

## Letters to the editor

### On spring break

Schools are on spring break this week; and the tribes are encouraging everyone to consider your activities with regard to Covid-19.

If you plan on traveling or spending time with others, remember that continuing to take precautions like wearing a face mask and maintaining 6-feet of social distance protects everyone.

If you do gather with others who you do not live with, do so outdoors, as this is the safest and healthiest way.

Tribal public health officials remind us that there is a way to go before Covid-19 is gone, and to avoid any behaviors that put your family and friends, the community and yourself risk.

### Food help

The Warm Springs Commodities Food Bank will be open from noon to 4 p.m. on Saturday and Sunday, April 3 and 4; and Saturday and Sunday, April 17 and 18.

The food bank offers cereal, fresh fruit and produce, canned fruit and veggies, pasta, meat, eggs, juice and cheese.

You do need to meet eligibility requirements to qualify for commodities. Call 541-53-3422 for details, or check out the Warm Springs Commodities Facebook page for updates:

facebook.com/wscommodities  
The food bank is located at 4217A Holiday Street, the Commodities building at the industrial park.

“We all need a helping hand sometime, and the Warm Springs Food Bank team is here to help,” is their motto.

### Fish advocate

A statue honoring the late Billy Frank Jr., Nisqually tribal member who championed treaty rights and protecting the environment, is one step closer to being on display at the U.S. Capitol.

The state of Washington House of Representatives approved a bill this month that starts a process to replace the state’s Marcus Whitman statue in the National Statuary Hall Collection with a statue of Mr. Frank. After a bipartisan 92-5 vote, as part of the process, the proposal will now head to the Washington Senate.

“Billy Frank Jr. has walked every watershed to the east and the west of the mountains,” Washington

Rep. Debra Lekanoff said on the House floor.

“He has stood in every river and collaborated with local, tribal, state, federal communities to say ‘How do we rise together to protect the values of Washington state? How do we stand together?’”

### A first at Interior

The U.S. Senate last week confirmed New Mexico Rep. Deb Haaland as Secretary of the Interior. This makes Secretary Haaland the first Native American to lead a Cabinet department, and the first to lead the federal agency that wields the most influence over tribes.

Tribal groups hailed Ms. Haaland’s confirmation as historic, saying her selection means that Indigenous people will for the first time see a Native American lead the powerful department where decisions on relations with the nearly 600 federally recognized tribes are made.

Interior also oversees a host of other issues, including energy development on public lands and waters, national parks and endangered species.

### At Council

Some of the items remaining on the Tribal Council agenda for the rest of March include the following (subject to change at Council discretion):

#### Wednesday, March 24

9 a.m.: Health and Human Services update with Caroline Cruz, branch manager.

9:30: Education update with Valerie Switzler, branch manager.

10: Public Utilities update with Travis Wells, branch manager.

1:30: TERO update with Wendell Jim, program director.

2: Gaming Commission/Surveillance update with Josephine Johnson, director.

2:30: Cannabis/Kah-Nee-Ta updates with Wakinyan.

3:30: Willamette Falls discussion with Louie Pitt, Governmental Affairs director.

### Movie Night

Warm Springs Juvenile Crime Prevention presents a Family Movie Night this Wednesday evening, March 24. The show will start at 8:43 p.m. Meet at the Behavioral Health Building lawn. Bring something to sit on, and a blanket. The movie will be *Tom and Jerry*.

## Vaccine Voices: Oregon Teacher of the Year Nicole R. Butler-Hooton

Nicole R. Butler-Hooton, Oregon’s 2021 Teacher of the Year, is a second-grade teacher at Irving Elementary. Her teaching style “goes beyond instruction and serves to build lasting relationships with students and families,” Ms. Butler-Hooton says.

As a teacher and a Siletz and Apache tribal member, Nicole felt it was important to get the Covid-19 vaccine. She shares:

*I got vaccinated against Covid-19 because I want to feel safe to be around my family members and friends. I want to feel safe returning to the classroom and teaching.*

*The evidence has shown that it can help bring an end to the pandemic. In addition, Indigenous communities have been disproportionately affected by coronavirus, and I know I am more likely to have a*



Teacher of the Year Nicole R. Butler-Hooton, having just received her covid vaccination.

Courtesy OHA

*negative outcome than many of my colleagues if I get sick. I believe the vaccine is safe.*

*The first vaccine I experienced a sore arm, lethargy, and a mild headache. I was*

*back to normal within a few days.*

*The second vaccine caused me to experience severe flu-like symptoms for two days following. I had a high fever, chills, headache, body aches, and nausea.*

### Side effects

Vaccine side effects often mean the vaccine is working.

You may have noticed that some people have side effects, while others do not.

According to the Centers for Disease Control and Prevention, side effects are normal signs that your body is building protection.

Having side effects may make it difficult to do daily activities, but they should go away in a few days. Some people have no side effects, but the vaccine is still working. The important thing is to get the vaccine.

## Birth

Xander Cole George

James Russell George and Lillian Gonzalez of Warm Springs are pleased to announce the birth of their son Xander Cole George, born on March 14, 2021.

Xander joins brothers Lucas David George, 4, and Joseph Ryan George, 3; and sister Amelia Rose-Marie George, 1.

Grandparent on the father’s side is Dayle Tufti of Warm Springs.

Grandparent on the mother’s side is Josephine James of Warm Springs.

## Workshops

WorkSource Oregon will host virtual workshops in April. You can register by calling 503-947-1670. Workshop topics will include Interviewing; Virtual Interviewing; Soft Skills Workshop; Resumes; Networking; and Successful State Applications Workshop.

For any questions or assistance in registering, they may call Wayne at 541-553-3328 or Melinda at 541-553-3324

## Breathing exercises for relaxation

by Alicia Oberholzer  
Physical Therapist  
W.S. Holistic Health



Diaphragmatic breathing is a specialized breathing practice that can help to reduce stress, encourage relaxation, and improve respiratory efficiency.

This technique emphasizes the use of a thin horizontal muscle that sits at the bottom of your rib cage between your chest and abdominal cavities.

With each breath in, the diaphragm contracts and descends as the lungs fill with air. With each breath out, the diaphragm muscle relaxes and elevates into a dome shape, driving air out from the lungs.

### Diaphragmatic breathing for beginners:

Find a quiet place to practice. You may choose to either sit in a chair or lie down on your back. If you choose to lie down, feel free to use a pillow under your head or knees for comfort.

Place one hand on your

stomach, just below your ribcage. Place your other hand on your chest.

Take a deep breath in through your nose, feeling the hand on your stomach slightly rise while the hand on your chest remains relatively still.

Purse your lips like you are preparing to whistle and engage your abdominal muscles as you slowly breath out.

You should feel your stomach lower to its resting position. Be sure to exhale completely. Repeat this for 5 minutes.

### Progression

Once you have mastered the basics of diaphragmatic breathing, the next step is to try the 4-7-8 technique to encourage deep and rhythmic

breathing.

This practice, common in meditation and sleep promotion, focuses on elongating the breath.

If you have a history of cardiovascular or respiratory issues, it is best to first consult your physician before trying this at home.

Assume a comfortable position for diaphragmatic breathing, as outlined above.

Exhale completely to empty your lungs of air and relax your diaphragm.

Take a gentle breath in through the nose for 4 seconds. Hold the breath for a count of 7 seconds. Exhale through pursed lips for a total of 8 seconds. Repeat four times.

If this breathing pattern is too challenging, you can start by dividing all the times in half. This would translate to a 2 second inhale, 3.5 second breath hold, and 4-second exhale.

If you have additional questions on breathing practices, please feel free to reach out to the Physical Therapy Team at Warm Springs Holistic Health: 541-777-2663.

## Planning for the Center for Tribal Nations at Portland

The Affiliated Tribes of Northwest Indians is inviting tribes and tribal organizations to participate in planning for the Center for Tribal Nations and Waterfront Education Park in Portland.

ATNI and partners are in the initial planning stage of this project; and are seeking advice, ideas and assistance as they develop the conceptual plans for this project, to be located at Oregon Museum of Science and Industry—OMSI—district in Portland.

See this website for more information, including how to register to participate: [atntribes.org/center-tribal-nations/](http://atntribes.org/center-tribal-nations/)

### Center for Tribal Nations

The Portland Metropolitan Area—Metro—early this year awarded a grant to plan for a Center for Tribal Nations on the OMSI property.

Metro awarded the \$750,000 grant to OMSI and the City of Portland.

The grant supports strategic planning and engagement efforts for the Center for Tribal Nations, and a waterfront education park at the OMSI District.

The Columbia River Inter-Tribal Fish Commission and the Affiliated Tribes of Northwest Indians is helping to lead the visioning process with tribes, tribal and inter-tribal organizations, and Indigenous community members. For more background:

Last October, the Portland Metro Council proclaimed the second Monday in October as Indigenous People’s Day across greater Portland. The Metro resolution recognized that this region “is built upon the ancestral homelands, villages and traditional use areas of the Indigenous People and

tribes who have been caretakers of these lands we cherish since time immemorial.”

The project seeks to leverage the redevelopment of the OMSI property to model a new partnership between OMSI, tribal and inter-tribal organizations, the greater Portland Native American community and the City of Portland to restore the Native community’s presence on the Willamette.

Metro said, “The United States has a history of violence against Indigenous People, including termination and assimilation policies, broken treaties and relocation—wrongs that have taken place in Oregon and across the country.”

The planning grant will allow the project partners to engage tribes, tribal organizations and the Native American community to

identify and begin planning for a broad range of uses on the site.

The award is part of Metro’s 2040 planning and development grants program, which supports regional and local planning, economic development and community stabilization, and equitable development projects throughout the region.

The Center and waterfront education park seek to meaningfully restore Native peoples’ connection to the Willamette River in the Portland area.

The Center and adjacent park will be part of an integrated package of redevelopment that will include riverfront restoration, and office and community gathering spaces for Native people and tribal and inter-tribal organizations who live, work or visit in the Portland metropolitan region.

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