

Letters to the editor

Contact tracing

Warm Springs public health nurses continue to contact trace for positive cases of Covid-19.

In some instances they are not able to determine where a person contracted the coronavirus, or they are still doing contact tracing.

Recent numbers, from late July, show that 18 percent of active cases were listed as unknown as to where the person was exposed. It was determined that:

Forty-nine percent were exposed to Covid-19 in their own household;

Thirty-one percent were exposed to Covid-19 at a gathering or visiting people; and only 2 percent were exposed in the workplace.

More data is being compiled to give a more in-depth picture of the positive cases in Warm Springs. Also as of late July:

Of the active cases in the community, 61 percent were 29 years old or younger.

Although younger people are less likely to have pre-existing conditions, and may or may not be symptomatic, it's important to remember how easily this coronavirus spreads.

The nurses remind you, please for the health of your loved ones and the community, follow these simple practices:

- Wash your hands frequently.
- Cover your sneeze or cough with a tissue.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Wear a face mask or covering anytime you are in public.
- Practice social distancing by staying home
- Stay at least six feet away

from people not from your household.

- Keep kids home.
- Go out only for essentials like groceries, medical care, or work.

- Do not gather in groups.

- Don't meet up with people you haven't seen, give them a call or connect online.

- If you feel sick, stay in a room separate from others in your home.

- If you test positive for Covid-19 you must isolate yourself for at least 14 days. Public Health Nurses will call to check on you.

- If you have had close contact with a positive case of Covid-19, you also need to isolate yourself and watch for any symptoms.

Attention League bowlers

We are looking to minimize the leagues to a total of 36 bowlers per league night, maximum. Please contact your league secretary or call Christie at Madras Bowl to let them know if you plan to return to bowling this year. The number is 541-475-3353.

If your league night reaches the max number, there is an option to bowl on other nights, if there are openings.

Please know this is not an easy decision—to have to limit bowlers. It is necessary to make these choices to help keep our Madras Bowl open.

Please be kind—even if you don't agree with the mandatory masks. Mike and Christie are going the extra mile to maintain a safe and healthy place of entertainment for you and your family, while embracing the state's guidelines.

Masks will be required to bowl: You must wear while

bowling unless eating or drinking. If you don't have a mask or face shield, one can be provided.

We appreciate your support during these difficult times, and look forward to seeing you back on the lanes again. Cheers. Thank you.

Madras Bowl.

Birth

Matthew Edward Mendes Jr.
Matthew Mendes and Sophia Williams of Warm Springs are pleased to announce the birth of their son Matthew Edward Mendes Jr., born on August 1, 2020.

Matthew joins brothers Jocias, 11, and Nakiah, 6; and sister Serenity, 3.

Grandparents on the father's side are Eddie Mendes of Madras, and Lorree Bagley of Warm Springs.

Grandparents on the mother's side are Douglas Williams Jr. and Sytje Williams of Warm Springs.

From IHS

At the Warm Springs Health and Wellness Center they ask that you call ahead if you plan on going there.

For a regular appointment call 541-553-2610.

The Warm Springs Indian Health Services Covid-19 Nurse Triage Hotline number is 541-553-5512.

Outside of IHS regular hours, you can call the Registered Nurse Health Advice Hotline at 1-866-470-2015.

For all other business call 541-553-1196

Election Day is Tuesday, November 3. The deadline to register to vote in the election is October 13. You can find a link to register to vote in Oregon at kwso.org

Coaches association basketball all-star selection

Congratulations to our own Dapri Miller, selected to the 2020 Oregon Basketball Coaches Association High School Basketball All-Star Series.

This year unfortunately the All-Star games will not be played due to the covid. The coaches still made a program, though, to honor the student-athletes.

Dapri played three years of varsity basketball for the White Buffalos.

He earned First Team All League honors while leading the Buffalos in scoring at 17.9 points per game in his senior year. He completed the 2020 season with three separate 30-plus point games.

Dapri is tied for fourth in school history for points in a single game with 36. His 17.9 points per game is eighth best in school history. Dapri also became one of the best free throw shooters in school history.

#24 DAPRI MILLER MADRAS



Congrats Dapri! We are so proud of you! Thank you for always representing our community in a positive way!



Dapri tied for the second most three-point field goals in a game in school history with nine threes. He finished his career ninth in school history with 104 three-point field goals made.

The Madras White Buffalo coaching staff and com-

munity would like to thank Dapri for his endless hard work and leadership, and for being an essential part of the White Buffalo family.

We wish you the best of luck with your future—Go Buffs!

From W.S. Holistic Health

Strength training is an important component of a healthy and balanced lifestyle.

Examples of strength training include squats, lunges, push ups, planks, etc. The movements may be done using free weights, resistance bands, machines, or even no equipment at all.

You can skip the gym and still get a great workout by using just your own body weights and the force of gravity.

Benefits of strength training include: Heart health, such as better cholesterol levels. Stronger bones, helping prevent fractures.

Weight loss. Improved balance. Diabetes management. Restful sleep and a better mood.

The American Heart As-

sociation, American Diabetes Association, and Center of Disease Control all recommend that adults perform at least two days of strength training per week.

Warm Springs Holistic Health is open 8 a.m. to 5 p.m., Monday through Friday. Appointments are required. Call 541-777-2663 to learn more. The center, a program of Managed Care, is located on campus next to the courthouse.

Looking forward to 2021 tournament



Please support Yvonne Greene and ChaCha Ramirez of Warm Springs, Madras High School students and basketball players.

Yvonne and ChaCha have been asked to represent America's basketball team—and our tribal community—at a 2020 international basketball tournament next summer in the Dominican Republic.

Yvonne and ChaCha are raising the funds to cover their travel expenses;


each has a GoFundMe account. And see their Facebook pages on how to show your support.

Meanwhile ChaCha and family are hosting a November raffle drawing, six tickets for \$5.

Please contact Jaihline 'ChaCha' Ramirez or Joy Ramirez on Facebook for ticket purchases.

Raffle items include several beaded earrings, ribbon skirts, wrapped rope earring set, several other items to be included.


Thank you for your support!



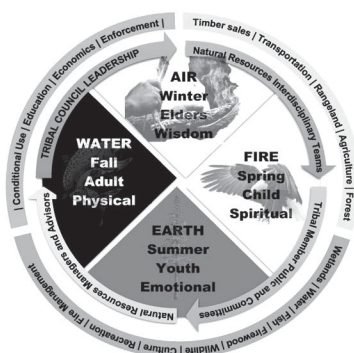
Integrated Resource Management Plan (IRMP) Community Survey

Help give feedback to IRMP Team for the 2022 Revision

CTWS Branch of Natural Resources wants to know what you think? Access the survey by going to <https://qrgo.page.link/UUEVs>



or take a picture of this QR code to get directed to the survey.



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

Chemawa boarding school going online

Add Chemawa Indian School to the growing list of schools planning to start online this year, rather than in-person, due to the coronavirus.

The nation's longest continuously operating boarding school for Native American students will start out online in September.

The plan for Chemawa comes after a conference call with top federal officials, during which tribal leaders and educators alike worried about coronavirus spreading at schools with populations

considered at higher risk.

"I don't want to lose any staff or any students. It would be awful and tragic if anybody died on campus," said Leah Davis, an English teacher at Chemawa.

"If I'm a parent, I wouldn't release my daughter to go to a boarding school right now," Davis said. "If she got sick, she couldn't get back to me, she'd be quarantined. There'd be no way for me to get to her. I wouldn't take that risk."

Valerie Switzler, cultural

and heritage manager with the Confederated Tribes of Warm Springs, worried about what might happen if a boarding school opened, students came and then contracted the virus.

"It scares me that some of our students that do live in the Southwest or do live in other areas of the country—How would we get them back home if they did get sick, or if the tribe is going to let them come back home sick?"

Another Chemawa teacher warned that parents

and students aren't the only ones who worry. Teacher Diane McGinnis told federal officials that administrators might have a hard time persuading staff to come to work.

"We have a limited staff in the best of times. So making that decision to stay open, in the worst of times, I don't know how we're going to find people to do all that is needed to be done in the time necessary," said McGinnis, who, like Davis, teaches English at Chemawa.