

Letters to the editor

Bond support

I support the 509-J school bond measure and I ask you to as well. I've been a teacher in Warm Springs and a resident of Jefferson County for the last two years. Prior to living here, my husband was in the Army and we lived in several different states in which I taught.

Over my years of teaching, I've seen the results of aging school buildings—flooding bathrooms, months without air conditioning in the warm season and leaky roofs that led to mold, to name a few. The fact is, most schools in the United States were built decades ago. It is no different in Jefferson County.

This bond measure would provide the necessary capital to ensure that our students can continue to learn in safe and healthy environments. The best part about this bond is that it will not increase your tax on the reservation. In addition if passed, 509-J would be awarded a matching funds grant of \$4 million from the state.

I'm proud to live and work in Jefferson County. I have many years left of teaching and I urge you to support this bond measure for my students, for your children, and for our community.

Heidi Casper, Warm Springs.

W.S. Library

The Warm Springs Library hours are Monday through Friday 9 a.m. to 3 p.m. Appointments are encouraged by calling 541-553-1078.

These measures are encouraged in the spirit of the Covid-19 safety protocol of the Confederated Tribes.

Community artists of W.S.

The Tananawit Community of Warm Springs Artists is seeking new artists, creators and makers to sell at the Tananawit retail store, located in the Painted Pony coffee shop by the casino, and online at: warmspringartists.org

Stop by the Warm Springs Community Action Team, Saturday, October 23 sometime between 10 a.m. and 2 p.m. Bring examples of your work.

There will be free photography, and help with product descriptions, pricing and more. You'll also meet the

Tananawit executive director Jaime Scott.

Appointments can also be made by emailing Jaime: jaime@warmspringartists.org

Overdoses

The Central Oregon Overdose Crisis Response Task Force has identified an increase in overdoses. The Task Force team is a regional initiative between Jefferson, Crook and Deschutes counties.

Since mid September, there have been approximately 15 confirmed and unconfirmed non-fatal overdoses in the Central Oregon Region, with one confirmed death.

Overdoses have involved heroin, methamphetamines, counterfeit pills and several other substances that have yet to be identified, many of which likely contain fentanyl, a synthetic opioid 100 times more powerful than morphine.

Please be aware that any drugs—heroin, meth, cocaine, counterfeit pills, etc.—purchased on the street or over the internet are likely laced with fentanyl, a powerful synthetic opioid 100 times more powerful than morphine.

If you are thinking about using drugs, alone and by yourself, call 800-484-3731; or see the website:

NeverUseAlone.com

If you call, you will be asked for your first name, location, and the number you are calling from.

An operator will stay on the line with you while you use the drugs. If you stop responding after using, the operator will notify emergency services of an “unresponsive person” at your location.”

If you have access to Narcan, make sure everyone knows where it is and how to use it (*please see page 2 of this publication for an additional Prevention resource*). You can obtain free Naloxone from most pharmacies throughout Central Oregon without a prescription.

Heather Stuart, Quality Services manager, Prevention and Health Promotion Supervisor.

For youth

More than a quarter of Oregon high school freshmen failed too many classes last school year and over the summer to be on track for graduation.

This was by far the worst outcome in the seven years

A great day for Warm Springs pet health care

We had a very successful day meeting so many families of Warm Springs.

We spayed and neutered over 30 dogs and cats, and performed wellness exams for more than 100 dogs and cats. Plus, we helped filled the bellies of hundreds of dogs and cats, giving away more than 4,000 pounds of dog and cat food.

It was a privilege to be there, and partner with Street Dog Hero and Central Oregon Community College Veterinary Technicians!

Thank you for welcoming our team with open hearts. We hope for

more clinics in the months ahead. In the meantime, I have this update (see the graphic with directions about how to register for assistance, at right). Thank you!

On another note: Since the recent Warm Springs clinic was outdoors, unfortunately one of our more skittish dogs, Minnion, escaped during examination in the enclosed tent.

Fences for Fido volunteers searched for her for five hours. Thankfully, Minnion was found: She made her way nine miles home.

Kelly Peterson, Chair and Co-Founder, Client Outreach director, Fences for Fido.

WARM SPRINGS MONTHLY PET FOOD FOR FAMILIES IN NEED OF SUPPLEMENTAL ASSISTANCE

1. SIGN UP IN ADVANCE BY TEXT: 503-869-0422 OR EMAIL: PETFOODBANK@FENCESFORFIDO.ORG
2. FOLLOW THE LINK WE PROVIDE AND FILL OUT THE ONLINE FORM.
3. PICK UP YOUR FOOD ON THE 2ND SATURDAY OF EACH MONTH FROM 10-NOON @ 2334 HIGH LOOKEE ST.
4. FILL YOUR PET'S BELLY ALONG WITH FRESH WATER.

Sponsored by: FIDO Pet Food Bank, 26 YEARS INDEPENDENT PET SUPPLY, FENCES FOR FIDO

To help a friend or relative experiencing domestic violence

by **Michele L. Gonzales**
Advocate, Warm Springs Victims of Crime Services

Some steps to assist when a friend or relative is experiencing domestic violence

Know what to do. If a friend or loved one is being abused, support them even if they make choices you don't agree with.

Don't insist that they leave their partner, but help them to develop a safety plan. Sometimes it is more dangerous for the victim to leave than it is to stay.

Ask what you can do to help.

Listen unconditionally, non-judgmentally.

Continue to support after the victim leaves, or if they



DOMESTIC VIOLENCE AWARENESS MONTH

stay.

Arrange or provide transportation in the event they need to escape quickly.

Create a safety bag of essentials. (Birth certificates, custody papers, Social Security card, clothes)

Create safety plan.

Open home or other location as safe haven.

Let the victim make his or her own decisions.

Take abuse seriously, believe the victim.

abuse.

Provide assurance; “You don't deserve this”, “This is not your fault” and “I believe you”.

Assist in obtaining protection order.

Ask questions that allow victim to consider and anticipate the future.

Find or call an advocate or shelter.

Let the victim make his or her own decisions.

From the staff here at the Warm Springs Victims of Crime Services Program.

Offer counseling or expert guidance. Call VOCS 541-553-2293 or BHC 541-553-3205

Set up a code word to signal an emergency.

Rebuild self-esteem and confidence.

Offer plans and options in case of emergency.

Help victim recognize

The Warm Springs Work Experience and Development Department—WEDD—program currently has multiple training positions available for adults age 18 and older. These positions are listed as ‘Assorted work experience jobs’ in the tribes’ job postings. Learn more by calling WEDD at 541-553-3324 or -3328.

Oregon has measured the freshman success rate, and could presage a problem for the class of 2024.

The Oregon Youth Challenge program can help. The tuition free program has many resources to help high school students graduate. See the website: oycp.com

Senior meals

These are the upcoming menus at the Warm Springs Senior Wellness Center. Monday, Wednesday and Friday are lunch for participants and meal deliveries; Tuesday and Thursday are open though closed to the public. Senior Wellness is located at the Greeley Heights Community Center.

Friday, October 22: Lasagna with sautéed vegetables, garlic bread and canned fruit.

Monday, October 25: Chicken Shepards Pie with bread and canned fruit.
Wednesday, October 27: Lukamean with baked potatoes, broccoli florets and fresh fruit.

Friday, October 29: Roast beef with mashed potatoes, cauliflower and almonds, and canned fruit.

Food support for fishers

The Oregon Food Bank this year is piloting a new program—Tribal Community Fisheries Support—to support communities disproportionately impacted by

hunger.

The support is to acknowledge the disparities within the local food system, while uplifting those in their community who catch and distribute fish throughout Oregon.

The goals of this new program are:

Support Native and tribal fisheries with supplies, distribution, and capacity and business development.

The program helps get local Native foods impacted by hunger; and supports the continuation of Native fishing.

The Oregon Food Bank Tribal Community Fisheries Support will also explore new ways of supporting food access and distribution for Native and tribal fisheries communities.

Grants are available: For more information contact: communitygrowers@oregonfoodbank.org

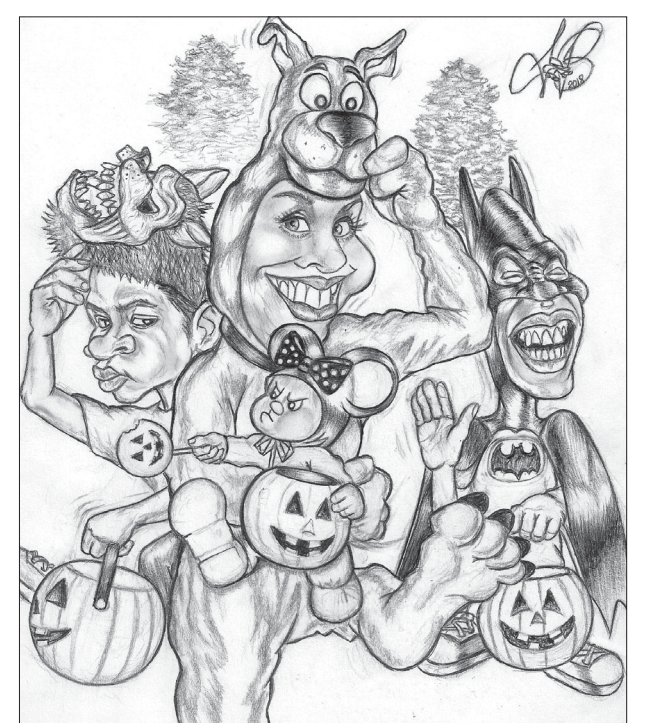
Flu season

In addition to the Covid-19 pandemic, this is also flu season. You can avoid getting the flu bug by being vaccinated.

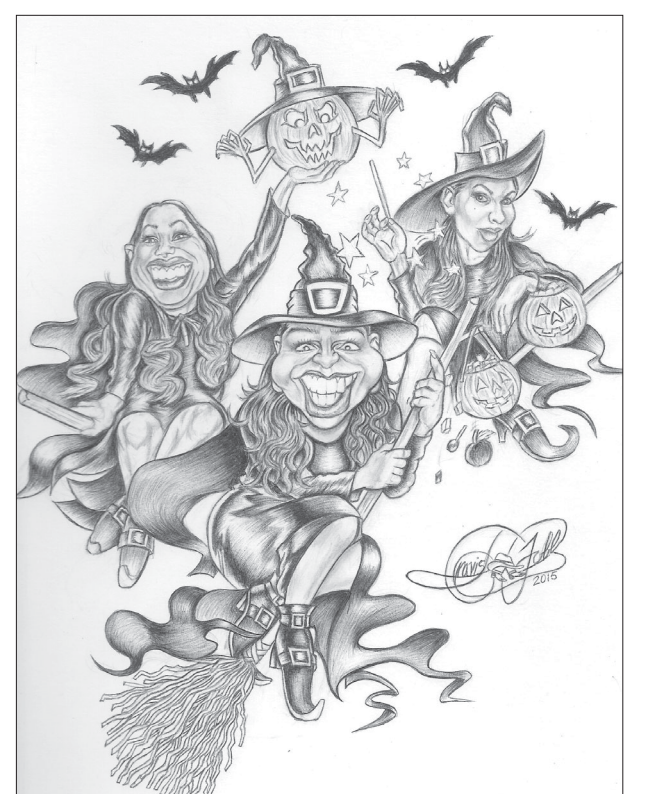
Warm Springs IHS is offering flu shots on weekday mornings (except Wednesdays) 8:30 to 11:30 a.m., and afternoons 1:30-3:30.

You can check in at the front gate at the Health and Wellness Center.

They will direct you where to park and someone will come out to give you the flu vaccination.



A couple more Halloween chuckles with the artist Travis Bobb.



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