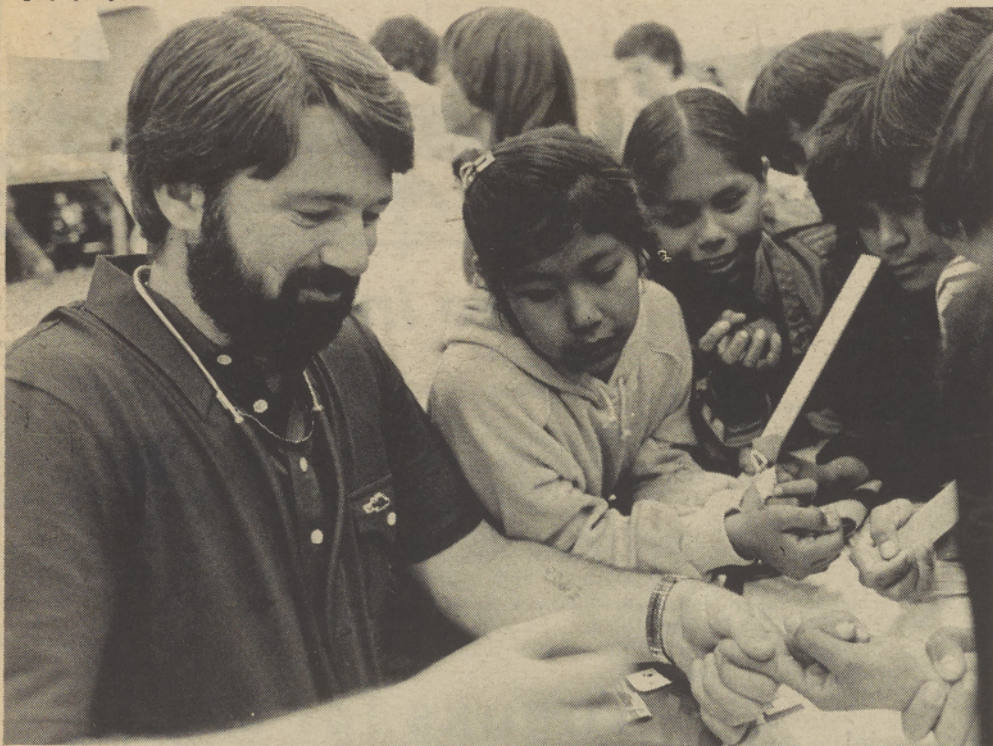




Testing blood sugar level

Spilyay Tymoo photo by Shewczyk

Mt. View Hospital registered nurse Will Gillespie shows visitors to Madras High School Health Fair, May 4, the technique for testing blood sugar level.

Jr. Queen candidate seeking local support

Lyda Rhoan, age 8, daughter of Lyle and Arlita Rhoan, is a candidate for Jr. Queen of the Tiinowit powwow held at White Swan, Washington, June 8, 9 and 10, 1984.

Lyda is in the third grade at Warm Springs Elementary.

Her paternal grandparents are Amiel and Elizabeth Rhoan; her maternal grandmother is Rena Suppah.

She was selected as the first Li'l Miss Warm Springs. She is active and enjoys many sports; ice skating, roller skating, gymnastics, modern and Indian dancing. She also loves to ride horse back. Her mother, Arlita, said, "of course she likes to play with her barbie dolls." She enjoys traveling and making new friends.

Lyda, her family and her friends will be selling Tiinowit raffle tickets for \$1.00 each, you do not have to be present to win. Lyda and her family will appreciate support from Warm Springs tribal members and local people.

Featured in the raffle will be: a 12 foot tepee, a feather bustle, microwave oven, portable television, star quilt, portable cassette player, two \$100 cash prizes, Pendleton blankets, Pendleton shawl, his/hers beaded buckle, two \$50 cash prizes, shawl, five \$25 cash prizes and many other items. The drawing will be held June 10, 1984 during the powwow.



Lyda Rhoan

Community Center Calendar

May 14	Indian Night out-potluck, drumming and dancing, 6:00 p.m.
May 15	Performing Arts Meeting
May 16-17	Memorial Day flower making-7:00 p.m.
May 19	Spring Flea Rummage Sale-Reserve tables now
May 22-23	Memorial Day flower making-7:00 p.m.
May 24	Shaklee Makeup party-7:00 p.m.

College powwow begins May 11

The Native American Student Union of the University of Oregon will be sponsoring the 16th annual powwow May 11, 12 and 13. The powwow will be held at McArthur Court on the Grand Entry. There will be various activities Saturday afternoon followed by Grand

University campus.

The Friday night activities will begin at 8 p.m., with the Entry at 8 p.m.

A salmon dinner will be held Sunday afternoon at the University's Longhouse at 1606 Columbia in Eugene. There will be no charge.

Everyone is welcome.

Plastic is dangerous in ovens

A microwave class was held on the 28th of April in the Warm Springs 4-H Center. Lucy Lyle discussed the safety and health precautions of microwave and the do's and don'ts of using plastic in your oven.

Most plastic ware is made of P.V.C. which is proven to cause cancer from prolonged use of certain types of plastic such as plastic margarine bowls, soft plastic dishes, and some plastic wraps off the store shelf. Also the plastic wraps of your store-bought meats.

Some of today's wraps are

changing and will state on the box if it is microwave safe.

Lyle then went on to discuss cooking, resting time, and how to change regular recipes to microwave recipes.

The 18-member class sampled the food Lyle prepared during the demonstration. The following foods were sampled: applesauce, brunch special (hash browns, Canadian bacon, sour cream, and eggs), luncheon supreme (shrimp on an English Muffin), cauliflower in cheese sauce, sour cream potato boat, chinese dish and cherry chocolate bundt cake.

4-H Simnasho Mini Marathon towels

\$5.00 each contact Extension office
553-1161, ext. 238

Language series offered

The following article is the first in what we plan to be a series of articles in our three tribal languages. This article was prepared under the auspices of the Culture and Heritage Department by Betty Lou Lucio, Ada Sooksoit, and Mary Ann Meanus.

Translation:

Why should we know the Sahaptin language and why should we understand Sahaptin?

All our children grow up just speaking English only and not

Táina ášukwata Saháptina síwit ku mišna ámskwíyámka Saháptina?
Tí'axow naamí miyánašma pátáwaxša paswisa šiyaputinkisim ku čau ščiskiin.
Anakumun wát'i naamí Aniaš i'aniya tanámmaman kiukna pím naamí Aniaš iníya tanán síwit
ku anamí pawá tanámma ku kwamunú iníya paminiin síwit. Tí'axow walptákaš waašatpamá
iwá Sahaptimiki síwit ku sápsiku'at iwá walptákašpa anakúški iwá áutni Tímašpa.
'Šwái pátáwaxša čautuna šukwani aiyáiyatna síwitna walptákašmi áčakú čau pašúkašša
síwit Saháptin.

Indian. When at the beginning our Creator made people, then He, our Creator, gave us Indian language, and to as many peoples as there are He also gave their own language. All Washat songs are in the

Sahaptin language and the teaching in the songs is equal to that in the Holy Bible.

They grow up pitiful, not knowing the beautiful words of the songs because they do not know the Sahaptin language.

Happy Mother's Day



Spilyay Tymoo photo by Behrand

Falls visited

Tribal fisheries biologist Cris Stainbrook, right, and Jack Orsborne of Washington State University, contemplated modifications to Strawberry Falls located near Potter's Pond. The proposed alterations would add six miles of habitat for spring chinook and summer steelhead that were released two years ago. Three concrete weirs are proposed as well as some minor alterations to the rock.