

### Folk remedies will surely cure the pain

Suffering from a toothache? Well, in 1987 edition of "The Old Farmer's Almanac" contains some folk remedies that are "sure" to reduce/prevent the pain or at least make you hope you will never suffer from a toothache.

Some believers supported the thought that if you put your right stocking on before your left that you would never suffer from a toothache. Another preventive measure is to trim your fingernails and toenails only on Fridays. If you run three times around a church without thinking of a fox, you're sure not to have a toothache.

Some American Indians were known to chew the bark of the northern prickly ash, called the toothache tree, to prevent aching teeth. Being kind-hearted and helping a struggling beetle off its back, has been known to prevent toothache.

Of course, some "cures" listed are somewhat disgusting, like filling the cavity with crow dung and placing fresh cow manure on the side of the face where the ache occurs. Eating a mouse twice a month and eating the eyes of a vulture were sure remedies as is cooking earthworms in oil then placing them in the ear opposite to the ache.

The ultimate cure was recommended by an ancient Chinese physician who said that taking a pill of arsenic would ensure sleep and would prove to be a certain cure. That cure is also final and assures the patient will never again suffer any pain.

### Garden planning

Seed catalogs are a good place to start planning for next spring's vegetable garden.

Seed catalog listings are available for locating the specific variety of vegetable you want to grow.

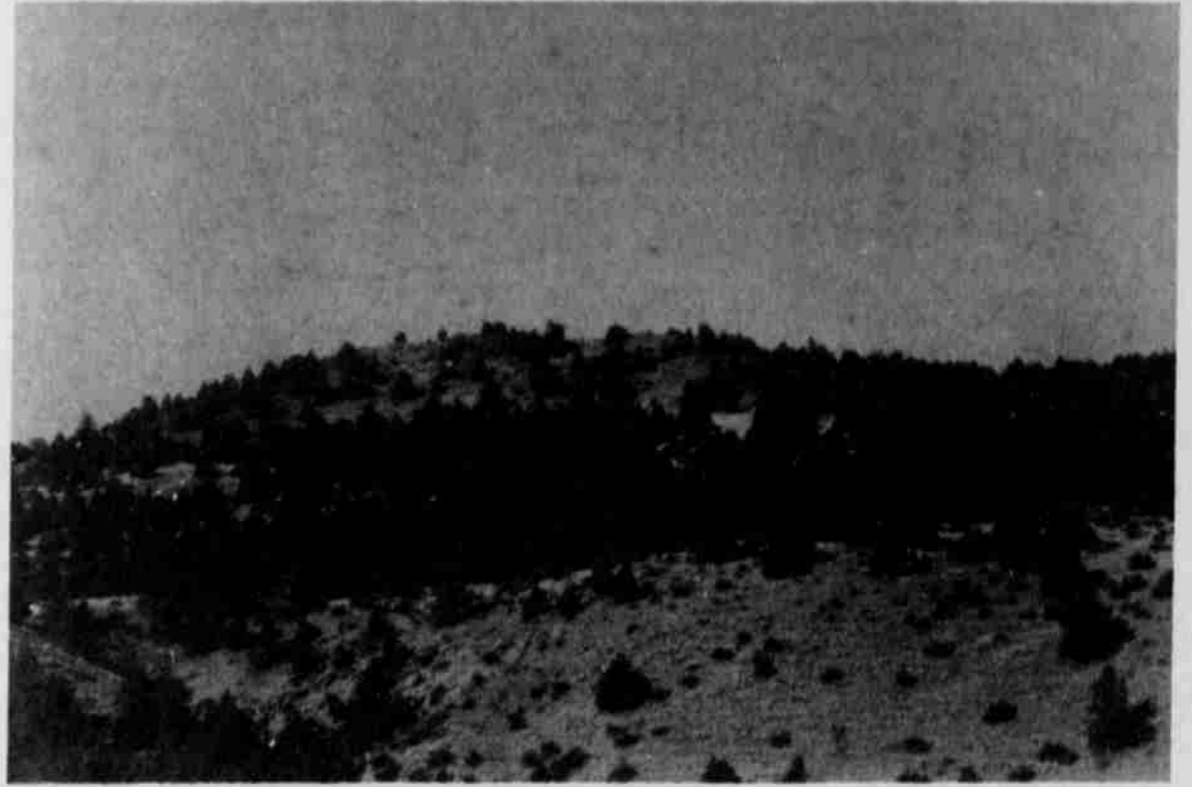
Many catalogs also contain valuable growing hints and other good ideas included with every vegetable listed. Others are localized to provide special help to gardeners in a specific area.

Vegetable varieties adapted to growing conditions in Oregon, or which have shown promise in gardens throughout the state, are listed in "Home and Farm Vegetable Garden," EC871. This publication is available at county extension offices at a charge of 75 cents per copy.

Individuals should study the list of recommended vegetable varieties. Some of them may be available at local garden stores, but others will have to be obtained through seed company catalogs. More information on seed catalogs is available at garden stores.

### 509-J budget timeline

- January 22** Deadline for building budget requests for supplies for 87/88 (all supply lists and requisitions). Publish notice of budget committee meeting in a newspaper of general circulation in the District. The notice, published between 14 days and 8 days prior to the date of this meeting, will state the date, time, location, purpose for this public meeting, and that copies of the budget document will be available. ORS 294.401
- January 29** Initial budget committee meeting. The committee shall elect chairman and secretary and may opt to elect a vice-chairman; receive the budget message from the Executive officer and the budget document from the Budget officer; consider recommendations from citizens; schedule additional meetings open to the public, as required; demand and receive any information it requests and compel the attendance of any employee at its meetings.
- February 10** Deadline for School Board candidates to file declaration of candidacy or petitions for nominations for the March 31st director(s) election. (40 days prior to March 31) ORS 255.235.
- February 19** Target Date for approval of budget by budget committee. Begin preparation of fund summaries for publication.
- March 17** First publication of the notice of budget hearing and financial summaries; between 25 and 15 days to the budget hearing. ORS 294.421.
- March 26** Directors election. ORS 254.325 HB 2059, 1983. Second publication of the notice of budget hearing; between 14 days and 8 days prior to the budget hearing. The summarized budget is not required to accompany this notice, but the notice must state the name and date of the newspaper which contained the published budget summary. ORS 294.421
- March 31** Deadline to receive abstract of votes from the County Elections officer for March 31st election (maximum ten days after election). ORS 255.295
- April 2** Public hearing on the budget as approved by the budget committee. Following the public hearing, the Board shall determine whether the levy amount to be voted on (May 19) shall be charged from that in the approved budget as a result of testimony presented at the budget hearing. The amount of the levy in the published budget may not be increased without a republication and another hearing. ORS 294.430.
- April 10** Swear in newly elected board members at regular Board meeting.
- April 13** Deadline for special board meeting; declaration by board of results of director(s) elections. (latest date)
- April 15** Deadline to notify the County elections office of the May 19th levy election. This notice shall contain a certificate stating date of election, ballot title, statement of purpose, and brief description of the matter to be voted upon. (34th day prior to May) ORS 255.085.
- April 15** Deadline to mail itemized list of any public improvements included in the budget to the Commissioner of Labor. (at least 30 days prior to adoption of the budget).
- May 4** Levy election. ORS 254.325.
- May 19** Deadline to receive abstract of votes from county elections officer for May 19th election (maximum ten days after election). ORS 255.295
- May 29** Deadline for special board meeting; Declaration by Board of levy election results. (latest date).
- June 3** Regular board meeting. Enact resolution declaring the levy, if passed. Enact resolutions adopting and appropriating 1987-88 budget. At the time the budget is adopted, expenditures in each fund of the budget may be increased up to ten percent above that in the published budget provided that the tax levy of the published budget is not increased.
- June 8** Organize the Board (prior to the last day of July).
- July 13** Deadline to certify the tax levy to the County Assessor.
- July 15** Winter term—end of the second week of October.
- Spring term—end of the second week in February.
- Summer term—end of the second week in May.



Terry Courtney identified our last Geo Quiz photo as that being at mile post 5 on highway 3, near White Hill. Here is another photo for someone to identify its exact location and win a year's subscription to the Spilyay Tymoo. Call 553-1644 with your answer. Remember, one win per person per year.

### Forest Service to locate office in Hood River

The USDA-Forest Service will open temporary offices for the Columbia River Gorge National Scenic Area in Hood River, Oregon, on January 18, announced Arthur DeFault, Scenic Area Manager. The new office is located in the Waucoma Center, Suite 301, 902 Wasco Avenue, Hood River, Oregon 97031. The Scenic Area Headquarters will be located in the Waucoma center from four to six months, until a more permanent location is found.

"We felt it was important to move our office and people out into the Gorge as soon as possible, so we choose this location," said

DeFault. "We are now searching for permanent office space somewhere conveniently located in the Columbia River Gorge. We are looking forward to living and working there."

The Scenic Area Headquarters will house a Forest Service Management Team. They will work closely with the Bi-State Columbia River Gorge Commission, once it is established; counties; local jurisdictions; and the public in developing a management plan to imple-

ment the Columbia River Gorge National Scenic Area Legislation. Legislation creating the 277,000-acre Columbia River Gorge National Scenic Area was signed by President Reagan on November 17, 1986. Fourteen full-time Forest Service employees will be assigned to the Hood River office to assist in implementing the legislation.

The office will be open from 7:30 a.m. to 4:30 a.m., Monday through Friday. The phone number is (503) 386-2333.

### Court Notices

**Confederated Tribes of the Warm Springs Reservation of Oregon**

**vs.**  
**Ellona Frank**  
**Defendant**  
Notice of Trial/Hearing for publication  
Case no. CR347-86  
To: Ellona Frank

You are hereby notified: That the above cited case(s), as filed in the Warm Springs Tribal Court, has been scheduled for trial/hearing at 10:00 a.m., on the 9th day of February, 1987.

You are hereby ordered: To be and appear at the Warm Springs Tribal Court at the time and date shown to defend against the charge(s). You may be represented by yourself, by an attorney, or by a spokesman, at your own expense. You may bring any documents you believe are relevant to this cause, and you may bring witnesses to testify on your behalf. You may request the Court to subpoena your witnesses, however, you must submit your list of witnesses no later than two weeks prior to trial; failure to do so will not be considered sufficient reason to postpone the trial. If you have any questions, you should seek legal advice immediately.

If you fail to appear as so ordered, the Tribal Court shall enter a complaint for contempt of court and issue a warrant for your arrest.

Dated at Warm Springs, Oregon, on this 9th day of January, 1987.

Anita Jackson  
Judge, Warm Springs Tribal Court

**Willie B. Selam**  
**Petitioner**

**vs.**  
**Carolyn Strong**  
**Respondent**  
Summons for publication  
Case no. DO213-84  
To: William B. Selam

You are hereby notified that a Modification Request 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 11:00 a.m., on the 6th day of February, 1987, 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.

### Office Olympics set for Jan. 31

Saturday, January 31st, at 1:00 p.m. and the Bend River Mall is the time and location of the 1987 Office Olympics for Easter Seals. This is your chance to go for the gold!

Teams of five people will compete in five different events—wastebasketball, the coffee slalom, the speed swivel chair relay, the rubberband archery snap, and the floppy discus throw. Teams may be male, female, coed all ages—this is for all you armchair and office athletes. Minimum entry fee is \$100 per team—each participant will receive an

this hearing, including evidence you wish to present.

You must appear to present your argument or the other side will automatically win. The Petitioner, N/A, may be given all that is asked for in the Modification request.

The Petitioner will be present at this hearing. If you desire to personally argue your side of the case, 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 at Warm Springs, Oregon, this 6th day of January, 1987.

Lola Sohappay  
Judge, Warm Springs Tribal Court

**J'Dean Meanus**  
**Petitioner**

**vs.**  
**Olson Meanus, Jr.**  
**Respondent**  
Summons for Publication  
Case no. DO207-86  
To: Olson Meanus, Jr.

You are hereby notified that a Petition for dissolution of marriage 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 11:00 a.m., on the 10th day of February, 1987, 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, J'Dean Meanus may then be given all that is asked for in the Petition for Divorce.

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 appear on your behalf at your expense.

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

Dated at Warm Springs, Oregon, this 8th day of January, 1987.

Lola Sohappay  
Judge, Warm Springs Tribal Court



Kah-Nee-Ta Village swimming pool is now open from 9 a.m. to 9 p.m. daily. The River Room is open for business from 8 a.m. to 8 p.m.

### Helpful hints

Do you have difficulty reading graphs and charts? If so, you are missing a lot of information. Charts are being used more and more by businesses, newspapers, and government agencies to present a large amount of information at a glance.

There are many different kinds of graphs, each with a slightly different purpose. Circle or pie graphs usually represent all of something (such as the tribal budget) with each piece showing a part or percent of the whole. Bar graphs are often used for comparisons (numbers of different kinds of trees on the reservation, perhaps), and line graphs show trends (such as number of guests at Kah-Nee-Ta over a 12 month period).

The secret of graph reading is simply to look at the graph as a whole and determine what information it is giving. Read the title. Look at the symbols and find out what each means. Look at any figures beside or around the graph. Note the number of units used; does each symbol or square stand for 1 or 1,000? Then look carefully at each part of the graph for specific information that you can use.

Graph reading can make you more informed. Graph reading can give you the "big picture" in a visual way. Remember, we can make better decisions if we are better informed.

Want to know more about reading graphs and charts? The Adult Learning Center can help. The center also helps people prepare for the GED or work towards a high school diploma. Watch for new evening hours beginning in January. Call 553-1428 for more information.

## Howlak Tichum

### Mabel Benson

Enrolled member of the Confederated Tribes of Warm Springs Mabel Kishwalk Benson died January 8, 1987 at her home in Brownstown, Washington of natural causes.

She was born September 15, 1912 to Elijah and Carrie (Wolford) Kishwalk in Warm Springs. On May 25, 1935 she married Horsley Benson. He preceded her in death in 1972.

She is survived by five daughters, Lucinda Miller of Shelton; Caroline Dick of Satus; Darlene Benson and Ginger Lawyer both of Brownstown and Diana Benson of

Harrah; and one son, Tom Benson, of Brownstown. Also surviving are 17 grandchildren and seven great-grandchildren, seven nieces and nephews and numerous cousins.

Dressing ceremonies were conducted by Washat leaders Saturday, January 8 at the Merritt Funeral Home in Toppensish. Her body was taken to the Independent Shaker Church in White Swan for overnight services and then taken to the Toppensish Creek Pavilion in White Swan for further services. Burial was at 8 a.m., January 12 at the Toppensish Creek Cemetery.

### SUBSCRIPTION TO SPILYAY TYMOO

SEND SUBSCRIPTION TO:

SPILYAY TYMOO, PO BOX 870, WARM SPRINGS, OR 97761

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

SUBSCRIPTION RATES: \$6.00 PER YEAR IN THE U.S.

\$12.00 PER YEAR OUTSIDE THE U.S.

All members of the Confederated Tribes of Warm Springs will receive the Spilyay Tymoo at no cost. Spilyay Tymoo is published bi-weekly by the Confederated Tribes of Warm Springs.