

## Letters to the editor

### Youth on leadership

The Senate Bill 13 Ichishkin fluent speaking elders Margaret Suppah, Arlita Rhoan, Viola Govenor, Orthelia Patt, Suzi Slockish and Willard Tewee—of the Culture and Heritage Language program—are so proud of our youth.

The elders feel it is important to share the answers of youth in the Warm Springs Academy Ichishkin language class, sixth-through eighth-grades, to the question:

*What makes a good leader?*

The students' answers included the following:

Be supportive of anything. Brave and strong. Honest. P'iix (serious). Wa'psux (smart).

Trustworthy. Knowledgeable. Nuku'nuku (hard working). Speak lots for our people.

Niix (good). Good ideas. Confident. Patient. Happy. Ha'ash haash (well rested). Positive.

So proud of the youth for using Ichishkin as part of their answers, with inspiration to keep moving forward in a positive way for our people.

**Merle Kirk**, Warm Springs Ichishkin Instructor, Warm Springs Academy.

### Tribal Council

*The following are some of the items coming up on the Tribal Council agenda for the rest of March:*

**Thursday, March 14:** Infrastructure funding meeting, 10 a.m. to 1 p.m.

**Monday, March 18**  
9 a.m. Hemp code revisions.

10: State Transportation Improvement Funds.

3:30: 2017 Comprehensive Annual Financial Report overview.

**Thursday and Friday, March 21-22:** Meeting with the Columbia River Inter-Tribal Fish Commission.

**Monday, March 25**  
9 a.m.: Secretary-Treasurer and Chief Operations Officer updates with Michele Stacona and Alyssa Macy.

10: April agenda/review minutes.

11: Draft resolutions.  
1:30 p.m.: Legislative up-

date calls, federal and state.  
3 p.m.: Enrollments.  
3:30: February 2019 Financials.

4: Indian Head Casino meeting with casino general manager Jeffrey Carstensen.

### Items for further consideration:

Tribal Employment Rights Office amendments. Government to government meeting with the Army Corps of Engineers. Integrated Resource Management Plan I and II. Warm Springs Head Start update.

### American Pickers

American Pickers are coming back to Central Oregon. Mike Wolfe, Frank Fritz and the team plan to film episodes of the hit series in the area in April.

They are always on the lookout for sizable, unique collections, and to learn the interesting stories behind them. If you are someone you know has a large collection or accumulation of antiques, we urge you to send us your name, phone number, location, and description of the collection with photos to: americanpickers@cinetflix.com

Or call 855-OLD-RUST.  
**American Pickers**

### Births

*Izabella Rosalinda McGill*  
Matthew Kelly McGill and Leanna Elsie Boise of Warm Springs are pleased to announce the birth of their daughter Izabella Rosalinda McGill, born on February 26, 2019.

Grandparents on the father's side are Melvin Victor McGill of California, who has passed away; and Debra McGill of Warm Springs.

Grandparents on the mother's side are Anthony Lance Boise of Warm Springs, and Selena Tonya Bolk, of Wapato, Washington.

*Lydia Mae Norwest*  
Nathan J. Norwest and Sharmayne R. Frank of Warm Springs are pleased to announce the birth of their daughter Lydia Mae Norwest, born on March 1, 2019.

Lydia joins brother Jacob, 5; and sister Leona, 1.

Grandparents on the father's side are Vernon Norwest and Leona Wilson of Klamath Falls.

Grandparents on the mother's side are Yahteen Frank and Sheila Thrasher of Warm Springs.

### To candidates

Here are some questions I would like the Tribal Council candidates to think about:

- What challenge will be the most problematic for you to better; and what approach will you use to move it along for positive change for the Confederated Tribes of Warm Springs?

- For many years our community has been working with the alcohol and drug difficulties. I am pleased with recent programs, but other behaviors should be introduced to tribal members, such as family significance, moral values, personal etiquette, display of respect of others, work ethics, etc.

Knowing the traditional customs and cultural are important to some and not to some, what other directives could you suggest to our legislative committees to reach our tribal programs to better our people?

- Much education is needed by tribal member leaders for a development process to arrive at an effective tribal business economic business program for the tribe.

How many of you have successfully completed a business course? And how much of that course involved knowing Indian Law when it comes to Indian Country?

- How many of the federal regulations, standards, policies and law have you dealt with?

- Is our tribal organization considered a non-profit? What does that involve?

I would strongly suggest a workshop with our tribal attorneys to fully understand what our non-profit classification actually means.

- Are you familiar with the idea that, if elected onto the Tribal Council, you'd be able to bring or suggest new approaches to tribal ways of doing business? Example: Much of the voting going to our tribal members has been voted on before having all the major ducks in a row. Can it be voted on with two choices: Voting for Plan A or Plan B; and of course, not supporting it at all.

- What would you suggest for the re-opening of Kah-Nee-Ta Village alone, and turning the lodge into another business? What would those suggestions be?

**Emma Smith**

### Free tax help at WSCAT

The Warm Springs Community Action Team's AARP Tax Aide is doing free tax preparation and filing.

This tax service will be done on Tuesdays and Thursdays through April 12 but you must make an appointment.

Call 541-553-3148 or stop by the Community Action Team office on campus to reserve a time.

## Candidate for school district board

Hello, Warm Springs community,

My name is Casandra Moses. I am the granddaughter of Jeff and Shirley Sanders, daughter of Angelina Sorrelhorse and Gildardo Frutos.

I am an enrolled member of the Confederated Tribes of Warm Springs, and have resided both on and off reservation.

I would like to inform my community that I will be running for the 509-J school board position, seat number 4, and your support is imperative to my success.

My grandfather Jeffery Sanders Sr. was on the local school board for 22 years, on the state school board for eight years, and the national school board for eight years.

I am honored to have his support and guidance as I advocate for our community and our children within the school board.

My goal will always be to empower parents to be



School district board candidate Casandra Moses.

their children's advocate in their educational career and to have their voice be heard.

The Jefferson County 509-J school board election day is May 21. Ballots will be mailed out starting May 1.

To vote you must live in the school district boundary,

be 18 or older and registered to vote.

April 30 is the last day to register to vote in Oregon.

You can do that online: search my vote Oregon, or you can get a paper voter registration form at the country clerk's office.

## Youth at Art Fair during Spring Break

The Museum at Warm Springs will host the Young at Art Fair during the 2019 spring break: Tuesday through Thursday, March 26-28. The fair will be 10 a.m. to 3 p.m. each day.

Warm Springs youth are invited to create and learn. Stations will include weaving, painting, drawing, beading and rawhide.

There will be Traditional dancing taught throughout the day.

The fair is open to Warm



Springs youth ages 10 and up. Lunch will be provided each day. Please contact **Natalie Kirk** to sign up, 541-553-3331 ext. 412.

There is a limit of 30 students per day.

The museum would like to thank the following sponsors for their generosity and sponsorship of this workshop: Warm Springs Telecom, Warm Springs Composite Products, Columbia Bank, and The Collins Foundation.

## Healthy Living looks at the nutrition label

Reading nutrition facts labels is a good way to educate yourself about what you are eating.

At the top of the nutrition facts box is the serving size followed by calories per serving.

Take a look to see if you are getting one or two servings because you will be getting twice the calories if that bag of chips or candy is actually two servings.

Remember, calories are a measure of how much energy comes from fat, carbs, and protein of one serving.

Nutrition Facts	
Serving size	1 potato (148g/5.2oz)
Amount per serving	<b>110</b>
<b>Calories</b>	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.1mg	6%
Potassium 620mg	15%
Vitamin C 27mg	30%
Vitamin B <sub>6</sub> 0.2mg	10%

The breakdown of how much fat, carbs and protein is the next section.

The next section tells you about the vitamins and mineral content. If that section is has 0 percent, then the food has little or no nutrition value.

Next time you are in the store, take a look at the nutrition facts of a candy bar- that is an example of empty calories.

*This message for Healthy Living is brought to you by the Warm Springs Diabetes Program.*

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