño Tribe. The Tribal Council consists of five members, with a Chairwoman, Vice-Chairman, and three executive council members. The Tribal Council is responsible for the general welfare of the Tribe, including education, culture, financial, and employment departments. La Jolla is currently in the process of developing a program to maintain its own law enforcement, in collaboration with the BIA and county sheriff's office.

Please visit [www.intertribalcourt.org](http://www.intertribalcourt.org) to learn more court and its member tribes.



### Ask the court >>>

**Q:** Will I have a record after I complete the program?

**A:** If you complete the program, you will not have a record. The court will clear your citation and any fines associated with the citation. If this was a referral from a school or tribal representative, or a parent or guardian, the referrer will be informed that you have successfully completed the program, and no further sanctions should be imposed. Regardless, the participant will have no record citing from the incident that brought them to Tribal Youth Court, when he or she completes their wellness plan.



# Final thoughts...

*Fun Law Fact:* **Since 2002, it is illegal to have upholstered furniture on your front porch in the Boulder, Colorado, as a result of too many college parties gone wild.**

*Court Comedy:* **What's the difference between a lawyer and a herd of buffalo?**

- *The lawyer charges more*



Coming Soon >>>

## *In Our November Issue*

*TYC and ICSC Updates*

*November News*

*Monthly Newsletter Features*

Intertribal Court of Southern California  
Tribal Youth Court  
49002 Golsh Road  
Valley Center, CA 92082  
[www.intertribalcourt.org](http://www.intertribalcourt.org)

To submit a question for the "Q & A" section to be answered in an upcoming issue, or to inquire about a monthly newsletter subscription, please reach out to our email.

If you'd like more information on our Tribal Youth Court, please contact us at [tribalyouthcourt@intertribalcourt.org](mailto:tribalyouthcourt@intertribalcourt.org) or call (760) 751-4142 ext. 105