School sports are back at high school

Madrass High School athletics are back in full swing, after a year of teams not being able to compete. The current sports include volleyball, boys and girls soccer, cross country, and football. Traditionally, these are fall sports, now in play because school was closed last fall.

School sports activities are possible because the Jefferson County Covid-19 risk level in March improved from ‘extreme’ to ‘high,’ and thus last week to ‘medium.’

Improvements in the county Covid risk level also means that fall sports can bring a handful of spectators, including at home Friday night football games.

As of last week, boys and girls soccer, volleyball and football—both junior varsity and varsity—are able to have two spectators per athlete, or a maximum of two spectators per family, join them in the stands. Visiting teams are still prohibited from having spectators.

Spectators will not be able to change admission into games; however, they will have to produce a ticket to get in.

Each athlete is provided his or her tickets in advance of each game. For some single sport purposes, these tickets will require each spectator’s name and phone number, and will be collected at the gate. Lost tickets cannot be reprinted or replaced.

It’s imperative that spectators maintain 6 ft of social distancing at all times, and wear masks—regardless of whether the sport is happening inside or outside.

Spectators may also be asked a series of health screening questions in advance of entering the sporting event. For events taking place inside a school facility, temperature checks are also required.

During all sporting competitions, spectators can expect covid-related mandates on-site; those that are unwilling to follow the social distancing and mask guidelines will be asked to leave the event.

“This is the only way we can ensure that our athletes are protected,” said Misty Snow, Madras High School interim athletic director. “We’re excited to bring our apps up against the challenges for our athletes!”

All Madras High School home games, both JV and varsity, will be live streamed going forward. The link will be provided via the Madras High School Facebook page, and the school will manage the day of the event.

“We’ve had to configure us live streaming before, but with covid it’s yet another learning curve for us,” Mr. Snow said. “We appreciate the community’s patience as we fine-tune our technology.”

Senior Center closed for a time

The Warm Springs Senior Wellness Center will remain closed until further notice due to water damage from vandalism. The building; and beginning to recede on removing everything from the Agency Longhouse kitchen, in order to resume the Meals program, which many Elders rely upon.

The Senior Meals are provided nearly to hundreds of people in the Warm Springs community.

The water damaged发生在 someone turned on an outside faucet of the Seniors building. The water apparently running the weekend of March 12-14, until staff arrived and turned it off.

By then, however, the damage was done, as water had seeped under doors and into the building. As a result, the Agency Longhouse kitchen, in order to resume the Meals program, which many Elders rely upon.

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Easter this year will be on Sunday, April 4. As happens regularly, this year’s preparations on the reservation prevent the Warm Springs youth Easter Egg hunt. This year for families and young people; the Confederated Tribes and Health and Human Services will host an Easter Egg Giveaway. For safety, this will be done in a drive through fashion. Easter Egg Giveaway will be held on April 4th from 12-3. Additional information about who may be involved, please call the Warm Springs Police, 541-553-3272.

Cross Country runner Dylan Heath for Madras in a meet with Mountain View; and below, Buffalo football home game.
Tribal community covid update

The Warm Springs community supports vaccination by participating in the federal government’s national vaccination program, which has admin-istered four active cases of Covid-19 on the reservation, and so far there were 15 close contacts re-quiring a single dose, ar-tered.

Among community members.

Covid-19 Response Team reported the community: The Warm Springs there were 15 close contacts re-

dicated four active cases of Covid-

19 on the reservation. In addition,

day at the Celilo Village site. In less

erations, largely for fishing.

The lack of modern infrastruc-
ture limits communication and pan-
demic protocols considerably, but the federal government has yet to build up the infrastructure that existed during the 19th.

The Columbia River Inter-Tribal Fish Commission applied for grants through the Oregon Community Foundation, and with One Com-
munity Health based in The Dalles, 1,951 primary vaccines were administered.

Averaged existing resources such as In-
dian Health Service clinics to pro-

me networks, and have also lever-
gaged their efforts to get vaccines, according to Orange County.

The Columbia River Inter-Tribal

of how different pandemics swept through the tribal populations...
March 10, 2021

The meeting was called to order at 9:30 by Chairman Delvis Heath. The roll call showed the following present: Chief Delvis Heath, Raymond Moorcroft, Chief Alfred Smith Jr., Glendon Smith, Vicencio Smith, Wilson Wenee Jr., Chief Joseph Supah Jr., Lin Gibson, Brigette McConville, Anita Lowman, Minnie Yalos, Ray Manion, Jack Russell, and Ray Dawkins.

Motion by Brigette to adjourn at 4:20 p.m. Motion carried.

March 15

The meeting was called to order at 9:24 by Chairman Raymond Trumpet Sr. Roll call: Chief Delvis Heath, Raymond (Captain) Moorcroft, Chief Alfred Smith Jr., Glendon Smith, Vicencio Smith, Wilson Wenee Jr., Chief Joseph Supah Jr., Lin Gibson, Brigette McConville, Anita Lowman, Minnie Yalos, Ray Manion, Jack Russell, and Ray Dawkins. Motion by Brigette to adjourn at 5:00 p.m. Motion carried.

The draft safety protocol for longhouse usage will be distributed to the Council members to address the reburial of remains and consider the non-tribal members to attend the reburial of remains. Motion carried.

The Warm Springs Ambulance Board will meet Wednesday, April 3. For anyone struggling with mental or opioid addiction, there is a new Peer Support Group that will meet on Wednesday and Fridays at 2 p.m. To learn more you can contact Antonio Greene at 541-615-0835 or email antonio.greene@wsoict.org.
Breathing exercises for relaxation

Diaphragmatic breathing is a specialized breathing pattern that can help to re-duce stress, encourage relaxation, and improve respira-tory function. This technique empha-sizes the use of a thin, horizontal muscle at the bottom of your rib cage to reverse your chest and abdomen. Each breath in begins with the diaphragm contracting and descending as the lungs fill up with air. Each breath out, the diaphragm relaxes, and air rises to the diaphragm. You should feel your stomach move down and your chest rise. Take a deep breath in through your nose, and exhale out your mouth at a slow, steady rate.

During the first vaccine I experienced some of the typical side effects. My arm was more sore and I had a mild headache. I was more likely to have a cough and a mild headache. I was more likely to have a cough and a mild headache. Having side effects may make it difficult to do daily activities, but they should go away in a few days. Some people have no side effects, but the long-term effects are normal signs that your body is building protection.

If you have a history of cardiovascular or respiratory issues, please talk with your physi-cian before getting the vaccine. You should feel your stomach move down and your chest rise. Take a deep breath in through your nose, and exhale out your mouth at a slow, steady rate. You should feel your stomach move down and your chest rise. Take a deep breath in through your nose, and exhale out your mouth at a slow, steady rate.

The Portland Metropolitan Planning Organization recognized that this region “is built upon the un-censored homelands, villages and commun-ities of the Indigenous People and tribes who have been care-takers of these lands we now occupy since time immemo-ral.” The project seeks to lever-age the redevelopment of the OMSI property to model a new partnership between OMSI, tribal and inter-tribal organizations, the greater Portland NAtive American community and the City of Portland to restore the Native American community’s presence on the Willamette.

The second vaccine came to me experience nausea for a few days following my first shot. I had a low fever, chills, localized body aches, and nausea. Side effects

Vaccine side effects often appear within 4-7 days of a vaccine

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Helping her community at the River

Having lived along the Columbia River all of her life, Sharynna Keppel is deeply connected to the area’s Native communities.

“I grew up all along this river,” Sharynna says. “I never left this river. I’ve always been here. My connection to the people, it makes it easy to talk to my local people.”

Mr. Spino, a Columbia Gorge Action Programs’ (CGAP) youth specialist, is a program that helps people find resources within their communities.

The service was added through a grant from Southwest Washington Accountability Community Health. Sharynna’s role focuses on serving the homeless population, especially young people.

Growing up in Lytle, she wasn’t familiar with the Washington Gorge Action Programs—the community action agency that works locally to fight poverty.

Later, she got to know the program. And now as part of team, she shares her experiences and serves the Native families of the area. “The people have an opportunity to talk to someone they feel more comfortable with,” Sharynna says.

Her journey is a personal one.

IHS covid data update

The national office of the Indian Health Service released the week-and-updated its coronavirus data. According to the most recent data, from March 21 to March 27, 2,150,686 tests for Covid-19 among the state were reported by county as presumptive Covid-19 cases in the state from Covid-19 is 2,363.

This number was reported after one in the state from Covid-19 is 2,363. The Madras High School girls basketball team is planning for their season in May and June this year, but they are still waiting to fund raise. They have opened up their online Fan Clothing Store for fans and players. Every time a player sells an item, a percentage of the sale goes to the team. To learn more you can contact Jetha Say at:

www.critfc.org
Or call 541-777-7904.

The Warm Springs Youth Football Camp is happening this Wednesday, March 24 at the Academy field.

There is no cost for this camp, and it’s open to all 7-8 grade, male and female. The camp will be from 11 a.m. to 1 p.m. The camp is hosted by the Madras High School Football program.

All Covid-19 guidelines are enforced, including wearing a mask and social distancing. Participants are not allowed to stay at the venue during the camp times. The camp will be streamed live on Facebook at the Football program page. Coach Taylor can be reached at 503-312-8668 or email 503taylor509@gmail.com.

Cougars sighting by the Academy

Warm Springs Public Safety officers are looking for a cougar sighting near the Warm Springs Academy. Police increased patrols in the area, though they did not spot the cougar. A search of Natural Resources also dispersed follow-up patrols, noting it is common for cougars to expand into developed areas when food sources are scarce, or when they are pushed by territorial disputes with other mountain lions. Meanwhile, Natural Resources and police recommend staying home in the vicinity to be sure to keep dogs and cats inside and secured at night.

Howlak Tichum

Allen Elson – 1951-2021

Allen Elson of Madras died on March 16, 2021, surrounded by his family. He was 89 years old.

He was born on June 15, 1931, in Miami, Texas, to Charles and Myrtle Elson. He lived his early life in Miami, Texas, where he met and married Juanita Wyke, in 1949.

Allen attended Hardin- Simmons University and Southwestern Baptist Theological Seminary. On March 15, 1949, he and Juanita moved their family to Texas, where they settled near Waco, Texas, with Juanita’s family, including Marshia and Alicea, to Warm Springs, where Allen became a pastor of the Warm Springs Baptist Church. Donna was born the next year, in 1951, and the Elsons spent over 33 years together, among the people of Warm Springs who they so dearly loved.

Allen is survived by Juanita, his wife of over 71 years, daughter

State of Oregon update on covid cases

Oregon health authorities report this week that the overall death toll in the state is up to 2,357, an increase of 43. This number was reported after one new COVID-19 death in Oregon on Monday.

On Monday in the state there were 1,935 new COVID-19 confirmatory or presumptive cases of the virus.

Some good news is that the state reports that health providers in Oregon have administered more than 1.5 million first- and second-doses of COVID-19 vaccination.

The Oregon Health Authority reports receiving 22,252 new doses of the vaccine, to be administered as soon as possible.

The new confirmed and presumptive COVID-19 cases in the state were reported by county as follows:

Baker (1), Benton (8), Clackamas (23), Columbia (6), Coos (6), Dechutes (11), Douglas (8), Grant (3), Jackson (12), Jefferson (1), Josephine (13), Lake (1), Lane (8), Linn (12), Marion (36), Multnomah (28), Polk (4), Union (2), Washington (49) and Yamhill (1). Regarding the recent COVID death in the state, Oregon’s 2,354th COVID-19 death was a 66-year-old man in Clatsop County.

The 2,356th COVID death was an 89-year-old woman in Wasco County.

The 2,357th COVID death was an 89-year-old man in Wasco County.

The Columbia River Inter-Tribal Fish Commission seeks to hire four police officers.

The Columbia River Inter-Tribal Enforcement police officers are dedicated for carrying out law enforcement and protective service on behalf of their communities.

Students and fans are welcome and encouraged to attend. There will be prizes and a 10% discount on presold tickets if you reorder. Please contact Jetha Say at: jethasay509@gmail.com.
The Tribes in the Tribal Court of the Confederated Tribes of Warm Springs

All proceedings are held at the CTWS Tribal Court.

CTWS, Petitioner, vs. LATISHA REYNOSO, REGGIE MEDINA, WILLIAM MUNIZ, ANTHONY MUNIZ, ALFRED MEDINA, ANTONIO MEDINA, ANTONIO RUIZ, TANISHA REYNOSO, Petitioners; Case No. JV46-21. TO: LATISHA REYNOSO, ANTHONY MUNIZ, ANTONIO RUIZ, TANISHA REYNOSO, ANTONIO MEDINA, Petitioners.

YOU ARE HEREBY NOTIFIED that a CONFIRMATION 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 the 28th day of APRIL, 2021 @ 10:30 AM.

CTWS, Petitioner, vs. KELEI LANGENSE, Respondent; Case No. JV119-18. TO: KELEI LANGENSE, Petitioner.

YOU ARE HEREBY NOTIFIED that a DISPOSITION 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 the 7th day of MAY, 2021 @ 10:00 AM.

CTWS, Petitioner, vs. KELLY LANGENSE, Respondent; Case No. JV119-18. TO: KELLY LANGENSE, Petitioner.

YOU ARE HEREBY NOTIFIED that a DISPOSITION 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 the 7th day of MAY, 2021 @ 10:00 AM.

CTWS, Petitioner, vs. MARISSA KALMA, Respondent; Case No. JV24-13. TO: MARISSA KALMA, Petitioner.

YOU ARE HEREBY NOTIFIED that a DISPOSITION 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 the 29th day of APRIL, 2021 @ 10:00 AM.

DLYNAR SPINO, Petitioner; Case No. JV122A-03. TO: DLYNAR SPINO, Petitioner.

YOU ARE HEREBY NOTIFIED that a DISPOSITION 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 the 29th day of APRIL, 2021 @ 10:00 AM.

In the Tribal Court of the Confederated Tribes of Warm Springs

Umatilla court ruling on ‘stay home’ court order

The $1.9 trillion federal spending package approved by Congress in March included $157 billion in American Indian and Alaska Native government programs, nearly all of which was allocated through the ARP—makes emergency support available to tribes and other changes to laws to respond to the ongoing coronavirus crisis.

The ARP authorizes $900 million for tribal governments to cover lost revenue, and provides $7.5 billion for tribal governments to cover lost revenue, and provides $7.5 billion for tribal governments to cover lost revenue, and provides $7.5 billion for tribal governments to cover lost revenue, and provides $7.5 billion for tribal governments to cover lost revenue, and provides $7.5 billion for tribal governments to cover lost revenue, and provides $7.5 billion for tribal governments to cover lost revenue, and provides $7.5 billion for tribal governments to cover lost revenue.

The Department of the Interior’s Bureau of Indian Affairs and the U.S. Department of Agriculture, among others, have spent $1.75 billion in American Indian and Alaska Native Affairs to support a wide range of programs.

In the matter of Phillip Wilson-Boise, et al., vs. NELLIE TANEWASHA, et al.

YOU ARE HEREBY NOTIFIED that a CONFIRMATION 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 the 28th day of APRIL, 2021 @ 4:00 PM.

AYWINSON WILLEN, CORNELIUS HITE, EDWINA WELDON, Respondent; Case No. JV152-20. TO: CORNELIUS HITE, EDWINA WELDON.

YOU ARE HEREBY NOTIFIED that a DISPOSITION 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 the 26th day of APRIL, 2021 @ 2:30 PM.

CLARRISA WOLFE, Petitioner; Case No. JV911-20. TO: CLARRISA WOLFE, Petitioner.

YOU ARE HEREBY NOTIFIED that a CONFIRMATION 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 the 24th day of APRIL, 2021 @ 9:00 AM.

PRINCE WELDON, Petitioner; Case No. JV108-21.

YOU ARE HEREBY NOTIFIED that a CONFIRMATION 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 the 27th day of APRIL, 2021 @ 9:00 AM.

However, there was no further discussion of the matter.

Facebook photo, which sparked the investigation and subsequent court hearing, showed one child and an adult who had a “protection order against him.” The sign at the bottom of the Facebook photo has since been deleted.

The court’s decision in this matter, which is under appeal, could have far-reaching implications for other families, including many families, including the one described in the Facebook photo, who have been impacted by the Facebook photo.

“Mr. Bridgman, speaking on her own and not for the full Board of Trustees, said the negotiations had resulted in a fair settlement,” the statement continued. “We were able to make the best possible terms for the families,” Bridgman acknowledged that many families, including her own, had been impacted by the Facebook photo.

“When the Facebook photo was first published, it sparked a firestorm of criticism,” Bridgman said. “But the Facebook photo has since been deleted, and the family is working to resolve the issue.”

The Facebook photo was first published on Facebook on April 28, 2021. It was later removed from Facebook on April 29, 2021.
Recent game at Madras High School: Hayden Heath, coach butch David and Sebastian Bisland (r-l). Sports teams and staff are taking many precautions to prevent a covid incident. There are restrictions on allowing fans in the stands, for instance; and masking, testing and social distancing are required. So far, as of this printing, there had been no incident requiring a delay in practice or games for the 509-J school district teams.
### School buses should have wi-fi: Senator

Students of the reservation, and other tribal and rural communities, often have long bus rides to and from school. In the case of the Warm Springs Reservation, the school bus ride can take up to 30 minutes or more each way.

A new bill introduced in the U.S. Senate would provide wi-fi service to school buses, allowing students to continue their studies while traveling to and from the school. “Oregon students need wireless internet access,” said Sen. Ron Wyden, co-sponsor of the bill.

Wyden’s co-sponsorship of the E-Rate Support for School Bus Wi-Fi Act is part of his agenda to expand broadband access and make high-speed internet affordable across Oregon, including his introduction of the Accessible, Affordable Internet for All Act.

### Opposition to Snake River dam idea

Some environmental groups are opposing a proposal to breach the four lower Snake River Dams. Idaho’s U.S. Rep. Mike Simpson put forth a $33.5 billion proposal to breach the four dams, as a means of saving salmon runs in the Snake River.

Environmental groups in Oregon and Washington are opposed to some aspects of the proposal, saying the terms would weaken the federal Endangered Species Act, and the Clean Water Act.

A key part the proposal is a 35-year moratorium on dam-related lawsuits; and a 25-year moratorium on agriculture-related lawsuits. The proposal would also give agriculture a bigger role in watershed improvement, and transfer fish management responsibility from the Bonneville Power Administration to a joint council of states and tribes.

The remaining major dams in the Columbia River Basin would get license extensions of 35 to 50 years.

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