

Grant helps career awareness efforts

The grant is small, but the payoff in terms of education and careers in natural resource fields could be large for a small group of young people from the Warm Springs Indian Reservation.

The Oregon State University Extension Service has received a grant of \$4,200 to help implement an experimental program to increase awareness of careers in natural resources utilization and management and to encourage young people to prepare themselves in high school for success at the college level.

The idea is to create "linkages" between OSU and the Extension Service, the young people and their parents, junior and senior high school counselors and people working in natural resource jobs now, explains Clint Jacks, OSU Extension agent, who works both on the reservation and in the Jefferson County Extension office.

Details of just how the trial program will work will be developed further in September.

Jacks said. In addition to the Extension Service, Jacks expects the Confederated Tribes of the Warm Springs through the tribal education department and tribal education committee and school counselors and principals to be involved in the project.

Plans call for identifying up to 15 junior high-age students with an interest in natural resources. They and their parents will be invited to a three-day program at OSU in early spring to learn about OSU program in such areas as fisheries and wildlife, animal science, crops and rangeland management.

The young people will organize a special 4-H club with Jacks and Clay Penhollow, Extension agent on the reservation, working with them. Other activities may include attendance at the annual 4-H Summer Week program at OSU and the annual Oregon range camp. It may be possible to have summer work experience on the reservation.

"We want to stay with the

young people and their parents through high school," Jacks said, "so we can encourage their interest in careers in natural resources and also to insure they take classes in high school aimed at preparing them for additional work at OSU in the major of their choice."

The grant to the OSU Extension Service from the National 4-H Council is one of six made to state and Land Grant universities to increase agriculture career awareness among under-represented groups in 4-H, said Duane Johnson, Extension state 4-H leader.

The grants were made possible by a \$30,000 gift from E.I. Du Pont de Nemours and Co. The 1985 grants are seen as the first of a five-year program.

Others receiving the special awards were Fort Valley State College and the University of Georgia, Michigan State University, Oklahoma State University, and North Carolina State University and North Carolina A & T University.

Exercise class, workshop aimed at diabetes

Diabetes is a familiar disease among native Americans across the country. Known diabetics in Warm Springs total 104, thirty-five years of age and older.

Because of the presence of Diabetes in the community Warm Springs IHS nutritionist Karen Smith and wellness coordinator Eva Montee have started a diabetic exercise class. According to Smith the way to control diabetes is regular exercise and a reduced sugar intake diet.

The diabetic exercise class held each Monday, Wednesday and Friday beginning at 11:00 a.m. at the senior citizens building is open to non-diabetics, also. Chair and floor exercises are practiced. A drawing for lottery tickets is held at the end of each session.

Diabetes is the result of the pancreas failing to produce a sufficient quantity of insulin or its failure to utilize insulin efficiently.

It is detected during a physical examination with the presence of sugar in the urine. People with diabetes tend to be excessively thirsty.

After the discovery of diabetes the doctor will alter the patient's diet to avoid sugar. If the patient loses from 10-15 pounds the blood sugar level would also be reduced, says Smith. Oral medication or injections are prescribed for some.

Those who have relatives with diabetes have a higher chance of having diabetes themselves. However, if weight is kept to normal levels the risks of having diabetes are much lower.

More information about dia-

betes will be available for those with diabetes or interested community members on October 2 during Community Awareness Day on Diabetes. Held from 8:00 a.m. to 5:00 p.m. It will be a day of learning through films, guest speakers, glucose testing, food choice demonstrations, ideas for control of diabetes through diet and exercise, family coping skills and self-responsibility. The workshop is sponsored by the Warm Springs Health and Welfare Committee. For information and to pre-register call 553-1161, ext. 205.

Manual shifts save money

To shift or not to shift—if you're in the market for a car and can't decide whether you want an automatic or a stick shift, consider this: It costs an average \$206 a year less to run a car with a manual transmission. A just-completed study analyzed

variable expenses such as gas, oil, tires, and maintenance, as well as fixed costs like licensing, taxes, and insurance over a three-year, 60,000-mile period. The savings could change your mind shifting gears.

Tribal Court News

Tribal Housing Department

vs

Romaine and Lucille Miller

To: Romaine and Lucille Miller, #1319-A Deer Loop

YOU ARE HEREBY NOTIFIED that a petition for eviction has been filed with the Warm Springs Tribal Court. By this notice, you are summoned to appear in this matter at a hearing scheduled for 9 a.m. on September 20, 1985, at the Warm Springs Tribal Court. All of the facts of the case will be heard at this hearing, including evidence you wish to present.

You must appear to present your argument or the other side will automatically win. The Petitioner, Tribal Housing Department, would then be

given all that the petitioner has asked for in the petition.

The petitioner will be present at the hearing. If you desire to personally argue your side of the case, you may have a legal aide, spokesperson, or attorney with you. If you cannot be present, but want to be represented, you may have a legal aide, spokesperson or attorney appear on your behalf at your expense.

If you have any questions, you should seek legal advice immediately.

DATED this 11th day of September, 1985.

Anita Jackson, Associate Judge, Warm Springs Tribal Court.

SUMMONS Case No. CV184-85

Index to American Indian groups published

Arrowstar Publishing has announced the USA release of the American Indian Index. The 325-page publication has over 6,000 addresses and contacts for American Indian and Alaska Native groups and services centers. Researchers, the author and editors have compiled the most current and up-to-date listing of nearly everything there is to know about American Indians and Alaska Natives today. Mailing lists of tribes, urban centers, health agencies, Arts

and Crafts Traders, powwows, employment agencies, federal offices and programs, publications, alcoholism programs, child welfare centers, and a myriad of other data for the first time is put together in one reference directory. The result of thousands of hours of research and review, this is the only publication of its kind.

The American Indian Index has more information in it than any single governmental agency possesses on the data of this

type. Especially useful to libraries, tourists, fund raising experts and business sector suppliers this is today's most comprehensive listing of where Indian interests center in the data field.

According to an Indian Consultant: "It is about time someone put all this data in one place. Before this book, you would have to look all day for some address. Contacts with the government would produce slow, or no results. Others wanted to sell me addresses for

\$100.00 or more. For a mere \$19.95, I can now acquire an unbelievable amount of current and professionally presented data. Anyone who wants to look into Indian affairs or follow their rich culture needs this book.

Exclusively distributed by Arrow Publishing, the *American Indian Index* is available for \$19.95 plus \$1.50 shipping for the first copy and \$.75 shipping for each additional copy.



Loni Wolfe was selected as the 1985 queen of the powwow held in conjunction with the Wasco County Fair in August. She is the daughter of Jim and Paulette Wolfe of Warm Springs.

Oregon's minority media coverage to be discussed

The Oregon Journalists Coalition, an association of minority journalists in Oregon will present a forum called "Oregon's Media Coverage: A Whitewash or a Rainbow?"

The discussion will center on events and issues affecting ethnic and racial minorities in the state and how those events are reported by the various media in Oregon.

The forum will take place Saturday September 14, from 9 a.m. to 12:30 p.m., at St. Andrews Catholic Church Community Center, 806 NE Alberta Street, Portland.

Keynote speaker Derrick Bell, professor and former dean of the University of Oregon Law School will open the forum promptly at 9 a.m.

Two panels will be presented, one composed of media representatives and the other made

up of community leaders from Oregon's various ethnic and racial groups.

Panelists include: Ron Herndon, co-chairman Black United Front; William A. Hil-

liard, executive editor, The Oregonian; John McMillan, publisher, Statesman-Journal, Salem; Mark Zusman, editor, Willamette Week, Portland; Carolyn Leonard, Portland Public Schools; Revmundo

Marin, executive director, Portland Metropolitan Human Rights Commission. Panel moderator Mark Sanchez, reporter, KOIN-TV. Time will be allotted for audience participation.

Students complete summer program

Lyda and Althea Scott (Warm Springs) of Warm Springs, Oregon, recently completed an expense-paid, six-week summer institute in Portland, Oregon. Lyda is currently attending Scottsdale Community College near Phoenix, Arizona, and Althea has completed some of her studies at Clark College in Vancouver, Washington. Both were selected to participate based on academic competence, interest in exploring the field of chiropractic, and potential for success in that profession. During the institute, Althea and

Lyda studied math, chemistry, biology, English composition, biculturalism, and an introductory course in chiropractic. This demanding academic schedule was balanced with an array of extracurricular activities including a traditional Indian powwow to honor summer institute graduates.

American Indians who have completed at least their junior year of high school are invited to apply for next summer's institute which will be scheduled for six weeks in July and August. Participants will be provided

travel fare to and from Portland and a per diem allowance for room, board, and incidentals. Funded by a grant from the Department of Health and Human Services, the program is sponsored by Western States Chiropractic College to offer chiropractic as a career option for American Indians. For more information, write or call collect for Ann Griffith, Project Director, Indian Student Project, Western States Chiropractic College, 2900 NE 132nd Avenue, Portland, Oregon 97230, (503) 256-3180.

Warm Springs COCC classes begin September 23

Have you been looking for new ways to expand your horizons? Perhaps taking a Central Oregon Community College class this fall is the answer. The time is right, and the opportunity is here now to register for any of the following.

Driver Safety Education—Officer Cliff Jenkin will help students to pass their Oregon driver's Test. Class meets for four weeks every Monday and Thursday evening from 5:30 to 6:30 p.m. at the Community Center. Cost is \$8.00. The course will be offered twice—October 7 through October 31 and again from November 4 through December 2.

Holiday Baking—Students can work on delicious recipes for holiday breads, pastries, and other holiday treats! Classes meet on three consecutive Tuesday evenings from 7 to 9 p.m. in the 4-H kitchen. Dates are November 5 through 19. Cost is \$6.00. (Students should provide their own baking supplies.)

Indian Beadwork—A wonderful way for young and old alike to preserve part of their rich artistic culture. Students will work with simple designs and may get into intricate patterns during the eight-week course. Carolyn Tohet, the instructor, has spent much of her life doing beadwork of all kinds. She will have much expertise to share with the class. Cost is \$16.00. Students can purchase all the

supplies they will need from Mrs. Tohet. Monday nights from 7 to 9 p.m., September 23 to November 11. Class meets at the Community Center.

Basic English—A college credit class that will help improve writing skills. Students will work on grammar, punctuation, sentence structure and paragraph development. Tribal employees, high school students and college-bound students will find this a valuable help in their employment or education goals. Class meets Wednesday evenings from 7 to 10 p.m. at the Training Services Building (old dorm-upstairs). Nancy Jolstead is the instructor. Tuition is \$64.50. Meets from September 25 to December 11.

Pre-Algebra—A good choice for those who want to improve basic math skills. The course emphasizes foundations and structure of arithmetic. Lays the foundation for taking Algebra. People who did not take much math in high school would find this course valuable. Charles Alexander will teach the course on Monday and Thursday evenings from 7 to 9 p.m. Class meets at the Training Services Building. Meets September 23 through December 12.

Automotive Tune-Up and Maintenance—Always popular! Tune up your pickup, service your wagon or repair your sedan. Hands-on vehicle repair, maintenance and trouble shooting.

Ken Lydy will teach Tuesday nights, 6:30 to 9:30 p.m. at the Tribal Garage. Meets September 24 through November 12.

To register for any class, just stop by the Training Services

Building from 8:30 a.m. to 4:30 p.m., Monday through Friday.

A registration booth will also be set up at Macy's Store September 14 from 10 a.m. to 2 p.m.



Geoff Bury works out of the Central Oregon Community College mobile unit at Warm Springs. He discusses educational opportunities with Lisa Sixkiller.

Spilyay Tymoo

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