

# Spilyay Tymo

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November – Anaku Ipach'aanxa Yaamash

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## Covid-19 measures

The tribal organization is on a 50-percent workforce reduction through December 2. General managers are deciding as to the 50-percent workforce personnel for each area.

This week's Tribal Council action comes on the recommendation of the tribal Covid-19 Response Team; as the reservation this week has seen a significant spike in positive cases.

The state of Oregon, meanwhile, is on 'freeze' with many business closures and safety restrictions. The tribal and state restrictions are both in effect through December 2.

Before the Covid-19 spike this week, the reservation last week saw 28 new cases for a then-total of 39 active cases. The positivity rate was 13.8 percent, before adding this week's cases. And there were many close-contact tracings, monitored by Public Health.

Total cases of Covid-19 on the reservation identified since the pandemic began in March is more than 430. Over that time, IHS and Health and Wellness have conducted more than 4,430 tests for Covid-19.

Since March, 47 people of the reservation have been hospitalized due to Covid-19. Forty-six people have been discharged from the hospital, as of late last week.

Ten tribal members of the reservation have died from the virus.

## Solar solution to water, development

The Confederated Tribes, the Warm Springs Economic Development Corporation and private donors are making it possible to partner with Source Global, a public benefit corporation, to deploy sustainable solutions to the tribe's longstanding water crisis.

Over the past two weeks, Source Global has hired 14 members of the Warm Spring community to begin installing the first phase of a 'Source Field' in Warm Springs.

A Source Field is made up of a large array of Source hydropanels that harness the power of the sun to create clean water out of the vast amount of moisture in the atmosphere. From there, the system enhances the water with minerals and provides water to a filling station where residents can get the equivalent of high-end bottled water free of charge and free of single-use plastic waste.

Once installed to full capacity next spring, the Field will be able to make a significant contribution to the community's need for clean drinking water. The economic development arm of the Confederated Tribes, the Warm Springs Economic



Courtesy Ben Bisland/WSED

A SOURCE technician joins Warm Springs Construction at the panel field by the industrial park.

Development Corporation is leading the project.

"For years, our community has endured shortages and poor water quality, and at times we haven't had the drinking water to meet our basic needs," said Jim Souers, chief executive officer of Warm Springs Economic Development. "Now we're creating our own sustainable source of drinking water, using nothing but the earth's renewable resources: Sunlight and air."

Many in the Warm Springs community have been relying on bottled water to meet their drinking

water needs. Source and Warm Springs Economic Development estimate that in the next year alone, the initial Source Field will sustainably create enough drinking water to offset up to three quarters of a million plastic bottles. Over its lifetime, the Source Field built to full capacity can save tens of millions of single-use plastic bottle waste from going into landfills.

As part of the project, reusable, two-and-a-half-gallon containers will be provided free to the community to be used at the filling station with UV technology

sterilizing the containers as they are filled. The project could be operational by the end of the year.

To support homes that have ongoing water quality issues, the Tribal Council also allocated Covid-19 funding to provide up to 50 Source residential systems to homes with a two hydropanel system. The system will provide a separate water faucet in the house, and it will not be connected to the current water plumbing—thus providing an independent drinking water supply to the home.

See **WATER PANELS** on 3



Mitchell Lire/KWSO photos

The Confederated Tribes, veterans and families, and the American Legion Auxiliary No. 48 hosted the 2020 Veterans Day Parade, November 11 (see more on page 2).



## Supreme Court case and the ACA in Indian Country

In 2014 the Affordable Care Act opened up expanded Medicaid for all people of a certain income level. Before the ACA, Medicaid coverage was mostly limited to low-income children and pregnant women, the disabled and the elderly.

Expanded Medicaid has allowed for greater health insurance coverage among the tribal membership. Close to three-quarters of the Confederated Tribes members now have insurance coverage under Medicaid Expansion.

Before the Affordable Care Act and Expanded Medicaid coverage, the tribal Managed Care program had to cover much more of the medical costs of the members. This would lead to shortfalls, and some rationing of non-essential health services, especially during the later times of the year.

Without Medicaid Expansion, there is the possibility that Managed Care could go into limited services as happened in the early 2000s.

With the coronavirus prevalent, if Medicaid Expansion didn't exist, Managed Care's funding would be depleted exponentially, jeopardizing the health services of our community.

Clearly, the ACA has improved

health care among the membership. In short: The ACA Medicaid Expansion led to coverage gains among American Indians, and increased revenue to IHS- and tribally-operated facilities.

And for these reasons the recent U.S. Supreme Court case involving the ACA has been of great interest to tribes. The Supreme Court heard arguments in the case earlier this month. One option for the court could be to overturn the ACA as unconstitutional.

There was some good news following the oral arguments, because court observers said the justices appeared to reject the idea that the entire ACA should be thrown out.

Those in particular who appeared to reject the challenge to the law were Chief Justice John Roberts, who voted to uphold the ACA in 2012; and Justice Brett Kavanaugh. They suggested that it was not the place of the Supreme Court to invalidate the entire law.

This was the third time since 2014 that the Supreme Court has heard a significant challenge to the Affordable Care Act. Regarding this most recent case, U.S. Senator Tom Udall of New Mexico, vice chair of the Senate Committee on Indian Affairs, commented:

Please see **ACA** on 4

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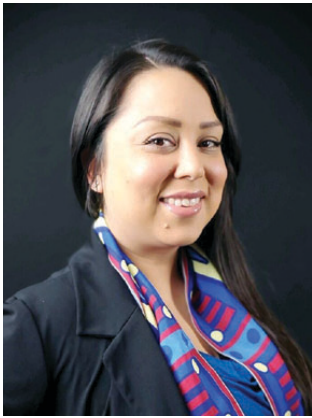


## New Gorge Commission vice chair

The Columbia River Gorge National Scenic Area encompasses 292,500 acres in Washington and Oregon. Setting management policies for the Scenic Area is the Columbia River Gorge Commission.

Their mission is to establish and implement policies and programs that protect and enhance the scenic, natural, recreational and cultural resources of the Columbia River Gorge; and to support the economy of the area by encouraging growth to occur in existing urban areas, and allowing economic development consistent with resource protection.

Carina Miller, economic researcher for the Warm Springs Community Action



Carina Miller

Team, joined the Gorge Commission last year. This fall she was elected to serve the commission vice chairwoman. She is the first Native American to serve as an officer on the Gorge Commission, said Robert Liberty, commission chair.

Carina provides the im-

portant Native perspective to the Gorge Commission, Mr. Liberty said, while bringing a younger perspective to the issues facing the Columbia and Scenic Area.

“I’m very pleased to have her working with us as vice chair,” Liberty said. “She speaks as a member of a Columbia treaty tribe and as a younger person. And this needs to be reflected in our work.”

A big project the commission has been working on is the ‘Gorge 2020’ Management Plan. The commission approved the updated plan last month, following four years of work. This was a rewarding and far-ranging project, reflecting the size and diversity of the Scenic Area and the changing times, Carina said.

## 2021 tribal budget comments

The Confederated Tribes of Warm Springs proposed General Fund Tribal Budget for 2021 was posted in October, and an informational mailing went out to the

membership.

The proposed budget has a projected decrease from the 2020 budget.

The budget is posted at the tribal administration building, Warm Springs

Market, the Post Office and Three Warriors Market. Tribal Members can submit comments in writing to the Tribal Council by this **Friday, November 20.**

## Tribal Council November agenda

*The following are items on the November agenda of the Tribal Council of the Confederated Tribes of Warm Springs (subject to change at Council discretion):*

### Wednesday, November 18

9 a.m.: School district memorandum of understanding discussion with tribal Education Committee, and Ken Parshall, district superintendent.

10: Sign ordinance discussion with the Land Use Committee.

11: Right-of-way ordinance discussion with Land Use.

1:30 p.m.: Warm Springs ballfields rehabilitation grant project with Bruce Irwin.

2:30: Family First Act with Cecelia Collins, Children’s Protective Services.

3: Wood cutting ordinance with the Timber Committee.

4: Fish Accords discussion with Robert Brunoe and John Ogan.

Thursday-Friday, November 19-20: Columbia River Inter-Tribal Fish Commission meeting by teleconference.

### Monday, November 23

9 a.m. Secretary-Trea-

surer update with Michele.

10: December agenda with Michele.

11: Draft resolutions with Michele.

1:30 p.m.: Legislative update calls.

2:30: Enrollments with Lucille Suppach-Samson, Vital Stats.

### Tuesday, November 24

9 a.m.: 2021 Budget approval with Alfred Estimo and Michele Stacona.

**Wednesday, November 25:** Organization early shutdown at noon.

**Thursday and Friday:** Organization closure for Thanksgiving.

## Tribal Council summary

### November 2, 2020

The meeting started at 8:55 a.m. with the invocation given by Carlos Calica. Roll call: Chief Delvis Heath, Chief Joseph Moses, Chief Alfred Smith Jr., Chairman Raymond Tsumpti Sr., Raymond (Captain) Moody, Lincoln Jay Suppah, Anita Jackson, Wilson Wewa Jr., Vice Chair Brigitte McConville, Glendon Smith. Minnie Yahtin, Recorder.

• Tribal Freezer Update with Travis Wells, Utilities.

• Bureau of Indian Affairs update with Floy Lori Anderson.

• Office of Special Trustee update with Kevin Moore.

• Indian Health Service update with Dr. Locker, Diane Fuller and Hyllis Dauphinais.

• Covid Team Update: This week the team will meet with the longhouse leaders and talk about attendance

per services held at the longhouse, with recommendations for social distancing and so forth.

• Federal legislative update call Matthew Hill.

• State legislative update call with Michael Mason.

• Tribal Attorney update with Ellen Grover.

• Executive session, 2:10-2:30.

• Tribal Attorney update with John Ogan.

Motion by Delvis to adjourn at 3:20 p.m.

### November 4

The meeting was called to order at 9:01a.m. by Chairman Raymond Tsumpti Sr. Roll call: Chief Delvis Heath, chief Joseph Moses, Raymond Captain Moody, Lincoln Jay Suppah, Vice Chair Brigitte McConville, Anita Jackson, Glendon Smith, Wilson Wewa Jr. Minnie Yahtin, Recorder.

• Warm Springs Compos-

ite Products update with Jacob Coochise and Scot Lowe.

• Timber LLC update with Cal Mukumoto.

• Warm Springs Housing Authority update with Danielle Wood, Joel Holliday and Eli Smith.

• Kaskela Property Discussion with Ellen Grover.

• Resolutions with Secretary-Treasurer:

• Consensus to table the Resolution for Tribal Land Assignment No. 234 for research on a Will or Written document.

• Motion by Anita to table the Resolution renewing the United States Post Office Commercial Lease so the Land Services Administrator can gather all related documents. Poll: Joe/no, Captain/yes, Jay/yes, Delvis/yes, Alfred/yes, Brigitte/yes, Glendon/abstain, 5/1/1; Carried.

• Fish Hatchery lease with Secretary-Treasurer.

Motion by Jay to adjourn at 11:15 a.m.



Above and at bottom: The 2020 Warm Springs Veterans Day Parade.

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# Howlak Tichum

~ Jim Frank Sahme ~

In’ mee ni’ moo ma’;  
At’ twai Jim Frank Sahme was born in the old BIA Hospital here on the Warm Springs Reservation December 9, 1949. He was one of the last tribal members born in our local Indian hospital.  
He was named after his mother’s father Chief Frank Queahpama and his father’s father Jim Sahme. He was Tygh Pum, Hopi, Nii Mee’ Puu, Ty T’ Nee Pum and Tewa decent.  
He attended grade school on the rez, jr. high and high school in Madras. He was an average student who excelled at playing basketball. He played Varsity Madras High basketball, and for the Warm Springs Magpies and OiÖ Duffs.  
As a Magpie and Duffer, he helped win numerous All-Indian Tournaments, especially the Yakama Nation Spring Classic. He also played baseball for the Warm Springs men with his brother Sal for several years and helped win numerous All-Indian tourneys. He loved being a “ball player.”  
After graduating from high school, he was drafted into the Army during the Viet Nam Era. After mustering out he married (Suu eÖ yapÖ poo) Linda and at-

tended the University of Washington. After a divorce, he left school, played basketball and worked part time.  
He married Lila Suppah and had one child Danielle. His marriage to Alice Jim produced Frank, Candice, Vennesa and Crystal. A common law relationship with Lisa Agilar in Chumash, California ended when she was killed in a car accident. They had no children.  
While attending a Sun Dance in Nisqually, Washington he was adopted by Wilmer Mesteth, Lakota Holy Man and hereditary Chief. He moved to Pine Ridge, South Dakota, married Mary Cedar Face and had one child Meredith. Adopting a Lakota lifestyle, he participated in and helped lead Sun Dance ceremonies. He became a respected friend and honored elder to his adopted extended family and community.  
He led a troubled life and struggled with alcohol and substance abuse. This affected his livelihood and personal relationships. In spite of this his heart and spirit were always kind and generous. Most of his life was a hand-to-mouth existence. He always gave what little he had and was most generous helping Lakota and Wa’shut ceremonial services. During his last marriage he

became a devoted father and househusband. Jim loved to sing at pow-pows as a member of the Wakinyan Drummers’ and participated in the Big Foot, Little Big Horn and Crazy Horse Memorial Rides. He enjoyed cooking daily meals and making large holiday feasts. His last job was as a cook at the Pine Ridge School.  
Friends and relatives remember numerous “Jimmy” stories and the humor in his life. One occasion was with long time friend Smokey in Hawaii. Jim rose just before the crack of noon and headed to the pool for a swim. As he dove into the pool, he lost his trunks. He laughed, ignored it and continued backstroking and enjoying his swim. After the dip he thought a cool drink was in order. The noon hour crowd had filled the hotel bar that had a hugh window to the hotel pool. As Jim entered the bar, everyone stood and gave him a standing ovation.  
He is preceded in death by his grandparents Frank and Millie Queahpama, Jim and Eva Sahme, parents Sylvia and Foster Sahme, Step-father Felix Wallulatum, a (still born) sister and daughter Vanessa.  
Frank passed away on November 2, 2020 at Sioux Falls, South Dakota.  
Thou Cush,  
Sal, Quiltman, Nip and Bub’sh Sahme

# Water panels

(from page 1)  
In early 2021, Warm Springs Economic Development and Source Global plan to complete the second phase by fully populating the one acre lot, which will more than double the overall capacity of the Source Field. This expansion will provide even more drinking water for the community and set the stage for future expansion and the launch of a sustainable water business, bringing additional jobs and revenue to the community through the sale of Source water to the greater Pacific Northwest.  
“Across the world, we’re working in partnership with forward-thinking organizations like the Confederated Tribes of Warm Springs, with the goal of empowering people to gain access to locally and sustainably produced clean drinking water,” said Colin Goddard, Director of Market Development in the US at SOURCE Global. “We’re honored to be a part of this project and think it can be a model for other water-stressed communities around the world.”

## About Source Global PBC

Source Global is a Public Benefit Corporation. Their mission is to make drinking water an unlimited resource.  
The company’s Source Hydropanels, including residential panels and field arrays, create drinking water using sunlight and air as the only inputs, putting the power of safe, high-quality water production into the hands of every person in nearly every climate and corner of the world.  
Source received the 2019 Lemelson-MIT Prize, America’s top award for innovation, and is on Fast Company’s 2020 list of most innovative social good companies.  
Headquartered in Scottsdale, Arizona, Source operates across 45 countries and six continents. Source is a registered trademark of Source Global, PBC. For more information, visit [source.co](https://source.co) and follow them on Facebook, LinkedIn, Twitter and Instagram.

# IHS coronavirus data update

The Indian Health Service has updated its coronavirus data, showing results as of mid November. According to the data:  
Across Indian Country, 83,119 tests have returned positive for Covid-19. That represents an increase of 1.2 percent from the 82,126 cases previously reported by the IHS.  
Altogether, 1,202,490 coronavirus tests have been administered within the IHS through mid November. That marks an increase of 0.8 percent from one day prior.  
Based on the total percent positive, the highest rates have been seen in the Navajo Area (13 percent), the Phoenix Area (12.7 percent) and the Oklahoma City Area (9 percent). The first two regions include the state of Arizona, indicating a disproportionate toll of Covid-19 in the state.  
Based on a 7-day rolling average positivity, four regions are seeing dramatic increases in Covid-19 cases. They are: the Great Plains Area (25.2 percent), the Billings Area (18.6 percent) and the Bemidji Area (17.3.percent).  
Overall, 7.4 percent of IHS tests have been positive since the onset of the pandemic. The 7-day average has grown higher over the last couple of weeks and now stands at

## Conditions in the state

The state of Oregon this week reported 1,097 new confirmed and presumptive Covid-19 cases, and six new deaths, raising the state covid death toll to 759. Total cases in Oregon are now at 56,018.  
Of the total new cases in the state, 11 were in Jefferson County. Wasco County reported 17 new cases. The county with the highest number was Washington County with 191. The governor of Oregon issued sweeping new coronavirus restrictions in one of the most aggressive steps in recent weeks to curb the rise in infections in the US.  
**New state restrictions**  
Gov. Kate Brown last week ordered a two-week ‘freeze’ that begins this Wednesday, November 18.  
The order will limit restaurants and bars to takeout only.  
Gyms, museums, pools, movie theaters and zoos in the state will be forced to close. All businesses will be required to close their offices to the public and mandate work-from-home ‘to the greatest extent possible’.  
“For the last eight months, I have been asking Oregonians to follow to the letter and the spirit of the law, and we have not chosen to engage law enforcement,” Gov. Brown said.  
“At this point in time, unfortunately, we have no other option.”

14.7 percent.  
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 organiza-

tions are doing the same, the agency has told Indianz.Com.  
Based on the user population, 72.9 percent of Native Americans have been tested for the coronavirus since the IHS began reporting data in March.

# Flu vaccine update

About 20 percent of the overall Warm Springs Reservation community has received a season flu shot. Usually by the end of the year the number will increase to between 30 and percent. All employees at the clinic have received their flu shots, said Katie Russell, director of Community Health.  
It is likely that flu viruses and the Covid-19 virus will spread this fall and winter. Healthcare systems could be overwhelmed treating both patients with flu and patients with Covid-19.  
This means getting a flu vaccine during 2020-2021 is more important than ever.  
While getting a flu vaccine will not protect against Covid-19, there are many important benefits, such as:

Flu vaccines have been shown to reduce the risk of flu illness, hospitalization and death. And getting a flu vaccine can also save healthcare resources for the care of patients with Covid-19.  
Flu vaccine prevents millions of illnesses and flu-related doctor’s visits each year.  
For example, last season vaccination prevented an estimated 4.4 million influenza illnesses, 2.3 million influenza-associated medical visits, 58,000 influenza-associated hospitalizations, and 3,500 influenza-associated deaths.  
During seasons when the flu vaccine viruses are similar to circulating flu viruses, flu vaccine has been shown to reduce the risk of having to go to the doctor with flu by 40 percent to 60 percent.

## Birth

*Judith Verbena Shashone*  
Gabriel Shoshone of Bishop, California, and Lupe Galicia of Warm Springs are pleased to announce the birth of their daughter Judith Verbena Shashone, born on

November 14, 2020.  
Judith joins sister Kelsea, 2.  
Grandparents on the father’s side are Frank Shoshone and Hannah Dondero of Bishop.  
Grandparent on the mother’s side is Paullee Greene of Warm Springs.

# Community notes...

Warm Springs Community Health is offering a free **drive through flu shot clinic** today from 1:30-3:30 in the Agency Longhouse Parking Lot.  
  
**Computer help** is available from 7:30am to 7:30pm at the Warm Springs Academy Community Room. Call the school to make an appointment at 541-553-3348.  
  
The deadline for Warm Springs Tribal Member Business Owners to apply for the **Tribal CARES Act Business Assistance program** is this **Friday, November 20**.  
Applications are available in front of the Community Action Team office and also online. You can find the links to download on KWSO omunity Calendar at [kwso.org](https://www.kwso.org)

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## Letters to the editor

### Tribal open enrollments

The Confederated Tribes 2021 Benefits Open Enrollment period runs through November 20.

All forms are available on the tribal portal under ‘Comp and Benefits’.

If you have any questions please call Carol at 541-553-3327; or Janaiya at 553-3391. Please try to get your enrollments done as soon as possible.

**Cheryl Tom**, Director, Human Resources.

### Enforcement

The Warm Springs Tribal Police Department reminds the public that new state of Oregon laws regarding the possession of controlled substances have no effect on the reservation.

The Confederated Tribes have jurisdiction on tribal lands; so current tribal and federal drug statutes remain in effect.

Even though the Warm Springs community and government embraces prevention, intervention and rehabilitation as the ultimate means of bringing about a drug safe environment, the tribes also strongly believe in the rule of law as part of its governmental doctrine.

**Bill Elliot**, Chief of Police.

### Veterans transportation

Cascades East Transit has launched a new Veterans Healthcare Transportation Service throughout Central Oregon.

The program serves the Confederated Tribes reservation, Jefferson, Deschutes and Crook counties.

Veterans Healthcare Transportation helps veterans in Central Oregon reach healthcare-related destinations.

This service will fill an important gap in transportation services for veterans, especially those living in rural areas of the region, by providing access to doctor’s appointments, VA clinics, pharmacies, and other important medical and healthcare services and facilities.

For this program Cascade East Transportation is working collaboratively with the Warm Springs American Legion, and Veteran Service Offices in Jefferson,

Deschutes and Crook counties. These groups are helping coordinate outreach efforts with veteran clients.

Veterans who are interested in utilizing this transportation service should contact Cascade East call center at 541-385-8680.

Call in advance of requested rides Monday through Friday from 7 a.m. to 4 p.m.

### Step Challenge

Congratulations to the Warm Springs Community Wellness Step Challenge winners. Most individual steps were turned in by Saphronia Coochise. The team with the most steps was ‘BIA Team 2.’

Winners for Creative Team Name were ‘The Courthouse Witches’ and ‘The Boo Boo Crew’.

Most improved individuals were Pinky Beymer and Waymon Harry. The most improved teams were BIA Team 3, and 4 More Steps.

For information on the November Challenge—to get in 30 minutes of exercise each day and to pack a health lunch on weekdays—contact Jennifer Robbins at Warm Springs Community Wellness to learn more: [jennifer.robbins@wstribes.org](mailto:jennifer.robbins@wstribes.org)

### Native perspectives

Inspired by the 2015 film *The Pilgrims*, American Experience presents a special discussion sharing Native American perspectives on the arrival of European settlers in New England, 400 years ago.

The conversation will examine the experiences of Native populations at the time of the settlers’ arrival, what is actually known about the first Thanksgiving, and how Native tribes see themselves in today’s construction of the United States. Featured guests include historians and knowledge keepers:

Linda Coombs, Aquinnah Wampanoag and Cassius Spearseeper.

The discussion will be moderated by Yvonne Russo, a filmmaker and member of the Sicangu Lakota Tribal Nation. Special remarks to be provided by writer and director of *The Pilgrims*, Ric Burns. The event takes place this Wednesday, November 18 from 1-2 p.m., will be live streamed for free through our YouTube and Facebook pages.

### Casting call for photoshoot

Dear members of the Confederated Tribes of Warm Springs,

We’re casting rural Oregonians for a pro-mask photoshoot.

The images will be used by the State of Or-

egon in a public service announcement promoting Covid-19 safety.

We’re especially interested in featuring Native and Indigenous individuals in this project, and thought you might be interested.

Pay is \$1,000 a day if hired. Must be pro-mask and live in Oregon to apply.

If interested, you can view the project details and apply at the following site:

[weeblemountain.com/opencastingcalls/covid-psa](http://weeblemountain.com/opencastingcalls/covid-psa)

Thank you, **Eleanor**, Weeble Mountain.



Weeble Mountain Casting

### Veterans list additions

Some names were missing in the recent Spilyay Veterans Roll call of tribal member and other community veterans. Missing were:

**Raymond C. Tsumpti Sr., U.S. Navy. Years of service 1962-1966.**

**Norman A. Nathan., U.S. Navy. Years of service 1960-1962.**

**Tim Myers, U.S. Army. Years of service 1998-1992.**

*The Spilyay apologizes for the oversight.*

### From St. Charles

I know you are really tired of talking about Covid-19. Trust me, so am I.

But what’s happening right now is highly concerning. Recently, we’ve had 15 patients hospitalized with Covid-19, and over a recent weekend at times the number matched our previous record.

We have officially hit a third wave. But unlike the last two, we never reset back to zero hospitalized patients. Our number of inpatients has held steady in recent weeks until a week ago last Friday, when it essentially doubled overnight.

We need to act now. With the upcoming holi-

days, we are concerned that if people don’t act now to change their behavior our hospital system could become overwhelmed.

As of today, we have the beds and the staff to take care of you, but your actions make a difference in helping to keep it that way.

The virus is clearly still here and our choices are making a difference in how the disease finds places to thrive. We are seeing a fear-fatigue cycle of behavior.

When we feel more afraid that the virus is circulating broadly in our communities, we pull back, isolate more and are better about wearing our masks.

Sooner or later, fatigue sets in and we relax our standards, spend time with more people outside our normal bubbles and maybe don’t remember to wash our hands as frequently.

It is becoming predictable. And while we are all exhausted by this pandemic, we know these next few months will be a crucial time to stay strong.

And if you’d like to know more about St. Charles’ ongoing response to Covid-19 along with other health system updates, we invite you to participate in our Town Hall event coming up on November 19. See our website to register: [stcharleshealthcare.org](http://stcharleshealthcare.org)

Sincerely,  
**Joe Sluka**, chief executive officer and president, St. Charles Health System.

### Board vacancies

The Warm Springs Tribal Council is advertising for board and commission positions.

There are two positions for the Credit Board of Directors; and three members are sought for the Cannabis Regulatory Commission.

There is one position open on the Tribal Employment Rights Office Commission; and Council wants to two positions on the Warm Springs Housing Authority Board of Commissioners. The Water Board has two vacancies. If interested, you must submit a letter of interest and a resume to the Secretary-Treasurer’s office.

A criminal and credit background check are required. The deadline is November 30.

### From Sanitation

Warm Springs Sanitation reminds the community that the landfill no longer accepts tires. Please do not leave tires at the dump or at the transfer stations. Also – large household appliances should be taken to the landfill where there is a dumpster for large metal items.

### ACA

(from page 1)

“Tribal leaders and Native communities have made it abundantly clear that the ACA—while not perfect—literally saves lives. The ACA

permanently reauthorized the Indian Health Care Improvement Act and expanded access to health care for Native Americans through Medicaid expansion, and increased revenue for the Indian Health Service.”

*Happy Thanksgiving to all my family. Hugs— Love y’all. Be Safe. From Donna Lou.*

### Carpentry

Maupin Works is looking to fill the position of apprentice carpenter

Apply and learn carpentry and other property improvement skills on the former library and city hall buildings in Maupin.

Some experience in construction is a plus. However, we are willing to train any individual who has a strong work ethic. Apply now!

Call or email Ben at 541-460-7550.Or: [info@maupinworks.com](mailto:info@maupinworks.com)

### CRITFC job

The Columbia River Inter-Tribal Fish Commission is recruiting for the following positions:

Dispatch Supervisor. Location: Hood River.

Starting salary range of \$42,745 to \$63,039. Closing date is November 30. Employment application and full job announcement located at:

[critfc.org](http://critfc.org)

## Northwest Indian Health Board reviews covid vaccine news

A vaccine for Covid-19 is in the news now and sometimes it is difficult to figure out what is fact and what is speculation or rumor.

The Northwest Portland Area Indian Health Board and the Confederated Tribes of Warm Springs want to make sure you have the right information.

#### Making the vaccine

Right now the U.S. government is supporting the development of eight different Covid-19 vaccines and four of those are in clinical trials. A clinical trial is when a new treatment like a vaccine is tested by volunteers to determine if it is safe and effective.

Clinical trials have three main phases.

- In Phase I, a small group of healthy people will receive the vaccine primarily to test its safety.

- In Phase II, a few hundred people receive the vaccine to primarily test its effectiveness. These people are more representative of the people most susceptible to Covid-19.

- In Phase III, vaccines are tested on thousands of people from the general population to further test

safety and effectiveness and to look for reactions.

The four vaccines in clinical trials now are all in Phase III trials. Three of the trials will enroll approximately 30,000 people each and the fourth will enroll up to 60,000 people. Both healthy people and people at higher risk of contracting Covid-19 are included in these trials.

Many of us ask, Why are there so many vaccines being tested for one illness? One reason is to increase the opportunity for successful vaccines.

It is also because there are many different types of people in the United States and in Indian Country. The four vaccines in Phase III clinical trials may each be more effective with specific groups of people, for example, elders. The 120,000 people currently taking part in the trials will allow researchers to test the vaccines on people of many different heritages, ages, and body types—to determine which works best for which group.

#### Are tribes being consulted in the process?

Yes, very much. Tribes and the Indian Health Ser-

vice are being consulted in the planning process in many ways; and senior members of the Indian Health Service have been loaned to Operation Warp Speed, the federal government program developing the vaccines.

Tribes have also been included in the vaccine trials, if they choose. The Navajo Nation has chosen to participate in one Phase III trial, and the Lummi and Nooksack Nations are considering joining another trial set to begin this winter.

Tribal participation in vaccine trials may help understand which vaccines being developed are most effective for tribal populations.

Distribution of the vaccines has also included tribal input to make sure the people who need the vaccines the most are being prioritized.

Other government agencies, such as the Centers for Disease Control and Prevention, are also actively consulting with the tribes. Besides federally-recognized tribes, plans also are underway for the distribution of vaccines to tribal health facilities, including urban facilities, and non-federally

recognized tribes that are not officially connected to IHS.

#### When will the vaccine be ready?

Limited doses of the vaccine may be available by the end of 2020. Most people involved with the production do not expect the vaccine sooner than this. Once available, the distribution of the vaccines will likely be in three stages. The distribution may look like this:

- Stage 1, projected for the winter of 2021, because of limited availability, the vaccines will be given to the people who need them the most, such as health care workers, elders, and medically vulnerable people.

- Stage 2, in the spring of 2021, with more production, the vaccine will go to the critical populations who were not vaccinated in Stage 1 and then to the general population.

- Stage 3, in the summer of 2021, it is expected there will be enough vaccines for the entire United States population. Distribution is also reviewed at this stage to make sure that populations or communities with low coverage have access to the vaccines.

#### Spilyay Tymoo

(Coyote News, Est. 1976)

**Publisher Emeritus in Memorium:** Sid Miller

**Editor:** Dave McMechan

**Spilyay Tymoo** is published bi-weekly by the Confederated Tribes of Warm Springs. Our offices are located at 4174 Highway 3 in Warm Springs.

Any written materials submitted to **Spilyay Tymoo** should be addressed to:

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

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

**E-Mail:** [david.mcmechan@wstribes.org](mailto:david.mcmechan@wstribes.org).

Annual Subscription rates: Within U.S.: \$20.00



# Museum closure through December 3

The Museum At Warm Springs is closed to the public through Wednesday, December 2. The re-opening is planned for Thursday, December 3.

The closure is in accordance with tribal restrictions, and the governor’s recent directive to slow the spread of Covid-19. The new state restrictions are also in effect as of this Wednesday, November 18.

The Museum at Warm Springs staff will respond to

emails during the closure, and will continue with exhibit, and public and education program planning for 2021. Staff will continue with the routine and thorough cleaning and sanitizing of the museum.

For the past several months of the pandemic, the museum has been following the guidelines for public facilities, which have been regularly updated and closely monitored by the Warm Springs Covid-19

Response Team.

Once the museum re-opens on December 3, admittance to the main exhibition area will once again be 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.

The Twenty-Seventh Annual Tribal Member Exhibit will be on view through

January 9 of 2021. This juried exhibit celebrates the artistic excellence of Warm Springs tribal members.

Select artworks are available for sale. Sales support the artists and the museum.

For more information and updates, please visit: [museumatwarmsprings.org](http://museumatwarmsprings.org)

And see the museum’s Facebook page. To check the most up-to-date status of Covid-19 in Oregon, go to: [govstatus.egov.com/or-oha-covid-19](http://govstatus.egov.com/or-oha-covid-19)

# 509-J school district engagement meeting

A public meeting for the Jefferson County School District 509-J to discuss the evaluation of current programs, and plans for future educational programs is coming up on December 1.


The meeting will start at 6 p.m., and is specifically for Native American parents and guardians.

In response to the current health emergency resulting from the Covid-19 pandemic, this meeting will be held electronically.

The meeting is a chance to offer comments and make recommendations relative to the school district programs and district outcomes, and offer feedback for all programs.

The meeting will be available for viewing via Zoom. Details to access this meeting will be available by 1 p.m. on November 30 at the following website:

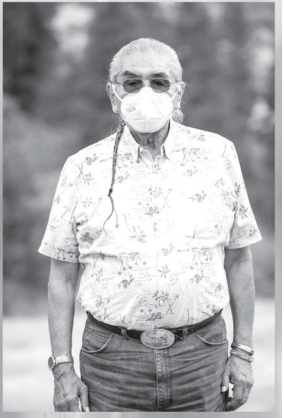
[jcsd.k12.or.us/](http://jcsd.k12.or.us/)




*“From day one, families have to learn how to take care of themselves. Particularly their health, their bodies. To ensure that they have proper nutrition, proper foods, and are healthy....Your health is important, you’ve got to take care of it from day one til the day you go”*

**Antone Minthorn**

Photos and quotes taken from the National Endowment of Humanities CARES project, “Living in today’s pandemic and Historical Pandemic and Catastrophes. The Education department of the Confederated Tribes of the Umatilla Indian Reservation received the CARES grant to document, through video interviews, elders and residents on the Umatilla reservation about their current thoughts on the pandemic as well as historical pandemics and catastrophes.






*“The sun was natural and it’s always been that water that we have. And it’s natural, the water. We use it daily every day for every thing, and we know that if we didn’t have the sun and water we’d be out of luck.”*

**Videll Bronson**

Photos and quotes taken from the National Endowment of Humanities CARES project, “Living in today’s pandemic and Historical Pandemic and Catastrophes. The Education department of the Confederated Tribes of the Umatilla Indian Reservation received the CARES grant to document, through video interviews, elders and residents on the Umatilla reservation about their current thoughts on the pandemic as well as historical pandemics and catastrophes.



Merle Kirk took these photos of Confederated Tribes of Umatilla Reservation. Her work is part of the National Endowment for the Humanities CARES project, “Living in today’s

pandemic, and historic pandemics and catastrophes.” CARES provided a grant to the Umatilla tribes Education Department.

# Large donation of covid masks to W.S. community

Jim and Michele James, working from their bed and breakfast business in Clackamas County, started a program to help communities during the coronavirus pandemic.

In May they began by giving away masks to their neighbors and friends living nearby. They called their project ‘Peace, Love and Safety.’

The original goal was to give away free masks, face shields and sanitizer to those living near them in Clackamas County.

The project started small, then grew as the James couple received more and more donations of boxes of masks, and other personal protective equipment.

Over the summer they heard from a minister who was looking for water donations for the Confederated Tribes of Warm Springs. The minister then asked about the James’ program, and if he could donate 4,000 masks.

This was a large number, but the couple were up for the challenge. They called different companies until they came across Bella+Canvas, a clothing company based in Los Angeles.

Bella+Canvas agreed to send 50,000 masks to the cause, but first Jim and Michele had to partner with a nonprofit. The couple teamed up with Great Spirit Church of Portland, which

works closely with Native American communities.

Earlier his month the truck arrived, full of boxes of masks. “It just so amazing,” Michele was saying. “It’s such an amazing outpouring and we’re thrilled to be a part of it.”

Enough masks were donated to supply each member of the Warm Springs Tribe with three masks each.

This is a very welcome and needed donation, said tribal Emergency director Dan Martinez. “We have a number of needs to serve this community. Because of our location, the distance to pick up these items has been a challenge,” Mr. Martinez said.

The Warm Springs Res-

ervation has been hit hard by Covid-19. Martinez said roughly 400 of the 3,200 people that live there have been infected by the virus.

If you’d like to help or donate, you can e-mail the Jameses at: [info@happyrockinn.com](mailto:info@happyrockinn.com)

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# Study links salmon woes to ocean

A controversial new study is challenging long-standing science that pins salmon declines on dams, and is roiling the already rough waters of fish recovery.

The work by British Columbia scientist David Welch puts the blame for poor returns of adult spring and fall chinook salmon on conditions in the Pacific Ocean instead of the dams.

Some salmon researchers are skeptical of that conclusion and say the effects of dams can’t be dismissed.

Welch’s work, funded by the Bonneville Power Administration and published in the journal *Fish and Fisheries*, argues since chinook runs in rivers with pristine freshwater habitat and those with highly degraded habitat have suffered similar declines, the problem must be in the ocean.

The work is expected to be challenged by other researchers.

The Fish Passage Center at Portland is formally reviewing the work, and other researchers are looking at it as well. Charlie Petrosky, a retired Idaho Fish and Game research biologist who has written several papers on delayed mortality, said he has many concerns with Welch’s work. Petrosky thinks the study sets up a false dichotomy between freshwater and the ocean.

Michele DeHart, of the fish passage system, said boosting survival of juvenile salmon in fresh water is critical regardless of ocean conditions.

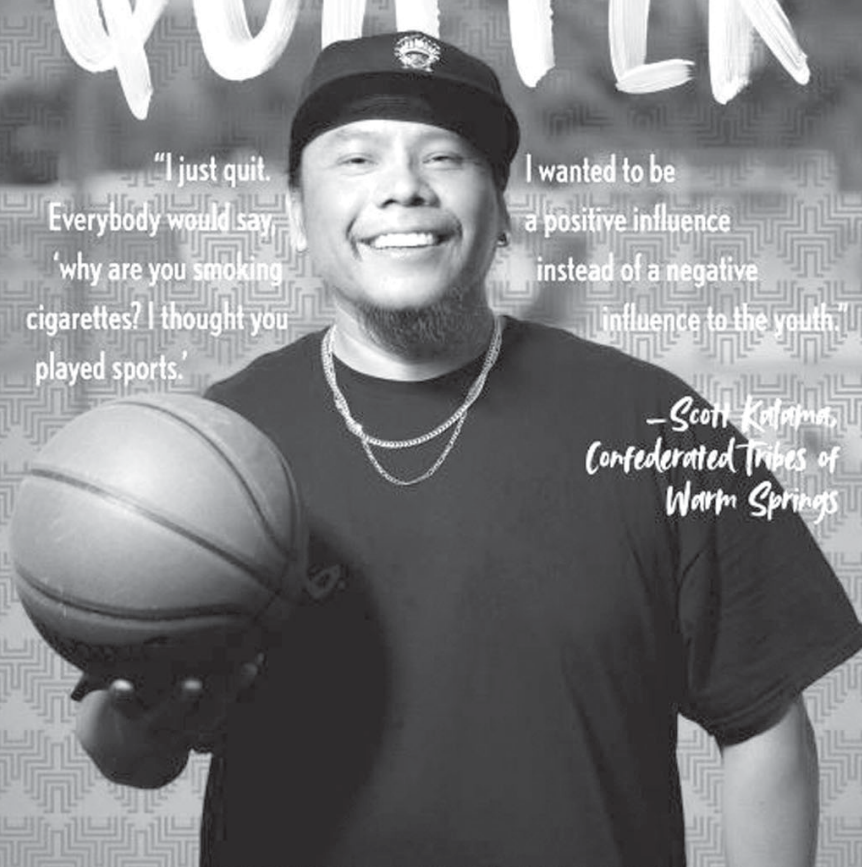
For example, she said if ocean conditions are really bad, the best response is to take steps to ensure as many juvenile fish reach the ocean in good conditions as possible.

The same applies when ocean conditions are good, she said.

# QUITTER

*“I just quit. Everybody would say ‘why are you smoking cigarettes? I thought you played sports.’ I wanted to be a positive influence instead of a negative influence to the youth.”*

*—Scott Kotama, Confederated Tribes of Warm Springs*



**My journey to quit commercial tobacco**  
**Call the Native Quit Line at 1-800-QUIT-NOW**  
**(1-800-784-8669) and press “7”**

To get involved with creating a commercial tobacco-free community, call the IHS Clinic Pharmacy at 541-553-1196.

Partnership With  
WARM SPRINGS  
Tribal Tobacco Program  
NO TOBACCO  
HEALTH  
[www.quitline.com](http://www.quitline.com)



## In the Tribal Court of the Confederated Tribes of Warm Springs

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

**CTWS, Petitioner, vs LYNNITA MILLER, Respondent; Case No. JV63,64,65,66-19. TO: LYNNITA MILLER, F A N C U N D O BALDERAMA, BRADLEY BRONCHEAU, CPS, JV PROS:**

YOU ARE HEREBY NOTIFIED that a PERMANENCY 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 **30<sup>TH</sup> day of DECEMBER, 2020 @ 9:00 AM**

**CTWS, Petitioner, vs CHELSEY YAHTIN, Respondent; Case No. JV82-19, JV83-19, JV69-13, JV128-07. TO: CHELSEY YAHTIN, VERN HEATH, CPS, JV PROS:**

YOU ARE HEREBY NOTIFIED that a PRELIMINARY 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 **29<sup>TH</sup> day of DECEMBER, 2020 @ 11:00 AM**

**CTWS, Petitioner, vs CHELSEY YAHTIN, Respondent; Case No. NEW CASE. TO: CHELSEY YAHTIN, EUGENE WEWA, CPS, JV PROS:**

YOU ARE HEREBY NOTIFIED that a PRELIMINARY 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 **29<sup>TH</sup> day of DECEMBER, 2020 @ 11:00 AM**

**CTWS, Petitioner, vs WILLIAM NAPYER JR, Respondent; Case No. JV54A,55A-12, JV27,28-17. TO: WILLIAM NAPYER JR.:**

YOU ARE HEREBY NOTIFIED that a MODIFICATION 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 **11<sup>TH</sup> day of JANUARY, 2020 @ 2:00 PM**

**CTWS, Petitioner, vs EDNA WINISHUT, Respondent; Case No. JV43-11.**

**TO: EDNA WINISHUT:**  
YOU ARE HEREBY NOTIFIED that a ASSISTANT GUARDIANSHIP REVIEW 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 **19<sup>TH</sup> day of JANUARY, 2021 @ 3:00 PM**

**CTWS, Petitioner, vs R A E N E L E WEASELHEAD, Respondent; Case No. JV41-18. TO: R A E N E L E WEASELHEAD, CPS, JV PROS, P&P:**  
YOU ARE HEREBY NOTIFIED that a 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 **4<sup>TH</sup> day of FEBRUARY, 2021 @ 10:00 AM**

**Confederated Tribes of Warm Springs, Plaintiff, vs Eydie Switzler, Defendant; Case No. CR247-19. TO: Eydie Switzler:**

YOU ARE HEREBY NOTIFIED that a STATUS 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 **December 9, 2020 @ 3:00pm**

**Confederated Tribes of Warm Springs, Plaintiff, vs Lyle Rhoad Jr., Defendant; Case No. CR158-20. TO: Lyle Rhoad Jr.:**

YOU ARE HEREBY NOTIFIED that a SHOW CAUSE & CRIMINAL ARRAIGNMENT 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 **DECEMBER 8, 2020 @ 8:00AM**

**Confederated Tribes of Warm Springs, Plaintiff, vs Garyson Johnson, Defendant; Case No. CR199-20. TO: Garyson Johnson:**  
YOU ARE HEREBY NOTIFIED that a CRIMINAL ARRAIGNMENT 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 **DECEMBER 8, 2020 @ 8:00AM**

**Confederated Tribes of Warm Springs, Plaintiff, vs Phyllis Shawaway, Defendant; Case No. CR607-16. TO: Phyllis Shawaway:**  
YOU ARE HEREBY NOTIFIED that a Discovery & Status 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 **December 9, 2020 @ 3:00pm**

**TALYA HOLLIDAY, Petitioner, vs ANTHONY HOLLIDAY SR., RESPONDENT; Case No. DO121-20. TO: TALYA HOLLIDAY, ANTHONY HOLLIDAY SR.:**

YOU ARE HEREBY NOTIFIED that a DISSOLUTION OF MARRIAGE 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 **4<sup>th</sup> day of JANUARY, 2021 @ 2:00 PM**

**CTWS, Petitioner, vs VIRGINIA MCKINLEY, RESPONDENT; Case No. DO150-06. TO: VIRGINIA MCKINLEY, CHARLIE WAINANWIT:**  
YOU ARE HEREBY NOTIFIED that a CUSTODY 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 **31<sup>ST</sup> day of December, 2020 @ 10:00 AM**

**CTWS, Petitioner, vs EDNA MCKINLEY, RESPONDENT; Case No. JV41-19. TO: EDNA MCKINLEY:**  
YOU ARE HEREBY NOTIFIED that a CUSTODY 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 **31st day of December, 2020 @ 9:00 AM**

**JEREMY HERKSHAN, Petitioner, vs JAMIE BALL, RESPONDENT; Case No. DO30-20. TO: JEREMY HERKSHAN, JAMIE BALL:**  
YOU ARE HEREBY NOTIFIED that a SHOW CAUSE 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 **17th day of December, 2020 @ 9:30 AM**

**CTWS, Petitioner, vs DASHINA LAWRENCE, RESPONDENT; Case No. JV41-19. TO: DASHINA LAWRENCE:**  
YOU ARE HEREBY NOTIFIED that a CUSTODY 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 **29<sup>th</sup> day of December, 2020 @ 3:00 PM**

**RAYMOND JACKSON, Petitioner, vs EDWARDENE HENRY, RESPONDENT; Case No. DO132-20. TO: RAYMOND JACKSON, EDWARDENE HENRY:**  
YOU ARE HEREBY NOTIFIED that a FILIATION 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 **29<sup>th</sup> day of DECEMBER, 2020 @ 3:30 PM**

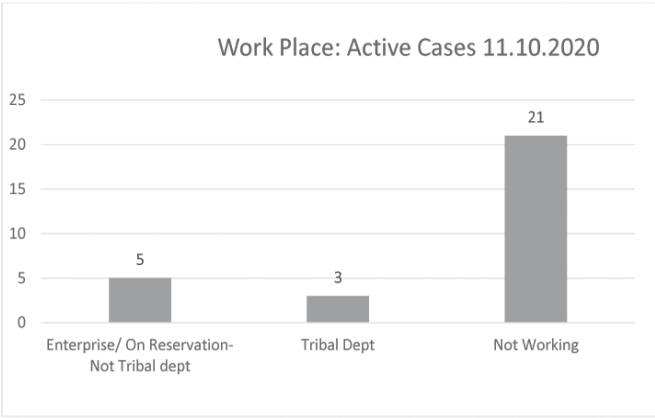
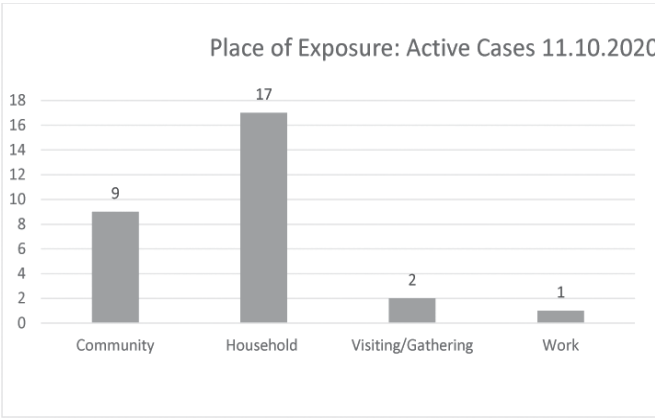
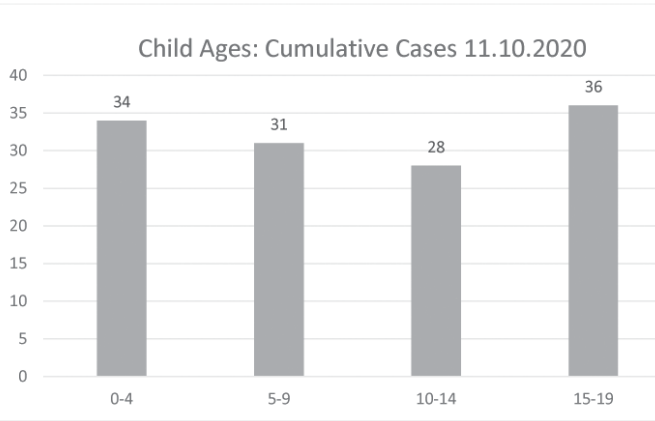
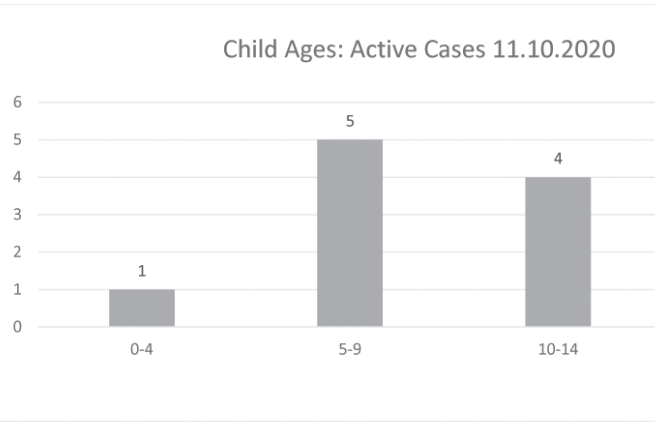
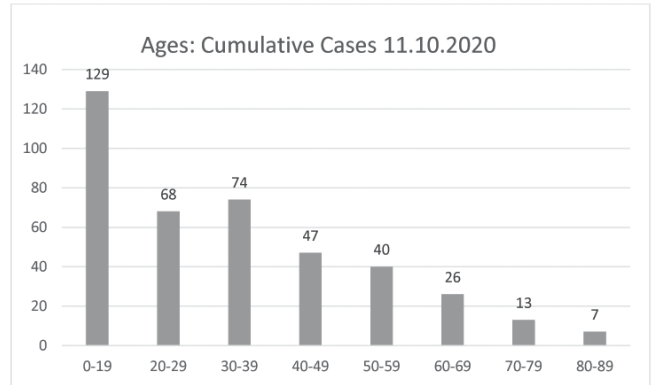
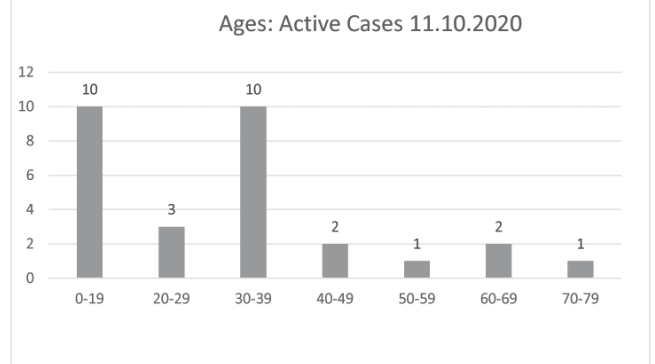
**CTWS, Petitioner, vs GRACIA DESROSES, RESPONDENT; Case No. JV74-17, JV78-17. TO: GRACIA DESROSES:**  
YOU ARE HEREBY NOTIFIED that a CUSTODY REVIEW has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **29<sup>th</sup> day of December, 2020 @ 2:00 PM**

- For this hearing note corrected hearing date:

**RADINE / REVA JOHNSON, Petitioner, vs REVONNE JOHNSON, RESPONDENT; Case No. DO105-20. TO: RADINE JOHNSON, REVA JOHNSON, REVONNE JOHNSON:**

YOU ARE HEREBY NOTIFIED that a SHOW CAUSE HEARING 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 **1st day of DECEMBER, 2020 @ 3:00 PM**

These graphs—bottom at left and below—chart reservation Covid-19 case demographics as of late last week. The numbers here **do not** yet reflect a significant number of new cases reported on the reservation earlier this week. Information provided by Community Health, IHS, Health and Human Services, and the Confederated Tribes Covid-19 Response Team.



## Hospitalizations:

Inpatient: 1

Total Discharged: 47

# Natives and diabetes in the time of covid

Native Americans have a greater chance of having diabetes than any other ethnic group in the United States: American Indian adults are almost three times more likely than non-Hispanic white adults to be diagnosed with the disease.

Because November is both American Diabetes Month and Native American Heritage Month, the Golden Health Initiative is sharing information about how a multifaceted approach can help individuals and health care providers manage diabetes, particularly within this high-risk group.

We know that Covid-19 is more dangerous for

*We know that Covid-19 is more dangerous for people with diabetes and related health conditions...*

people with diabetes and related health conditions, making it more important than ever for people to receive proactive, caring and consistent engagement with health care professionals to manage their disease.

The federal Special Diabetes Program for Indians was established in 1997 to provide funds for preven-

tion and treatment in tribal communities, and has had some success in curbing the rate of diabetes among Native Americans by providing funding to support diabetes prevention and treatment programs.

Still, more can be done to take a holistic approach to treating the disease and adopting strategies to mitigate risks.

Successfully managing diabetes is a daily effort on the part of the individual who has the disease. In order to do so, people must be knowledgeable about their disease and their personal risk factors. Golden Health provides experts

who can work with people to collaboratively manage their condition, using technology to aid in the process.

“Ongoing care is critical for managing diabetes, particularly when you consider that many patients have comorbidities such as hypertension and obesity,” said Richard Golden, founder chief officer of Golden Health Initiative.

“For the best treatment, these patients need a great deal of care, often much more than a single physician can provide on their own. Through our online platform, Golden Health Initiative can provide individuals with the resources to manage their diabetes in between physician appointments.”

## Eastern Oregon University removes library name

After 66 years, the Pierce name will be removed from Eastern Oregon University’s library in La Grande.

The Board of Trustees voted unanimously to rename the building during its first regular meeting of the academic year. Members of the Pierce Library Naming Committee presented their findings after nearly two

years of research.

The committee recommended removal of the name and the installation of a historical sign inside the library acknowledging Pierce’s complicated legacy.

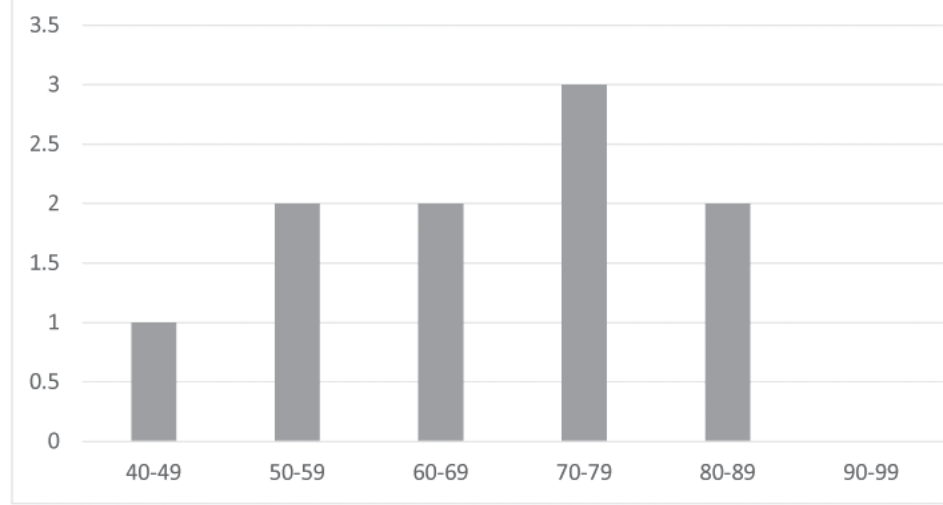
The building was named in the early 1950s, shortly after Walter M. Pierce died, and later came to include his wife Cornelia who served as

a state librarian.

As governor of Oregon in the 1920s, Pierce invested in agriculture and infrastructure, while also promoting eugenics and passing legislation that prohibited Japanese Americans from owning property. His ties to the Ku Klux Klan have been central to previous inquiries about Pierce’s impact

CTWS Covid-19 Data, as of November 13.

Ages: Cumulative Deaths 11.10.2020





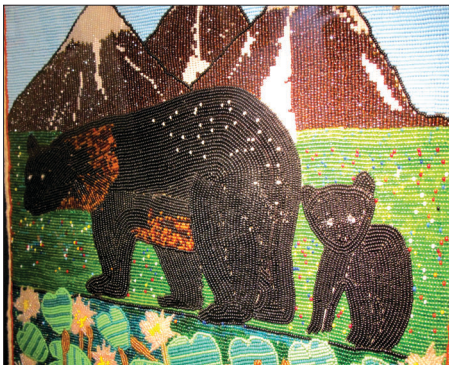
The Museum at Warm Springs has closed through December 2, due to Covid-19 restrictions. There will be a chance to see the Member Art Show as the exhibit will be on display into January of next year.



Tule Duck Decoy by Charmaine Billy; and (right) Bear Bag, beaded purse by Brigitte McConville.



Hummingbird Heaven by Aurolyn Stwyer. Acrylic paint and hand-crafted stencils.



## Advice from W.S. Holistic Health

Adolescents between the ages of 12-19 spend on average 8.2 hours of their day sitting.

Adults over the age of 20 were not far behind, reporting an average of 6.4 hours of sitting daily.

Between academics and office jobs, prolonged inactivity can be difficult to avoid for many people. Having healthy posture habits can prevent commonly associated neck, shoulder and back problems and also improve your mood and energy throughout the day.

Quick tips while working

on a computer:

- Keep your monitor at eye level and place your keyboard close to your body.
- Sit in a chair with back support to avoid slumping.
- Make sure your feet are firmly planted on the ground or use a foot stool if your feet don't reach the ground.
- Consider a desk that can be converted to a standing desk.
- Give your eyes a rest by looking away from your computer every 20 minutes and focusing on a distant object.
- Keep your muscles flexible and joints lubricated by tak-

ing standing, walking, or stretching breaks every 30-45 minutes.

Quick tips while talking on the phone:

- Avoid tilting your head or holding a phone between your ear and shoulder.
- Use a headset or headphones to keep your head in a neutral position.
- Use a speakerphone to avoid tilting your neck.
- Quick tips while texting: Keep your phone screen at eye level to avoid bending your neck. Keep your neck relaxed and avoid shrugging your shoulders.

## Native youth sports webinar event

by Taylor Gilbert  
Physical Therapist,  
Warm Springs Holistic Health

As part of its fall educational webinar series, United National Indian Tribal Youth—UNITY—will hold a virtual summit with Native American athletes including Shauna Long, Madison Hammond and Lindy Waters III to discuss how sports have positively impacted their lives and communities.

The webinar began this week, and continues on Thursday, November 19 at 3 p.m., sponsored in honor of National Native American Heritage Month.

This will be conducted via Zoom, with the theme *Hear Us. See Us. Rise Together.*

“This fall webinar series has helped further our mission to foster the spiritual, mental, physical and social development of our youth, and to stay connected with one another,” said UNITY executive director Mary Kim Titla.

“Thanks to sponsors like Nike N7, we are remaining engaged with Native Youth on the topics that are most relevant to them today.”

Basketball players Shauna Long (Standing Rock Sioux) and Lindy Waters III (Kiowa and Cherokee), and others will share their experiences as Native American athletes, discussing how, through athletics, youth can gain the confidence, platform, and opportunities to create positive change in their communities, while honoring and staying connected to their heritage.

Nike N7 started in 2000, when Sam McCracken, a former Nike warehouse worker, became manager of Nike’s Native American business. He developed a plan that focused on building relationships between Nike and tribes that had received diabetes education grants, and schools enrolled in the Office of Indian Edu-

cation Programs.

“Through activity, competition and play, kids grow up active, healthy and more self-confident, enabling them to be a force for change in their communities, and to lead happier, healthier, more successful lives,” said McCracken. “My vision was to bring sports and all of the benefits that come with it to Native American communities.”

To register for the *Hear Us. See Us. Rise Together* webinar see the website: [unityinc.org](http://unityinc.org)

Remaining webinars in the fall series include:

- Thursday, November 19** at 3 p.m. – *How to Host Virtual Events for Native Youth.*
- Tuesday, December 1** at 6 p.m. – *Native Youth Perspectives on the 2020 Elections.*
- Tuesday, December 3** at 3 p.m. – *Digital Storytelling: UNITY TikTok and Video Communications for Native Youth.*

## Native film celebration

The Smithsonian National Museum of the American Indian is celebrating the Twentieth Anniversary of presenting Native Cinema Showcase. This year the museum hosts an online program streaming November 18 through 27.

An annual celebration of Native film, this year’s program features a combination of new works, fan favorite classics and conversations with filmmakers.

The program includes a total of 64 films—nine features and 55 shorts—representing 49 Native nations in 12 different countries:

The United States, Canada, New Zealand, Mexico, Guatemala, Finland, Ecuador, Norway, Peru, Argentina, Australia and Belize.

Genres include documentaries, music videos, kid-friendly shorts, films in Indigenous languages and more. With the exception of three films—*Blood Quantum* and *Angry Inuk*, which are restricted to the U.S.; and *nípwawistamásovin: We Will Stand Up*, restricted to North America—the films will be available to watch worldwide.

Most films will be available on demand for five days. Exceptions are noted on the schedule below and on the event website.

“The films provide insight into the complexity, beauty and many nuances of Native life,” said Academy Award-winning Cherokee actor Wes Studi about the Showcase.

“It’s no coincidence Native peoples are using their talents to create films that examine social justice in the world we live in today. As we find ourselves at a moment in contemporary life

where outdated notions and ways of doing things are being challenged, it is more important than ever to hear our Native stories and consider the perspectives they bring to these issues.”

**Showcase schedule**

**Wednesday, November 18** (streaming through November 23). 4 p.m.: *Conscience Point*.

Conversation to follow with Treva Wurmfeld, Rebecca Hill-Genia (Shinnecock) and Julianna Brannock (Comanche).

6 p.m. Retrospective Showcase Shorts 1: Combining a collection of short films from the Showcase’s previous years, this shorts program explores the residential school experience, regaining one’s cultural identity and loss of ancestral artifacts.

**Thursday, November 19** (streaming through November 24).

12 p.m.: Arctic films program.

2 p.m.: *Barking Water*.

4 p.m.: *nípwawistamásovin: We Will Stand Up*.

This film is only available for viewing in North America. Conversation to follow with Tasha Hubbard and Jade Tootoosis (Red Pheasant Cree Nation). Moderated by Jason Ryle (Saulteaux).

**Friday, November 20** (streaming through November 25).

2 p.m.: *Our Stories* shorts program.

This program reflects the best of Native storytelling as told through family history, language and tradition.

4 p.m.: *Angry Inuk*.

This film is only available

for viewing in the United States.

6 p.m. *Blood Quantum*.

One time screening. This film will not be shown on demand. This film is only available for viewing in the United States. Conversation to follow with Jeff Barnaby (Mi’kmaq) and Elle-Máíja Tailfeathers (Blackfoot/Sámi). Moderated by Justin Mugits.

**Saturday, November 21** (streaming through November 26).

10 a.m.: *Future Focused* shorts program.

This program of family-friendly short films is fun for kids of all ages

12 p.m.: *Rise Above* shorts program

These shorts focus on rising above adversity and learning life’s lessons, often with a dose of Native humor.

2 p.m.: *One Day in the Life of Noah Pingattuk*.

4 p.m.: *Trudell*.

Conversation to follow with Heather Rae and Sage Trudell (Cheyenne River Sioux Tribe).

**Sunday, November 22** (streaming through November 27).

10 a.m. EST: Retrospective Showcase Shorts 2

From the humorous to the thrilling, a compilation of shorts makes up this wildly eclectic narrative program.

12 p.m.: *Healing Voices*.

This screening concludes with *Sisters Rising*. Conversation to follow with Willow O’Feral, Brad Heck, Jaida Grey Eagle (Oglala Lakota) and Sarah Deer (Muscogee). Moderated by Cass Gardiner (Anishinaabe/Algonquin).

## Species habitat plan for Deschutes Basin

The U.S. Fish and Wildlife Service and National Marine Fisheries Service released a final environmental impact statement and habitat conservation plan addressing covered activities by the Deschutes Basin Board of Control’s eight-member irrigation districts, and the City of Prineville.

These applicants are seeking incidental take permits covering the incidental take of four covered protected species over a 30-year period.

The Confederated Tribes have participated during the development of the plan, as the senior water right holder in the basin.

The habitat conservation plan describes the steps the applicants will take to minimize, mitigate, and monitor the impacts of incidental

take of the covered species.

You may obtain copies of the documents by any of the following methods. On the internet at:

[regulations.gov](http://regulations.gov)

At this site look under Docket No. FWS-R1-ES-2019-0091, or at <https://www.fws.gov/?Oregonfwo/?articles.cfm?id=?149489716>.

You may request alternative formats of the documents directly from the agencies.

For information contact Bridget Moran at 541-383-7146, or by email at: [bridget\\_moran@fws.gov](mailto:bridget_moran@fws.gov)

Or Scott Carlon at 971-322-7436, or by email at:

Background: All eight water districts are quasi-municipal corporations formed and operated according to Oregon State law to distribute water to irrigators within

designated geographic boundaries and in accordance with the individual water rights held by those patrons.

The City of Prineville operates city-owned infrastructure and provides essential services—including public safety, municipal water supply, and sewage treatment—for more than 9,000 residents. The applicants have determined that continued operation of irrigation and essential services requires incidental take permits to address unavoidable take of Endangered Species Act protected species, which is ongoing.

The applicants have proposed a conservation program to avoid, minimize, and mitigate the impacts of taking of the covered species.

## Honored with Lifetime Champion Award

The National Council of Urban Indian Health awarded U.S. Senator Tom Udall with the first Urban Indian Health Congressional Lifetime Champion Award.

This is the first Urban Indian Health Congressional Lifetime Champion Award.

The Urban Indian Health Congressional Lifetime Champion is awarded to a member of congress who has made a lasting impact

through championing health legislation to benefit urban American Indians and Alaska Natives.

“The government’s trust and treaty responsibilities to Native Americans do not stop at reservation boundaries,” said Sen. Tom Udall (D-NM).

“Nearly 70 percent of American Indians and Alaska Natives live in urban areas and Congress must

ensure they have access to quality health care—especially during this public health crisis. It has been an honor to work with the National Council of Urban Indian Health to ensure better access to health care for Native Americans no matter where they live. We must continue the work to build a stronger, better Indian Health Service system for generations to come.”

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<div>2016 Nissan Frontier - 47,906 miles - <b>\$17,995</b> #73188W</div> 	<div>2015 Chevy Silverado - 152,704 miles - <b>\$23,995</b> #C0132A</div> 
<div>2014 Chrysler T&amp;C - 151,754 miles - <b>\$9,995</b> #40318A</div> 	<div>2014 Nissan Altima - 42,411 miles - <b>\$13,995</b> #24986A</div> 
<div>2013 Nissan Altima - 121,385 miles - <b>\$10,995</b> #P2049</div> 	<div>2012 Nissan Altima - 105,956 miles - <b>\$8,995</b> #27591A</div> 

## Youth football camp at Academy

Youth football camp is coming up at the Warm Springs football field on December 8-10. The camp is for youth ages kindergarten through eighth grades, male or female.

The camp will be hosted by the Madras High School football coaches and the high school players. The camp will include fundamental skills, and basic knowledge of the game, as well as fun games. The goal is to build a passion and love for the game throughout our great community.

The cost is \$25 per kid, \$40 for two in the same family; third kid is free. All covid guidelines will be followed including wearing a mask and social distancing. All participants will be screened daily. Parents are not allowed to stay at the venue during the camp times. The camp will be streamed online via the MHS football Facebook page.

The Warm Springs camp time will be from 3:30 to 5 p.m.

The camp will also be at the Madras High School football field November 10-12, and 17-19.

For information contact Coach Taylor at 503-312-9680. Or email: ktaylor@509j.net

## Future of Dakota Access pipeline uncertain

The result of the recent U.S. Presidential election could create more headaches for the Dakota Access Pipeline's owners.

The owners are already battling legal challenges, trying to keep the main conduit running, and flowing oil out of North Dakota.

Former President Barack Obama blocked a permit that would have allowed construction under South Dakota's Lake Oahe, a critical water source for the Standing Rock Sioux tribe.

The line was finished in 2017 after President Trump, upon taking office, approved a final permit allowing construction under the lake to be completed.

In July, a U.S. district court judge threw out that permit, and ordered the U.S. Army Corps of Engineers to conduct a new environmental review that is expected to take months.

Next year President-Elect Biden could bring in new Army Corps leadership.

That could increase the chances that the line would be shut. For now, the Corps has allowed DAPL to operate on federal land without a permit.

## Forgotten story of only Native U.S. vice president

Charles Curtis, a member of the Kaw Nation who grew up in Kansas, became Herbert Hoover's vice president in the 1928 presidential election—the first and only Native American to hold the nation's second-highest office.

His tenure was marked with controversy that grew over the years because of his support for legislation to force Native people to assimilate into mainstream American society and leave traditional ways behind—views he would later credit to his maternal grandmother.

"The feeling in those days was, if you were going to be successful, you had to be an assimilationist," said Dakota Sioux historian Jeanne Eder Rhodes. "Pushing for Indians to join white society took the battles from the prairie and plains to the courts."

During his years in the U.S. House, Curtis, a Republican, served on the Committee on Indian Affairs, where he drafted the "Curtis Act" in 1898. This act overturned treaty rights, allotted tribal land to individuals without obtaining permission from the tribes, abolished tribal courts and gave the Secretary of the Interior the power to lease out mineral rights on tribal lands.



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