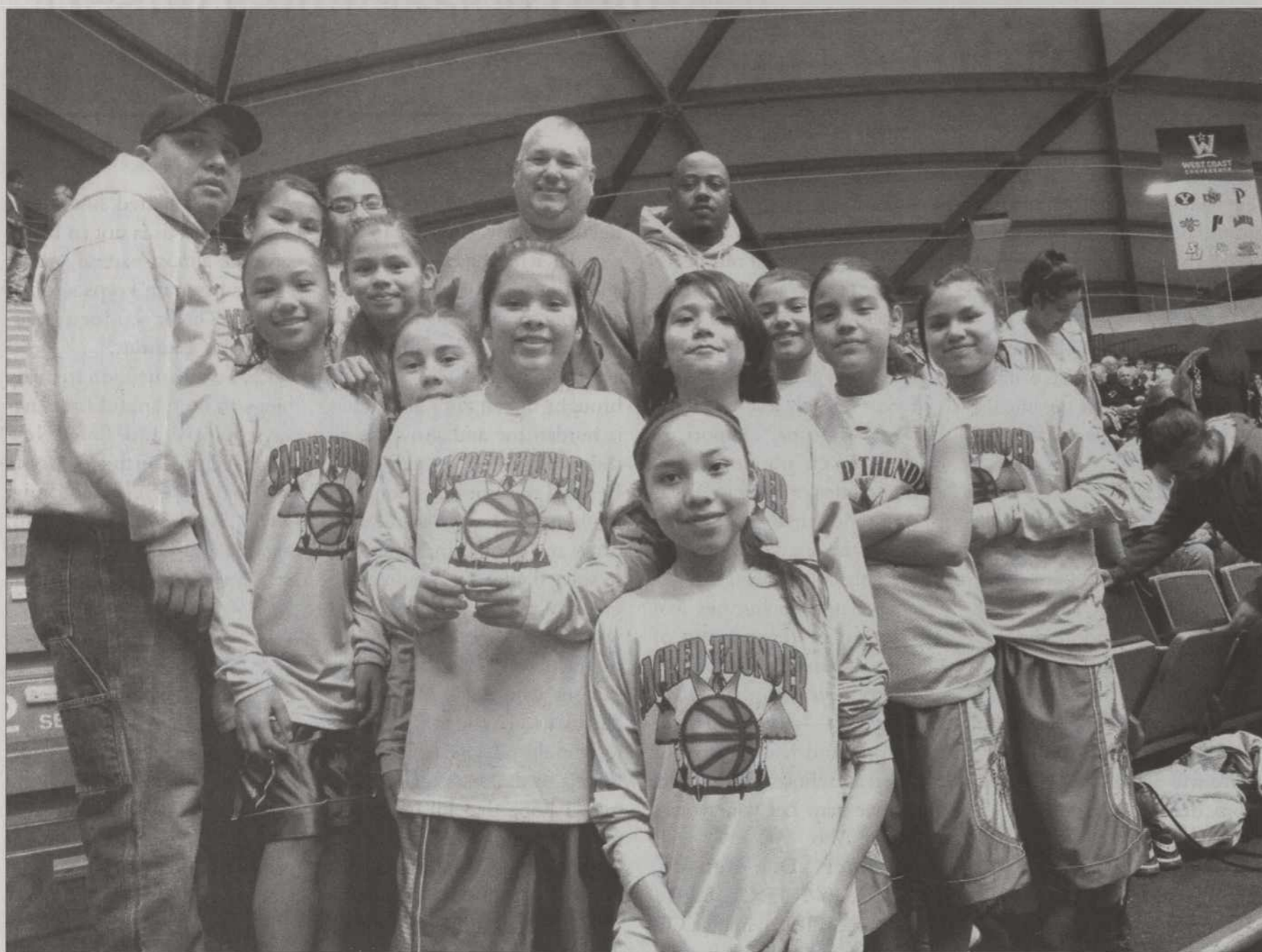


Memorable time for Sacred Thunder



Sam McCracken of Nike (at center) with Sacred Thunder team at the Chiles Center in Portland.

Yvonne Iverson/Spilyay

By Yvonne Iverson
Spilyay Tymoo

Winning a game against last year's league champions, playing in a packed college gym, meeting Shoni and Jude Schimmel... oh, and preventing diabetes—it has been a busy few weeks for a group of tween girls who make up the Sacred Thunder basketball team.

The girls have been practicing from 7-9 p.m. three nights a week for the past four months to prepare for the Central Or-

egon Basketball Organization (COBO) season.

Their hard work was rewarded with a season opening win against the Bend Lava Bears, who defeated them in the championship game last season.

"I was nervous, but I had fun playing," says 11-year old Sydonia David.

The team was invited to play during halftime of the Louisville v. University of Portland game and got a chance to get pictures and autographs from Shoni and Jude Schimmel.

They also got a chance to meet Sam McCracken, general manager of Nike's N7 programs.

"I learned how to read labels," says Annalise Whipple, as the girls share what they learned from the nutrition class, coordinated by Coach Shawn Harry and Mike Holyan, Youth Wellness Coordinator.

"Diabetes has touched all of our lives," Coach Harry explains, "and it is important to do things like this to learn how to prevent it at a young age."

Experiments and information were shared by Linda Porter, nutritionist, and Ron Berry, family nurse practitioner.

"There are 23 teaspoons of sugar in a Rockstar (drink)," says JoyDee Smith after completing the experiment.

"I better not catch you drinking that," Harry warns.

Sacred Thunder continues to practice through the winter break from school, and will play their next COBO game on Sunday, January 8 in Culver.

Community Health Education hosts 3D Project

The Community Health Education Team recently held the 3D Project for Kids.

The purpose of the 3D Project is to raise youth awareness of the danger of Drinking and Drugged Driving.

The event, held on Dec. 20, involved crafting such as making cards, coloring, and making key chains.

After morning crafting, special guest Wayne Miller, prevention coordinator, spoke of what the significance of red ribbons, which are awareness of drug prevention.

Another guest, Scott Kalama, tobacco prevention coordinator, then spoke of the danger of tobacco, and



Anita Davis of CHET instructs youth at the recent 3D Project.

Courtesy photo.

then the kids continued with crafts.

For more information on this

and similar projects, contact Evelyn Aguilar, Community Health Education Team

(CHET) secretary at 541-553-2211; or email: evelyn.aguilar@wstribes.org

Salmon News

Effort to bring beavers back to help coho

FIVE RIVERS, Ore. (AP) – To help restore coho salmon in Benton County, fish biologists are turning to the fish's bushy-tailed ally: beavers.

Beavers are critical to coho habitat by giving young salmon cover while they bulk up before

setting out to sea for a year or two, the Corvallis Gazette-Times reports.

Beaver ponds are also critical for other species of salmon, including cutthroat and steelhead. The beaver-made ponds are nutrient rich from falling

leaves and rotting wood.

To bring beavers back to Benton County, Oregon State University and governmental agencies are examining relocation efforts, as well as the introduction of beaver-friendly foliage.

Some landowners are wary, but a local watershed council is pursuing grant funding to support additional outreach to landowners and the development of a formal plan for beaver restoration.

Environmental groups sue US over flood management

SEATTLE (AP) – The National Wildlife Federation filed a motion in U.S. District Court on Wednesday, asking a judge to stop the U.S. government from issuing any more flood insurance policies for new development in flood-prone areas around the Puget Sound until it changes its flood plain plans to consider the impact on endan-

gered species like salmon and orcas.

The motion for a preliminary injunction is the latest move in a decades-long fight to get the Federal Emergency Management Agency to pay more attention to endangered species, said Jan Hasselman, an attorney for Earthjustice, the environmental law firm that filed a motion in

Seattle, on behalf of the National Wildlife Federation.

The environmental group won a lawsuit in 2004 that found FEMA did not create its flood plain management standards with the Endangered Species Act in mind. Hasselman said the National Marine Fisheries Service in 2008 issued a plan for chang-

ing the flood standards, setting various deadlines, the last of which recently passed.

"They're continuing to issue flood plain insurance for new developments in flood plains, incentivizing activities not just harmful to salmon, but harmful to people," Hasselman said. "Time's up."

Hoops tourney this week

The Warm Springs All Indian Mens Holiday Basketball Tournament is scheduled for this Wednesday-Saturday, Dec. 28-31 at the Warm Springs Community Center.

Defending champions are Swantown, from White Swan Wash. Runner-up last year was California Wolf Pack from Hoopa, Calif.; and Stronghold of Chiloquin and Warm Springs.

Invitations have been sent out to various team across Indian country to come and participate.

Sessions will begin at 4 p.m. on Wednesday, Dec. 28, for opening round action, followed by the full schedule of 4 p.m., 5:30 p.m., 7 p.m. and 8:30 p.m.

The Thursday schedule will have two sessions: 12 noon, 1:30 p.m. and 3 p.m., followed by a break, and the next session begins at 6 p.m.,

7:30 pm and 9 pm.

Friday will have two sessions with the first at 1 p.m. and 2:30 p.m., followed by session two at 6 p.m. and 7:30 p.m. (semi-finals).

Saturday will have two sessions with the placing games, including the Championship round. Sessions will be at 1:30 p.m. and 3 p.m. (consolation and fourth-place games), followed by championship round session at 6:30 p.m. and 8 p.m.

Teams will compete for top honors with Pendleton jackets with awards of runner-up, third thru fifth place awards, Most Valuable Player, All-Tournament team, Team Sportsmanship, Mr. Hustle and Tournament High Scorer.

For more information you may contact Austin Greene, tournament director, at 541-553-1953 (h) or leave a message at 541-553-3243 (w).

Elvis Birthday Bash in Jan.

The Warm Springs Spring Into Action Coalition will host the Elvis Birthday Bash from 2-4 p.m. on Saturday, Jan. 7 at the Community Center.

The bash will feature a look-alike contest, dance-alike contest, and sing-alike contest.

Prizes awarded to top

three contestants in dance and sing-alike contests. Prizes to top three contestants in each age category in look-alike contest.

Age categories in look-alike contest are 0-4; k-5th grade; middle school; high school, adult, and senior.

Birth announcement

Mason Ezra Sanders

Fred Sanders and Isabel White of Warm Springs are pleased to announce the birth of their son Mason Ezra Sanders, born on December 7, 2011. Mason joins sister Annaliyah, 6.

Grandparents on the father's

side are Jeff and Shirley Sanders of Warm Springs; and the late Robert Sanders of Warm Springs.

Grandmother on the mother's side is Lottie White; great grandmother is Evelyn Dick-Sam of Warm Springs.

Tribal Court and Finance Announcement

Tribal Court and Finance are working together to better serve our community. In doing so, a Finance staff member will receipt in all payments and send out funds effective January 3, 2012. Payments will be received

at the Tribal Court building on the top floor. Payments will be accepted from 9 a.m. to 12 p.m. and 1 p.m. to 4 p.m.

If you have any questions you may contact Tribal Court at 541-553-3278.

News from Indian Country

Native American images for mascots bring debate

GARY, Ind. (AP) – The issue of using Native Americans as mascots and images in sports has long been debated with some terming the practice offensive.

However, numerous Indiana schools and teams use Native American mascots. They say it's a way to honor the nation's 19th state, which was once inhabited by Indian tribes for thousands of years.

One of the most common nicknames for Indiana high school teams is the Warriors, ranking at No. 2. Calumet High School in Lake Ridge Schools uses the nickname.

The issue of school mascots came up for discussion recently with the Lake Ridge School Board in Calumet Township and in Portage Township Schools in Portage. Rick Lowe, Lake Ridge board president, wants to see the Calumet High mascot, affectionately known as Chief Wahoo, back on the school's sign.

Superintendent Sharon Johnson-Shirley said the mascot on the school's front sign was taken down more than two

years ago when contractors were doing renovation work around the building. However, the mascot is evident throughout the building, including at the entrance on floor mats.

With the exception of School Board member Annette Wells, who told fellow board members that putting an Indian mascot back on the building might be offensive to some people, no one disagreed with Lowe.

Calumet Principal Tim Pivarnik said he has never had any resident complain about the signage. He said they've made a template of the original sign, using exterior grade wood, and a group of students will paint it. Pivarnik said the mascot will be hung on the Ridge Road side of the building. He hopes this will be done before the end of the year.

In Portage, Superintendent Mike Berta said he sees the Indian mascot, with the head of an Indian chief in steel in front of the high school building, as a tribute to a heroic group of people, but he adds, "I guess others can see it differently."