

New policy for Indian boarding schools

During her remarks at the National Congress of American Indians' Virtual Mid-Year Convention, Secretary of the Interior Deb Haaland announced a Federal Indian Boarding School Initiative.

The announcement was accompanied by a secretarial memo that directs the Department of Interior to prepare a comprehensive report of the available historical records, emphasizing cemeteries or potential burial sites relating to the federal boarding school program.

Tribal leaders across the Northwest support and applaud the initiative as a step toward reconciling a troubled legacy that exacerbated the generational trauma that has had devastating impacts on every tribe across Indian Country.

"We welcome Secretary Haaland's plan to investigate and fully disclose the tragic legacy of Indian Boarding Schools within Indian Country. The devastating impacts of this legacy are felt by relatives throughout North America and are very much a part of our history here in the Pacific Northwest," said Leonard Forsman, ATNI President and Chairman of the Suquamish Tribe.

"Despite the pain and trauma that this issue triggers among our peoples, ATNI supports Interior's plan to investigate the history of U.S. policies of assimilation and to

determine steps aimed at healing our collective spirit."

The announcement followed the recent discovery of 215 unmarked graves by Canada's Tk'emlúps te Secwepemc First Nation at the Kamloops Indian Residential School. The discovery prompted national mourning and outcry by Indigenous communities across Canada and the United States to reckon, acknowledge, and heal from the detrimental impacts of these policies and the institutions designed to destroy culture, identity, and communities in the name of assimilation.

"As young children, so many of our people were subjected to inhumane and horrific treatment to exterminate all that was Indian in us. In addition to being forcibly removed from our families and our communities, so many Indian people have the shared history of having our long hair cut, our bodies washed with lye, and being brutally beaten for speaking our Native language and practicing our cultural ways," states Patricia Whitefoot (Yakama Nation), ATNI Education Committee Chair. "Now is the time for our stories of resilience and trauma to be told and to reclaim those young relatives that never made it home to their families. Reconciliation and healing are vital to the health and future of Indian Country."

The United States enacted laws and implemented racist, assimilationist policies that established and supported Indian boarding schools across the country. The schools were designed with the sole intent of culturally assimilating Indigenous children by forcibly relocating them from their families and communities to distant residential facilities where their American Indian, Alaska Native, and Native Hawaiian identities, languages, and beliefs were to be forcibly suppressed.

In light of announcement at ATNI, Secretary Haaland's memo notes the unique role and position of the Department of the Interior to address the detrimental impact of Indian boarding schools and their inter-generational traumas that exist today.

For more than a century, the department was responsible for operating or overseeing Indian boarding schools across the United States and its territories. The department is therefore uniquely positioned to assist in the effort to recover the histories of these institutions. While it may be difficult to learn of the traumas suffered in the boarding school era, understanding its impacts on communities today cannot occur without acknowledging that painful history. Only by acknowledging the past can we work toward a future we are all proud to embrace.

Zone 6 commercial fisheries

The second zone 6 tribal commercial summer season fishery has been set. The season is from present through this Thursday, July 1 at 6 p.m. This is followed by a season from 6 a.m. on Monday, July 5 to 6 p.m. on Thursday, July 8.

The open area is all of zone 6. Allowed gear is set and drift gillnets with an 7-inch minimum mesh restriction. Allowed sales are salmon, steelhead, shad, yellow perch, bass, walleye, catfish and carp.

Sturgeon may not be sold but may be kept for subsistence use. Size limits are 38 to 54 inches fork length in the Bonneville Pool, and 43 to 54 inches fork length in The Dalles and John Day pools.

River mouth and dam closed areas applicable to gillnets are in effect. The Spring Creek National Fish Hatchery closed area is not in effect during the summer management period.

For more information call the Fishing and Hunting Hotline, 541-553-2000.

A legacy of boarding schools

In Canada last month the discovery of 215 unmarked graves at Kamloops Indian Residential School brought past indigenous traumas into the international spotlight. Then a short time later more than 700 unmarked graves were found on the grounds of the former Marieval Indian Residential School in Canada.

Boarding schools and residential schools are an often tragic thread in history that the United States and Canada share:

The United States Government Indian Boarding School Policy authorized the forced removal of hundreds of thousands of Native children, as young as 5 years old, relocating them from their homes in tribal communities to one of the 367 Indian Boarding Schools across 30 States. Between 1869 and the 1960s, the United States federal government took Native children from their families as a means to weaken indigenous identities, beliefs, and traditional languages to assimilate them into White American culture through federally funded Christian-run schools.

Last week the National Council of Urban Indian Health Chief Executive Officer Francys Crevier

(Algonquin) released the following statement in response to these recent discoveries:

"I am devastated to hear the discovery of mass graves of our children, but tragically, I am not surprised. The National Council of Urban Indian Health exists because of the historic oppression like this that forced relocation of our people by the United States (and Canadian) governments, which included ripping our children from their families and placing them in federally funded boarding schools in their attempt to "kill the Indian, save the man."

Indian Country's social determinants of health demonstrate the connection to the historical trauma inflicted by these governments that caused tremendous health consequences for our people—most recently with the Covid-19 pandemic taking the lives of many of our relatives. At NCUIH, we are charged with holding the US government to its trust and treaty responsibility of providing health care for all Native people.

"The atrocities Native children experienced during the boarding school era are marked by years of pain as Indigenous communities were forced to suffer in silence."

Employment in the Central Oregon region

Job estimates for May reveal a slowdown in hiring across the Central Oregon region. All three counties appear to have under-performed normal seasonal expectations.

Jefferson County (including the reservation): The seasonally adjusted unemployment rate was 6.9 percent in May, up slightly from 6.6 percent in April.

The unemployment rate remains higher than before the first impacts from Covid-19 in Febru-

ary-March 2020, when it was 4.1 percent.

Despite slower gains the past few months, total nonfarm employment is only down around 1.1 percent, or 80 jobs, from the pre-Covid-19 peak from February 2020.

Crook County: The seasonally adjusted unemployment rate was 7.5 percent in May, little changed from 7.4 percent in April. The unemployment rate remains higher than before the first impacts from

covid, when it was 4.4 percent.

Deschutes County (Bend-Redmond): The seasonally adjusted unemployment rate was little changed at 6.2 percent in May compared with 6.3 percent in April. The unemployment rate remains higher than before the first impacts from covid, when it was 3.3 percent.

In the region, hiring demand, as measured by online help wanted ads, was at record levels in May.

Blood pressure: What exactly is it? Holistic Health explains

by **Alicia Oberholzer**
Physical Therapist
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Blood pressure refers to the force of the blood against the walls of the arteries.

How is blood pressure measured?

Blood pressure is measured with a specialized cuff, most commonly placed around the wrist or upper arm. The measurement includes a top number and a bottom

number.

The top number is the systolic blood pressure, meaning the pressure of the blood against the arteries as the heart beats.

The bottom number is the diastolic blood pressure, or the pressure of the blood against the arteries when the heart is relaxed.

What is a normal blood pressure?

According to the American Heart Association, a normal blood

pressure is less than 120/80.

What factors can increase the risk of high blood pressure?

Stress. Diet high in salt. Family history of high blood pressure.

Obesity. Lack of exercise. Smoking. Heavy alcohol consumption.

Underlying medical conditions including sleep apnea, diabetes, or kidney disease.

Lifestyle changes that can help to lower blood pressure:

Current guidelines recommend 150 minutes of moderate intensity aerobic exercise per week. This could be 30 minutes per day, five days per week. Examples include walking, biking, rowing, running, or the elliptical.

If you have a history of medical issues, it is recommended to talk to your doctor before beginning a new exercise program.

Manage stress through relaxation techniques. Some good options would be reading, journaling, yoga, meditating, crafting, or a warm bath.

Eat a nutritious diet lower in salt. Focus on whole foods including fruits and vegetables. Reach out to a nutritionist if you need additional information, accountability, or support.

Reduce alcohol intake. Quit smoking.

If you have more questions about blood pressure, please talk to your medical doctor or reach out to one of the Physical Therapists at Warm Springs Holistic Health for more information.

Call 541-777-2663.



Deep dive into the hip joint with Warm Springs Holistic Health

by **Alicia Oberholzer**
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The hip joint is what connects the femur—the upper leg bone—to the pelvis. It is referred to as a ball-in-socket joint.

The ball portion is the top of the femur and the socket is a cup shaped structure on the outside of the pelvis called the acetabulum. This connection is key in stability, weight bearing, standing, and walking.

The hip joint allows for six different motions which are carried out by various muscles. Some muscles even perform more than one movement.

Flexion: This is moving the leg forward in a kicking motion. Involved muscles are mostly on the front of the hip and include iliopsoas, rectus femoris, sartorius and pectineus.

Extension: This is the action of moving the leg behind the body. Muscles that facilitate extension are on the back side of the hip and include the gluteus maximus and the hamstrings.

Abduction: This motion of the leg is out to the side, away from the body. Muscles on the outside of the hip carry out this movement and include the gluteus medius, gluteus minimus, piriformis, and tensor fascia latae.

Adduction: Adduction means moving the leg in towards the midline of the body. Muscles involved include the adductor group, pectineus, and gracilis.

Internal rotation: This is the action of rotating the leg in towards

your midline. Muscles involved include the gluteus medius, gluteus minimus, and tensor fascia latae.

External rotation: External rotation means rotating the leg out away from your body. Muscles that facilitate this movement include gluteus maximus, biceps femoris, piriformis, obturators, gemelli, and quadratus femoris.

Hip exercise of the week: Bridge

This exercise primarily calls upon muscles from the core and hips. Hip muscles that are active during this exercise include the gluteus maximus, gluteus medius, gluteus minimus, and hamstrings.

To perform, start by lying on your back with your knees bent. Feet should be about hip width apart. Tighten your abdominal muscles. Slightly lift your toes so that you are pushing into the ground with your heels.

Next, raise your hips up towards the ceiling while squeezing your glutes. Ideally, you should be able to draw a straight line from your shoulder to your knee when your hips are elevated. Slowly lower and repeat.

Variations: To make the exercise more difficult, try longer holds, placing a looped exercise band just above your knees, placing a weight across the front of your pelvis, or lifting with one leg only while the other stays completely straight.

For more information about the hip, please feel free to reach out to the Physical Therapy Team at Warm Springs Holistic Health for more information. Call 541-777-2663.

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