

Playworks coming to W.S. Eagle Academy

Playworks Pacific Northwest will be at the Warm Springs K-8 Eagle Academy this month.

The program expands the impact, and illustrates how recess and play are integral assets for youth development and positive school climate.

About Playworks

Playworks, a nonprofit, is changing school culture by leveraging the power of safe, fun and healthy play at school every day.

The Playworks program creates a place for every kid on the playground to feel included, be active, and build valuable social and emotional skills.

In the Pacific Northwest, Playworks partners with about

100 schools serving 40,000 kids. For more information about Playworks Pacific Northwest visit:

playworks.org/pacificnw

Playworks bases its program on input gathered from school communities across the region.

The group will be at the Warm Springs Academy from May 18-20.

The program includes a Playworks "coach" leading games during recess, activating fourth- and fifth-grade youth recess leaders, and running playground games during class times throughout the day.

Playworks will also be hosting a unique three-hour professional development

workshop, called the PlayShop.

Increasing physical activity is widely discussed as an important method for motivation of young people.

But an overlooked opportunity for promoting healthy behaviors and increasing daily physical activity exists at every school: on the playground at recess.

Playworks is increasing physical activity by leveraging the power of safe, fun, and healthy play at school every day.

The American Academy of Pediatrics believes that recess is a crucial and necessary component of a child's development. Withholding recess should not, for instance, be used as a punitive

measure.

A study published in the Journal of School Health demonstrated that students exposed to one year of Playworks programming showed statistically significant increases in the following four protective factors, as compared to students with no exposure to Playworks:

Physical activity, problem-solving skills, meaningful participation in school, and goals and aspirations.

The study noted that these protective factors are essential for maintaining a positive developmental trajectory despite adverse circumstances and "are associated with positive social and academic outcomes."

Our Shared Duty and Obligation to Protect Water

by Paul Lumley, CRITFC Executive Director

Elders who fished at Celilo Falls talk about having small metal cups on a string that they would lower into the river to get a drink.

It's hard to believe that even just 60 years ago, the Columbia River was clean enough that people drank directly from it without worrying about getting sick.

Today, we spend millions of dollars on water treatment facilities to clean the very water that we have polluted.

In a recent meeting with Gina McCarthy, Administrator for the U.S. Environmental Protection Agency, Columbia River Inter-Tribal Fish Commission Chairman Carlos Smith shared a story about being on a boat team that raced in Portland's Willamette River.

He told how all the team members were encouraged to wear gloves and to avoid getting any river water splashed into their eyes because too much contact with the polluted water could make them sick.

Unfortunately, all the other plants and animals that depend on rivers and streams don't have the luxury of water treatment facilities, or the ability to wear protective gear.

The salmon have no choice but to swim in the polluted waters; the lamprey have no choice but to grow and develop in gravel and sediment contaminated by toxic substances.

Our elders taught us time and again that water brings life. We honor choosh at all our ceremonies, opening and closing every feast with it as a sign of thanksgiving and gratitude to the Creator for this precious gift.

This tribal teaching isn't

just for tribal people—every single living thing on the earth depends on all humans learning what our ancient tribal wisdom has taught since time immemorial: water is sacred and requires our protection.

I was invited to speak at a conference in Rome, Italy, earlier this year. I told that audience of people from all over the world about Columbia River tribal culture and the importance of our natural resources.

I explained why the tribes are so committed to protecting these resources and shared with them how the tribes particularly honor water. I also shared how our diets high in fish makes us suffer greater consequences from polluted waters. Hopefully the people who attended that conference will return home to their countries and remember the fundamental tribal understanding that water is sacred.

Protecting the environment that the Creator blessed us with is one of our central values and lies at the heart of who we are as a people. We have been taught to speak for the resources that have no voice, and I am so proud of our tribal leaders who speak for the water in their meetings with government officials.

Water is essential and is worth all the sacrifice and effort it takes to make it pure.

Unless others learn this essential tribal teaching, our waters will remain sick, which in turn will make everything sick.

Clean rivers and streams aren't just a tribal treaty right, they are a human right; protecting and restoring polluted rivers and streams isn't just a government obligation, it's our obligation as humans.

This is how we take care of our First Foods, and in return, these foods take care of us.

Winners at Root Feast Rode

The results are in from the Root Feast Rodeo, the adult and kids divisions. The results of the April 25-26 rodeo are:

Senior Colt Race

First: Kody Florendo Team, Johnny Holliday and Preston Stevens.

Second: Thomas LeClaire Team, Treana Blueback and Andrew Stacona.

Third: Nate Brown Team, Shirleen Killfirst and CJ Harvey.

Junior Colt Race

First, JD Bartlett Team, Isaih Cochran and Jyden Beck.

Second: Moses Gilbert Team, Marjorie Heath and Josiah Spino.

Third: Mark Johnson Team, JT Killfirst and Josh Olney.

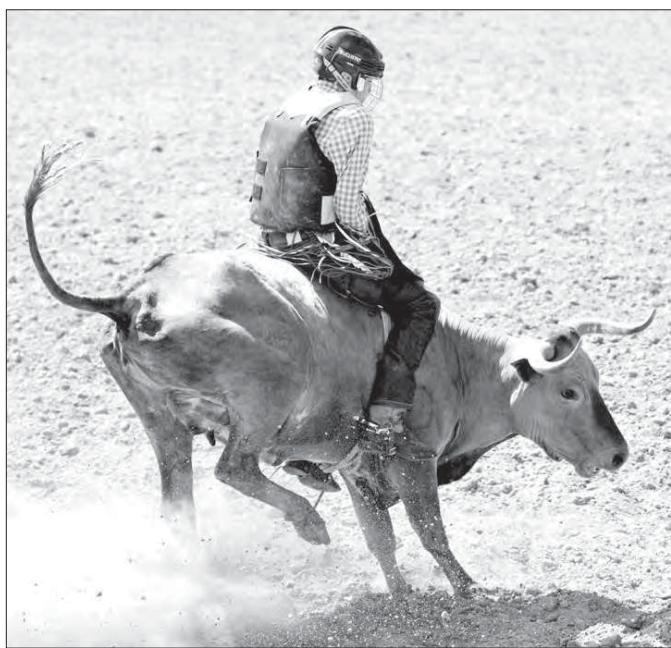
In the Cow Riding competition, Jackie Zamora took first place.

Calf Riding saw Isaih Florendo in first place; second, Xariya Holliday; and Aaliyah Martinez and Benita Merrfield were tied for third.

Barrel Race

First: Brinley Holyan. Second, Isaih Florendo. Third, Riley Holyan.

Horseless Roping -



First: Josh Olney. Second, Amarie Apps.

Novice Bronc Riding - First place: Tassie Hisatake.

Calf Scramble Winners:

first, Brady David. Second, Damon Garcia. Third, Jordan Mitchell.

The Professional Wild Horse Race saw a tie for

first between the Clayton Smith Team and Jason Smith Team. The Daniel Gilbert Team placed third.

In the Senior Colt Race, the Ali Martinez Team took first place. Second went to the Kody Florendo Team; and third, the Nathan Brown Team.

In the Junior Colt Race, the first-place team was Josh Olney Team; second, JD Bartlett Team; and third, Moses Gilbert Team.

First place in the Ranch Bronc Riding event went to Anthony Blueback.

In Cow Riding competition, Mary Olney took first; and second, Taylor Arthur Jr.



Alyssa Macy photos

Fundraiser for team

The Warm Springs 2015 Portland to Coast Team is hosting a fundraiser for the upcoming event. Items being raffled include \$350 cash, Pendleton t-shirt, beaded earrings, beaded key-chain, beaded necklace/earring set, and more. Tickets are \$1 each or six for \$5. The drawing is

coming up on May 22 (rescheduled; need not be present to win). See the following for tickets:

Val Squemphen, Krysta Rhoan, Kapri Moody, Sandra Danzuka, Owen Danzuka Sr., Lana Leonard, Vernon Suppah, Nancy Seyler, Roxanne Bisland, Ray Shike, Anita Jackson, Aja Maldonado.

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