

In the Tribal Court of the Confederated Tribes of Warm Springs

(from page 5)

All proceedings are held at the CTWS Tribal Court.

CTWS, Petitioner, vs JAMES MELVIN, RESPONDENT; Case No. JV12;13-16. TO: JAMES MELVIN, VANGELIQUE JACK:
YOU ARE HEREBY NOTIFIED that a HEARING has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the 13TH day of OCTOBER, 2021 @ 3:00 PM

Antonio Becerra, Petitioner, vs Ruby Pacheco, RESPONDENT; Case No. DO46-21. TO: Antonio Becerra, Ruby Pacheco:

YOU ARE HEREBY NOTIFIED that a SHOW CAUSE has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the 21ST day of OCTOBER, 2021 @ 9:00 AM

GORDON SCOTT JR., Petitioner, vs SARAH MARSH, RESPONDENT; Case No. DOI25-17. TO: SARAH MARSH, GORDON SCOTT JR.:

YOU ARE HEREBY NOTIFIED that a SHOW CAUSE has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the 27TH day of SEPTEMBER, 2021 @ 2:30 PM

CTWS, Petitioner, vs FELENA KENTURA, RESPONDENT; Case No. JV7-21; JV56-12. TO: FELENA KENTURA, CPS, JV PROSECUTION:

YOU ARE HEREBY NOTIFIED that a PROBATION REVIEW has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the 21ST day of SEPTEMBER, 2021 @ 2:00 PM

CTWS, Petitioner, vs KARI WAHNETAH, RESPONDENT; Case No. JV11-18; JV26-21. TO: KARI WAHNETAH, CPS, JV PROSECUTION:

YOU ARE HEREBY NOTIFIED that a JURISDICTIONAL HEARING has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the 29TH day of SEPTEMBER, 2021 @ 2:00 PM

CTWS, Petitioner, vs GERALDINE SWITZLER, RESPONDENT; Case No. JV15-11. TO: GERALDINE SWITZLER, LAURA SWITZLER:

YOU ARE HEREBY NOTIFIED that a ASSISTED GUARDIANSHIP REVIEW has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the 13TH day of OCTOBER, 2021 @ 3:00 PM

CTWS, Petitioner, vs REGGIE MEDINA, RESPONDENT; Case No. JV29-13. TO: REGGIE MEDINA, ESSIE LAWSON, CPS, JV PROSECUTION:

YOU ARE HEREBY NOTIFIED that a PRELIMINARY HEARING has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the 27TH day of SEPTEMBER, 2021 @ 11:00 AM

CTWS, Petitioner, vs HECTOR SAIZA, RESPONDENT; Case No. JV28-13. TO: HECTOR SAIZA, ESSIE LAWSON, CPS, JV PROSECUTION:

YOU ARE HEREBY NOTIFIED that a PRELIMINARY HEARING has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the 27TH day of SEPTEMBER, 2021 @ 11:00 AM

CTWS, Petitioner, vs LEONA TENORIO, RESPONDENT; Case No. JV81-15 JV82-15. TO: LEONA TENORIO, MARTIN MEDINA:

YOU ARE HEREBY NOTIFIED that a CUSTODY REVIEW has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the 18TH day of NOVEMBER, 2021 @ 9:00 AM

HESTER TAYLOR, Petitioner, vs STEVEN ARCE, RESPONDENT; Case No. JV19-19. TO: HESTER TAYLOR, STEVEN ARCE, CPS:

YOU ARE HEREBY NOTIFIED that a FILLATION HEARING has been filed with the Warm Springs Tribal Court. By this notice

you are summoned to appear in this matter at a hearing scheduled for the 23RD day of SEPTEMBER, 2021 @ 9:30 AM

CTWS, Petitioner, vs KISTA FLORES., RESPONDENT; Case No. JV109-09 JV110-09. TO: KISTA FLORES, DIAMOND TEWEE, CINDY & JOSE CHAVEZ:

YOU ARE HEREBY NOTIFIED that a ASSISTED GUARDIANSHIP REVIEW has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the 27TH day of SEPTEMBER, 2021 @ 3:00 PM

CTWS, Petitioner, vs MARTIN MEDINA, RESPONDENT; Case No. JV81-15 JV82-15. TO: LEONA TENORIO, MARTIN MEDINA:

YOU ARE HEREBY NOTIFIED that a CUSTODY REVIEW has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the 18TH day of NOVEMBER, 2021 @ 9:00 AM

CTWS, Petitioner, vs DIAMOND TEWEE, RESPONDENT; Case No. JV109-09 JV110-09. TO: KISTA FLORES, DIAMOND TEWEE, CINDY & JOSE CHAVEZ:

YOU ARE HEREBY NOTIFIED that a ASSISTED GUARDIANSHIP REVIEW has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the 27TH day of SEPTEMBER, 2021 @ 3:00 PM

CTWS, Petitioner, vs EVARISTO ANTUNEZ, RESPONDENT; Case No. JV177-08. TO: EVARISTO ANTUNEZ:

YOU ARE HEREBY NOTIFIED that a SHOW CAUSE has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the 27TH day of SEPTEMBER, 2021 @ 2:00 PM

DAVIS STWYER SR., Petitioner, vs RENEE STWYER, RESPONDENT; Case No. DO87-21. TO: PEARL MCKEE-STWYER, JAMEY WESLEY, DAVIS STWYER JR., BRANDI STWYER, ARNOLD STWYER, ELIZA STWYER:

YOU ARE HEREBY NOTIFIED that a EMERGENCY CONSERVATOR GUARDIANSHIP has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the 23RD day of SEPTEMBER, 2021 @ 3:00 PM

CTWS, Petitioner, vs LUTAH WALLULATUM, RESPONDENT; Case No. DO104-09; JV95-08; JV104-09. TO: LUTAH WALLULATUM, EUGENE WEWA, BONNIE THOMAS, RONALD THOMAS:

YOU ARE HEREBY NOTIFIED that a ASSISTED GUARDIANSHIP REVIEW has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the 13TH day of OCTOBER, 2021 @ 9:00 AM

Keshia Yaw, Petitioner, vs Anthony Caldera, RESPONDENT; Case No. DO161-10. TO: Keshia Yaw, Anthony Caldera:

YOU ARE HEREBY NOTIFIED that a Show Cause has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the 9TH day of SEPTEMBER, 2021 @ 9:00 AM

Keshia Yaw, Petitioner, vs Anthony Caldera, RESPONDENT; Case No. DO161-10. TO: Keshia Yaw, Anthony Caldera:

YOU ARE HEREBY NOTIFIED that a Show Cause has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the 9TH day of SEPTEMBER, 2021 @ 9:00 AM

CTWS, Petitioner, vs JAYDEAN GILBERT, RESPONDENT; Case No. JV2-11. TO: JAYDEAN GILBERT, TERRINE RABBIE, RON HAGER:

YOU ARE HEREBY NOTIFIED that a ASSISTED GUARDIANSHIP REVIEW has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the 13TH day of SEPTEMBER, 2021 @ 4:00 PM

CTWS, Petitioner, vs HESTER TAYLOR, RESPONDENT; Case No. JV19;20;21-19 & JV91-19. TO: HESTER TAYLOR:

YOU ARE HEREBY NOTIFIED that a ASSISTED GUARDIANSHIP has been filed with the Warm Springs

that a PRETRIAL HEARING has been scheduled with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for SEPTEMBER 8, 2021, AT 3:00 P.M.

Confederated Tribes of Warm Springs, Plaintiff, vs Michael Meanus, Defendant; Case No. CR198-21. TO: MICHAEL MEANUS:

YOU ARE HEREBY NOTIFIED that a CRIMINAL ARRAIGNMENT has been scheduled with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for SEPTEMBER 14, 2021, AT 8:00 A.M.

Confederated Tribes of Warm Springs, Plaintiff, vs Michelle Charley, Defendant; Case No. CR103-20. TO: Michelle Charley, Prosecution, and Legal Aid:

YOU ARE HEREBY NOTIFIED that a Discovery Hearing has been scheduled with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for SEPTEMBER 29, 2021, AT 3:00 P.M.

Confederated Tribes of Warm Springs, Plaintiff, vs Jordan Jackson, Sr., Defendant; Case No. CR355-19, CR626-18, FG17-19. TO: Jordan Jackson, Sr., Prosecution, Parole & Probation, and Legal Aid:

YOU ARE HEREBY NOTIFIED that a Criminal Arraignment and Show Cause hearings have been scheduled with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for SEPTEMBER 21, 2021, AT 8:00 A.M.

Confederated Tribes of Warm Springs, Plaintiff, vs Michelle Charley, Defendant; Case No. CR111-21, CR553-18. TO: Michelle Charley, Prosecution, and Parole & Probation:

YOU ARE HEREBY NOTIFIED that a Criminal Arraignment and a Show Cause hearing have been scheduled with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for SEPTEMBER 21, 2021, AT 8:00 A.M.

Confederated Tribes of Warm Springs, Plaintiff, vs Mitchell Whitefoot, Sr., Defendant; Case No. CR280-18. TO: MITCHELL

Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the 4TH day of NOVEMBER, 2021 @ 9:00 AM

CTWS, Petitioner, vs JENNY BIRD, RESPONDENT; Case No. JV27-12. TO: JENNY BIRD, ELIJAH CUNNINGHAM:

YOU ARE HEREBY NOTIFIED that a CUSTODY REVIEW has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the 15TH day of September 15, 2021 @ 9:00 AM

CTWS, Petitioner, vs OLIVIA GEROG, RESPONDENT; Case No. JV68-13. TO: OLIVIA GEORGE:

YOU ARE HEREBY NOTIFIED that an ASSISTED GUARDIANSHIP REVIEW has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the 13TH day of SEPTEMBER, 2021 @ 3:00 PM

LONNIE CALDERA, Petitioner, vs LEMINNIE PICARD, RESPONDENT; Case No. RO33-21. TO: LEMINNIE PICARD, LONNIE CALDERA:

YOU ARE HEREBY NOTIFIED that a RESTRAINING ORDER has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the 7TH day of SEPTEMBER, 2021 @ 9:00 AM

ARLENE DAVID, Petitioner, vs LEMINNIE PICARD, RESPONDENT; Case No. RO34-21. TO: LEMINNIE PICARD, ARLENE DAVID:

YOU ARE HEREBY NOTIFIED that a RESTRAINING ORDER has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the 7TH day of SEPTEMBER, 2021 @ 9:00 AM

Confederated Tribes of Warm Springs, Plaintiff, vs Lee Johnson, Defendant; Case No. CR108-21. TO: LEE JOHNSON:

YOU ARE HEREBY NOTIFIED

Jobs with Columbia River Inter-Tribal Fish Commission

The Columbia River Inter-Tribal Fish Commission is advertising to fill the following positions:

Payroll staff accountant.
Seasonal workers (two positions).
CRITPD-Police officer.
CRITPD-Dispatcher.

All positions are permanent full-time unless otherwise noted.

The complete job description, minimum skills, application requirements, deadlines, and pay information are available on the CRITFC website www.critfc.org Careers. Incomplete applications will not be accepted.

Warm Springs Holistic Health on rotator cuff strength

The rotator cuff is a group of four muscles that move and support the shoulder joint. The shoulder is often compared to a 'golf ball sitting on a tee.' This analogy illustrates the large ball of the humerus—upper arm bone—resting on the significantly smaller glenoid—shoulder socket.

While the natural structure of the joint is designed for mobility, this must be balanced out by strong muscles that stabilize the joint and promote controlled movement.

The four rotator cuff muscles:

Supraspinatus: The supraspinatus muscle lifts the arm out to the side. To strengthen this muscle, take two dumbbells—or soup cans, water bottles, etc.—and hold with your palms facing in and thumbs pointed up.

Lift the weights at a 45 degree angle from your body—not straight in front of you or out to your side, but right in between. Perform three sets of 8-12 repetitions. You should choose a weight that is chal-

lenging and fatiguing, but allows you to maintain excellent form.

Teres Minor and Infraspinatus: These two rotator cuff muscles work together to rotate the arm away from the body.

To strengthen this muscle group, use the same weights as the previous exercise. Lay on your side with the arm that you are strengthening facing towards the ceiling. Place a small pillow or towel under your armpit to optimize rotator cuff activation. Bend your elbow to 90 degrees.

You will start with your palm facing your stomach, and slowly rotate your forearm away from your body while maintaining the 90 degree angle of your elbow. You should feel the muscles in the back of your shoulder working. Perform three sets of 8-12 repetitions.

Subscapularis: The Subscapularis muscle rotates the arm in towards the body. Resistance bands can be a great tool to strengthen this muscle.

Start by tying a long band onto

WHITEFOOT, SR.:

YOU ARE HEREBY NOTIFIED that a SHOW CAUSE HEARING has been scheduled with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for SEPTEMBER 14, 2021, AT 8:00 A.M.

Confederated Tribes of Warm Springs, Plaintiff, vs Red Sky Suppah, Defendant; Case No. CR130-21. TO: Red Sky Suppah, Prosecution, and Legal Aid:

YOU ARE HEREBY NOTIFIED that a STATUS HEARING has been scheduled with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for SEPTEMBER 29, 2021, AT 3:00 P.M.

Confederated Tribes of Warm Springs, Plaintiff, vs Lenora Williams, Defendant; Case No. CR15-21. TO: Lenora Williams, Parole & Probation:

YOU ARE HEREBY NOTIFIED that a Supervised Probation Review has been scheduled with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for SEPTEMBER 13, 2021, AT 10:00 A.M.

PROBATE

In the matter of the estate of Celia C. Greene, W.S., U/A, deceased. Estate no. 2020-PR81. Notice is hereby given that Celia C. Greene, who at the time of her death last known residence was 1732 Bray Ave., Warm Springs, OR 97761, died on the 16th day of November 2020, and the court has appointed Valerie Squiemphen as public administrator.

In the matter of the estate of Phillip G. David, W.S., U/A, deceased. Estate no. 2020-PR21. Notice is hereby given that Phillip G. David, who at the time of his death last known residence was 7755 Simtustus Rd., Warm Springs OR 97761, died on the 11th day of May, 2020, and the court has appointed Valerie Squiemphen as public administrator.

In the matter of the estate of Pamela J. Louis, W.S., U/A, deceased. Estate no. 2020-PR25. Notice is hereby given that Pamela J. Louis, who at the time of her death last known residence was 2323 Olallie Lane, Warm Springs, OR 97761, died on the 27th day of May, 2020, and the court has appointed Valerie Squiemphen as public administrator.

PRESCRIPTION OPIOIDS: WHAT YOU NEED TO KNOW

Prescription opioids can be used to help relieve moderate-to-severe pain and are often prescribed following a surgery or injury, or for certain health conditions. These medications can be an important part of treatment but also come with serious risks. It is important to work with your health care provider to make sure you are getting the safest, most effective care.