



Spilyay Tymo

Coyote News, est. 1976

February 24, 2021 - Vol. 46, No. 4

Wiyak'ik'ila - Winter - Anm

PO Box 489
Warm Springs, OR 97761

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First MMIP report outlines 2021 action plan

As much as any Native community, Warm Springs is aware of tragic cases of Missing and Murdered Indigenous People, the MMIP.

Just last month remains were found on the reservation of Tina Vel Spino, 58, who had been missing since last summer. This case is still under investigation by Warm Springs Police and the FBI.

Last September saw the homicide of Jonathan Gilbert, killed in September. And in March of 2019, Gunner Bailey of Warm Springs was shot to death. These cases are

still active with investigators.

For decades across Indian Country, Native communities have dealt with these tragedies. The situation finally led to the formation five years ago of the Portland-based grassroots organization Missing and Murdered Indigenous Women USA. Deborah Maytubee Shipman founded MMIW USA, after two of her friends were murdered in a town bordering the Navajo Nation.

The cause has grown, and helped bring greater awareness to Missing and Murdered Indigenous People, called another 'an epidemic' among

Native communities. The U.S. Department of Justice took notice, and has since made MMIP a priority, directing its U.S. Attorney's Offices to develop a comprehensive means of response.

The District of Oregon MMIP coordinator is Cedar Wilkie Gillette. Early last year Ms. Wilkie Gillette met with the Warm Springs community and the Tribal Council, gathering data and personal perspective and experiences. The outreach is helping create guidelines and reponse priorities specific to the tribes.

This month the U.S. Attorney's Office for the District of Oregon, directed by U.S. Attorney Billy J. Williams, released its first MMIP annual report. The overall goal of the initiative is to create a more coordinated effort among law enforcement in dealing with cases of MMIP.

As identified through the research, a key problem is that of jurisdiction: As reservations are sovereign, jurisdictional complications can arise that exist nowhere else in the U.S. This in turn can cause delays, and an inadvertent lack of co-

ordination among law enforcement jurisdictions. Resolving this situation is a key element to the MMIP Initiative.

The purpose of the first annual MMIP report for the District of Oregon "is to provide tribal communities, law enforcement and the public an overview of the currently available data regarding MMIP cases connected to the district," and to introduce the U.S. Attorney's Office for the District of Oregon 2021 MMIP Action Plan.

See **MMIP** on page 7

OR-93 now in Calif.

It is no surprise when a young male wolf leaves the home territory where it grew up. They often leave in search of a mate to start their own pack, said Austin Smith Jr., wildlife biologist with the Confederated Tribes Branch of Natural Resources.

This is what happened with wolf OR-93, who traveled last year from the reservation, where he grew up, to California. OR-93 is three years old: In the wild the North American Gray Wolf can live up to 13 years; so OR-93 is a young adult. He has been wearing a tracking collar since 2019: "So we have all of the data for this wolf," Mr. Smith said.

The Branch of Natural Resources Wildlife Department first confirmed a pos-



CTWS/BNR-Wildlife Dept.

The wolf OR-93 (above) grew up on the reservation, leaving recently for California.

sible breeding pair of gray wolves on the reservation in January 2018. In previous years—since their re-introduction to the Northwest in the late 2000s—wolves had been seen passing through the reservation; though there had as yet been no confirmation of a resident

breeding pair.

This changed in 2018 when BNR Wildlife confirmed a reservation pair—an alpha male and alpha female—had produced a litter of pups, and were raising them on their reservation territory. OR-93 was among this first litter.

When he was first given the tracking collar in 2019, at the age of one, OR-93 weighed 83 pounds. As pups, "They grow pretty fast," Austin was saying. Now at age three this wolf may weigh up to 140 pounds.

See **WOLF** on 2

Community Update

A recent update from the Warm Springs Indian Health Service and tribal Community Health shows that IHS has so far administered 1,480 primary doses of the Moderna Covid-19 vaccine to the tribal community.

An additional 100 doses were scheduled to be given later this week.

The report says that health workers have given another 590 secondary or booster doses of the vaccine. An additional 100 doses were scheduled for this week.

Individuals can sign up for a Covid-19 vaccine by calling 541-553-2610.

You must be 18 or older and live or work in Warm Springs.

The Warm Springs community Covid-19 update on Tuesday reported five new cases of Covid-19 in the community.

The results were from 71 tests conducted on Monday of this week.

As of the Tuesday morning report: There were 18 active cases of Covid-19 on the reservation. In addition there were 46 close contacts receiving daily monitoring. Some additional data:

- There have been 794 total positive cases among the tribal community since the pandemic began about 11 months ago.
- Since that time, health workers have administered 8,636 tests for the virus. Also since the pandemic began last March:
- Eighty-one members of the tribal community have been hospitalized due to Covid-19.
- Eighty people have been discharged from the hospital.
- Twenty-two members of the tribal community have died from Covid-19.

The Covid-19 vaccines are remarkably good at preventing serious illness. However, it is still unclear how well they will curb the spread of the coronavirus.

For this and other reasons, health workers emphasize that people who have been vaccinated must continue the Covid-19 safety protocol for the sake of everyone.

Youth Art Show at museum, new show opens in spring

The Twenty-Eighth Annual Tribal Youth Art Show at the Museum at Warm Springs will be on display through March 27. The show celebrates creativity and the talents of our tribal youth.

The museum, having re-opened in late January, welcomes visitors. At the museum there are the safety guidelines such as wearing masks and social distancing, with a limited number of guests at a time.

Early April at the museum will see the opening of *Sacred Reflections: The Art of Umatilla Artist Ellen Taylor*. Ms. Taylor is renowned for her Contemporary Native American paintings. One description of her style: "Picasso meets Native American type of Contemporary art in Andy Warhol's living room..."

Ms. Taylor has said her art "comes from visions, feelings, life experiences, death, turmoil, new birth, illness, relationships and his-

tory of life."

She adds, "The perfect balance comes from finding the time to create, articulate and harmonize these ideas onto canvass, in an otherwise busy life."

This summer at the Museum at Warm Springs will see the anticipated debut of *Into the Fray: Native American Wild-Land Firefighters of Warm Springs and Beyond*, opening in June.

As the museum preview of this show says: "Weather, the stars, water and fire are essential elements of change in the lives of Native Americans. Fire purifies. Tribes used it in the hunt, for cooking and cleaning land.

"This exhibit will examine the lives our Native brothers and sisters—firefighters from Warm Springs and beyond."

The museum is open 9 a.m. to 5 p.m., Tuesday through Saturday.



Courtesy MAWS

At the Twenty-Eighth Annual Youth Art Show: Acrylic on canvass painting *I Have a Dream*, by eighth-grader Mateja Sutterlee, age 9.



Locals Day

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Entries based on tier. See Players' Club for details.



Empower W.S. campaign with KWSO

KWSO 91.9 FM is working with tribal member Dr. Shilo Tippet on a new initiative promoting awareness and prevention of Covid-19.

The public awareness campaign is designed to empower community members during this phase of the pandemic with:

Education, Understanding and Perspective, and Hope.

Dr. Tippet is a licensed Clinical Psychologist who works at St. Charles Health System—Madras. Dr. Tippet brings her expertise working with individuals in a number of areas, including post-traumatic stress.

The KWSO campaign—#EmpowerWarmSprings—recognizes that the pandemic has been a struggle for everyone.

Over this past year, fear and anxiety have worn people down. Now is the perfect time to restore feelings of hope and more



Dr. Shilo Tippet

understanding about our experiences with the pandemic, and how to move forward in a good way.

We are hopeful with vaccine going into arms; at the same time we all need to commit to continuing to follow all Covid-19 precautions, because there is still a long way to go.

#EmpowerWarmSprings campaign goals are to offer:

- Timely, factual information.
- Encouragement.
- Opportunity to connect and unite with others with a common vision of wellness and the future.

There is an opportunity for community members to be part of the social media campaign by contacting:

kwsos@wstribes.org

You can have a picture taken with your mask on that will be used for a graphic to be shared online.

You can make your own graphic by downloading one of the PNG images at our website, and laying over your photo (if you have an app or software that can do that for you).

If you can post that to social media, please make sure you use the hashtag: #EmpowerWarmSprings

— Sue Matters

Wolf

(from page 1)

The tracking collar allowed BNR Wildlife to track the path that OR-93 took to Northern California.

He traveled along a mostly agricultural corridor south and then southwesterly over to California.

With OR93 leaving to California there are now at least eight resident wolves on the reservation, Austin Smith said.

This would include the original alpha male and female, plus two of their pups from last year, and four other young or sub-adult wolves.

— Dave McMechan



CTWS/BNR-Wildlife Dept.

The wolf, shown here with its tracking collar. OR-93 is one of a number of wolves that have recently crossed from Oregon to California.

#EmpowerWarmSprings

MY MASK PROTECTS YOU & YOUR MASK PROTECTS ME

PROTECT AGAINST COVID-19

- KNOW THE FACTS
- TAKE ALL PRECAUTIONS
- GET VACCINATED

School notes...

The Madras High School Class of 2022 is in need of mentors who would be able to meet with students in support of their plans for the future. Training and resources will be provided.

Volunteers need to be able to use technology for virtual meetings with students. If you are interested, please contact Samantha Loza in the Madras High Future Center. Her email is: sloza@509j.net

It's Spirit Week at the Warm Springs Academy. This Thursday, February 25 is Mismatch Day. Friday will be School Colors Day: Red, White and Black

THEIR LIVES ARE IN YOUR HANDS
WASH YOUR HANDS
STAY HOME
STAY SAFE

OBEY CURFEW | SLOW THE SPREAD | USE MASK | SOCIAL DISTANCING | OPERATION NHA WAY

School board vote in May

An election is coming up on May 18 in Jefferson County. The election is to fill several positions on a number of boards of directors within the county.

Three positions are open on the Jefferson County School District 509-J Board of Directors. Other positions that will be filled include districts such as the Jefferson County Education Service District, the Library District, Rural Fire Protection, among a number of others.

The May 18 election will be conducted entirely by mail. The last day to register to vote will be April 27. Ballots are mailed out on April 28, and must be received 8 p.m. on May 18. (See page 4 of this publication for more on the upcoming election.)

Northwest Tribal Elders Project

NORTHWEST PORTLAND AREA INDIAN HEALTH BOARD
Indian Leadership for Indian Health

www.npaih.org

PROTECT OUR ELDERSSAVE OUR CULTUREGET VACCINATED

Elders are our culture keepers. They hold our stories, songs, and traditional ways of living. Protect Our Elders.

AI/ANs are disproportionately impacted by the pandemic

According to the Centers for Disease Control and Prevention (CDC) AI/AN People have the highest COVID-19 hospitalization rate at 281 per 100,000 – a rate 5.3 times higher than for non-Hispanic Whites.

Why should we get vaccinated?

To protect yourself, your family and your community. Getting the COVID-19 vaccine adds one more layer of protection for you, your coworkers, patients, and family.

INTERESTED IN BECOMING A BOBCAT?

Find out what COCC is all about with a series of live webinars just for you. Learn about paying for college, degree options, residence life, and much more! Prospective student and parent sessions are available and all are welcome to join!

WHY COCC?	DEGREES/PATHWAYS
Jan. 28 · 5 p.m.	Jan. 20 · 1 p.m.
Feb. 13 · 9 a.m.	Jan 29 · Noon

CENTRAL OREGON community college
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<https://bit.ly/COCCVirtualAdmissions>

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Letters to the editor

Movin’ Mountains

Registration and initial weigh-ins for the 2021 Movin’ Mountains Slimdown Challenge are this week. The weight-loss and healthy lifestyle challenge is open to anyone 18 and older who lives on the reservation, or in Jefferson County.

The weigh-ins will be at the Jefferson County Public Health building, 715 SW Fourth St., Madras. For more information about the contest call 541-475-4456; or email: movinmountains@publichealth.jeffco.net

Jonathan Courtney, Jefferson County Healthy Community and Tobacco Prevention Coordinator, is serving as this year’s Movin’ Mountains coordinator. The weigh-ins this week at county Public Health are as follows:

This Thursday, February 25 from 8 a.m. to 5 p.m. Friday, February 26 from 8 a.m. to 6 p.m.; and Saturday, February 27 from 9 a.m. to 2 p.m. Entry fee must be received by February 27.

There will be individual and team competitions. The team competitions feature mens, womens and mixed (one man, one woman) categories. Cost to participate is \$25 per category. Cost is \$50 to participate both as a team member and as an individual. Participants are limited to two categories. All entrance fees are returned to the participants as cash prizes to the winners.

Movin’ Mountains is in its eleventh year. The competition encourages reducing weight, fat mass and body mass index figure. Historically, the contest has entailed weight loss and waist measurement reduction.

Embracing the covid vaccine

The Indian Health Service national headquarter reported that the agency has administered nearly 390,000 doses of Covid-19 vaccine.

At a rate of about 18,490 per 100,000, that’s higher than all but five states.

The trend owes itself both to a harsh reality—Native Americans are four times more likely to be hospitalized from covid—and tradition: Community before self has long been a core principle in Native American culture.

“We already innately have held on to that cultural tradition of taking care of our community,” said Abigail

Echo-Hawk, director of the Seattle Urban Indian Health Institute, and a citizen of the 3,000-member Pawnee Nation.

Skills classes

The Central Oregon Community College spring term Adult Basic Skills classes will all be done remotely and online. You can sign up now for Reading, Writing, Language Arts, Basic Math, Science and Social Studies classes: Enrollment is open through March 15. Spring term then starts March 29. If you have questions call 541-504-2950. And see: cocc.edu/departments/adult-basic-skills/schedule.aspx

Chinook Nation

The mission of the Confluence project is primarily educational; so it is rare that we, as an organization, advocate for specific policy proposals.

We also get a lot of questions during our events from folks asking, What can I do to support Indigenous people? Here is one step we’re advocating for, and we encourage you to join us:

Our friends at the Chinook Indian Nation have asked us to support their effort to achieve federal recognition. As you may know, they have been fighting in the courts to receive the benefits of recognition.

There is now a renewed effort to achieve this goal through legislation in Congress. Letters to members of Congress help a great deal. At the Confluence website—confluenceproject.org—is a letter of support from the staff and board of directors of Confluence. At the website also is a letter you can submit in support of the Chinook Nation. Letters can then be emailed to the Chinook Indian Nation for distribution. **Colin Fogarty**, Confluence director. **PS:** *Chinook Nation is also looking to hire an Executive Director and an Office Manager. See page 5 of this publication for information.*

Getting a grip on your health

Having a strong grip is a powerful indicator of overall health.

Research has shown that a person’s grip strength may be predictive of their longevity, future disability, depres-

Education advocate joins race for school board position

Jaylyn Suppah has filed for Jefferson County 509-J School Board of Directors, position 3.

Ms. Suppah is a community planner with the Confederated Tribes Health and Human Services Branch. She is a member of the tribes’ Education Committee and a number of other education-related boards at the local, state and national level.

Jaylyn currently manages a program that focuses on school dropout prevention, high school and career/college readiness, and trauma-informed, culturally relevant curriculum development.

“The current board needs equitable representation, more transparency, and better communication and involvement with the community so we can make the best decisions for our students,” Jaylyn



Jaylyn Suppah

says.

“My experience gives me the best fit to achieve these goals.”

Suppah believes it’s critical the school board better reflect the populations it serves. According to publicschoolreview.com, the makeup of the district’s students includes 34-percent Native American and 34-percent Latinx. Total minority enrollment is at 71 percent, with 29 percent

Caucasian.

Jaylyn’s early endorsers include the Twenty-Eighth Tribal Council of the Confederated Tribes of Warm Springs, and Team Jamie for Oregon.

Team Jamie for Oregon was co-founded by Terrebonne resident Jamie McLeod-Skinner to support emerging rural community leaders such as Jaylyn to bring new perspectives to of-

fice.

Ms. Suppah grew up in Simnasho, and attended schools in the Jefferson 509-J district. In high school she played basketball for the lady White Buffalos.

Her two children currently attend the Warm Springs Academy.

To learn more about Jaylyn’s campaign, go to JaylynSuppah.com



Jaylyn, school board candidate, with family.

A thank you

To all our family and friends here in Warm Springs, Nisqually, Lapwai, Washington and Pendleton,

September 10, 2020 we lost a very great loving man, a husband, father, best grandpa, great grandpa, brother, uncle, father-in-law, son-in-law, brother-in-law and friend, Robert Tracy Sam Sr. As his wife, I would like to say a long overdue Thank You. This has been so hard for us all, and we miss him.

This all started on August 3, 2020 in our home when we all got the virus, Covid-19. Robert was taken to the hospital in Madras on August 5. From there it was on to Bend St. Charles Hospital, where he stayed until September 10, 2020, the day he left all his family.

We would like to thank Warm Springs Fire & Safety staff for being there and helping us. A big Thank you with all our love to St. Charles Bend ICU Covid-19 team, doctors and nursing staff for taking such great care of our loved on; letting us Facetime with him. Doctors calling us 3 to 4 times a

day, keeping us updated, and letting me in to see him. Most of all letting all his family be with him on the morning of September 10.

We all could hold him and say our Goodbyes. This meant a lot to all of us. At this time, too, Thank you Josiah Spino for all your beautiful songs for us at the hospital.

I want to thank all who came to our home with food, drinks and a lot more. Tracy and Veronica and grandsons, for all you did for us when we were at home for the long weeks. Mom, Eliza and sister Ita, all your calls checking on us, Love you.

Thank you Tony VanPelt for getting all the things for our children. Rosa and Brent Graybael family for all you did. Elsie for coming and checking on the children and us. Neda, All you did for us, running around for me. PHN’s calling and checking on us each day. Marie coming with our meds. Wolfman, all the stuff you got for us. Levi and Pearl, Thank you for calling and checking on us. Mandy Suppah, Thank you for all the stuff you got for us. So many people came

out to check on us, Thank you all. Yes, and there was a group of teens that came by with water and thoughts, Thank you all.

Thank you Clint and JeLeah Warner Sr. for all you did and are still doing for my two little ones. I love you both. Thank you Robert Jr. and Mercedes for the new bed, Love you all.

Thank you Andy Leonard for all you did for our loved one. Thank you to our Nisqually family, sister-in-law Diane Hicks and family for all you did, and we love your calls.

Thank you, Carlos and Maria Lopez for opening your home for the services. Marie, being by my side through this all, Love you. Evelyn Plum Gilbert for taking care of me, Love you. Thank you 1910 Shaker Church and the Wasklick Drummers who came to our services. This is just how he wanted it to go. Thank you Louise and Cassie Katchia with our Medicine Society for your beautiful songs when cutting my hair. Thank you! Dayle Tufti for all the food, fry bread and cakes.

Thank you continues on 5

Veterans Representative discusses VA home loans

The Veterans Administration home loan programs are available to eligible veterans, spouses or children of veterans who weres honorably discharged.

The loan programs help you buy, build or improve a home or refinance your current home loan.

These include a VA direct loan, and three VA-backed loans. You will first have to obtain a Certificate of Eligibility for a loan that meets your needs.

How does a VA direct home loan work?

With a VA direct home loan, they serve as your mortgage lender.

This means you will work directly with the VA to apply for and manage your loan. The Native American Direct Loan—the NADL)—program often has better terms than a



Frankie Williams, W.S. Veterans Representative

home loan from a private lender such as a private bank, mortgage company or credit union.

How does a VA-backed home loan work?

With a VA-backed home loan, the VA guarantee—that is, they stand behind—a portion of the loan you get from a private lender.

If your VA-backed home loan goes into fore-

closure, the guaranty allows the lender to recover some or all their losses. Since there is less risk for the lender, they are more likely to give you the loan under better terms.

In fact, nearly 90 percent of all VA-backed home loans are made without a down payment.

Lenders follow VA standards when making VA-backed home loans. They may also require you to meet additional standards before giving you a loan.

These standards may include having a high enough credit score, or getting an updated home appraisal,an expert’s estimate of the value of your home.

Explore different loan types:

1. Purchase loan.
 2. Native American Direct Loan—NADL—program.
- Are you a Native Ameri-

can Veteran or a Veteran married to a Native American? Find out if you are eligible for a NADL to buy, build, or improve a home on federal trust land.

3. Interest Rate Reduction Refinance Loan—an IRRRL.

Have an existing VA-backed home loan? Find out if you’re eligible for a VA-backed IRRRL to help reduce your monthly payments or make them more stable.

4. Cash-out refinance loan.

Want to take cash out of your home equity to pay off debt, pay for school, or take care of other needs? Find out if you are eligible for a VA-backed cash-out refinance loan.

*To get more information regarding a VA home loan or a VA-backed home loan, contact **Frankie Williams, Warm Springs Tribal Veteran’s Representative**, at 559-798-7192. Or: frankie.williams@wsprings.org*

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:

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

Judge blocks move of National Archives

A federal District Court judge this month blocked, temporarily at least, the sale of the National Archives property in Seattle.

The sale of the building—and the disbursement of the archives to distant locations—was opposed by tribes of the Northwest.

The National Archives and Records Administration building in Seattle houses thousands of historic documents and other items detailing the history of tribes of the region. And for this reason, many of the items—original old photograph prints and documents, for instance—are of great interest and value to the Confederated Tribes of Warm Springs.

In late 2020 an entity called the federal Public Building Reform Board voted to move the contents of the Seattle Archives building to Kansas City, Missouri, and Riverside, California. The government



Example of rare photo found at the National Archives in Seattle: Warm Springs Reservation circa 1950-60s.

could then sell the Seattle Archives building property.

The decision to move the contents of the Seattle Archives happened without consulting the tribes or other interested parties of the Northwest.

At a hearing on the matter earlier this month, District Court Judge John Coughenour asked Brian Kipnis, an assistant U.S. attorney, if anybody on the five-person Public Buildings Reform Board was from the Pacific North-

west. Mr. Kipnis said he was not sure.

Judge Coughenour then said the federal government could have avoided a “public relations disaster” if they had “displayed some sensitivity” to how the closure affected the Northwest.

Coughenour also asked Kipnis what he knew about a quote from a spokesperson for the White House Office of Management and Budget:

“Tribal consultation is a priority for this administration, and we will further assess the extent to which tribes were consulted under the previous administration on this proposal.”

Mr. Kipnis answered, “I can tell you there is truth to that statement.” He also said that “in a week or so” he expected to learn the position of the new administration on the archives remaining in Seattle.

Twenty-nine Northwest tribes and other groups filed a lawsuit on January 4 seeking to declare the sale to developers illegal.

Community notes...

Senior Lunch this Thursday, February 25 is for pick up or delivery from the Warm Springs Senior Center. Meals are free for those 60 and over. To learn more, call the Senior Program at 541-553-3313. On the Thursday menu: Lasagna with mixed vegetables, garlic bread and fruit.

Warm Springs **Vocational Rehabilitation** remains closed to potential or existing clients unless you have an appointment. You can call Jackie Minson at 541-553-3490 to arrange a visit at their offices at the Education building.

Warm Springs **Credit** has their drive up window open weekdays 8 a.m. to 5 p.m. They are closed for lunch at the noon hour. The window can be used for payments, check cashing, picking up and dropping off loan applications. The ATM lobby is open Monday through Friday 8 a.m. to 5 p.m.

IHS updates Indian Country covid testing

The Indian Health Service nationwide has now conducted more than 2 million tests for Covid-19. Of the total tests across Indian Country, 184,817 have returned positive, according to the latest IHS data. The number of positives represents an increase of less than 1 percent from the previous week.

Based on the cumulative percent positive, the highest rates have been seen in three areas. Two of them include the state of Arizona, indicating a disproportionate toll of Covid-19 in the state:

The Navajo Area at 16.8 percent. The Phoenix Area, 14.4 percent. The Oklahoma City Area,

13.5 percent. Based on a recent 7-day rolling average of positivity in February, three areas continue to see higher Covid-19 rates. They are the Oklahoma City Area, the California Area, and the Tucson area.

Overall, 9.8 percent of IHS tests have been positive since the onset of the pandemic, the data shows.

A thank you (continues from page 4)

Thank you Jenny and Sally Sam-Smith for the beautiful outfit you put on uncle. Girls, you know he really loved you both. Taco, Thank you for singing your songs for your uncle. He really loved to hear you sing.

Thank you our Ramona Lopez for taking care of your uncle's dish. You know this is what he wanted. Your uncle and I love the world out of you.

Thank you, Madras Police Department for leading us out from Bel Air Funeral Home and to the Warm Springs Police Department for getting us. Thank you all.

Marcy Sam, John Sam and Felicia, We are so happy you make it back to Warm Springs for your brother-in-law, uncle and grandpa, Love you guys.

Thank you Richard Sam family from Pendleton, so glad you made it.

Loretta Selam-White and Willie Selam, Thank you for making it over for his funeral.

Ramona Baez, Thank you for being there for us, and your help with everything.

Our family from Lapwai, Pendelton, Washington and Nisqually, Thank you for all your love and calls.

Gloria Warner and Rosemary Aly, You're two beautiful women. Thank you for all your love and prayers.

Thank you to Carlos Calica for all you have done for us. I really know he loved all his servers. You and the rest of the people really did beautiful services for our loved one. Thank you for being at Bel Air Funeral Home with my family and me.

Thank you Bel Air Funeral Home for doing a great job with my husband, and letting one of our sons go in with me before he was taken out. I was so happy that we, my son and I, got to pick out his beautiful casket.

I want to say to my place of employment, IHS. Dr. Locker, Dr. Creelman, Yvonne Iverson and Shanalee Peterson, all the Covid team, Thank you. Rachel Nua and daughter Meleseke Nua, Thank you for coming out September 13 to our place with all the snacks. We loved your baked goods, Meleseke. Gina Walker and family, for all the things you gave to us. Thank you to all my co-workers, the medical staff, who were doing my job when I was gone. The beautiful cards and money you all gave to my family, Thank you, It really helps us out.

I want to thank the beautiful women who came to our place to give me clothes and beautiful breakfast. My sisters-in-law Maria and family, Julie Sandoval, Louis Katchia, Cassie Katchia, Leona Ike, Natasha DeBiaso, Jennifer Sam Smith, Sally Sam Smith, Sandra Main, to my mother for all her help, Eliza Jim, my daughter-in-law Veronica Sam, for all you did this day. In addition, to all who helped cook for this Ceremony, Thank you. To our son Clarence Vernon Sam for saying the prayer, I love you son. Than kyou Deana Smith for the beautiful memory cards. In addition, most of all helping with the giveaway.

Thank you Karen Picard for all you have done for our family, taking care of me and my two little ones, cleaning, washing, taking care of my room, Love you and miss you more.

Robert is deeply loved, always will be missed but never forgotten. He loved spending time with his family and friends. Most of all our grandchildren. Made sure they were all taken care of. He was a true man with a big heart. I want to say to our family and friends, Please take care. This Covid-19 is not a game. We did what we could to stay safe. He just was at home maybe a ride or two but we made him stay to keep safe. I did go to work. (Please keep your masks on.) All of you who have your father and mother, Take care of them. This is so hard on our children, all so close to their father and really missing him.

I have memory cards if you would like one. Just call me, I am back to work. Or my cell number.

I do apologize if I missed anyone. Thank you all!

Marella Sam; Sons, Tracy and Veronica Sam family, Robert Sam Jr. and Mercedes family, Thomas Sam and children, Leon Chase, Clarence Sam and Craig Tailfeathers Jr. With all his beautiful daughters, Sadie Sam, Grant and Picard children, Elsie Sam and Carl, Neda and Gerald Tias Sr. and boys. JeLeah and Clint Warner Sr., and Clint Jr. and Shasta Tailfeathers. With all the rest of his grandchildren and great grandchildren.



Coaches wanted!

Warm Springs Nation Little League is looking for coaches for this year's softball and baseball teams.

If you are interested in coaching this year, you can get ahold of Edmond Francis at **541-325-3856**

You will need to fill out a registration form and complete 2 background checks

There will NOT be a league fee for participation this year.

The deadline to turn in an application for coaches is **March 5th (Friday)**

The deadline to turn in player registration forms is **March 17th (Wednesday)**

If you have any questions, you can get ahold of WSNLL President, Edmond Francis (541) 325-3856 or

WSNLL Information Officer, Jordan Stacona (541) 460-1160

Community notes...

The Warm Springs Community Action Team remains closed as a Covid-19 precaution. For current and former **IDA clients**, Demus Martinez is available to talk about your Credit Report and FICO scores.

Contact Demus via text or call

541-460-3851 or email demus@wscat.org

Due to the pandemic the Community Action Team will not be hosting their **AARP Tax Aide** site this year. You may be able to get an appointment for tax preparation and filing with NeighborImpact. Their offices in Bend can be reached at 541-318-7506 and in Redmond at 541-548-2380.

Warm Springs **Commodities** is located in the Warm Springs Industrial Park.

They offer food like: cereal, fresh fruit and produce, canned fruit and veggies, pasta, meat, eggs, juice and cheese. You do need to meet eligibility requirements to qualify for commodities. Call 541-553-3422 for details and check out the 'W S Commods' Facebook page for updates.

Chinook Nation looks to fill two positions

The Chinook Nation consists of the five western most Tribes of Chinookan peoples. Our history and constitution define us as being Lower Chinook, Clatsop, Willapa, Wabkiakum and Katlamet.

We have always resided in the lower Columbia River region and always will. We are proud of our heritage and inheritance and ask you to join us in celebrating our rich history and bright future. We are looking to hire for the following positions:

Executive Director. Reports to the Chinook Nation Tribal Council. Open until filled. Salary is \$79,000 to \$108,000 annually.

The community of the Chinook Indian Nation is commit-

ted to the clarification of its federal status, the revitalization of its culture, language and lifeways and to better support the needs of its membership. This new position will be responsible for overseeing and developing exciting growth opportunities, and will facilitate tribal council, committee and community activities as designated by Tribal Council.

It will ensure the effective and efficient administration of overall Tribal operations while working cooperatively with staff, government structures and the community to achieve Council goals. Read a full description of duties, responsibilities and qualifications here.

Tribal Office Manager. Reports to the Executive Director.

Open until filled. Salary is \$33,000 to \$42,000 annually.

The office manager supports tribal operations by managing office needs. Responsible for office activities, including general reception, mail, purchasing and facilities. Also responsible for directing and coordinating overall office duties and related activities.

The community of the Chinook Indian Nation is committed to the clarification of its federal status, the revitalization of its culture, language and lifeways and to better support the needs of its membership.

For more information on these positions see chinooknation.org Send resume and cover letter to: Jobs@ChinookNation.org

In the Tribal Court of the Confederated Tribes of Warm Springs

All proceedings are held at the CTWS Tribal Court.

CTWS, Petitioner, vs JENNY BIRD, RESPONDENT; Case No. JV27-12. TO: JENNY BIRD, ELIJAH CUNNINGHAH, HEATHER WILLIMAS-STEWART, WILLIAM STEWART:

YOU ARE HEREBY NOTIFIED that an PRELIMINARY 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 **11th day of MARCH, 2021 @ 11:00 AM**

CTWS, Petitioner, vs A N T O I N E T T E TALLBULL, RESPONDENT; Case No. JV38-11 DO60-13. TO: A N T O I N E T T E TALLBULL, CHARLIE WAINANWIT, CPS, JV PROS:

YOU ARE HEREBY NOTIFIED that an PERMANENCY 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 **29th day of MARCH, 2021 @ 2:00 PM**

CTWS, Petitioner, vs aSHLYNN SOHAPPY, RESPONDENT; Case No. JV176-08. TO: ASHLYNN SOHAPPY, GLORIA OROZCO:

YOU ARE HEREBY NOTIFIED that an ASSISTED GUARDIANSHIP 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 **31st day of MARCH, 2021 @ 2:00 PM**

NELLIE TANEWASHA, Petitioner, vs SHADRACK MARTINEZ, RESPONDENT; Case No. DO126-20. TO: NELLIE T A N E W A S H A , SHADRACK MARTINEZ, OLIVIA GLEASON:

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 **9th day of MARCH, 2021 @ 1:30 PM**

CTWS, Petitioner, vs JENNY BIRD, RESPONDENT; Case No. JV08-09. TO: JENNY BIRD, ELIJAH CUNNINGHAM:

YOU ARE HEREBY NOTIFIED that an PERMANENCY 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 **31st day of MARCH, 2021 @ 9:00 AM**

CTWS, Petitioner, vs ROBIN WARNER, RESPONDENT; Case No. JV17-18. TO: ROBIN WARNER, TYRONE LAWRENCE:

YOU ARE HEREBY NOTIFIED that a ASSISTED 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 **15th day of MARCH, 2021 @ 9:00 AM**

MERIMA MADE, Petitioner, vs ESTOMINA MADE, Respondent; Case No. DO74,75-20. TO: JESSICA JIM:

YOU ARE HEREBY NOTIFIED that an 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 **18TH day of MARCH, 2021 @ 10:00 AM**

CTWS, Petitioner, vs MARISSA KALAMA, Respondent; Case No. JV30-07. TO: MARISSA KALAMA, KEITH CHARLEY JR, JOHN KALAMA, MARLENE SOHAPPY:

YOU ARE HEREBY NOTIFIED that an ASSISTED 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 **18TH day of MARCH, 2021 @ 3:00 PM**

CHANTEL PICARD, Petitioner, vs CAMERON SMITH-LUCERO, Respondent; Case No. DO31-21. TO: CAMERON SMITH-

LUCERO, CHANTEL PICARD:

YOU ARE HEREBY NOTIFIED that an 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 **16TH day of MARCH, 2021 @ 3:00 PM**

CTWS, Petitioner, vs JOSIAH SPINO, Respondent; Case No. JV20-20. TO: JOSIAH SPINO, JV PROS:

YOU ARE HEREBY NOTIFIED that an SUPERVISED PROBATION 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 **22ND day of MARCH, 2021 @ 3:45 PM**

THERESA SUPPAH, Petitioner, vs LAWRENCE POLK, Respondent; Case No. RO10-21. TO: LAWRENCE POLK, THERESA SUPPAH, VOCS:

YOU ARE HEREBY NOTIFIED that an RESTRAINING ORDER 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 **23RD day of MARCH, 2021 @ 10:30 AM**

CTWS, Petitioner, vs DAWN ROWLAND, Respondent; Case No. JV02-06, JV37-17. TO: DAWN ROWLAND, JAMES SMITH JR:

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 **23RD day of MARCH, 2021 @ 3:30 PM**

CTWS, Petitioner, vs DAWN ROWLAND, Respondent; Case No. JV32,17, JV33-17. TO: DAWN ROWLAND, ROBERT WARNER SR:

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 **23RD day of MARCH, 2021 @ 3:00 PM**

CTWS, Petitioner, vs JOEL THOMPSON SR, Respondent For/ J.T. JR; Case No. JV7-20. TO: JOEL THOMPSON SR, JV PROS:

YOU ARE HEREBY NOTIFIED that an 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 the **30TH day of MARCH, 2021 @ 4:00 PM**

CTWS, Petitioner, vs MARTI ANN STEVENS, Respondent For/ J.S. IV Case No. JV5,8-20. TO: MARTI ANN STEVENS, JV PROS:

YOU ARE HEREBY NOTIFIED that an SUPERVISED PROBATION 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 **29TH day of MARCH, 2021 @ 3:00 PM**

KIM LeCLAIRE & ODESSA JONES, Petitioner, vs CTWS, Respondent; Case No. DO140-20. TO: KIM LECLAIRE, ODESSA JONES:

YOU ARE HEREBY NOTIFIED that an 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 **30TH day of MARCH, 2021 @ 3:00 PM**

CTWS, Petitioner, vs ELLEN JACKSON, Respondent; Case No. JV3-19. TO: ELLEN JACKSON, ROBERT LUCEI:

YOU ARE HEREBY NOTIFIED that an CUSTODY 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 **1ST day of APRIL, 2021 @ 3:00 PM**

CTWS, Petitioner, vs CLINTON TOHET, Respondent; Case No. JV68-19. TO: CLINTON TOHET:

YOU ARE HEREBY NO-

TIFIED that an CUSTODY 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 **7TH day of APRIL, 2021 @ 2:00 PM**

NOTICE OF HEARING FOR CHANGE OF NAME: IN THE MATTER OF: Francisco Martinez Martinez, DOB: N/A; Case No. DO28-21; Nellie Tanewasha, Petitioner:

The above individual has filed a Petition with this Court to change said name from Francisco Medina Martinez to Poncho Mathias Tanewasha. A hearing on this matter has been set for **4:00 pm on the 15th day of April 2021**, 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 **31st day of March 2021**.

CTWS, Petitioner, vs JULIA YAHTIN CLOUD Respondent; Case No. JV92-19. TO: JULIA YAHTIN CLOUD. YOU ARE HEREBY NOTIFIED that an CUSTODY 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 17TH day of MAY, 2021 @ 10:00 AM

MANDA SUPPAH, Petitioner vs DELLA SUPPAH, Respondent; Case No. DO69-04, DO70-04. TO: MANDA SUPPAH, DELLA SUPPAH:

YOU ARE HEREBY NOTIFIED that an 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 **19TH day of APRIL, 2021 @ 9:00 AM**

CTWS, Petitioner, vs N O R A L I S E T T E MCKINLEY, Respondent; Case No. JV105-10, JV25-12. TO: NORALISETTE MCKINLEY, AARON EAGLESPEAKER:

YOU ARE HEREBY NOTIFIED that an ASSISTED GUARDIANSHIP 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 **19TH day of APRIL, 2021 @ 10:00 AM**

CTWS, Petitioner, vs JESSICA JIM, Respondent; Case No. JV1-21. TO: JESSICA JIM:

YOU ARE HEREBY NOTIFIED that an CUSTODY 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 **3RD day of MAY, 2021 @ 10:00 AM**

CTWS, Petitioner, vs N O R A L I S E T T E MCKINLEY, Respondent; Case No. JV30-20. TO: NORALISETTE MCKINLEY:

YOU ARE HEREBY NOTIFIED that an CUSTODY 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 **21ST day of APRIL, 2021 @ 2:00 PM**

MERIMA MADE, Petitioner, vs ESTOMINA MADE, Respondent; Case No. DO74,75-20. TO: JESSICA JIM:

YOU ARE HEREBY NOTIFIED that an 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 **18TH day of MARCH, 2021 @ 10:00 AM**Confederated Tribes of Warm Springs, Plaintiff, vs Gladys Graybael, Defendant; Case No. CR202-20. TO: Gladys Graybael:

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 **MARCH 10, 2021 @ 3:00PM**

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 **March 10, 2021 @ 3:00pm**

Confederated Tribes of Warm Springs, Plaintiff, vs Everett Windyboy, Defendant; Case No. CR240-20; CR243-20. TO: Everett Windyboy:

YOU ARE HEREBY NOTIFIED that CRIMINAL ARRAIGNMENTS 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 **MARCH 9, 2021 @ 8:00AM**

Confederated Tribes of Warm Springs, Plaintiff, vs Allen Holquin, Defendant; Case No. CR225-20. TO: Allen Holquin:

YOU ARE HEREBY NOTIFIED that a Show Cause and Criminal Arraignment 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 **March 16, 2021 @ 8:00am**

Confederated Tribes of Warm Springs, Plaintiff, vs Shaniah Scott, Defendant; Case No. CR254-20; CR434-19. TO: Shaniah Scott:

YOU ARE HEREBY NOTIFIED that a CRIMINAL ARRAIGNMENT & SHOW CAUSE 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 **MARCH 9, 2021 @ 8:00AM**

Confederated Tribes of Warm Springs, Plaintiff, vs Zachary Chambers, Defendant; Case No. CV22-20. TO: Zachary Chambers:

YOU ARE HEREBY NOTIFIED that a CIVIL 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 **MARCH 16, 2021 @ 8:00AM**

Confederated Tribes of Warm Springs, Plaintiff, vs Marvin Ike Jr., Defendant; Case No. CR458-18. TO: Marvin Ike Jr.:

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 **March 16, 2021 @ 8:00am**

Confederated Tribes of Warm Springs, Plaintiff, vs Gonzalo Arthur, Defendant; Case No. CR255-20. TO: Gonzalo Arthur:

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 **MARCH 16, 2021 @ 8:00AM**

Confederated Tribes of Warm Springs, Plaintiff, vs Edward Blackwolf, Defendant; Case No. CR595-18. TO: Edward Blackwolf:

YOU ARE HEREBY NOTIFIED that a SHOW CAUSE HEARINGS 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 **MARCH 16, 2021 @ 8:00AM**

PROBATE

In the matter of the estate of Rosaline A. Moran, W.S., U/A, deceased. Estate no. 2020-PR91. To Sheila Thrasher, Roy Spino and James Moran: You are hereby notified that an informal probate hearing is scheduled for **April 7, 2021 at 2 p.m.**

In the matter of the estate of Kamiken L. Spino, W.S., U/A, deceased. Estate no. 2017-PR40. To Danny McGraw Jr.:

You are hereby notified that an informal probate hearing is scheduled for **March 15, 2021 at 2 p.m.**

In the matter of the estate of Christopher Johnson, W.S., U/A, deceased. Estate no. 2020-PR67. To Richard Smith III and Lisa Johnson: You are hereby notified that an informal probate hearing is scheduled for **April 13, 2021 at 2 p.m.**

In the matter of the estate of Arlita L. Rhoan, W.S., U/A, deceased. Estate no. 2020-PR38. To Lyle Rhoan Sr., Lyle Rhoan Jr., Rebecca Adams and Lyda Rhoan: You are hereby notified that an informal probate hearing is scheduled for **April 6, 2021 at 2 p.m.**

In the matter of the estate of Brandon L. Lucei, W.S., U/A, deceased. Estate no. 2020-PR56. To Rebekah Picard and David Lucei: You are hereby notified that an informal probate hearing is scheduled for **April 12, 2021 at 2 p.m.**

In the matter of the estate of Leroy R. Smith Jr., W.S., U/A, deceased. Estate no. 2020-PR39. To Latonia Smith, Mariah Smith, Leroy Smith III, Lorenzo Smith and Raquel Smith: You are hereby notified that an informal probate hearing is scheduled for **April 6, 2021 at 2:30 p.m.**

In the matter of the estate of Orthelia Patt, W.S., U/A, deceased. Estate no. 2020-PR85. To Heather Miller: You are hereby notified that an informal probate hearing is scheduled for **April 6, 2021 at 4 p.m.**

In the matter of the es-

tate of Mona N. Charley, W.S., U/A, deceased. Estate no. 2014-PR07. To Buddy Charley, Autumn Meninick, Aaliyah Meninick and Michael Meninick Jr.: You are hereby notified that an informal probate hearing is scheduled for **March 17, 2021 at 9 a.m.**

In the matter of the estate of Jacob J. Berry, W.S., U/A, deceased. Estate no. 2017-PR25. To Billy Berry-Speakthunder Sr., and Wanda Berry: You are hereby notified that an informal probate hearing is rescheduled to **March 17, 2021 at 9:30 a.m.**

In the matter of the estate of Theda E. Charley, W.S., U/A, deceased. Estate no. 2010-PR18. To Alias Charley, Benjamin Charley, Caramiah Charley and Alveda Charley: You are notified that an informal probate hearing is scheduled for **March 15, 2021 at 2:30 p.m.**

In the matter of the estate of Jeannine D. Thompson, W.S., U/A, deceased. Estate no. 2020-PR45. To Marvin Thompson, Falcon Thompson, Alyssia Thompson, Cody Lesina, Wynter Erickson, Reanna Charley, Jonathan Smith, Jeanette Thompson, Della Thompson, Job Thompson and Shanado Thompson: You are hereby notified that an informal probate hearing is scheduled for **April 8, 2021 at 3 p.m.**

In the matter of the estate of Lupe Samuels, W.S., U/A, deceased. Estate no 2020-PR33. To Walter Langnese and Daniel Samuels: You are hereby notified that an informal probate hearing is scheduled for **April 13, 2021 at 3 p.m.**

In the matter of the estate of George Danzuka Jr., W.S., U/A, deceased. Estate no. 2020-PR41. To Roberta Danzuka, Crystal Danzuka Gomez-Quiles, Owen Danzuka, Kimiko Mitchell, Carl Tewee and Masami Smith: You are hereby notified that an informal probate hearing is scheduled for **April 13, 2021 at 2:30 p.m.**

In the matter of the estate of Charles Tailfeathers, W.S., U/A, deceased. Estate no. 2020-PR42. To Nancy Tailfeathers: You are hereby notified that an informal probate hearing is scheduled for **April 12, 2021 at 3:30 p.m.**

In the matter of the estate of Robert Sam Sr., W.S., U/A, deceased. Estate no. 2020-PR53. To Marella Sam, Tracy Sam, Sadie Sam, Elsie Tailfeathers, Robert Sam Jr., Neda Tias, Jeleah Sam-Warner and Thomas Sam: You are hereby notified that an informal probate hearing is scheduled for **April 12, 2021 at 10:30 a.m.**

In the matter of the estate of Larry Langley, W.S., U/A, deceased. Estate no. 2019-PR15. To Stella Langley and Vanessa Langley: You are hereby notified that an informal probate hearing is scheduled for **April 12, 2021 at 2:30 p.m.**

Stress management with W.S. Holistic Health

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

Stress begins in the brain in an area called the hypothalamus.

The hypothalamus signals the nervous system and the kidneys, triggering a release of hormones known as cortisol and adrenaline.

This causes immediate physiological changes such as increased heart rate, faster breathing, muscle tension and alertness. The purpose of this response, commonly referred to as “fight or flight,” is to help the human body respond to life threatening situations.

While stress is an important component of the human survival mechanism, it can also be triggered through other situations such work, finances, grief, relationships or school.

While it is normal to experience stress occasionally, chronic elevation of stress hormones can have negative impacts on the body.

Stress has been shown to reduce pain tolerance and in-

crease muscle tension. In addition, long term stress is negatively linked to respiratory, cardiovascular, gastrointestinal, and reproductive issues.

While stress is a natural part of life, the way it is managed can significantly affect how the body responds.

Here are a few tips to help cope with stress while maintaining optimal physical and mental well being:

Aerobic exercise: Research has shown that regular aerobic exercise elevates mood, reduces anxiety and improves concentration. Examples of aerobic exercise include walking, running, or biking.

Sleep: According to the American Psychological Association, adults who sleep fewer than 8 hours per night report higher stress levels than those who sleep at least 8 hours.

Relationships: Positive social interaction has been shown to increase the release of the hormone Oxytocin, which helps to naturally re-

duce anxiety and calm the nervous system.

Mindfulness: Multiple studies have suggested that meditation improves symptoms of stress-related conditions including irritable bowel syndrome, post-traumatic stress disorder and fibromyalgia.

Music: A study performed on surgical patients indicated that those who listened to self-selected music before, during and immediately following their operations had reduced blood pressures and increased feelings of calmness during the procedures compared to those who were in silence.

Deep breathing: Breathing practice is widely accepted as a non-pharmacological treatment for various stress related disorders including anxiety, depression, and insomnia.

If you have further questions about stress management, Please reach out to the Warm Springs Holistic Health Physical Therapy team at 541-777-2663. Or call to make an appointment.



MMIP

“The U.S. Attorney’s Office will collaborate with all nine tribal governments in Oregon—as well as tribal, state and federal law enforcement—to develop MMIP Tribal Community Response Plans for each tribe.”

The initiative will also bring further development of data surrounding all MMIP cases connected to Oregon. “This initial MMIP report is only a snapshot of the MMIP data, and only the beginning of analyzing and developing the complete picture of MMIP cases connected to Oregon,” the report says.

At this point, according to the report, “The U.S. Attorney’s Office currently concludes there are 11 missing Indigenous persons, comprising six females and five males, and eight murdered Indigenous persons, comprising five females and three males.”

The report compares this information with data from the Oregon State Police, the National Institute of Justice organization NamUs, and the National Crime Information Center.



In December with tribal and law enforcement leaders, Gov. Kate Brown signed a bill requiring Oregon State Police to conduct closer investigations of missing and murdered Indigenous women.

The U.S. Attorney’s Office MMIP 2021 Action Plan for Oregon also outlines these priorities:

Tribal consultation: The U.S. Attorney’s Office District of Oregon will schedule virtual tribal consultation meetings with each of the nine tribes and law enforcement.

Gathering of MMIP data: Starting this month, MMIP coordinator Ms. Wilkie Gillette plans to request data from all law enforcement offices that respond to Oregon tribes or tribal offices that would have

MMIP data.

Develop MMIP Tribal Community Response Plans: The U.S. Attorney’s Office will work with each tribe to establish these in all tribal communities.

Creation of a District of Oregon MMIP working group: The group will include representatives from the tribes and law enforcement.

Increase collaboration and communicate: The U.S. Attorney’s Office will collaborate and communicate with all Oregon law enforcement to better track and provide

assistance to all missing and murdered Indigenous cases.

Address issues identified in the OSP report: The U.S. Attorney’s Office is committed to assisting the OSP in implementing the recommendations, and overcoming the barriers identified in the OSP report, working toward a stronger partnership.

You can find the U.S. Attorney’s 2021 MMIP report online at: [USAO_MMIP_Report_FINAL_FINAL_2-18-2021.pdf](#)

NCAI hosts winter session

The National Congress of American Indians this week is hosting its executive council winter session. The event usually takes place in Washington, D.C., as a way for tribal leaders to work directly with top federal officials and key members of Congress. Due to covid, this year the meeting is virtual.

Earlier this week NCAI president Fawn Sharp delivered the State of Indian Nations Address. NCAI leaders also met virtually with U.S. Senate majority leader Sen. Chuck Schumer. Further meetings were with Congressmen and Congresswomen; Sen. Mark Kelly of Arizona; and Sen. Brian Schatz of Hawaii, chair of the Senate Subcommittee on Indian Affairs; Sen. Lisa Murkowski of Alaska; and House Speaker Rep. Nancy Pelosi, among others.

The full schedule continues through this Friday, concluding with the NCAI Tribal Leader Strategy Session, focusing on covid relief and recovery.

During hard times, Wave Food helping Native communities

The Wave Foundation is a regional coalition of stakeholders who collaborate to accelerate environmental programs that address climate change, youth engagement, and environmental justice.

The Wave’s Food Program serves Warm Springs families, and Native communities at the Columbia River and beyond. The Wave has now distributed more than 1,600 food boxes to families on the Warm Springs Reservation.

The Wave Food Program began in 2020, before the Covid-19 pandemic, with the idea that every business and every person can make a meaningful effort to promote sustainability in agriculture and the food industry, and to ensure safe and fair working conditions, and careful stewardship of ecosystems.

The impacts that Covid-19 has had on our partners, our food systems and our communities have only emboldened the resolve that the ideals we began with, in a regional community food system, are the path forward. The following is a new message from the Wave Foundation:

Like many organizations that focus on public policy, the Covid-19 pandemic upended our best intentions for 2020. At the start of last year—just before covid arrived—we planned to continue working on upholding and strengthening the science and conservation-based mandates in federal fisheries policy.

As the pandemic’s economic fallout became apparent, we shifted our attention to supporting fishing communities, working waterfronts and the seafood supply chain.

The unprecedented economic impacts of the Covid-19 pandemic has had a devastating effect on one of the essential American economic drivers—small businesses.

Many Network members, including commercial fishing operators, guides, outfitters, processors, restaurants and chefs, are small businesses charting new courses to continue in business and provide our nation with sustainable, high quality, domestic seafood, as well as life-affirming recreational opportunities

The Food Program

One of the projects we take great pride in saying we helped is the Wave Foundation’s Food Program.

This program provides healthy and sustainable food to communities in need is of the projects. The

Wave’s Food Program was brought to our attention by Linda Behnken and Kevin Scribner, our national policy council’s co-chairs.

The Wave’s Food Program undertook efforts to feed the food insecure, get people back to work, and create more food resilient communities. It gave assistance and sourcing preference to Black, Indigenous and People of Color (BIPOC) communities and producers.

Of particular note is their work with the tribal communities in the Pacific Northwest.

They made a concerted effort to not only bring high-quality, nutritious food to people in need. They also committed to and then delivered on a promise to source and deliver tribal traditional foods in the food boxes. This respect for tribal values and needs was greatly appreciated by tribal elders.

This year dawned with 2020s challenges still here, and The Wave is ramping up its efforts to reach food sovereignty for communities in need. They are exploring the infrastructure opportunities that can support BIPOC communities.

The Wave’s impact last year was impressive. Take a look at these numbers from their impact summary.

Seafood

- 110,000 pounds of seafood donated to The Wave Foundation.
- 60,825 pounds of seafood purchased by The Wave Foundation.
- 23,875 pounds of tribally caught Columbia River salmon purchased for tribal nation communities.
- 50,000 pounds of Alaskans Own sustainable Alaskan salmon donated to Alaska’s active-duty military members and their families on bases and through deliveries to remote locations via Armed Services YMCA of Alaska, where military members have

Food boxes and meals

- Approximately 40,000 tribal community members impacted.
- 205,000-plus pounds of food items (non-seafood) purchased for food boxes and distribution.
- 251,000-plus pounds of food recovered.
- 143,000-plus meal equivalents served.
- 29,000-plus hot meals served.
- 1,800-plus pounds of Alaskans Own Lingcod distributed to Colville and Spokane Tribes.
- 2,750-plus USDA Farmers to

‘ As a Confederated Tribes of Warm Springs tribal elder, I am pleased for this Wave Foundation team helping our tribal members getting away from processed foods and eating out at fast food companies.

It will take a long time for our tribal members to begin eating just traditional foods once again. I have happy tears in my heart and mind for getting to witness an outside entity help make this a reality.

I thank all involved with this vital traditional foods venture for a healthy lifestyle.

- Delson Suppah Sr.,
KWSO, CTWS tribal elder

Families food boxes distributed by The Wave Foundation.

- 1,085-plus food boxes distributed to the Confederated Tribes and Bands of the Yakama Nation
- 2,000-plus food boxes distributed to the Nez Perce Tribe.

Procurement, distribution and other support

- Prior to initiating the tribal nation community focused program, The Wave Foundation partnered with 36-plus community organizations in the Northwest to support over 650,000 people facing food insecurity with food donations representing over 4,000,000 meal equivalents.
- 45-plus individuals compensated for labor associated with The Wave Foundation’s Food Program (seafood labor not included).
- 700-plus fishers and fish workers compensated for labor associated with The Wave Foundation’s Food Program.
- 56-plus agricultural businesses supported with purchases by The Wave Foundation’s Food Program.
- 6,048-plus bottles of water provided to tribal nation communities.
- 6,375-plus hot meals distributed to those impacted by the Detroit, Oregon Southern Oregon wildfires.
- 20,000-plus miles driven for food distribution efforts; miles are pending carbon offsets.
- 730 animal pens from Jewett Cameron provided to Southern Oregon and Warm Springs.

- 40 generator and equipment packages provided to Columbia River Fishing Access Site communities.
- 300 adult sized masks and 200 child sized masks donated from Looptworks and distributed by The Wave Foundation to tribal nation communities.
- 2,100-plus food boxes distributed to Columbia River Tribal Nation Fishing Access Site Commu-

nities

- 1,600-plus food boxes distributed to the Confederated Tribes of the Warm Springs.
- 1,200-plus food boxes distributed to Fort McDermitt Paiute and Shoshone Tribe and the Burns Paiute Tribe.
- 2,100-plus food boxes distributed to Confederated Tribes of the Umatilla Indian Reservation.
- 150 culturally relevant Latino food boxes distributed to Hood River School District communities.

Caldera Arts hiring a Central Oregon Middle School Mentor



Are you a skilled youth-worker with a passion for how art and environmental projects can drive personal growth and social change? Caldera Arts is hiring for a Central Oregon Middle School Mentor—\$23.33 per hour plus benefits—to build lasting relationships and provide direct support to middle school students. This position is currently remote in Central Oregon and will be working throughout Jefferson and Deschutes counties upon return to in-person programming. Curious about this opportunity? Full announcement and directions to apply can be found at [www.calderaarts.org/careers](#). We're accepting applications through March 8 at 5 p.m.

Opportunity Foundation of Central Oregon

Madras

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<div>2018 Chevrolet Equinox - 68,825 miles - \$24,995 #87294A</div> 	<div>2017 Buick LaCrosse - 50,326 miles - \$23,995 #79235A</div> 
<div>2017 Chevrolet Cruz - 43,004 miles - \$17,800 33212A</div> 	<div>2016 Chevrolet Colorado - 48,378 miles - \$17,995 #23599A</div> 
<div>2011 Chevrolet Tahoe - 107,147 miles - \$20,995 #81233A</div> 	<div>2013 Nissan Altima - 121,385 miles - \$10,995 #P2049</div> 
<div>2012 Chevrolet Equinox - 107,000 miles - \$10,995 #72150A</div> 	<div>2011 Chevrolet Equinox - 101,620 miles - \$10,210 #24176A</div> 
<div>2009 Chevrolet HHR - 132,734 miles - \$7,995 #93295C</div> 	<div>2008 GMC Acadia - 91,408 miles - \$12,995 #18756B</div> 
<div>2007 GMC Yukon - 177,019 miles - \$12,995 #24726B</div> 	<div>2005 Ford Freestyle - 163,500 miles - \$6,995 #06422A</div> 

Cleanup to help tribal fishery

Since time immemorial, the Confederated Tribes of the Warm Springs have kept strong ties to the Willamette River. The river provides habitat for culturally and spiritually essential species. A good example: Each year since time immemorial tribal members have traveled to the Willamette to fish for lamprey—just one of the important tribal resources of the area.

Over the past century, the river system has suffered from contamination, especially in the area known today as Portland Harbor.

Restoring resources is central to the Confederated Tribes’ role as a steward of the environment, as well as its mission to secure and protect the perpetual health and prosperity of the tribes, its membership and fishing rights.

The extent of the river contamination led the U.S. Environmental Protection Agency in 2000 to designate the Portland Harbor as a Superfund Site. Since that time the tribes have participated in the Superfund process, which should end with a extensive clean-up of the harbor.

In a recent development, the U.S. EPA finalized an agreement with the tribes and 11 other parties to develop detailed cleanup plans for the Swan Island Basin: This cleanup would complete a major milestone in the overall cleanup of the Portland Harbor Superfund Site.

This latest cleanup agreement represents nearly 25 percent of the site’s total cleanup area, and along with earlier agreements, brings 100 percent of the site’s areas requiring active cleanup into the remedial design phase



Tribal lamprey fishing at Willamette Falls.

of the Superfund cleanup process.

The EPA and the Oregon Department of Environmental Quality are working with the tribes and other partners, plus 36 responsible parties in order to implement the 2017 Record of Decision to clean up the Portland Harbor site.

This is an approximately 10-mile stretch of the Lower Willamette River, in Portland, where approximately 370 acres of contaminated sediment are slated for active remediation to reduce health risks to people, fish, and wildlife.

The engineering design work, now underway, will lead to the active cleanup work. The work will greatly improve the health of the river, reduce risks to people

and the environment, and set the stage for the revitalization of the Lower Willamette River.

This most recent settlement agreement, called an Administrative Settlement Agreement and Order on Consent, requires the Responsible Parties to conduct “remedial design” work to develop a detailed cleanup implementation plan consistent with EPA’s 2017 Record of Decision. The Swan Island Basin project area is among the major “hot spot” cleanup areas within the Portland Harbor Superfund Site, with high levels of contamination.

Developing a detailed cleanup design for the 117-acre, mile-long area, is expected to take approximately four years, after which active cleanup will begin.



Warning sign near the Portland Harbor Superfund Site.

Best salmon news perhaps in decades

Salmon managers predict a 2021 ocean coho salmon run of more than 1.7 million adults. Most—about 1,590,000—are expected into the Columbia River, with a hatchery mark rate of 81 percent.

That would quadruple 2020’s actual coho returns for both the Columbia and

the Oregon Coast.

It’s the best news in at least five years—and perhaps the past two decades—and should give managers significant flexibility when offshore seasons are set in early April.

Buoy 10—where the Columbia meets the Pacific Ocean—could also get

much-needed breathing room as well, though there are likely to be continued constraints with lower Columbia chinook salmon.

Coho and chinook rear in different areas of the Pacific, with coho remaining largely south and chinook heading to British Columbia and Alaska.

\$66,000*

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