

Letters to the editor

Card dealers

Indian Head Casino invites you to Blackjack Dealer School, scheduled to begin at the casino Human Resources office this Wednesday, April 10 through early May.

Class days will be Monday through Friday from 8 a.m. to 4 p.m. daily.

Upon completion of a minimum of 96 hours of supervised instruction, and successful completion of an audition, students will be eligible to receive a certification as a dealer.

Certification is required to apply for a position as a table games dealer. Please contact Indian Head Human Resources at 541-460-7714 to sign up.

Jail services

We as inmates are reaching out for leadership from our community, to bring forth Washut Services, Shaker meetings, Traditional meals once a week, a food handlers class, AA and NA meetings.

We've been requesting this to the corrections lieutenant, and it's all been approved. His response has been that it is going to take the community to reach out and work out a schedule.

These services were provided before, for instance when Washut services were brought in every Sunday, others would come in for AA meetings, and for Traditional meals.

Shalina Charley and friends.

We as inmates are reaching out for services here in the tribal jail. We've been approved by Lt. Ron Gregory for religious services to come in. Lt. Ron's response was, The Community needs to reach out to work out a schedule, and clarify the ones who will be conducting the services.

We've asked and got approved for Washut, Shaker Church, and Traditional meals once a week. And this will take leadership from the community to work with Lt. Gregory to work out a consistent schedule.

We're asking and reaching out to Alcoholics Anonymous and Narcotics Anonymous to come and share their experiences, strength and hope with us. As of now Saturday, Sunday and Mondays are some long days sitting here. We're asking the tribes to see if they would allow IHS food handler's class to give us job skills when released. Please and

thank you.

Edward Weaselhead III and friends.

Wellbriety

Warm Spring Behavioral Health this month and in May presents Wellbriety Celebrating Families—the Parent Only Class.

The sessions are from 9 a.m. to noon in the Wellbriety room on the third floor of the Behavioral Health Center.

Here are the dates and the topics of discussion:

Monday, April 15: Healthy Living.

Monday, April 15: Two classes: Nutrition, and Communication.

Wednesday, April 17: Feelings and Defenses.

Monday, April 22: Anger Management.

Wednesday, April 24: Facts about Alcohol, Tobacco and Other Drugs.

Monday, April 29: Chemical Dependency Is a Disease.

Wednesday, May 1: Chemical Dependency Affects the Whole Family.

Monday, May 6: Two classes: Goal Setting, and Making Healthy Choices.

Wednesday, May 8: Healthy Boundaries.

Monday, May 13: Healthy Friendships and Relationships.

Wednesday, May 15: How We Learn.

Monday, May 20: Our Uniqueness.

Wednesday, May 22: Celebration.

The schedule is subject to change. For more information contact **Paul Jim or Sarah Frank** at 541-53-3205 to register. Class space is limited. *Arriving to class on time is important.*

Long time ago

Long time ago I was a holy man. We lived in a snow world. We had a snow bridge. My mate came from a rich family from the other side. They had many hides. Holy spirit used me to doctor the sick. One day as I sat at home I heard a loud rumble. Our bridge was going to drop—a change of life is coming. Holy spirit told me to warn the people. My in-laws were preparing for a massive giveaway. I called the people together to warn them, You have to choose a side.

Nobody wanted to hear. Everyone was preparing for my wife's family's giveaway. I sat in my hogan. My mate came in gathering her things. She told me, Husband, I will

listen to you all my life. This once I can't.

She turned and left. I sat and prayed. After a while I heard a loud roar. Our bridge caved in. Nothing but silence. I lost everyone. I put on my fur. I walked out into the grey mist alone. Cooney nye.

Talks to Spirit on Mountain—Le Roy Bobb.

On keeping a health diary

Keeping a health diary can you can see what foods may have caused your blood sugar to spike, and how exercise may help bring it back down again.

Health logs raise your awareness of the choices you make that impact your weight.

They can help you deter from bad habits like mindless eating in front of the TV and grazing. On the flip side, health diaries can also promote better health habits.

Studies have shown that keeping a daily food diary as part of a diet plan can double a person's weight loss, as compared to people who don't log food intake.

That makes logging your meals really pay off.

For those that are more comfortable using their smartphones and apps, there are lots of great apps and trackers that can be used instead of a traditional journal.

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

A form of control

(This article is presented in recognition of Sexual Assault Awareness Month.)

Sexual violence can be difficult to talk about. Some people feel uncomfortable when the subject comes up, which—intentionally or not—sends a message to survivors of sexual abuse and sexual assault that they won't be believed if they come forward.

Sexual assault is any type of sexual activity or contact that you do not consent to.

In an abusive relationship, some partners might sexually assault their partner or force them into unwanted sexual activity as a means of control. This type of violence can be one of the most traumatic forms of relation-

'Baby's First Home' at Museum



Courtesy photos

The Museum at Warm Springs next week will open a new exhibit, Babies First Home: Cradle Boards of the Confed-

erated Tribes of Warm Springs.

The exhibit will celebrate the baby board as a childhood treasure.

The opening will be Thursday, April 18. Call Natalie at the museum for details, 541-553-3331.

ship abuse.

Across the nation, more than half of Native American women—56 percent—and about one-third of Native men—28 percent—have experienced sexual violence in their lifetime, according to a recent report.

The report also found that Native women—our mothers, grandmothers, daughters and sisters—face nearly two times the risk of sexual violence when compared to non-Hispanic white women.

Sexual abuse in a relationship

There is a strong connection between colonialism and sexual violence.

As Native people, we know any form of violence such as sexual assault and sexual abuse is unnatural and goes against our traditional ways.

Sexual violence was introduced into our communities through colonization, as Native women were often violently targeted, humiliated, degraded and terrorized as a way to undermine the very foundation of Native communities.

As a form of domestic violence, sexual abuse is used to assert power and control in the relationship. The behaviors can range from:

- Calling you degrading sexual names.
- Fondling, grabbing or pinching the sexual parts of your body.
- Constantly pressuring you to have sex when you don't want to have sex.
- Becoming angry or violent when refused sex.
- Demanding or normalizing demands for sex by saying things like, "I need it. I'm

a man."

• Drugging or restricting you to where you are unable to consent to sexual activity.

• Forcing you to have sex or engage in unwanted sexual activity.

• Using weapons or other objects to hurt the sexual parts of your body.

• Records or photographs you in a sexual way without your consent.

• Intentionally tries to pass on a sexually transmitted disease to you.

• Threatening to hurt you or your children if you do not have sex.

• Demanding you to dress in a sexual way.

• Forcing you to watch pornography.

Lasting effects of sexual violence.

Sexual assault can affect your spirit in many ways, including feelings of depression, fear or anxiety, difficulty sleeping, and post-traumatic stress disorder (PTSD).

Some survivors may experience flashbacks of the attack or may disassociate from what happened entirely to cope with the trauma.

When there is ongoing sexual abuse in a relationship, trauma and other negative impacts can worsen.

Some survivors may become very sensitive to touch or struggle with intimacy in their relationships.

It's important to recognize not all survivors will react the same way and often report a range of feelings about the experience.

After a sexual attack, you may feel alone, ashamed or believe you did something to provoke the attack or that you somehow 'deserved it.' You may also feel that

your community is not a safe place anymore. However, you are never to blame for rape, sexual assault or any form of abuse that happens to you.

Finding hope and healing

Recovering from sexual assault or sexual abuse is a process and one in which you decide every step of the way. There is no timeline for healing; it is entirely up to you.

It is important to know that in the aftermath of sexual assault or abuse, you do not have to face your healing journey alone.

When you are ready, there are people available to help you if you have been sexually assaulted or are being sexually abused by a current or former intimate partner.

Advocates at StrongHearts Native Helpline—1-844-762-8483—can offer emotional support and a connection to culturally-appropriate resources and legal options where available.

It is always anonymous and confidential when you call. You can also find sexual assault service providers here.

While your healing journey may be painful, remember you were born with the inherent strength and courage of your ancestors to survive.

We believe you. We are here for you every step of the way.

By Mallory Black, Diné, Communications Manager of the StrongHearts Native Helpline, 1-844-7NATIVE (1-844-762-8483).

Spilyay Tymoo
(Coyote News, Est. 1976)

Publisher Emeritus in Memoriam: Sid Miller
Editor: Dave McMechan

Spilyay Tymoo is published bi-weekly by the Confederated Tribes of Warm Springs. Our offices are located at 4174 Highway 3 in Warm Springs.

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Annual Subscription rates: Within U.S.: \$20.00

Kindergarten Readiness—Social and emotional skills

Research into human brain development is proving that parents truly are their children's first teachers.

In the first three years of life, children's brains grow to 90 percent of their eventual adult weight.

Families can help their pre-school children pre-

pare for kindergarten by supporting their Reading, Writing, Language and Math skills at home—but it is also critical to understand the importance of their social and emotional development.

Skills that help children develop relationships, navigate new environments,

and participate in learning activities are just as important as the development of academic skills.

To ensure a successful transition to kindergarten, families should understand these expectations and work with your child to practice these skills:

- Getting along with others.
- Understanding that hurt-

ing others is not okay.

- Be able to name feelings.
- Ability to take care of self and dress self.
- Use the bathroom independently.
- Be able to watch, listen and participate.
- Stay awake all day without a nap.
- Understand how to wait their turn.

