Seniors Day this Friday at high school

This fall there are 23 seniors on the Madras High School White Buffalos varsity football team. This Friday, October 25—Seniors Day at the high school—they will play a final regular season home game, as family and friends pay tributes for the winning season.

Like the record number of seniors on the football squad, overall attendance is up at the high school... and with this comes the recent high gradua- tion numbers. The Class of 2019 saw eighty-seven students from Warm Springs graduate from Madras High School—the most ever.

Explaining the success, school liaison Butch David said, "We have a lot to do here—the kids stay here, and they want to come to school."

Excellence in the core curriculum is the reason to go to school; yet a brief tour of Ma- dras High School this year is principal Brian Crook. Mr. Crook brings 23 years of educa- tion experience from the Bend- LaPine District.

An overall goal at the school, Crook says, is to continue the graduation rate success. "We're at around 92 percent, so it becomes harder now to improve on that. We can always try for 95 percent," he said.

Joining Mr. Crook at the high school this year is assistant principal Mark Stewart, who comes to Madras with 14 years experience in the Sisters district. "He's been a nice addition to the high school. He's fitting in well with our staff," Mr. Crook said.

New this year at the high school is the Academic Support Center, and the Mentor program. The Academic Support Center gives some students extra time and sup- port. This is especially helpful for ninth-graders, as they make the transition to the high school, Brown said.

The Mentor program is also helpful for freshmen. The stu- dent can have a mentor, whether it be a teacher or some other school staff person, to talk about grades, behavior, or any issue that may come up.

This year Lindsey Bueckafumi is coordinating the Futures Cen- ter. This is the post-graduation planning program established a few years ago by Kathy Bink. Lindsey joins the Futures Center from her previous work as an enrollment counselor in Central Oregon Community Col- lege.

The Futures Center helps students—mostly seniors and juniors—plan for their futures after high school.

For Halloween on the rez

Halloween fun times in Warm Springs start this Wednesday evening, October 23, as Recre- ation hosts the Great Pumpkin Party.

Stop by at the Community Cen- ter for the fun: Carvings begin at 5:30 p.m., and judging at 7:30. For sale will be burgers and fry bread, Mummy dogs and homemade chili. The pumpkin carving contest cat- egories include:
Best Classic, Addams Family Character.
Best Costume/Skillet Cakes.

The Early Childhood Education Center will host the Annual Lil’ Pumpkins Parade on Halloween from 10:30 to 11:30. This is a fun-time for ECE-class-rooms to go trick-or-treating through the hallways of ECE, and then parade across to the Warm Springs Clinic.
Geo Visions provides unique service

Geo Visions office in Portland, Ms. Howell said.

All of the large clients, plus potential new ones, are headquartered in Portland, and a Geo Visions office there would facilitate enterprise growth, Howell said.

She looks to the Cherokee Nation as a model: The Cherokee environmental services enterprise is very large, generating multi-millions of dollars in revenue. Geo Visions is not close to that size, yet the potential is there to follow the Cherokee model, Ms. Howell said.

This would go toward another goal of Geo Visions: To increase job opportunities for tribal members, especially young people inter- ested in the field. Archaeology can involve field work, ideal for people who want to be out of an office, plus work in developing analysis and reports.

Geo Visions is a division of Warm Springs Ventures, the economic development enterprise of the tribes. For now Geo Visions has free employees. Working with Ms. Howell are: Larry Squiemphen, Geo Visions GIS manager and oral history coordinator, who has been there since the enterprise began 15 years ago.

Lindon Hylton, primary investigator and lead arch- aelogist. Alex Atkins, lead crew chief and archaeologist. And Brandon Gilliland, junior arch- aelogist Geo Visions hosted an open house last week at their offices, housed with Ventures at the industrial park.

On hand were the stu- dents from the Warm Springs Bridges program. They were specially invited to that size, yet the potential is there to follow the Cherokee model, Ms. Howell said.

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On hand were the stu- dents from the Warm Springs Bridges program. They were specially invited to determine exactly where they originated. An artifact found in Washington, for instance, can be traced to an obsidian source hundreds of miles away, Ms. Atkins ex- plained.

Examples of more recent kinds of artifacts.

The following are some of the items coming up on the Tribal Council agenda for the rest of October (subject to change at Council discretion):

On the agenda

September 30, 2019

1:30 p.m.: U.S. Highway 26 safety corridor study with the Oregon Department of Transportation. 2:30: Draft resolutions with Michele Stasica.

Items for further consid- eration:


On the Council agenda

The students from Warm Springs Bridges visited the Geo Visions open house.

A good year for the roots and berries

Not a Quailthama this year because of threats from time immemorial.

Places of tribal generations, Ceded Lands that are the right to use areas of the Confederated Tribes. Geo Visions is a division of Warm Springs Ventures, the economic development enterprise of the tribes. For now Geo Visions has free employees. Working with Ms. Howell are: Larry Squiemphen, Geo Visions GIS manager and oral history coordinator, who has been there since the enterprise began 15 years ago.

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Employment

The following jobs were advertised recently with the Warm Springs Human Resource Department. Applicants are encouraged to attach cover letters of interest with completed application. Questions regarding application process can be directed to 541-653-3280. For more information or positions see: warmsprings.gov.

Job Title: 
Location:
Salary:
Closing Date:
Application Info:

1. Receptionist 
2. Maintenance/Community Center Director 
3. Maintenance 
4. Maintenance/Laborer 
5. Maintenance/Foreman 
6. Maintenance/Welder 
7. Maintenance/Plumber 
8. Maintenance/Carpenter 
9. Maintenance/Janitor 
10. Maintenance/Coop

Office of Veterans Affairs:

Johnathan Courtney is the director of the Office of Veterans Affairs of the Warm Springs Nation and is located in the Warm Springs Human Resources Department.

On August 10 this year, a thunderstorm event may be eligible for assistance under the USDA Emergency Conservation Program. To request assistance contact the Central Oregon FSA office at 541-923-4358. Sign up is through October 30.

Seniors’ Halloween

The 2020 Census is on the reservation and coming up soon. Even extra income while helping the community. Learn about Census jobs online at 2020census.gov/jobs. A thunderstorm event on August 10 this year caused flash flooding that may have washed out live-rock fence. Produce suffering severe fence damage due to this storm may be eligible for assistance under the USDA Emergency Conservation Program. To request assistance contact the Central Oregon FSA office at 541-923-4358. Sign up is through October 30.

Veteran to give keynote address

Johnathan Courtney is the director of the Office of Veterans Affairs of the Warm Springs Nation and is located in the Warm Springs Human Resources Department. He is a graduate of Oregon State University and Warm Springs served nine years in the U.S. Army, as an Infantry and Military Intelligence Officer. Courtney has survived post-traumatic stress disorder, alcoholism and suicide attempts. His life experiences have motivated him to lead suicide prevention efforts in his community. He credits dialectical behavior therapy (DBT)—a cognitively behavioral therapy—and counseling with saving his life. Mr. Courtney will be the keynote speaker at the upcoming Veterans and Military Suicide Prevention Conference 2019. The conference, hosted by Lines of Life, will be November 20-22 in Clackamas. You can register to attend on all of November 1.

Warm Springs Veteran Johnathan Courtney

Contact Naomi Shy, 541-460-7777 ext. 7354, slot person (3 full-time positions) - Kyle Schackmann - ext. 7726, Server Healthy Coda - ext. 7720, Server Peggy - ext. 7726. Teacher - Peggy Faria - ext. 7726. Server (2 part-time) - Healthy. Tule Grill attendant (1 full-time 1 part-time) - Alex Manzano or Christine Brunea ext. 7725. Tule Grill cook - Alex or Christine.

Cage cashier (2 full-
time) - Wysal Rosalima - ext. 7737, Security officer (2 full-
time) - Tim Kerr ext. 7749.

Plateau Travel Plaza The following positions are advertised with the Plateau Travel Plaza Server (part-time) - Dale. Server (Part-time) - Kyle Schackmann - ext. 2817. Cashier/Fuel attendant - Damali Jones - 541-777-2815. Custodian - Darrell.

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Developments at Early Childhood Education

declared that the Early Childhood Education Center has had many changes since your last visit. The Center is now localizing to provide services that it would like you to be aware of.

We have had some changes in staffing, and we are experiencing a shortage of teachers and teacher aides. You may see different teachers in some or even all of our classrooms. This is to ensure we are meeting the required ratios for the children and their safety.

You are always welcomed to volunteer in classrooms. If this is something you would like to do, please contact the front office for more information.

We are currently in the process of gathering information required to apply for a federal small business grant. The grant is for a major renovation funding through Head Start and Child Care Development Fund.

This process will take time and we are working with our Education General Manager, Terry Buchholz, and the Warm Springs and Umatilla general manager on acquiring the correct documentation throughout this process.

For health and safety reasons, some of the kitchen is still not being used. Simple meals and snacks are provided to staff served from the G-pod area. The staff is meeting with their Health Specialist Russell Gra- nes and our state learning specialist to ensure the prep area and approved this arrangement.

We have contracted Jeffery Johnson planning, whom we met at the recent community meeting, to assist with health and safety of the child-

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Member Art Show opening

The Museum at Warm Springs this Thursday, October 24 will host the grand opening of the Twenty-Sixth Annual Tribal Member Art Exhibit. Winners this year are:

- Marlenea Wagner, Judges Choice—Contemporary for Juniper Tree, a copper embellished tree, a truly remarkable creation.
- Clarissa Picard, Judges Choice—Traditional for The Imulak, a beautifully beaded medallion.
- Brutis Baez, Videography Award for the music video Deep End, up for a Nammy this year.

Among the Honorable Mentions are Damon David, Travis Bobb, Maria Godines and Edward Heath.

The Museum at Warm Springs will honor artists with an opening reception and awards ceremony this Thursday at 5:30 p.m. You don’t want to miss it—Stop by the museum and check out the show!

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Two BIA Agency jobs in Warm Springs

The BIA is hiring two Social Service Representatives for the Warm Springs Agency. The closing date to apply is November 1. For details see: www.aborjobs.gov/GetJob?ViewDetails=34868670

Summary of duties:
- Conduct initial intake interviews, need assessments and evaluations to determine eligibility for assistance.
- Provide direction, guidance, management and supervision of social service cases.
- Assist Supervisory Social Worker and child Welfare personnel in the development of case plans.
- Develop an individual self-sufficiency plan for each general assistance client.
- Performs case management duties and provide technical assistance to management of an individual’s trust funds and assets.
- Provide technical interpretation and guidance of the Bureau’s Social Service Program and IIM accounts.
- Initiate and/or cooperate with other agency branches and public welfare agencies in helping clients take advantage of local, state, and federal social services programs.
- Maintain case records, letters, and prepares reports and recommendations as required.

Indian Autumn at Discovery Center

The Columbia River Indian Autumn is Saturday, November 2 at the Columbia Gorge Discovery Center in The Dalles. Admission is free, and the day features artisans, musicians, dancers and vendors from the regional Native American community, in addition to the museum’s exhibits and collections.

The day’s activities will include dance groups, traditional games, drumming with Jefferson Greene, flint knapping instruction with Clayton Carter, and a variety of local craft vendors. There will be a salmon bake for $15 at noon. The salmon will be prepared and presented by Councilwoman Briggs and Sean McConville, of Salmon King.

Tickets for the lunch are available for pre-purchase at gorgediscovery.org. Lunch will be available until supplies last.

In addition, Indian fry bread will be available for purchase.

Games for kids will be available, including: drum and song games, Hoop Toss, Hoop and Arrow, Kick Bags, Rock in Fist, Ring the Stick, Kickball racing and dice games. Jefferson Greene will be on hand to lead the games.

Native vendors will be on hand with art, beadwork, jewelry and hand-made crafts.

Sponsorship is provided by Indian Head Casino, Weston Kia in Gresham, Columbia Gorge Real Estate in The Dalles.

For more information call 541-296-8600 ext. 201, or visit gorgediscovery.org.

The Columbia Gorge Discovery Center and Museum is the official interpretive center for the Columbia River Gorge National Scenic Area.
Aerobic exercise improves brain health

by Alicia Oberholzer

Top brain researchers have referred to the brain as the new “Miracle Gro” for the brain. The fact that everyone that has studied exercise has shown that aerobic exercise causes a release of proteins that help with the growth and connectivity of neurons.

Neurons are the building blocks of the nervous system and a key to transmitting information throughout our brain and bodies.

Exercise has also been shown to impact our body’s longevity, structure, and function.

Scientists have found that participating in an aerobic fitness program can increase your brain’s volume, reduce risk of dementia, spatial ability, and improve higher level thinking.

Fitnes maximizes learning potential

A study at Naperville Central High School in Illin- ois looked at the impact of establishing a strong health and fitness culture in an aca- demic setting.

While several schools across the country have put physical education programs in place to help their students, Naperville took a different route. Instead of trying to program a physical education program that allowed students to sign up for Physical Education classes before their most challenging class, they began a program at the start of the year that

51st Cowdeo

The Eighth Annual Warm Springs Cougars Youth Christmas Co-Ed Barrel Racing Tournament is currently up coming December 20- 22.

Divisions: Youth co-ed divisions for 10 years and under; 13 years and under; and; seventh-eighth grade co-ed divi- sions.

For all three divisions the first six teams to register will play. Deadline to registra- tion is December 17th. Entry fee is $75 per team. The tournament will be at the Warm Springs Community Center.

Tourney director is Austin Greene, Recreation di- rector. For more information email: austin.greene@wstribes.org

Tourney selection.

This pre-learning exercise can boost your brain’s potential to acquire knowledge and develop new skills.

A goal of a participant is 30 minutes of moderate intensity aerobic activity on 5-7 days of the week or 150 minutes per week (5 X 30 minutes).

The benefits:

• Helps maintain normal blood pressure and reduce the risk of stroke.

• Increases your brain’s oxygen supply.

• Increases the number of capillaries to the brain.

• Reduces the risk of cognitive decline.

• Brings quality years to your brain.

• Helps keep you safe in the weight room.

• Keeps you safe while doing push-ups, planks, etc.

• Increase heart rate.

• Increase calories burned.

• Reduce anxiety.

• Improve mood.

• Reduce depression.

• Reduce the risk of type 2 diabetes.

• Reduce the risk of colon cancer.

• Reduce the risk of breast cancer.

• Reduce the risk of prostate cancer.

• Reduce the risk of heart disease.

• Reduce the risk of stroke.

• Increase memory and learning.

• Increase your mental awareness.

• Increase your emotional intelligence.

• Improve your learning ability.

• Improve your concentration.

• Improve your sleep.

• Improve your mood.

• Improve your confidence.

• Improve your self-esteem.

• Improve your ability to concentrate.

• Improve your ability to learn.

• Improve your ability to think.

• Improve your ability to remember.

• Improve your ability to focus.

• Improve your ability to solve problems.

• Improve your ability to make decisions.

• Improve your ability to communicate.

• Improve your ability to listen.

• Improve your ability to read.

• Improve your ability to write.

• Improve your ability to speak.

• Improve your ability to spell.

• Improve your ability to understand.

• Improve your ability to interact with others.

• Improve your ability to understand the world.

• Improve your ability to understand yourself.

• Improve your ability to understand others.

• Improve your ability to understand the past.

• Improve your ability to understand the future.

• Improve your ability to understand the present.

• Improve your ability to understand the universe.

• Improve your ability to understand the cosmos.

• Improve your ability to understand the infinity.

• Improve your ability to understand the nothingness.

• Improve your ability to understand the mystery.

• Improve your ability to understand the paradox.

• Improve your ability to understand the illusion.

• Improve your ability to understand the truth.

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The Warm Springs Education Branch this year developed the document that will guide the teaching of the tribal curriculum in the public schools in response to the Tribal History, Essential Understandings of Oregon Native Americans. The act states, “It is the purpose of the United States to preserve, protect and promote the rights of freedom of Native Americans to use, practice and develop Native American languages. The act requires that a holder of the new license employed by a school district, public charter, or education service district participate in a technical assistance program with an experienced teacher. An estimated 25 to 35 Native languages have been spoken in Oregon, though only nine are spoken fluently today.

Native American resources, enabling survivors to find safety and live lives free of abuse. StrongHearts is available daily from 1 a.m. to 9 p.m. Pacific Time.

We also know in remote areas, some victims may not have phone service or may fear their abuser’s presence outweighing them in an attempt to call, so providing a digital chat service option is crucial for increasing access for everyone in the community.”

American Indians and Alaska Natives suffer from the highest rates of violence in the U.S. According to the National Institute of Justice. In March 2017, the Warm Springs Native Helpline began providing callers culturally-based support for domestic violence and dating violence, along with a connection to Native resources.

Grounded in an understanding of Native cultures, tribal sovereignty and traditional Native advocacy. We also strongly support specialized training to callers with emotional support, crisis intervention, personalized safety planning, and a referral to a Native and Tribal service provider if needed.

Native Helpline awarded $2.7 million to expand services

and Tribal Helpline at 541-553-3305.

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Two sessions are coming up on weaving replicas of traditional Plateau-style root baskets, or wapus. The classes, taught by Marie Knight, will be in Portland, at Seagrape bath + body, 319 Northeast Wygant Street.

The first session—Starting Your Basket—will be from 10 a.m. to noon on Saturday, November 2.

The second session—Finishing Your basket—will be at the same time on Sunday, November 10.

For tribal members the sessions are free.

Participants will learn how to weave small round replicas of the traditional root baskets. The actual wapus baskets are used for harvesting camus, piaxi, luux and other roots and traditional medicines found in the region. The miniature baskets make perfect gifts and keepsakes.

The November 2 weaving session will include a short information presentation on the different styles of root baskets. Students will be shown two different ways to start a basket, and will have time to practice building the bottom and starting on the sides to add simple designs.

The materials being used for this class are simple hemp cord and common cotton embroidery floss. Traditionally, these baskets were made from tree bark rafia, corn husk or grass rafia.

Marie Knight is an enrolled member of the Confederated Tribes of Warm Springs, and is a descendant of Klickitat and Clackamas peoples of this area. In addition to her tribal and familial connections to Portland, she has lived and worked in Portland for 14 years as a student, small business owner, community volunteer and as a single mother of two sons.

Marie is self employed as an independent cultural contractor and artist. Her work in the last six years has primarily been exploring the field of historic trauma and Fetal Alcohol Spectrum Disorder, as a community health worker with the Future Generations Collaborative.

Her goals are to promote community wellness and self regulation of emotions through native practices and cultural teachings.

For information on the weaving sessions, see eventbrite.com. Search under weaving. Or call 503-374-6801.
In the Tribal Court of the Confederated Tribes of Warm Springs

In the Tribal Court of the Confederated Tribes of Warm Springs

The Fifty-First Caucuses last weekend featured many youth rodeos and scrambles. According to people ages 5 to 14. There were shop rides, a boot rodeo, horse riding, goat tail an-decorating, barrel racing, and even stick self roping, breakaway roping, flag race, critical cutting and the stick horse race.

Peties include the All Around Champion scramble and the stick race rodeo events for young people.

The rodeo last weekend featured events for young people ages 5 to 14. There were shop rides, horse riding, goat tail an-decorating, barrel racing, and even stick self roping, breakaway roping, flag race, critical cutting and the stick horse race.

Information on the All Around Champion scramble and the stick race rodeo events for young people ages 5 to 14.

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### High school: New at Futures Center

(Continued from page 1)

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**Monday**—A visit with the Oregon National Guard.

**Tuesday**—The University of Oregon.

**Wednesday**—Central Oregon Community College Automotive program. Thursday evening—Financial Aid night. 

Friday—Central Oregon Community College Health Careers.

(The Spilyay is in coming weeks will be looking at different programs at the high school—JROTC, Wood Shop, Small Engine Repair, Future Farmers of America, to name a few.)

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### Pumpkin drink specials, homemade soups and comfort food is back for Fall!

**541-553-2536**

**Monday - Friday**

7am - 6pm

2130 Warm Springs Street, Warm Springs, Oregon

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### School liaison Butch David shows examples of the work produced at the high school Shop class.

If you are experiencing issues with your Warm Springs Telephone service, please call 541-615-0555. You must call in for technicians to respond, troubleshoot and resolve your issue.

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**HAPPY HALLOWEEN**

**THURSDAY, OCTOBER 31st**

$1,500 Halloween Blackjack Tournament | 6pm

27 buy-in, unlimited $25 re-buys. Pays top 3 places.

4x, 3x or 2x Multiplier Day | 8am – 8pm

Multiplier based on tier, swipe at Kiosk to activate

**Halloween Costume Contest** | 6pm

CASH Prizes for Scariest, Funniest, Most Original, Best Overall

IndianHeadCasino.com • 541-460-7777 • US-26, Warm Springs, OR 97761

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**REUSE IT THRIFT STORE & CAFÉ**

- Pumpkin drink specials
- Homemade soups and comfort food

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