

Spino, Lucero complete program

Tina Spino and Leo Lucero were recently recognized by the Warm Springs Tribal Council for their completion of a Forestry Technician trainee program. The two have been working since May 1989 in the many areas of forestry and natural resources to get an overall perspective of forest resource management. Both intend to continue formal training in Forestry. Spino will be attending Central Oregon Community

College in Bend beginning in January with intentions to go on to a four year college in Forestry. Lucero has been going to Chemeketa Community College in Salem in pursuit of a management degree in Geographical Inventory System. According to assistant Forest Manager Ron Recker who is a member of the Forest Technician training committee a position in the training program is open to another interested tribal member.



Tina Spino and Leo Lucero were recently recognized for completion of a three-year Forest Technician training program.

Spilyay Tymoo wishes you a prosperous and happy New Year!

Native American student becomes Rhodes Scholar

To Scott Bear Don't Walk, becoming The University of Montana's 27th Rhodes Scholar is not so much a personal achievement as a cultural one: a way to further his goal of bridging the gaps between Native Americans and the dominant Western society. Bear Don't Walk, a 23-year-old UM philosophy major and member of the Crow and Salish-Kootenai Confederated tribes, learned Saturday that he is one of 32 U.S. Rhodes Scholars selected from among 1,275 applicants nationwide. Although he is stunned and delighted by the honor, he said, "It's not just a personal, individual way for me to get ahead. "Being Native American today means being able, through your culture, to adopt to your tribe's advantage the best the world has to offer," said Bear Don't Walk, who was born in Helena and grew up in Missoula and Billings. He is the son of UM alumni Urban Bear Don't Walk, a tribal attorney in New Town, N.D., and Marjorie Bear Don't Walk, executive director of the Indian Health Board of Billings. Bonnie Craig, director of UM's Native American Studies Program, said the University's newest Rhodes Scholar is an excellent example of a "contemporary warrior." "The Native American warriors of history don't exist anymore," Craig said. "But we have a new type of warrior, one that straddles the fence, has a foot in both worlds and is equally strong and articulate in both worlds. Scott is that type of individual. He's culturally aware; he's academically articulate. His world view is broad, instead of just narrow and ethnocentric. He has a global perspective on issues affecting the human condition." "He is a wonderful role model for

Indian men, and for Indian students in general, who might consider reaching for their dream but never do because they have a self-esteem problem. It's that self-fulfilling prophecy that we're raised with as Indian people, to not go for things because we're beaten from the beginning," Craig said. "Scott is proof that you need to try it any way, that it can happen." The Native American Studies Program honored Bear Don't Walk at a public reception Tuesday, December 15, at the program's campus headquarters. UM has been producing Rhodes Scholars since 1904, and currently has two Rhodes winners at Oxford. The University ranks fourth among U.S. public universities (not including service academies) in educating Rhodes Scholars. Among all U.S. higher education institutions, both private and public, only 14 have produced more Rhodes winners than UM. UM President George Dennison said Bear Don't Walk's Rhodes is "marvelous news. It's exciting that we have a Native American who is a Rhodes. He is an outstanding young person, and once again it's a tribute to Maxine Van de Wetering and Tom Huff that they are able to identify these outstanding people and help them along, give them the kind of guidance and encouragement which lets them fulfill their potential." Van de Wetering and Huff are UM philosophy professors who have been prime movers in UM's Rhodes program for years: Van de Wetering is UM's Rhodes adviser, and Huff is a former Rhodes adviser who now serves as Montana's state secretary for the Rhodes Scholarship Trust. Bear Don't Walk credited the phi-

Eye clinic scheduled

Twice a year, an eye clinic is held for patients with diabetes. The first eye clinic in 1993 will be held on Thursday, January 14 from 8:00 a.m. to 11:00 a.m. If you have diabetes, and you have not had a dilated eye exam in the past year, it is important that you come to the clinic on January 14 to have your eyes checked. People with diabetes are at high risk for eye damage. High blood sugar, for long periods of time, can cause damage to your eyes. Retinopathy is a serious eye disease caused by high blood sugar. Retinopathy can lead to blindness. High blood pressure is another risk factor that makes a person at a high risk for retinopathy. How does high blood sugar affect your eyes? There are many blood vessels in your eyes. High blood sugars, over a long period of time, can damage these blood vessels. When the blood vessels are damaged, they may bleed into the eye. This can cause blindness if not treated. This condition is called retinopathy. How will you know if you have retinopathy? There usually are no signs of retinopathy. You may not have a vision change until there is severe damage. This can be delayed or prevented by getting eye exams and laser treatment when needed. How often should you have your eyes checked? A person with diabetes should have a dilated eye exam at least one time each year. You can prevent blindness by having a yearly eye exam. How does your doctor check your eyes? Eye drops will be put into your eyes. This will allow the doctor to see the blood vessels in your eyes.

The doctor will look for changes in the blood vessels. This is called a dilated eye exam. Some eye clinics have special cameras that can take pictures of the blood vessels in the back of your eyes. What can you do to take care of your eyes? 1. Get an eye exam at least one time each year. 2. Control your blood sugar: lose weight; make healthy food choices; be active, walking is a good way to become more active. 3. Control your blood pressure: take your blood pressure pills as prescribed; cut down on salt and salty foods; get your blood pressure checked often. 4. Stop smoking. Is there treatment for retinopathy? Yes. Laser treatment may help to stop the bleeding in your eye. Laser treatment may not improve your vision if damage to your eyes is severe. How does laser treatment work? Laser treatment uses a beam of light. The light passes through the eye to stop the blood vessels from bleeding. Laser treatment is usually done in the doctor's office. You will be able to go home after the treatment is finished. What other eye problems are you at risk for if your blood sugar is too high? *Blurred vision: high blood sugars can cause your vision to be blurry. *Cataracts: A cataract is the clouding of the lens of the eye. *Glaucoma: Glaucoma is an increase in the pressure of the eye. This can cause blindness. Good blood sugar control can prevent or delay eye problems.

Old days-

Over the past year, most of the Old Days Columns have contained the letters of Captain John Smith, the agent at Warm Springs for many years. The Oregon Historical Society in Portland has the handwritten reminiscences of Captain Smith's clerk, Cyris Walker, in his possession. The column today contains those reminiscences.

REMINISCENCES
OF
CAPTAIN JOHN SMITH

The first time I met Captain Smith was in September 1874. I made a visit to the Warm Springs Agency at that time as my brother, Mr. W. Walker was in the Government employ at that place. There was then no missionary at that Agency and the religious work largely devolved upon the Captain. Once or twice a month Rev. T.J. Wilson then living at Willow Creek came over and held services. For these he was mainly, if not wholly, paid by the Captain who was said to often give \$20.00 at a time. Aside from the regular Sabbath services with the Indians conducted through the medium usually of two interpreters, Captain arranged for a prayer and speaking service Sabbath evening at the homes of the employees, each in turn from one home to the next. I had but little opportunity during that visit of two months to become well acquainted with him as he had to be in Portland much of that time superintending the purchase of the annual supplies for the Agency and the Indians.

During that fall an industrial school was started for the Indian girls under the oversight of Mrs. T.J. Wilson. The building occupied was erected almost wholly by the Captain's own hands. I heard him tell an Inspector some years afterwards that he carried most of the lumber for this school house on his back from the saw mill. This mill was about 400 feet away. In August 1877 while at Gray's Harbor Wash. I received a letter from the Captain, asking me to come to the Agency and take the place of my brother Mr. W. who resigned after passing through a severe spell of sickness.

I reached the Agency August 24 and immediately took up the office work that at that time was largely to finish the accounts for property and cash on government account for the quarter ending June 30, 1877.

Having had experience as a quartermaster in the Volunteer Army in 1865-66 I had no difficulty in properly making up the papers. From that time on Captain Smith left all the business details to me, rarely reading a paper before signing it. Such was his confidence in me that I always felt impelled to act as if the business was my own, and I was responsible, and not he.

For more than two years after commencing service I filled two places, that of principal teacher of the day school and of Agency Clerk.

During the more than six years I was in service under him I had every opportunity to get a true insight into his feelings and motives. As I look back upon those years I believe I can truly say, "The Captain was unselfish in his devotion to the Indians under his charge."

The Indians not only esteemed, but loved him and as long as he was their agent they were gradually raised in the scale of civilization and christianity.

When not absent from the Agency as business required from time to time, he invariably presided at the meetings of what was called "The Council" made up of the head chief and other leading Indians.

Captain had the faculty of so shaping their deliberations as to have his way and at the same time have them feel that there was deference shown for their opinions and prejudices.

W.C. Parker, or as he was familiarly called "Billy Chinook" was the head interpreter. He lived several miles from the Agency to which he often came. He invariably brought his Testament, carried in a muslin sack, hung to the horn of his saddle. Many a time have I listened to him reading to the Captain and the latter explaining the scripture to him.

What the Captain considered the crowning act of his administration was the building of a church edifice for the Indians.

The Indians hauled in the logs for the lumber to the Government saw mill during the winter of 1881-82 and then hauled the lumber 15 miles to the Agency the next spring. By the summer of 1883 the house was completed, by far the larger part of the work having been performed by the Captain's own hands.

Many a day have I known him to work in the wagon shop repairing wagons for the Indians often returning to the Agents quarters perfectly exhausted.

It may seem strange that he as Agent should perform such service which by many would be considered as beneath the dignity of a Government officer.

While our motive was to help the Indians, the prime motive, I always believed, was to teach them the "dignity of labor." Certain it is that the Indian man, from being opposed to working when the Captain first took charge and made their woman do the drudgery

Continued in next issue of Spilyay Tymoo

losophy department with giving him personal attention and encouragement to believe he could pursue the prestigious scholarship, then providing support every step of the way as he prepared for the competition. He has strong ties with the University — he began his education in the University's pre-school while his parents were attending UM — and he said he would like to come back some day as a faculty member. He will graduate from UM this spring, then go to Oxford in October. Rhodes scholars are selected on the basis of intellect and character, according to four standards: literary and scholastic attainments; fondness for and success in sports; truth, courage, devotion to duty, sympathy for and protection of the weak, kindness, unselfishness and fellowship; and moral force of character and instincts to lead. Bear Don't Walk is particularly well qualified in that last category, said philosophy Assistant Professor Deborah Slicer. "He has some real moral depth, and that's unusual for someone of his age," Slicer said. "He's articulate and he's patient and he's generous. Scott's real special." The Rhodes Scholarships were established in 1902 by the estate of Cecil J. Rhodes, a British colonial pioneer and philanthropist. Bear Don't Walk said he considers it a fitting irony that a scholarship made possible by someone who gained wealth through colonial exploitation of native peoples should go to a Native American. "I guess I view this scholarship as a chance for some of the people that have experienced colonization, Native Americans, to sort of get back what was taken," Bear Don't Walk said.



The junior court queen for the 1992 Holiday Tournament was Charmayne Watts. She is pictured with her escort Vernon "Wolfeman" Suppah. First runner-up was Marissa Kalama, second runner-up was Nicole Garcia, and third runner-up was Esmerelda Lawson.

WSAI fashions modeled on AM Northwest

Warm Springs models made their appearance on television December 30 wearing clothes designed and sewn by

Warm Springs Apparel Industries. AM Northwest hosted the models which included Nicole Yaw, Susan

Moody, Bodie Shaw, Raincircle, Jodelle Johnson and Danielle Gabriel. The models displayed coats, a buckskin

vest, a cocktail coat accessorized with a beaded belt, and other items from the Warm Springs factory.



Fashions from Warm Springs Apparel Industries are modeled at a recent community activity. Fashions were the highlight of the December 30 AM Northwest television program.

According to WSAI manager Bernyce Courtney, the show was a great success. Both the television station and the office at WSAI have received many calls asking for brochures regarding fashions from the clothing factory.

WSAI was invited to show its fashions at AM Northwest after the plant's public relations specialist Andrea Smith mailed public relations packets to statewide organizations and media regarding the unique apparel produced at Warm Springs.

Heart-to-Heart
in the
February 5 edition
of **Spilyay Tymoo.**
Deadline for
submissions will
be **Friday, Jan. 29**
Send your honey, not
so honey or wannabe
honey a message
they'll never forget!

Knight Fellowship applications encouraged from minorities

Stanford University invites applications for The John S. Knight Fellowships for Professional Journalists for 1993-94.

A journalism fellowship is a sabbatical from deadlines, an escape from the newsroom. But it's far more - it can be the most stimulating year of your life.

Each year, 12 professionals from U.S. print and broadcast journalism are awarded Knight Fellowships at Stanford University. They pursue an academic year of study, intellectual growth, and personal change at one of the world's great universities, located in the San Francisco Bay Area. The Fellowship is pure freedom - no required tests or papers.

Applications are encouraged from members of ethnic minorities. Up to two fellowships may be awarded to those in business/management positions. Candidates must have seven years' professional experience. Fellows receive a stipend of \$30,000, plus tuition and a book allowance. All academic and social benefits are open to spouses of Fellows.

The application deadline is February 1, 1993.

For brochure and application form, write or phone: John S. Knight Fellowships, Department of Communication, Stanford University, Stanford, CA 94305-2050; (415) 723-4937.

The program seeks applicants who