

Letters to the editor

OnTrack at W.S. Academy

On Track OHSU! is a program that introduced middle and high school students from Warm Springs to career paths in medicine, health and science. Many tribal member students have gone on to pursue their education and careers in health care with the help of On Track OHSU!

The group is hosting an information session for seventh-grade students and families this Wednesday, April 19 at 6 p.m. at the Warm Springs Academy. Students from Chiloquin are also expected to attend. Dinner will be provided.

For 2023 Pi-Ume-Sha

For the Pi-Ume-Sha Treaty Days Powwow and Parade this year:

Vendors who are interested in setting up for the June event can call Louise Katchia at 541-460-0224. Ask for a vendor contract to be mailed to you.

Pi-Ume-Sha Queen candidates can contact Louise at the number above; or call Sharon Katchia at 541-295-6046.

Dance Specials: For those sponsoring Dance Specials, the committee would like to put the Specials, sponsored by families and friends, on the Pi-Ume-Sha Treaty Days flyer and posters.

Please contact Sharon or Louise at the number mentioned above; or Ramona Baez at 541-460-0077.

Grief support

Grief support for adults 18 and over is Wednesdays at 4 p.m. starting today, April 19 at the Warm Springs Behavioral Health Center, 1115 Wasco Street. For more information call 541-553-3205.

Spay-a-Thon

Dear Warm Springs community,

Registration is now open for our spay-neuter clinics coming during the weekends in June, and the first weekend in July.

Please share this information with anyone who has a dog or cat that meets the following requirements:

Pets must be between 2 months and 5-years-old, weigh 60 pounds or less, and live within the boundary of the Warm Springs Reservation.

The clinics will be at the Agency Fire Station. There is no cost for the spay-neuter services and other health care procedures. Registration is required. See the website:

firstnationsvet.com/warm-springs-nation
Or call 503-451-0765.

The clinics are coordinated by First Nations Veterinary with Fences for Fido. Thank you!

Gina Clemmer, First Nations Veterinary.

For W.S. youth

The Heart of Oregon Youth Conservation Corps is recruiting youth and young adults for summer jobs.

Butch David is the local crew boss for the Heart of Oregon Warm Springs Crew during the summer.

The program expanded to include a Warm Springs Crew about 10 years ago.

This program is for young people ages 16-18, to earn wages and learn job skills over the summer, working for the Forest Service to complete conservation projects and improve local public lands.

There are locations in Warm Springs, Madras, Bend, Redmond, La Pine, Crescent Prineville and Sisters. To apply, visit:

heartoforegon.org/programs/high-desert-conservation-corps

Heart of Oregon's Youth Programs Recruiter Robin Alonzo encourages people to find out about all of their programs. Heart of Oregon has six different programs, and right now there are great opportunities for youth 16-24.

Information about Heart of Oregon Corps Programs can be found online at: heartoforegon.org.

If you have questions, you can call 541-633-7834. They are happy to help guide you to find a program that will work for you.

The Culture and Heritage Program continues the **Cultural Projects classes**. The classes are Tuesdays and Thursdays from 4-7 p.m. at the Education building. Classes are limited to 10 adults. Sign up by calling 541-553-3290.

Preview Day at COCC

Several hundred high schoolers from across the district and beyond are expected to attend Central Oregon Community College annual Preview Day, from 9 a.m. to 1 p.m. this Friday, April 21 at the Bend campus. Preregistration is required. Call 541-383-7500 or visit:

cocc.edu/previewday

The day's activities will provide a glimpse of COCC academic programs, from criminal justice and graphic design to fire science and culinary.

Spending just a day within a chosen pathway can provide high school students with quite a bit of direction.

In advance of college events, persons needing accommodation or transportation because of a physical or mobility disability should contact Caitlyn Gardner at 541-383-7237. For accommodation because of other disability, such as hearing impairment, contact disability services at 541-383-7583.



Births

Spencer Paul Jim

Jason Jim and Billie Suppah of Warm Springs are pleased to announce the birth of their son Spencer Paul Jim, born on April 7, 2023.

Spencer joins brother Wade, age 7, and sisters Alyana, 11, and Kaisha, 17.

Grandparents on the mother's side are Ron Suppah and Beatrice Suppah, and Lilly Bill and Leslie Bill.

Andres Joel Ricardo Ribeiro

Armando Ribeiro and Deirdre Ribeiro of Madras are pleased to announce the birth of their son Andres Joel Ricardo Ribeiro, born on April 5, 2023.

Andres joins brothers Isaiah, 16, and Adrian, 12, and sister Eden, 7.

Grandparents on the father's side are Rick and Cardyn Ribeiro of Warm Springs; and Eddison Sr. and Tina Haskie of Crown Point, New Mexico.

Notes...

An Overdose Rescue Course is offered every Wednesday morning from 9 until 10:30 at the Warm Springs Prevention training room in the old elementary school. It's a chance to learn how to recognize and respond to an opioid overdose.

If you are interested, contact Jacylene Brisbois. Her email is: jaycelene.frank@wstribes.org

Utilities septic service can save you money

Warm Springs Public Utilities is now available to pump septic tanks at residences and commercial buildings on the Warm Springs Reservation.

The cost is \$300 for residential, and \$500 for commercial. These prices can be half, or even less, compared to the cost of hiring a company from off the reservation for the same service.

Homeowners, call 541-553-3246 to schedule an appointment. Payment is



The Warm Springs Utilities septic pump truck.

required prior to service. Utilities had the new vehicle custom-made for the needs of the local homes and businesses. The truck, built in Portland, cost \$197,000. The purchase was made possible by donations over time to the Chuush Fund.

The many nutritional value of salmon

Salmon is a powerful health food. Research points out that eating fish—especially omega-3-rich fish like salmon—may improve your health in a variety of ways.

But what is it about salmon that makes it such a nourishing, disease-fighting food? Here's what experts have to say.

According to the USDA, a 3-ounce portion of cooked wild salmon provides:

Calories: 155. Protein: 22 grams. Total fat: 7 g. Total Carbohydrates: 0 grams. Vitamin B12: 2.6 mg. Potassium: 534 mg. Omega-3s: 1.5 grams.

Salmon is a nutrient-packed food that promotes your health in a variety of

ways. Here's a look at its impressive perks.

Omega 3 fatty acids: Fat is an important nutrient for human health. It aids in the absorption of certain nutrients, protects your organs, provides energy, plus so much more. Your body needs fat to survive. But the kind of fat you consume matters.

Unsaturated fat, the kind abundant in salmon, has profound health benefits.

Salmon is packed with omega-3 fatty acids, a type of polyunsaturated fat.

Omega-3 fats are considered essential because your body can't make them, which means you need to get them from your

diet. The benefits of polyunsaturated fat are vast, from decreasing inflammation and lowering blood pressure to reducing the risk of some cancers.

The National Institutes of Health recommends women consume 1.1 grams to 1.4 grams of omega-3 fats per day. Men should consume 1.6 grams per day. One 3-ounce piece of cooked salmon contains between 1.5 and 2 grams of omega-3s.

Beyond fat, salmon is also rich in protein. A 3-ounce portion of salmon provides around 22 grams of protein. High-protein diets support weight loss, as well as prevent obesity.

Ideas on developing your critical thinking skills

Note: This is the third in a four-part series of articles, by Dr. Shilo Tippett and posted by KWSO, regarding Suicide Prevention.

Critical thinking skills are essential to use when trying to kick bad habits. Habits are,

well, habitual and you need to look at them with a critical eye when trying to change them.

The first thing to practice is observing. With critical thinking, you need to observe opportunities to change bad habits.

You also need to practice analyzing what you see. Become curious to understand what contributes to habits you want to change and gather data on how to change them.

You can also build the ability to make educated guess

about what great alternatives might be.

Keep a curious, open mind and apply some problem-solving skills.

All of this takes practice but have fun and keep trying!

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