

## Teachers, secretary join WSE staff



Laurel Rubin fills a one year temporary position. She teaches grade 3.



Deanna LaPage teaches fourth grade.



New third grade teacher is Patricia Lewis



Nancy Smith teaches in the ERC room.



Bobbie Roberts works in the office at Warm Springs Elementary.



Sharon Story is a second grade teacher.

## Professor to visit Warm Springs Sept. 21

Professor Bodywise will be visiting Warm Springs to promote good health and safety. The professor is scheduled to perform at Warm Spring Elementary at 10:00 a.m. and at the Warm Springs Community Center at 7:00 p.m. on September 21, 1989.

Professor Bodywise is a community service program introduced to the Northwest by Kaiser Permanente. This 45-minute production was developed for elementary school age children in an effort to promote health and safety. Professor Bodywise is offered at no charge to elementary schools and community groups in Washington and Oregon.

The show is performed by professional local actors using large colorfully costumed characters and puppets. Fast-paced music and choreography are used to punctuate the show's messages. The program focuses on nutrition, fitness, dental health, home safety, vehicular safety, smoking, alcohol and drugs, and explores many of the values and motivations that underlie associated behaviors.

Follow-up educational materials are provided for teachers and students to expand upon the information presented in the performance.

The lessons presented by each of the characters are lessons children can identify with. Nikki Teen, for instance, a young teen-ager, learns about the dangers of smoking; Boring G. Boring, an apathetic character, discovers that exercise and good eating habits increase the body's energy; and Pickle, a frustrated adolescent, finds he has better things to do than drink alcohol. The other characters offer similar lessons.

The goal of the Professor Bodywise program is to heighten children's interest in living a healthy

lifestyle. The program's objectives are to:

1. Promote self-esteem and individual responsibility for one's health.
2. Reinforce health and safety concepts among children in kinder-

- garten through sixth grade.
3. Instill a positive attitude toward health choices in one's lifestyle.
4. Provide teachers with an upbeat educational vehicle to help stimulate students interest in health.



Rob and Nikki Teen, characters in Kaiser Permanente's "Professor Bodywise" program, discuss the detrimental effects of smoking and chewing tobacco.

## Tour goes into Warm Springs forest

The annual timber tour, co-sponsored by the Tribal Timber Committee and BIA forestry, covered a variety of activities out in the woods which makes it more interesting. To start things off on September 12, 1989, the group made a stop at the Cold Turkey Logging unit. Then made their way up to the Cabin and North Badger areas. Other areas covered during the first day were the Vantage Logging Unit and the Willow creek area.

On the second day, the bus went to the Tenino Bench area to view some tree thinning projects in that area, after that they made their way to view some Mistletoe infested areas. From there they went to the Twin Butte timber sale. The tour concluded with the group visiting the Metolius Bench logging sale.

There were many different kinds of problems and concerns from the group who were on the tour, but to solve one thing there is always a sticker for someone else. So it seems as though everyone is never satisfied with whatever is done out in the woods. For instance, some say that all the brush should be piled and burned while some believe it's a better method to broadcast burn the area after logging. Like it was mentioned before that no one has all the answers to please everyone. Brush piling and burning leaves a much neater area after the logging crews have moved on, where broadcast burning leaves quite a mess in the woods as one person put it. It also burns out small trees that have been growing for the past 15 to 20 years where it makes it

necessary for planting to be applied setting that area back for all those years they have been growing.

The mistletoe infested areas cause problems and thrive in warmer climates. One of the best methods of handling this problem is to cut them out and burn them as they spread the disease quite easily.

The bees were very thick out in the woods this year where it was uncomfortable to be out side with the fear of being stung. The bees got a lot of respect from everyone who was on tour.

There were plenty of questions in several areas regarding the methods of working in the woods, like, why tree thinning, why clear-cut and many other questions regarding the timber in certain parts of the reservation.

Testing plots were also visited where cones from species of various parts of the reservation were planted to see how well they did or what type of trees do the best in that area. The cones were taken from superior trees throughout the reservation. These trees are those that have a band around them and are painted that you see all over the reservation. With cooperation with the National Forest, cones have been brought in and planted here in our test plots and cones from here have been sent out to their test plots to see how well they do out there.

It's interesting to see so many different projects taking place in our forests all the time and during these tours a person can see for himself what it is happening. It was a little dusty and plenty of bees, but everyone got through the tour in good shape.

## Oil spill victims voice opinions on radio show

Last spring, when ten and one-half gallons of crude gushed into Alaska waters, it was a national disaster. But, for Alaska Natives, who depend on their harvest from Prince William Sound, it was as if someone had dumped oil on their dinner table. Villagers, hired at high wages by Exxon to work on the clean up, benefitted. But when the clean up ends, what happens when villagers face an empty pantry?

National Native News joins the Alaska Public Radio Network (APRN) and American Public Radio (APR) in presenting the "Alaska Oil Spill: A Nationwide Call-in". This special program will look at the unprecedented spill and clean-up effort in some of the world's most beautiful and rich subsistence areas.

Listeners will hear from those directly affected by the oil spill, and can call in their own concerns via a national toll-free number. Gary Fife, producer/host of National Native News, will present a special segment about Alaska Native concerns and the impact the oil spill is having on traditional foods and lifestyles.

The National call-in will be hosted by Larry Josephson, of American Public Radio, and Corey Flintoff,

## Season extensions— Continued from page 1

request that fishermen remove their fishing net buoys at the completion of the fishing season in order to keep our river clean.

**ALLOWABLE SALES:** The sale of scaffold or gillnet caught fish is permitted during the commercial season. Salmon (including chinook, coho, sockeye, and steelhead), walleye and shad may be sold. Due to concerns for the resource, sturgeon may not be sold but may be kept for subsistence purposes.

**SANCTUARIES:** All river mouth and dam sanctuaries, including Spring Creek Hatchery, remain in effect.

**REMOVAL OF BUOYS:** Tribal fish and wildlife committees

of Alaska Public Radio Network. Oil industry officials, state and national political figures, and Alaskans themselves will be featured.

**CATCH REPORTING:** In accordance with federal court decisions, fishermen are required to report take home catch, and over-the-bank sales of salmon, steelhead, and sturgeon. You are requested to provide this information after this year's fall season. Please contact your tribal fisheries office to report your catch, or to obtain additional information on your tribe's fishing regulations.

If you have any fishing enforcement problems or need assistance or information, day or night, contact the Columbia River Inter-Tribal Fisheries Enforcement Office, 4270 Westliff Dr., Hood River, OR., (503) 386-6363. PLEASE WEAR YOUR LIFEJACKETS FOR SAFETY.



Randy Smith, forestry tree thinning supervisor, explains to the group the benefits of the tree thinning projects on the reservation.

## Hunting safety urged during upcoming season

Hunters planning to bring home a prize during hunting season should begin their preparations before opening day.

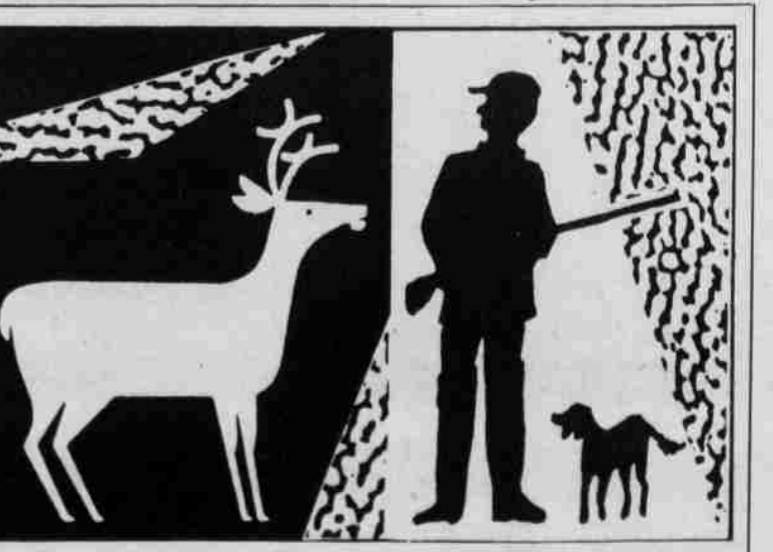
Tracking game demands fine-tuned skills. The doctors of the Oregon Optometric Association say that your vision skills are one of the most important.

Your eyes help you hunt by distinguishing details, focusing clearly, judging distances, detecting objects, identifying colors and seeing under various conditions. Your hand-eye coordination is also vital.

You can practice shooting at a range before the start of hunting season. When you practice, you may find that the rear sight on the rifle blurs, the front sight seems all right and the distance sight is good. This condition means that your eyes are in the early stage of presbyopia a natural part of aging that leads to blurred near vision. It is most common after age 40.

You can correct this condition, without a telescopic sight, by using a large hole on the rear sight. As presbyopia advances, however, corrective lenses and/or a telescopic sight become necessary.

Optometrists suggest using a low-power telescopic sight, such as a 3-4- or 5-power. These scopes provide a broader field of vision and the telescope focuses out on the target. Also, the lower magnification allows for more accurate aiming. When you need to quickly



aim and fire, lower-power scopes let you do so with greater ease.

If you wear glasses, you may want to switch to contact lenses for hunting. They don't fog up or get dirty or wet in the rain. And they don't get in the way while you're looking through your binoculars or sighting your gun.

With either contacts or glasses, be sure your prescription is accurate. If you haven't had an eye exam within the past year, see your optometrist before entering the woods or fields.

Ask your doctor to tell you which of your eyes is dominant. Your most accurate way of shooting

depends on your eye dominance and whether you are right or left-handed.

Wear "hunter orange" clothing, day and night, to avoid being mistaken for game. The fluorescent color is not found in nature so it is noticed by most people, including those who have color vision problems. Yet, because most game animals don't see colors, they won't be alerted to your presence.

Yellow is a good second choice in colors. Red turns to grey at dusk and should not be worn.

Putting your eyes to work for you will help you fill your freezer after a successful hunting trip.

## Spilyay Tymoo

Staff Members

MANAGING EDITOR ..... Sid Miller  
ASSISTANT EDITOR ..... Donna Behrend  
PHOTO SPECIALIST/WRITER ..... Marsha Shewczyk  
REPORTER/PHOTOGRAPHER ..... Tina Aguilar

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Spilyay Tymoo, PO Box 870, Warm Springs, OR 97761

PHONE:

(503)553-1644 or (503)553-1161, extensions 274, 285 or 321

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## Board vacancies announced

The Tribal Council of the Confederated Tribes of the Warm Springs Reservation would like to announce the following vacancies:

Kah-Nee-Ta Board of Directors (Two Positions) Class I Term (1989-July 1, 1992) Tribal member and a non-tribal member.

Warm Springs Forest Products Industry Board of Directors (Two Positions) Class IV Term (1989-June 22, 1992) Tribal member and a non tribal member.

If you are interested, please submit a resume and a letter of interest before October 16, 1989 to: Tribal Council, Attn: Doris Miller, P.O. Box C, Warm Springs, OR 97761.