

# In the Tribal Court of the Confederated Tribes of Warm Springs

*Note: All proceedings are held in the Tribal Court of the Confederated Tribes of Warm Springs.*

**RADINE / REVA JOHNSON, Petitioner, vs REVONNE JOHNSON, RESPONDENT; Case No. DO105-20. TO: RADINEJOHNSON, REVA JOHNSON, REVONNE JOHNSON:**  
YOU ARE HEREBY NOTIFIED that a SHOW CAUSE HEARING has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **3<sup>rd</sup> day of DECEMBER, 2020 @ 4:00 PM**

**MERIMA MADE, Petitioner, vs ESTOMINA MADE, Respondent; Case No. DO75-20, DO74-20. TO: MERIMA MADE, ESTOMINA MADE, IVORY WATKINS, TONI MADE:**

YOU ARE HEREBY NOTIFIED that a CONSERVATOR GUARDIANSHIP has been scheduled with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **8<sup>TH</sup> day of DECEMBER, 2020 @ 4:00 9M**

**CTWS, Petitioner, vs LENORA WILLIAMS, Respondent; Case No. JV10-20. TO: LENORA WILLIAMS:**  
YOU ARE HEREBY NOTIFIED that a CUS-

TODY REVIEW HEARING has been scheduled with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **10<sup>TH</sup> day of December, 2020 @ 3:00PM**

**CTWS, Petitioner, vs VIRGINIA McKINLEY Respondent; Case No. JV72,73-17. TO: VIRGINIA McKINLEY, ANDREW SMITH SR., CPS, JV PROS, P&P:**  
YOU ARE HEREBY NOTIFIED that a SUPERVISED PROBATION REVIEW / ASSISTED GUARDIANSHIP / SHOW CAUSE has been scheduled with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **13<sup>TH</sup> day of JANUARY, 2021 @ 10:00 AM**

**CTWS, Petitioner, vs JOSE GARCIA, Respondent; Case No. JV5,6-13. TO: JOSE GARCIA:**  
YOU ARE HEREBY NOTIFIED that a ASSISTANT GUARDIANSHIP REVIEW / MODIFICATION has been scheduled with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **28<sup>TH</sup> day of DECEMBER, 2020 @ 4:00 PM**

**CTWS, Petitioner, vs LIVICIANA FELDMAN, RESPONDENT; Case No. JV85-03. TO:**

**ANTONIA WHASISE, JAMIE FELDMAN, ERIC & BRENDA HEINSO, LIVICIANA FELDMAN:**  
YOU ARE HEREBY NOTIFIED that a ASSISTED GUARDIANSHIP REVIEW has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **9<sup>th</sup> day of December, 2020 @ 4:00 PM**

**CTWS, Petitioner, vs S O N Y A STORMBRINGER, RESPONDENT; Case No. JV118-07. TO: KEVIN & PAM HUG, SONYA STORMBRINGER:**  
YOU ARE HEREBY NOTIFIED that a ASSISTED GUARDIANSHIP REVIEW has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **9<sup>th</sup> day of DECEMBER, 2020 @ 3:00 PM**

**CTWS, Petitioner, vs KATIE MAE FRAZIER, RESPONDENT; Case No. JV36-20. TO: KATIE MAE FRAZIER:**  
YOU ARE HEREBY NOTIFIED that a SHOW CAUSE HEARING has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **7<sup>th</sup> day of DECEMBER, 2020 @ 2:30 PM**

**A N T H O N Y BLUEBACK, Petitioner, vs LILLIAN BLUEBACK,**

**RESPONDENT; Case No. DO119-20. TO: ANTHONY BLUEBACK, LILLIAN BLUEBACK:**  
YOU ARE HEREBY NOTIFIED that a DISSOLUTION OF MARRIAGE has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **7<sup>th</sup> day of DECEMBER, 2020 @ 2:00 PM**

**CTWS, Petitioner, vs LYLE RHOAN JR. , RESPONDENT; Case No. JV257-03 JV278-01. TO: LYLE RHOAN JR.:**  
YOU ARE HEREBY NOTIFIED that a SHOW CAUSE HEARING has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **30<sup>th</sup> day of NOVEMBER, 2020 @ 4:00 PM**

**CTWS, Petitioner, vs JENNY BIRD, RESPONDENT; Case No. JV148-08. TO: AARON KEELE, JENNY BIRD, JV PROS, CPS:**  
YOU ARE HEREBY NOTIFIED that a CUSTODY REVIEW has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **7<sup>th</sup> day of DECEMBER, 2020 @ 3:00 PM**

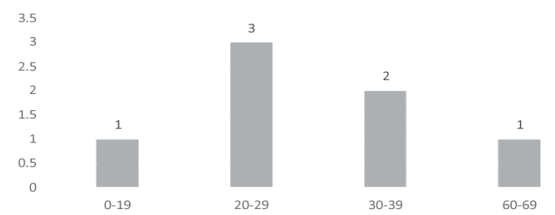
These graphs—below at left and below—chart the most recent available reservation Covid-19 case demographics. The information is provided by Community Health, IHS, Health and Human Services, and the Confederated Tribes Covid-19 Response Team.

## Case Demographics: 10.28.2020

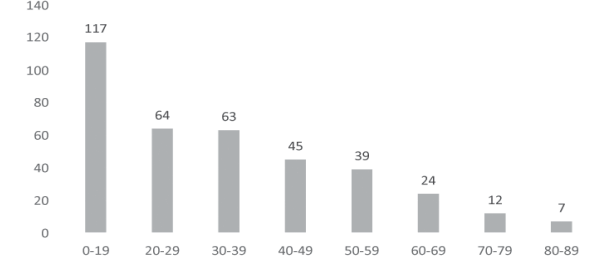
Active Cases: 7

Cumulative Cases: 378

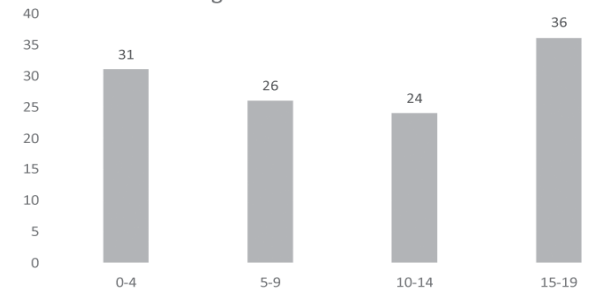
Age: Active Cases 10.28.2020



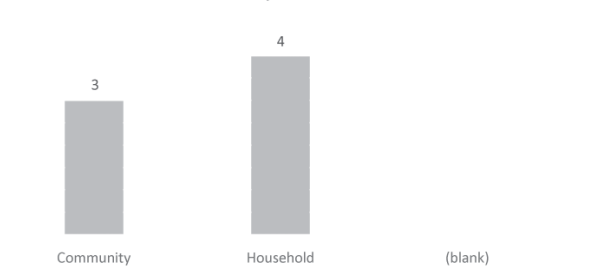
Cumulative Cases 10.28.2020



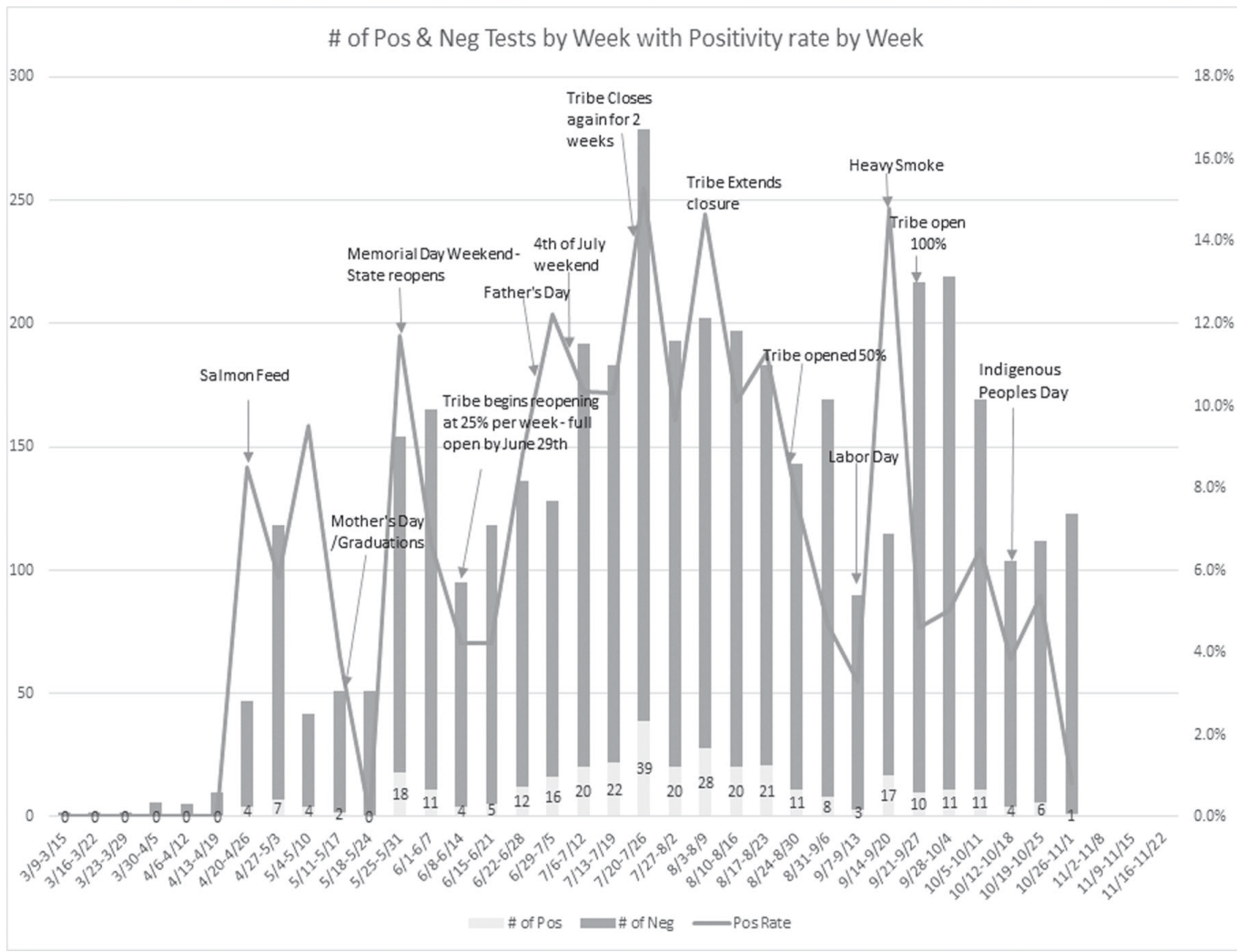
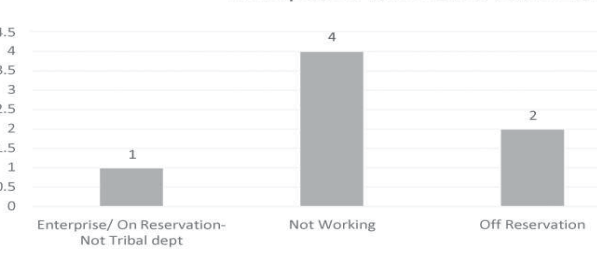
Child Ages: Cumulative Cases 10.28.2020



Place of Exposure: Active Cases 10.28.2020



Work place: Active Cases 10.28.2020



## Hospitalizations:

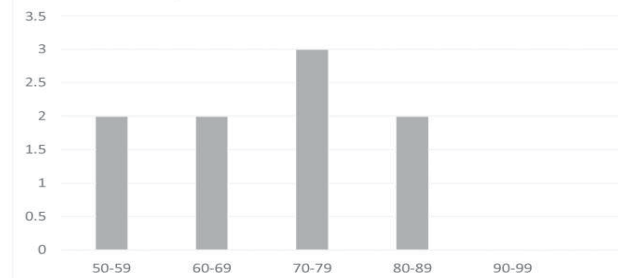
Inpatient: 0

Total Discharged: 43

## Deaths:

Total: 9

Ages: Cumulative Deaths 10.28.2020



# Ways to strengthen your cardiovascular system

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

The cardiovascular system is a complex network made up of the heart, blood, and vessels. Its intricate connections extend through the entire human body.

If all of the vessels were laid flat, they would span a distance of 60,000 miles.

This is enough to wrap around the world twice. This system works together to move blood to the organs, tissues and cells. Oxygen and nutrients are delivered while carbon dioxide and waste are removed.

Regular exercise strengthens the cardiovascular system

and makes it more efficient. This means that each time the heart beats, it will pump out more blood. This slows down the resting heart rate and reduces blood pressure.

Exercise can also spark the development of new blood vessels and help the body become better at pulling oxygen from the blood.

Both of these mechanisms aid in circulation and decrease stress on the heart.

In order to optimize cardiovascular fitness, it is important to monitor and understand heart rate. This can be a great way to track the intensity of physical activity



and progress towards healthy goals.

### Resting heart rate:

This is how fast the heart beats at rest. A normal resting heart rate ranges between 60 and 100 beats per minute. To measure resting heart rate, first locate the radial pulse. This is located on the wrist, just up from the thumb.

Using the index and middle finger on the opposite hand, count the number of beats that occur in one minute.

**Estimated maximum heart rate:** This is an estimate of the fastest that the heart can possibly beat. The simplest way to calculate this

is by subtracting age from 220.

Target heart rate: Target heart rate refers to a range in which the heart is being conditioned but not overworked. This is expressed as a percentage of maximum heart rate and can be used as a guide for exercise intensity.

For moderate intensity physical activity, heart rate should fall between 64 and 76 percent of the maximum heart rate.

This may be achieved by hiking, riding a bike, or dancing. For vigorous activity, the target heart rate ranges between 77 and 93 percent of the maximum heart rate.

Individuals may work into this zone through running, chopping wood, or jumping rope.

### Example for a 50 year old individual:

Estimated Maximum Heart Rate: 220 minus 50 equals 170 beats per minute

**Target heart Rate for moderate intensity activity:**  
109-129 beats per minute

170 times 64 percent equals 109 beats per minute.  
170 times 76 percent equals 129 beats per minute.

**Target heart rate for vigorous intensity exercise:**  
130-158 beats per minute.

170 times 77 percent equals 130 beats per minute.  
170 times 93 percent equals 158 beats per minute.

Heart rate monitoring can

be done during all kinds of physical activity.

For those with a history of cardiovascular pathology, it is necessary to consult with a medical doctor before beginning a conditioning program. Certain medications can also affect how the heart responds to exercise.

If you are interested in learning more about how exercise and movement can benefit your health, feel free to reach out to one of the physical therapists at Warm Springs Holistic Health.

*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.*