

November Exerciser of the month  
McCabe feels good about herself



Sylvia McCabe

Five or six times a week Warm Springs Daycare Assistant teacher Sylvia McCabe dons her sweatsuit and jogs, joins in an aerobics exercise session, plays volleyball or goes for a walk. She spends from six to nine hours each week in the pursuit of good health.

Although she has only recently begun her exercise program, McCabe is working hard at it and finding much satisfaction. "It's good to try new things," she says.

McCabe was initially influenced by her sister Emily Allison from Farmington, New Mexico, who always talked about running in races in Parker, Arizona and on the Navajo Reservation. While visiting

her last fall, McCabe ran in a race with her and hasn't put down her running shoes since.

McCabe has set goals for herself, particularly in running. With future races in mind, she hopes to improve her time in all the 10 K runs in which she participates next year.

Like most exercise enthusiasts, McCabe experiences times when exercise seems like a lot of trouble or it just doesn't seem to fit in the schedule. She says, when it rains it's difficult to go running and unexpected schedule changes disrupt exercise. But she tries very hard to get it in sometime during the day. "If I miss my run in the morning or evening," she says, "I make sure I run during my lunch hour." She adds, "During the summer I jogged at night using a flashlight."

To avoid missing a daily exercise session, McCabe likes to take advantage of the early bird aerobics conducted by Eva Montee or other aerobic exercise sessions conducted by Lucinda Greene, Pinky Beymer and Antoinette Wolfe. She says she also has her own Jane Fonda workout tape and occasionally uses the jogging machine at the Community Center.

As further encouragement to exercise, McCabe sometimes recruits her family to join her. Husband Louie Selam and daughter Angela jog with her. She also swims with Angela and hunts and fishes with Louie.

"Angela and I have done cross-country skiing and down hill skiing," McCabe says. She hopes to get her family interested in other things she likes to do, or would like to try, like water skiing and ice skating. "Exercising with your family brings you closer," McCabe feels. And, she says, "It adds zip to your life, instead of doing the same dull routine."

The benefits of exercise are many for McCabe. Besides bringing her family closer together, the other personal benefits for her include losing weight and increasing endurance, reducing the possibility of heart attack, having fun and meeting new people. She says, too, her friends encourage her and "I don't have a nagging husband who tells me I am fat anymore." Besides all of that, McCabe says that with her exercise program, "I feel good about myself again."

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Outstanding class

Congratulations to Mr. Harry Phillips' fifth grade class for outstanding behavior for the month of October. November's outstanding class of the month award is presented to Mr. Lonnie Henderson's second grade class!

Working in harmony

The students of Warm Springs Elementary are continuing to work on achieving their goal of "working in harmony with others and nature." The Christmas season is a good time to remember that there is much we can do to help each other to live in harmony with each other.

Book Fair

Mr. Landon Belveal, WSE Media Specialist, reports another successful Book Fair the week of November 14-18! Thank you Mr. Belveal for all of your hard work and diligence in giving the students, parents/guardians, and staff another opportunity

Legal Notice

Ruth Anderson  
Petitioner  
vs.  
Vernon Tias, Sr.  
Respondent  
Summons for Publication  
Case no. D04-85  
To: Ruth Anderson  
You are hereby notified that a Petition for Modification 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 1:00 p.m., on the 19th day of January, 1989, 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 other side will automatically win. The Petitioner,

to purchase quality books at a reduced price.

Feather awards

The following 214 students were presented a feather award for regular attendance at school during the first quarter, 1988:

Graham

Aaron Allen, Tasheena Arthur, Veronica Baez, Rodney Estimo, Casandra Frutos, Tony Gilbert, Jerrod Heath, Shirley Hoptowit, Douglas Jackson, Elaina Jackson, Sharondee Mitchell, Cecelia Polk, Gena Smith, Betty Jo Stephens, Remo Stormbringer, Chris Suppah, Toni Tail, Gerald Tias, Chasan Walker, Gabriel Walker, Warren Wallulatum, David White, Alex Williams.

Henry, J.

Karla Kalama, Sarah Ribeiro, Billie Suppah, Kamala Tewee, Jeanie Wilson, Joseph Aguilar, Jerold Brunoe, Evan Cochran, Alfred Estimo, Carl Howe, Loren Littlefield, Kye Wells, Randy Yahtin.

Vernon Tias, Sr., may then be given all that is asked for in the Petition for Modification Request. 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 16th day of December, 1988.

Lola Sohappy  
Judge, Warm Springs Tribal Court

Year-round fishing—

Continued from page 1

that my father and grandfather fished...at a time and place of my own choosing."

The Maupin fisherman says he has been trying to work with the Tribe and ODFW to alleviate trespass problems. He stresses to his fellow fishermen that trespassing is "cutting our own throat." He sees part of the problem with increased trespass violations as being lack of education regarding tribal lands and inadequate posting of the tribal area. He is giving attention to both problems.

The Warm Springs Tribe recently withdrew a petition to the Fish and Wildlife Commission appealing a reversal of the regulation. According to tribal attorney Howard Arnett discussion of the regulation will occur during the regulation-setting sessions scheduled for 1989.

Henry, L.

Tia Bean, Falena Kentura, Monet Martinez, Adrienne Merrifield, Ellison Chavez, Lester Dixon, Anthony Mitchell, Agustín Pedraza, Sampson Price, Rancis Sorrelhorse, Joseph Thompson, Willard White, Aaron Wewa.

Rodgers

Elizabeth Earl, Dawn Rowland, Chris Sanders, Pamela Saunders, Elfreda Smith, Melanie Smith, Edna White, Harley Andrews, Jackie Covers-Up, Jonathan Culp, William Esquiro, Craig Graham, Raymond Jones, Thomas Medina, Winter Selam.

Fuentes

Reanna Charley, Hector Gonzalez, Ross Eagle Culpus, Rensó Rodriguez, Ramon Greene, Grant Waheneka, Ernie Bryant, Fred Wallulatum, Annie Fuiava, Faron Kalama, Lucinda Tufti, Vera Smith, Una Johnson.

Cook

Tashina Smith, Amy Suppah, Benita Merrifield, Antonia alonso, Darreck Palmer, Jamie Tohet, Derek Greene.

Kaiser

Fawn Begay, Orie Made, Rosetta Martinez, Jessica Sanders, Tanya Tewee, Nancy Williams, Matthew Aguilar, Donald Hoptowit, Frederic Jack, Alex Martinez, Justin Miller, Christopher Smith, Mario Smith, Stevben Tias, Michael Spino.

Henderson

Evaristo Antunez, Molly Fuentes, Timothy Kalama, Joseph Martinez, Charles Selam, Desirae Smith, Amanda Tom, Harlan Wahenka, Sunshine Yubeta, Wilhemina Hill.

Soliz

Kyle Frank, Jacob Harding, Violet Heath, Paulette Henry, Lynn Knight, Emily Mitchell, Phillip Squiemphen, Jesse Wewa, Desiree' Sutterlee.

Kintner

Estomina Made, Angela Sanders, Sonya Stormbringer, Ambrosia Suppah, Lori Ann Suppah, Billy Berry, Andy Fuentes, Rupert

Kalama, McKinley Lopez, William Spino.

Nelson

Kim Estimo, Garrett Greene, Elliot Lawson, Julia Rowland, Fred Sanders, James Smith, Ardis Smith, Taralee Suppah, Phillip Tewee.

Sensibaugh

June Aguilar, Darlene Frank, Christine Johnson, Glenn Brunoe, Bruce Howtopat, Marlow Little Boy, Jesse Reese, Brian Renfro, Israel Scott, Kenneth Tuckta, Clarence Bryant.

Davidson

Alicia Alonso, Julio Colazo, Jon Jefferson, Jason Jim, Marie Knight, Carlos Lopez, Juanita Pacheco, Kelly Sam, William Sam, Shasta Smith, Jimmy Tohet, Thomas Walker, Ivy Wallulatum.

Perkins

Melissa Knight, Gabriel Jack, Ronnie Culpus, Tama Langnese, Jonas Miller.

Moore

Virginia Arthur, Willis Bagley, Marissa Kalama, Shelton Kentura, Ramona Sam-Lopez, Juanita Spring Majel, Clifford Pamperien, Bucky Smith, Jonathan Smith, Earl Spino, Jessica Taylor, Jason Tohet, Walter Waheneka.

Wright

Josephine Alonso, Goldie Davis, Reggie Heath, Michael Hellon, Robyn Ike, Aaron James, Roxanne Johnson, Shad Martinez, Scott Riddle, Wes Yahtin, Edith Wyena.

Phillips

Also Antunez, Lynn Chavez, Jerome Culpus, Taw Foltz, Eva George, Aerie Gibson, Tiffney Henry, Caleb Jim, Marlen Miller, Raymond Scott, Marci Smith, Wanblee Smith, Gerald Tufti, Winter Hawk Smith, Angelo Fuentes.

Anderson

Siagigi Hisatake, Camerkon Jack, Vanessa Knight, James Sam, Michael Smith, Evalene Spino, Trisha Stradley, Wanblee Wallulatum, Kelly Wewa.

The Olympic symbol is five interlocking circles colored blue, yellow, black, green and red on a white background, representing the five continents. At least one of these colors appears in the national flag of every country.

Protecting property, lives in wildland/urban interface areas poses critical problem

In October, 1871, a fire in Peshtigo, WI, killed more than 1,500 people and burned 1.2 million acres. The Peshtigo Fire occurred in the same month as the infamous Chicago Fire. But while everyone has heard of Mrs. O'Leary's cow, few have heard of the Peshtigo fire in which four times as many people died.

Ancient history? Not so!  
The 1985 wildland fire season was the most severe of this century. By the end of the fiscal year, over 83,000 wildfires had burned almost three million acres, destroyed or damaged in excess of 1,400 structures and dwellings, caused the deaths of 44 civilians and firefighters, and cost the federal, state and local fire agencies and private industry over \$400 million in fire-fighting costs. Damage estimates to natural resources and property are not available, but probably run into the hundred of millions of dollars.

The southern states east of the Appalachian Mountains from Florida to Virginia, parts of New England, Idaho, Nevada and central California were especially hard hit by wildfires. National mobilization was needed in the western states and in the south to cope with wildfires. During the first week of July, a total fire mobilization of over 20,000 federal and state firefighters was committed to fires in 13 western states, including massive fires in California, Idaho, Oregon and Nevada.

The loss of property was the worst since 1871 when the Peshtigo Fire destroyed entire communities.

Major losses of buildings occurred in Florida, North Carolina and California, but reports of structure losses have also come from Washington, South Carolina, Oregon and New England. The number of structures saved by wildland firefighters is not known, but wildfire reports routinely listed "structures threatened" in daily status reports. Because protection of property and lives took priority, natural resource losses increased when fire forces were diverted to protecting structures.

Last year's loss in lives and property is part of a developing trend. A major population shift from urban to suburban living in the years since World War II has greatly expanded what is now called the urban/wildland or woodland home environment—the zone where people are in contact with the wildlands for reasons not related to timber or other traditional forest uses. Although this trend has increased the general population's appreciation for the amenity values of forests, it has also greatly increased the number of primary residences, second homes and retirement homes located in forests and brushlands. Vast areas of the United States contain high-value properties intermingled with flammable native vegetation.

Structural fire losses are increasing dramatically as more people build and live in proximity to flammable plant communities. Major loss of life is possible—in fact, inevitable. The problem is not, as is often believed, one unique to southern California. The extension of

residential and commercial development into areas with high fire risk has been noted throughout the Nation—from the Georgia Piedmont and the sand plains of central Michigan to the Rocky Mountain foothills near Denver to northern New England.

Although current fire management practices make it unlikely that fires will ever again reach the huge proportions of those in 19th-century America, the risks to life, property, natural resources and economic welfare are much higher today than ever before. Huge fires are not required for catastrophic losses in the modern wildland/urban interface. Even small fires can be killers—three homeowners died when an eight-acre fire swept their Baldwin Hills, California subdivision. Fire management must change in order to better prevent and suppress smaller, fast-moving single and multiple fires as a wildland/urban interface continues to expand. This change must occur nationally.

The task of protecting lives and property from wildfires in the wildland/urban interface poses one of the most critical and elusive problems faced by wildfire protection agencies. Wildfire protection agencies have broken the problem down into several parts:

- Fire managers are unable to reliably predict erratic fire behavior in mixture of structures, ornamental vegetation and wildland fuels characterizing the interface.
- Physical fuel properties and moisture relations in these areas are not well understood, as they are gov-

erned by both natural and human-caused phenomena. Possible relationships among building and landscaping location, design and construction, with respect to terrain and other structures, add to the complexity of fire behavior. For example, spotting (fires starting from flying embers) is especially difficult to forecast due to the diversity of firebrand materials and unusually complex windflow patterns. Yet, spotting is the chief cause of structural fire ignitions in wildland/urban areas.

- Use of prescribed fire for hazard reduction (fires purposely set to remove undesirable vegetation) is made difficult by legal, political and environmental concerns. Liability for damages to intermingled private holdings is a significant deterrent. In many cases, the very reason for living in the interface precludes the use of fire. Nonetheless, means must be found to manage fire hazards in the interface, while maintaining or enhancing desired environmental and economic values.

- Many property owners are unaware of the wildfire threat and fire safety ordinance and building codes are frequently inadequate, unenforced or disregarded. A quintessential example is the insistence on flammable roof materials in the chaparral area of southern California, but similar attitudes are exhibited throughout the world. The design of subdivisions, also, continues to defy principles of fire safety. Many areas include narrow, winding or dead-end roads with inadequate water systems. Lots are frequently too narrow to permit effective vegetation removal. Without strong motivation to change, homeowners and developers will continue to produce and maintain these dangerous communities.

- Most forest fire suppression personnel are inadequately prepared for fighting structural fires, whereas municipal fire departments are not always fully trained or equipped for wildland fire suppression. Although relatively new organizational systems for integrating a variety of fire protection resources and personnel have proven effective, the special demands of fires in the wildland/urban interface often force firefighting personnel to perform unfamiliar tasks. The need to meld structural and vegetation fire expertise on interface fires remains a formidable challenge.

The following actions and im-

provements are needed.

- Effective techniques and strategies to assess and manage fire hazards in the wildland/urban interface.

- Aids for planning, budgeting and training for increased involvement in the residential/wildland interface to ensure a balanced capability in conducting structural and wildland fire suppression activities.

- Effective ways to educate property owners, land developers, insurance carriers and local planners about vegetation fire problems and solutions.

- Fundamental knowledge about the physics of fire spotting and crowning in the wildland/urban interface.

- Knowledge about relationships of building design, materials and landscaping with fire hazard and behavior.

- Improved understanding of why people build fire-prone homes in highly flammable areas and how they respond to various motiva-

tional tactics to reduce vulnerability.

Who is responsible for the solution, the fire protection agency, the homeowners, the county planner? The responsibility for fire protection cannot be relegated to a single element of society. If calls for a combined effort. Just a few of the groups that share in the responsibility include:

- Homeowners
- Fire protection agencies
- Local and regional planners
- Media and communication experts
- Insurance carriers
- Builders, contractors and architects
- Training and motivational experts

A truly integrated approach to the problem would greatly reduce its impact. We all must take a hand in solving the problem. We must strive to avoid a 20th-century Peshtigo fire. There is no justification for continuation of such a serious hazard to life and property.

Howlak Tichum

Hazel (Charley) Suppah

Enrolled member of the Confederated Tribes of Warm Springs, Hazel (Charley) Suppah, died at Mt. View Nursing Home Monday, December 26, 1988 following an extended illness. Hazel was born in 1918 to Robert Charley and Carrie (John) Charley Tuckta. They preceded her in death September 11, 1927 and January 29, 1944, respectively.

On November 27, 1936, Hazel married Matthew Suppah, who died October 27, 1965. They had 12 children.

Hazel worked for the Warm Springs Head Start program from 1968 to 1984 as a cook's aide and head teacher. As a teacher, Hazel played an important, guiding part in the lives of most reservation children. Hazel was a traditional woman. She was recognized at the 1988 Lincoln's Birthday Powwow for the many contributions she had made to the community during her lifetime.

Surviving Hazel are her daughters, Janice Clements, Laura Thomas, Georgena Suppah, Lila Suppah, Lucille Miller, Geraldine Suppah and Celestine Suppah. She was preceded in death by two daughters, Melissa Suppah, who died March 19, 1943 and Jerrieleen Suppah, who died February 9, 1958. She is also survived by two sons, Roger and Erland Suppah. Another son, Robert, died March 14, 1976. One brother, Wesley (Riggs) Charley and two sisters, Joyce Quinn and Gladys Thompson also remain. She was preceded in death by a sister, Rosanna Charley, who died September 12, 1957. Many nieces, nephews and grandchildren also remain.

Dressing ceremonies were conducted at the Simnasho Longhouse December 27, 1988. Overnight ceremonies were held followed by burial at the Simnasho Cemetery Thursday, December 29, 1988.

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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