

Getting Curious with Jonathan Van Ness & Dr. Brittany Wenniserí:lostha Jock

JVN [00:00:02] Welcome to "Getting Curious". I'm Jonathan Van Ness. And every week I sit down for a 40 minute conversation with a brilliant expert to learn all about, you guessed it, something that makes me curious. On today's episode, I'm joined by postdoctoral fellow at Johns Hopkins School of Nursing, Dr. Brittany Jock, where we discuss her research on America's indigenous people through the lens of health and preventing obesity. Welcome to "Getting Curious", this is Jonathan Van Ness.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:00:28] Thank you.

JVN [00:00:29] And I'm so excited to welcome our guest this week. Dr. Brittany Jock, welcome.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:00:33] Thank you so much. I'm very happy to be here.

JVN [00:00:36] So, I'm so excited to have you. And tell me, you are doctor. Your doctorate is in?

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:00:43] Public health and social behavioral interventions.

JVN [00:00:45] Which is so interesting. And also, I see that, we have a gorgeous middle name that I want to know more about.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:00:53] Yes. So my Mohawk name is Wenniserí:lostha. And that means she makes the day beautiful.

JVN [00:01:00] Beautiful translation.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:01:02] Yeah. Thank you. They're often named around the events that happen on your, the day of your birth or things like that. So yeah.

JVN [00:01:09] That's beautiful.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:01:10] I'm very lucky.

JVN [00:01:11] So you are a doctor of public health and you are also part of the, I say Mohawk Tribe.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:01:22] I'm from Akwesasne, which is a reservation in upstate New York. So shout out to Akwesasne.

JVN [00:01:27] Which we love. And you have, you've taken your cultural heritage and your parlaying into your life's work. Which is so cool.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:01:37] Yeah. Thank you.

JVN [00:01:38] And amazing.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:01:39] And I just want to say, before we get too far into our interview, that I want to acknowledge that we're on the traditional territory of the Lenape people. And I want to acknowledge their ancestors and people. The past, present and future.

And, and acknowledge that we're on their land and, you know, benefiting and surviving on this land and from the waters in this area. So sending my thanks to them.

JVN [00:02:03] Love that. Thank you. So for you growing up, where did you grow up?

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:02:10] So I grew up in upstate New York. Yeah.

JVN [00:02:13] Fierce.

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:02:13] On the, on the Akwesasne reservation.

JVN [00:02:16] So what was that like?

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:02:18] So for me, you know why I got interested in obesity and chronic disease prevention is there's a lot of, there's a lot of obesity and chronic disease due to our history. Right? So there's been a long history, you know, hundreds of years of food disruption and policies that have affected our access to healthy foods and our traditional food systems. So I really got interested because, you know, I could see that, you know, growing up that education wasn't all that as important for obesity. I think that is often what is emphasized. Right? But also, we need to think about access to healthy foods like are healthy foods affordable? Are they close by? And that's, that's definitely a struggle in a lot of rural communities across the U.S.

JVN [00:03:08] Especially true, I know of, like I learned. I interviewed Cynthia Nixon when she was running for governor. And she was telling me about like Buffalo and Syracuse and just a lot of places in like rural upstate New York that have like really severe issues with poverty specifically, which like you wouldn't think of considering that New York City has like so much wealth and there's so much like an abundance of wealth. And you wouldn't, you just wouldn't think of there being like people having issues with getting access to food in this place.

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:03:40] Right. Yeah.

JVN [00:03:41] So but I think that it's really beautiful that you, coming from your culture, took this interest and took this initiative in your life, in your profession. I think it's so cool.

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:03:49] Yeah. Thank you.

JVN [00:03:50] But I also think, you know, it's like when you think about it, the cultural like pain body and-

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:03:55] Right.

JVN [00:03:56] Like oppression that Indigenous people have, well, how do I see that as a white person correctly, like and just a person like, like how do we say-? Like what is like the cul-, what's like the appropriate way to say Indigenous people of-?

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:04:09] Yeah.

JVN [00:04:10] How do we say?

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:04:10] That's a very good question. So commonly people ask, you know, what's the appropriate term? Is it Native American or American Indian? Indigenous people? Well, you know, it's very confusing. And to overgeneralize, you know,

American Indian is less and less the preferred term. Unfortunately, we still have to use it quite often because that's a census term. So it's really institutionalized. But a lot of Native people find that to be kind of an offensive term. So more in general, I would say more people tend to prefer Native American or Indigenous people since, you know, that's, the term American Indian, I'm sure you're aware comes from, you know, Columbus was lost basically, and he found himself here. And so he dubbed us, you know, American Indians. And that's where that comes from. So-

JVN [00:04:58] I don't think I do really think-

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:04:58] A complete mis, misnomer. You know, so it's, it's just completely inaccurate. But I have to acknowledge that I think the best thing to do is to ask people, you know, what tribe they are and ask them, you know, what they would prefer to be called. And so I, I would prefer a Native American or Indigenous person rather than American Indian. Yeah.

JVN [00:05:18] Sure.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:05:19] Yeah. But I, you know, I understand it's also a complex topic. And, you know, I think it's always better to ask.

JVN [00:05:25] And I also think that just like a lot of people don't, literally don't know.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:05:30] Yeah.

JVN [00:05:30] Like in my, in my hometown, like where I come from, like, I don't. I wasn't. I didn't get the honor of, like, getting. I mean, it was just a very small amount of diversity in my hometown. So I think that there's a lot of just, like, unawareness, which is, you know, so much of the issue.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:05:45] Right. Yeah.

JVN [00:05:47] But when I think about, you know, what the, what the cultural pain body is of Native Americans, it is really just intolerably awful. Like what, what, what people have been through. But when you think about, like from a food disruption standpoint or a, like-

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:06:06] But there's so many things that lead into that food disruption. So a lot of the work around traditional food systems is looking at, well, why do people move away from their traditional food systems? And some of the reasons why are around environmental contamination, reduced cultural transmission to youth. And that is a huge factor, a determinant of health for Indigenous people is in the U.S. and in Canada, residential and boarding schools were a big part of, you know, taking away our culture and systematically. So I'm not sure how much you're aware of that. But, you know, in terms of generally, the boarding schools essentially forced Indigenous people to, Indigenous children to go far, far away from, from their lands to go to these schools where they sent-, the explicit purpose was to kill the Indian and save the man. And so it was to completely rid people of, the children of their culture. And not only that, they were undernourished. They were often abused. And so it has had a profound impact. But I also want to reiterate that, you know, we are very strong people and, you know, despite these issues, that we continue to thrive and still hang onto our culture. It's just amazing. So it's both right. It's acknowledging that troubled history and, and especially for boarding schools because, you know, in other countries like Canada and Australia, they have, the government has issued an official apology for that, in their role in the boarding school and residential schools. But that hasn't happened in the U.S. It was done informally by the Obama administration about 2008. It was kind of like hidden away. So-

JVN [00:07:49] It's definitely something that people don't talk about.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:07:51] Yeah.

JVN [00:07:51] Like super publicly.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:07:53] Right.

JVN [00:07:53] And one thing-

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:07:54] And I think it's important when, when people are looking at current contemporary Indigenous issues, whether they're health issues or not, that we need to put these issues into context. Right? So there's hundreds of years. And I think one of the most important things is that I think people need to really educate themselves. And unfortunately, people don't learn about this history in, in their education system. Right? So it really means that people need to get curious about Indigenous history, because that is really American history. And I, you know, one of the interesting things about my tribe is, I think it's really surprising because I come from people that have had a profound impact on this country. And I think it's true for Indigenous people across the country. But I'm from Mohawk nation. Right? But we're part of a confederacy called the Haudenosaunee Confederacy, or also called Iroquois Confederacy. And so we've had a big impact in terms of the U.S. Constitution on being the inspiration for that, the American Revolution, and even feminism and lacrosse that came from our tribes. So it's really a profound impact. And I think there's so much, you know, depth of area for people to explore.

JVN [00:09:04] So I wanted to ask, the, the gorgeous tribe that we gave thanks to acknowledge when we first started because this is their native land.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:09:12] Lenape.

JVN [00:09:12] Yes.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:09:12] Yeah.

JVN [00:09:12] Or they like, are they in that same?

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:09:15] So we're different distinct tribes. So actually, that's a really good question. And I think, there's really a diverse number of tribes. So just for example. So in the U.S., there are 573 federally recognized tribes in the U.S. and each of these tribes is very distinct history, culture, language. So, yeah, we're. So, you know, the, the Mohawk people and the Haudenosaunee Confederacy were throughout a lot of New York state, but the Lenape people were separate from us. Yeah.

JVN [00:09:46] Interest.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:09:47] Yeah. Different tribe. Yeah.

JVN [00:09:48] So 573 federally recognized tribes. So I don't know as much as I should. I want to know more.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:09:58] Yeah.

JVN [00:09:58] Because this is American-.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:09:59] Appreciate it.

JVN [00:09:59] Yeah. And it is American history. And I think that it is, I mean it's literally genocide. Like because one thing that I learned from our episode on "Getting Curious" about the Armenian genocide is that typically what governments do when they commit genocide is it's about forced assimilation. It's about removing culture. It's about removing history. It's about separating generations. It's about and then once all that's done, then they deny that it ever happened. So I'm not surprised that I didn't learn about these schools. I'm not surprised that as a child, I was learned that like the Indians and the Pilgrims, like, all got along and made like a gorgeous dinner and that was all there was to it. And like everyone lived happily ever after.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:10:38] Right.

JVN [00:10:38] So but I want to know. I didn't even know that was like schools existed. So please give us, give us give us a crash course on that, please.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:10:46] So in terms of the schools?

JVN [00:10:49] Well, just in terms of. Like what, I mean, essentially happened. I mean, Native Americans were like literally here, like cultivating the earth or cultivating like this earth, like living their lives like, and then we came here and we literally, like, oppressed, removed people from their land, forced people into schools.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:11:06] Right.

JVN [00:11:06] Like forced assimilation upon people. Like all through the 1800s.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:11:10] Right. Yeah. And just to, you know, be super clear because my training and expertise is in public health. You know, I'm not a history expert, but of course because this is an important determinant of health. I can, of course, be able to give you some highlights. So in terms of the residential or boarding schools, Native American children were forced to attend these schools sometimes hundreds of miles away, and they often experience physical, sexual, emotional abuse and completely undernourished. There were several reports done in the 1920s and the 1960s that, you know, we're seeing how horrible the conditions were, they were basically, you know, doing labor. It wasn't even education. And the idea was, I mean, the purpose they were saying it was education. But these reports were saying, you know, this has nothing to do with education. It was highly militarized in terms of like making students stand in line and be very strict discipline. So if children were speaking their language, they were often, you know, severely punished. They. And I think what's really important is that these, these experiences have had broad impacts. Right? So if you're, if you have to go hundreds of miles away from your family, that means that, there's so many impacts on that. Right? But when it comes to even obesity or like food systems or being able to eat healthy, which our traditional food systems were very healthy. They were sustainable. They were local, of course. So, but the way that our education systems worked was intergenerational. Right? So learning and doing these activities with your family, with your community and tribe. So if they are going away, that means they can't, they can't learn, you know, how to participate in the food system, how to go fishing, how to hunt buffalo, how to grow the three sisters: corn, beans and rice. Sorry. Corn, beans and squash.

JVN [00:13:11] Corn, beans and squash. Those are the three sisters.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:13:11] Those are the three sisters. So that's the staple foods for my tribe and a lot of tribes in this area. And they grow interdependently, so they

are grown together. Right? So those are our staple foods. So this really has just profound impacts. And I think people don't understand, you know, this, these boarding schools were operating between 1870s till as late as the 1980s. So it's really not that long ago.

JVN [00:13:40] What? The 1980s?

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:13:42] Yeah. And so-.

JVN [00:13:44] But this is like, this directly-. Actually, we have to take a really quick break.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:13:47] Sure.

JVN [00:13:48] We'll be back with more "Getting Curious" and Dr. Brittany Jock right after the break. So these schools, these boarding schools were run from the 18-

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:14:06] 1870s to about the 1980s.

JVN [00:14:09] Which is really like abhorrent, ghastly, I don't think they're able to think about-.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:14:14] Right.

JVN [00:14:14] Because I mean, when you think about like family separation.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:14:16] Exactly. Yeah. That I think that is one of the things that is really scary, I think for a lot of Indigenous people seeing this ongoing family separation right now, because, you know, our communities have seen the consequences of this. And, and it is really far reaching, I think. And, you know, the science also backs that up. And you've had wonderful guests talk all about that as well.

JVN [00:14:38] So what has your experience? I mean, 'cause like, you know, Eckhart Tolle like talks about in like "A New Earth" and "The Power of Now", it's like cultural pain, bodies and like, have you ever read these, these books or heard-?

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:14:49] I'm a little familiar.

JVN [00:14:51] He talks about like, you know, it's exact kind of what you're saying is like the effects of this, of family separation, of the food disruption. It lasts for generations. It doesn't, like the implications from it, like it's not short term. I mean, and it, in what you study, as far as the effects of obesity and, and what else and how it affects the Native American community.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:15:14] Right. Yeah. And actually, you know, in terms of the public health literature is, we have a similar concept of historical trauma and historical trauma theory. So it's the idea, it's basically it was an extension of and study it originally amongst, you know, people who have gone through the Holocaust. So it started with them. But it was this idea of going beyond, you know, PTSD and looking at collective trauma. So not just these individual traumas, but the effects of these mass collective traumas and more of the research and the theory around it is that it has these long term impacts. And so I think, you know, understanding historical trauma and the impacts of a lot of these, you know, these, I can't even say historical events because they're, they're so recent.

JVN [00:16:04] And they're, yeah.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:16:04] Yeah. But seeing the impacts of that is really important to understand contemporary Indigenous issues and Indigenous public health. And, you know, one of the things a lot of times I think people point out disparities for Indigenous people, that we have high this, high that. But, you know, I think it's not enough to just point out these disparities. We also need to think about why is this happening so that we can really find out, you know, and contextualize what is going on. Because otherwise and especially when it comes to obesity, there's, unfortunately in this country, a lot of misunderstanding about or really assigning blame to an individual like, oh, well, some people say like, oh, you know, you're lazy, that's why you're this way, or you just need to go to the gym. But it's not that. Right? It's about access to food. It's about food environments and all of this historical trauma. Right? That people have gone through. So I tend to think of it as this broader thing and not an individual person's fault. Right?

JVN [00:17:03] Well, because if your, if your community has been collectively discriminated against.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:17:08] Yeah.

JVN [00:17:09] Been made, it's been made harder for them to access literally food. History. Connection. When you think about how easy it is for, like a white person to like, I mean, assuming that you're like, I can connect with my grandparents. I know that the food that my grandma always made me, I know like that there are certain things taken for granted when you're in a majority that if you're-, and when it, really when I think, it's, because I'm like, why don't I know more about the true history from an education like, you know, being educated in public schools about like the history of Native Americans?

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:17:40] Right.

JVN [00:17:41] And it's because. No. Well, I mean, this isn't. I'm sure there's a lot of reasons, but it's like no one really wants to sit and look at if they did something really, really messed up. And like my dad, like when George H. W. died, my dad was like, or-, yeah, George H. W. died. He was like, you know, he's like, my dad, like lives for the pomp and circumstance of, like, a state funeral.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:18:03] Right.

JVN [00:18:04] And I was like, you know, this country was literally founded on genocide. Like, it's actually patriotic to say, like to say the things because we need to make sure that it doesn't happen again.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:18:13] Yeah.

JVN [00:18:13] And it's and it's okay to talk about the shortcomings of the messed up things that have happened.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:18:17] Yeah.

JVN [00:18:17] But I think that it's difficult for people to look at themselves when they've engaged in something that's really, really devastating and like, it's like hard to look at.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:18:26] Yeah. I think, you know, though, I think that it's really important kind of going into more like how people can engage. Right? Like, I think it's really important that people can, you know, engage with their local history. So there's this great resource called native-land.ca. So it's this map where you can go into, it's an interactive map. You can type in locations and see, engage with this map in terms of seeing, you know, who and where

the traditional inhabitants, what are the treaties and languages spoken. So I encourage everyone to check that out. And-

JVN [00:18:59] Ooh, what's it called? One more time.

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:19:00] Native-land.ca. And so you can incorporate an acknowledgment of Indigenous people and territory as part of, it's often done in special events. This is the standard in other countries like New Zealand, Canada, Australia. And I'm hoping it will take on more here. So you could even do it as part of your podcast.

JVN [00:19:19] Love.

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:19:19] Yeah.

JVN [00:19:20] We should do it on our, we'll do that for our content afterwards.

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:19:23] Yeah, that would be great. Yeah.

JVN [00:19:24] So tell me about like what, well, actually. What's this OPREVENT study?

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:19:30] Yeah. So the OPREVENT study is multi-level, multi-component, obesity prevention program working in six Native American communities in the Midwest and Southwest. So it's multi-level, multi-component, meaning that we worked with in work sites, stores, schools, mass media. And we had a community engagement component. Yeah.

JVN [00:19:53] So what is it? What did it study?

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:19:55] So we're looking to, shout out to the OPREVENT 2 team and the P.I., Dr. Joel Gittelsohn. So the team together is working to reduce obesity, increase fruit and vegetable intake and increase physical activity. So it's quite the ambitious study. And that's why, the idea is that if we work in these different sites, 'cause obesity is a very complex problem. So it's not, you know, a simple exposure causes disease. It's these multiple exposures. So when I say exposures, it's not just education. It's also access. It's also price of foods. It's exercise. So there's all these complex things going on. So the idea is if you work in these multiple sites within one community, that we're more likely to make an impact and reinforce the messages from the different components.

JVN [00:20:48] And then do, you work within the OPREVENT study? Like that's like what you do?

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:20:53] Yes. So I did my dissertation, dissertation research with the OPREVENT 2 study. It would not be possible without the amazing team that was working on there, because it's just a big project.

JVN [00:21:05] So with, how long has it been going on?

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:21:06] So it was actually we did OPREVENT 1 is again, Dr. Joel Gittelsohn, OPREVENT 1 and OPREVENT 2 studies. OPREVENT 1 did stores, schools, work sites and mass media. And then we added a community engagement piece for the OPREVENT 2 study. And so my dissertation research was more thinking like how do we go about working with Native communities to develop food and environmental changes, food and physical activity environments that helped to promote wellness.

JVN [00:21:38] So what have you, from that work, what has that like lead you to nowadays?

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:21:42] So now I think a lot of this work is in terms, I think some of the important findings are, you know, how do we go about engaging with tribal communities? Right? And so tribal communities are very unique because their, we're not just a racial or ethnic minority group. We're also sovereign nations. So sovereign nations, those are happening because Native American nations signed treaties with the federal government. So that means, you know, it's kind of complicated, but it basically means like you only signed treaties with an external government that is at your level. Right? So those treaties established a government-to-government relationship. So we as researchers, how we engage with these sovereign nations is very important. So we need to make sure we're engaging communities to talk about policy and environmental changes, which are more likely to make positive impacts. And, you know, from this work, we did community engagement meetings with the tribal communities that were participating, and we really saw that people were most interested in traditional food systems. And that's a real interest of mine as well. What we're able, you know, some of the research has shown that there's been a nutrition transition is what it's called. So a transition from our traditional food systems to what's called, quote unquote, "Western food systems" or "Western foods". Which are really these highly processed foods that are high in fat, salt, animal, animal products and very low in fruit and vegetables.

JVN [00:23:16] Right.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:23:17] So understanding how we can go about promoting these healthy food environments, I think is really important and it's also a real interest across Indian country right now.

JVN [00:23:27] And how-? Do the traditional food systems between different tribes like differ greatly based off of like where you're, like, which tribe you come from?

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:23:34] Definitely. Yeah. So because the U.S. is so diverse, the traditional food systems are inherently local. Right? So though tribes did, you know, move around depending on the food availability. So, you know, they would move around to follow herds of buffalo or deer.

JVN [00:23:50] Oh interest.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:23:51] But also go towards, like the berry patches in the summertime or gathering wild rice or, you know, in the springtime going to the maple tree, you know, to gather sap, you know? So it's, it was the traditional food system involved a lot more movement. And so, you know, when Native American people were limited to reservations, that had a profound impact on our ability to feed ourselves and feed ourselves with this really healthy food. And that food is medicine, right? That's how we look at it in our traditional way. So that has had a big impact. And then at the same time, in recognition of, of some of the treaties, but also in recognition to the low, the high amount of malnutrition because we're limited to reservations. The federal government started providing food assistance and rations to native communities, but again, that really introduced these highly processed foods to Native communities. So we started shifting away from, like, for example, my tribe, traditional cornbread to, you know, frybread. Do you know what frybread is?

JVN [00:25:03] No.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:25:03] It's basically like a basic biscuit kind of dough that's fried. But the thing is, you know, it's, it's delicious. But it's also not very good for you. Right? But these are foods that we made to survive, you know? So it's really, our people adapted

to that. But I think what has happened to Native people in terms of, you know, this really drastic shift to highly processed foods is really telling for the rest of the U.S. and health in general. Right? So I think that it's something that can happen to other communities if they're, and this is what we're seeing now. Right? More and more of a shift in our country towards these processed foods. And we see what's happening. Right? We're getting high obesity and diabetes and related chronic disease. And that's something that I think everyone needs to be thinking about. How do we go about these, having a sustainable food system again?

JVN [00:25:58] So what other, what other ramifications do Native Americans come up against? So it's, it's obesity. It's diabetes, you mentioned.

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:26:09] Right. So that's my area of expertise. In terms of, what other things are you thinking of?

JVN [00:26:17] Well, I mean, well, one thing that I thought it was just like that, when we're talking about sovereign nations, it's like when like the United States signed treaties that like certain tribes, it's like they were, like those tribes were sovereign, like within the borders of like the said reservation that like, like you're not assigned to. But like if you attain your food by going to like, if it's across the border or whatever and you can't, and you're not like sovereign there and you're not safe there or whatever.

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:26:41] Right.

JVN [00:26:42] And now you're reliant on this government to give you food because like the buffalo or the whatever stuff that you got from over there, you can no longer get safely. That's kind of a way of like, even though you're sovereign and you're like on equal playing field, it's still a way for the United States government to, like, wield some amount of, like power or control, because it's like it's limiting people that we're always able to, like, go and get what they need to not be able to do that.

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:27:05] Well, I think it's important to acknowledge that, you know, sovereignty of tribal nations is not the problem. The rule of limiting Native people to reservations is the problem.

JVN [00:27:14] That's what I'm saying.

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:27:15] For sure, but yeah.

JVN [00:27:16] Yeah.

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:27:16] And, you know, just to put this into perspective. So up until 1924, which was the passing of the Indian Citizenship Act, up until that point, and it's still like up until 1962 is really when everyone, Native Americans got the right to vote, which is pretty surprising.

JVN [00:27:38] So Native Americans didn't have the right to vote until-

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:27:40] No because they were, up until this point, they were considered wards of the state. And so part of that was also that they were denied other basic rights, like the ability to leave the reservation, even to leave, to do fish or to hunt or to visit other tribes. And oftentimes, you know, people would have relatives in other tribes or, you know, my tribe would visit other tribes in the Confederacy, other communities in the Confederacy. Right? So that has profound influence. And so back then, you basically needed a pass, it was a

pass to leave the reservation. And if you did not, if you violated it or if too many people violated it, oftentimes the military was called in or people were arrested or punished. So it was very severe. And I also want to recognize, you know, I think it's important because I don't think many people realize, even though the First Amendment of the U.S. Constitution is freedom of religion, that did not apply to Native Americans until 1978 when the American Indian Religious Freedom Act was passed. And until that point, it, we're, our rights to exercise our religion, our traditional religions or access to sites sacred, sacred objects, those could not be, those cannot be done. So it's really amazing when you think about. It's, it's, you know, it's sad and it's important to acknowledge. But at the same time, I think it's so amazing that we come from such strong people.

JVN [00:29:15] Yeah, it's really incredible.

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:29:17] Yeah.

JVN [00:29:18] So was there like any particular reason why, like some tribes participate, like just like we're some tribes like, no, I don't want to, I don't, I don't, we don't do studies, like that's just like not for us. Like, like why some like people, like was there just like Northwestern tribes didn't want to do it so much or like Southeastern tribes didn't want to do it so much?

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:29:35] Like in terms of OPREVENT?

JVN [00:29:36] Like, in partici-, yeah.

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:29:38] So really, that's a good question. So OPREVENT 2, I think a lot of working with tribes is really developing relationships.

JVN [00:29:47] Oh, gosh, I was suppose to take a break a long time ago, but I forgot. You're so interesting. I forgot to.

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:29:50] I'm glad.

JVN [00:29:50] We're just going to take a really quick break. We'll be right back with more. Dr. Brittany Jock right after this. Welcome back to "Getting Curious", this is Jonathan Van Ness with Dr. Brittany Jock.

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:30:11] So in terms of, you know, who participated in the study, we did have some general eligibility criteria like communities, because we're working in food stores, schools, work sites, they needed to have those sites and they, in order to participate, in order to receive the programs that we were working on. Right? So but other than that, it was really about developing relationships with these communities because there is a distrust of, of research and outsiders within Native communities. And so all the credit goes to the OPREVENT 2 team, especially Marla Pardiella and Jackie Swartz, who worked on developing those relationships in a respectful way. And that's an important thing. Whenever you're engaging with research within Indigenous communities, is you have to go about really like a kind of protocol about developing these relationships.

JVN [00:31:03] I want to know about that, interacting with respectfully of Native American communities. But I also just want to say for like all of you, like white people, myself included. Like when I think about like my grandma. Right? Like when my grandma passed away, we found like, I found shoes full of, like, candy and like chocolates and stuff because she was a child of the depression.

DR. BRITTANY WENNISERÍ: IOSTHA JOCK [00:31:25] Yeah.

JVN [00:31:25] So she was always taught to like shove candies in your shoes because, like, you might not. There might be like a shortage on the shelf tomorrow, honey, so like, like literally I used to drive her round for like hours and, like to do her hair and she would like tip me like 25 cents because she was like, I might not, like it, which is cute, but you know, like when you think about like, you know, I learned so many things, like from my grandparents, like little things that they like taught me or handed down for me. And when you think about 1978, that's nine years older than I was. Wait. I was born in '87. I can't do math, but that wasn't that much longer than before I was born. And when you think about, like the information and life stories that have been handed down from our parents and like kind of what they, their experience was.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:32:06] Mmhmm.

JVN [00:32:06] You're like Native American, like gra-, and like this is why you have to be respectful and more understanding from a white perspective because-

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:32:15] Yeah.

JVN [00:32:15] Like we like we're literally like not letting people learn their languages and like taking, like engaging in federal family separation and just doing a lot of things that we're like. Because I just I can feel that there are certain, like I can feel like people from like Middle America that are like, or just like people that are like, you know, literally racists. They just can't understand. Like why, like why should I have to slow down? Why, well, because this is why. Because what has, what Native Americans have been through at the hands of the federal government in this country. And at largely because they're the people that we've elected for all of these years, like there is a certain amount of responsibility be taken for that. And, and to, and, and I don't think that anyone is talking about it enough, really.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:32:59] Yeah. And I, you know, in terms of how to respectfully engage.

JVN [00:33:01] Yes, that was the second question. I just had to go off for a second.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:33:03] Oh no problem. Yeah. And I think it's about engaging with individuals and communities in a respectful way. So, you know, you know, asking, like we said earlier, asking people how they want to be referred is important. And, you know, sometimes. And, you know, I totally understand that people don't get exposed to Indigenous people that often. And sometimes I'm the only person. You know, a person has engaged with. But, you know, try not to ask things like how Native are you? Or do you, do you speak your language or, they're very aggressive questions.

JVN [00:33:38] I didn't ask that, did I?

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:33:39] No, no, no, no, no, no, no.

JVN [00:33:41] No, no.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:33:41] But I think those are-. No worries. But I just, you know-

JVN [00:33:44] My heart almost dropped their my butt. But yes, of course.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:33:46] You know, like or like. What is your percentage? Those are really loaded questions. So it's like, you know, going up to a person and, you know, it's hard to make a comparison. But, you know, it's just a really offensive question to ask right off the bat. And instead you could say, oh, what tribe are you? Can you tell me a little bit about your tribe in an, you know, open ended questions are always better, and that's a positive way to, to engage. But, you know, I think-

JVN [00:34:13] So a positive way, just for recapping that.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:34:15] Even with individuals. Yeah.

JVN [00:34:17] So like a positive, so just recapping that, like one is like, a good way to interact with someone who like that you, or 'cause like, well someone is like, oh yes. Like I'm like Native American. You can be like, oh that's, like that's amazing. It's so interesting. What tribe? Like what tribe is your family?

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:34:31] Yeah.

JVN [00:34:32] Or what tribe are you from?

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:34:33] What area are you from.

JVN [00:34:33] What area are you from? Love.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:34:34] Yeah.

JVN [00:34:35] But like obviously I felt like the things that you said not to ask are pretty straightforward, but maybe if-

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:34:40] It's very common though. So I, I do understand. I think it's kind of a knee jerk reaction and I don't think people mean offense by it. And you know, that kind of goes to my, another point that I have is, you know, if you make a mistake, it's OK. You know, and I think the biggest thing is, I think Indigenous people are so warm, we're known for having a great sense of humor, because we've been through so much, you know? But I think they're also really willing to, to tell you about their history and to give you guidance. And it's just, you know, if you misstep, just say, I'm so sorry, what should I have done instead? And just move on, because I know sometimes people get really upset when they, when they make a misstep and, and hard on themselves. But really a better way to engage is to say, can you tell me a little bit more about, you know, better ways to do that, you know?

JVN [00:35:29] Yeah.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:35:31] And I don't think that's, I think that's always a positive thing. You know, asking and just, just move on from there.

JVN [00:35:37] Do you know about like-? Like, is there any parts of the country where there are like, like, like are there-. I'm like after we literally talked out, I'm like, don't say something stupid.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:35:50] Oh no, no, no.

JVN [00:35:50] But no, like are there any parts of the country where there's just like a more like thriving, more like just overt, like out in the open community of Native American people?

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:36:00] Well. And I think this also goes back to the history. So in the East Coast, because of the Indian Removal Act, a lot of tribes are no longer here. Right? So sometimes they may be gone because they're no longer surviving. They could also have been moved. Right? So, like for the Trail of Tears, which I'm sure a lot of people have heard about. So, you know, in general, like the Southwest is kind of a thriving area. But also, like I think a lot of people are surprised that I'm from New York State and, you know, our tribe is, is very, and there are several communities from the Haudenosaunee Confederacy in that area.

JVN [00:36:37] That were like, that were like, are still thriving and were able to-.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:36:40] Yeah.

JVN [00:36:40] That's amazing. But so, is the Trail of Tears, just like a horrific thing that the American government did that was like like a big, like, horrific, awful thing? That's like a separate podcast, but like it's, its own.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:36:51] Oh, yeah. It's a, it's a huge topic. Yeah.

JVN [00:36:54] And did that, like, affect like, like a bunch of different tribes from a bunch of different-?

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:37:00] Yeah. So the most prominent one that comes to mind is the Cherokee. But yeah, it's-.

JVN [00:37:05] It was like an East Coast-?

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:37:07] Yeah. Basically the whole East Coast was, was impacted. Yeah.

JVN [00:37:12] So when it comes, so now you study and you work with like how this whole history has impacts present day like access to food and public health and like policy.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:37:28] Mmhmm.

JVN [00:37:29] And with that in mind, like, you know, I think that we have seen that the Trump administration has been really I mean, I just was reading today like their moving to cut like three million people off food stamps. I don't know anything about the demographics of where that money is going to. But I definitely think that when it comes to like a government assistance perspective, he wants less for anyone, no matter what. But. I feel like I don't hear politicians talking very much about Native American policy or like issues.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:38:02] Right.

JVN [00:38:02] Like, is there anyone that you're, like, obsessed with or like think is doing great or?

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:38:08] I mean, having, you know, Congresswoman Deb Haaland and Sharice Davids-.

JVN [00:38:13] We love Sharice, I campaigned for her.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:38:15] Yeah.

JVN [00:38:15] I did. I did. We love Sharice.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:38:17] So, you know, that has been really exciting. And, you know, I think, you know, having someone who represents us to, to represent our issues has been a big deal. And it seems like they've especially made a lot of impact in terms of the issue with Missing and Murdered Indigenous Women. So I think it's, it's wonderful. And, you know, I'm, it's also, you know, shocking that it's, it's taken this long to have, you know, our first Native congresswoman. But I'm so glad that they're there. And, you know, I think, I'm hoping that we will be hearing more about Indigenous issues as their, they continue their careers.

JVN [00:38:51] So what? I mean, outside of, or I mean, including like what you're, like what you believe, like, why don't we hear more about it? Like, what can we, what can people that are not indige-, or that are, like are not Native American like how could people get more involved that are like angry and like want to help? Well, not even that they're angry. They just want to help Indigenous or Native Americans have more access and a fair shot at equality?

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:39:16] Right. Yeah. And I think, you know, it's it's a little bit, I think it kind of goes down to essentials of, you know, doing allied work. Right? So how do you be a good ally? And a lot of that is listening first and educating yourself. And, you know, I think, unfortunately, we don't have enough education about Indigenous history in this U.S. And so that unfortunately means that there is more onus on people to learn more for themselves. There's this great book that I love called "The Inconvenient Indian" by Thomas King. And it's very approachable, uses a lot of humor. I get, you know, I'm not getting any money by recommending this or anything. I just really appreciated his book. And it's available on audio formats as well. And I think also, you know, going back to my culture, one of the values is, is to listen twice as much as you speak. And I think that is also a very good tool when it comes to being an ally. So in terms of interacting or working with Indigenous communities, I think it's important to listen and elevate the voices of Indigenous people and leaders. Right? Because we're sovereign nations. We have representatives from the different tribes. Right? So I think it's really important to look to them and elevate Indigenous peoples' voices. And I think, unfortunately, sometimes, you know, people mean well. But I think sometimes, you know, kind of cloud the voices unintentionally because a lot of people have Indigenous heritage, but they may not be from an Indigenous community. And, you know, sometimes if, if a person points out a way of doing things or a way to interact, then really listen to what they're saying. Sometimes people say like, oh, well, I know that because, you know, my grandmother was, was this tribe. But, you know, it's not the same thing. And I think people often conflate heritage for being a member of the community of these sovereign nations, which is a different thing. Right? So I think it's, allied works it's always, it's always important to take a step back and think, you know, where, where am I needed? Where can I be helping to elevate other people's voices? Because it's really what allied work is, right? Elevating other people. I'm backing them up. And I also think, you know, when it comes to, when you encounter racism or racist acts, you can, you can speak up. It can't just be us. Right? Because, you know, we can't. There are a lot of us, but, you know, it does take allies to, to work on things. So if you see a person wearing a Pocahontas costume or, you know, wearing the Washington football team, you know, it doesn't, just because you are not an Indigenous person, doesn't mean that you can't step up and say something. Or educate yourself about it, even if you're not comfortable about learning about it before you talk to a person. And, 'cause I, I do that all the time. Right? So but we need other people to do that and step up.

JVN [00:42:17] You do what all the time? I'm so sorry.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:42:18] In terms of, you know, talking to people when I encounter, you know, problematic expression, like a lot of people use the expression "off the reservation". You hear it every once in a while and you don't think, it's very easy to not think about it. But that kind of harkens back to those times when we weren't allowed off the reservation.

JVN [00:42:39] Right.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:42:39] So it means like a person is going rogue, but that, it's, harkens back to a really painful time.

JVN [00:42:47] Right.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:42:48] Yeah.

JVN [00:42:48] It's making light of something that was like just absolutely not light.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:42:51] Right. Right. So I think, you know. And then I think another way that you can start to engage with indigenous people in a respectful way. There's Pow Wows across the country and you can go to powwows.com. They have a calendar, you can type in where you are and what dates. And you can check out a Pow Wow. And I encourage people to go, buy goods from indigenous people and also look up before you go, a little bit about etiquette, about how to act in a respectful way at a Pow Wow. Like a lot of times there's rules people don't understand. Like sometimes they're, you're not allowed to take photos of certain parts because it's ceremony. And it's an open ceremony that people can come to, but, you know, there are religious aspects and sometimes photos aren't allowed and I sometimes see people bending the rules. And, you know, I'll go up and say, you know, you're not allowed to take photos, please, you know, refrain. But, you know, following those rules, just because you don't understand them, it's like being in someone else's house and like not taking your shoes off when that's the rule. Right? Like, it's just a very rude thing to do. So just follow those etiquette rules and you can also ask someone about why they are, because there's a lot of history behind those rules and you can learn a little bit more about it.

JVN [00:44:04] Is there any, is there any groups that are doing really great advocacy work on behalf of Native Americans that you think is really great?

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:44:12] Yeah. So the National Congress of American Indians advocates on behalf of all of the nations across the U.S. So there's a lot of different Native advocacy organizations like that. Yeah.

JVN [00:44:26] So we like them. I wonder if they're like active on Twitter or Instagram or anything.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:44:29] Oh, I'm sure. Yeah.

JVN [00:44:30] So that's a good one. And then as someone who, you're a Native American woman, you are, you know, on the front lines of not only like living, like you live in the United States, or-. I was about to start cussing. But you literally live here, and you're from this community so it's like, what do you want people to know? Like what can? Like I hear, listen twice as much as we speak. Wow, I'm feeling convicted because I talk a lot.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:45:00] No, it's ok.

JVN [00:45:01] No. But like, what else can the rest of us know? I mean, like, follow the, the, the people that we just said about on Twitter, they're doing really good work.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:45:10] Yeah.

JVN [00:45:11] I mean, I say lightly, but it's like as far as like policy and, and really being aware of what it is to exist as a Native American in this world that we live in now in 2019, like, what do you want people to know?

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:45:25] Hmm. So I guess it goes back to, you know, incorporate an acknowledgment of Indigenous people and territory, educate yourself, perhaps using this, you know, the book I suggested, you know, try to, try to engage with individuals in a respectful way.

JVN [00:45:45] What do you think Indigenous nations need to thrive?

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:45:49] Yeah.

JVN [00:45:49] In 2019?

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:45:50] I think most important, I think, you know, Indigenous, Indigenous tribes are already doing amazing work. And I think what is really needed is more resources, access to equitable health care. I think those are very important to, you know, the success of our nations because health is central to everything. If you don't have health and you can't have successful tribes, economies, all of that surrounds, surrounds that. And I think, you know, if we, I think also if we are to think about relating to our environment in an Indigenous way, you know, and not just thinking about, you know, how can I get my quick fix quickly, but thinking about, you know, my relation to Mother Earth, my relation to these waters and respecting those relationships, I think that could go a long way in terms of promoting health throughout the country, because it's not just, and we're not the only inhabitants here. Right? It's also the animals and the birds and so much of our wildlife that we're so lucky to have here and depend on, you know? So I think those are really important. And I think if we could relate, have better relations with our natural environment then it would take us a long way, especially times like this, where climate change and, you know, developing these sustainable food systems is going to be really important for us as a country and us as a world.

JVN [00:47:22] I love the way it sounds. I want us to really be able to incorporate it more.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:47:26] Yeah.

JVN [00:47:26] So that time has come for you, when you go to yoga and you're like, you know, ew, you did not teach pigeon. And my hips are feeling tight and I'd really like to open up. What is your hip opener for today? If I, if we've missed anything.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:47:39] Yeah. And you know, I just wanted to highlight, you know, a quickly developing issue right now, the Protect Mauna Kea is happening right now. And basically, you know, Native Hawaiians are, you know, rightly upset that there's going to be building another large telescope on their sacred land. And so they're concerned that building another when there's already about a dozen on their sacred land, is going to impede their ability to practice their religious rights. And so I just want to do a shoutout to that, because as an important issue, that's been growing for some time, of course. But, you know, it's really been escalating lately, lately. And I want to encourage people to check out that hashtag, #ProtectMaunaKea and to look to the leaders of that movement in terms of how to support them.

JVN [00:48:26] Thank you so much. Dr. Brittany Jock, I really appreciate your time.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:48:28] Thank you so much for having me. It was really great to be here. And, you know, I'm so lucky to come from a tribe of very strong women and, from the oral history. And so I'm just very humbled to be here. Yeah. Thank you so much.

JVN [00:48:41] I want to have you back. You're amazing.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:48:42] Oh, I'd love to be back.

JVN [00:48:43] Thank you so much.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:48:43] Thank you. Ó:nen ki' wáhi.

JVN [00:48:47] What's that mean?

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:48:48] "Goodbye" in Mohawk.

JVN [00:48:49] Oh, my gosh. We got to say that. Say it again.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:48:53] Ó:nen ki' wáhi.

JVN [00:48:54] Thank you. And also goodbye.

DR. BRITTANY WENNISERÍ:IOSTHA JOCK [00:48:55] Thank you. Bye.

JVN [00:49:00] You've been listening to "Getting Curious" with me, Jonathan Van Ness. My guest this week was Dr. Brittany Jock. You'll find links to Brittany's work and socials in the episode description of whatever you're listening to the show on. Follow us on Instagram and Twitter @CuriousWithJVN. Our theme music is "Freak" by Quiñ. Thank you so much for letting us use it. If you enjoyed our show, introduce a friend and show them how to subscribe, honeys. "Getting Curious" is produced by Emily Bossak, Julie Carrillo, Rae Ellis, Harry Nelson and Colin Anderson.