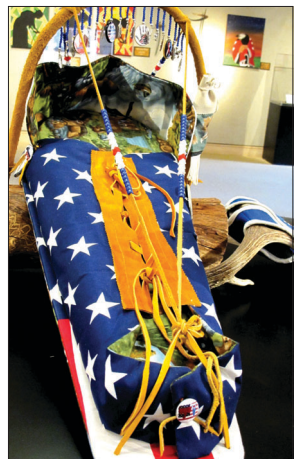


The Museum at Warm Springs has closed through December 2, due to Covid-19 restrictions. There will be a chance to see the Member Art Show as the exhibit will be on display into January of next year.



Tule Duck Decoy by Charmaine Billey; and (right) Bear Bag, beaded purse by Brigette McConville.



Hummingbird Heaven by Aurolyn Stwyer. Acrylic paint and hand-crafted stencils.



Advice from W.S. Holistic Health

Adolescents between the ages of 12-19 spend on average 8.2 hours of their day sitting.

Adults over the age of 20 were not far behind, reporting an average of 6.4 hours of sitting daily.

Between academics and office jobs, prolonged inactivity can be difficult to avoid for many people. Having healthy posture habits can prevent commonly associated neck, shoulder and back problems and also improve your mood and energy throughout the day.

Quick tips while working

on a computer:

Keep your monitor at eye level and place your keyboard close to your body.

Sit in a chair with back support to avoid slumping.

Make sure your feet are firmly planted on the ground or use a foot stool if your feet don't reach the ground.

Consider a desk that can be converted to a standing desk.

Give your eyes a rest by looking away from your computer every 20 minutes and focusing on a distant object.

Keep your muscles flexible and joints lubricated by tak-

ing standing, walking, or stretching breaks every 30-45 minutes.

Quick tips while talking on the phone:

Avoid tilting your head or holding a phone between your ear and shoulder.

Use a headset or headphones to keep your head in a neutral position.

Use a speakerphone to avoid tilting your neck.

Quick tips while texting:

Keep your phone screen at eye level to avoid bending your neck. Keep your neck relaxed and avoid shrugging your shoulders.

Native youth sports webinar event

by Taylor Gilbert
Physical Therapist,
Warm Springs Holistic Health

As part of its fall educational webinar series, United National Indian Tribal Youth—UNITY—will hold a virtual summit with Native American athletes including Shauna Long, Madison Hammond and Lindy Waters III to discuss how sports have positively impacted their lives and communities.

The webinar began this week, and continues on Thursday, November 19 at 3 p.m., sponsored in honor of National Native American Heritage Month.

This will be conducted via Zoom, with the theme *Hear Us. See Us. Rise Together.*

"This fall webinar series has helped further our mission to foster the spiritual, mental, physical and social development of our youth, and to stay connected with one another," said UNITY executive director Mary Kim Titla.

"Thanks to sponsors like Nike N7, we are remaining engaged with Native Youth on the topics that are most relevant to them today."

Basketball players Shauna Long (Standing Rock Sioux) and Lindy Waters III (Kiowa and Cherokee), and others will share their experiences as Native American athletes, discussing how, through athletics, youth can gain the confidence, platform, and opportunities to create positive change in their communities, while honoring and staying connected to their heritage.

Nike N7 started in 2000, when Sam McCracken, a former Nike warehouse worker, became manager of Nike's Native American business. He developed a plan that focused on building relationships between Nike and tribes that had received diabetes education grants, and schools enrolled in the Office of Indian Edu-

ation Programs.

"Through activity, competition and play, kids grow up active, healthy and more self-confident, enabling them to be a force for change in their communities, and to lead happier, healthier, more successful lives," said McCracken. "My vision was to bring sports and all of the benefits that come with it to Native American communities."

To register for the *Hear Us. See Us. Rise Together* webinar see the website: unityinc.org

Remaining webinars in the fall series include:

Thursday, November 19 at 3 p.m. – *How to Host Virtual Events for Native Youth.*

Tuesday, December 1 at 6 p.m. – *Native Youth Perspectives on the 2020 Elections.*

Tuesday, December 3 at 3 p.m. – *Digital Storytelling; UNITY TikTok and Video Communications for Native Youth.*

Native film celebration

The Smithsonian National Museum of the American Indian is celebrating the Twentieth Anniversary of presenting Native Cinema Showcase. This year the museum hosts an online program streaming November 18 through 27.

An annual celebration of Native film, this year's program features a combination of new works, fan favorite classics and conversations with filmmakers.

The program includes a total of 64 films—nine features and 55 shorts—representing 49 Native nations in 12 different countries:

The United States, Canada, New Zealand, Mexico, Guatemala, Finland, Ecuador, Norway, Peru, Argentina, Australia and Belize.

Genres include documentaries, music videos, kid-friendly shorts, films in Indigenous languages and more. With the exception of three films—*Blood Quantum* and *Angry Inuk*, which are restricted to the U.S.; and *nípanwístamásovin: We Will Stand Up*, restricted to North America—the films will be available to watch worldwide.

Most films will be available on demand for five days. Exceptions are noted on the schedule below and on the event website.

"The films provide insight into the complexity, beauty and many nuances of Native life," said Academy Award-winning Cherokee actor Wes Studi about the Showcase.

"It's no coincidence Native peoples are using their talents to create films that examine social justice in the world we live in today. As we find ourselves at a moment in contemporary life

where outdated notions and ways of doing things are being challenged, it is more important than ever to hear our Native stories and consider the perspectives they bring to these issues."

Showcase schedule

Wednesday, November 18 (streaming through November 23). 4 p.m.: *Conscience Point.*

Conversation to follow with Treva Wurmfeld, Rebecca Hill-Genia (Shinneeck) and Julianna Brannum (Comanche).

6 p.m. Retrospective Showcase Shorts 1: Combining a collection of short films from the Showcase's previous years, this shorts program explores the residential school experience, regaining one's cultural identity and loss of ancestral artifacts.

Thursday, November 19 (streaming through November 24).

12 p.m.: Arctic films program.

2 p.m.: *Barking Water.*

4 p.m.: *nípanwístamásovin: We Will Stand Up.*

This film is only available for viewing in North America. Conversation to follow with Tasha Hubbard and Jade Tootooosis (Red Pheasant Cree Nation). Moderated by Jason Ryle (Saulteaux).

Friday, November 20 (streaming through November 25).

2 p.m.: *Our Stories* shorts program.

This program reflects the best of Native storytelling as told through family history, language and tradition. 4 p.m.: *Angry Inuk.*

This film is only available

for viewing in the United States.

6 p.m. *Blood Quantum.*

One time screening. This film will not be shown on demand. This film is only available for viewing in the United States. Conversation to follow with Jeff Barnaby (Mi'kmaq) and Elle-Máíja Tailfeathers (Blackfoot/Sámi). Moderated by Justin Mugits.

Saturday, November 21 (streaming through November 26).

10 a.m.: *Future Focused* shorts program.

This program of family-friendly short films is fun for kids of all ages

12 p.m.: *Rise Above* shorts program

These shorts focus on rising above adversity and learning life's lessons, often with a dose of Native humor.

2 p.m.: *One Day in the Life of Noah Pingattuk.*

4 p.m.: *Trudell.*

Conversation to follow with Heather Rae and Sage Trudell (Cheyenne River Sioux Tribe).

Sunday, November 22 (streaming through November 27).

10 a.m. EST: Retrospective Showcase Shorts 2

From the humorous to the thrilling, a compilation of shorts makes up this wildly eclectic narrative program.

12 p.m.: *Healing Voices.*

This screening concludes with *Sisters Rising*. Conversation to follow with Willow O'Feral, Brad Heck, Jaida Grey Eagle (Oglala Lakota) and Sarah Deer (Muscogee). Moderated by Cass Gardiner (Anishinaabe/Algonquin).

Species habitat plan for Deschutes Basin

The U.S. Fish and Wildlife Service and National Marine Fisheries Service released a final environmental impact statement and habitat conservation plan addressing covered activities by the Deschutes Basin Board of Control's eight-member irrigation districts, and the City of Prineville.

These applicants are seeking incidental take permits covering the incidental take of four covered protected species over a 30-year period.

The Confederated Tribes have participated during the development of the plan, as the senior water right holder in the basin.

The habitat conservation plan describes the steps the applicants will take to minimize, mitigate, and monitor the impacts of incidental

take of the covered species.

You may obtain copies of the documents by any of the following methods. On the internet at:

regulations.gov

At this site look under Docket No. FWS-R1-ES-2019-0091, or at <https://www.fws.gov/?Oregonfwo/?articles.cfm?id=?149489716>.

You may request alternative formats of the documents directly from the agencies.

For information contact Bridget Moran at 541-383-7146, or by email at:

bridget_moran@fws.gov

Or Scott Carlon at 971-322-7436, or by email at:

Background: All eight water districts are quasi-municipal corporations formed and operated according to Oregon State law to distribute water to irrigators within

designated geographic boundaries and in accordance with the individual water rights held by those patrons.

The City of Prineville operates city-owned infrastructure and provides essential services—including public safety, municipal water supply, and sewage treatment—for more than 9,000 residents. The applicants have determined that continued operation of irrigation and essential services requires incidental take permits to address unavoidable take of Endangered Species Act protected species, which is ongoing.

The applicants have proposed a conservation program to avoid, minimize, and mitigate the impacts of taking of the covered species.

Honored with Lifetime Champion Award

The National Council of Urban Indian Health awarded U.S. Senator Tom Udall with the first Urban Indian Health Congressional Lifetime Champion Award.

This is the first Urban Indian Health Congressional Lifetime Champion Award.

The Urban Indian Health Congressional Lifetime Champion is awarded to a member of congress who has made a lasting impact

through championing health legislation to benefit urban American Indians and Alaska Natives.

"The government's trust and treaty responsibilities to Native Americans do not stop at reservation boundaries," said Sen. Tom Udall (D-NM).

"Nearly 70 percent of American Indians and Alaska Natives live in urban areas and Congress must

ensure they have access to quality health care—especially during this public health crisis. It has been an honor to work with the National Council of Urban Indian Health to ensure better access to health care for Native Americans no matter where they live. We must continue the work to build a stronger, better Indian Health Service system for generations to come."

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