

Buffalos at Pelicans Friday



Jayson Smith photos

The Madras White Buffalos varsity football team is scheduled to play the Klamath Union High Pelicans away this Friday, September 24. Their game on October 1 is also away, at Molalla. Then they play at White Buffalos Stadium on Friday, October 8 against Estacada.

Buffalo sports

The Madras High School varsity and junior varsity girls soccer teams play two away games—at Estacada this Thursday, September 23, and at North Marion on September 28—and then play at home on Thursday, September 30.

The boys varsity soccer plays at home this Thursday, September 23 against Estacada; and then home on September 28 against North Marion.

Madras boys junior varsity football plays away on Friday, September 24 at Klamath Union.

Tribal commercial fishery through Friday evening

The four Columbia River treaty tribes has set a zone 6 commercial gillnet fishery, and the Columbia River Compact concurred. The fishery is open from present to 6 p.m. this Friday, September 24 for all of zone 6.

Gear is set and drift gillnets with 8-inch minimum size restriction. Allowable sales are salmon (any

species), steelhead, shad, yellow perch, bass, walleye, catfish and carp may be sold or retained for subsistence. Fish landed during the open periods are allowed to be sold after the period concludes.

Sturgeon may not be sold, but sturgeon from 38 to 54 inches fork length in the Bonneville pool, and sturgeon from 43 to 54 inches

fork length in The Dalles and John Day pools may be kept for subsistence purposes.

Closed areas: Standard sanctuaries applicable to gillnet gear. The Spring Creek hatchery sanctuary will be reduced to 150 feet around the hatchery ladder.

The zone 6 platform and hook and line fishery regulations remain

unchanged.

If you have any fishing enforcement problems or need assistance or information, day or night, contact the Columbia River Inter-Tribal Fisheries Enforcement office, 541-386-6363. CRITFC reminds, Please show pride in your tribal fishery by carrying your tribal identification.

Notes...

Every Kid Sports is a Bend non-profit that supports youth participation in sports by providing assistance for fees. To learn about qualifications and what they offer, you can visit their website at everykidsports.org

There's a **yoga class** every Thursday morning at 6 in the old elementary gym. It's open to all fitness levels and promotes flexibility and strength. Bring a mat and water bottle.

There's a **Glow Walk and Round Dance** next Wednesday, September 29 from 4 to 8 p.m. in the old school gym.

Six additional sponsorships of the new show barn are available starting at \$20,000 (ten years at \$2,000 a year). This includes promotional recognition on one of the structural posts for a 10-year period.

To keep up with the construction progress, follow the Fairground's Facebook page: facebook.com/jeffersoncountyfaircomplex

New Show Barn going up at county fairgrounds

The Jefferson County Fair Complex broke ground in September on the new Bi-Mart Show Barn.

At 14,000 square feet, the new show barn will be the biggest building constructed at the fairgrounds property in over 70 years. It will feature state-of-the-art LED lighting, lots of electrical outlets, water spigots, a sound system, WiFi and an Americans with Disabilities Act viewing area.

"In 2020 we had to take down the old livestock barn," said Brian Crow, Fairgrounds event coordinator.

"The old barn was in very poor condition and became unsafe to occupy. At the same time, we began dreaming about what we could do to replace that lost structure."



Courtesy Fair Complex

Conceptual drawing of the new Show Barn going up at the Jefferson County Fairgrounds.

It is a true partnership with the community to make the new \$375,000 structure a reality, Mr. Crow said.

Thank you goes to the fair board, county commissioners, 4-H, FFA and Jefferson County Livestock Association, and the

business community.

Sponsors include the Plateau Travel Plaza, Bi-Mart, Bright Wood Corporation, the city of Madras, Jefferson County Livestock Association, the Law Offices of Jered Reid, Signet Realty, Abbas Well Drilling, Madras FFA

Alumni and Wilbur Ellis.

Originally slated to be completed in time for the 2021 County Fair, a steel supply chain issue delayed the beginning of the project. They county rented a large tent to serve as the show barn at this year's fair.

\$225,000 for tribal economic development

The Affiliated Tribes of Northwest Indians will receive \$225,000 in federal funding to assist with job creation and capital investment strategy. The announcement came last week from Oregon's U.S. Senators Jeff Merkley and Ron Wyden.

Amber Schulz-Oliver, executive director of the ATNI-Economic Development Corporation, commented:

"Indian Country was hard-hit by the coronavirus pandemic, and ATNI Economic Development Corporation has worked to ensure ATNI member tribal governments, citizens, Native-owned businesses and their employees in the Pacific Northwest have the resources they need to recover and thrive.

"This funding will support the ATNI-EDC Comprehensive Eco-

nomics Development Strategy, and support ATNI member tribes meet their economic development goals, facilitate Inter-Tribal economy building, support for tribal entrepreneurs, and build an ecosystem of Tribal economic development professionals.

"We heartily appreciate Senators Merkley and Wyden pushing to secure this funding."

Community notes

KWSO will hold their annual **Community Advisory Board Meeting** at 2 p.m. on Friday, October 1. The meeting is open to the public. To attend, please email

sue.matters@wstribes.org
Please email by this Friday September 24. All Covid-19 Safety Protocols will be in place for the meeting.

Senior Lunch this Friday, Sep-

tember 24 will be from 11 a.m. to 1 p.m. Lunch is available for delivery or pick up at the Greeley Heights Community Building. On the menu: Braised steaks, scalloped potatoes, carrots with zucchini and fresh fruit.

'Wall That Heals' coming to region

The Wall That Heals—a 375-foot, three-quarter sized replica of the Vietnam Veterans Memorial in Washington, D.C.,—will be on display in LaPine, September 30-October 3. The display will be part of the Frontier Days Events.

The Wall That Heals bears the names of more than 58,000 men and women who made the ultimate sacrifice in Vietnam.

The wall honors the more than 3 million Americans who served in the U.S. Armed Forces during the Vietnam War. Admission to the display in LaPine will be free.



Courtesy

The Wall That Heals will soon be on display at LaPine.

Deep Dive into the human spine with W.S. Holistic Health

The human spine is composed of 24 bones known as vertebrae.

The spine is divided into three sections called the cervical spine—the neck—, the thoracic spine—upper to middle back—, and the lumbar spine—the lower back.

At the base of the lumbar spine, there are two sections of fused bones referred to as the sacrum and the coccyx—the tail bone.

The spine has several important functions. It helps to hold the body upright, support movement, and protect the spinal cord and nerves.

Fun Facts about the spine:

The uppermost vertebrae in the cervical spine (C1) is commonly referred to as the "atlas." This is based on the Greek mythology character, Atlas. He carried the weight of the world on his shoulders, similar to how the neck supports the weight of the head.

Humans and long neck giraffes both have exactly seven cervical vertebrae.

The spine of a newborn fetus begins to develop at about 2 months after conception.

The human spine has over 120 muscles, allowing for strength and flexibility.

Over one-quarter of the height of the spine is made up of cartilage. Cartilage is the connective tissue that provides cushion and allows for smooth movement between vertebrae.

Try this exercise to get some movement through your spine:

Cat Cow: Position yourself on a mat on your hands and knees. Your

hands should be directly underneath your shoulders and your knees about hip width apart. Start with your spine in a neutral position. This means that it is relatively flat without excessive arching or sagging.

For the cat phase, slowly exhale as you activate your abdominal muscles. Push your back up towards the ceiling while your chin tucks slightly downward. Hold this position for about 5 seconds. This exercise is meant to be pain free, so only go as far as feels comfortable.

Slowly relax back to a neutral, or flat spine position.

For the cow phase, you will be moving in the opposite direction. Gently inhale and relax your spine. Allow gravity to assist as you slowly let your stomach fall downwards towards the ground. Your shoulder blades should come together as you lift your head towards the sky. Just as with the previous movement, only allow for as much motion as is comfortable.

Repeat this transition back and forth for 20 repetitions. Don't forget to coordinate your breath with each movement. This part may take practice!

If you have additional questions about the spine, please contact the Physical Therapy Team at Warm Springs Holistic Health for more information. We are accepting new patients for both in person and telehealth appointments on a referral only basis.

Best Regards, **Alicia Oberholzer**, Warm Springs Holistic Health.