

Senior Citizen's Corner

By Barbara Yaw

"Dial-A-Ride"

This program has been changed to include all senior citizens, local and rural. The destination remains the same i.e. anywhere within the reservation. The service takes place Wednesdays from 8:00 a.m. to 12:00 noon. Call 553-1161, Ext.

313 to make arrangements.

HEY! Seniors—Let's get some feedback on this Dial-A-Ride. This has been set up to try to help you. Pro or Con, let's hear it. If this is not what you want or need, let's get something going that you do need and want.

Menu for January

January 17

Roast beef & gravy
Mashed potatoes
Peas & carrots
Green salad
Rolls, punch

January 24

Turkey & dressing
Mashed potatoes & gravy
Relish dish
Fruit
Biscuits
Orange/pineapple juice

January 31

Short ribs & dumplings
Oven fried potatoes
Broccoli
Tossed salad
French bread
Fruit
Orangeade

January 19

Fish sticks
Potatoes
Carrots & cauliflower
Coleslaw
White bread
Apple juice

January 26

Hamburger luckameen
Oven fried potatoes
Cottage cheese
Fried bread
Fruit
Orange juice

February 2

Frankfurters
Macaroni & cheese
Green salad
Peas
Wheat bread
Fruit
Punch

All meals served with coffee, tea or milk

Happy Birthday Senior citizens

January 1
January 2
January 3
January 7
January 9
January 13
January 14
January 16
January 29

Effie Culpus, Gladys Thompson
Bessie Eder
Alvis Smith Sr., Ada Sooksoit
Wesley Charley
Wesley Charley
Zane Jackson
Victoria Smith
Laura Grabbner
Kathleen Moses

Doney hopes to expand business

The new Custom Fabricators shop, built six years ago, has served Ivan Doney well. The spacious building has allowed him to expand

his business where he now does both fabrication and automotive repair.

But Doney hopes to expand even more. He has recently applied for a

small business loan to enlarge his facility, enabling him to manufacture mufflers of his own design. "They would fit any car or truck," says Doney.

Doney came to this area after working in Seattle in the NASA space program as a layout man. They told him what they wanted and he would build it.

Originally from the Turtle Mountain Chippewa reservation, Doney liked the communities of Madras and Warm Springs when he first visited the area. He stayed and worked for three years at Kah-Nee-Ta on the maintenance crew and then at Gourmet Foods in Metolius building food processing machines.

During this time he would help people with their fabrication needs and automotive work. He decided 11 years ago to open his own shop. Even while occupying the building directly behind M & M Tires, Doney says, he "was making things the hard way." Little by little he added equipment and eventually had a new building constructed.

Doney's brothers Richard and Duane also work out of the shop; Richard as a licensed mechanic and Duane on electrical problems.

Outside the shop, Doney races stock cars. He is responsible for starting the COMA Race Club with a track near Madras Airport.

With his time fully occupied, Doney has little time for community activities although he does help sponsor rodeos and other events in which young people participate.

He's also an avid fan of his half-brother Al Doney who is an Indian Dancer. Doney says, "He's good at dancing. I'm good at what I do."

Doney's shop, still located behind the old M & M Tire store on Highway 97, is open for business from 8:00 a.m. to 5:00 p.m. He says to call to see if any specials are offered or just drop by look around. The stove's always going.



Spilyay Tymoo photo by Shewczyk

Ivan Doney is hoping to expand his fabricating business in the near future to include custom mufflers.

Bufs defeat Mac-Hi Pioneers in league game

The Madras High School varsity basketball team hosted the Mac-Hi Pioneers Friday evening, January 6. They started their league play in good shape with a Greater Oregon League victory over the Pioneers, scoring 60 to the 46 that Mac-Hi had.

The Bufs kept the game under control against the Pioneers good enough to win but need to play better if they expect to better their season this year.

Laura Snow led the Buffaloes with 18 points total and 11 rebounds. Angie Namenuk had eight assists added to the nine points she scored. Emily Ralls also totaled nine points for the evening. Christel Leonard made eight for the Bufs as Janel Wiles made 71. Ellen Blincoe came off the bench and collected eight rebounds and made four points for Madras. Jocelyn Moses contributed three along with two from Shauna Craig.

This victory puts the lady Bufs at eight wins and one loss for their overall record and one win and 0 losses in league action.

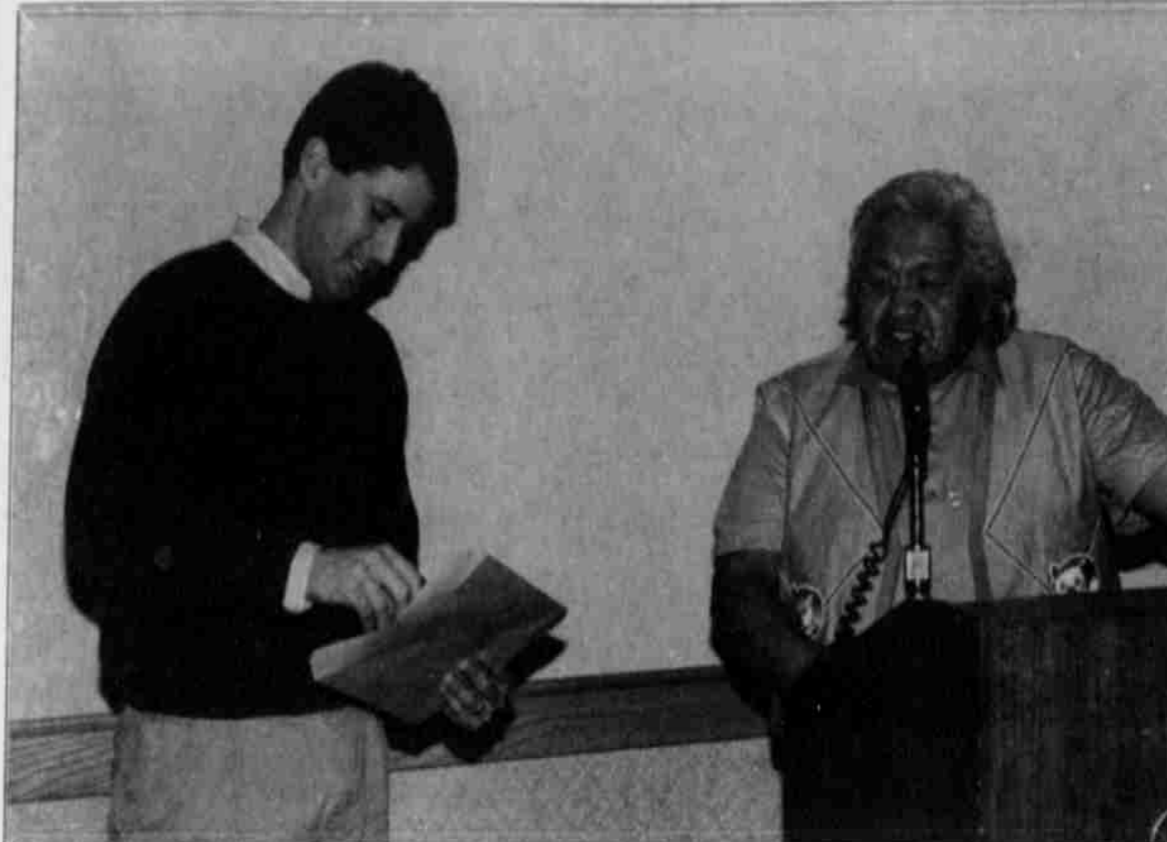
Holiday bowling results continued from page 6

Parker-J. Badoni 1143; 17. R. Shike Sr.-R. Shike Jr. 1132; 18. C. Jones-C. Smith Sr. 1127; 19. G. Tufti-J. Tuckta 1111; 20. L. Bobb-R. Clements 1018. **Womens Doubles**

1. S. Greene-N. Greene 1263; 2. L. Grabner-K. Dunten 1260; 3. C. Dixon-D. Sutterlee 1236 (1256); 4. J. David-S. Sanders 1248; 5. L. Adams-C. Shike 1241; 6. R. Jack-L. Tufti 1237; 7. A. Greene B. Tufti 1210; 8. D. Shadley-C. Dixon 1209; 9. J. Honanie-A. Harnick 1190; 10. C. Johnson-H. Jones 1168; 11. R. Unive-L. Grabner 1161; 12. A. Clements-M. Tuckta 1124; 13. P. Speakthunder-N. Smith 1113; 14. D. Parker-J. Walker 1112.

Mixed Doubles

1. Cliff Walker, Sandra Greene,



At a dinner Chief Delvis Heath presented Pat Reiter with a beaded portrait of Abraham Lincoln to be presented to Mark Hatfield in the D.C. office.

Singles Champions 1988-89

1. Ray Shike, Jr. 779; 2. Jim Yahr, 760; 3. Cliff Walker, 700; 4. Maynard Honanie, 687; 5. Randy Samples, 680; 6. Jo Jay Pinkham, 675; 7. Gil Scott, 650; 8. Miles Vizener, 655; 9. Bob Barnick, 644; 10. Alley David, 638; 11. Ray Calica, 632; 12. Bob Macy, 634; 13. Satch Miller, 630; 14. Ralph Minnick, 626; 15. Vern Nelson, 626; 16. Case Jackson, 619; 17. Claude Smith, Sr., 617; 18. Ev Miller, 614; 19. Claude Smith, Sr. 609; 20. Joe Tuckta, 608; 21. Guy Wallulatum, 604; 22. Dino Jones, 602; 23. Virgil Lallashute, 601; 24. Sidney Miller, 594; 25. Chet Van Pelt, 589; 26. Joe Badoni, 587; 27. Lawrence Shike, 577; 28. Dale Parker, 569; 29. Rudy Clements, 568; 30. Owen Danzuka, 565; 31. Ray Shike, Sr., 564; 32. Benny Heath, 557; 33. Jeffrey Sanders, 553; 34. Jeff Toms, 552; 35. Ray Lengele, 537; 36. Gus Tufti, 515; 37. Jerry Sampson, 511; 38. Levi Bobb, 510; 39. Ron Clements, 495 and 40. John Wright, 473.

Singles Women

1. Carol Doxon, 656; 2. Helena Jones, 652; 3. Sandra Greene, 646; 4. Donna Sutterlee, 643; 5. Angie Greene, 636; 6. Kathy Dunten, 636; 7. Margie Tuckta, 614; 8. Laura

Tutti, 614; 9. Jennie Honanie, 610; 10. Birney Tufti, 589; 11. Joni David, 576; 12. Rose Barnick, 576; 13. Shirley Sanders, 574; 14. Norene Greene, 570; 15. Deanna Shadley, 570; 16. Carol Dixon, 567; 17. Pat Speakthunder, 567; 18. Norma Smith, 562; 19. Laura Grabner, 561; 20. Carolyn Johnson, 559; 21. Anna Clements, 558; 22. Relda Jack, 553; 23. Judy Walker, 551; 24. Charlotte Shike, 549; 25. Lana Adams, 547; 26. Laura Grabner, 527; 27. Roylene Unive, 523 and 28. Dee Parker, 522.

Mens Doubles

1. Sid Miller/J. Sanders, 1,289; 2. G. Scott/B. Barnick, 1,280; 3. R. Clements/J. Yahr, 1,258; 4. Visnor/E. Miller, 1,257; 5. L. Shike/H. Honanie, 1,246; 6. G. Wallulatum/P. Mitchell, 1,241; 7. A. David/J. Sampson, 1,241; 8. V. Lallashute/J.J. Pinkham, 1,233; 9. C. Walker/J. Wright, 1,226; 10. B. Heath/B. Macy, 1,202; 11. V. Nelson/R. Lengele, 1,201; 12. O. Danzuka/C. Van Pelt, 1,184; 13. C. Jackson/J. Tomms, 1,168; 14. J. Toms/R. Samples, 1,161; 15. R. Calica/J. Tuckta, 1,160; 16. D. Parker/J. Badoni, 1,143; 17. R. Shike, Sr./R. Shike, Jr., 1,132; 18. C. Jones/C. Smith, Sr., 1,127; 19. G. Tufti/J. Tuckta, 1,111; and 20. L. Bobb/R. Clements, 1,018.

Some colds may need attention

Most colds get better by themselves and require no visit to the doctor. But you should seek professional advice if any of the following symptoms occur.

Oral temperature above 103 degrees.

Severe pain in the chest, head, stomach, ears, or enlarged neck glands.

Sore throat combined with oral temperature above 101 degrees for 24 hours.

Oral temperature that remains above 100 degrees for three days.

A fever, sore throat, or severe runny nose that persists for more than a week.

There is a discharge from the ears or general discomfort in the ears.

Your coughing produces a thick greenish-yellow phlegm. wash your hands. The best defense against colds is clean hands.

Cold viruses are extremely contagious, easily spread by sneezes, coughs and runny nose. They can survive three hours outside the body on hands, door-

knobs and telephones, for example.

Protect yourself from infection by washing your hands frequently and avoid touching your face when you're near cold sufferers. Simple advice, maybe, but effective.

Of course if you are the one with the cold, do your family, friends and co-workers a favor and wash your hands—often.

To buy or not to buy

Decongestants—In capsules, nose drops or inhalers, constrict blood vessels in the lining of the nose, open nasal passages temporarily and may dry up mucus. They can also have a rebound effect—an increase in swelling. In some people they can increase heart rate, induce insomnia and elevate blood pressure.

Pain relievers—Aspirin, acetaminophen (Tylenol, Panadol), or ibuprofen (Advil, Nuprin) can relieve fever and muscle aches. Children under 16 should not take aspirin, which may cause Raye's Syndrome. Pregnant women, especially in the last trimester, should avoid aspirin as well as ibuprofen. Alcoholics

or those with liver or kidney disease should avoid acetaminophen.

Antihistamines—Are more effective against hay fever than colds. They may make mucus too thick and thus difficult to cough up. They can also induce drowsiness.

Cough syrups—Coughing serves a useful purpose by clearing secretions from your throat. Thus cough suppressants should not be used for wet productive coughs, unless the cough prevents sleep. Try hot drinks, steam, or hard candies instead. For a dry, unproductive cough, suppressants may help you get a good night's sleep. Expectorants with guaifenesin (the most widely used ingredient) are about to be classified as safe and effective by the FDA.

Combination cold medicines—Both children and adults should avoid those drugs (Dristan, Comtrex, Contac, Cotylenol, etc.) that combine a variety of ingredients for "fast" relief of a whole range of symptoms. The active ingredients may work against each other and none are likely to do much good.

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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.

Parents, guardians, community people

Please help support the Warm Springs Elementary School students and help them raise funds for playground equipment. Students will be having fundraising activities.

Pepperoni Sales
.50¢ a stick

to be sold at 3:30 p.m. Monday through Friday in front of the school office.

Christmas video tapes
\$7.50 each

Training—

Continued from page 1

participate in one or more of the different trainings that Dr. Bavolek will offer here in February," comments Mitchell. "We want him to be the beginning of a series of special presentations that help parents and professionals see their importance as family members and encourage them to become even more caring and loving in their interaction with their children and each other."

A later edition of Spilyay will present exact times and places for Dr. Bavolek's presentations. For more information before then, contact Mitchell at 553-1161, ext. 241.