

Health impact of Lionshead was the smoke

For a time last week much of the West, including the reservation, had the most unhealthy air quality on earth. The conditions are better now, though the recent Branch of Natural Resources Air Quality Report was still evaluating the reservation air as 'unhealthy.'

Tim Outman, air quality specialist with the Branch of Natural Resources, has been monitoring the reservation air on a daily basis since 2008. "I've never seen anything like that," Mr. Outman said of last week's blanket of smoke.

The bad air—during the height of the Lionshead blaze—was unique not only in the density of the smoke, but also in the number of days that the conditions persisted.



Courtesy Tim Outman/WSBNR

The Purple Air Sensor outside the Branch of Natural Resources building. The device is about the size of a softball. A second sensor is outside the clinic.

"During a fire, we might see that—in the unhealthy range—for a day or two," Outman said.

The Lionshead extreme conditions last days. As a re-

sult, the organization had to close for a day and half, plus late start days, including into early this week.

Last week the smoke level brought a rating of "very unhealthy." This is defined as, "Health warnings of emergency conditions. The entire population is more likely to be affected."

The definition of "unhealthy air quality"—registered earlier this week—is: "Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects." The very worst air, "Hazardous," is: "Health alert: Everyone may experience more serious health effects."

In response to the conditions, the Branch of Natural Resources received from

the Environmental Protection Agency two 'Purple Air Sensors.' These are now located at the Natural Resources building, and at the clinic. The plan is also to place one at Simnasho.

The current air quality data from the sensors can be accessed at any time on the Internet. These are the sites:

Indian Health Services sensor:

www.purpleair.com/map?opt=1/m/i/mAQI/a10/cC4#12.19/44.72248/-121.25415

Branch of Natural Resources:

www.purpleair.com/map?opt=1/m/i/mAQI/a10/cC4#12.19/44.75178/-121.23597

Intel 'Future Skills' donation to schools

Earlier this month, Jefferson County School District 509-J was the proud recipient of a donation from Intel Corporation of Future Skills kits.

The kits are designed to help students strengthen their technology and essential skills, and build their confidence and capacity for innovation, complex problem-solving and persistence.

Intel donated 600 Future Skills Activity Kits, along with 150 goodie bags to students in Jefferson County. The kits came in four different STEM/Design thinking-based activities:

Paper Circuits – Create interactive art using copper tap, LEDs and a coin cell battery to build a flat paper circuit to bring your art to life.

Slime – Create and test basic slime recipes and then concoct a new slime creation of your own design.

Scribble Bot – Create a simple robot that can autonomously scribble or draw on paper.

Lunar Lander – Using only the materials listed, design and build a device that will keep an "astronaut" safe when dropped from various heights.

"We have been very fortunate to be the recipient of



Courtesy Shannon Ahern/509-J

First-grader Wyatt Bennett, building lunar landers.

Intel's kindness and generosity in helping to prepare our students for their future through hands-on learning that incorporates both social emotional and technical skills through creative and fun project-based learning," said Melinda Boyle, director of curriculum and instruction for the school district.

The kits will be available to Jefferson County School District students once in-person classes resume.

Jefferson County School District 509-J was also recently named one of seven school districts in Oregon that will receive grants next month to support students at Title I schools with laptops, internet connectivity, and LEGO Education learning solutions as part of the Creative Learning Connections grant program.

Holistic Health tips for dealing with pain

by Alicia Oberholzer
Physical Therapist
W.S. Holistic Health

The human body comes equipped with a living alarm system composed of 45 miles of interconnected nerves. The nerves are constantly alert and buzzing with electricity, armed to keep us safe.

When an injury occurs, such as touching a hot stove, the alarm system is tripped. The nervous system fires a message that travels from your hand, to your spinal cord, up to your brain telling you to move your hand immediately. Pain is not a bad thing, as it is normal and necessary to keep us safe.

Immediately following an injury, the human alarm system is on high alert. This extra sensitivity, commonly felt as lingering pain, should ideally diminish over time. However, research has indicated that in 25 percent of indi-



viduals, the alarm system does not return to its previous resting level. Instead, the nerves remain extra sensitive. If the pain lasts for more than three months, it is termed as chronic.

For individuals with chronic pain, activities and experiences that used to be well tolerated begin to cause pain. Research has shown that pain thresholds can be further affected by factors such as life stress, extreme temperatures, poor sleep, or illness.

Example: Sally broke her wrist when she slipped and fell on the ice. Her x-ray showed good healing within

months. Six years later, Sally continues to experience wrist pain, especially when it is cold outside. When she is chilly, even small movements or light chores are painful. In this case, even though the fracture has healed, her nerves are still sensitive.

Her nervous system continues to be on high alert from the trauma of her old injury. It now takes less stimulus to trigger the alarm system and send a "danger" signal through the nervous system for the brain to interpret as pain.

Chronic pain is unique, individual, and very real. It can be exhausting, frustrating, and life changing. The good news is that new research indicates that there is hope for desensitizing sensitive nervous systems. Encouraging results have been found using pain management programs composed of graded movement progressions, aerobic exercise, sleep hy-

giene, nutrition, meditation, acupuncture, and manual therapy.

If you are struggling with chronic pain, Warm Springs Holistic Health is here to help. If you are interested in learning new strategies to help improve your activity tolerance and quality of life, ask your medical doctor if a referral is appropriate for you.

Warmly, **The team at Warm Springs Holistic Health**

If you have further questions, feel free to contact a physical therapist at Warm Springs Holistic Health for more information.

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.

Treaty: Tribes never agreed to '1865' document

(Continued from page 1)

A summary statement of the proposed repeal law contains this brief summary:

The Indians of the Warm Springs Reservation neither complied with the 1865 treaty nor understood its provisions.

Affidavits taken by the U.S. Department of Justice from Warm Springs Indians

present at both the 1855 and 1865 treaty signings show they understood the later treaty simply to provide a pass system for Indians leaving the reservation to exercise their off-reservation rights.

Additionally, the United States, the other party to the 1865 treaty, has consistently ignored the 1865 agreement

and has on numerous occasions over the past 154 years enacted legislation affirming the Tribes' 1855 off-reservation treaty rights.

It appears that no federal government agency has ever asserted that the 1865 treaty was enforceable or had any legal effect.

The Treaty of 1855 cre-

ated the Warm Springs Reservation while recognizing the tribal right to hunt, fish and gather at usual and accustomed places and on "unclaimed lands" within and beyond the 11-thousand square miles of the Ceded Lands. This is the only foundation document of the modern era Confederated Tribes.

said it appears the fall chinook run may exceed expectations "but we are not sure if the run is early or just above forecast."

Analysis: Columbia steelhead numbers up

Steelhead numbers are up this year, but don't call it a rebound. At least not yet.

Dam counts and passive integrated transponder, or PIT, tag analysis indicate fish returning to the Snake River this fall and next spring will post their best return in more than three years.

Through last week, more than 81,400 steelhead had been counted at Bonneville Dam. That is ahead of the 55,800 counted at this time last year and better than the returns of about 66,600 in 2018 and 77,400 in 2017.

But some context is required. Steelhead returns have been abysmally poor the past three years. While the run is showing improvement in 2020, its projected performance still falls well

below the 10-year average of about 173,000. More context: The 10-year average has been shrinking because of the recent poor return years replacing more robust years in the data set. Just four years ago it was 270,000.

"The last three years are the worst three years since we have seen since collecting PIT tag data," said Joe DuPont, regional fisheries

manager for the Idaho Department of Fish and Game at Lewiston. There also is some promising news for fall chinook and coho. DuPont

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Fishery through Friday

A zone 6 tribal fishery is open through 6 p.m. this Friday, September 25. Allowed gear is set and drift gillnets with an 8-inch mesh size restriction.

Allowable sales are salmon (any species), steelhead, shad, yellow perch, bass, walleye, catfish and carp. Fish many sold or retained for subsistence. Fish landed during the open periods are allowed to be sold after the period concludes.

Sturgeon many not be sold, but sturgeon from 38 to 54 inches fork length in the Bonneville pool, and sturgeon from 43 to 54 inches fork length in The Dalles and John Day pools may be kept for subsistence only.

Closed areas: The river mouth and dam are closed areas applicable to gillnets. The Spring Creek hatchery

sanctuary will be reduced to 150 feet around the hatchery ladder.

Covid-19 guidelines: Please review the Safe Fishers, Safe Fisheries guidelines to help prevent the spread of the virus and protect the vulnerable members of the tribal community. See: Critfc.org/safe-fishers-safe-fisheries

There will be a Compact hearing to consider additional fishing this Thursday, September 24 at 10 a.m. The zone 6 platform, and hook and line fishery regulations remain unchanged.

If you have law enforcement or safety concerns please contact Columbia River Inter-Tribal Enforcement in Hood River at: 1-800-487-3474 or 541-386-6363. For information on marketing tribal caught fish, contact Buck Jones, Salmon Marketing Specialist at 503-238-0667.

Off reservation hunting

The Confederated Tribes of Warm Springs has adopted the off-reservation hunting seasons and regulations. Current off-reservation seasons are:

Pronghorn antelope: Now through October 31.
Archery, deer and elk: Through October 2.
Off reservation buck and deer, rifle: Through October 31.
Early elk, cow and spike: Through October 16.
Bull elk: October 17 through November 30.
Late elk, cow and spike: December 1 through January 31, 2021.
Bighorn sheep hunts: Through November 30.
John Day Canyon mule deer buck: November 1 through November 29.
John Day Middle Fork white-tail hunt: October 3 through November 30. For assistance you can email: wildlife.tags@ctwsbnr.org
Or call 541-553-2001 during business hours.