



Jeff Say
The Final Say

Daughter Mady is my little scaredy-cat

I don't like scary movies. I'm pretty sure I can trace it to when I was younger, peaking downstairs to see my father and his friends watching "The Exorcist." That movie ruined the fun for me.

Then, when I was 8 or 9, my father's friend baby-sat me, and we watched "Critters." Now, I just watched it years later, and I can say that movie is not scary. But to an 8- or 9-year-old, it was a freaking terrifying.

Maybe I just have a kind soul. I don't like scary things. I don't know. What I do know is that I've passed it on to my daughter.

She always jokes with Sarah about her lack of compassion. Where I have too much, Sarah is more of the "the dirt on it" type of person. Yeah, role reversal there.

For example, the other day, I was attempting to move a heavy box when I called Sarah, who was not to help me, and explained my predicament. She said the worst words out of her mouth: "Is the TV OK?"

"Is the TV OK?" I thought I just had a foot problem!" I yelled.

Finally, my foot is not hurting. But a few minutes later, she rang, and Mady was at her end.

"Is your foot OK? Do you need a Band-Aid? My Dora is upstairs. Daddy, can you kiss your boo-boo?"

My questions continued until she believed me. She got distracted. She, I think, leads to her. She does not like scary, even if they're not scary.

Weeks ago, before we went on vacation, I stopped by to see Sarah and checked out the Pet Show. Mady and her little friend Adler were earlier in the day, excited to see the

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PATHKEEPERS



Members of the Pokagon Band of Potawatomi Indians shared traditions at the first Pathkeepers Native Youth Camp from July 21 to 27 in Culpeper. * CONTRIBUTED PHOTO

Native knowledge for native youth

Culpeper camp instills traditions in American Indian children

Contributed report

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thinking, and health and wellness. "We witnessed a remarkable transformation of our Indian youth over the course of the camp," said Pathkeepers President Angelina Okuda-Jacobs. "The camp touched these young people

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Pathkeepers for Indigenous Knowledge, a nonprofit organization, held its first Native Youth Camp from July 21 to 27 in Culpeper.

The camp provided 24 American Indian boys and girls opportunities to experience Indian cultural activities, identify healthy food and life choices, and explore their personal interests and tribal identity.

Through these opportunities, Pathkeepers' Indian youths built self-confidence, leadership and consensus skills, educational goals, creative and independent

thinking, and health and wellness.

"We witnessed a remarkable transformation of our Indian youth over the course of the camp," said Pathkeepers President Angelina Okuda-Jacobs.

"The camp touched these young people in a deep and profound way emotionally and physically and also brought out of them cultural memories and skills that were dormant or underutilized.

"We are grateful to all who participated in the camp and who helped make it a remarkable learning and growing experience for everyone."

The camp was held on a horse farm in

Culpeper. Twenty-four Indian youths between 8 to 16 from many tribes attended the camp.

To help ensure that Indian lifeways are passed to these younger generations, Pathkeepers brought in elders, tribal leaders and cultural educators from around the country to share their knowledge and experience that they have gathered over their lifetimes.

Pathkeepers also was honored to host 14 members of the Pokagon Band of Potawatomi Indians who shared their traditional

Best Appearing BLS/ALS Unit

1st Place — Castleton VFD

2nd Place — Flint Hill VFD

Best Custom Pumper

1st Place — Lois VFD

2nd Place — Culpeper VFD

Best Antique Car or Truck (Excluding Fire Trucks)

1st Place — Dee Wayne Brown

2nd Place — VFW Post 77-28

Best Civic Entry

1st Place — Kena Shriners Patriot Club

2nd Place — Heritage Shriners

3rd Place — Karousel Majorette Judges Award (Majorettes)— Twirling Medallion Majorette & Drum Corps

Best Appearing Marching Band

Twirling Medallion Majorette & Drum Corps

Best Appearing Honorary Fire Chief/Queen

1st Place — Brittany Jenkins (Chester Gap).

2nd Place — Lexi Williams (Flint Hill)

Camp

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songs and dances.

Camp cultural activities included:

» Identifying plants and herbs traditionally used and making traditional medicines;

» Exploring artist expression, including pottery, painting, beading, jewelry design, drumming, dancing, storytelling and poetry;

» Experiencing Indian horse culture and the special relationship with the horse nation;

» Utilizing traditional

tools and technologies and fire-making; and

» Indian games and social activities, including lacrosse.

Campers were able to take the results of many activities home with them, including herbal salves, beadwork, chokers, pottery, poetry and journals.

Food offered at the camp was all natural, healthy and nutritious with emphasis on traditional Indian foods. Through these foods, Pathkeepers showed Indian youth how to replace high-fat, high-calorie and nutrient-barren foods.

They learned Indian

traditional foods that are healthy and nutrient-rich — which fight the epidemic of health problems among Indian people like obesity, diabetes, depression, blindness, heart disease, hypertension, stroke and cancer.

The campers also included a two-day trip to Washington, where Pathkeepers' youths toured and met federal agencies, congressional members and staff, and other sites related to Indian affairs.

Pathkeepers youths met U.S. Sen. Jon Tester of Montana; Mary Pavel, staff director and chief counsel for the Senate Committee

on Indian Affairs; Mike Smith, deputy director of the Bureau of Indian Affairs; Chairman Darrin Old Coyote of the Crow Nation; and other key staff and officials from U.S. Department of the Interior.

The law firm Fredericks Peebles and Morgan hosted the camp for lunch Former U.S. Sen. Byron Dorgan's Center for Native American Youth joined them to share their work on behalf of Indian youth.

The campers also visited the National Museum of the American Indian and the Natural History Museum. Pathkeepers extends its thanks to these officials and all who helped make the first native Youth Camp a success.

Pathkeepers is a 501(c)(3) nonprofit organization based in

Culpeper.

Pathkeepers was established to support the practical use of traditional knowledge, the passing of this knowledge from Indian elders and community leaders to younger generations, as well as the increased incorporation of traditional knowledge into educational, economic, health and governmental tribal systems.

Pathkeepers does not charge a fee for Indian youths to attend the camp and relies purely on donations, which are tax-deductible.

For more information, visit Pathkeepers' website, www.pathkeepers.org, and its Facebook page.

You can also reach Okuda-Jacobs at info@pathkeepers.org or 202-957-2696.

Today's Puzzle Solution

S	T	A	K	E	S	L	A	P	A	S	P	C	A	W	H	E	Y		
H	E	L	I	X	A	I	D	E	C	L	E	A	T	A	A	A	A		
A	C	T	T	H	E	F	O	O	L	R	U	N	T	H	E	R	I	S	K
W	H	O	A	M	E	N	O	D	O	R	S	E	A	G	L	E	S		
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Say

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Mady clung to me on the trolley ride, not sure want to make of King Friday and Lady Elaine. After making it

Help Your Child Learn To Read....

Support The

