

Letters to the editor

Dean's List

Congratulations to Rose Sanchez of Warm Springs.

Ms. Sanchez made the Central Oregon Community College Spring 2021 Dean's List, meaning for the term she had a GPA of 3.60 or better.

In Memory

Norman A. Nathan

In Memory of his Ninth Year in Heaven

08-08-1937 ~ 07-13-2012

When you lose a loved one, You're never quite the same.

There is always a tear drop at the mention of their name.

Time may ease the heart-ache and eyes no longer cry,

But there is a little voice inside that never says Goodbye.

Renee Hogan Krstovich

swer session. Graduates will receive a certificate of participation from the University of Oklahoma College of Continuing Education.

For those people with type 2 diabetes, gestational diabetes or pre-diabetes, this course offers an alternative to diabetes maintenance through medication. There is nutrition information, cooking demonstrations by some great Native chefs, and recipes available for everyone!

Information and registration are available here:

outreach.ou.edu/community-services/health-human-services/american-indian-institute/events/partner-series/nfflo/

Memorial

A memorial for Shirley May Heath is set for this Saturday, July 31 at the Simnasho Longhouse starting at 9 a.m.

Youth hoops

A new outdoor youth basketball league is starting this week in Warm Springs.

The Buffalo Night Walkers league plays at the campus basketball court Tuesday and Thursday nights through August 26.

Youth 8 to 10 years play at 6 p.m. Eleven to 13 years play at 7; and ages 14 to 18 starts at 8. This is a co-ed league.

Social distancing is enforced. Contact Preston at the Community Center for more information, 541-553-3243.

Diabetes session

There is a free online course, *Native Food for Life*, focusing on reversing type 2 diabetes with a plant-based diet using traditional foods and recipes.

The course is offered by the American Indian Institute in conjunction with the Physicians Committee for Responsible Medicine, and several partners.

Warm Springs Compensation and Benefits is recommending the series, as the tribes' insurance coverage includes a number of people with type 2 diabetes.

The sessions are on Tuesdays at 4 p.m. through August 24. There is a bonus session on August 31 for health educators and clinicians, to be able to bring this program at no cost to your community. Course sessions are one hour, followed by a 15-minute question and an-

Powwow at Simnasho

The Simnasho Hot Summer Nights Powwow and Encampment is Tuesday and Wednesday, August 10-11 at the Simnasho Powwow Arbor.

There will be the weenie roast, powwow, fun run and walk, potluck barbecue, social dancing and singing, and the many specials they have planned. There's also a parade on August 9 at 6:15 p.m. *Everyone's welcome to join in the fun. Camping areas and some teepee poles will be available.*

Acceleration

The Warm Springs Academy will offer their Summer Acceleration program August 2-20.

If you have not yet registered your student for the program, call the school at 541-553-0394. Summer Acceleration will include bus transportation and meals.

Springer Kids

The Springer Kids Softball and Baseball Tournament is coming up Friday and Saturday, August 6-7 in Warm Springs.

The tournament will take the first six teams in each division: 10 and Under girls softball, 13 and under girls softball, and 8 and under co-ed baseball. Plus, they're having a co-ed t-ball Round robin. For entry, vendors or questions call 541-668-2599.

Warm Springs Nation Little League at State Tourney



Courtesy Juliane Smith

The team: Manager Juliane Smith, Velma Spino, Keira Tortillita, Mila Adams, Rebecca Francis, Hailee Kathrein, Marena Langnese, Annalese Brisbois, Coach Edmund Francis, Alessandra

Benitez (back row); and Coach Donnie Bagley, Bianca Plazola, Cassidy Dixon, Irenecia Queahpama, Carlicia Dixon, Haleigh St. Clair (front row).

Warm Springs Nation Little League took second out of five teams at the recent Junior Girls Little League Softball State Tournament. The Warm Springs team traveled to the tourney in LaGrande.

Warm Springs Nation combined with Jefferson County players for the tournament, held July 9-

11. Here is a run-down of how the tournament went for Warm Springs Nation:

Friday, game one: Warm Springs Nation Little League vs. South Salem. Warm Springs won 15-1.

Saturday, game two: Warm Springs Nation vs. LaGrand: This game was a loss (semi finals).

Game three: Warm Springs Nation Little League

vs. Clackamas. Warm Springs wins 11-10.

Sunday, game four: Warm Springs Nation vs. LaGrande: This game was a loss in the Championship.

We would like to thank all the sponsors and those who donated, helping the Warm Springs Nation Little League Junior Girls Softball Team: Earth2O, Cascade Water Works, Johnson O'Malley,

Elina and Walter Langese, Coleen Reed, Dr. Thomas Creelman, Plateau Travel Plaza, Warm Springs Housing Authority, Native Aspirations, and everyone who contributed to the car wash, bottle and can drive, and the 50-50 raffle. **Warm Springs Nation Little League Softball.**

Cares Act funds for COCC students

Central Oregon Community College is dispersing more than \$7 million in federal aid from the U.S. government's expanded Higher Education Emergency Relief Fund to enrolled credit students, based on individuals' financial need and enrollment status. The grant awards will begin in the range of \$400 to \$1,300 per term, depending on qualifying status, with all awarded dollars applied automatically to the college's upcoming academic year. Grants will continue throughout the 2021-22 academic year.

Do you know a young person ready to make a change? Heart of Oregon Corps now accepting applications for the summer and fall 2021. See: heartoforegon.org

From the Office of the S-T

Regarding funds of the American Rescue Plan

Dear Tribal Members,

On March 11, 2021, President Biden signed into the law The American Rescue Plan, a relief bill that was earmarked for those directly affected by the Covid-19 pandemic. A total of \$20 billion was set aside for Indian Country with \$19 billion earmarked for tribal enrollment and tribal employment, and following below is the breakdown for tribal enrollment and employment.

- Sixty-five percent of the funds, which was \$12.35 billion for Indian Country, was distributed based on tribal enrollment.

- Thirty-five percent of the funds, which was \$6.65 billion for Indian Country

will be distributed and based on tribal employment data.

On May 20, 2021, the Confederated Tribes of Warm Springs received \$26,594,438.71.

This distribution was awarded to the tribes based on tribal enrollment numbers. For the American Rescue Plan, the tribes follow Treasury Rules and Guidelines for spending, just like with the Cares Act Funding.

Some, not all, of the primary allowable expenditures include: Personal protective equipment, water and sewer infrastructure needs, small business, broadband, and pay for essential workers.

As many of you are aware, the tribe has been in a water crisis for nearly three years now; and more recently the tribe and nation has been dealing with the Covid-19

pandemic. The tribe received Covid-19 funding from the Cares Act and nearly half was dispersed to the membership, while the remaining was expended on water infrastructure, personal protective equipment, small business, and pay for essential workers.

The tribe still does have some unfinished business from the Cares Act Funding, and plans to priorities those projects with funds from the American Rescue Plan to complete this unfinished business.

Tribal Council is certain that Council will give a general assistance payment to the membership in 2021, but the amount and date are still uncertain at this time. I want to thank you for your patience and understanding.

Glendon N. Smith, Office of the Secretary-Treasurer/CEO.

W.S. Holistic Health advice on healthy ankles

The ankle joint is the connection between the lower leg and foot. It is composed of three bones known as the tibia, fibula and talus.

The ankle joint allows the foot to move through the contraction of muscles, which are connected to the bones via tendons. The foot can move in four directions, further explained below.

Dorsiflexion: The muscles on the front of the lower leg move the foot up towards the shin.

Plantarflexion: The muscles on the back of the lower leg point the toes downwards, like when pushing down on a gas pedal.

Eversion: The muscles on the outside of the lower leg move the foot out and away from the body's midline.

Inversion: The inner muscles on the lower leg

point the foot in closer to the body's midline.

The ankle bones are further connected by ligaments, which help to stabilize and support the joint. While there are ligaments on both the inside and outside of the ankle, the outer ones are most commonly injured. These injuries, known as lateral or inversion ankle sprains, account for 85 percent of all ankle injuries.

While unfortunately it is impossible to prevent 100 percent of ankle sprains, research has shown that the risk of repetitive injuries can be reduced through consistent and progressive exercise.

Simple progression of ankle stabilization exercises:

Tandem stance: Place one foot directly in front of the other so that the heel of



your front leg is in contact with the toe of your back leg. Perform 3 sets of 30 second holds daily.

Single leg stance: Perform 3 sets of 30 second holds daily.

Y balance: Draw or imagine an upside down 'Y' on the ground. The stem at the base of the 'Y' should be pointing out ahead of you with the fork behind. Stand on one leg at the center point where the three lines connect. Practice reaching your opposite foot out as far as you can along the three lines consecutively (forward, backwards/left diagonal, backwards/right diagonal) making sure to not put your reaching foot down in between reaches. Work up to performing five sets on each leg without errors.

Other ways to progress the above balance exercises include standing on a foam pad, rotating your head side to side, or closing your eyes. Safety is the number one priority, so make sure that you are in a safe environment with friends and family present if necessary. If you have balance issues that put you at risk for falling, it is best to first consult your doctor about initiating your program within a medical setting like Physical Therapy.

If you have further questions about the ankle joint, please reach out to the Physical Therapy team at Warm Springs Holistic Health for more information. We are accepting new patients for in person and telehealth visits on a referral basis. Best Regards,

Alicia Oberholzer, Warm Springs Holistic Health,

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Any written materials submitted to **Spilyay Tymoo** should be addressed to:

Spilyay Tymoo, P.O. Box 489, Warm Springs, OR 97761.

Phone: 541-553-2210 or 541-771-7521

E-Mail: david.mcmechan@wstribes.org
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