

# Salmon carcasses can mean trouble

By D. "Bing" Bingham  
Spilyay Tymoo

Sometimes the best intentions can go awry.

For years fishermen have been catching salmon and steelhead at Sherar's Bridge and the Columbia River.

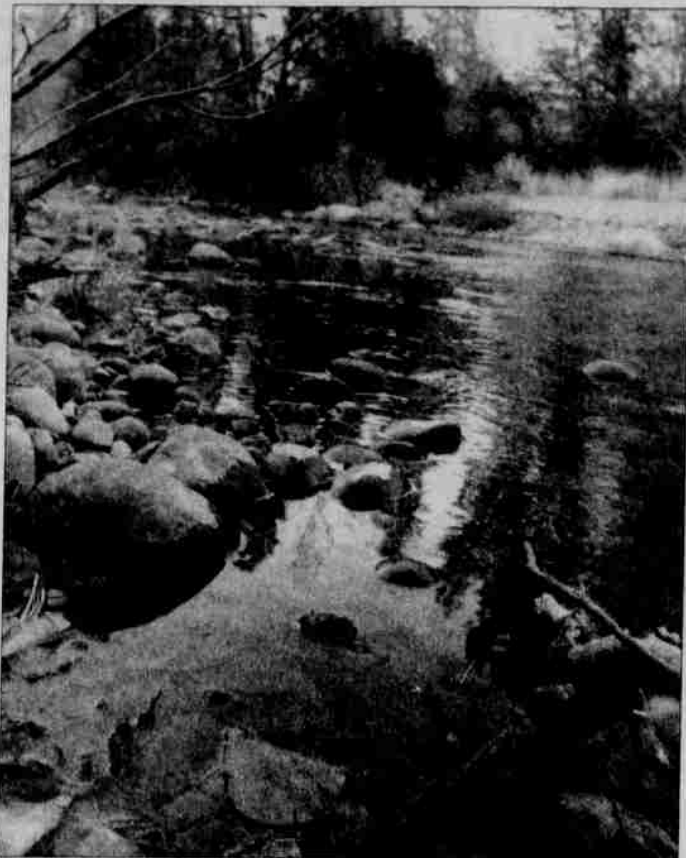
As they return home to the reservation, they pause at Beaver Creek or Mill Creek - anywhere on the Warm Springs River system - and clean their fish.

When the fishermen are finished, they throw the carcass into the water returning the nutrients to reservation water.

Great idea, but there's a problem.

"It's a very good intention that [fishermen are] trying to put nutrients in our streams on the reservation where we have steelhead and salmon spawning," says Bob Spateholts, fish production biologist at Natural Resources.

"But there are diseases from fish outside the [reservation]



Stretch of Shitike Creek on the reservation.

drainage that could be transmitted to our wild [fish]."

Whirling Disease parasite is

one of the few hatchery diseases that can get out into the wild population.

There's a worm that is passed along to the juvenile fry. When the fish is exposed to this parasite it creates a deformity in the skull and puts pressure on their brain.

The fish becomes disoriented and swims in circles; hence the name Whirling Disease.

There are also other viral diseases and a bacterial kidney disease which could be passed into the system.

The situation is particularly bad in Idaho on the Snake River.

"Whirling Disease hasn't been identified in the Deschutes River system," says Spateholts.

The tribes have set up blockages in the Warm Springs River system above the hatchery where only native fish are passed into tribal rivers.

Spateholts recommends that fisherman use fish cleaning stations on the Columbia River or at Sherar's Bridge. If the cleaning stations aren't available then wrap the carcasses up and leave them at the landfill.

# Farming opportunity available to members

The tribal Range and Ag Department is taking bids from tribal members for lease of the Shoenhagen property.

The property is about 200 acres of farm ground just off the reservation on the grade towards the Agency Plains. There are 80 to 90 acres of irrigated hay land and about 110 acres of irrigated pasture.

The property has been operated by Pinky and Kelly Beymer for the past 16 years.

There's one small house, hay shed and irrigation, both hand and wheel line, equipment available. There is no haying equipment or tractors as part of the package. The pastures are broken up into small parcels.

"We're recommending a pivot on the north side of the property," says Jason Smith of Range and Ag.

The Range and Ag De-

*Factors to be considered in awarding the lease will be the size of the bid, plus the bidder's experience.*

partment would like to sign a tribal member to a five year lease with the possibility of a longer lease. This notice will be active for 30 days.

Factors to be considered in awarding the lease will be the size of the bid, plus the bidder's experience.

"I'd hate to just give it to somebody who has no farming experience," said Smith.

Subleasing is available and a yearling cattle operation would be ideal. Tribal members would have additional grazing opportunities on the reservation.

Interested parties should contact Smith at 553-2001.

# Impact Aid focus of upcoming meetings

The Jefferson County School District 509-J Board of Directors will meet in Warm Springs on Monday, Nov. 24. The meeting will begin at 7:30 p.m. in the library of Warm Springs Elementary School.

The primary agenda item is Impact Aid funding.

The district receives approximately \$2.5 million in federal Impact Aid funding. The school district relies on property taxes, which do not apply to reservation land. Instead, Impact Aid funding is provided to the district.

The school district conducts one Impact Aid meeting annually in Warm Springs, as required by school board policy.

The meeting is an opportunity for Native American parents and guardians to comment and make recommendations regarding the Impact Aid funds for the district.

In preparation for the Nov. 24 school board meeting, a community meeting is scheduled for Thursday, Nov. 20 at the Family Resource Center conference room in Warm Springs.

This meeting is a chance for parents and guardians with Indian students in the Jefferson County school district to prepare recommendations for the school board.

Also, a joint Education Committee meeting will be held on Tuesday, Nov. 18 at 7 p.m. at the BCE Conference Room 2E, to hear from members of the Education Committee, Title VII, and other individuals unable to attend the meeting on Nov. 20.

The community and joint meeting agendas will include a review of past recommendations and an open discussion of current Jefferson County school district strengths, and areas for improvement. The ideas will be used to prepare a formal recommendation to the school board.

The recommendations prepared from the two public meetings will be presented at the Nov. 24 school district board meeting.

Parents and guardians may also prepare their own personal recommendations and present them in writing to the school board on Nov. 24. Anyone wishing additional information can call Julie Quaid, director of Warm Springs Essential Education at 553-3241.

Anyone with a disability wishing to attend the Nov. 24 meeting is requested to contact the 509-J office by calling Cindy Harris at 475-6192.

# Community Health Corner Testing a good way to combat diabetes

By Sara Lee Thomas  
Public Health Nutritionist

High blood sugar is the main cause of damage from diabetes. We all need blood sugar to live, but when it gets out of balance and goes too high it becomes a poison to the body.

When blood sugar is too high it starts to stick to things it shouldn't - "sugar frosting" them. So from high blood sugar you can get sugar-frosted nerves, sugar-frosted immune cells and sugar frosting of the tiny blood vessels in our eyes and kidneys.

This build-up of sugar damages them and interferes with their work. This is the way that kidney damage, eye damage and nerve damage can happen when you have diabetes, and why it's harder to fight infection when your blood sugars are high.

Measuring how much sugar is in your blood is a practical way of seeing how much sugar-frosting damage

is going on in your body.

A-one-C (A1C) is a lab test that tells you what your average blood sugar was the past two to three months by measuring how sugar frosted your blood is now.

A1C below 7 percent is good, and means that your average blood sugar was under 140 mg/dl. Average blood sugar decreases about 30 points for every 1 percent decrease in A1C.

If you lower your A1C by 1 percent then you will decrease your risk of diabetes complications by 35 percent.

The A1C test should be repeated every three months for most people with diabetes.

The A1C test is especially helpful because it tells how well overall your blood sugar is doing, because everyone has days when his or her blood sugar is too high.

The A1C test is like finding out your batting average or your overall grade for a term at school.

# Miller awarded for community spirit

RAPID CITY, South Dakota - Adeline Miller is among the five people who will receive a 2004 Community Spirit Award from the First People's Fund.

The First People's Fund chose five Native Americans from across the nation who have shown strong commitment to sustaining the artistic and cultural traditions in their communities.

Miller, of Warm Springs, works with fiber arts and weaving, beadwork, and traditional songs.

The First People's Fund first established this prestigious national award in 1999 to recognize five artists who selflessly teach their art to others.

The artists are nominated first by members of their communities, and then an independent panel of American Indian reviewers selects those who



Adeline Miller

most exemplify the idea of community spirit.

What sets the Community Spirit Awards apart from other national awards is that the recipients are not selected based on a long resume of art shows, exhibitions and awards. Rather, these artists are recognized because of mentoring and teaching efforts.

"We believe that artists play an important role in sustaining Indian communities," said Lori Pourier, executive director of the First People's Fund.

"Through their artistic creations," said Pourier, "they help the people to know who they are, where they come from and where they are going. Whether these artists are producing items for ceremonial, decorative or utilitarian use, they are carrying on the spirituality, lifeways, histories and traditions of their tribes."

The 2004 recipients will each receive a \$5,000 award to help them practice their art.

They will be presented with their awards at a special ceremony at the Journey Museum in Rapid City, South Dakota on December 4.

The ceremony is being held in conjunction with an exhibit

entitled Deep Roots at the Sioux Indian Museum, located in the Journey Museum.

The Deep Roots exhibit features works of the 2001-2002 Community Spirit Award recipients.

Along with Miller, others named to receive 2004 Community Spirit Awards are:

Ollie Napesni, Sicangu Lakota, of St. Francis, South Dakota, for his beadwork, quilting and dolls.

Pete Peterson Sr., Skokomish, of Hoodspout, Wash. He is a Coast Salish carver, working with bentwood boxes and masks.

Lyn Risling, Yurok/Karuk/Hupa, of McKinleyville, Calif., for her ceremonial regalia and painting.

Donald and Mary Sanipass, Aroostook Band of Micmacs, of Presque Isle, Maine, for brown ash basketry.

# Gathering for healing

There will be a gathering for spiritual healing on Saturday, Nov. 22 at the Agency Longhouse.

The gathering begins at 8:30 a.m. The agenda includes registration and continental breakfast, followed by Washat and Shaker Church services.

Speakers include Thomas Morning Owl of the Umatilla

tribe.

There will be discussion on grief and trauma, sharing and talking time in groups. And Washing the Tears.

The agenda is subject to modification.

For more information call Char Herkshan at 553-3205.

Lunch and dinner will be served during this gathering.

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