

# Letters to the editor

## We're being mistreated

To the Editor,

We still cannot make a living here on our home grounds. The non-Indians are. Our trucks are parked while theirs are working—on our home grounds. Is this any way to treat anybody? Or just us. This is our home. This is where our families are. This is where our children were born and where we want them to be raised. This is where we are going to stay.

If anyone tries to help us, their job is threatenend. There's only so much anybody can take. Some people may take this the wrong way, but asinine ignorance isn't an excuse. As long as one knows where their bread-n-butter is, they could care less about where anyone else's is.

We need help. And understanding. From who? The general public—the rest of you duly enrolled members of our tribal community. Ask questions to which you need answers. And don't stop asking until you're completely answered. We've been asking the same questions for eight years, now. My husband has been in business for sixteen years.

We seemed to have

committed political suicide when we stepped on the wrong person's toes by standing up for what we believed in and still do. That we are requesting—even demanding—our tenure via our birthright. But because of our own stratified society—and because of the current subnormal economic situation of our particular industries' business—we have to stay on our home grounds to work.

We cannot neglect our loan obligations to our Credit department indefinitely. We have signed our names to contracts for loans on our equipment. To be slow or late paying, we are in default of our contract. Our situation should never have materialized. But it did.

We would appreciate any and all forms of support: morally, physically, politically, ethically, philosophically.

We mean no harm to anyone. We request our unfair treatment to be justified. We cannot do it alone. All of us here are already unified by our birth-right. Can we not also be unified to advocate honorable purpose to the power structure of our community?

Sincerely,  
Wilma Picard

## Letters to Sr. Citizens

To the Senior Citizens,

Dear Folks,

Today the fifth grade classes enjoyed a field trip to Webster Flat to dig roots—as a learning process for those new to it, and hopefully to help them see, first-hand, how their ancestors collected food. Moreover to discover an area of their heritage they will soon be responsible for in keeping old knowledge and traditions alive.

They wished to share their finds with you.

Sincerely,  
Michael McGinnis, Denver  
Sensibaugh, Earl Lawson  
Fifth grade teachers

Dear Old Folks,

Hi! We are giving you some roots to eat. We want you to be

happy and eat them, O.K.? Don't you remember us? We're the fifth graders from the Warm Springs, Oregon Elementary School.

We hope you eat these roots because we do not want you to die and leave this world forever. We care for you a lot. More than a lot, too.

So, please, people, eat them. We care and love you. We don't want you to die and leave the world.

Sincerely,  
All fifth grade classroom

Dear Old Folks,

We want you to have all of these roots.

Love,  
Pearl Wyman  
Fifth grader

## Toe Ness

Tom asked Bill: "Do you think anyone can predict the future with cards?" Bill said, "My mother can. She took one look at my report card and told me exactly what would happen when my father got home." YIKES!!!

SS SS SS

If the shoe fits, it's the wrong color, and it's not the one on sale, either. YIKES!!!

SS SS SS

A car representative to owner: "For \$100, We'll make it like new again. For \$300, we'll make it run." YIKES!!!

SS SS SS

A real friend is someone who takes a winter vacation on a sun-drenched beach and doesn't send a card. YIKES!!!

SS SS SS

Inflation: That's when something you bought a few years ago for \$5 now costs \$10 to repair it. YIKES!!!

SS SS SS

# I scream, you scream, We all scream for ice cream

by Marsha Shewczyk

Old time ice cream was made up of simply cream, sugar and flavorings. Now there are over 1200 flavorings, colors, stabilizers and emulsifiers available to commercial producers of ice cream. There is no such thing as plain old ice cream unless, of course, you decide to make your own at home.

Ice cream or what was known originally as water ices were known as far back in time as the Roman empire. Marco Polo was supposed to have brought the recipe for milk ices from the far east.

Centuries later chefs in European courts experimented with ice cream recipes and tried to keep the secret just for the nobility. Somehow the secret got out.

The commercial production of ice cream became successful at the discovery that salt mixed with ice produced a lower temperature than ice alone. Mechanical refrigeration in the late 19th century assisted in the growth of the ice cream industry.

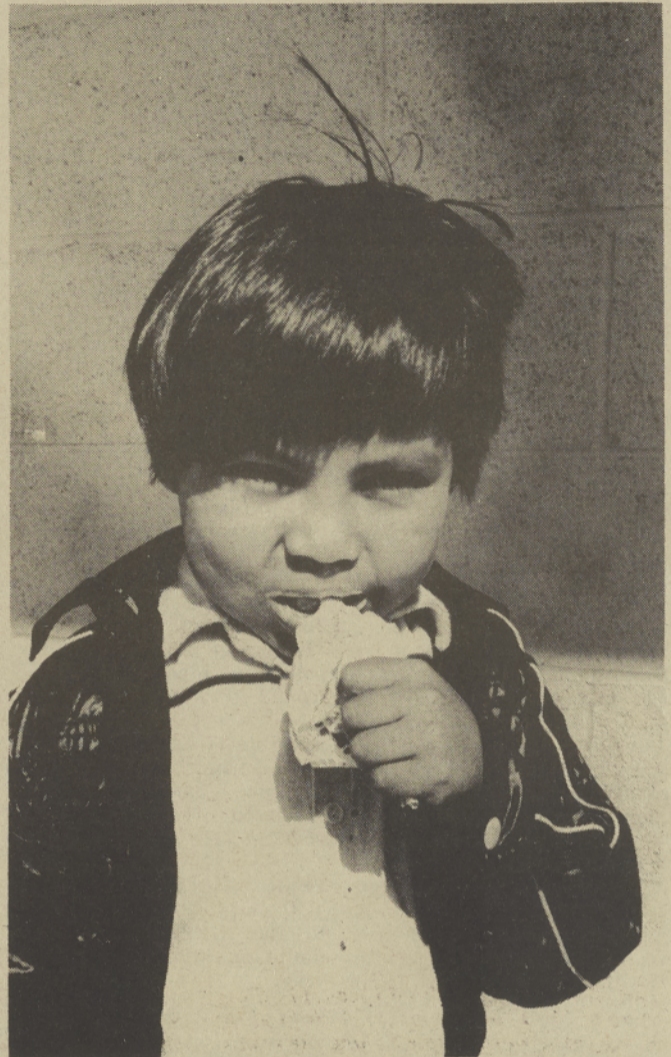
Cream and milk products make up 80% of ice cream. Commercial ice creams include stabilizers along with sweeteners.

All states and some cities set the minimum legal requirements for ice cream. In all ice cream there is butterfat or cream which is the dominant ingredient. The better tasting ice creams generally have more butterfat.

As a sweetener sugar is used. However, some ice creams use corn syrup as a substitute because it is cheaper.

The third important ingredient in commercial ice cream are stabilizers and emulsifiers. Because of the necessity to store and ship packaged ice creams these are added. Stabilizers are vegetable gums and alginates. These minimize the growth of crystals so the ice creams feels smooth in the mouth. Stabilizers also keep it from melting rapidly.

Emulsifiers contribute to the smoothness of ice cream and aid in whipping air into the ice cream. Emulsifiers can give the impression of high butterfat



**MESSY BUT GOOD**—Ice cream is a treat on hot summer days. It makes those hot days seem a little cooler. But even on cool days it tastes good.

Spilyay Tymoo photo by Shewczyk

content so for economic considerations they are often used by ice cream producers.

Some ice creams are naturally flavored. Some are completely artificial and some are a little of both. The package labeling will indicate how the ice cream is flavored. The more expensive naturally flavored vanilla ice cream will be labeled "vanilla" while other means of flavoring will be indicated by labels reading "vanilla flavored" or "artificially flavored vanilla."

One-half cup of vanilla ice cream contains 140 calories. Other nutrients include 2.3 grams of protein, 8.8 mg calcium, 67 mg phosphorus, 0.17 mg riboflavin, vitamin A, vitamin C, 7.9 g fat, 15.9 g carbohydrates and 42 mg sodium.

### Recipe for homemade vanilla ice cream

- 2 eggs and 2 additional yolks
- 6 tablespoons sugar
- 1 3/4 cups milk
- 1 tsp vanilla extract
- 1 cup heavy cream

Beat the eggs and extra yolks with the sugar until smooth and thick. Heat the milk to scalding point, then pour it into the eggs, beating all the time. Strain into the top of a double boiler and stir over a gentle heat until thickened. Chill. Add the vanilla extract and fold in the lightly whipped cream. Turn into an ice cream paddler or ice trays. In the latter case, beat three times at 30 minute intervals during freezing. The ice cream will set in 2 hours.

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