

Spilyay Tymo

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September – Wanaq’i – Fall - Tiya

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Community update

As of the start of this week, the Warm Springs Health and Wellness Center had conducted or monitored 3,100 Covid-19 tests among the membership.

Total negative cases was 2,786, with zero tests pending as of Monday. Total positive cases was at 339, with 292 positive tests from IHS, and 47 positive from other facilities. Twenty-two tests were invalid.

There have been 38 hospitalizations with 37 discharged. There have now been nine Covid-19 deaths among the membership.

On the reservation as of Monday, there were 17 people with active Covid-19 receiving daily monitoring by tribal Community Health and IHS staff.

Please see **VIRUS** on 3

Time for the census is now

The following article is for tribal member households who have not yet completed the 2020 Census. To those who have already done so, you are to be commended. Otherwise, the following:

Like wearing a mask during the pandemic, completing the 2020 United States Census is for the common good.

The tribes do not want to be under counted in the census for the reason that the tribes do not want to lose:

The tribes do not want to lose representation; nor do the tribes wish to lose tax payer dollars that otherwise will go elsewhere and for other purposes.

The solution is simple: Every tribal household should

complete the 2020 Census, or the tribes will lose valuable resources. And now the day is nearly upon us—September 30—to answer the census questions that take no more than 10 minutes. And the census takers by phone are very pleasant and easy to work with.

Failure to participate is not acceptable, and the rewards are more than justified. Otherwise, Who in the future can complain? Who could say, This or that project should have been done? Who can question anything—If we all do not complete this very simple task?

And it takes ten minutes. We should do this for ourselves and for the tribes.

So far since the census began in March, the number of Warm Springs tribal households to complete the census is more—both



number and percentage-wise—than during the 2010 census.

However, there is still the need for more households to complete the survey before September 30. You can begin by going to kwso.org Or see the website:

my2020census.gov

If you don’t have the ability to do the census online, you can do the questionnaire by phone. Call 844-330-2020.

Full participation is important for a number of reasons. The federal government has a trust responsibility to the tribes, for infrastructure and other services. An accurate count of the reservation, and the overall membership, guides the allocation of the infrastructure resources per tribe. The numbers can also help guide internal tribal policies, among many other benefits.

Warm Springs Community Health this week began the **seasonal flu shot clinics** on the reservation. The clinics will be happening from 1:30 to 3:30 p.m. every Tuesday, Wednesday and Thursday. Locations to be announced. This will be the schedule at least through the end of October, weather and air quality permitting.

Some lessons of Lionshead

The massive Lionshead fire—at nearly 200,000 acres burned—is unlike anything seen for decades at least on the reservation.

For 40 years Robert Brunoe has worked in the fire suppression and resource protection fields for the tribes. “I’ve never seen anything like it,” Mr. Brunoe was saying. He explains:

A perfect storm of weather events—prolonged drought, and a sudden highly unusual wind event—fueled the fire. Regarding the drought conditions:

At a recent meeting before Tribal Council, Mr. Brunoe, Natural Resources general manager, held up an ordinary piece of writing paper. “This paper,” he said, “contains more moisture than the average fuel on the forest floor.”

On the night of Sunday, August 16 a lightning storm passed over the region. That night—



Fire crew containing the Lionshead blaze on the reservation.

at approximately 10:45 p.m., according to Incident Command—a lightning strike happened in Lion’s Head Canyon on the reservation.

Summer lightning fires are common on the reservation, and crews often contain them quickly through the high standard of wildland fire response. What happened next at Lion’s Head, though, was very unusual.

The wind in Central Oregon in the summer should blow from west to east, and at a reasonable velocity. Yet on September 9—as

the crews were working to manage Lionshead and some smaller fires—the region experienced an east-west wind event.

“That is rare,” Mr. Brunoe said. And the wind gusts were at 50 miles per hour—with some reports of gusting at 70 miles per hour. Spotting was happening two miles away—also rare for the region.

The wind quickly pushed the fire west off the reservation, beyond Mt. Jefferson, where Lionshead merged with the already massive Beachie Creek fire.

The same August 16 lightning storm ignited both Lionshead and Beachie Creek, with the Beachie Creek strike happening about an hour after Lionshead, according to Incident Command.

The reservation has been fortunate in that no homes have been lost; meanwhile in Marion County, Beachie Creek consumed close to 500 structures and killed at least eight people.

— Dave McMechan

Congress approves ‘1865 treaty’ nullification

Congress has passed a bill to nullify the ‘treaty of 1865’ with the matter now going to President Trump for final signing into law.

Tribal Council and Governmental Affairs director Louie Pitt have advocated for years that the 1865 ‘supplemental treaty’—also called ‘the Huntington document’—be formally repealed by the federal government. Gov. Kate Brown is in favor of the repeal. This year Rep. Greg Walden and Sen. Jeff Merkley sponsored legislation to repeal the Huntington document.

“The treaty of 1865”—a failed attempt to replace the Treaty of 1855—has never been enforced by a federal court or agency, and the tribes have never recognized it as binding.

The document, though, was ratified in 1867; so it has existed in a technical sense.

Please see **TREATY** on 7

With all safety measures, museum reopens to the public

In adherence to strict Covid-19 and fire, health and safety procedures, the Museum At Warm Springs this week reopened to the public.

During the current wildfire situation and until further notice, the Confederated Tribes of Warm Springs Tribal Council requires all museum visitors and staff to wear KN95 or N95 masks while in the museum or on the museum grounds.

The museum’s new exhibition titled, *The Path of Resilience*, is currently on view through this Saturday, September 26. Featured are beautifully beaded objects, woven



Part of the permanent exhibit at the museum.

treasures, and various items selected from the museum’s permanent collection and archives department.

Throughout the Covid-19 pandemic, the museum has been routinely and thoroughly cleaned and sanitized. The museum has been following the guidelines for public facilities, as regularly updated and closely monitored by the Warm Springs Covid-19 Response Team.

A number of other health procedures have already been established at the museum during the Covid-19 pandemic, all designed to keep the public and museum staff safe and healthy.

Admittance to the museum main exhibition area is limited to 10 people with no more than five in the gallery at one time. Visitation to the Museum Gift Shop will be limited to two people unless the visitors are in one car or unit.

“This has been an extremely challenging time for our museum’s staff, and we are very much looking forward to once again opening our doors to the public,” said Elizabeth A. Woody, museum executive director. “Our visitors can be assured that we are doing everything possible to ensure everyone has a safe and enjoyable time while they are here.”

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Reward for fatal arson information

The FBI is offering a \$10,000 reward for information leading to the arrest and conviction of whoever was responsible for a fatal arson fire May 17 on the Warm Springs Reservation.

The FBI says the fire killed 77-year old Lamont Brown. A second person in the home suffered critical injuries, and a third resident escaped but not before being seriously burned.

A fourth person escaped through a window and was uninjured.

Anyone with information can call the Bend or Portland FBI office. The Bend office number is 541-398-1202.

Or call the Warm Springs Police. The dispatch number is 541-553-1171.

Information can also be left on the FBI tips website: tips.fbi.gov

Lionshead, other fires update

The fight against the Lionshead Fire is getting more help from the sky and on the ground. The fire continues to burn 14 miles west of Warm Springs.

Last weekend the weather finally provided some relief. This allowed firefighters to fly sections of the fire for the first time in seven days.

Having favorable weather has been extremely helpful in this regard. Helicopters were able to accomplish water bucket work and helispots for future work were identified, according to Fire Management.

Containment of Lionshead was above 10 percent. The fire has burned 198,763 acres.

Resources from the National Guard to fight the fire arrived last week. The troops, along with other crews coming to combat the fire, achieved more work on the fire.

Good progress was made, including on the east side of the fire on the reservation, which approaches containment.

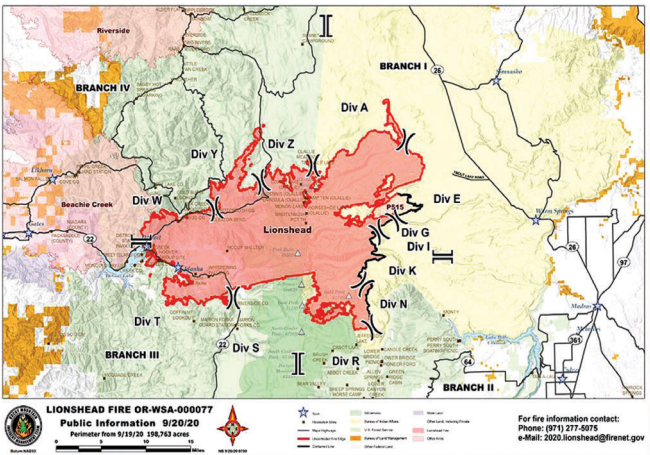
Evacuation notices were in effect for Sidwalter and Miller Flats areas.

Roads and trails near the fire were closed to the public Forest closures were in place for Deschutes, Mt. Hood and Willamette National Forests.

Statewide

Lionshead was one of 10 large wildfires that were burning this week in Oregon. The number was down from a high of 17 earlier in September.

In all across the state, close 2,300 homes have been destroyed this summer by the wildfires.



Tribal Council summary

September 8

The meeting was called to order at 9 a.m. by Chairman Raymond Tsumpti Sr. Roll call: Chief Delvis Heath, Chairman Raymond Tsumpti Sr., Lincoln Jay Suppah, Raymond (Captain) Moody, Anita Jackson (by phone), Wilson Wewa Jr. (by phone), Vice Chair Brigitte McConville, and Glendon Smith. Minnie Yahtin, Recorder.

Bureau of Indian Affairs update with Floy Lori Anderson, Superintendent.

Office of Special Trustee call with Kevin Moore.

Four Chairs meeting – Chairman Tsumpti:

- Raymond, Delvis, Bruce Jim, Chairman, Fish and Wildlife Off Reservation Committee and Ronald Suppah, Chairman, Fish and Wildlife On Reservation Committee will attend the meeting at Wild Horse Casino.

Indian Health Service update with Hyllis Dauphinais, chief executive officer, Warm Springs IHS, and Dr. Locker

Covid Team update with Hyllis Dauphinais, Danny Martinez of Emergency Management, Caroline Cruz, Health and Human Services general manager, Carmen Smith, Public Safety general manager, Louie Pitt, Governmental Affairs directors, and Sue Matters KWSO manager:

- By consensus, Tribal Council accepted the team's recommendation to remain at 50% organizational opening and will review information from the Holiday weekend later this week.
- Oregon Department of Transportation Safety Corri-

Last day to register is coming up

The last day to register to vote in November 3 General Election is Tuesday, October 13. You can register online at sos.oregon.gov.

Or see the site: jeffco.net/cc

And there is a link at kwso.org

Other dates to keep in mind: October 14: The first day ballots are mailed out.

October 28: Last day to mail return ballot.

November 3: Election Day.

The ballot will include the U.S. Presidential candidates. On the Oregon ballot will be one U.S. Senate seat, in a race between Sen. Jeff Merkley, Democrat, incumbent; and Jo Rae Perkins, Republican. Other candidates: Gary Dye, Libertarian. Ibrahim Taher, Progressive-Pacific Green.

The Oregon Second Congressional District represents the reservation.

The candidates on the November 3 ballot for this position are: Cliff Bentz, Republican. Alex Spenser, Democratic. Robert Werch, Libertarian.

In the state legislature, the reservation is part of Oregon Senate District 30, also covering much of eastern Oregon.

The candidates on the November 3 ballot are Carina Miller of Warm Springs, Democrat; and Lynn Findley, of Vale, Republican.

The reservation is part of District 59 in the Oregon House of Representatives. The candidates this year are incumbent Daniel Bonham, Republican; and Arlene Burns, Democrat.

Candidates for Jefferson County Commission are Wayne Fording, Republican; and Kim Schmith, Democrat.

— Dave McMechan



IHS data update on Covid-19

Each week the Indian Health Service updates its Covid-19 data for Indian Country.

Most recently, the IHS data shows that 45,598 of its Covid-19 tests among its service population have returned positive.

That represents an increase of 0.88 percent from the 45,198 reported the previous week.

Altogether, 748,137 IHS coronavirus tests have been administered through mid September.

Overall, the most recent IHS covid testing numbers show a low rate of increase, “reflecting a general slowdown of coronavirus activity reported by the IHS, with fewer tests being administered and fewer positive results being reported since late July.”

Overall, almost 6.1 percent of IHS coronavirus tests have returned positive, according to the data. But the rate is far higher in the IHS Phoenix Area, where 14.3 percent are positive.

Next is the Navajo Area, which serves the largest reservation in the United States. But even with 13.5 percent of tests returning positive, the rate

The Portland Area... has a comparably high rate of 8 percent.

has fallen steadily over the last couple of months, following a noticeable decline as the region with the highest rate.

The Tucson Area, which covers southern Arizona, shows a high positive rate of 8.6 percent. It recently overtook the Nashville Area as the region with the third highest rate within the IHS system. The Portland Area, though, also has a comparably high rate of 8 percent.

Still, the high rates in the Phoenix, Navajo and Tucson regions indicate a disproportionate toll of the coronavirus among IHS patients in the state of Arizona.

On the other end of the spectrum, aggressive efforts in the Alaska Area are turning up very few cases. Out of 171,429 tests administered in Alaska, only 0.88 percent have returned positive, the data shows.

The Alaska Area also far outnumbered every other area—including Navajo—in terms of tests administered. The Oklahoma City Area remains in the second spot.

The data, however, is incomplete. While 100 percent of facilities run directly by the IHS are reporting data, only 33 percent of tribally managed facilities and 44 percent of urban Indian organizations are doing the same, the agency has told Indianz.Com.

Based on the most recent data: The IHS service population across Indian Country is 2,562,290. So based on that figure, 29.2 percent of American Indians and Alaska Natives have been tested for the coronavirus since the IHS began reporting data in March.

The IHS user population, on the other hand, is a much smaller number. As of 2019, 1,662,834 American Indians and Alaska Natives have lived within a service delivery area and have received health care at an IHS or tribal facility during the previous three years. Based on the user population, almost 45 percent of Native Americans have been tested for the coronavirus since the IHS began reporting this data in March.

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Virus: Data details incidence of contagion

(Continued from page 1)

As of Monday, there were six people on the reservation who were being monitored for having close contact with a person or persons with the virus.

Last week and into this week, the smoke hampered the health service broader surveillance testing.

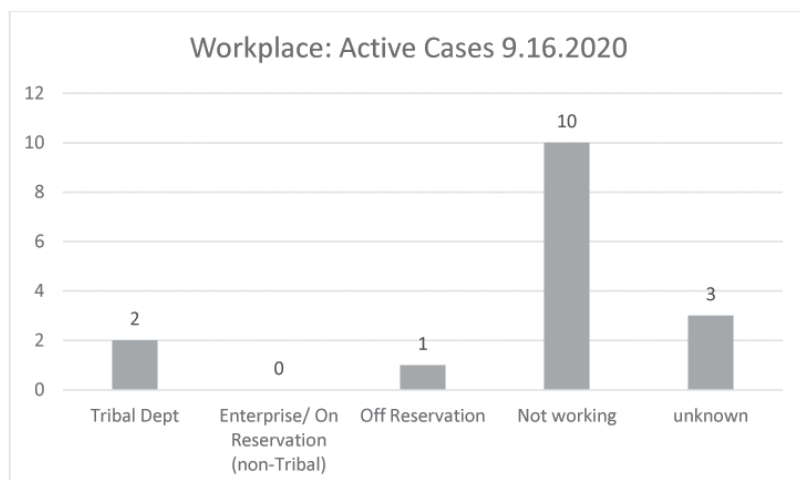
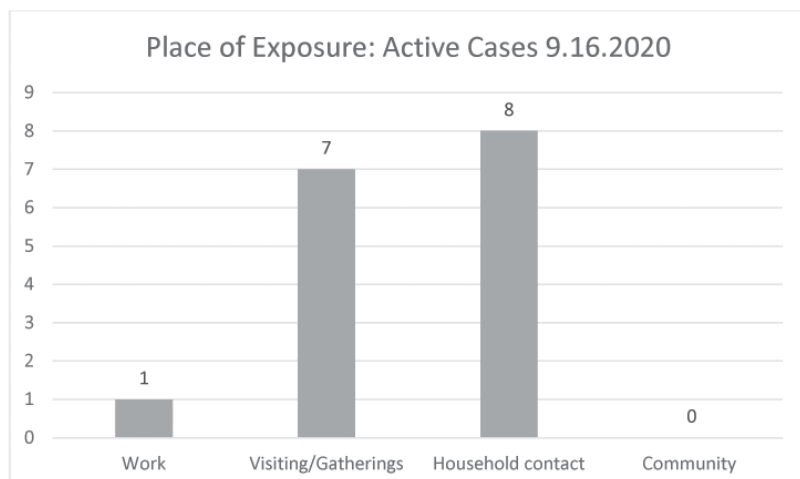
Meanwhile, current hospitalization among the membership was one, a person not on a ventilator.

The Warm Springs Covid-19 Response Team reminds all to keep up the good work in lessening the spread of the pandemic disease. Individuals must remember to mask up—It makes all the difference.

The latest data shows that social distancing should be at least six feet, and more whenever possible.

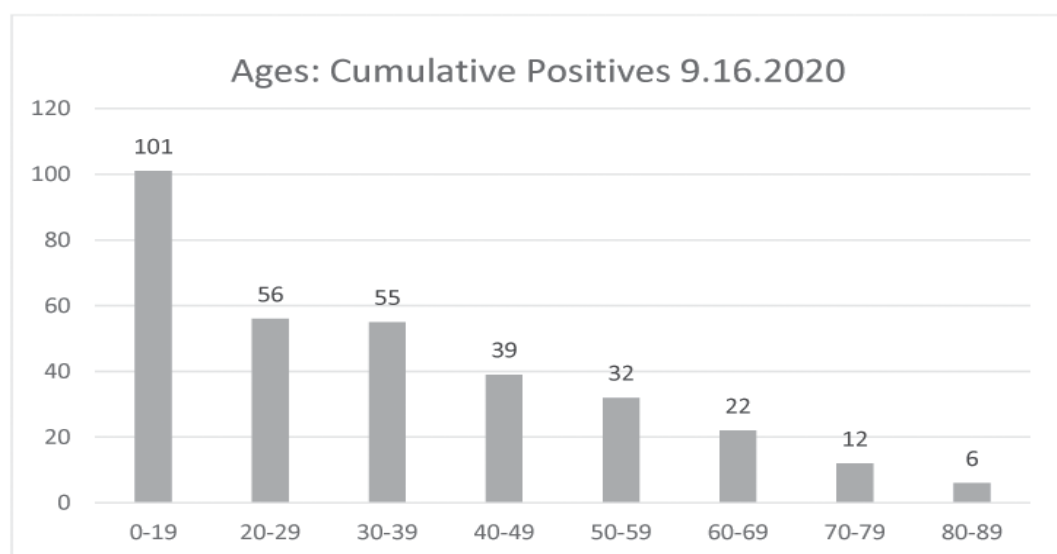
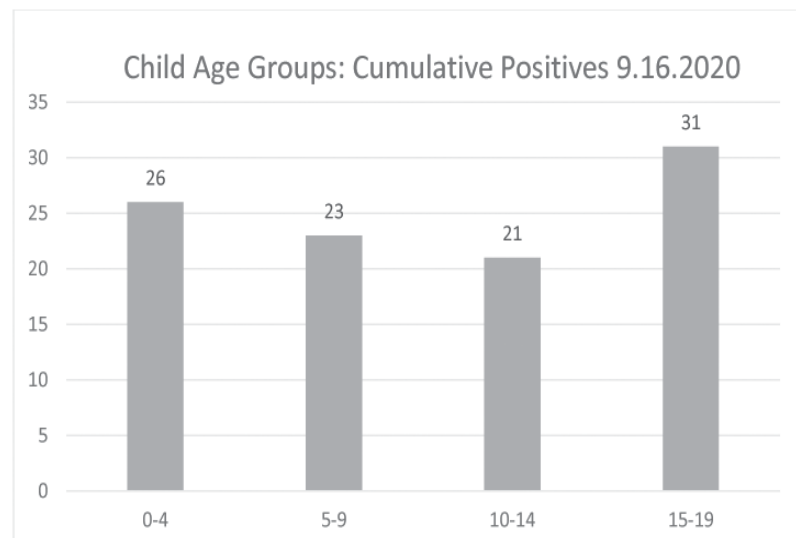
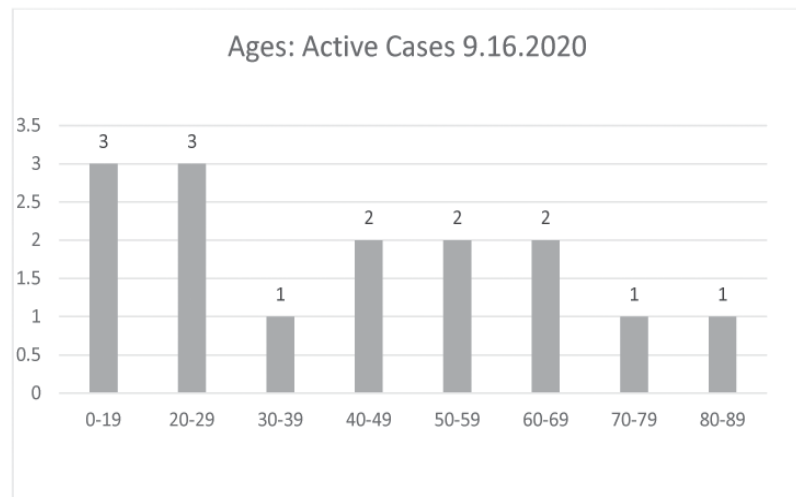
Avoid gatherings, stay away from hot spots, educate your young ones about the dangers of Covid-19. Monitor your own health in case Covid-19 symptoms develop. These include cough, sore throat, shortness of breath, fever, sometimes chills.

If you experience any of these symptoms, call the clinic, 541-553-1196, and talk to a provider. Follow instructions of the provider to better protect yourself, family and community. Stay home, stay safe.



Courtesy Warm Springs Community Health.

Recent demographics showing where people have contracted the Covid-19 virus. Other graphs on this page, at right and below, also show the most recent available data.



Tribal Council summary

September 15

The meeting was called to order at 9:02 a.m. by Chairman Raymond Tsumpti Sr. Roll call: Chief Delvis Heath, Chairman Raymond Tsumpti Sr., Vice Chair Brigitte McConville, Raymond (Captain) Moody, Lincoln Jay Suppah, Anita Jackson, Glendon Smith, Wilson Wewa Jr. Minnie Yahtin, Recorder.

Fire update with Robert Brunoe, Natural Resources Branch general manager; Trey Leonard, Fire Management fire officer; and Noel Livingston, Incident Commander.

Warm Springs Police Department Patrol update with William Elliot, Chief of Warm Springs Police.

Budget overview with Michele Stacona, Secretary-Treasurer; Alfred Estimo Jr., Finance direc-

tor; and Dennis Johnson, Controller.

2021 budget presentations:

- Opening statements with the Secretary-Treasurer.
- Human Resources with Cheryl Tom, department director.
- Governmental Affairs (call back to review 10 percent reduction) with Louie Pitt, department director.

Union Pacific Railroad
Company mediation letter with
Josh Newton, tribal attorney:

• Motion by Captain approving Chairman Tsumpti to sign the letter to the Wasco County Board of Commissioners, c/o Kristen Campbell. Second by Jay. Vote 7-0, Chairman not voting. Motion

carried.

2021 Budget presentations
continue:

- Finance Department with—Alfred Estimo Jr., director.
- Administrative Services with the Secretary-Treasurer.
- High Lookee Lodge (call back for introduction of new director).
- Community Assistance with the Secretary-Treasurer.

CARES Act funding with the Secretary-Treasurer:

• Motion by Glendon approving the CARES Act funding, with an addition to be noted on the Resolution. Second by Anita. Vote is unanimous, Chairman not voting. Motion carries.

Motion by Captain to adjourn at 3:35 p.m.

Health care contact numbers

At the Warm Springs Health and Wellness Center they ask that you call ahead if you plan on going there.

For a regular appointment call 541-553-2610.

The IHS Covid-19 Nurse Triage Hotline is 541-553-5512.

Outside of IHS regular hours you can call the Registered Nurse Health Advice Hotline at 1-866-470-2015.

For all other business
call 541-553-1196.

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Letters to the editor

Lessons

In the beginning the Creator set all the animals in line, to see what they would do for the new people—human beings. With that there became laws governing the people on how to take care of the resources given to them.

This was the first part of the testimony given to and by a medicine man at a medicine dance we called Wumpni. He was a Nez Perce man, his wife a Yakama woman. I remember this time. I was 7 years old, 1952 (at grandpa Charley’s place).

He started singing his song to get under power to see things and interpret them to the people. His power was the bald eagle (Kum a mul). As he sang we danced in a circle, but different than washat. As the song ended his wife came around to each of the dancers and gave them a gift. I got a breast plate from that.

Then he sat down on a chair and an interpreter came out to echo his words. It was like this, “My people, I see a time in far days from now, the people will be given a sign, then they will gather food to last five years.”

The first sign is the younger generation will rebel against their parents, not listening to what is told to them, disrespecting the laws set down by elders.

The second sign will be people from the south will come, learning our language and our songs. We have to be very strong during this time, because there will be no food anywhere, that they will eat people. So our people will have to band together and be strong against these people.

The third sign will be salmon, deer, berries going away. Air will be different, water will be low.

The fourth sign is a disease will come destroying many people, all peoples, so ready yourselves.

The fifth sign is the final sign. This land will be on fire, and the white man will have a hard time.

I may have been very young but I remember it.

Them days people would come from all over, Yakima, Rock Creek, Celilo, Umatilla and Idaho. That time we went for seven days and many gifts were hung up, many things were said, many people were worked on by the medicine people.

That man’s name was Alec Pinkham, whose wife was Elsie (close relation to my grandmother). I didn’t want to take up your time during the meeting so I put it on paper. Thank you for your ears.

Ky-um-a-luc, Bruce Jim Sr.

Construction careers

October is Careers in Construction Month. The Warm Springs Community Action Team wishes to make interested community members aware of construction education opportunities, presented on-line by Build-Oregon.

The webinar series—open to anyone—is a chance to learn about opportunities in the construction industry from local contractors; hear from real-life apprentices; and go behind the scene for virtual tours of jobsites.

To learn more visit: build-oregon.com/careers-construction-month.

Also for more info or questions, please contact Aaron Bouchane at aaronb@agc-oregon.org

Schedule of events

October 6 will be Industry Day, focusing on commercial construction companies. Learn about the work they perform and employment opportunities; and experience a work day. There are four different opportunities, each focusing on a different type of construction company.

There is no pre-registration required. To join, go to link site you would like to join on the date and time listed.

October 6
9:30 to 10 a.m. Nate

McCoy, executive director of National Association of Minority Contractors - Oregon Chapter. Company profiles and site visits. Webinar link: <https://rb.gy/xnxcvz>

10 to 11 a.m. Raimore Construction, a general contractor performing heavy civil projects, is one of the biggest minority contractors on the West Coast. For over 20 years they have employed and mentored people from the community, with roughly 70 percent of employees being women or people of color. Webinar link: <https://rb.gy/xnxcvz>

10 to 11 a.m. EC Electric’s construction portfolio includes commercial buildings, schools, hospitals, data centers, airports, campuses, and manufacturing and processing plants. EC often collaborates with general contractors and owners early in design to minimize initial cost and maximize operational efficiency for the life of the facility.Link: <https://rb.gy/bkn4mc>

1 to 2 p.m. Power Systems West has been providing backup power solutions since 1955. They specialize in sales, service, and parts distribution of industrial power products, with service centers in five Western states. Link: <https://rb.gy/hjckb3>

1 to 2 p.m. Signature projects across the Pacific Northwest form the portfolio of Todd Construction Inc.: They were established in Roseburg in 1942 and built dozens of schools, government buildings, and businesses before migrating north to Tualatin in 1987. <https://rb.gy/rdxbrc>

About census in Indian Country

Running Strong for American Indian Youth and Billy Mills have delivered more than 2,020 signatures to Senate leadership to reinstate the census deadline extension.

Mr. Mills is an Olympic track medalist, and spokesperson for Running Strong for American Indian Youth. Mr. Mills, Oglala-Lakota, commented:

The census is one of the most valuable tools for change and representation in Indian Country. Our Native American communities deserve to be counted and heard.

In early August the U.S. Census Bureau announced their decision to move the 2020 Census reporting date up to September 30, citing costs and logistical difficulty due to the coronavirus pandemic.

However, Native Voices Network projects the new deadline could mean up to \$1 billion in lost federal funding for Indian Country annually, as well as even more losses due to non-federal grants and other programming opportunities which rely on census data to determine funding levels.

Covid-19 obviously hindered the census count events in Indian Country, said Cheryl Kary, director of Sacred Pipe Resource Center, a center for Native American support in Mandan.

Sacred Pipe Resource Center is a program partner of Running Strong for American Indian Youth, and one of the many non-profit organizations involved in grassroots tribal community counting efforts. We are able to provide information, however, in preparation for self-

response events later this month and in October.

Running Strong for American Indian Youth works to help Native American communities meet their immediate critical needs. To learn more about the organization programs visit the Running Strong site at: indianyouth.org

School meals

Jefferson County School District 509-J Food Service offers meals weekdays to youth 18 years and younger for the duration of Comprehensive Distance Learning. The free breakfast and lunch is being provided grab and go style. Meals are served 7:30-8:30 a.m. at the Warm Springs Academy bus drop-off area. Drop off locations in Warm Springs:

Wolfe Point from 6:30-6:45 a.m. Tenino Apartments at Elk Loop and Kalama Lane from 6:50-7:05. Upper Dry Creek at the north end of Tommie Street 7-7:15. Kah-Nee-Ta Hamlets 7-7:15 Trailer Court at Little Oitz and Kuckup 7:15-7:30. Crestview and Sunnyside Drives in Sunnyside from 7:30-7:45. Simnasho 7:45-8 a.m. By the Greeley Heights Community Building 7:45-8. Poosh and West Hills Drive in West Hills

8:05-8:30. The Sidwalter Fire Hall 8:30-8:45. The Seekseequa fire hall 8:30-8:45.

Wishes...

A very Happy Birthday, Chief. From Donna and Bubba.

Happy Birthday to Leona Tenorio, Love, Dad.

Friends, family

To all my relations and good friends back home,

I send all my love and prayers in this time of need, and hope you are all well and good. I also want to wish my baby girl a very Happy Birthday, and pray she has many more to come. Let her know that her dad loves her always.

I have been praying hard for all our people back home, and those living elsewhere that we all get through this epidemic safely. I pray for those back home that we have the strength and determination of mind, body and soul to keep moving forward. I wish you all the best and that I miss you all so very much. And if you feel like writing, please feel free to do so. So take care and God bless. **Leon Tenorio**, no. 690004, 11540 NE Inverness Dr., Portland OR 97220.

Ways to help during the wildfires

For weeks the Lionshead fire on the reservation and beyond was among the largest fires burning in the West. And a dozen or more fires in Oregon were destroying hundreds of homes and killing several people, with some still missing.

There are many ways the more fortunate of us can help fire evacuees and those helping to fight these blazes.



Courtesy Emergency Incident Command

Firefighters, masked for Covid-19 safety, on the Lionshead fire, the reservation.

A great place to start is with the Warm Springs Red Cross. You can reach out to: marge.sohappy@wstribes.org rose.alarcon@wstribes.org

Here are some other ideas:

- Donate to the 2020 Community Rebuilding

Fund, established by Gov. Kate Brown. Both long-term and immediate relief fund portals are available at oregoncf.org

- Sign up to volunteer at the Oregon Office of Emergency Management. The website is:

at oregonrecovers.org/communityos.org

- Donate or volunteer with the Salvation Army Cascades’ Division Emergency Disaster Services at: cascade.salvationarmy.org/cascade2/oregon-wildfire-response



Spilyay Tymoo
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Editor: Dave McMechan

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Spilyay Tymoo, P.O. Box 489, Warm Springs, OR 97761.

Phone: 541-553-2210 or 541-771-7521

E-Mail: david.mcmecan@wstribes.org.
Annual Subscription rates: Within U.S.: \$20.00

During crises, young volunteers help provide items to members

Young people with Heart of Oregon, AmeriCorps, their Thrift Store in Madras this month prepared 150 emergency hygiene packets for distribution. They worked with support from First Interstate Bank.

The packets support the Warm Springs community, which has been challenged by ongoing water issues that are further exacerbated by fire and Covid-19 restrictions.

The community service effort was scheduled to coincide with First Interstate Bank Third Annual Volunteer Day, with bank volunteers helping at Heart of Oregon and other organizations throughout the region.

In the past, First Interstate Bank volunteers have assisted Heart of Oregon with its own pro-



Courtesy HOC

Volunteers at the Thrift Store prepare care packages

grams, but since community service is woven into many Heart of Oregon programs this was a natural way to come together in the service of a greater need.

With Heart of Oregon’s Madras Thrift Store currently closed due to Covid-19, volunteers were able to use the retail space to sort and stuff the packets con-

taining 12 essentials such as hand sanitizer, shampoo, and toothbrushes.

The packets were distributed through the Confederated Tribes of Warm Springs GROW program to its residents.

Heart of Oregon extends gratitude to the businesses who contributed funds, in-kind items, and

time to this effort:

Dollar General, First Interstate Bank, Grocery Outlet, Inn at Cross Keys, Mid Oregon Credit Union, Safeway, and Quality Inn, as well as our generous individual donors.

Heart of Oregon Corps is a nonprofit organization invested in inspiring and empowering change in the lives of Central Oregon youth through jobs, education, and stewardship. Their programming creates pathways out of poverty while stimulating regional economic growth. They apply a ‘work-earn-learn’ model that invests in local young people, many of whom come from disadvantaged backgrounds, to prepare them for the workforce and to encourage their self-sufficiency. For more information or to apply, visit: hearttoforegon.org

Howlak Tichum

Lupe J. Samuels ~ 1929-2020

Lupe J. Samuels, great granddaughter of Chief Billy Chinook, passed away at her home in Warm springs on July 22, 2020 at the age of 90 years old. She was born at her home in Wolford Canyon on November 17, 1929.

Due to limited availability to the outside world, her parents were not able to register her birth until November 19, 1929. Therefore (a note of her humor) whenever she was asked for her date of birth (at every doctor's appointment she would go into a long explanation that she had two birthdays, where at the end of the explanation she would always say, Just choose one.)

Lupe's parents were Manuel Garcia and Jeanette Brunoe Garcia, and she was one of seven children. She was raised on the reservation with her siblings who preceded her in death.

Her father became the first sheriff of Warm Springs. During her adolescent years, her mother, other relatives, and her brothers and sisters commuted to the

Portland area to work in the berry fields, and to Celilo falls to help prepare fish.

As a teenager she was asked to join Dan Macy's All Indian Band as a singer. She had a melodic voice and everyone loved to hear her accompany the dance band. Later the family relocated to Portland, where her father worked for the railroad.

In 1950 she married Walter Langnese Jr. and had three children, Walter Langnese III "Spud", Roxanne Langnese Chinook, and Pamela Langnese Louis. Both daughters preceded her in death.

They lived in Portland, where she worked for Oregon Chainsaw and then Kay Springs, making mattresses.

Lupe was very adventurous and a risk taker in those days. She didn't drive, so when she missed her family in Warm Springs (100 miles away) she would call a cab, use her son's French horn as collateral and take the family German shepherd for protection. When she arrived the cost would be covered by the family members eager to see her.

After Walter Langnese Jr.'s passing, she relocated to Kamiah, Idaho, where she

met and married Robert Samuels, a Nez Perce Native. They had one son, Daniel Samuels, born September 3, 1973.

Lupe longed to return to her birth place, so in 1978 they returned to Warm Springs, where Robert worked for Warm Springs Forest Products Industries, and Lupe worked at the Burger Inn along Highway 26, where the Shell station is currently located.

Robert also preceded her in death. He passed away at home on January 3, 2015, surrounded by family members.

Lupe was a very talented and artistic woman, which she passed on to her two daughters, both artists in their own right.

She used to embroider pill cases; you always knew what you were getting for Christmas.

She drew charcoal portraits, and dabbled in painting. Where she excelled was in her beadwork. She entered many of her beaded bags in tribal art shows at the Museum at Warm Springs, and was able to sell them for hundreds of dollars. She perfected her own beading style. She beaded in the old Wasco style of contouring. She became known for her style among other prominent bead workers. People would comment, Oh, that is Lupe Samuel's

bead work.

Prior to Robert's death they traveled with the Warm Springs Senior Citizens to the Northwest tribal casinos in Washington, Oregon and Idaho. They loved going to Idaho so they could visit Robert's family, and she would enjoy some gambling entertainment.

She continued to travel with the seniors after Robert's death, and really got excited when they would go on bead buying trips.

When Warm Springs built their casino, she became an avid gambler, donating money on a regular basis—She would want you to think she also came out ahead most of the time. In her later years she said she just wanted to "people watch" more than gamble.

She met many people from around the Central Oregon area as well as people from other parts of the country. People were drawn to her because of her quick wit, classy, stylish dress and her many, many, many hats. She was also a member of the local Red Hat Society.

Lupe was a beautiful woman who never looked her age. People were always amazed when she told them how old she was, and then had to add her unique birth story to get a chuckle.

Lupe was a great story teller. She was very versed

and proud of her family. She was always willing to share stories of her childhood, and her bothers' and sisters', whether good, bad or sad, knowing from whence she came.

She was also very opinionated and wasn't afraid to speak her mind, giving her opinion right, wrong or otherwise. It was always comical when you just responded, Okay, whatever you say, just so you could move on to another topic.

Lupe loved her grandchildren and shopped throughout the year for birthday and Christmas gifts for them. She would stash them away to the point of misplacing them only to find them several years later, still thinking of whom they were for, but not remembering the child was three years older now, and wondering why they looked at her funny when they opened them, looking at their parents responding, Really? Thus there was a lot of present trading in the family.

Lupe is survived by her two sons, eight grandchildren, six great-grandchildren, and many nieces and nephews. We miss you mom, grandma, great grandma and auntie. Rest in peace.

Repentence event

A local event celebrating the National Day of Repentence is coming up at Sahalee Park in Madras this Saturday, September 26 at 6 p.m.

What is God requiring for healing America? 2 Chronicles 7:14:

"If my people (Christians) who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from Heaven, and I will forgive their sin and will heal their land."

Repent—Change mind and life—To put God back in first place. Please join us September 26 in the park for a time of worship and repentance prayer for self, family and nation. View "The Return" on Youtube by Jonathan Cahn. Event sponsored by Madras House of Prayer. Please bring chairs and blankets to sit on.

Urbana Manion and Val Fuiava, Madras House of Prayer.

Tribal employees are back at work; however, offices remain closed to walk-in traffic. If you have business to conduct, you should call for an appointment. Check the kwso.org calendar for contact information.

W.S. virtual diabetes classes in October

Warm Springs Health and Wellness Center diabetes classes—for people with diabetes and family members—are coming up in a safe and virtual format in October.

The diabetes education classes will be online, so you can participate from the comfort of your home. The classes will be Wednesdays at noon.

Class one, October 7: Topics are, What is diabetes? And blood sugar monitoring.

Class two will be on Oc-

tober 14, the topics being: What does diabetes effect? And keys to control.

Class three, October 21, will cover: Nutrition and healthy eating.

Class four, October 28: Diabetes medicine today; and Standards of Care to Stay Healthy.

Please register by calling 541-553-2351. You will be sent an email to join.

The classes are in collaboration with the Community Health Nutrition Department and the Diabetes Program.

W.S. Holistic Health 10 tips for better sleep

by **Alicia Oberholzer**
*Physical Therapist
W.S. Holistic Health*

To the tribal community, Here are 10 tips for getting a good night's sleep:

- Establish a night time routine that includes your favorite relaxing activities to help wind down. This could include a bath, reading, watching tv, journaling, and crocheting.
- Try to wake up at the same time daily, even on weekends. This helps set the body's natural clock and promotes consistent patterns of sleep.
- Listen to your body and go to sleep when you are

tired.

If you find yourself laying in bed restlessly for over 20 minutes, it may be best to go into a different room and perform a relaxing activity such as reading, journaling, or listening to music until you feel sleepy.

- Turn off all electronics at least two hours before bedtime.
- Staring at bright screens and exposure to blue light late in the evening can reduce the production of melatonin, a hormone that helps regulate our sleep-wake cycles.
- Create a comfortable environment. You can use heavy curtains, black out blinds, or a fabric eye mask



to increase darkness. A cooler environment is also ideal, with current research suggesting an optimal sleeping temperature between 60 and 75 degrees.

- Avoid stimulants late in the evening. This includes caffeine, nicotine, and alcohol.

Even though alcohol can bring on sleep, after a few hours it acts as a stimulant

and decreases the overall quality of restorative sleep.

- Exercise daily, as this has been shown to reduce insomnia and improve deep sleep.
- Try to avoid stressful or emotionally charging conversations, media, or work just before bed.

These activities can cause release of the hormone cortisol, which increases alertness and may keep you awake.

- Save your bed as a special place for sleep. It is best to find a different space for work, school, games, and day time activities.
- Eat a lighter dinner, preferably earlier in the evening.

Choose foods that digest easily to avoid discomfort during the night.

FALL

Tiyam
Ichishkiin snwit (Sahaptin Language)

K'malalidix
Kiksht awawat (Wasco Language)

Tamanoo yebano
Numu (Paiute)

SEPTEMBER

Waunaq'i
Ichishkiin snwit (Sahaptin Language)

Kmalalidix Akłmin
REFERS TO FALL TIME
Kiksht awawat (Wasco Language)

Tuba
Numu (Paiute)

Madras Campus

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COMMUNITY COLLEGE

THE GREAT TIDE OF HUMANITY:
Race & Gender Reform in 19th Century Concord, Massachusetts

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THURSDAY, OCTOBER 15
4:30 p.m. - Virtual Event
\$5 – Registration Required*
cocc.edu/foundation/vsp

*Students are free: please contact cgilbride@cocc.edu

In advance of College events, persons needing accommodation or transportation because of a physical or mobility disability, contact Joe Viola at 541.383.7775. For accommodation because of other disability such as hearing impairment, contact Disability Services at 541.383.7583.

In the Tribal Court of the Confederated Tribes of Warm Springs

Note: *All proceedings are held at the Tribal Court of the Confederated Tribes of Warm Springs.*

CTWS, Petitioner, vs KATIE SMITH, RESPONDENT; case no. DO98-09. TO: KATIE SMITH:

YOU ARE HEREBY NOTIFIED that a ASSISTED GUARDIANSHIP REVIEW has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **12th day of OCTOBER, 2020 @ 11:00 AM**

IN THE MATTER OF: AARON JOSEPH STRONG , DOB: 11/09/2010. Case No. DO48-20. VANESSA F. KNIGHT-CRANE, Petitioner:

The above individual has filed a Petition with this Court to change said name from AARON JOSEPH STRONG to AARON JOSEPH KNIGHT. A hearing on this matter has been set for **10:00 AM on the 5th day of NOVEMBER, 2020**, at the Warm Springs Tribal Court. Any person who may show cause why this Petition should not be granted must file such objection in writing on or before **22nd day of OCTOBER, 2020**.

IN THE MATTER OF: ROMA VENUS STRONG DOB: 09/10/2013; Case No. DO47-20. VANESSA F. KNIGHT-CRANE, Petitioner.

The above individual has filed a Petition with this Court to change said name from ROMA VENUS STRONG to ROMA VENUS KNIGHT. A hearing on this matter has been set for **10:00 AM on the 5th day of NOVEMBER, 2020**, at the Warm Springs Tribal Court. Any person who may show cause why this Petition should not be granted must file such objection in writing on or before **22nd day of OCTOBER, 2020**.

CTWS, Petitioner, vs TERRINE RABBIE, RESPONDENT; Case No. JV2-11. TO: TERRINE RABBIE, JAYDEAN GILBERT, RON & EUGENIA HAGER:

YOU ARE HEREBY NOTIFIED that a ASSISTED GUARDIANSHIP REVIEW has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **22ND day of OCTOBER, 2020 @ 9:00 AM**

CTWS, Petitioner, vs JENNY BIRD, RESPONDENT; Case No. JV148-08. TO: JENNY BIRD, AARON KEELE:

YOU ARE HEREBY NOTIFIED that a ASSISTED GUARDIANSHIP has been filed with the Warm Springs Tribal Court. By this notice you are sum-

moned to appear in this matter at a hearing scheduled for the **14th day of OCTOBER, 2020 @ 3:00 PM**

DESIREE R. ALLEN, Petitioner, vs CARI ANN STORMBRINGER, RESPONDENT; Case No. DO163-19. TO: DESIREE ALLEN, CARI ANN STORMBRINGER, S H A R D STORMBRINGER:

YOU ARE HEREBY NOTIFIED that an ADOPTION has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **28th day of OCTOBER, 2020 @ 10:00 AM**

G O N Z A L O ARTHUR, Petitioner, vs JESSIE KALAMA, ROSS KALAMA SR., RESPONDENT; Case No. JV113-14. TO: GONZALO ARTHUR, MONICA FRANK, JESSIE KALAMA, ROSS KALAMA SR.:

YOU ARE HEREBY NOTIFIED that a CONSERVATOR GUARDIANSHIP has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **20TH day of OCTOBER, 2020 @ 3:00 PM**

CTWS, Petitioner, vs G E R A L D I N E SWITZLER, RESPONDENT; Case No. JV15-11. TO: LAURA S W I T Z L E R , G E R A L D I N E SWITZLER:

YOU ARE HEREBY NOTIFIED that a ASSISTED GUARDIANSHIP REVIEW has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **26TH day of OCTOBER, 2020 @ 2:00 PM**

EDNA GONZALES, Petitioner, vs CHANDA ROBINSON, Respondent; Case No. DO57,58-17. TO: CHANDA ROBINSON, CODY MILLER, EDNA GONZALES:

YOU ARE HEREBY NOTIFIED that a CONSERVATOR GUARDIANSHIP has been scheduled with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **15th day of October 2020 @ 4:00 PM**

CTWS, Petitioner, vs L O R R E E N STORMBRINGER, Respondent; Case No. JV55-18. TO: LOREEN STORMBRINGER, CPS, JV PROS:

YOU ARE HEREBY NOTIFIED that an ASSISTED GUARDIANSHIP has been scheduled

with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **12th day of NOVEMBER, 2020 @ 3:30 PM**

CTWS, PETITIONER, vs VIRGINIA MCKINLEY, RESPONDENT; CASE NO. JV72-17, JV73-17. TO: VIRGINA MCKINLEY, ANDREW SMITH SR:

YOU ARE HEREBY NOTIFIED that a SUPERVISED PROBATION REVIEW/ ASSISTED GUARDIANSHIP has been scheduled with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **21ST day of October, 2020 @ 2:00 PM**

TIFFANY HUNT, Petitioner, vs TANAYA HUNT , Respondent; Case No DO91-20. TO: TIFFANY HUNT, TANAYA HUNT, BLAKE W E A S E L H E A D , SYLVANIA RUSSELL-BRISBOIS:

YOU ARE HEREBY NOTIFIED that A CONSERVATOR GUARDIANSHIP has been scheduled with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **29TH day of OCTOBER, 2020 @ 3:00 PM**

Confederated Tribes of Warm Springs, Petitioner, vs Jimmy Koppenhafer, Respondent; Case No. CV3-07. TO: Jimmy Koppenhafer:

YOU ARE HEREBY NOTIFIED that a Show Cause Hearing has been scheduled with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for **SEPTEMBER 29, 2020 at 1:00 pm**

PROBATE

In the matter of the state of Norman Nathan, W.S., U/A, deceased. Estate no. 2012-PR12. To Susan Nathan Smolinski and Renee Krstovich: You are hereby notified that an informal probate hearing is scheduled for **October 16, 2020 at 1:30 p.m.**

In the matter of the estate of Hazel L. Seyler, W.S., U/A, deceased. Estate no. 937-14-99. To Charles Nathan and Sara Evans: You are hereby notified that an informal probate hearing is scheduled for **October 16, 2020 at 1:30 p.m.**

Opinion

Mischaracterization of history of Falls

This opinion article was submitted to The Portland Tribute by Raymond Tsumpti, chair of the Confederated Tribes of Warm Springs; Delores Pigsley, chair of the Confederated Tribes of Siletz; N. Kathryn Brigham, chair of the Confederated Tribes of Umatilla; and Delano Saluskin, chair of the Confederated Tribes and Bands of Yakama Nation:

In a recent article—‘Willamette Falls Trust apologizes for harming tribes’—there was a mischaracterization of the tribal history and relationships to the Falls of the Confederated Tribes of Warm Springs, Siletz Indians, the Umatilla and Yakama Nation.

The article inadvertently advanced a false narrative that the Grand Ronde Tribe is the only tribe with historic, cultural and legal interests in Willamette Falls, and that other tribes only visited with their permission and sufferance.

This could not be further from the truth. Many different Indian bands and tribes stewarded and made use of the Falls for thousands of years, including the ancestors of our four tribal nations. Willamette Falls was an Indian gathering place, similar to Celilo Falls. Our tribes met there to harvest, trade, visit and even intermarry.

The Indians who were

signatories to the ratified 1855 Treaty of Kalapuya were removed to the Siletz Reservation and the Grand Ronde reservations. Indians at the Falls who came from the east were removed to several reservations, but preserved in three other ratified 1855 treaties their rights to continue to fish at all usual and accustomed fishing places, however distant from those reservations. Although our ancestors came from many places, we are now identified by the reservations they were moved to: Warm Springs, Siletz, Umatilla, Yakama and Grand Ronde.

The Treaty Tribes work together on issues of mutual interest on the Willamette River and at Willamette Falls specifically. Recent examples include the cleanup of the Portland Harbor Superfund site, Portland General Electric FERC licensing processes and the Willamette Falls Locks Commission.

Even more recently, Congress recognized the interests of these tribes, not just Grande Ronde, in protecting salmon and restoring ecological balance to the Willamette River in and around Willamette Falls.

The Grand Ronde Tribe’s strategy of exclusion of our Tribes insults the history of our Tribes, especially after our Tribes banded together, at their request, to support the Grand Ronde Tribe’s reestablishment in 1986 through Congress.

We stood with the Grand

Ronde Tribe in its time of critical need. Sadly, not long after correcting a historic injustice to the Grand Ronde people, they chose to disrespect our effort through a significantly funded media campaign designed to remove our histories at the Falls.

Your editors should have done additional investigation when the Grand Ronde Tribe declared its intent to exclude other tribes, claiming that “other tribal” representation on the Willamette Falls Trust Board would somehow ‘undermine’ Grand Ronde. This claim stands far from the truth. Our collective efforts have always made us stronger in the protection of natural resources.

Conversely, the Willamette Falls Trust Board strives to understand the complex nature of Willamette Falls and are interested in inclusion and collaboration to share the full story.

Our past, as well as our future, are united by Willamette Falls.

The Willamette Falls should be protected for the natural and cultural resources it possesses, our shared history it represents, and should be restored and enjoyed by all rather than subject to commercial development for any one entity’s gain.

Awareness Month sheds light on survivors

by Liz Hill, Red Lake Ojibwe StrongHearts Native Helpline

Every October during Domestic Violence Awareness Month, advocates and communities across Indian Country rally together to honor survivors of domestic violence and support abuse prevention.

In 2020, StrongHearts Native Helpline once again calls on advocates, tribal leaders, reservation and urban Indian community members, service providers and Native organizations to support the movement to prevent and end domestic violence, which disproportionately affects millions of Natives every year.

Violence against Indigenous peoples began with European contact and has continued to this day, adding up to more than 500 years of abuse. Domestic



violence, which continues as a tool of colonization, represents a lack of respect for Native peoples.

Native women and men in the United States experience domestic violence at alarming rates, with more than four in five Natives having experienced some form of violence in their lifetime and more than half experiencing physical vio-

lence by an intimate partner in the past year.

For one-on-one advocacy, see: **strongheartshelpline.org** Or call 1-844-7NATIVE (762-8483).

Domestic violence has many faces: physical, sexual, emotional, cultural, financial and digital. It doesn’t discriminate and includes violence against children, elders, LGBTQ2S individuals. There is also a strong connection between domestic violence and thousands of Missing and Murdered Indigenous women.

Native nations in the Lower 48 and Alaska Native Villages continually go underfunded for life saving domestic violence services. Now in its fourth year of operation, StrongHearts has received more than 9,103 phone calls and online chats.

Integrated Resource Management Plan (IRMP) Community Survey

Help give feedback to IRMP Team for the 2022 Revision

CTWS Branch of Natural Resources wants to know what you think? Access the survey by going to <https://qrgo.page.link/UUEV5>

or take a picture of this QR code to get directed to the survey.

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Health impact of Lionshead was the smoke

For a time last week much of the West, including the reservation, had the most unhealthy air quality on earth. The conditions are better now, though the recent Branch of Natural Resources Air Quality Report was still evaluating the reservation air as ‘unhealthy.’

Tim Outman, air quality specialist with the Branch of Natural Resources, has been monitoring the reservation air on a daily basis since 2008. “I’ve never seen anything like that,” Mr. Outman said of last week’s blanket of smoke.

The bad air—during the height of the Lionshead blaze—was unique not only in the density of the smoke, but also in the number of days that the conditions persisted.



Courtesy Tim Outman/WSBNR

The Purple Air Sensor outside the Branch of Natural Resources building. The device is about the size of a softball. A second sensor is outside the clinic.

“During a fire, we might see that—in the unhealthy range—for a day or two,” Outman said.

The Lionshead extreme conditions last days. As a re-

sult, the organization had to close for a day and half, plus late start days, including into early this week.

Last week the smoke level brought a rating of “very unhealthy.” This is defined as, “Health warnings of emergency conditions. The entire population is more likely to be affected.”

The definition of “unhealthy air quality”—registered earlier this week—is: “Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects.”

The very worst air, “Hazardous,” is: “Health alert: Everyone may experience more serious health effects.”

In response to the conditions, the Branch of Natural Resources received from

the Environmental Protection Agency two ‘Purple Air Sensors.’ These are now located at the Natural Resources building, and at the clinic. The plan is also to place one at Simnasho.

The current air quality data from the sensors can be accessed at any time on the Internet. These are the sites:

Indian Health Services sensor:
www.purpleair.com/map?opt=1/m/i/mAQI/a10/cC4#12.19/44.72248/-121.25415

Branch of Natural Resources:
www.purpleair.com/map?opt=1/m/i/mAQI/a10/cC4#12.19/44.75178/-121.23597



Courtesy Shannon Ahern/509-J

First-grader Wyatt Bennett, building lunar landers.

Intel’s kindness and generosity in helping to prepare our students for their future through hands-on learning that incorporates both social emotional and technical skills through creative and fun project-based learning,” said Melinda Boyle, director of curriculum and instruction for the school district.

The kits will be available to Jefferson County School District students once in-person classes resume.

Jefferson County School District 509-J was also recently named one of seven school districts in Oregon that will receive grants next month to support students at Title I schools with laptops, internet connectivity, and LEGO Education learning solutions as part of the Creative Learning Connections grant program.

Holistic Health tips for dealing with pain

by Alicia Oberholzer
Physical Therapist
W.S. Holistic Health

The human body comes equipped with a living alarm system composed of 45 miles of interconnected nerves. The nerves are constantly alert and buzzing with electricity, armed to keep us safe.

When an injury occurs, such as touching a hot stove, the alarm system is tripped. The nervous system fires a message that travels from your hand, to your spinal cord, up to your brain telling you to move your hand immediately. Pain is not a bad thing, as it is normal and necessary to keep us safe.

Immediately following an injury, the human alarm system is on high alert. This extra sensitivity, commonly felt as lingering pain, should ideally diminish over time. However, research has indicated that in 25 percent of indi-



viduals, the alarm system does not return to it’s previous resting level. Instead, the nerves remain extra sensitive. If the pain lasts for more than three months, it is termed as chronic.

For individuals with chronic pain, activities and experiences that used to be well tolerated begin to cause pain. Research has shown that pain thresholds can be further affected by factors such as life stress, extreme temperatures, poor sleep, or illness.

Example: Sally broke her wrist when she slipped and fell on the ice. Her x-ray showed good healing within

months. Six years later, Sally continues to experience wrist pain, especially when it is cold outside. When she is chilly, even small movements or light chores are painful. In this case, even though the fracture has healed, her nerves are still sensitive.

Her nervous system continues to be on high alert from the trauma of her old injury. It now takes less stimulus to trigger the alarm system and send a “danger” signal through the nervous system for the brain to interpret as pain.

Chronic pain is unique, individual, and very real. It can be exhausting, frustrating, and life changing. The good news is that new research indicates that there is hope for desensitizing sensitive nervous systems. Encouraging results have been found using pain management programs composed of graded movement progressions, aerobic exercise, sleep hy-

giene, nutrition, meditation, acupuncture, and manual therapy.

If you are struggling with chronic pain, Warm Springs Holistic Health is here to help. If you are interested in learning new strategies to help improve your activity tolerance and quality of life, ask your medical doctor if a referral is appropriate for you.

Warmly, **The team at Warm Springs Holistic Health**

If you have further questions, feel free to contact a physical therapist at Warm Springs Holistic Health for more information.

Warm Springs Holistic Health is open 8 a.m. to 5 p.m., Monday through Friday. Appointments are required. Call 541-777-2663 to learn more. The center, a program of Managed Care, is located on campus next to the courthouse.

Treaty: Tribes never agreed to ‘1865’ document

(Continued from page 1)

A summary statement of the proposed repeal law contains this brief summary:

The Indians of the Warm Springs Reservation neither complied with the 1865 treaty nor understood its provisions.

Affidavits taken by the U.S. Department of Justice from Warm Springs Indians

present at both the 1855 and 1865 treaty signings show they understood the later treaty simply to provide a pass system for Indians leaving the reservation to exercise their off-reservation rights.

Additionally, the United States, the other party to the 1865 treaty, has consistently ignored the 1865 agreement

and has on numerous occasions over the past 154 years enacted legislation affirming the Tribes’ 1855 off-reservation treaty rights.

It appears that no federal government agency has ever asserted that the 1865 treaty was enforceable or had any legal effect.

The Treaty of 1855 cre-

ated the Warm Springs Reservation while recognizing the tribal right to hunt, fish and gather at usual and accustomed places and on “unclaimed lands” within and beyond the 11-thousand square miles of the Ceded Lands. This is the only foundation document of the modern era Confederated Tribes.

Analysis: Columbia steelhead numbers up

Steelhead numbers are up this year, but don’t call it a rebound. At least not yet.

Dam counts and passive integrated transponder, or PIT, tag analysis indicate fish returning to the Snake River this fall and next spring will post their best return in more than three years.

Through last week, more than 81,400 steelhead had been counted at Bonneville Dam. That is ahead of the 55,800 counted at this time last year and better than the returns of about 66,600 in 2018 and 77,400 in 2017.

But some context is required. Steelhead returns have been abysmally poor the past three years. While the run is showing improvement in 2020, its projected performance still falls well

below the 10-year average of about 173,000. More context: The 10-year average has been shrinking because of the recent poor return years replacing more robust years in the data set. Just four years ago it was 270,000.

“The last three years are the worst three years since we have seen since collecting PIT tag data,” said Joe DuPont, regional fisheries

manager for the Idaho Department of Fish and Game at Lewiston. There also is some promising news for fall chinook and coho. DuPont

said it appears the fall chinook run may exceed expectations “but we are not sure if the run is early or just above forecast.”

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Intel ‘Future Skills’ donation to schools

Earlier this month, Jefferson County School District 509-J was the proud recipient of a donation from Intel Corporation of Future Skills kits.

The kits are designed to help students strengthen their technology and essential skills, and build their confidence and capacity for innovation, complex problem-solving and persistence.

Intel donated 600 Future Skills Activity Kits, along with 150 goodie bags to students in Jefferson County. The kits came in four different STEM/Design thinking-based activities:

Paper Circuits – Create interactive art using copper tap, LEDs and a coin cell battery to build a flat paper circuit to bring your art to life.

Slime – Create and test basic slime recipes and then concoct a new slime creation of your own design.

Scribble Bot – Create a simple robot that can autonomously scribble or draw on paper.

Lunar Lander – Using only the materials listed, design and build a device that will keep an “astronaut” safe when dropped from various heights.

“We have been very fortunate to be the recipient of

Fishery through Friday

A zone 6 tribal fishery is open through 6 p.m. this Friday, September 25. Allowed gear is set and drift gillnets with an 8-inch mesh size restriction.

Allowable sales are salmon (any species), steelhead, shad, yellow perch, bass, walleye, catfish and carp. Fish many sold or retained for subsistence. Fish landed during the open periods are allowed to be sold after the period concludes.

Sturgeon many not be sold, but sturgeon from 38 to 54 inches fork length in the Bonneville pool, and sturgeon from 43 to 54 inches fork length in The Dalles and John Day pools may be kept for subsistence only.

Closed areas: The river mouth and dam are closed areas applicable to gillnets. The Spring Creek hatchery

sanctuary will be reduced to 150 feet around the hatchery ladder.

Covid-19 guidelines: Please review the Safe Fishers, Safe Fisheries guidelines to help prevent the spread of the virus and protect the vulnerable members of the tribal community. See: Critfc.org/safe-fishers-safe-fisheries

There will be a Compact hearing to consider additional fishing this Thursday, September 24 at 10 a.m. The zone 6 platform, and hook and line fishery regulations remain unchanged.

If you have law enforcement or safety concerns please contact Columbia River Inter-Tribal Enforcement in Hood River at: 1-800-487-3474 or 541-386-6363. For information on marketing tribal caught fish, contact Buck Jones, Salmon Marketing Specialist at 503-238-0667.

Off reservation hunting

The Confederated Tribes of Warm Springs has adopted the off-reservation hunting seasons and regulations. Current off-reservation seasons are:

Pronghorn antelope: Now through October 31.

Archery, deer and elk: Through October 2.

Off reservation buck and deer, rifle: Through October 31.

Early elk, cow and spike: Through October 16.

Bull elk: October 17 through November 30.

Late elk, cow and spike: December 1 through January 31, 2021.

Bighorn sheep hunts: Through November 30.

John Day Canyon mule deer buck: November 1 through November 29.

John Day Middle Fork white-tail hunt: October 3 through November 30. For assistance you can email: wildlife.tags@ctwsbnr.org

Or call 541-553-2001 during business hours.

SPECIALS *Early* **CRUMPER** 866-299-0644

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<p>2019 Jeep Cherokee - 24,225 miles - \$25,995 #83737b</p> 	<p>2019 Toyota 4-Runner - 42,098 miles - \$42,995 #C0131</p> 
<p>2015 GMC Acadia - 91,250 miles - \$22,995 #29585a</p> 	<p>2018 Toyota Corolla - 36,018 miles - \$18,995 #C0130</p> 
<p>2016 Dodge Charger - 70,778 miles - \$23,995 #30875a</p> 	<p>2013 GMC Terrain Denali - 93,571 miles - \$17,995 #01290c</p> 
<p>2013 Nissan Altima - 121,385 miles \$10,995 #P2049</p> 	<p>2014 Chevy Impala - 137,386 miles - \$12,995 #96815b</p> 
<p>2012 Acura ZDX - \$19,995 #57236a</p> 	<p>2012 GMC Yukon - 129,158 miles - \$17,995 #55697a</p> 
<p>2011 Ford Explorer - 127,326 miles - 14,995 #18618C</p> 	<p>2009 GMC Envoy - 120, 939 miles - \$12,995 #2757a</p> 

State adopts 'All Students Belong'

The Oregon State Board of Education unanimously approved the “All Students Belong” rule. The new temporary rule—the first of its kind in the nation—bans the use of Confederate flags,

swastikas or nooses in all Oregon schools.

Bend Republican State Representative Cheri Helt says she will move to codify the “All Students Belong” rule into state law in the

2021 legislative session. She says the “All Students Belong” rule sends a message to Indigenous and people of color Oregon won’t tolerate racism, white supremacy or hate.

Jefferson County Commissioner Candidate

Kim Schmith

Will be in **Warm Springs** on

Thursday, September 24th, 4-5:30pm

Monday, October 5th, 3-4pm

Tuesday, October 13th, 4-5:30pm

These will be small, informal gatherings for Warm Springs community members to ask Kim questions. More importantly Kim wants to know about the concerns of the Warm Springs community, and how people see her best serving the needs of the Warm Springs community as a County Commissioner.

To best serve as many people as possible, while respecting the need for social distancing, these will be held **outside, diagonally across from the US Post Office in Warm Springs, along Wasco Street.**



I will serve with:

Integrity & Transparency

VOTE

KIM SCHMITH

for County Commissioner

FIGHTING FOR RURAL



I want to hear from YOU! Tell me your vision for Jefferson County.

541.980.6371 • KimSchmith2020@gmail.com

Paid for by the Committee to Elect Kim Schmith

A reservation burn ban is in effect due to extreme fire danger conditions.

It is critical to take precautions to help protect people, property and resources.

All outside agricultural and residential burning is not allowed.



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