

Exercise

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goals and reward yourself for each small step forward. The larger goals will come, but they are best looked at down the line. Check with a health professional if you need help in setting realistic goals.

5. **Exercise only on the weekends.** After all, we are busy people and don't have time to exercise during the week, right? Wrong! It is just a matter of scheduling your time and making exercise a priority. Weekend exercisers are most often sore, fatigued and injured. Besides, crash exercising doesn't work. Exercise only works on a regular

basis—three or four times a week with rest days in between.

6. **Decided to undo years of inactivity "overnight."** Doing too much, too soon only results in injury and discouragement. Unfortunately, the body does object to running three miles in one day after lying around in front of the television set for the 10 years preceding. Start our easy and slow and increase gradually. Exercise within your own fitness level at any given time.

Commitment to exercise (or any other healthy lifestyle change) is

hard at any time, but especially in the beginning. It takes willpower and discipline. But, stick with it and in two or three months you will begin to see results. It takes "keep on keeping on" and not giving up.

If you would like assistance in setting up an exercise program designed especially for you, call Eva at the Wellness Office and set up an appointment. The Wellness Program is here to help you with your "health" needs. And remember, if you like exercising with a group, several exercise groups are now meeting regularly.

Still leaves Warm Springs for Burns



After being a member of the Warm Springs community for 25 years, 19 of those as a patrolman for the Warm Springs police department, Chris Still will be packing it all up on his final day at Warm Springs, May 24. He is taking a job with the Paiute Colony in Burns, Oregon as a patrolman.

Leaving Warm Springs is going to be hard because for Chris it will mean leaving behind a lot of good people. During his years as a policeman, he said there are very few people he has not gotten along with but he feels there comes a time when a person needs to move on. His two daughters Debbie Still and Laura "Missy" Still will remain in Warm Springs.

He grew up in the Baker County area which is fairly close to Burns.

Also he has a brother and a nephew living in Burns. It will mean being closer to some of his family.

He and his family came to Warm Springs in 1963, at that time he worked as a truck driver for Leno Logging and at the mill. In 1969 he went to work at Kah-Nee-Ta Resort as a security guard and eventually transferred to the police department. While at Warm Springs he has also worked as a fish and game officer, a job he enjoyed.

So, if you happen to be passing through Burns, stop and say Hello to Still.

Care givers sought

The Tribal Senior Citizens Program is looking for adult foster homes. Adult foster homes are for elders and adults with physical problems who do not need to be in the nursing home, but need supervision and help in their daily living activities. Reimbursement is based upon the level of care that a person needs.

If you are interested contact the Allied Health and Social Services

Office at 553-1161, ext. 291 for further information.

Pool table for sale

For Sale: Beautiful solid oak pool table. Includes 3/4 inch slate top, gold cloth, complete with three-globe table light. Sold new for \$1200—will sell for \$600. Call Joe at 553-1161, Ext. 248 or at 475-6643.

Women's team

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support and everyone else who helped us go to the finals this year. Also, congratulations to the White Swan, Washington girls, who placed sixth in a tough consolation bracket.

Video taps of both men's and women's games are available for viewing at Inter Tribal Sports. Special thanks go out to the following for their support this year: Tom Estimo, Madeline Queahpama, Pearl Samaripa, Inez Jim, Pat Smith, Della Smith, Daisy Ike and Margaret Suppah. Don't give up on us, we'll be working hard to get it back next year!



Community members including Tribal Council chairman Zane Jackson march with Warm Springs Elementary students during "Say No to Drugs" activity on May 13. Madras schools also marched that day.

Court Notice

The Confederated Tribes of the Warm Springs Reservation of Oregon
vs.
Edmond O. Kalama
Defendant
Order to Show Cause for Public Notice
Case no. CR103-87
To: Edmond O. Kalama
You are hereby notified: That the above cited case(s), as filed in the Warm Springs Tribal Court, has been scheduled for show cause hearing at 9:00 a.m., on the 3rd day of June, 1988.
You are hereby ordered: To be and appear at the Warm Springs Tribal Court at the time and date shown to show cause why the suspended sentence of 11/30/87, should not be imposed for your failure to comply with the sentence imposed against you. This hearing will not be a full hearing on the merits of case; you must appear and defend against a complaint that you failed to obey the Order of the Court.
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. If you have any questions, you should seek legal assistance immediately.
Dated at Warm Springs, Oregon, on this 2nd day of May, 1988.
Donald O. Costello
Judge, Warm Springs Tribal Court

The Confederated Tribes of the Warm Springs Reservation of Oregon
vs.
Theron J. Thomas
Defendant
Order to Show Cause for Public Notice
Case no. CR455-88
To: Theron J. Thomas
You are hereby notified: That the above cited case(s), as filed in the Warm Springs Tribal Court, has been scheduled for show cause hearing at 9:00 a.m., on the 3rd day of June, 1988.
You are hereby ordered: To be and appear at the Warm Springs Tribal Court at the time and date shown to show cause why the suspended sentence of 11/02/87, should not be imposed for your failure to comply with the sentence imposed against you. This hearing will not be a full hearing on the merits of case; you must appear and defend against a complaint that you failed to obey the Order of the Court.
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. If you have any questions, you should seek legal assistance immediately.
Dated at Warm Springs, Oregon, on this 2nd day of May, 1988.
Donald O. Costello
Judge, Warm Springs Tribal Court

The Confederated Tribes of the Warm Springs Reservation of Oregon
vs.
Wayne Marsh, Jr.
Defendant
Order to Show Cause for Public Notice
Case no. TR1130-87
To: Wayne Marsh, Jr.
You are hereby notified: That the above cited case(s), as filed in the Warm Springs Tribal Court, has been scheduled for show cause hearing at 9:00 a.m., on the 3rd day of June, 1988.
You are hereby ordered: To be and appear at the Warm Springs Tribal Court at the time and date shown to show cause why the suspended sentence of 09/16/87, should not be imposed for your failure to comply with the sentence imposed against you. This hearing will not be a full hearing on the merits of case; you must appear and defend against a complaint that you failed to obey the Order of the Court.
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. If you have any questions, you should seek legal assistance immediately.
Dated at Warm Springs, Oregon, on this 2nd day of May, 1988.
Donald O. Costello
Judge, Warm Springs Tribal Court

Confederated Tribes of the Warm Springs Reservation of Oregon
Complainant
vs.
John P. Miller
Defendant
Notice of Pre-Trial Conference for Publication
Case No. CR625-87
To: John P. Miller
You are hereby notified that a pre-trial conference has been scheduled with the Tribal Prosecutor, Legal Aide and yourself regarding the above case(s) to determine whether or not you will proceed with a trial on the above case(s).
You are hereby ordered to be and appear for the pre-trial conference on the 3rd day of June, 1988, at 9 a.m. at the Warm Springs Tribal Court.
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, this 2nd day of May, 1988.
Donald O. Costello
Judge, Warm Springs Tribal Court

SUBSCRIPTION TO SPILYAY TYMOO

SEND SUBSCRIPTION TO:
SPILYAY TYMOO, PO BOX 870, WARM SPRINGS, OR 97761

NAME _____
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**SUBSCRIPTION RATES: \$6.00 PER YEAR IN THE U.S.
\$12.00 PER YEAR OUTSIDE THE U.S.**

Members of the Confederated Tribes of Warm Springs will receive the Spilyay Tymoo at no charge. Spilyay Tymoo is published bi-weekly by the Confederated Tribes of Warm Springs.



Spilyay Tymoo photo by Miller

Geo-quiz

Identify this location and win a year's subscription to Spilyay Tymoo for yourself or a friend. Call 553-1161, Ext. 285 or 553-1644 with your answer.

MJH students recognized

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general science, Vick; Ofelia Santos, highest score in life science, Vick.

Luanne Foltz, outstanding improvement and contribution in journalism, Moore; Susan Skavlan, outstanding production in language arts, Moore; Sam Wolfe, outstanding improvement in reading, Moore; Ashlee Morlan, working hard and caring in language arts, Jolstead; Jarrod Sampson, cooperative, polite and helpful in guide room, Shields; Justin Dobbins, most improved in beginning choir, Burge; Chris Jack, outstanding choir member, Burge; Clem Picard, improving attendance, working hard to improve, M. Wallace.

Nikki Werner, highest average in sports literature, Gould; Gerald Ballard, most improved in language arts, Gould; Jennifer Michel, completion of class assignments and willingness to share ideas and information, McClelland; Ronald Palmer, academic achievement, Griffith; Clem Picard, most improved and most industrious, Loomis; Vangie Jack, Jennifer Samsel, Mark Harris, Ricardo Pineda, Dalene Lybbert, David Lange and Michelle Gregg, all completed March Spanish assignments on time, Fortson; Raul Treveno, speaking up so he can be heard, Fortson.

Audra Lyon, David Lange, Scott Delamarter, Tom Green, Alyssa

Macy, Susan Skavlan, Heather Clowers, Chad Casady, Jessica Jacks, Mando Rios and Ofelia Santos all received A's on their March social studies assignments, Fortson; Cory Hamilton, leadership, Snodgrass; Ken Norleen, consistent grade improvement, helpful, Tunison; Ryan Boyle, consistent good work, excellent typing skills, Tunison; Joe Zachary, most consistent in Native American literature, Tunison; Arlina Duff, outstanding behavior, performance, Miller; Willy Aguilar, outstanding student in Indian arts for March, Pack.

The following students all completed 100 percent of their assign-

ments in Gene Harrison's social studies class: Jennifer Samsel, Jennifer Sinnaeve, Rick Weston, Michelle Gregg, Kevin Harned, Jeremy Lagars, Ron Palmer, Michele Simmelink, Brad Wright, Orlando Stevens, Merlin Tom, Loren Dunten, Sandy Carroll, Ebb Huggins, Jason Hayre, Leanna Seibold, Jon Smith, Jelacia Galle-gos.

These students received awards for tremendous improvement in social studies from instructor Gene Harrison: Reuben Garcia, Alex Tufti, Tom Winsor, Marc Arthur, Lee Baggett, Marty Spino, Gerald Ballard, Chris Chee, Danny Samuels and James Teeman.

Rodeo Update

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spirit, much of which has been lost to our new generations. Thanks to Dean Seyler, Warm Springs Fire Chief for providing emergency medical personnel to stand by during the rodeo and thanks to Chief Calica for providing the police services.

Each April Rodeo has seen the Warm Springs Tribal Council offering their support and encouragement for providing the community with the two annual rodeo shows. Although this year, the association pulled off the rodeo without financial assistance of the Tribal Council, we still would like to thank

them for their support each and every year.

In the coming month of June, WSRA will be holding the annual June Rodeo during Pi-Ume-Sha. Any interested, people are welcome to attend the rodeo meetings and join the WSRA!

A final thank you to everyone who's helped us out this year! A special thanks to our ever faithful rodeo fans.

Sincerely,
Jazzy Wewa
Vice-President
Warm Springs Rodeo Association

Lovey

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sharpshooter. She said she missed expert by two points. It was an experience shooting the shotgun and she got 13 out of 15. "My shoulder and arm were black and blue for a while," she said.

"I learned a lot and now I have a better understanding of my job and I also gained new friends while I was at the academy but I also lost—12 pounds that is," stated Lovey about her stay in Monmouth. The physical program had its benefits.

Lovey is not the only member of her family involved in law enforcement. Her brother Tyrone Ike, 21, is presently attending the BPST academy to gain certification in police work. He works as a patrol-

man for Warm Springs. Her brother-in-law, Duane Edwards, married to her sister Lena, works as a patrolman also, but as yet, doesn't know when he will go to the academy.

Is her family proud of her? Her

mother, Daisy Ike, tribal juvenile coordinator, said she is very proud of her, but even more, she now knows that Lovey is going to be able to do a much better job raising her children than Daisy did because of the direction Lovey has taken.

Elementary News

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portance of regular attendance.

Ask your child to tell you about everything that happens in school. You can help build their vocabulary by asking him/her to give you the names of places, objects, feelings, etc. Please feel free to visit the classroom to learn about the program—there is no need for advance arrangements, just stop in! Feel comfortable to jump in and help. If you desire a conference with your child's teacher—call for an appointment (553-1128). Informal ("drop-in") meetings are fine before or after school. 8:00-8:30 a.m.; 11:30-12:30 p.m.; 3:30-4:00 p.m.

You may want to be aware of health concerns: head lice, pink eye, impatigo, hygiene (shigellosis, hepatitis). Check for signs of these problems on a daily basis.

he felt were necessary to be a good leader. The students shared with him their ideas of good leadership.

The following letter was received from Governor Goldschmidt:

Dear Ms. Cook and Third Graders:

Receiving your letter from Warm Springs Elementary third grade made me stop and think for a moment—what specific qualities do leaders need? Then I realized it is the same qualities that you sent to me and that third graders have. Leaders are third graders that are grown up and are nice, good, honest, fair, tough (enough to do what is right), kind and caring.

I hope you can look around your classroom and see yourselves as the future leaders of Oregon. I look forward to the future knowing that young Oregonians like you are being prepared to lead by such dedicated teachers as Ms. Cooks.

Sincerely,
Neil Goldschmidt
Governor

Letter received

Ms. Koby Cook's third grade class wrote letters to Governor Goldschmidt asking him what qualities

Video tapes for rent

1987 Lincoln's Birthday Powwow—Simnasho Longhouse
Friday, February 13, 1987—2 tapes \$2.00
Saturday, February 14, 1987—2 tapes \$2.00
Sunday, February 15, 1987—2 tapes \$2.00

1987 Lamanite Generation performance at the Community Center March 6, 1987—1 tape

1987 Head Start Powwow April 1987—1 tape

1987 Warm Springs Elementary Powwow October 2, 1987—1 tape

1988 Lincoln's Birthday Powwow finals February 14, 1988—2 tapes

The Warm Springs Culture and Heritage Department has the entire Suicide Prevention Conference held at Kah-Nee-Ta March 16-18, 1988 on tape. If viewing is desired for use at a conference or for personal reasons please contact Art McConville at 553-1161, Ext. 290.

Any group of private citizens, church, special interest, or professional groups who are interested in viewing all or part of the conference over several days, please contact the Culture and Heritage Department for arrangements.

PSU powwow May 20, 21

A Native American Cultural Awareness Powwow will be held at the Portland State University gymnasium May 21 and 22. The powwow is sponsored by the United Indian Students of Higher Education (UISHE). The public is invited to attend the two powwow.

Nathan "Eight Ball" Jim of Warm Springs will emcee the affair. Eagle Spirit Singers of Toppenish, Washington will be the host drum. Grand Entry on Friday, May 20 will be at 8 p.m. with Grand Entries on Saturday, May 21 at 1 p.m. and 7 p.m.

There will be contests, prize, monies, a raffle and an arts and crafts area. For more information contact the UISHE office at (503) 464-4452, ext. 17.