

Letters to the editor

Dr. Locker retiring

Dr. Rachel Locker will be retiring from her position with the Warm Springs IHS Clinic. Her patients are being temporarily assigned to another clinic provider while the staff work to fill Dr. Locker's position. If you have questions, please contact scheduling at 541-553-2610 option 1.

The clinic is planning a celebration for Dr. Locker, coming up on Wednesday, February 21 from 10 a.m. to 1 p.m. in the pod A open area. There will be drumming, a time for people to speak, and then a light reception afterwards for socializing.

The clinic staff is creating a scrap book for Dr. Locker. If you would like to share a memory, a picture, or any other thoughts please email to: diane.fuller@ihs.gov

Or drop by and leave your item with Joy Ramirez in Optometry. Please submit items by February 14. Meanwhile, Dr. Locker would like to share this letter with the tribal community:

Dear Community,

As you may have heard, I am retiring this month. This decision has been very hard for me, as I care deeply

about all of you. I have spent half my life with you here. We have had ups and down, arguments, fights, 'divorces' and make-ups. We have shed many tears together. We have also shared many laughs.

I am honored to have been allowed into your lives; to be trusted with your care, your fears and your joys. I am humbled by your resilience, strength and grit.

Please know I am not leaving for 'greener pastures.' It is time for me to take care of my own spiritual and physical health, and I will miss you gravely.

Love always, **Rachel E. Locker MD**

For W.S. students

There is a FAFSA workshop coming up for high school seniors and parents, and new and current college students. Requirements to apply for FAFSA—Free Application for Federal Student Aid—include these items that you should bring to the workshop:

Social Security number. Email address. Date of birth. 2022 W-2s. Federal tax return or income information. Driver's license number.

Scalehouse Gallery, WSCAT host youth art show

Scalehouse Gallery in Bend is hosting a new exhibition featuring works by tribal youth from around the region, including from the Confederated Tribes. The Warm Springs Community Action Team is supporting the exhibition. *Intersections* is now on display at Scalehouse Gallery.

Scalehouse is located in Bend at Franklin Crossing on the Tin Pan Alley Side. Gallery hours are Wednesday through Saturday, 1–6 p.m., and by appointment.

Intersections is an immersive journey into the identities of Native



youth in Central Oregon. The multi-disciplinary exhibition showcases the intersection of tradition and contemporary art, offering a profound explanation of how these artists navigate their experiences.

Featured artists are Emily Jim, Arthur Miller Jr., LaRonn Katchia and Alyssia Scott.

About Scalehouse

Scalehouse is a multi-disciplinary contemporary arts center convening diverse thinkers for in-depth discussions, artistic collaborations, exhibitions, and events, including Bend Design Week.

Scalehouse believes our shared futures present complex challenges and opportunities, not just benefiting from creativity but requir-

ing it. We are committed to programming that's accessible, provocative, extraordinary, and inclusive—always with an eye toward a better future.

Learn more at scalehouse.org

The Warm Springs Community Action Team is a non-profit community organization located on the Warm Springs Reservation, and is dedicated to helping people build financial independence and small businesses in Warm Springs.

For more information, visit wscat.org

For more information, contact **Carroll** at Higher Education at 541-553-3311. Or email: carroll.dick@wstribes.org

The workshop is coming on Wednesday, March 27 from 1 to 6 p.m. at the Education building, 1110 Wasco St. The workshop will be in the computer lab room, room 203 upstairs.

Little League At the museum

Warm Springs Nation Little League registration is open through March 3. Registration forms can be downloaded online at wsnll.org

They must be completed, signed and turned in with payment in person. For more information contact a board member or visit their site or Facebook page.

For the second year in a row, the Museum at Warm Springs has received \$140,000 from the Visit Bend Sustainability Fund.

The funds will help with the museum's exterior restoration project. The Visit Bend fund also contributed during the first year of the museum exterior restoration

project with a grant of \$120,000.

The project includes improvements to the museum's exterior infrastructure, parking lots, security, grounds; and Shitike Creek restoration. We are grateful for this wonderful support from the Visit Bend Sustainability Fund! **Elizabeth Woody**, Museum executive director.

From Holistic Wellness Healing Hearts with Good Medicine

It'ukdi kadux,

I would like to take this time to express my gratitude to the Confederated Tribes of Warm Springs for facilitating the Community Health Fair in June of 2023. With this said, I truly appreciate the team work enabling the Holistic Wellness Health Hearts with Good Medicine event to take place.

I'd like to express my gratitude to Carlos Calica for the opening prayers and song. The Northwest Youth Education Conference for requesting the Equine program to present at HeHe in September of 2023.

A big Thank You goes to the Natural Resources Range and Agriculture Department; with special mention of Austin Smith Jr., Ricky Graybael, Leander Smith Sr., Craig, Jo and Lesson for setting up and tearing down of the livestock corral panels, enabling the Equine event to happen. This would have not happened without your support, respect



Mona Cochran and the Equine program held Wellness events at HeHe.



and consideration.

A big shout out to the Equine facilitators and volunteers: Lydell Suppah, Bonita Leonard, Maylene Smith,

Dustin florez, Matthew Smith, Stephan Smith, Wade Boyland, Johnny Smith and the Painted Horse program. You're awesome, your re-

spect and teamwork are much appreciated. You folks kept the stamina and positive energy flowing. The Holistic Wellness Heal-

ing Hearts with Good Medicine is currently operated by non-profit and volunteers, that has been the existence since 2011. I truly appreciate the turnout and the teamwork. If I have left anyone out, it's not intentional.

The next Holistic Wellness Healing Hearts with Good Medicine is in the near future, depending on Mother Nature. Looking like in March? The kusi/iku'tan says maybe April. Health and Wellness make a Healthy Village.

Oshxemgemxatgair anchaika God, enshgich-wamitam,

God Bless You All. **Mona Cochran, M.Ed./CADCI/NAADAC/EAGALA**

Sensing Sasquatch

What does Sasquatch represent to you? The unknown, adventure or mystery?

Charlene 'Tillie' Dimmick of the Confederated Tribes, and four other indigenous artists if the region will explore these questions with a new exhibit *Sensing Sasquatch*, opening March 2 at the High Desert Museum. This major exhibit examines the curious aspects of the primate-like, reclusive and elusive being in the context of the High Desert region.

Native peoples of the Plateau have long known about, encountered, depicted and told stories about Sasquatch.

Sensing Sasquatch will explore Sasquatch's past, present and future in the High Desert region through an Indigenous



lens. Works by five Indigenous artists will be on view, including:

Charlene Dimmick of the Warm Springs tribes; Phillip Cash Cash, Ph.D. (Nez Perce, Cayuse), HollyAnna Cougar-Tracks DeCoteau Little-bull (Yakama, Nez Perce, Cayuse, Cree), Frank Buffalo Hyde (Nez Perce, Onondaga) and Rocky LaRock (Salish).

Rather than the popular, mainstream view of Sasquatch, this exhibition will show Sasquatch as a protective entity for many Indigenous peoples of the High Desert. The exhibit will reflect the reverence that Native peoples have for Sasquatch and will be centered on Indigenous art, voices and storytelling.

The original word for

Sasquatch is "Sasq'ets," which comes from the Halq'emeylem language of Coast Salish First Nation peoples from southwestern British Columbia.

Sasquatch is much taller than a human.

Its habitat is often associated with the wet rainforests of the coastal Pacific Northwest.

Sasquatch also lives beyond the green, lush climate. In the High Desert region, Sasquatch strides among the dry canyonlands, ponderosa pine forests and shrublands.

Popular depictions of Sasquatch can be found everywhere across America. Sasquatch is emblazoned on everything from t-shirts and road signs to beer cans and traveling mugs. Before entering the exhibition there

will be an homage to the pop culture icon that Sasquatch has become, but visitors will be asked to leave these ideas and perceptions behind to consider another side of Sasquatch's story.

Visitors will be introduced to the Indigenous Plateau of the High Desert and the arid forests and canyonlands where Native peoples have long come into contact with and exchanged stories about Sasquatch.

They will see representations, stories and artwork about Sasquatch and how they vary between tribes and across regions. A contemporary carved mask by Rocky LaRock will show visitors that knowledge of Sasquatch is both ancient and contemporary. A digital language map will show the various names for Sasquatch across the Indigenous Plateau and beyond.

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HERE ARE 4 TIPS TO HELP YOU Manage mental health

Make a mental health plan for each day

Keep your brain and body functioning by refueling them with nutrition.

Let your feelings be known

In order to maintain mental health, you may need to release uncomfortable emotions.

Proactively manage your stress

You can avoid being overwhelmed if you are prepared and plan your time.

Positive attitude toward others

The desire to connect with others is hardwired into human nature.

