

Digital Radio award



Scott with the award from Digital Radio Tracker.

Digital Radio Tracker has recognized the recent popularity of Scott 'Blue Flamez' Kalama for his single *Wash Away*, released in December. Digital Radio Tracker gathers information on more than 30 million songs streaming on programs like iHeart, Sirius XM, TuneIn and many others.

DigitalRadioTracker.com each week awards the top 150 songs—of the tens of millions of songs that are streaming. *Wash Away* was among the top 150.

Scott works at Warm Springs Prevention. He won a Nammy Award a few years ago for his music video *Rez Life*. He was surprised this week when he received the Digital Radio Tracker Award as one of the top streaming songs this month. *Find the song wherever you stream your music.*

symptoms stop.

Disinfect commonly used surfaces in the house. And make sure you do not prepare food for others while you are sick.

Family, friends

I'm currently incarcerated here in St. Helens, Oregon. I want to send my love and respect to my family, extended family and friends. I'm saddened by the news of the recent passing of my uncle Eric Frank. Due to my incarceration I was unable to be there with family and attend services and burial. I can only smile and laugh remembering my Atwai Uncle Eric.

Growing up one of the most important things I learned from my uncle was to keep my sense of humor about things no matter the situation. It probably would not be appropriate to express in print some of my uncle's favorite expressions, which I know family and friends would understand. He is in a better place now. **Stuart A. Smith Sr.**

From Wildhorse

Wildhorse Resort and Casino announces the cancellation of the 2021 Wildhorse

Great games, Tournament champions



Dylan Heath, of Warm Springs, Derek Main, Warm Springs, Lester W(Yakama), Realand RJ Russell, Montana and Warm Springs, Matthew Tre McConville, Yakama, Melvin Tewee III, Warm Springs, Coach Melvin Tewee Sr., and Mathias McConville, Yakama (standing from left); and Michael Belgard, Warm Springs, and All-Star Jordan Mitchell (front).

Our team Red Nation traveled to Lapwai, Idaho for the recent Roc Your Mocs 2021 High School Boys 11-12th Tournament.

Red Nation played in a 16-team

bracket. We played six games and had four wins—And our boys won the championship, 55-53!

Awesome job, Boys! Tanya Tewee

MHS hoops

In order to maintain Covid-19 compliance for total indoor capacities, spectators for Madras High School basketball are being reserved for senior athletes only: Each senior athlete can have two spectators.

When spectators enter the door, they will be asked the name of their senior athlete, and no more than two people will be allowed to enter per senior athlete.

Tickets will not be issues; rather, each family needs to decide who will come represent their senior athletes.

Staff are monitoring the

metrics closely in hopes that the restricted number of spectators can be lifted as soon as possible. **Madras High School.**

Norovirus

The Warm Springs Health and Wellness Center reported recently that they had seen a number of cases of Norovirus, also known as a stomach bug. The illness is marked by symptoms including nausea, vomiting and diarrhea.

The best way to prevent the spread of germs is to do good hand washing. You should stay home if you are sick, at least 48 hours after

From the desk of the W.S. Veterans Representative

New village in Bend aims to provide shelter, aid to homeless people

by **Frankie Williams**
Warm Springs Tribal
Veterans Representative

St. Vincent de Paul in Bend is transforming an empty lot behind its food bank on Third Street into a 10-unit village for homeless people in need of a temporary shelter.

Each unit will be about 100 square feet with a window, bed, small table and chair. The structures will offer homeless people a stable location, said Gary Hewitt, Bend's St. Vincent de Paul manager.

"It's meant to be a first

step out of homelessness," Mr. Hewitt said.

"We simply want to help somebody who is unshoused for whatever reason."

The nonprofit social service agency was awarded a \$150,000 grant from the U.S. Department of Housing and Urban Development to start construction on the homeless village project. The local agency hopes to raise at least another \$150,000 to fully fund the project.

Construction is expected to begin this month, and the 10 units could be completed by the fall, Hewitt said.

A house next to the empty lot will be turned into a resource center for the residents at the village. The center will offer internet access and a space to meet with ad-

vocates and get referred to



Frankie Williams, W.S. Veterans Representative

various programs in the region, Hewitt said.

Each resident will stay no longer than 18 to 24 months.

The goal is for them to build a rental history and use the time at the village to find permanent housing, Hewitt said.

The 10-unit village is next door to the Old Mill &

Suites Motel, which the Bend City Council had considered turning into a year-round homeless shelter until the city discovered significant foundational and structural issues on the property.

"This is a time when I think a lot of progress could be made if we use all of those resources wisely," Cook said.

Still, the 10-unit village is just one piece of a larger puzzle, Cook said. The region needs to establish permanent shelters and housing after people leave the villages, he said.

"We are not going to do all of these things and solve the problem tomorrow," Cook said. "It's going to take time."

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New guide to Confluence sites

Just in time for what will hopefully be a post-quarantine summer, we have a new printed guide to show you the way to the Confluence sites.

Our new map brochure is years in the making to help travelers find culturally significant sites along the Columbia River system.

It includes QR codes to connect your phone's camera with our digital library. In that way you can hear stories and insights directly from tribal elders



and leaders.

Thanks to the amazing Brian Boram of RMB Vivid for making this possible!

If you have provided your address to us before, look for this printed guide in your mailbox soon. Or see: confluenceproject.org

Ways to relieve osteoarthritis, from W.S. Holistic Health

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

Osteoarthritis is a common chronic condition that can lead to joint pain, swelling and stiffness. It occurs when the cartilage that covers joint surfaces begins to break down, reducing the cushion between the bones. This can lead to difficulties with movement and decreased activity tolerance.

While some may worry about movement making their pain worse, research has shown that exercise is the most effective non-drug or surgical option for reducing symptoms of osteoarthritis.

Exercises that can help with osteoarthritis:

Aquatics: Exercises in the water go far beyond

swimming.

Other options include walking against current, water aerobics, strength training, or balance. Several exercises that are performed on land can be modified for the pool.

The benefit of exercising in water is that the force of buoyancy reduces the pressure of body weight on the joints by making you feel lighter. This allows individuals to have a better tolerance to exercise with less pain.

Aerobic exercise: Aerobic exercise helps to strengthen the heart and lungs, control weight gain, and improve endurance.

Individuals with osteoarthritis can benefit from aerobic exercises that have low impact on the joints. Examples include riding a bike or running on an elliptical machine. These exercises

should be performed 30 minutes per day, five days per week.

Strengthening: Strength training is an important component of exercise programs for individuals with osteoarthritis.

Strong muscles can help to offload and support affected joints. This helps to reduce pain and improve tolerance to daily activities. Strengthening exercises should be performed at least twice a week.

Range of motion: Stiffness is a common complaint associated with osteoarthritis. This often happens when the joint is in a single position for a prolonged period of time. An example would be sitting at a desk for multiple hours through the work



day.

Gentle stretching and movement exercises can help to reduce discomfort, improve flexibility, and ease transitions between lying down, sitting, and standing.

If you have additional questions about Osteoarthritis and the benefits of exercise, feel free to contact the Physical Therapy team at Warm Springs Holistic Health for more information.

We are also accepting new patients on a referral basis.

If you have further questions about stress management, Please reach out to the Warm Springs Holistic Health Physical Therapy team at 541-777-2663. Or call to make an appointment.

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