



With the certification of Susan Geurin (center) and Sara Scott (right) as EMT I's and Raneva Hammond receiving her EMT II certification, the entire Fire and Safety department full time staff has reached the goal of being fully certified by the State of Oregon.

Want to quit that habit? Smoke cessation course scheduled

You've told yourself: "I've had it! I'm going to quit smoking." You've decided to get rid of an ugly, unnatural habit. A habit that robs you of energy. Blunts your sense of taste. And smell. And costs you a small fortune.

By getting rid of your smoking habit, you're going to feel a whole lot better. You'll have more energy. You'll be able to taste food better. And smell flowers. And breathe

fresh air. And become the non-smoker you were meant to be. You weren't born with a cigarette in your mouth, were you?

But is it truly possible to get rid of your smoking habit?

And get rid of it permanently? It can certainly happen when you use your American Lung Association's Freedom from Smoking in 20 days self help program.

If you are interested in learning more about this program and perhaps interested in enrolling in a

seven-week course designed to help you in using the Freedom From Smoking in 20 days approach, you are invited to attend an open Community meeting on Monday, October 13th from 7:00 p.m. to 8:30 p.m. in the Social Hall of the Community Center. This meeting is open to anyone in the Community—smokers and non-smokers alike to learn about the program. It does not obligate you in any way. If you would like additional information, contact Eva at Extension 205.

Use care in fall yard work

A weekend in the fall is the perfect time to complete outdoor projects, such as raking leaves, planting shrubs and trimming trees.

While all are important projects, another thought should be considered—safety—especially when trimming limbs or falling trees in areas where overhead power lines are present.

Pacific Power Madras district manager Dick Laudahl says this is the time of year when the company normally sees an increase in the number of accidents, caused when people come in contact with overhead power lines.

"Before you prune or cut trees, look up and locate any overhead utility lines," Laudahl said.

The PP&L manager also warned against using metal ladders, metal handled pole saws or pruners, or any other metal tools, especially if work is to be done anywhere near a power line.

"Never assume a line is anything but dangerous," he continued. "If a wire is accidentally severed, Pacific should be called immediately," Laudahl added.

"At the very least, the call could result in quicker restoration of service—and at most—it could save a life."

Please return equipment

This is a special plea to those individuals who have requested medical equipment and home care supplies in a time of need. Please, when the equipment is no longer needed or used, would you return or make arrangements with our office to have them picked up.

It is imperative that this equipment be taken care of and well maintained so that when returned it can be readily used by another

family who may need it. Replacement or repair of this equipment is not available in our immediate means, as our budget is already set for each year and to do so, limits our services that we provide in other areas.

So, please, return our equipment when not needed and use them properly when using it because they are used by all of our people time and time again.

S.S. seminar to be held Oct. 23

We would like to invite you and your employees to a Social Security preretirement seminar.

This seminar is scheduled for October 23rd, to be held at Madras High School, 650 10th St. in Madras beginning at 7:00 p.m.

The seminar is open to anyone anticipating retirement in the next three-five years. The retiree's spouse is also invited to attend.

Topics to be covered are: Insured Status, Benefit Categories, Appli-

cation procedures and proofs, retirement test and medicare.

Pre-registration is requested. Forms are available at the Spilyay

Tymoo office. They should be mailed to the Social Security Administration at P.O. Box 1071, Bend, Oregon 97709, as soon as possible.

Mills to speak at Madras Junior High

Winner of the 1964 Olympic gold medal in the 19,000 meters, Billy Mills, will be a featured speaker at the Madras Junior High School culture week's assembly Monday, October 13 at 2:30 p.m. He will speak to students at the high school on that same day at 9:30 a.m.

Mills is a Lakota (Sioux) Indian originally from the Pine Ridge Indian reservation in South Dakota. In 1964, at the Tokyo Olympics, he earned the respect of people from throughout the world when he, a dark horse in the 10,000 meters race beat a field of outstanding distance runners to win the gold medal.

Famous overnight, he has used his fame to reach youth throughout the nation to instill in them that they can build a positive self-image to gain their own claim to fame and/or success.

A reception for Mills will be held at the Kah-Nee-Ta Hotel on Mon-

day, October 13 at 7 p.m. The reception is by invitation only. It is sponsored by Kah-Nee-Ta, the Tribal Education department, the Jefferson County School district 509-J and the Jefferson County Chamber of Commerce.

A Billy Mills fun run is also scheduled at Warm Springs on October 13 at 4 p.m. For more information contact Roy Jackson at the Tribal Group Home, 553-1654.

The Indian rock band, Winterhawk, will make two appearances during the culture week. They will appear at the Madras Junior High on Tuesday, October 14 at 9 a.m.

and they will also perform at the Warm Springs Elementary School gym on that same day at 7 p.m.

The music of the Winterhawk is targeted toward combatting drugs and alcohol. The sounds of the Winterhawk are rock with an Indian influence. "They have a lot to say to Indian people of all ages. The band has played as backup to many well-known bands, Van Halen for one. It is the goal of the team members to be role models to Indian youth," stated Dale Cochran, director of Youth Services.

Performances are free and the public is welcome to attend the one at the Elementary gym in the evening, according to Cochran.

Sign up for fitness challenge

Attention fellow employees! It's time to start thinking of the annual fitness event of the year. Yes, the November fitness challenge is just around the corner!

This year we plan on having more employees come out and join fellow employees as a team and enter the challenge, which consists of accumulating the highest number of minutes spent in exercise during the month of November. The team having the highest number of minutes spent in exercise will get their department name on the challenge t-shirt and the traveling trophy.

This year's fee to enter the November fitness challenge will be \$5.00 which will pay for an individual

time sheet and a challenge t-shirt, payable at the Community Center office beginning October 27th for sign-up.

The Community Center would like to start recognizing all fitness achievers for a job well done in the field of fitness exercise. We would like to start achievement boards for runners, walkers, rowers and bicycle riders.

Participants will sign up with the center and keep their own personal distance log in the areas of fitness they choose. Then exercisers report their distance to Austin Greene weekly or bi-monthly when they have reached a goal on the chart. Any questions, call Austin Greene at the Community Center.

Klamath mtg. set for Oct. 18

On October 18, 1986 there will be a General Council meeting of the Klamath tribal members. The meeting is scheduled for 1:00 p.m., Saturday afternoon at the Chiloquin High School Gymnasium.

There will be a potluck served in the Elementary School Cafeteria from 12:00 to 1:00 p.m. in the afternoon. Please bring a salad or a dessert.

All Klamath Tribal Members and descendants are urged to attend the meeting. Your participation is needed. Thank you.

Elk hunting (Continued from page 1)

and 18 years of age must have successfully passed a Hunters Safety Course and display a valid Hunters Safety Card. Additionally they must be accompanied by an adult or guardian when hunting.

If there are any questions regarding Ceded Area hunting, please call

the Natural Resources Department at 553-1161, ext. 233/234.

We would like all reservation deer tags that was issued for the months of August and September to be turned in to the Natural Resources for monthly reports.

Fund raising Oct. 11

It's bingo time again and the Warm Springs Parents' Club will be sponsoring Parents' Night Out "Fall Bingo Fever Fund Raiser" from 5 p.m. to 9 p.m. on Saturday, October 11. The games are open

only to those 18 years of age and over.

Indian Tacos and Pepsi will be on sale from 4 p.m. to 9 p.m. Games will be held in the Social Hall at the Community Center.

Christmas Bazaar sign-up begins

The Warm Springs Annual Christmas Bazaar will be held at the Warm Springs Community Center December 13. Carol Allison, activities director suggest people interested in setting up a booth at the

event sign-up early for the event.

If you are interested stop by the Center at 2200 North Hollywood or call (503) 553-1161, ext. 243, 244 or 302.

Spilyay Tymoo

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CHRs recognized for health efforts

In a special ceremony held Thursday, October 2 Warm Springs Community Health Representatives were given recognition for their efforts to promote strong, healthy individuals and communities. Those given recognition were Adeline Miller, Senior Citizen Specialist with 11 years; Kathleen Moses, Maternal Child Health, with ten years; Arlene David community health representative line worker, with one and half years and Robert Miller, community health representative line worker with six months. Each received a CHR medallion.

The CHR program was established in 1969 and it was the first program to take a major step by tribes to manage health programs. The initial focus of the program was to stimulate a greater use of Indian Health Services resources by making them accessible to the community people.

Pre and post-natal care were given direct attention and it is felt that this has been the major reason that the mortality profile of American Indians has changed in a positive manner.

CHR work through the years has emphasized prevention and thus they have played a major role in the excellent immunization profile the area maintains.

The duties and responsibilities of CHRs touch every aspect of life within a tribal community. CHRs have maintained a positive image within the community as people that the community can trust and count on. It is this relation that

allows CHRs to maintain a broader and more perspective approach to community health and health care.

In past years not a great deal of recognition has been given to the CHR and quite often the CHR

feels that the program has been overlooked by the people as well as the professionals within the Indian Health Services. Because of this the area Indian Health Services director, Don J. Davis stated that

"because their (CHR) assistance is so pervasive, so strongly ingrained in the community, and of such importance that their everyday actions get lost in the big picture because they are such an integral part of it."



Receiving medallions and certificates for their work as Community Health Representatives in a special ceremony held October 2 at the Senior Center are (pictured left to right) Kathleen Moses, Adeline Miller, Viola Governor and Arlene David. Not pictured is Robert Miller.