

Tribal members view forest projects during tour

A tour into the forest was made by the Timber Committee. Forestry personnel and interested tribal members on May 5, 1993. The group left the Forestry compound at 8:30 a.m., and traveled into the high country to view the tree planting projects. The stop was at the Rododendron timber sale along the skyline area. It was explained by Bob

Gill of the Forestry the trees were grown from local seeds taken from the reservation. Processed in the greenhouse until ready for planting. This particular plot was supposed to have been planted last fall but the delay came as the result of late slash burning which made it impossible to get them planted before the snow came. The plants were specially

stored in the greenhouse until the proper time for planting was on hand this spring. From here the troop's next stop was at the Swamp Clear cut and the effects of winter logging were viewed. The winter logging showed the terrain was hardly disturbed under the heavy snow fall we had this year. Crews will have to come back

to pile the brush and at the same time pick up logs that were overlooked during the heavy snow fall we had this year.

The next stop was long overdue, "lunch" and while the group was eating discussion regarding all types of problems that the individuals had or the questions presented by the touring group. Some of the main concerns were the wildlife habitats and the stream bed protection for the salmon runs. Other concerns were the ripping of the roadways upon completion of each logging unit so as traffic would not disturb the big game which graze in these areas.

From here the group traveled to Quartz Butte, near Formans Point. This area serves as a multi-purpose area because there are timber lands, grazing lands, watering areas for livestock and big game. Instead of trees planted they went in and planted grass seed to improve the grazing for the livestock and big game as the ground was unfavorable for tree growth.

There will be tours off and on all summer long just to show the interested tribal members what's happening in the woods because there is so much activity going on all the time in the higher lands.

There was a good sized group who made the one-day tour. Many more made indications of being on the tour but other business kept them away. There will be more tours for every interested tribal member to attend in the near future.



The Timber tour first stop was at the Rododendron timber sale up in the high country, where crews are planting trees in the clear cut. The photo shows a demonstration of how the trees are placed in the ground by a Forester in charge of that project, as members of the tour look on.

Members graduate from higher education programs

The Education Services Program director and staff are pleased to announce the success of our tribal members who worked hard and strived to reach their higher education goals. Congratulations go to:

- Jackie Woods Minson, BS in Social Work, Portland University in Portland, Oregon
- Lois Wenzel, Associate of Arts and Science Degree, Associate of Technical Arts Degree and Certificate in Office Technology, Edmund's Community College in Linnwood, Washington
- Willie Fuentes, BS in Psychology from Linfield in McMinnville, Oregon.
- Jolene Estimo, BA in Business Administration from Warner Pacific in Portland, Oregon.
- Janice White Clemmer, Juris Doctorate from J. Reuben Clark Law School at Brigham Young University in Brigham City, Utah.
- Anita L. Jackson received

her Juris Doctorate May 14, 1993 from Arizona State University College of Law in Tempe, Arizona.

- June Smith, Associates degree in Business Administration from Haskell in Lawrence, Kansas.
 - Bodie Shaw will receive his Bachelors of Science Degree in Forestry June 12, 1993 from Oregon State University in Corvallis, Oregon.
- The following students earned their vocational certificates, as well.
- Anthony Shadley, West Coast Training, Portland—Heavy Equipment
 - Julian Scott, West Coast Training, Portland—HVAC
 - Sammy Allen, Western Business School, Portland—Merchandising
 - James Wolfe, Commercial Drivers Training, Portland
 - Veronica Smith, Early Childhood Education
 - Amos Switzler, Western Truck School, Portland

Parents play important role in planning

Parents who have a child in Special Education or an Early Intervention Program have an important role to play in the planning of your child's program.

This workshop is for parents who have special needs' children and the professionals who work with these families.

What you will learn from this workshop:

- What role do parents play in the education of their children
- How to be involved in your child's program

All materials for this workshop will be free to all parents who attend this workshop.

This workshop will take place Tuesday, May 18, 1993 at the Senior Citizen Building from 6:30 to 8:30 p.m.

For more information about this workshop call Judy Wiley 476-7437, or Sheryl Courtney at 553-1041.

Information about the presenter: Judy Wiley is an Indian parent, and works for the Oregon COPE Project, as an Indian Outreach coordinator. She is the parent of a son with deafness.

Alcohol, problem drinker are significant factors in abuse

Each year in the United States, about one million children are abused or neglected by a parent or other adult responsible for their care. These children include:

- girls and boys infants through adolescents
- Their families may come from any racial or ethnic group
- religion
- income level
- educational background
- city, suburb or farm.

Alcohol plays a major role in many cases of abuse and neglect of children. Not all abusive or neglectful parents drink and not all drinkers abuse or neglect their children.

But, alcohol and the problem drinker are significant factors in this national tragedy.

The children are affected in an especially harmful way. They may be:

- Insecure and have related behavior problems, such as delinquency, aggressiveness, passiveness, etc.
- Unable to trust others and express feelings, after all the broken promises, unpredictable behavior and changing demands of the problem drinker.

Overly responsible and take on housekeeping, cooking, the care of younger children, etc., to "fill in" for the drinking (or non-drinking) parents.

As adults, even those children who appear successful and well-adjusted now may have:

- low self-esteem
- trouble forming relationships
- a fear of losing control
- feelings of isolation and depression

Many marry alcoholics, or become alcoholics themselves. If these children are also abused or neglected, the impact is greater still.

What is child abuse?

It's when an adult either deliberately harms a child, or allows harm to occur. The abuse can be:

Physical—shaking, shoving, beating, bruising, burning.

Emotional—Excessive yelling, ridiculing or criticizing, forbidding contact with friends, threatening physical harm, locking a child in a room., forcing a child to commit crimes.

Possible reasons for abuse:

The drinking parent may "lose control" or use alcohol as an excuse for abuse.

A non-drinking parent may take his or her resentment of the drinking parent out on the child.

Either parent may have unrealistic ideas about what to expect from a child at a given age.

How are alcohol, child abuse and child neglect related?

The answers aren't clear. Here are two theories:

1. Alcohol use may cause abuse and neglect. Adults who normally would not hurt a child may become irrational or lose inhibitions while drinking. Or, they may be too involved in drinking to take care of a child.

2. Alcohol use may provide an excuse for abuse. Adults who subconsciously want to harm a child may use drinking to justify their behavior.

There's often much in common between problem drinkers and adults who abuse or neglect children. For example, they may:

- have low self-esteem
- be emotionally immature
- refuse to take responsibility for their behavior
- be socially isolated
- have parents who had drinking problems or who abuse or neglected them.

Some possible signs of abuse or neglect in children:

Depression, which may be mistaken for laziness or irresponsibility

Aggressiveness or repeated disruptive or destructive behavior.

Passiveness or extreme shyness, listlessness or withdrawal.

Repeated injuries that are given unlikely explanations—or no explanation at all.

Neglected appearance or signs of poor nutrition; lack of energy.

Physical problems such as stomachaches, nervousness and other signs of anxiety.

Sleeping problems such as nightmares or insomnia.

A reluctance to go home, from

child care or school; a fear of parents; running away.

Constant attention seeking and hyperactive behavior.

Repeated truancy or tardiness at school. Note: These signs may indicate problems other than child abuse or neglect. Whatever their cause, however, help is needed.

An abusive or neglectful parent may appear to be:

- immature
- impulsive
- overly critical
- isolated, a "loner"
- apathetic
- distrustful
- lacking in self-esteem.

Name the ECE Mini Powwow Contest
 Think of a name for ECE's annual end of the year mini powwow and win a blanket!
 Entries can be dropped off at the ECE Center front desk or mailed to the ECE department, P.O. Box C. Anyone in the community can contribute an entry. The deadline for entering is Tuesday, May 18. The winning entry will be selected by the planning committee. A blanket will be awarded to the person who submits the name chosen for this annual end of the year mini powwow.
 The final ECE Mini Powwow of the 1992-1993 school year will be Wednesday, May 19 at the Agency Longhouse from 9:30-11:30 a.m. Everyone is welcome to join in the celebration!!

Watch for common symptoms of asthma

Symptoms of the most common form of asthma are coughing, wheezing and breathing problems. But, some types of asthma are harder to spot. For instance, children may only have symptoms when they exercise. This type of asthma is called "exercise-induced asthma." Children with this type of asthma most often notice problems when they are exercising or soon after they stop. Symptoms may include shortness of breath, coughing, wheezing and a "tight chest feeling." These asthma attacks may be worse in dry or cold weather. Exercises that require rapid, deep breathing, such as running, can result in the worst symptoms.

Mild forms of "exercise-induced asthma" can sometimes be controlled by having the child warm-up slowly for 5 or 10 minutes before exercising. Switching to other sports, such as swimming (due to the breathing of warm, moist air), may cause less

stress. Doctors can prescribe drugs to take before exercise to prevent an asthma attack. Other drugs can be used to stop an attack after the attack has begun. If you think your child might have asthma, consult your doctor.

Video lunch scheduled

Thursday, May 13 it's ECE's monthly Video Lunch at 12 noon in the staff lounge. This month's featured video is about Fetal Alcohol Syndrome.

End of year salmon bake to be held at ECE

The ECE "End of the Year" Salmon Bake for all program parents/guardians, children and staff will be Thursday, May 27, at a new time - starting at 5:30 p.m. at the ECE Center.

WSE Art Fair All students can succeed

The Warm Springs Elementary will be having their 7th Annual Art Fair on Tuesday, May 18, 1993 between 1:00 and 6:00 p.m. in the school gym.

The WSE faculty is asking that parents donate store bought baked goods for the Cake Walk. There will be lemonade and cookies for sale for 25 cents and the cake walk costs 25 cents a try. The money raised is used to buy art supplies for the school.

Please support our students at Warm Springs Elementary by coming to enjoy their art work.

All students can learn and succeed. You can help your child feel secure that you are interested in their learning by keeping in touch with the school, not only when things go wrong, but also when things are going well. You can contact your child's teacher by phone or with notes. You can visit the school. Ask your child, "How was school?"

This message brought to you by the Tribal Joint Education Committees

Senior looks forward to college, career



Josephine Hintsala

Eighteen year old Josephine Ellen Hintsala of Warm Springs will be graduating with the class of 1993 of Madras High School. She is the

daughter of Harry and Laurain Hintsala. Her grandparents are Ellen Johnson and Chief Vernon Henry. She has two brothers; Bennie age 18 and sixteen year old Jace Hintsala. She is of the Paiute, Yakima, Clallam, and Ojibwe descent.

Hintsala has been involved in Band since her freshman year and Native American Student Union since her sophomore year. She enjoys dancing, reading and being with her "beautiful baby daughter." She also enjoys playing softball during the summer and being out in the hot sun.

Her favorite classes are computers and math, although she feels her favorite teachers are Irene Conroy and Phil Comingore. Hintsala received an award for raising her Grade Point Average by 1.0 points.

Her outlook of the past school years she states, "I enjoyed school in Seattle, Portland, Eugene and finishing up in Madras." Her feelings about this being her last year in high school she says, "It feels great to be done and looking forward to college." Hintsala will miss her friends and the teachers the most when she leaves high school. Business Administration is the field she wishes to study and University of Oregon is the college she wishes to attend.

She would like to take this time to comment to the remaining under classmen, "Please stay in school and away from drugs and alcohol." In five to ten years from now she sees herself owning and managing her very own business.

Kirk named first runner up in contest

Merle Anne Kirk, 1993 Miss Warm Springs, was named first runner-up in the Miss Indian World Contest held April 24 in Albuquerque, New Mexico. She was among 23 contestants vying for the title.

The title was won by a girl from Morlee, Alberta, Canada and third place was taken by Miss Yakima Nation. If for any reason Miss Indian World is unable to fulfill her obligation, Merle will be required to step in.

Merle and her family were busy selling raffle tickets around the community and any winners will be notified by the Miss Indian World Committee, either by telephone or mail.

Spilyay congratulates Merle on her latest endeavor!



Grand prize winners in the Child Abuse Prevention poster contest were, left to right, second grader Pasha Smith, winning a \$5 McDonalds gift certificate for fourth place; first grader Laritta Greene, winning a necklace for third place; second grader Marlana Manion, winning a \$30 gift certificate from Erickson Sentry for first place; fifth grader Denise Clements, winning 10 free video rentals from Video Video for her second place entry and third grader Jefferson Greene, grand prize winner, who took home a bicycle donated by Children's Protective Service and Tribal Council.

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FOUNDED IN MARCH, 1976

Spilyay Tymoo is published bi-weekly by the Confederated Tribes of Warm Springs. Our offices are located in the basement of the Old Girls Dorm at 1115 Wasco Street. Any written materials to Spilyay Tymoo should be addressed to:

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ANNUAL SUBSCRIPTION RATES:
 Within U.S. - \$9.00
 Outside U.S. - \$15.00
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