



On display at the *The Path to Resilience* exhibit at the Museum at Warm Springs, handmade dolls by MaryAnn Meanus.



MAWS

Two wildfires recently in the area

Two wildfires broke out recently in the region, one of them on the reservation. The Milepost 91 fire broke out on July 9 on the reservation, closing Highway 26 for a time.

The fire burned approximately 800 acres, and threatened two

structures. The Warm Springs fire crews protected the structures, avoiding property damage, said Trey Leonard, Fire Management officer.

Five 20-member crews were on the scene.

Then this past weekend a fire

broke out near Highway 26 six miles south of Warm Springs. The Pelton Dam fire burned about 60 acres, and again required closure of Highway 26. During this incident a 40-mile stretch of the highway was closed for several hours, delaying weekend traffic.

Notice to tribal woodcutters

Public notice to all tribal woodcutters: Effective immediately: Resale woodcutting permits will be lowered from \$10 to \$1 a cord.

The Timber Committee made a motion and approved this change

due to the Covid-19 pandemic.

All resale permits issued between January and July 8 will continue to be valid. There will be no reimbursement for permits issued prior to July 9.

This change is due to the tribal organization having closed, and tribal member employees being laid off or furloughed.

Luther Clements, Timber Committee chairman

Dynamic approach to warming up

by **Alicia Oberholzer**
Physical Therapist
W.S. Holistic Health

A dynamic warm up is a sequence of controlled movements performed at the beginning of a workout. The goal of a dynamic warm up is to improve performance and reduce risk of injury.

It is a more active approach than traditional static stretching. Instead of holding static positions for long periods of time, dynamic warm ups incorporate faster paced

movements specific to the sport.

Incorporating a dynamic warm up into a pregame routine can have several powerful benefits. Studies have shown that dynamic warm ups increase the blood flow and transport of oxygen to working muscles.

Research has also indicated benefits of improved muscle flexibility and joint lubrication, allowing for safe movement during play.

Dynamic warm ups have also been linked with enhancement in

coordination, higher level movements, and reaction speed.

Here are a few examples of exercises that can be incorporated into a dynamic warm up: Side shuffling. Jogging. Backpedaling. Arm circles. Jumping Jacks. Walking Lunges. Skipping. Squats. Grapevine.

If you are curious to what a dynamic warm up looks like, check out the demonstration video posted on the Warm Springs Holistic Health Youtube channel.



COCC okays fall reopening plans

The Central Oregon Community College board of directors last week approved the college's 'Reopening Operational Plan for the Conduct of In-Person Instructional, Residential and Research Activities.'

The college had been closed to nearly all in-person activities as a result of the Covid-19 pandemic since Oregon Gov. Kate Brown's executive order in March.

In mid-June, the Oregon Health Authority released guidance for the reopening of Oregon's colleges and universities. Among the higher education requirements was a mandate for every institution to secure board approval of a reopening operational plan prior to September 1.

With the COCC board approval, the college will prepare to resume

in-person learning across its four campuses for the 2020 fall term beginning September 21.

COCC plans to offer in-person instruction at all campuses this fall, along with online, remote and hybrid options for students. To help students find the courses where they will feel most comfortable, the college has updated its credit class schedule so that students can search for classes filtered by campus or by modality (online or hybrid). COCC is also prepared to move to fully remote or online instruction if directed to do so by the state.

One of COCC's principles of community is 'To Promote a Healthy and Safe Learning Environment.'

In the spirit of this principle, the college requires the use of face coverings across all campuses when in an indoor setting, or in outdoor areas where physical distancing is not easily maintained, unless an exception per OHA guidelines is met.

To support this face coverings policy, COCC will provide free and widely available reusable and disposable face coverings to faculty, staff, students, and visitors to campus.

COCC's reopening plans are available via its website, cocc.edu

These plans will be updated regularly and consistently, according to current OHA guidance and to remain consistent with local, state and national requirements.

The college will also launch a reopening website the week of July 20 which will further explain and make accessible the plan's details and protocols, as well as provide answers to frequently asked questions for students, employees and the community at large.

Eel fishing at falls

The Confederated Tribes' Off-Reservation Fish and Wildlife Committee has established regulations concerning eel harvest at Willamette Falls.

Tribal members must carry their enrollment cards with them during eel gathering activities. Harvest is allowed through August 15.

You may use hands or hand-powered tools. Harvest is open seven days a week, and fishing hours are sunrise to sunset.

This is a subsistence fishery as defined in Tribal Code 340.100.

The Branch of Natural Resources will monitor fishers and you must allow your catch to be inspected.

Commercial fisheries

A tribal fishery is open through 6 p.m. this Thursday, July 16. This applies to all of zone 6. Allowed gear are set and drift gillnets with no mesh restriction.

Allowed sales are salmon, steelhead, shad, yellow perch, bass, walleye, catfish and carp.

Sturgeon may not be sold but may be kept for subsistence use. Size limits are 38 to 54 inches fork length in the Bonneville Pool, and 43 to 54 inches fork length in The Dalles and John Day pools.

River mouth and dam closed areas applicable to gillnets are in effect. The Spring Creek National Fish Hatchery closed area is not in effect during the summer management period.

Regional drought conditions

Gov. Kate Brown has declared a drought in seven counties, including Jefferson County, due to hot, dry conditions and unusually low water supply. Brown signed hte executive order on July 1.

"Forecasted water supply conditions are not expected to improve, and drought is likely to have significant impacts on the farm, forest, recreation, drinking water, and natural resources sec-

tors, as well as impacts on fish and wildlife and other natural resources which are dependent on adequate precipitation and streamflow in these areas," Brown wrote.

"Extreme conditions have already affected local growers and increased the potential for fire, a loss of economic stability, shortened growing season, and decreased water supply."

YouthBuild recruiting in W.S.

The YouthBuild fast-track education and job training program is recruiting Warm Springs youth for the next session, beginning in September.

YouthBuild will hold its information sessions as follows at

YouthBuild, 68797 George Cyrus Rd., Sisters:

July 21 and August 25; and September 1, 8 and 15. Call Briana at 928-274-2128 for information.

Youth work with AmeriCorps

AmeriCorps is accepting applications from interested Warm Springs youth. The three-month AmeriCorps program begins July 27, with applications due Monday, July 20.

AmeriCorps at Heart of Oregon Corps is designed to engage young adults ages 17-24.

Crews of 7-8 young people work outdoors on natural resource conservation projects.

Members complete a 3-month term. AmeriCorps members earn a \$275 per week living stipend and a Segal Education Award for college.

Youth are recruited from Warm Springs and other communities of Central Oregon. Public transportation. Apply at: heartoforegon.org

Questions? Call **Allison** at 541-633-7834.

The Pacific Northwest is expected to see a busy wildfire season, and the American Red Cross needs volunteers to help in local communities. The coronavirus pandemic will make it challenging to deploy trained disaster volunteers from other parts of the country should a large emergency occur in Oregon. There is a special need for volunteers to support sheltering efforts. Visit redcross.org

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