

Allied Health Department

by Barbara Yaw

Senior citizens concerns are often unlike those of any other group of people. To help Warm Springs Senior Citizens deal with problems they may be facing the Allied Health Department will feature, in Spilyay, a column that will deal with health, legal and daily living issues, offering informative timely news, announce up-coming events and menus. Questions are welcome.

1. I'd like to know why there are non-enrolled Senior Citizens living in our Senior homes?

The Senior Program operates 28 single family housing units on the reservation exclusively for use by Senior Citizens. Those units are

provided on a rent-free basis to seniors who apply for housing to the Health and Welfare Committee. Twenty of those units are under HUD regulations and therefore open to any senior, tribal or non-tribal member, and eight are tribally-owned for exclusive use by senior tribal members.

2. Did the tribe buy Cadillacs for all the mill bosses?

No...I talked with both purchasing and agents from the mill and the tribe, they agreed the tribe or mill has never purchased a Cadillac for anyone.

Menus for Senior meals at the Senior Center for the Month of September.

September 6 Tuesday

Red beans and ham
Rice
Relish dish
Fruit
Grape pear juice
Fried bread

September 15 Thursday

Stew
Tater tots
Squash
Tossed salad
Fruit
Apple juice
Biscuits

September 8 Thursday

Meatloaf
Potatoes
Cottage Cheese
Broccoli
Fruit
White Bread

September 20 Tuesday

Roast beef
Potatoes
Spinach
Sliced tomatoes and cheese
Fruit
Orange juice
White bread

September 13 Tuesday

Oven fried chicken
Potatoes
Corn
Cole slaw with pineapple
Fruit
Lemonade
French bread

September 22 Thursday

Hamburger lukameen
Potatoes
Carrots/califlower
Relish tray
Fruit
Punch
Fried bread

Happy Birthday, Senior Citizens!

September

4	Melvin Wewa	9	Delbert Frank, Sr.
5	Lizzie Rhoan	16	Lloyd Smith, Sr.
6	Roscoe Stacona	18	Lucy Oscar
8	Bernice Mitchell		Elvina Switzer
	Mary Danzuka	20	Orin Johnson
	Adeline Miller		Lasco Gilbert

"Warriors" film honoring Indian Nam vets, Sept 12

The film, Warriors, honoring Native American veterans of the Vietnam War will be shown at the Warm Springs Counseling Center in the Conference Room Monday, September 12 at 6 p.m.

The film has been termed "the most serious attempt to explore the thoughts and feelings of Indian veterans who served in Vietnam," by P.R. Greg, II, of The Lokota Times. Hear Indian vets discuss their personal experiences and the difficulties they still face. The film is "honest, humorous, sincere and unflinching" as it touches up on the range of feelings these vets have

lived and experienced.

Gordon Regguinti, The Circle, Minneapolis American Indian Center, states, "For the first time I had witnessed a film by a non-Indian, in which Indian people were allowed to express themselves without being interrupted. The emotions expressed were so genuine that I couldn't help but feel their hurt, joy, anger, sorrow."

The 60 minute video is by Deb Wallwork.

For more information contact Charlotte Herkshan at the COunseling Center or telephone her at 553-1161, ext. 205.

Wedding date set



George and Janice Clements and Zillah Flores announce the upcoming marriage of their children Georgette Sally Clements and Aldwin Joseph Keo. The traditional wedding ceremony will be September 25, 1988 at the Simnasho Longhouse at 6 p.m. A dinner will follow the ceremonies.

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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.

COCC 1988 Fall term schedule-Warm Springs

Community Classes



Pierson Mitchell

Indian Drum Making: Build a genuine Native American 15" hand drum. Learn about drum songs and dances; explore a true traditional art. Pierson Mitchell is the instructor. Mondays 7-9:30 p.m. October 3 to October 17. Meets upstairs at Old Boys Dorm. Cost is \$7.50 plus drum supplies. Section #4096



Keith Baker

Outdoor Survival: Survive on your own in the wilderness. Learn what to eat, how to track, use map and compass, water survival and more. Includes field trips. Keith Baker. Mondays, 6:30 to 9:30 p.m. September 19 to November 28. Old Boys Dorm. Cost is \$45. Section #4095.



Jeri Brunoe-Weiher

Womens Self Esteem: Look good and feel great for fall. Self esteem is a big part of this class as well as color coordination, dress, hair care, skin care and makeup tips from experienced fashion and personal development consultant Jeri Brunoe-Weiher. Wednesdays 7 to 9 p.m. September 21 to October 26. Old Boys Dorm. Cost is \$12. Section #4098.



Jane Westergaard-Nimocks

Success in Grade School: Warm Springs grade school principal, Jane Westergaard-Nimocks and her staff will show parents ways they can teach their children to become better students in reading, math and science. Thursdays 7-9 p.m. September 22 to October 27. Meets at grade school. Cost is \$12.

Massage Techniques: Learn relaxation through breathing. Learn basic strokes for head, back, feet, hands and more. Learn how to massage muscle sprains and injuries. Great for spring sports conditioning. Instructor Debbie Cordes. Thursdays 7:30 to 9 p.m. September 22 to October 27. Upstairs at Old Boys Dorm. Cost is \$9. Section #4099.



Dorothy Pederson

Lower Machine Sewing: Use lockstitches, overstitches and other power machines to make pullovers, shorts, shirts and more. Be creative!! Let Dorothy Pederson show you how to make almost anything. Mondays 6:30 to 9 p.m. September 19 to October 24. Meets at the Sewing Apparals Building. Cost is \$15. Section #4097.

Credit Classes

Mth 20-Mth 100 Math Lab: 4 credits. Register at your own math level. Prepares students for college level algebra. Great for refresher or for math you never took in high school. Will help you prepare for college. Instructor Steve Heydon. Mondays through Wednesdays 5:30 to 7:30 p.m. September 19 to December 7. Old Boys Dorm. Cost is \$90 plus approximately \$30 for books.

Rd 115-College Reading: 3 credits. An intensive course in reading, vocabulary, thinking skills and study improvement for the purpose of developing skills needed for success in college. Instructor Normandie Phelps. Thursdays 7 to 9 p.m. Upstairs at the Old Boys Dorm. Cost is \$67.50.

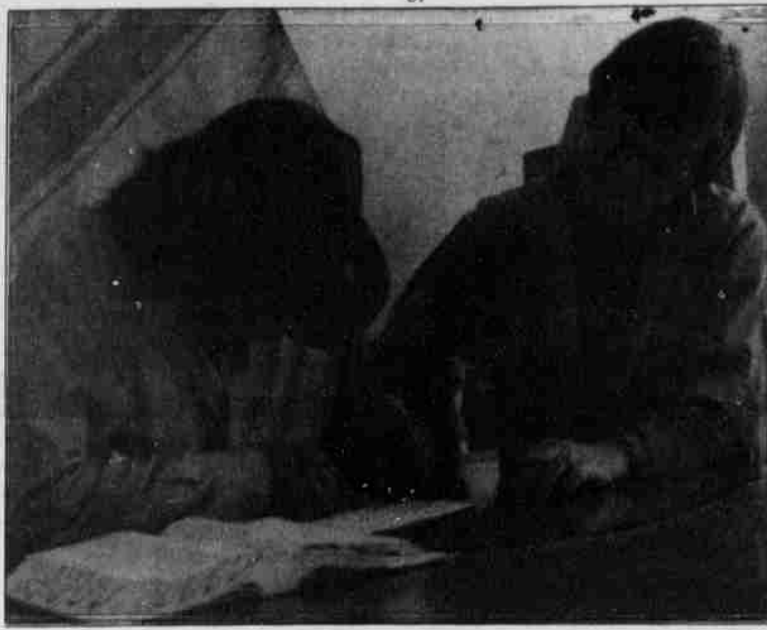
Adult Learning Center

GED and ABE Classes: Work on your math, reading, science, writing and social studies subjects to prepare for GED tests. Also open to people who just want to come in to study and brush up on any subject. Instructor Geoff Bury. Tuesdays and Thursdays 10 a.m. to 12 noon. September 20 to December 6. Old Boys Dorm. Cost may be \$10.

Free GED Practice Test

A free official GED practice test will be given Tuesday, September 20 from 1-4 p.m.. Come in and see how close you are to passing the real tests. Try your luck!

To register: Stop by the Old Boys Dorm during the work hours Monday through Friday, or call in your registration at 553-1428. Register early to be sure you get a seat. Registration begin on September 6.



Normandie Phelps

Poker fun run/walk set for September 29

The second annual "Stop diabetes Project" Poker Fun Run/Walk (1.1 mile), has been set for Thursday, September 29, at 12 noon to start in front of the Community Center.

Everyone is invited to come and support the community in the fight against diabetes. Cost to enter will be \$3.00 and everyone entered will receive a T-shirt. Prizes will be awarded to the best poker hand at the completion of the run/walk. Anyone can win.

For more information contact Eva Montee at 553-1161, ext. 205, or Austin Greene at 553-1161, ext. 243.

Parent Committee to meet Sept. 13

The first regular meeting of the school year for Title IV, Part A, Parent Advisory Committee will be held in the library of the Warm Springs Elementary School on Tuesday, September 13, 1988 at 7 p.m.

The agenda will include a report by Dr. Steve Nelson of the Northwest Regional Educational Laboratory on the evaluation of the program.

Community Center slates activities

The Community Center gymnasium will be closed from September 6 through September 18, 1988. The gym floor is being rescaled during that time, the gym will reopen on September 19 and at that time the winter hours will be from 8 a.m. to 10 p.m.

IBA
Starts-September 7
Tuesday through Thursday
Time: 7 p.m. to 10 p.m.
Fee-\$5 per player

Jersey-\$10
New players-\$15

Flag Football:
Starts-September 12
Monday through Thursday
Time: 3:30 to 5 p.m.
Ages-7 years to 12 years

Punt, Pass & Kick
Try-outs-October 24-27
October 31-November 3
Finals-November 4
Halftime at the Madras vs Ontario game

1st place-tickets to Oregon vs Oregon State Football game
T-shirt for participants

Youth Basketball
Starts-November 8
Tuesday-Thursday
3:30 to 5 p.m.
Signup at Community Center

Back to School Yard Sale
September 10 8 a.m. to 4 p.m.
Bring own tables
Front of Community Center

Teams place—Continued from page 6

they were defeated seven to 15. Again they played Warm Springs Bub's and won 14 to eight.

In the Championship games, the Macy's team was put against the Chiloquin T-Birds, but were again defeated, this time five to 18.

The places were as follows: fourth place went to the Hoopa Night

Spirits. Third was awarded to Warm Springs Bub's. The runner-up was Macy's and the 1988 champions were the T-Birds.

Cy Jim and Donnie Bagley earned all-stars for Macy's.

For Bub's team, Owen Danzuka and Mike Langley were awarded all-stars.

Norm Barney, Eldo Miller and

Dwayne Degarmo were all-stars from the T-Birds.

Best bat was awarded to Ralph Benson of the Hoopa Party Animals.

Gordo David of the T-Birds received the most valuable catcher award.

The T-Birds received \$250 along with championship jackets and a trophy for being the 1988 champs.

"PARENTS STILL DON'T UNDERSTAND"

NO-TALENT/TALENT SHOW

1:00 pm, FRIDAY, Nov. 11 1988

Community Center
Warm Springs, Oregon

for more information call (503) 553-4461

NATALIE ... ext. 243
ANITA ext. 205

