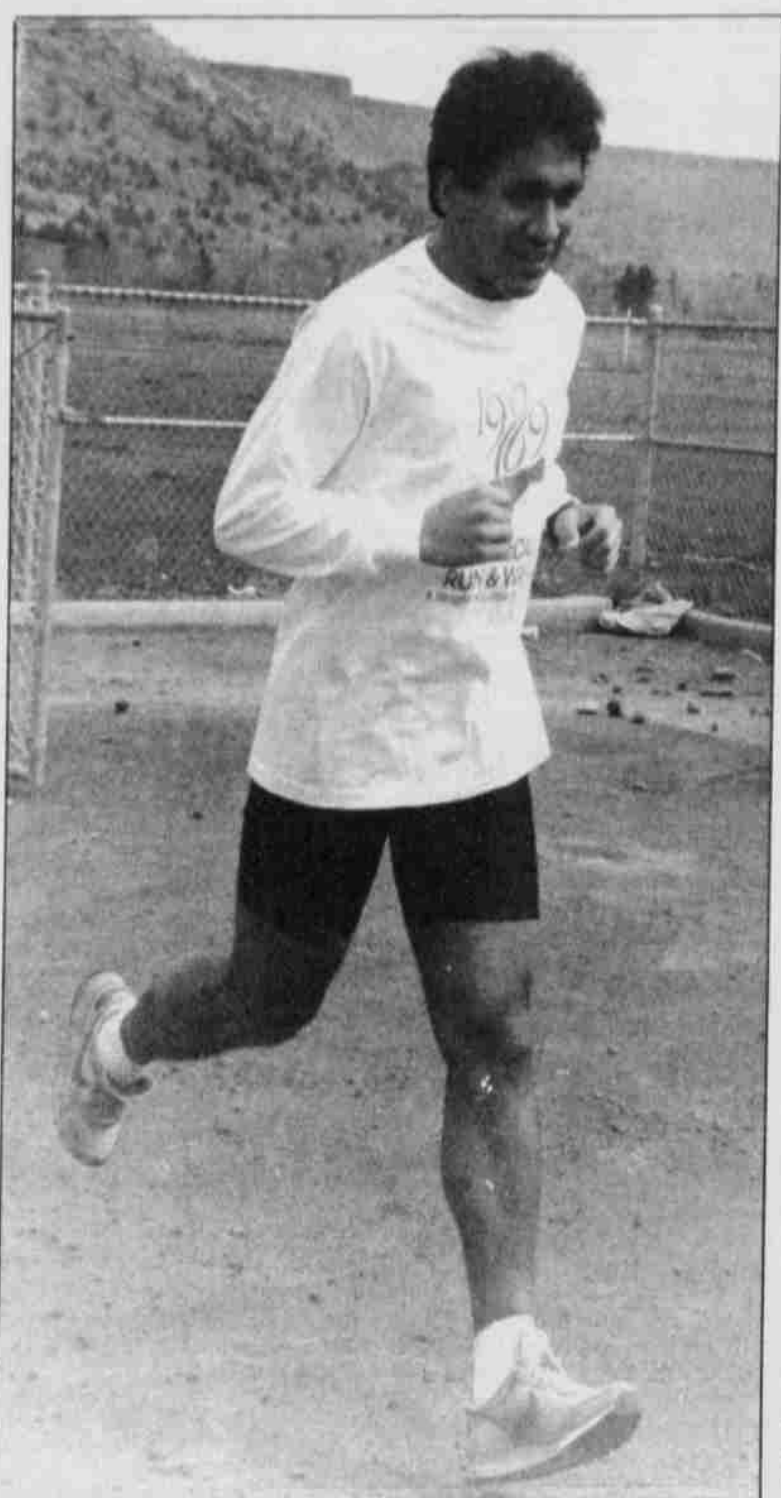


Dexter runs for exercise



Dr. Don Dexter, dentist at the IHS Clinic, exercises for improved health and physical fitness.

by Saphronia Coochise

Don Dexter was chosen exerciser of the month for February. Dexter is currently taking part in running, basketball and tennis, participating six days a week, 8-10 hours. He has maintained this schedule for two years.

Dexter stated, "I've always enjoyed participating in sports and being active, but the demands of dental school took a higher priority than exercise."

Dexter believes that exercising is a perfect complement to his profession as a dentist. His work requires fine detailed work in a small work space. Exercise allows gross movement and exertion and seems to open his "horizon." He feels it is more relaxing than reading or doing art work, which he enjoys but are too similar to his work.

Dexter is looking forward to the Kah-Nee-Ta Mini-marathon, which is a goal he just recently set for himself. Like other athletes, he has "stumbling blocks" when it comes to exercising regularly, which involves the travel requirements that are associated with his work

and often interferes with a routine exercise schedule. Dexter's "secret way" of handling his stumbling blocks is packing his running shoes when he travels and occasionally taking a tennis racket if he knows he can play a game at his travel destination. Other activities that he enjoys is coaching kids baseball and softball.

He prefers to exercise with others because it seems to make it more enjoyable. His wife Daniele and children Nathan, Nicole and Doni also exercise but have no regular schedule or goals. His family also enjoys hitting tennis balls, since they don't actually play the game, and they go on family walks and swimming.

If Dexter had no limitation whatsoever and could do anything he really wanted to do he would be a tennis bum and play on the red clay courts of Roland Garros Stadium in the French Open.

He has a few words of wisdom about exercise he wishes to share with others. He says, "Pick an activity that you enjoy, pick a time that doesn't interfere, and just do it."

Message to Teenage Drivers....

You have the power not to kill yourself

The following letter recently appeared in "Dear Abby". It is reprinted with permission.

Dear Abby, I am enclosing a "paid notice" that appeared in The Raleigh (NC) Times. Perhaps you can use it in your column. My wife and I thought it was very moving and deserved nationwide exposure. We hope you agree.

Message to teenage drivers from the parents of a deceased teenage driver:

You have a power that no one else on Earth possesses. Your teachers, the police, the governor, the president—none of them have this power; only you have it. This "power" is the power not to kill yourself while behind the wheel of an automobile. This "power" is the power not to kill others with the car you're driving. This "power" is the power not to be a victim of the slaughter of teenage drivers on our roadways.

You've all seen the stories in the newspapers. Many of you were friends of the teenagers killed. Maybe they were speeding or passed illegally or ignored a stop sign or tried to beat a red light. You cried for them, went to their funerals, participated at memorial services held for them at school. And then got into your car and did the same thing because it could never happen to you.

We want to tell you about another group that doesn't have your "power," and that's your parents. When you leave this Earth, your parents remain behind. They are left behind to grieve over your premature death. They are also left behind to grieve for the future that you'll never experience for yourself—your high school graduation, your wedding, your first child. There will never be another vacation where the "whole" family goes on a trip. On Christmas, your parents will decorate a little tree to put

next to your cemetery marker. The smiles around the Thanksgiving table will never be as wide. Mother's Day... Father's Day... your birthday... the first warm day of spring—will always cause your parents to think of what might have been.

One year ago today, we buried our teenage son, Jack. Jack was killed in an automobile accident. The accident was a direct result of ignoring the posted speed limit. Jack was a great kid, and we could not have asked for a better son.

However, a few seconds of bad judgment, whether caused by inexperience or a sense of "teenage immortality," or both, cost Jack his life. There is no pain on this Earth that's worse than losing a child. This tragedy will haunt us for the rest of our lives. And every week more parents must face the dreaded realization that they will never see their child again on this Earth—never to kiss them, never to laugh with them, never to hold them close. Never again.

Last month, three local teenag-

ers were killed in an accident; the two brothers are buried next to Jack. When we saw these three kids lying side by side in the cemetery on Valentine's Day, we knew we had to try to do something to stop this carnage.

How successful we are will depend on you: that means each of you exercising your unique "power"—and using peer pressure to convince your friends to do likewise. If we succeed, it will mean that all these teenagers, and our son Jack, haven't died in vain.

Broadcast scholarship available

The Thomas R. Dargan minority scholarship is offered to minority students to encourage them to complete their education in broadcasting.

Applicants for the scholarship must be minority citizens of the United States and enrolled in the first, second or third year of a

broadcast curriculum at a four year college or university or an accredited community college in Oregon or Washington. Community college students must be enrolled in a broadcast curriculum which is transferable to a four year institution offering a baccalaureate degree. Applicant must have a min-

imum 3.00 grade point average.

Dargan scholars are recommended for selection by the scholarship committee using the following criteria:

Need
Academic achievement
Letters of recommendation
Personal qualities (interview)
Applicant's essay stating personal goals

Scholarship notification will occur on June 1, 1989. The successful applicant will be notified by the above date. An alternate will be designated in the event the successful applicant is unable to fulfill the terms of the scholarship.

Scholarship award is \$3,500. Scholarship recipients may reapply for a renewal at the end of the first year of receiving the scholarship but must have maintained at least a 3.00 GPA.

The funds will be deposited in the financial aids office of the institution attended by the student. Applicant must file a copy of grades and any other pertinent material at the end of each quarter or semester with the scholarship committee.

Qualified persons should apply by contacting The Oregon Association of Broadcasters, P.O. Box 20037, Portland, Oregon 97220 for an application form.

Correction

Due to wrong information provided Spilyay the Howlak Tichum on Ron Holliquilla, Sr. was incorrect. Holliquilla's sister, Debbie preceded him in death. His other sister, Becky, is living in Corvallis. We apologize for any inconvenience this error may have caused

Obituary

John F. Behrend

John F. Behrend, Sr., long-time employee at Kah-Nee-Ta Resort, died March 21, 1989 at his home in Bend following an extended illness. He was born February 24, 1921 in Orange City, Iowa.

Behrend retired from the Navy in 1961 after 21 years of service. He served in Okinawa during World War II. Prior to coming to Warm Springs, Behrend worked in Portland as a chef. He held numerous supervisory positions while at Kah-Nee-Ta. He left the resort in 1984 after working there 14 years.

Behrend was interested in all sports. He was a 22-year member of the Elks and was active in the Eagles and Moose lodges.

Surviving him are his wife of 45 years, Kathleen; three sons, Richard, John, Jr. and David Behrend; and one daughter, Janice Dunten. Also surviving him are 12 grandchildren and 1 great-granddaughter; two sisters and two brothers.

Graveside services were conducted March 28, 1989 at Pilot Butte Cemetery in Bend.

Howlak Tichum

Martin J. Aguilar

Martin J. Aguilar (Li'l Chief), age 19, died March 26, 1989, in Olympia, Washington. He was born September 23, 1969 in Madras.

Martin attended schools in Warm Springs, Madras and Chemawa. He attained his GED in 1987 from St. Martins College in Lacey, Washington. He enjoyed motorcycling, fishing and hunting. He was a general laborer in between jobs.

Surviving are his mother and stepfather, Tina and Easton Aguilar; his father and stepmother, Chief and Joanne Squally; brothers Aaron Aguilar, Perry Kalama, Joey John,

Bud Leigh; stepbrothers Regan Calica and Ronald Williams; sisters Shellyne and Jullynne Squally and Tamara Johnson; and numerous aunts and uncles. Also surviving are his grandmother Sadie Mounts of Nisqually, Washington and his grandparents George and Ella Aguilar of Warm Springs.

Dressing ceremonies were conducted March 28, 1989 at the Bel Air Funeral Home by Reggie Winishut. Overnight ceremonies, conducted by Merle Williams, Sr., were held at the Warm Springs Full Gospel Church. Burial was March 29, 1989 at the Agency Cemetery.

Leroy Colfax

Leroy Colfax, 46, of Mattawa, Washington, died February 16, 1989 at the St. Elizabeth Medical Center in Yakima.

Colfax was born October 21, 1942 in The Dalles to Fred and Daisy (Tewee) Colfax, Jr. He attended schools in The Dalles. In 1961, he moved to the Yakima Valley. In 1962 and 1963, he moved to Seattle to attend a welding school. After graduation in 1965, he worked for Boeing Aircraft. Colfax enjoyed art and was a self-taught artist. In 1966, Colfax returned to the Yakima Valley where he pursued his career in art. He was an art teacher at Granger Middle School and also taught art at Camp Chaparral. He was employed as an artist by the Yakima Nation Reivew newspaper, the Yakima cultural center and the

Warm Springs Community Center. His artwork is displayed in Washington, D.C. He enjoyed traditional Indian dancing and hunting and fishing.

Survivors include his wife, Arlene Buck; his father, Fred Colfax, Jr.; three sons, Lorenzo, Lemoro and Leigh Colfax; a brother, Ray Colfax; three sisters, Ada Colfax, Yvonne Colfax and Ruth Tewee; three aunts, Emma Telakish, Laura Laura Stwyer and Evelyn Sam; an uncle Bill John; three grandchildren and numerous nieces and nephews.

Dressing ceremonies were held February 17 in Toppenish. Overnight services were conducted at the Wapato Longhouse. Burial was February 18 at the White Swan Shaker Church Cemetery.

Warm Springs Elementary News
Continued from page 5

There was a young boy named Bob
Who always ate corn on the cob
It soon came to show
His teeth were white as snow
His Dentist is out of a job!

Jerome Culps, Jr.

I'm sorry for poor little Keith,
He had two very small teeth,
He's always in a rush,
Never gets time to brush,
Do you wanna be like poor little Keith?

Jamie Winsor

There was a young fellow named Ted
Who said "I have nothing to dread,
I always have to rush
Just to reach for my toothbrush."
That silly young fellow named Ted.

Cameron Jack

February outstanding citizens of the month

Kindergarten—Veronica Baiz, Matthew Arthur, Toni Tail, Francis Sorrelhorse

First Grade—Phyllis Shawaway, Rosetta Martinez, Matthew Chamema, Crystal Smith, Rensu Rodriguez

Second Grade—Harlan Waheneka, Violet Heath, Angela Sanders

Third Grade—Shasta Smith, Lyla Hernandez, Bruce Howtopat

Fourth Grade—Virginia Arthur, Jonas Miller, Michael Hellon

Fifth Grade—Michael Smith, Aerie Gibson

Outstanding class

February outstanding class of the month is awarded to Mrs.

Senior citizens' corner—

by Barbara Yaw

The Senior Program is starting a birthday cake lunch for our Senior Citizens. This will be the last Thursday of each month. Everyone is invited to lunch and to sing "Happy Birthday" to our Seniors. The lunch price has changed from \$2.50 to \$3.00 due to the cut-back in our Title VI budget. In spite of the cut-back, we still serve the best meal

around for \$3.00 thanks to Ada and Dorothy.

Q: I am an employed Senior Citizen and am interested in Senior Housing. Am I eligible? Would I be required to pay rent?

Answer: Any Senior Citizen is eligible for free Senior housing. If there is a non-senior citizen living in the house of workable age, the non-senior would be required to pay half the rent.

Columbia River boat named for Cascade Indian chief

A Columbia River patrol boat named for an Indian chief of yesterday joined the Multnomah County sheriff's fleet in early March.

The 27-foot fiberglass boat, named the Tumalth, was dedicated by descendants of the little-known chief, who headed the Tumwater tribe, later known as the Cascade Indians. They controlled land from the Bridge of the Gods to what is now Northeast Portland, including what

is now Portland International Airport and also the portage around the Cascades of the Columbia River at what is now Cascade Locks.

Sergeant James A. Davis, spokesman for the sheriff's department, said Tumalth signed an 1855 treaty that set up the Grand Ronde Reservation. He died without moving to it, and his body lies near North Bonneville, Davis said.

More than a score of Tumalth's descendants attended the dedication at the sheriff's river patrol headquarters at 4325 N.E. Marine Drive. A great-great-grandson, Charles Williams and great-great-granddaughter, Marsha Williams, dedicated the craft.

The new craft, which has two 180-horsepower inboard-outboard engines, becomes the 10th in the sheriff's fleet and the fifth patrol boat. The other five, said Davis, are special-purpose craft, such as a jet-sled. All are named for Indian chiefs.

The new craft has pumps for firefighting and pumping out sinking craft, lines and other equipment for pulling boats off sand bars, first aid gear, emergency gear and radar so that deputies can "see" in darkness or foul weather, he said.

Court notices

The Confederated Tribes of the Warm Springs Reservation of Oregon

vs.

Gerald Denny

Defendant

Notice of Trial/Hearing for Publication

Case No. CR659-88

To: Gerald Denny

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 1:30 p.m., on the 19th day of April, 1989.

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 17th day of March, 1989.

Donald Costello

Judge, Warm Springs Tribal Court

Hazel Woods

Petitioner

vs.

Richard C. Woods

Respondent

Summons for Publication

Case No. D0147-88

To: Augustin Pedraza, Sr.

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 9:00 a.m., on the 28th day of April, 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, Hazel Woods, may then be given all that is asked for in the Petition for Dissolution of Marriage.

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 28th day of March, 1989.

Lola Sohappy

Judge, Warm Springs Tribal Court

SUBSCRIPTION TO SPILYAY TYMOO

SEND SUBSCRIPTION TO:

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

NAME _____

ADDRESS _____

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ZIP _____

SUBSCRIPTION RATES: \$9.00 PER YEAR IN THE U.S.

\$15.00 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.